

# Kaw Valley Senior Monthly

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September 2023

Serving Active Seniors in Northeast Kansas since 2001

Vol. 23, No. 3

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When Lucy DeWitt, who is a licensed funeral director, started working at the Cremation Center of Kansas City, she knew right away that she had made the right choice. - page 6

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KEVIN GROENHAGEN PHOTO

## Cindy Baker: Serving others through Sunflower Family Concierge

See story on page three

Cindy Baker with Tom Cotte, a Sunflower Family Concierge client.



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# Baker launches Sunflower Family Concierge

By Kevin Groenhagen

Cindy Baker wasn't even in high school when she decided to be a stay-at-home mom.

"In 1964, my mother found herself in a position where she had to take a job outside of our home," she said. "I was probably one of the original latch-key kids. It was very lonely. I was probably in the sixth grade when I decided I wanted something different for my children. I wanted to be there for them and nurture them."

Baker did go to college and studied art history. But she also fulfilled her childhood dream after marrying Doug and starting a family.

"I raised my four children, and then they had children, so I helped with the grandchildren for a while," she said. "I loved being a homemaker."

Between raising her children and helping with her grandchildren, Baker earned her certification to teach Montessori preschool.

"I mainly substituted," she said. "Teaching is wonderful because it fits right in with nurturing and loving children."

After her grandchildren got older, Baker decided she didn't want to do Montessori preschool anymore. However, she wasn't ready to retire.

"I needed something to do to contribute to the world," she said. "I asked myself, 'What am I good at?' The answer is that I'm a nurturer."

"My husband and I have had recent experiences with older family members in which we saw gaps in care options," Baker continued. "So, being a nurturer and seeing gaps in care options came together, and I decided to start Sunflower Family Concierge."

Baker had a general idea concerning how to run a business since many of her family members own businesses. However, none of them runs a concierge business.

"I knew the nuts and bolts of running a business," she said. "In early 2022, I decided to work with a business coach concerning this specific type of business."

What is a concierge?

"A concierge is a personal assistant, your right-hand person, to be used as often as you need them," Baker said. "A concierge does the things you don't have time or energy for. Sunflower Family Concierge doesn't offer every service imaginable, but we can usually



Cindy Baker (right) with Rusty Moore, a Sunflower Family Concierge client.

find someone to provide any service if we cannot. One service we do not offer is personal care. We're not a traditional homecare company, nor do we seek to

compete with them. We offer different services customized to our clients' needs, with a caring, personal depth."

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Kaw Valley  
**SeniorMonthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# Cindy Baker

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The services Sunflower Family Concierge offers include the following:

- **Home Management:** Running errands with or for clients, making complicated phone calls, scheduling appointments, helping with technology, and keeping the house running smoothly. “We don’t do housekeeping per se, but we help out with light items,” Baker said. “By supplying these needs, we give seniors the confidence and ability to continue living independently.”

- **Transportation.** Seniors often give up driving, so Sunflower Family Concierge also offers transportation. “If our clients can walk with a cane or walker, they’re candidates for our transportation service,” Baker said. “Many seniors ask us to take them to supermarkets, medical appointments, or the bank. Seniors can schedule appointments without being at the mercy of their families’ complicated schedules. Some of our favorite things include clients asking us to accompany them to lectures and concerts. If you’re a senior, having someone younger to go with you to do any of these things makes all the difference in the world. You’re not stuck at home anymore when your children are out of town or busy.”

- **Absentee Home Watch.** “We will coordinate necessary emergency exterior and interior maintenance, do

security checks, water your plants, feed the goldfish, and bring in package deliveries and mail,” Baker said. “We will even restock your refrigerator with supplies for your return.”

- **Wellness Checks.** “If an adult child lives out of the area and needs someone to stop by periodically and see how mom and dad are doing, give us a call,” Baker said. “We do that regularly for both local and remote adult children.”

- **Notary Public.** “We have a mobile Kansas-certified notary public who will come to your residence when documents need to be notarized,” Baker said.

- **Decluttering.** “We can help you organize drawers, cabinets and pan-

tries, and specific rooms,” Baker said. “For larger projects, we coordinate with professional organizers.”

When a senior decides to move to a smaller home, a retirement community,

■ CONTINUED ON PAGE FIVE

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# Cindy Baker

■ CONTINUED FROM PAGE FOUR

or an assisted living community, Sunflower Family Concierge can coordinate the move.

“We help with the moving process, often packing boxes of special items to save for family members, donating things that are in good shape, or simply disposing of things that have seen better days,” Baker said. “This first step is probably the hardest part of the process and the one in which they’ll be most involved.”

After completing that first step, Sunflower Family Concierge can handle most of the remaining steps with a few consultations with the client. Those steps can include the following:

- Coordinating with professional moving services.
- Getting bids, scheduling move dates, and creating moving timelines,
- Purchasing supplies and packing items securely.
- Overseeing moving day and even telling movers where to place furni-

ture (having previously made decisions about this with clients).

- Unboxing and organizing belongings.
- Breaking down boxes and taking away packing debris.

“A person or family can walk into their new living space and feel they’ve lived there forever—with very little stress or involvement in the process,” Baker said.

Sunflower Family Concierge currently serves seniors in Douglas and Shawnee counties. Baker also has plans to begin helping families with busy schedules.

“Busy families need us just as much as seniors, if not more,” she said. “Remember the Brady Bunch? Mrs. Brady could never have been that calm and organized without Alice, the live-in maid. We believe our concierge/personal assistant service is a good modern-day replacement for Alice.”

While Baker started Sunflower Family Concierge to help others, she was surprised to learn that the business also helps her.

“The surprise has been how much

I receive back from my clients,” she said. “I come home every day bubbly with happiness because I’ve enjoyed being with them so much. I love people, but I have especially learned that I absolutely love seniors. They are people who have lived a lot of ‘miles.’ They have so much practical experience and wisdom in addition to the stories of their younger days. I have a

few clients whose advice I especially covet. We spend a lot of time talking about current events, family issues, and finances. I give them my time and energy, and they give me the treasures of their souls and lives well-lived.”

For more information about Sunflower Family Concierge’s services, fees, and availability, please visit [sunflowerfamilyconcierge.com](http://sunflowerfamilyconcierge.com) or call 785-551-1656.

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# Cremation Center of Kansas City provides the personal touch

By Billie David

When Lucy DeWitt drove her son to a doctor's appointment, she had no idea that a conversation with a woman she met in the waiting room would start her on a new career path.

"I was a stay-at-home mom for three years," DeWitt said, explaining that when her children were about to start school, she began to think about working outside the home and wondered what kind of career she would find most fulfilling. Her husband had a good job, and she had a college degree, so she had some latitude and set about determining what type of work would meet her definition of a satisfying career.

What she wanted most in a job, she decided, was to make a difference in the lives of others.

"I wanted to help people," she said. "I didn't want to be just a cog in a wheel."

DeWitt had met a friend of Stevie Amos in the waiting room, and the friend introduced her to Stevie and Parker Amos.

"The Amos Family Funeral Home and Crematory had been in Shawnee for over 76 years," she said.

After discussing with Amos the particulars of becoming a funeral director, DeWitt discussed with her husband how, although she couldn't unburden someone of their grief, she would find it rewarding to help people during the worst time of their lives.

When DeWitt, who is now a licensed funeral director, started work at the Cremation Center of Kansas City, she



■ CONTINUED ON PAGE SEVEN



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# Cremation Center

■ CONTINUED FROM PAGE SIX

knew right away that she had made the right choice.

DeWitt, who had worked through the shock and grief of losing a beloved sorority sister to suicide, knew firsthand what the family of a young man who was also lost to suicide was dealing with.

“It was cathartic to help that family,” she said. “It was one of the cases in which I knew I was in the right profession doing the right thing.”

DeWitt explained why cremations, which now outnumber burials, are rapidly becoming more common for several reasons: people’s attitudes are changing regarding religious concerns; they find that cremation costs much less than traditional casket burial; they may prefer to keep the ashes with them; or they may prefer to hold a celebration of life instead of a conventional funeral.

“Cost is definitely a factor in choosing cremation,” DeWitt said, explaining that while funeral homes typically charge between \$10,000 and \$15,000, the prices for the Cremation Center of Kansas City’s direct cremation services start at just \$1,195.

“That makes an astronomical difference to families,” she said.

DeWitt said that the Cremation Center of Kansas City has been open since March 2010, explaining that the owner saw a need for services in the Kansas City area.

“The first thing a person can expect when calling the Cremation Center of Kansas City is that there will always be somebody there to answer the phone,” she said, “and they will tell you upfront pricing with no surprises tacked on. Others may prefer to use the website instead. Our website is user-friendly. It can produce an invoice to tell you exactly how much it will cost, and that amount will not change. You can make all the arrangements after the loved one has passed and pay online, or you can pre-plan online by submitting all their vital statistics information, so we have the paperwork done and everything is ready to go when they come to the office. We would need to set up an appointment if someone wants to prepay.”

“Arrangement conferences can be done in person, over the phone, or

through Zoom or FaceTime,” she added, “and pick-up and transportation are part of the price. We own and operate our crematorium. The family knows exactly where the loved one is, which gives them comfort. When the loved one is taken into our care, we acquire all the documentation and requirements, cremate, and return the remains. We can also mail the remains to the family at an extra cost. We do have a selection of non-returnable urns in our office, which can be viewed online, or a temporary urn is provided, which is a plain white box.”

As for obituaries, “The family writes them, and we post them online on our website for free,” DeWitt said. “We post first, and they can take the announce-

ment to the newspaper, which states ‘for a full obituary, see blank,’ which can save them a significant amount.”

One of the most important services that DeWitt provides is the personal touch.

“I love, love, love my job, and I can’t imagine doing anything else,” she said.

Within the first few months of being an apprentice funeral director at the Cremation Center of Kansas City, DeWitt worked with one of her best friends whose husband passed away unexpectedly at 32.

Since DeWitt grew up and continues to reside in Johnson County, in a multi-generational household, she often helps her friends and some family members

who have had loved ones pass.

“Knowing the people you are working with is the best and the worst parts of my job,” DeWitt said. “It’s the best because I get to take care of them—I wouldn’t want anyone else caring for them or their loved one. It’s the worst because they have lost someone dear to them. I understand the pain and grief of losing someone.”

“We can recommend them to grief counseling, where they can talk about grief, sadness, anger, or relief,” she added.

For more information about the Cremation Center of Kansas City, please visit [cremationcenterkc.com](http://cremationcenterkc.com) or call 913-384-5566.



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## SAVVY SENIOR

# How seniors can save on prescription drug costs

By Jim Miller

*Dear Savvy Senior: I take several medications for multiple health conditions and the prices keep going up, even with my Medicare prescription drug insurance. Can you recommend*



*any tips that can help cut my costs? - Tapped Out Tina*

**Dear Tina:** The high cost of prescription drugs is an ongoing prob-

lem that stings everyone, but it usually affects seniors more because they have a greater need for medications and because Medicare doesn't cover all their drug costs.

While the Inflation Reduction Act, that was signed into law last year, will help seniors save on their medications by negotiating lower drug prices and capping out-of-pocket spending at \$2,000, it will be a few years before the law is fully enacted. In the meantime, here are some different strategies that can help reduce your costs so you can afford what you need:

- **Talk to your doctor:** A good first step is to review your medications once a year with your doctor to find out if any of them can be stopped or reduced.

If you're taking any brand-name drugs check to see if they are available in a cheaper generic form. Also, for any drugs you're taking long-term ask your doctor for a cheaper three or six-month prescription, versus a one month. And find out if any of the pills you're taking can be cut in half. Pill splitting allows you to get two months' worth of medicine for the price of one. If you do this, you'll need to get a prescription for

twice the dosage you need.

- **Review your insurance:** Carefully review your drug coverage during the open enrollment period, which runs Oct. 15 – Dec. 7 for Medicare beneficiaries. Make sure all your regular medications are covered in the plan's formulary; that your current pharmacy is in the plan's network; and that your plan covers additional medication cov-

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# Savvy Senior

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erage in the gap. To shop and compare Medicare prescription drug plans go to [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare).

• **Pay cash:** Not using insurance for prescriptions seems counterintuitive, but in some cases, it may save you money. For example, many chain pharmacies and big-box stores like Walmart and Costco have their own prescription savings programs that may be lower than your insurance copayment. Or you can use coupons through [GoodRx.com](https://www.GoodRx.com) or [RxSaver.com](https://www.RxSaver.com) that can save you up to 80 percent

off the list price of generic and some brand-name drugs in certain pharmacies.

• **Shop online:** You can also save on regularly used medications by having them sent to you from a mail-order pharmacy. Check with your health insurer or regular pharmacy to see whether it will get you a better deal. If not, check online pharmacies like [Cost-PlusDrugs.com](https://www.Cost-PlusDrugs.com) or [HoneybeeHealth.com](https://www.HoneybeeHealth.com). With these, you may spend less in some cases than you might with insurance.

• **Buy from Canada:** Because prescription drugs are often much cheaper north of the border, many Americans have chosen this option for years.

While this is technically illegal in most states, the Food and Drug Administration generally does not stop people from doing it. If you want to explore this option use [PharmacyChecker.com](https://www.PharmacyChecker.com), an online tool that will help you identify reputable Canadian and international online pharmacies.

• **Get more help:** If your income is limited, you may also be able to get help through Medicare's Extra Help program ([Medicare.gov/basics/costs/help/drug-costs](https://www.Medicare.gov/basics/costs/help/drug-costs)), your state pharma-

ceutical assistance program ([Medicare.gov/plan-compare/#/pharmaceutical-assistance-program/states](https://www.Medicare.gov/plan-compare/#/pharmaceutical-assistance-program/states)) or patient assistance programs ([Medicare.gov/pharmaceutical-assistance-program](https://www.Medicare.gov/pharmaceutical-assistance-program)). Visit each website to see if you're eligible and to apply.

- Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://www.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

# Women and thyroid disease

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**DEAR MAYO CLINIC:** I recently read that thyroid issues affect women more often than men. Can you explain what the thyroid is and how it affects my body? Can I do anything to prevent having issues with my thyroid as I age?

**ANSWER:** The thyroid is a small butterfly-shaped gland located at the base of the neck. The thyroid has a significant impact on the body because it produces hormones that help regulate many of your body's functions.

The thyroid gland produces two main hormones: thyroxine, or T4, and triiodothyronine, or T3. These hormones keep your body's metabolism of fats and carbohydrates consistent, aid in maintaining your body's temperature, have an impact on how well your nervous system functions, and can affect your heart rate. A third hormone, known as calcitonin, which aids in controlling the level of calcium in your blood, also is produced by your thyroid gland.

Unfortunately, there are numerous disorders that can affect the thyroid, and women are at higher risk for thyroid issues than men. About 1 in every 8 women will suffer from thyroid illness during her lifetime, according to the American Thyroid Association.

Although it is believed that the development of thyroid illness is connected to

a person's autoimmune system, it is not known why women are more susceptible than men to thyroid disease. Genetics may play a role. Women of any age can experience thyroid issues, although women who have just given birth or are going through menopause are more likely to experience thyroid concerns.

Here is information about four of the most common thyroid conditions:

- **Thyroid nodules.** It's estimated that about half the population in the U.S. will have a thyroid nodule by the time they are 60. Although some may grow to a size where they are visible, frequently these nodules will go undetected until a routine medical examination. Fortunately, most thyroid nodules are benign, but a workup is necessary to determine whether thyroid cancer may be present. Evaluation of a suspected nodule may include a blood test and an ultrasound.

- **Hyperthyroidism.** When the thyroid gland makes too much thyroid hormone, a condition known as hyperthyroidism, or overactive thyroid, can occur. Sometimes benign nodules can cause an increase in hormones. Hyperthyroidism accelerates the body's metabolism, causing a variety of symptoms. These may include unexpected weight loss; increased hunger; a rapid or irregular pulse; sweating; mood issues, such as increased anxiety or irritation; and changes in menstrual cycle. Depending on a person's age and health history, treatment options may include

medication to reduce hormone levels or shrink the thyroid gland. Additionally, some patients may be eligible for surgery to remove all or part of the thyroid.

- **Hypothyroidism.** When the thyroid gland does not make enough thyroid hormone, hypothyroidism, or underactive thyroid, can occur. There may not be noticeable symptoms of this condition in the early stages, as symptoms often develop slowly or are attributed to other ailments. For instance, many patients report fatigue and weight gain. As the metabolism continues to slow, however, other symptoms may occur, including constipation, raspy voice, muscular weakness and sensitivity to cold. Treatment for hypothyroidism usually involves taking a thyroid medication known as levothyroxine to return hormone levels to a normal level.

- **Hashimoto's disease.** Hashimoto's disease, or chronic autoimmune thyroiditis, is an autoimmune disorder that occurs when immune system cells lead to the death of the thyroid's hormone-producing cells, resulting

in hypothyroidism. Although anyone can develop Hashimoto's disease, it is most common among middle-aged women. The primary treatment is thyroid hormone replacement.

There is no way to prevent thyroid disease. The best course of action is to establish a routine to get annual health physicals and be aware of any symptoms you experience that are unusual. Speak with your health care team about your thyroid health, including the need for tests for thyroid hormone if you are concerned. If you are suspected to have thyroid issues, an evaluation by a thyroid expert or thyroid disorders clinic may be warranted. Overall, most people with thyroid disease can go on to live a normal life. — Compiled by Mayo Clinic staff

- *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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## HEALTH &amp; WELLNESS

# Treating migraines

At least once in a lifetime, many of us have had a bad headache that develops into a migraine. Migraine headaches are a very common medical issue and are about three times more common in women than men.



Dr.  
Deena  
Beneda

speaking and light. He would like to rest in the darkness alone.”

Migraine headaches can happen anywhere at any time. Typically, the migraine headache is unilateral (affecting one half of the head), pulsating, and lasts five to 72 hours. Symptoms from a migraine headache include nausea and vomiting, unilateral pain, throbbing, moderate to severe, increased sensitivity to light, blurred vision, and increased sensitivity to sound. Approximately one-third of people who suffer from migraine headaches perceive an aura—transient visual, sensory, language, or motor disturbances signaling the migraine headache. Some patients will have prodromal symptoms which can occur hours to several days before the migraine headache and include depression or euphoria, fatigue, craving certain foods, for example, chocolate, stiff muscles, dizziness, gastrointestinal symptoms, and wanting to sleep.

The underlying cause of a migraine headache is still unknown. However, several triggers are associated with the headache, including stress, fatigue,

Migraine headaches can be traced back to prehistoric or caveman times. The practice of trepanation, which is drilling holes into a skull, was a standard treatment for headaches in the past. Based on archaeological evidence, some scholars have speculated that this drastic procedure might have been a migraine treatment. Trepanation was a historical migraine treatment in 17th-century Europe. Migraine headaches were described in ancient Egypt. Hippocrates first described a visual aura that can precede the migraine headache and the relief brought about by vomiting. In the Middle Ages, migraine was recognized as a medical disorder. Avicenna described the migraine headache in his textbook, “El Qanoon fel teb” as “... small movements, drinking and eating, and sounds provoke the pain... the patient cannot tolerate the sound of



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blood sugar irregularities, dehydration, serotonin imbalance, hormonal influences such as menses, or food intolerances.

The best way to treat migraine headaches is to prevent them. Preventive treatments include lifestyle changes, including exercise, drinking plenty of water, and changing the diet. Certain nutritional supplements and medicinal plants may help to prevent migraines.

You can relieve stress through biofeedback, yoga, or meditation. In addition, acupuncture has also offered relief to migraine sufferers.

Consider one or all of the above treatments if suffering from migraine headaches.

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

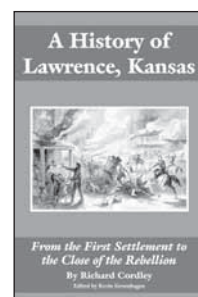
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## HEALTH &amp; WELLNESS

# Using AI to improve patient care

By Autumn Bishop

LMH Health

Seeking care in the emergency department (ED) is vital when you're experiencing a life-threatening illness or injury. If you've ever been to the ED, you know that you aren't always seen in a first-come, first-served manner. When you arrive at LMH Health, you'll be triaged by a nurse who will assess your condi-

tion and determine the order in which you're seen.

tion and determine the order in which you're seen.

"Triage is the process for identifying those patients who need immediate intervention versus those who are able to wait a bit longer," said Jan Wiebe, LMH Health's emergency department director.

The triage nurse will take your vital signs and ask you questions about your illness or injury so they can understand what's going on when you arrive. Based on that interaction, the triage nurse will assign you an Emergency Severity Index (ESI) acuity. ESI is an evidence-based tool and the standard

in hospitals across the country. "We assign the ESI based on the acuity of your illness and the resources that we anticipate it will take," said Jen Lemus, clinical nursing manager for the emergency department. "ESI is a five-level system with ESI 1 being the highest level for the most ill patients and ESI 5 as the lowest."

## AI takes the stage

LMH Health also uses an artificial intelligence program called KATE during the triage process. Wiebe said that KATE helps supplement the decision-making process to ensure the proper ESI is assigned to a patient.

The artificial intelligence program was borne from an experience the co-founder had with his daughter, Kate. When she was 10 years old, Kate was ill and was taken to the ED in her community. Wiebe shared that a cascade of events during that visit and an inpatient stay resulted in a misdiagnosis, but one that was eventually made right.

"Instead of getting angry and bitter, the founder met with the hospital leadership and wanted to help," she said. "He knew the provider's had Kate's best interests at heart. The idea of the AI was born from that interaction."

The technology was created over a number of years and was implemented in a health system on the West Coast.

COURTESY PHOTO



LMH Health is the first outside of that system to use KATE and the only one in Kansas and Missouri.

So how does KATE work? The technology is used with all patients over one

year old. As the nurse is triaging the patient, they enter their vital signs, the information they provide about their symptoms and assign an ESI level.

■ CONTINUED ON PAGE 13



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# Patient care

■ CONTINUED FROM PAGE 12

At the same time, KATE is working in the background in real time to analyze what's being documented and also reviewing the entire available medical record to calculate the ESI level.

"If KATE disagrees and assigns a higher level, the triage nurse gets a notification from KATE stating the ESI it recommends and the reason why," Wiebe explained. "If the patient has a fever but didn't tell me they received chemo a week ago, the AI will prompt me that I might want to do something differently."

## Evening the playing field

Reducing bias is another benefit of using artificial intelligence in the triage process. KATE operates by looking at the patient's electronic medical record, information about their medication history and documented risk factors, as well as information provided about their current illness or injury, not other outside factors.

"The reality is that we all have our biases and a lot of things can factor into those," Wiebe said. "KATE doesn't see race or skin color—only the patient's gender and their age. She doesn't hear tone of voice, doesn't see wait times. It's an unbiased opinion."

The AI is available locally thanks in part to gifts from donors to the LMH Health Foundation. Erica Hill, LMH Health Foundation finance director and LMH Health director of equity, inclusion and diversity, values their support.

"Thanks to the generosity of our Foundation donors, we are fortunate to have software that reduces the risk of bias," she said. "More importantly, we have staff that are dedicated to ensuring the best health outcomes for all of our patients. This is a great example of how

we are being intentional about advancing health equity for our patients and community."

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



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## FINANCIAL FOCUS

# Consider financial gifts for grandchildren

If you have grandchildren, you probably enjoy spending time with them and watching them grow. And to help them achieve a bright future, you might like to make some financial gifts — but which ones?

You have several options. Let's look at three of them:



*Derek Osborn*

- **529 plans** – When you invest in a 529 education savings plan, any earnings growth is distributed federally tax free, as long as withdrawals are used for qualified education expenses. (Withdrawals used for expenses other than qualified education expenses may be subject to federal and state taxes, plus a 10% penalty.) And in-state residents who invest in their home state's 529 plan may also receive state tax incentives. A 529 plan can be used for college, approved trade school programs, qualified student loan repayments and even some K-12 costs. And if the

grandchild you've named as a beneficiary of a 529 plan decides to forego further education, you can generally switch beneficiaries to another immediate family member. You can contribute up to \$17,000 in 2023, per grandchild, to a 529 plan without incurring gift taxes. Furthermore, as of the 2024–25 school year, grandparent-owned 529 plans won't affect financial aid eligibility. However, tax issues for 529 plans can be complex, so consult with your tax advisor about your situation.

- **Roth IRA** – Any earnings growth in a Roth IRA is distributed tax free, provided the owner is at least 59½ and has had the account at least five years. If your grandchildren earn money from babysitting or a part-time job, they


can open a Roth IRA with the help of a parent or other adult. You could “match” your grandchildren's contributions, possibly on a dollar-for-dollar basis, to provide them with an incentive for saving. In fact, you could fully fund the Roth IRA, up to the annual contribution limit, which is \$6,500 or the amount of your grandchild's taxable compensation, whichever is less. (The annual limit is \$7,500 for those 50 or older.) And your grandchildren can withdraw the contributions — not the earnings — at any time to pay for college or anything else.

- **Custodial account** – You can open a custodial account, also known as an UGMA or UTMA account, for a grandchild, and fund it with most types of investments: stocks, mutual funds, bonds and so on. For that reason, it can be a good way to teach grandchildren about the nature of investing — risks, returns and the value of holding investments for the long term. Plus, there's an initial tax benefit to custodial accounts: The first \$1,250 of your grandchild's investment income (dividends, interest, capital gains) is tax free, and the next

\$1,250 is taxed at the child's rate. Anything above that amount is taxed at the parents' marginal tax rate. However, once your grandchildren reach the age of termination — usually 18 or 21, depending on where they live — they take control of the account and can do whatever they choose with the money. So, while a custodial account could be considered as a funding source for college, it might alternatively serve as a gift that could eventually enable your grandchild to fulfill another desire or goal — take an overseas trip, pay for a car or maybe even start on a path to entrepreneurship.

Making financial gifts to your grandchildren can be rewarding — for them and for you. So, consider the possibilities carefully and put your generosity to work.

- 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](mailto:Derek.Osborn@edwardjones.com). This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.




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## JILL ON MONEY

# Powerball lessons

Powerball fever has broken. Someone in California won the jackpot, which was worth just over \$1 billion, the third-largest prize in the lottery's history.

In the days leading up to the drawing, there were plenty of articles recounting the terrible odds (1 in 292.2 million) of hitting the jackpot, but as



Jill  
Schlesinger

the lottery operator likes to remind us, "The overall odds of winning a prize are 1 in 24.87."

You might think that I am about to launch into a lecture about the ills of lotteries, but I assume you know that playing numbers, gambling, or day trading when you don't know what you are doing or for anything other than a fun way to dream, can be detrimental to your financial and emotional life.

Instead, let's use Powerball as a way to discuss some core investment and financial planning concepts.

You don't need an unexpected wind-

fall to be in the millions to prompt action. A surprisingly large bonus, an inheritance, or a bigger than expected sale price on a house or stock can be a catalyst to rethink where you are in your life.

Importantly, the new-found money may cause you to rethink previous decisions and alter your goals. Here are some of the specific steps that can help:

## 1. Draft your professional team

A windfall may mean that it's time to interview estate attorneys, accountants, and financial advisors. If you are already working with any of these professionals, it may be worth considering whether you are with the right person/firm for your current situation.

## 2. Create/update your financial plan

According to the CFP Board, the planning process involves seven steps: Understanding personal and financial circumstances, identifying and selecting goals, analyzing the current course of action and potential alternative courses of action, developing recommendations, presenting those recommendations, implementing the plan, and monitoring/updating progress.

## 3. Consider taxes

Part of the planning process will

incorporate taxes, but before your dreams take off, remember that Uncle Sam is often a partner in your windfall.

In fact, the recent \$1 billion Powerball headline number is PRE-TAX. If the winner chooses a lump sum (more on that below), the amount would be about \$558 million. The lottery operator withholds 24 percent, or about \$134 million. Chances are, the winner will have to pay even more in taxes, because the windfall will mean that the top tax bracket of 37% will be applied and depending on the state of residence, there could also be state taxes.

Tax considerations are important in any transaction. For example, the sale of a primary residence may allow you to exclude up to \$250,000 of a capital gain from your income, (\$500,000 if filing jointly), but with the explosion of real estate prices in the past few years, many will find that they exceed that gain.

## 4. Determine whether you will take a lump sum or an annuity

The decision is one-part math and

one-part emotional. Usually, a big chunk of cash invested over time will accumulate faster than smaller amounts invested at regular intervals. (This is a good thing to keep in mind when you are considering whether to pull the trigger with money on the sidelines or dollar cost averaging.)

Additionally, while 37% sounds like a high bracket, by choosing a lump sum, you are locking in your tax liability at historically low tax rates.

But receiving money all at once risks blowing some or all of it by doing dumb things, like investing in your cousin's hair-brained business idea or buying too much, too fast.

The stream of income ensures that you won't plow through your jackpot, which may make an annuity the better option for some winners.

- 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](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://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](mailto:kevin@seniormonthly.net). You may also add events on the Kaw Valley Senior Monthly Facebook page.

## ARTS & CRAFTS

### FIRST FRIDAY OF THE MONTH

#### ARTSCONNECT FIRST FRIDAY ARTWALK

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

### SEP 9 & 10

#### HASKELL INDIAN ART MARKET

Don't miss this annual event that show cases not only the beautiful work of indigenous artists and performers but the cultural importance Haskell University to the Lawrence community. Located off of 23rd and Mass St., the Haskell Indian Art Market will feature music, indigenous dance performers, food vendors, indigenous artwork and other items for sale. 2535 West Perimeter Rd. Saturday, 10 a.m.-6 p.m., Sunday, 10 a.m.-5 p.m. Performances will be at 12 p.m., 2 p.m., and 4 p.m.

LAWRENCE, 785-749-8467

### SEP 16 & 17

#### LAWRENCE ART IN THE PARK 2023

Art in the Park is the Lawrence Art Guild's primary fundraising event and has been a Law-

rence tradition since 1964. South Park, 1141 Massachusetts. Free.

LAWRENCE, 785-813-1382

[lawrenceartguild.org/art-in-the-park](http://lawrenceartguild.org/art-in-the-park)

## EDUCATION

### SEP 5

#### 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>

### SEP 7

#### PHOTOSHOP FOR BEGINNERS

Learn to crop, edit, resize & change background of photos to improve the quality of your images after the photo has been taken. This is for people who have never worked in Photoshop. Topeka and Shawnee County Public Library - Digital Arts Studio, 5:30-6:30 p.m.

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

### SEP 7

#### DIVERSITY OF WINTERING RED-TAILED HAWKS IN KANSAS

Dr. David Rintoul shares his photographs of Red-tailed hawks in Kansas during winter to reveal different plumages of the subspecies and associated ID challenges. Cohosted by Topeka Audubon Society. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.

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

### SEP 7

#### DR. DIRK RINGGENBERG: "OPERATION NORTHERN DELAY: THE US AIRBORNE INVASION OF IRAQ FROM A FIRST-HAND PERSPECTIVE"

On March 26, 2003, in the first weeks of Operation Iraqi Freedom, USAF C17 Globemasters from 4 different Air Wings transported 1,000 paratroopers from the U.S. Army 173rd Airborne Brigade and conducted a night mass tactical combat parachute assault into Bashur Airfield, Iraq, as part of Operation Northern Delay. The operation forced the Iraqi Army to maintain approximately six divisions to protect its northern flank, providing strategic relief for Coalition Forces advancing on Baghdad from the South. Dr. Dirk D. Ringgenberg is an Assistant Professor at the U.S. Army Command and General Staff College in the Department of Military History and a doctoral candidate at Iowa State University. He is a highly decorated (Silver Star, Bronze Star for Valor) retired Major with a distinguished military career spanning 24 years, predominately in Paratrooper and Ranger units. Ringgenberg participated in Operation Northern Delay as a Captain. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4:15 p.m. Hybrid event. Free.

LAWRENCE, 785-864-4900

[doleinstitute.org/event](http://doleinstitute.org/event)

### SEP 11

#### NEW TO MEDICARE

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

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

### SEP 12

#### 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>

### SEP 14

#### DEFECTORS: HOW THE ILLICIT FIGHT OF SOVIET CITIZENS BUILT THE BORDERS OF THE COLD WAR WORLD

Please join the KU Center for Russian, East European, and Eurasian Studies for a book talk by Dr. Erik Scott, author of Defectors: How the Illicit Fight of Soviet Citizens Built the Borders of the Cold War World. Recently published by Oxford University Press, *Defectors: How the Illicit Flight of Soviet Citizens Built the Borders of the Cold War World*, is the first history of defection on a global scale. The book charts a global struggle over defectors that unfolded among rival intelligence agencies operating in the shadows of an occupied Europe, in the forbidden border zones of the USSR, in the disputed straits of the South China Sea, on a hijacked plane 10,000 feet in the air, and around the walls of Soviet embassies. University of Kansas/KU Memorial Unions, 1301 Jayhawk Blvd., Pine Room, 4 p.m.

LAWRENCE

### SEP 14

#### SENIOR SESSION: NIHONGA: MODERN JAPANESE PAINTING FROM THE SPENCER MUSEUM COLLECTION

Spencer Curator Kris Ercums discusses Nihonga or "Japanese Painting" currently on display. Nihonga is characterized by its use of mineral pigments and traditional techniques that emerged in response to the rise of western-style oil painting in late 19th-century Japan. Spencer Museum of Art, 1301 Mississippi St., 10:15-11 a.m.

LAWRENCE

### SEP 14

#### FALL LAWN CARE

Learn about the proper timing and best cultural practices for fall lawn care activities. Presented by Kevin Siek. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.

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

### SEP 16

#### PHOTOSHOP FOR BEGINNERS

Learn to crop, edit, resize & change background of photos to improve the quality of your images after the photo has been taken. This is for people who have never worked in Photoshop. Topeka and Shawnee County Public Library - Digital Arts Studio, 10-11 a.m.

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

### SEP 18

#### NEW TO MEDICARE

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

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

### OCT 2

#### NEW TO MEDICARE

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

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

### OCT 3

#### 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. and the Grand Ottawa Opry begins at 6 p.m. Call for more info! Fee. Tickets available at the door.

OTTAWA, 785-241-6762

### SEP 8

#### FREE STATE STORY SLAM | SCHOOL DAYS

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

### SEP 16

#### DC'S REFLECTING FOOLS

The stairway to heavenly political satire, originally laid by the Capitol Steps, continues upward with DC's Reflecting Fools—the new musical parody group created by the performers and co-writer from the Capitol Steps. DC's Reflecting Fools hold up a mirror to our crazy political culture, providing hilarious song parodies and foolish reflections that continue to inspire belly laughter. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

[lied.ku.edu/calendar](http://lied.ku.edu/calendar)

### SEP 17

#### DMYTRO CHONI

Dmytro Choni took home bronze at the Van Cliburn International Piano Competition in June 2022, only the second Ukrainian pianist to medal at the prestigious contest. He won hearts and accolades with a compelling and colorful



■ CONTINUED FROM PAGE 16

musicality that is fortified by a genuine, immediately engaging stage presence. Lied Center, 1600 Stewart Drive, 2 p.m. Fee. LAWRENCE, 785-864-2787 [led.ku.edu/calendar](https://events.tscpl.org/calendar)

SEP 24

### HARPISTS FOR PEACE

Enjoy peaceful thought-provoking music in a wide range of styles and performances. Library staffer and harpist Jim Mosher and his friends will play their harps to help create a day of peace. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 3-5 p.m. TOPEKA, <https://events.tscpl.org/events>

SEP 25

### CLASSIC MOVIE MONDAY

*The Sons of Katie Elder*, with John Wayne and Dean Martin. Movie Museum will be open one hour before and after the feature show. Historic Plaza Cinema, 209 S. Main, 2 p.m. Free. Concession popcorn and drink provided courtesy of sponsors. OTTAWA, 785-242-5555, [plaza1907.com](https://plaza1907.com)

SEP 28

### HIULET BALLERINAS

Hiplet (pronounced "hip-lay") is an innovative dance form that fuses classical pointe technique with African, Latin, hip-hop and urban dance styles that are rooted in communities of color. The only company in the world to perform this signature trademark style, Hiplet Ballerinas is the professional company of the Chicago Multicultural Dance Center. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 [led.ku.edu/calendar](https://led.ku.edu/calendar)

OCT 1

### MANHATTAN SHORT FILM FESTIVAL

Watch 10 short films alongside 500 venues worldwide. Each qualifies for an Oscar nomination. Vote for the best short and actor. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 2-5 p.m. TOPEKA, <https://events.tscpl.org/events>

OCT 4

### AIR SUPPLY

When their 1980 single "Lost in Love" went top-ten in Australia, it also made its way to music industry executive Clive Davis in New York, who immediately signed AIR SUPPLY to Arista Records. "Lost in Love" became the fastest-selling single in the world, leaping to the top of all the charts. Their second single was "All Out of Love," and that went up the charts even faster. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 [led.ku.edu/calendar](https://led.ku.edu/calendar)

## EXHIBITS & SHOWS

MAR 11-SEP 1

### THE WAYBACK TO SCHOOL EXHIBIT: WYANDOTTE COUNTY SCHOOLS THROUGH TIME

This exhibit will feature memorabilia, photographs, and more from Wyandotte County High

Schools. It will also include images and history of county elementary and middle schools. Visitors will also be able to search for relatives in school district records from 1899 to 1962. These ledgers include 8th grade graduation, attendance, county exam, teacher certificate, school officer records. There will also be a space for visitors to leave personal stories about their school year memories, that will be archived for future use. Wyandotte County Historical Society & Museum 631 North 126th. Free admission. BONNER SPRINGS, 913-573-5002

AUG 19-OCT 1

### TOUR - VOICES AND VOTES: DEMOCRACY IN AMERICA

Humanities Kansas is pleased to announce a special Kansas tour of Voices and Votes: Democracy in America, the new Smithsonian Institution traveling exhibition from Museum on Main Street. The exhibit explores the history of American democracy. Franklin County Historical Society, 1140 W. 7th Street. OTTAWA, 785-357-0359

SEP 5-17

### SEPTEMBER 11, 2001: THE DAY THAT CHANGED THE WORLD

The Dole Institute of Politics will be displaying a special poster exhibit commemorating the anniversary of the September 11 attacks. "September 11: The Day that Changed the World" reviews the events of the day, highlights personal experiences, and invites reflections from all patrons. This exhibit was developed by the 9/11 Memorial Museum with support from the National Endowment for the Humanities. Guests can also view our permanent memorial in Hansen Hall, featuring original beams from World Trade Center Tower One. These beams were salvaged and presented to the Dole Institute by Mayor Michael Bloomberg in appreciation for Senator Dole's work with former President Bill Clinton to develop the Families of Freedom Scholarship Fund, which helped fund the education for children of 9/11 victims. Robert J. Dole Institute of Politics, 2350 Petefish Drive. LAWRENCE, 785-864-4900 [doleinstitute.org/calendar](https://doleinstitute.org/calendar)

SEP 16

### LOWRIDER CAR SHOW/EXPOSICIÓN DE AUTOS

Admire unique lowriders from area car, truck and bike owners. Honoring Hispanic Heritage Month at your library. Free admission. Honrar el Mes de la Herencia Hispana en su biblioteca. Entrada gratis. Topeka and Shawnee County Public Library - Parking - West Lot, 11 a.m.-3 p.m. TOPEKA, <https://events.tscpl.org/events>

SEP 29

### ANTIQUÉ ARTISTS - ART AND QUILT SHOW

Creative work from more than 10 local seniors will be available for viewing, with some also available for purchase. Multiple award-winning and professional artists grace this group of talented seniors working in a variety of mediums, including watercolor, pencil drawing, oil and acrylic painting, pen and ink, sculpture, quilting, and other textile arts. Meet the artists and enjoy light refreshments and live music by local

musicians. Senior Resource Center for Douglas County, 745 Vermont St., 5-8 p.m. LAWRENCE, 785-856-0203

SEP 30 & OCT 1

### TOPEKA MODEL RAILROADERS 2ND ANNUAL TRAIN SHOW & SWAP MEET

There will be 9 layouts (O - HO - N - Z scales), 30-35 vendor tables, clinics, railroad history, and railfanning. There will be 6 costumed characters (engineer, conductor, oil man and 3 Harvey Girls). Barbwire BBQ Food Truck will be there both days and Mama Minis Food Truck will be onsite Saturday only. Great Overland Station, 701 N Kansas Ave., 9 a.m.-5 p.m. Admission fee. TOPEKA, 704-450-7929

## FAIRS & FESTIVALS

SEP 2-OCT 15

### KANSAS CITY RENAISSANCE FESTIVAL

The Kansas City Renaissance Festival began its journey in September of 1977 as a benefit for the Kansas City Art Institute. Since then, the Kansas City Renaissance Festival has grown to be one of the largest Renaissance Festivals in the United States, with an annual attendance of 200,000. Open weekends, Labor Day, rain or shine. 633 N. 130th St., 10 a.m.-7 p.m. Fee. BONNER SPRINGS, 913-721-2110 [krcfnfest.com](https://krcfnfest.com)

SEP 9

### LENEXA SPINACH FESTIVAL

Hailed as the Spinach Capital of the World in the 1930s, Lenexa celebrates its history with a free, family-friendly event packed with food, music, entertainment, contests, children's activities, recipes; and dozens of fine-craft vendors throughout the park. Sar-Ko-Par Trails Park 87th Street Parkway & Lackman Road, 9 a.m.-4 p.m. Free admission. LENEXA, 913-477-7100

SEP 16

### 2023 KANSAS BOOK FESTIVAL

The Kansas Book Festival, now in its 12th year, will include presentations by over fifty authors as well as live music, a book-art exhibit, food trucks, exhibitor tents, and a children's activity area. All events are free and open to the public. Washburn University, 9 a.m.-4 p.m. Free admission. TOPEKA, 515-953-9720 [facebook.com/KansasBookFestival](https://facebook.com/KansasBookFestival)

SEP 23

### ST. JOHN'S OKTOBERFEST

Join us for live music and dancing, authentic German food, and premium beers. We will also have all our favorite menu items this year including: Wienerschnitzel, Bierock, Bratwurst, Cabbage Roll, Hot Dog, Sauerkraut, and German Potato Salad. St. John the Evangelist Catholic Parish, 1234 Kentucky St., 4-10 p.m. LAWRENCE

SEP 23 & 24

### FALL FESTIVAL AND SWAP MEET

We will be making and selling apple cider, apple butter, and sorghum each day. Tour cottonwood station, our reproduction living history of an early day Kansas town. We will be sawing

lumber at the saw mill and grinding grain in the flour mill each day. Our blacksmith will be hard at work in the blacksmith shop. Buy, sell, or trade at the flea market. Stop by the general store and attend church on Sunday in the Bloomfield church. We will have garden tractor pulls each day and a barn dance with live music on Saturday night. Meriden Antique Engine and Threshers Association 8275 K-4 Hwy, 8 a.m.-11 p.m. Admission fee. MERIDEN, 785-224-4363, [meridenthreshers.org](https://meridenthreshers.org)

## FARMERS' MARKETS

TUESDAYS

### LAWRENCE FARMERS' MARKET

Established in 1976, the Lawrence Farmers' Market prides itself on the quality of its vendors and the products they sell at market. 1141 Massachusetts St. (South Park), 4-6 p.m. LAWRENCE, [lawrencefarmersmarket.org](https://lawrencefarmersmarket.org)

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](https://cottinshardware.com/farmers-market)

SATURDAYS

### DOWNTOWN TOPEKA FARMERS MARKET

We have a variety of fruits and vegetables and other craft and food vendors. This year's market will be located at S.W. 6th Ave. and S.W. Harrison St. in Topeka, 7:30 a.m.-12 noon. TOPEKA, [topekafarmersmarket.com](https://topekafarmersmarket.com)

SATURDAYS

### LAWRENCE FARMERS' MARKET

Established in 1976, the Lawrence Farmers' Market prides itself on the quality of its vendors and the products they sell at market. 824 New Hampshire St., 7:30-11:30 a.m. LAWRENCE, [lawrencefarmersmarket.org](https://lawrencefarmersmarket.org)

## HEALTH & WELLNESS

SEP 13 & OCT 4

### WALK-IN MENTAL HEALTH SCREENINGS

Staff from Valeo Behavioral Health Care help community members in need understand their own mental health situations, the treatment options available, and how to access services. Walk in help. Topeka and Shawnee County Public Library - Rotunda - NE Corner, Team Room 08 (1st floor), 9-10 a.m. TOPEKA, <https://events.tscpl.org/events>

OCT 4

### GERI-FIT - STRENGTHEN FOR FREEDOM

Build muscle and strength to live better as you age. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process. Topeka and Shawnee County Public Library - Learning Center, 10:30-11:30 a.m. TOPEKA, [events.tscpl.org/events](https://events.tscpl.org/events)



## HUMOR HOTEL

# Parents, where exactly is the 'Circle of Trust'?

By **Greg Schwem**

Tribune Content Agency

One of the greatest joys of having adult children is knowing I now have the freedom to criticize other parents and their disciplinary methods.

OK, maybe "criticize" is too harsh; "actively observe and silently disagree" might be a better phrase.

My children are 26 and 21, independent (more or less) and free to make their own decisions without my guidance. Which leaves me with plenty of free time to notice, in grocery stores, airports and other public facilities, millennial and Gen Z couples who have chosen to have children instead of dogs and now realize you can't cage a child if it acts up. Like my parents, I find myself cringing at what this new breed of procreators consider to be acceptable punishment.

I don't envy today's parents and the challenges they face. Suffice it to say none of the other parents in my daughters' kindergarten carpools would have marched into their schools and demanded their severely underpaid teachers stop reading "The Little Engine That Could" because it's too "woke." Well, come to think of it, a mother of seven who lived on my block and attended church several times a day may have if she'd been familiar with the word and its meaning.

Social media was a novelty in my daughters' middle and high school years and certainly not the harmful behemoth that, today, is the gateway to bullying, ostracization and, in some cases, suicide. Yes, they both had cell-phones at young ages and there were moments I had to lecture them about proper phone etiquette. Was I too lenient in certain situations? My father certainly thought so and wasn't shy about voicing his opinions, usually at holiday gatherings. I would fruitlessly

explain that he may have a different view if cellphones had existed when I was under his tutelage.

So maybe I'm overstepping my bounds when I question today's parents about their punishment tactics. But I am generally curious. At the very least, can somebody with children please answer the following three questions?

### 1. Have you ever actually gotten to "three"?

Time and again, I see children misbehaving, only to silently snicker as their mom or dad says, "Logan, I am going to count to three." What follows is the slowest, most drawn out recitation of "one" and "two" that I have ever heard. If I were a professional boxer, got knocked down in the ring and had

10 seconds to get to my feet, I would want one of Logan's parents to be the referee. The Logans of the world aren't stupid; they know they still have at least 20 seconds to do whatever has drawn their parents' ire before backing off.

### 2. What exactly are "privileges"?

Because I am always looking for future comedic material and column ideas, I recently started driving for Uber. While taking a couple and their two children to the airport, I heard the dad telling his son if his behavior didn't improve, he would lose all "privileges." It's not the first time I've heard that, and now this inquiring mind wants a definition. Maybe it's because I don't remember having any "privileges" when I was growing up. In my father's eyes, being born was a privilege.

### 3. What, and where, is the "Circle of Trust"?

I first heard that phrase when Robert DeNiro famously uttered it to Ben Stiller in "Meet the Parents." But that was a fictitious movie. When the Uber dad reminded his son that he was approaching a Circle of Trust violation, I wanted to stop my vehicle and ask

if I could view the circle some time. Is it actually drawn somewhere in the house? What are the dimensions? These circles must exist somewhere, because I have heard multiple parents refer to them.

Parents of young children, if I receive the answers to these questions, perhaps I will no longer roll my eyes or mumble under my breath when your little darlings are throwing tantrums at the bank or the hardware store. Even though my father never understood my concept of parenting, I want to understand yours. So I eagerly await your replies.

Don't make me count to three.

- 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](http://www.gregschwem.com).

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## HUMOR

# Giving Money Away Is Hard Work

A Basque couple adopted Blair Trevor. His parents didn't want him to be saddled with an unpronounceable name, so they retained his birth name. Blair's parents lavished him with money and attention, and he grew into a confident, well-adjusted adult.



Larry Day

As reported in a previous humor column, some Basque crooks came to Letongaloosa to rob a bank with the inside help of a Basque bank worker. The authorities monitored the crooks' phone conversations but couldn't understand them. They called Blair Trevor to translate.

They were on the phone with their bank employee accomplice.

"Are you ready for the heist?"

"Ready and waitin'," he replied.

The authorities positioned their forces carefully and waited.

The crooks drove their vehicle right up to the front door. The insider unlocked the door and flung it open. The crooks rushed into the bank.

"Open the safe," they yelled in English.

The insider already had the safe door open. He flung some bags of money out into the foyer.

The crooks grabbed money bags in both hands and ran for the door.

The cop cars swarmed in.

"That's far enough. Put your hands

up and get face-down on the ground."

The crooks pretended they didn't understand.

"Get down on your fat bellies, or we'll blast you to kingdom come," Blair yelled in perfectly accented Basque.

"Damn. The pigeon speaks Basque," said the teller.

"I speak Basque better than you dope heads," said Blair.

Blair Trevor picked up one of the bags and opened it.

The bag contained hundred-dollar bills. Each had a wrapper around it.

"Whoa!" said Blair. "That's a lot of dough. Someone could do a lot to help the poor with that much money."

"You're the designated hitter," said the bank president.

"How do I find out who and where they are?"

"You can run a want-ad in the newspaper. 'Poor people wanted. No experience necessary.'"

Blair called the local newspaper and asked to speak to the want-ad department.

"I want to run a want-ad," he said.

"I'm ready. How do you want the want-ad to read?"

"Write, 'Poor people wanted. No experience necessary.'"

"You're kidding, right?"

"No, I'm not kidding. I have a big load of money, and the bank president says I should give it to the poor."

"How poor is 'poor'?"

"Darn. That's the question: 'How poor is poor?'"

"You could get a call list and let the people who answer self-designate."

"I ring somebody, and when they

answer, I say, 'Are you poor?'"

"Right."

"And the person who answers says, 'Hell, yes!'"

"Don't hang up. I'm going to send you a hundred dollars."

"Is that you, Morgan? You're a big teaser."

"No. It's not Morgan. My name is Blair Trevor. I inherited a whole load of money, and I want to share."

"You're name is Blair Trevor, and you're going to give me a hundred dollars just like that? Shame on you. Get off the line."

"Don't hang up."

Click.

"You wouldn't think it would be this hard to give away money," said Blair.

Blair put a hundred-dollar bill in an envelope and mailed it to the person who hung up on him.

He included a note: "Don't be so cynical. Share this money and then send me the names of some of your friends. Not everyone in the world is a crook."

Brent called a long list of people on the phone.

"Are you poor?"

"Hell, yes."

"A hundred dollars is coming in the mail for you."

"Why, thank you. How kind."

"You don't believe me."

"Hell, no."

"You're cynical."

"Hell, yes."

"When you get the money, try to be less so. Then share. I'll send you another."

"The hell you say!"

"No. Really."

"Morgan put you up to this, didn't he?"

"No. I don't know anyone named Morgan. I've just had some good luck and want to share."

"And Santa's got a reindeer named Prancer."

"Cynical."

"Dammed right."

"When the money arrives, share it. Get back to me. There's more."

Click.

- 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

## When dogs won't go outside to pee, don't settle for them going in the house

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** Two weeks ago, I adopted a very sweet rescue Bassett Hound mix. She was dumped after being a breeding dog. She is about five to seven years old. She is terrified of everything, including the outdoors. She is 40 pounds and won't go outside voluntarily, so I have to carry her. The problem is I am 65, and my back has been in pain from doing it for over a week now.

So, I have placed plastic over my carpeted bedroom and put washable and disposable pee pads on top of the plastic. I have decided not to force her to go outside anymore since it makes her trust me less. Although she did her business a few times when I took her out, she just stood there most of the time. She's not aggressive, likes being petted, and wants to be by me. So that is good. I read on Best Friend's animal rescue website that this is typical behavior for these dogs. So, I hope to find a trainer who knows about these dogs and can help me housebreak her and make her less afraid of the outdoors. Do you know of anyone? - Susan, Buffalo, Wyoming

**Dear Susan:** From what I know of Best Friends, I would be surprised to see them offer breed-specific advice. They have always treated every animal as an individual, not lumping specific behaviors with a specific breed. So, I know they would agree that what is happening to this dog has nothing to do with her breed and everything to do with her being a breeding dog. Let's look at her life experiences up until this point.

As a breeding dog, she likely lived in an outdoor kennel and could not access a yard when she needed to relieve herself. So, she learned to relieve herself where she lived—in a kennel, which may be why she is more comfortable peeing under your roof than under the open sky.

She may fear her new freedom of movement since she likely lived in the kennel full-time. This can make her fearful or anxious about going outside. She also was probably never taken for a walk on a leash so only knows how to freeze when you put one on her. As a breeding dog, she likely had limited contact with people as well.

Regardless of the reason, you don't have to settle for her peeing inside your house. Dogs can learn at any age. So, finding a trainer is a great idea. I don't know individual trainers in your area, but you can go online to the Association for Professional Dog Trainers ([www.apdt.org](http://www.apdt.org)) website and click on "locate a trainer." From there, you enter your ZIP code to find one of their 4,300 certified trainers in their database.

Always interview trainers to make sure that you and your dog are comfortable with them, they are certified, they use only positive reinforcement, they can explain their training methods, and they can provide references from other people they have helped. A trainer will outline a plan, likely beginning with her learning to walk on a leash then moving on to house training.

Most of all, give her more time to adjust. If you are consistent and compassionate with her training, I am confident she will learn to walk outside and relieve herself.

- *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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## PAINTING WITH WORDS

## September Midnight

Sara Teasdale was born in 1883 in St. Louis. Because of poor health, she was home-schooled until she was nine. She graduated from college at 20, traveled often to Chicago, and eventually became familiar with poets who had contributed to important poetry magazines. Teasdale went on to publish *Sonnets to Duse* in 1907, followed by two other collections, *Helen of Troy*



Tom  
Mach

in 1911 and *Rivers to the Sea* in 1915. After marrying Ernst Filsinger, she and her husband moved to New York City in 1916. Her husband's constant business travel caused her much loneliness, and in 1929, she obtained a divorce.

In 1918 she won the Columbia University Poetry Society Prize (the forerunner of the Pulitzer Prize) for *Love Songs*. Three more volumes of poetry followed: *Flame and Shadow* (1920), *Dark of the Moon* (1926), and *Stars Tonight* (1930). During her lifetime, Teasdale wrote seven books of poetry, receiving received admiration from the public for her well-crafted lyrical poetry, which gave readers a woman's perspective on love, beauty, and death. Depressed and disillusioned, however, Teasdale committed suicide in 1933.

Her poetry uses classical forms of

expression and is characterized by simplicity and clarity. Her poem titled "September Midnight" begins with an exotic Indian setting. It presents an Indian lyric night, with insects providing the natural voices coming from the fields. Teasdale suggests the excitement of an Indian summer is wearing out. Even the moon "waning and worn" is tired with summer. The poem's title, "September Midnight," implies that the Indian summer is about to be a memory soon.

The heavy blanket of winter will shortly be upon everything. The landscape will be "snow-hushed and heavy." The word "hush" is a reminder of how noisy the insects were just a few months ago, but now there is stillness. The peace one now gets with winter is a "mute benediction," a thankfulness for the silence. The poem implies that

after the harvest, the fields should not forget the beauty of summer despite the winter that will surely come next.

Here then is Sara Teasdale's poem:

## September Midnight

By Sara Teasdale

*Lyric night of the lingering Indian Summer,  
Shadowy fields that are scentless but full of singing,  
Never a bird, but the passionless chant of insects,  
Ceaseless, insistent.*

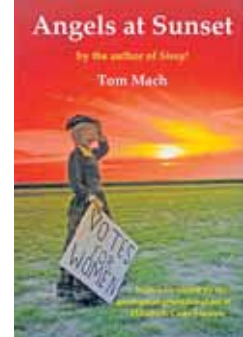
*The grasshopper's horn, and far-off, high in the maples,  
The wheel of a locust leisurely grinding the silence  
Under a moon waning and worn, broken,  
Tired with summer.*

*Let me remember you, voices of little insects,  
Weeds in the moonlight, fields that are tangled with asters,  
Let me remember, soon will the winter*

*be on us,  
Snow-hushed and heavy.*

*Over my soul murmur your mute benediction,  
While I gaze, O fields that rest after harvest,  
As those who part look long in the eyes they lean to,  
Lest they forget them.*

- Among the many books Tom Mach has written, the one that has received the most acclaim and had excellent reviews is *Angels at Sunset*. It's a historical novel about a Lawrence woman in the early 20th century who succeeds in helping women get the vote, but she is unaware that someone is out to kill her. It's on Amazon, but if you need help finding it, contact Mach at [tom.mach@yahoo.com](mailto:tom.mach@yahoo.com).



Aldersgate Village  
LIFE PLAN COMMUNITY

HOME plus

Now Open!

Home Plus at Aldersgate Village offers assisted living services in a shared home environment designed specifically for aging in place.



## Private Suites available now!

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- Spacious and friendly social areas
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[aldersgatevillage.org/HomePlus](http://aldersgatevillage.org/HomePlus)

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



# PUZZLES & GAMES

## CROSSWORD

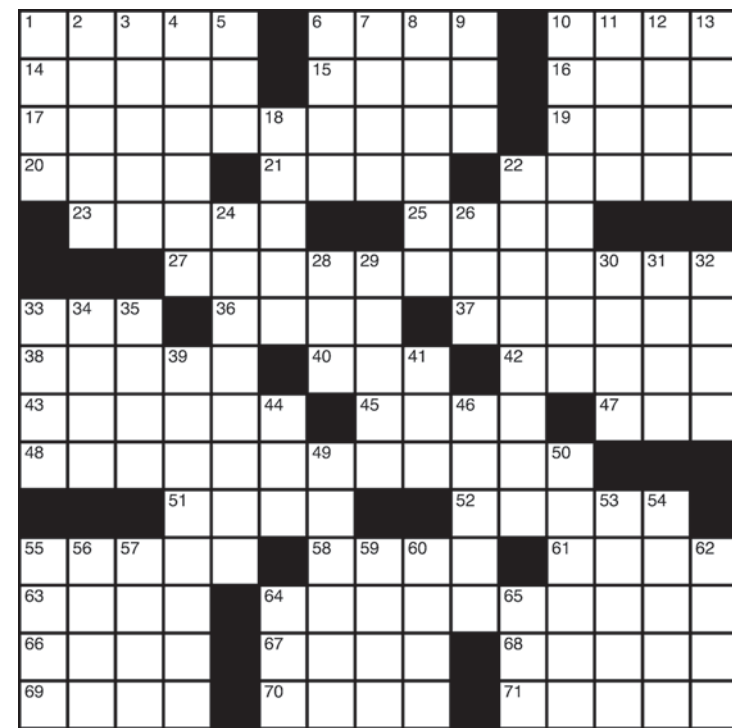
### Across

- 1 Blackjack player's request to a dealer  
6 Mouth off to  
10 Punxsutawney celebrity  
14 Fairy tale monsters  
15 Tattoo parlor supplies  
16 "iZombie" actress McIver  
17 Response to "Thanks"  
19 Jazz great Fitzgerald  
20 Gardener's bagful  
21 Penny  
22 Milk source  
23 Last non-AD yr.  
25 Prefix meaning "all"  
27 Response to "Thanks"  
33 Bubble bath spot  
36 Eurasian border river  
37 Laugh nervously  
38 Festoon  
40 Energy  
42 Relatively cool heavenly body  
43 Krispy Kreme products  
45 Nick at \_\_\_  
47 Slip-\_\_: shoes without laces
- 48 Response to "Thanks"  
51 Meat Loaf's "Bat Out of \_\_\_"  
52 Big name in hotels  
55 Iridescent gems  
58 Too  
61 \_\_\_ school  
63 Muted, as colors  
64 Response to "Thanks"  
66 Self-images  
67 Retired tennis pro Kournikova  
68 "Big Little Lies" actress Witherspoon  
69 Brooklyn NBA team  
70 Exam  
71 Ill-fated Ford

### Down

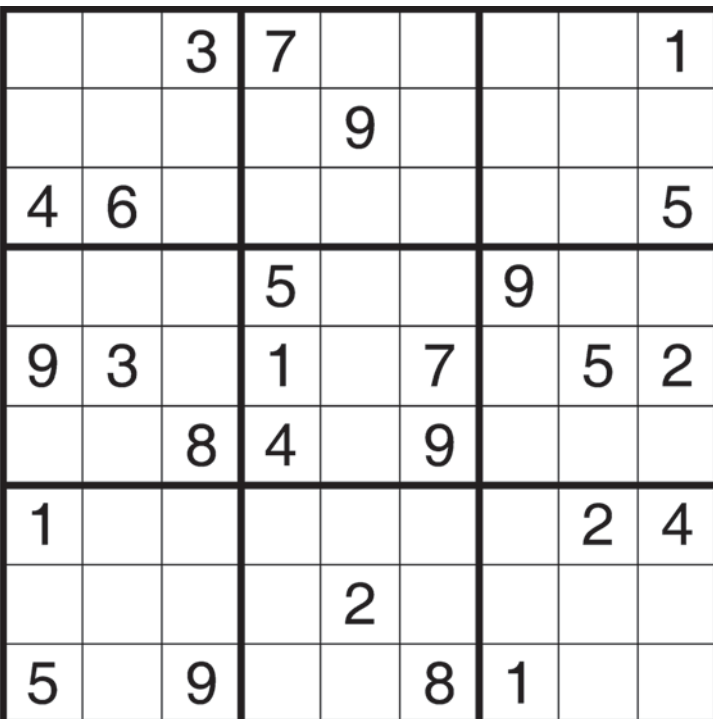
- 1 "You can't have any!" types  
2 Aptly named cooler brand  
3 "How to \_\_\_ Your Dragon"  
4 Sampling of songs  
5 Inexact no.  
6 Agree (with)

- 7 Unknown composer, for short  
8 Chairlift alternative  
9 Former Air France jet, for short  
10 Foretells  
11 Wait on the phone  
12 Cruise stopover  
13 Shakespearean king with three daughters  
18 Take place  
22 Not probable  
24 Generous bonuses  
26 Bumped into  
28 Knock  
29 Supreme Court justice Kagan  
30 "The Simpsons" bus driver  
31 Cruel  
32 Slips up  
33 "Look what I did!"  
34 Japanese soup noodles  
35 Super skinny  
39 Without mercy  
41 Avocado center  
44 Tee sizes, briefly  
46 California/Nevada resort lake  
49 Comedian Boosler  
50 Expired, as a subscription



- 53 Brings into alignment  
54 Not long-winded  
55 Inviting store window sign  
56 Numbered book part  
57 "That was \_\_\_ of fun!"  
59 ICU caregivers  
60 Picket fence piece  
62 Take (off)  
64 Little rug  
65 "You \_\_\_ My Sunshine"

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

## JUMBLE

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

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

RYUFR

□ □ ○ ○ □ □

ETLTI

□ □ ○ ○ □ □

CEAUNN

□ □ ○ □ □ □

WEREPT

□ ○ □ □ □ □

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Answer "     "

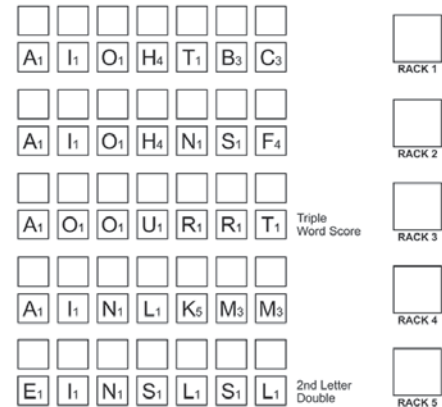
Get the free JUST JUMBLE app • Follow us on Twitter @PlayJumble



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

## SCRABBLE GRAMS

Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2023 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.



PAR SCORE 260-270  
BEST SCORE 321  
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

[www.seniormonthly.net](http://www.seniormonthly.net)

# GOREN ON BRIDGE

WITH BOB JONES

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## USE THE FORK, LUKE

North-South vulnerable, South deals

**NORTH**

♠ 8 6

♥ K 5

♦ A 8 7 2

♣ Q 8 6 4 2

**WEST**

♠ K J

♥ Q J 10 2

♦ K 10 9

♣ A 10 9 7

**EAST**

♠ Q 10 3

♥ 9 8 7 6 4 3

♦ 5 4

♣ J 5

**SOUTH**

♠ A 9 7 5 4 2

♥ A

♦ Q J 6 3

♣ K 3

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	Dbf	1NT	2♥
2♠	3♥	3♠	Pass
4♠	All pass		

Opening lead: Queen of ♥

South's four-spade bid was an over-reach that he was not entitled to make. North has to be allowed to compete to three spades without fear that his partner will bid on from there. Success would be the only way for South to escape the lash, and the contract had little hope of success. Favorable splits would leave him

with two trump losers and a loser in each minor suit.

South had read about the "Morton's Fork Coup" in the literature, but he had never executed the play himself at the table. No time like the present! He won the opening heart lead with his ace, perforce, and led a low club away from his king. Had West ducked his ace, South would have won the trick with dummy's queen and discarded his king of clubs on the king of hearts. West rose with his ace to prevent this and led a heart to dummy's king, declarer discarding a low diamond.

South led a spade to his ace, cashed the king of clubs, and exited with a low trump. West won with his king and led a heart. Declarer ruffed in his hand and led the queen of diamonds, covered by the king, and won with dummy's ace. South led dummy's queen of clubs and discarded his remaining low diamond. East ruffed, but that was the last trick for the defense. 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. E-mail: tcaeditors@tribpub.com)*



## The History of Lawrence, Kansas

by Richard Cordley

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



### Is the cost of advertising in the daily newspapers getting to be burdensome?

Call Kevin at 785-841-9417 to find out how your advertising can reach seniors in Lawrence and Topeka for rates that are not out of this world.

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

**Boggle BrainBusters Bonus**

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

Find AT LEAST SIX TWO-SYLLABLE FISH in the grid of letters.

---



---



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---

Answers to Last Sunday's Boggle BrainBusters:  
COYOTE RABBIT MONKEY GERBIL BADGER GIBBON



## AMERICA'S TEST KITCHEN

# This dish mixes Greek flavors with southern hospitality

By America's Test Kitchen

Tribune Media Content

This flavorful Greek chicken, recreated for the home cook, is inspired by a dish at Johnny's Restaurant in Homewood, Alabama, where the menu reflects the chef's Greek heritage and Alabama upbringing. It's tender and juicy, marinated in a blend of olive oil, herbs and lemon, and roasted to perfection.

To achieve a nice browning, roast the chicken at a relatively hot 425 degrees and give it a blast of heat from the broiler at the end of cooking.

### Greek Chicken

Serves 4

1/4 cup extra-virgin olive oil  
2 tablespoons chopped fresh rosemary  
2 tablespoons chopped fresh thyme  
5 garlic cloves, chopped  
6 (3-inch) strips lemon zest, chopped, plus 1 tablespoon juice  
1 tablespoon kosher salt  
1 1/2 teaspoons dried oregano  
1 teaspoon ground coriander  
1/2 teaspoon red pepper flakes

1/2 teaspoon pepper  
3 pounds bone-in chicken pieces (2 split breasts, 2 drumsticks, 2 thighs, and 2 wings, wingtips discarded)

1. Combine oil, rosemary, thyme, garlic, lemon zest, salt, oregano, coriander, pepper flakes, and pepper in a large bowl. Cut three 1/2-inch-deep slits in the skin side of each chicken breast, two 1/2-inch-deep slits in the skin side of each thigh, and two 1/2-inch-deep slits in each drumstick; leave wings whole. Transfer chicken to bowl with marinade and turn to thoroughly coat, making sure marinade gets into slits. Cover and refrigerate for at least 30 minutes or up to 2 hours.

2. Adjust oven rack 6 inches from broiler element and heat oven to 425 degrees. Place chicken, skin side up, in a 12-inch oven-safe skillet. Using a rubber spatula, scrape any remaining marinade from the bowl over chicken. Roast until breasts register 160 degrees and drumsticks/thighs register 175 degrees, 30 to 35 minutes.

3. Remove skillet from oven and spoon pan juices over top of chicken

TNS PHOTO



This simple yet complex-tasting dish is easy to make at home.

to wet skin. Heat broiler. Broil chicken until skin is lightly browned, about 3 minutes, rotating skillet as necessary for even browning. Let chicken rest in skillet for 10 minutes. Transfer chicken to a shallow platter. Stir lemon juice into pan juices, then spoon over chicken. Serve.

- For more than 25 years, home cooks have relied on America's Test Kitchen for rigorously tested recipes

developed by professional test cooks and vetted by 60,000 at-home recipe testers. The 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](http://www.americastestkitchen.com/TCA).

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Distributed by Tribune Content

## Restaurant Guide

**BIEMER'S BBQ**  
**Voted Best BBQ in Lawrence**  
University Daily Kansan  
Top Of The Hill 2011  
2120 W. 9th St. • Lawrence • 785-842-0800

**Gambino's Pizza**  
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Pasta, Salads  
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Carryout  
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6:00 a.m.-3:00 p.m.  
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785-232-1111

*Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.*

## Kaw Valley Senior Monthly



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**9703 Hayes Street**

**Overland Park, KS 66212-5034**

\* Please make out check or money order to "Groenhagen Advertising."

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## Senior dogs at helping Hands Humane Society fetch \$7,500 grant

Old dogs have something to wag about this summer, as The Grey Muzzle Organization announces the recipients of its annual grants, and dogs at Helping Hands Humane Society are among the winners.

Helping Hands Humane Society in Topeka, KS is one of 90 animal welfare groups chosen from 370 applicants to receive a grant to help local senior dogs. The winning groups received \$848,000 in grants to help save or improve the lives of at-risk old dogs in their communities.

“This grant will help us give senior dogs like 7-year-old Great Dane Orvis the veterinary care they need so they’ll be happy and healthy for their new families,” said Grace Clinton, Director of Philanthropy at Helping Hands Humane Society. “No one is more grateful or loving than an old dog, and we’re looking forward to helping more senior dogs get the second chance they all deserve.”

Over the past 15 years, the national nonprofit The Grey Muzzle Organization has provided more than \$4.6 million in grants to support its vision of “a world where no old dog dies alone and afraid.”

“Thanks to the generosity of our donors, we’re delighted to help deserving organizations like Helping Hands Humane Society make a difference in the lives of dogs and people in their communities,” Grey Muzzle’s Executive Director Lisa Lunghofer said. “Many senior dogs in the Topeka, Kansas area are enjoying their golden years in loving homes thanks to the wonderful work of Helping Hands Humane Society.”

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

# 2023 Kansas City Renaissance Festival

**New in 2023!**  
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**Open Weekends (Sat. & Sun.) • Sept 2nd - Oct 15th  
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10am - 7pm (10am - 5pm Oct. 9th) • Rain or Shine**

**913-721-2110** [kcrenfest.com](http://kcrenfest.com)

Buy tickets online or at:

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**Dillons** **MENARDS**



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[Timesharebegone.com](http://Timesharebegone.com)



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[www.insurewithjeb.com](http://www.insurewithjeb.com)

**Cell 913.257.2941**  
Fax 913.213.5242

# Calendar

CONTINUED FROM PAGE 15

## HISTORY & HERITAGE

SEP 28

### PANDEMIC ON THE PRAIRIE

Topeka Genealogical Society Monthly Meeting. Kara Heitz will discuss the 1918 Flu Pandemic in Kansas and Topeka. She will share information about victims buried in the Topeka Cemetery & interesting stories. Register to attend by Zoom. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.

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

## MEETINGS

MONDAYS

### GRIEF SUPPORT (VIRTUAL)

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

TOPEKA, 785-232-2044

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

SATURDAYS

### LAWRENCE BRIDGE CLUB

The Lawrence Bridge Club plays party bridge every Saturday night (weather permitting and some holidays excluded). Kaw Valley Bridge Center (suite 120) located in the I-70 Business Center, 1025 N. 3rd St. (next to the drivers license office), 6:30 to 9 p.m. First visit free.

LAWRENCE

SECOND TUESDAY OF THE MONTH

### NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

Meets at Grace Episcopal Church, 701 SW 8th Ave. (enter on N.W. 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

SEP 11

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367.

Topeka and Shawnee County Public Library - Hughes Room 205, 2-3 p.m.

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

SEP 11

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367.

Topeka and Shawnee County Public Library - Hughes Room 205, 3:30-4:30 p.m.

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

SEP 21

### 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, 2-3 p.m.

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

OCT 2

### CAREGIVER SUPPORT MEETING

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

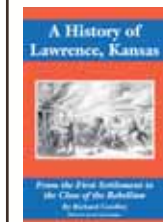
## MISCELLANEOUS

SEP 14

### 2023 TASTE OF LAWRENCE

For more than 30 years, the Taste of Lawrence has been held annually to honor our local educators and showcase some of our community's finest food and beverage establishments. Ticket price includes a brochure of vendors, samples from over 30 food and beverage vendors, and live entertainment. Lied Center of Kansas, 1600 Stewart Dr., 4-7 p.m.

LAWRENCE, 785-865-4426



## The History of Lawrence, Kansas

by Richard Cordley

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

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# This Space is Available!

Contact Kevin at kevin@seniormonthly.net or 785-841-9417 for more information.



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Getting a Bit  
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Office Hours Monday—Friday 8:30am to 4:00pm



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## Day Dreaming: Tales from the Fourth Dementia



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

## Sons of The American Revolution



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

# BUSINESS CARD DIRECTORY SPECIAL

Six months for \$76.50 (color extra) when paid in advance.



## RICK STEVES' EUROPE

# Norway's fjord country wonders, in a Nutshell

By Rick Steves

Tribune Content Agency

**M**y grandparents came over on the boat from Norway, so I'm partial to that corner of Europe. But even if you're not from Viking stock, don't miss the fjords.



*Rick Steves*

From Oslo, northern Europe's most scenic train ride takes you up and over the country's mountainous spine and into the land of shiplap dreams. The tourist board calls it "Norway in a Nutshell" and that's just what it gives you.

Frankly, if you go to Oslo and don't get out to the fjords, you should have your passport revoked. Norway's greatest claim to scenic fame is its deep and lush saltwater inlets. Sognefjord, Norway's longest (120 miles) and deepest (one mile), is tops. Sognefjord offers Norway's best combination of scenic wonder and accessibility.

For the most efficient one-day look at fjords, follow the Nutshell's series of well-organized train, ferry, and bus connections that puts this beautiful fjord country on a scenic platter. Ambitious and energetic travelers can see the whole shebang in a day; with more time or less energy, consider an overnight along the fjord or in Bergen.

You can book the Nutshell route from Oslo to Bergen on your own or take a package tour for less hassle. July and August are the best months to go. Whether buying tickets on your own or taking a package tour, make your reservations at least four to five weeks in advance.

The Nutshell route starts with a spectacular train ride, leaving Oslo at about

6:30 a.m. for Bergen. As the train roars over Norway's mountainous backbone, the barren, windswept heaths, glaciers, deep forests, countless lakes, and a few rugged ski resorts create a harsh beauty. The railroad is an amazing engineering feat. Completed in 1909, it's 300 miles long and peaks at 4,266 feet—which, at

■ CONTINUED ON PAGE 29

RICK STEVES' EUROPE



In Norway's magnificent Sognefjord region, idyllic villages come with a mountainous backdrop. One such village, Undredal, lies along the "Norway in a Nutshell" route sampling the area's highlights.

 **Cremation Center**  
of Kansas City

Cremation starts at  
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# Rick Steves

■ CONTINUED FROM PAGE 28

this Alaskan latitude, is far above the tree line. You'll go under 18 miles of snow sheds, over 300 bridges, and through 200 tunnels in just under seven hours.

At Myrdal, a 12-mile spur line drops you 2,800 breathtaking feet in 55 minutes to the village of Flåm on an arm of the Sognefjord. It's party time on board, and the engineer even stops the train for photos at the best waterfall, Kjosfossen.

While most Norway in a Nutshell tourists zip immediately from the train onto the scenic fjord boat in Flåm, those with time enjoy an overnight stop on the fjord.

Flåm is a handy tourist depot with several simple hotels. Aurland, a few miles up the fjord from Flåm, is more of a town. It's famous for producing some of Norway's sweetest geitost — goat cheese. Aurland makes a good home base if you're staying longer. Nearly every train arriving in Flåm connects with a bus or boat to Aurland. While nearby Bergen is famous for its rain—more than six feet a year—Sognefjord is a relative sun belt, with only two feet of rain a year.

The train from Myrdal to Flåm is quite scenic, but the ride doesn't do the view justice. For the best single day's activity from Flåm, take the train up to Myrdal and then hike or bike (rentable in Flåm) the half-gravel, half-paved road back down to Flåm. Bring a picnic and your camera.

From Flåm, "Nutshellers" catch the most scenic of fjord cruises. Sightseeing boats leave throughout the day. For

two hours, photo-snapping tourists scurry on the drool-stained deck like nervous roosters, scratching fitfully for a shot that catches the magic. Waterfalls turn the black-rock cliffs into a bridal fair. You can nearly reach out and touch the sheer, towering walls. The ride is one of those fine times, like being high on the tip of an Alp, when a warm camaraderie spontaneously combusts among the strangers who came together for the experience. The boat takes you up one narrow arm (Aurlandsfjord) and down the next (Nærøyfjord) to the nothing-to-stop-for town of Gudvangen, where waiting buses shuttle you back to the main train line at Voss. From Voss, carry on into Bergen for a short evening visit (or skip Bergen and return to Oslo from here).

Bergen, Norway's second city and historic capital, is an entertaining place. You can finish the day there by browsing the touristy but fun wharf area, or zipping up the funicular to the top of 1,000-foot-tall "Mount" Fløyen for city and fjord views. While Bergen certainly deserves more time, those making the Nutshell literally a day trip will catch the night train back to Oslo. Returning early the next morning to Oslo's station, as you yawn and stretch and scout out a cup of coffee, it'll hit you: You were gone for 24 hours, experienced the fjord wonder of Europe, and sampled a scenic bit of Bergen to boot.

- Rick Steves ([www.ricksteves.com](http://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](mailto:rick@ricksteves.com) and follow his blog on Facebook.

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

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C <sub>3</sub>	O <sub>1</sub>	H <sub>4</sub>	A <sub>1</sub>	B <sub>3</sub>	I <sub>1</sub>	T <sub>1</sub>	RACK 1 =	64
F <sub>4</sub>	A <sub>1</sub>	S <sub>1</sub>	H <sub>4</sub>	I <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	RACK 2 =	63
O <sub>1</sub>	U <sub>1</sub>	T <sub>1</sub>	R <sub>1</sub>	O <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	RACK 3 =	71
M <sub>3</sub>	I <sub>1</sub>	L <sub>1</sub>	K <sub>5</sub>	M <sub>3</sub>	A <sub>1</sub>	N <sub>1</sub>	RACK 4 =	65
I <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	S <sub>1</sub>	S <sub>1</sub>	RACK 5 =	58
PAR SCORE 260-270							TOTAL	321

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**BOGGLE ANSWERS**

TUNA, MULLET, GROUPE, HER-RING, SNAPPER, FLOUNDER

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**JUMBLE ANSWERS**

Jumbles: FURRY, TITLE, NUANCE, PEWTER

Answers: Being able to go fishing with his granddaughter was a -- "REEL" TREAT

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**MY ANSWER**

**God puts no price tag on the Gift of gifts**

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** Can we bargain with God when it comes to what He offers mankind? After all, God is the one who gave mankind its own will, right? – G.W.

**A:** God does not bargain. We can't barter with Him. We must do business with Him on His own terms. He holds in His omnipotent hand the priceless, precious, eternal gift of salvation, and He bids us to take it without money and without price. Jesus never offered a bargain. There is no parlaying or compromising. Christ demands total loyalty, and what a privilege it is to live for Him. Consider the age-old question: The

best things in life are free, are they not? The air we breathe is not sold by the cubic foot. The water that flows crystal clear from the mountain stream is free for the taking. Love is free; faith is free; hope is free. We can't reject God's grace on grounds that it is too cheap, for the most precious things in life come to us without money and without price. Only the cheap, tawdry things

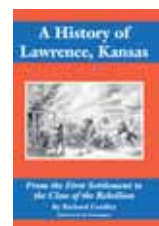
have a price tag upon them. Salvation is free — but it is not cheap!

God puts no price tag on the Gift of gifts. Preachers are not salesmen, for they have nothing to sell. They are the bearers of Good News — the good tidings that "Christ died for our sins according to the Scriptures" (1 Corinthians 15:3), and that the "grace of God... has appeared to all men" (Titus 2:11). Money can't buy it. Man's righteousness can't earn it. Social prestige can't help us acquire it. Morality can't purchase it. It is as the Prophet Isaiah writes, "Without money and without price" (Isaiah 55:1).

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

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