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KEVIN GROENHAGEN PHOTO



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Kim Murphree: Hosting 'According to the Record.'

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Broadcasting, singing are in Kim Murphree's blood

By Billie David

For Kim Murphree, host of Lawrence radio station KLWN's "According to the Record," broadcasting is second nature. She can almost do it in her sleep—or so she thought.

Another ability she has is being able to tell instinctively when the barometric pressure changes, so whenever she felt a storm coming on, she would drive straight to the KLWN radio station so she could be there to alert listeners to the changing weather.

That's exactly what she did when she woke up one night because her body told her that a powerful storm was bearing down on the city.

"I drove straight down to the station to do the weather," she said, adding that by the time she got there, she was being hammered by rain and hail.

During such times, it was her custom to throw a CD on so that listeners would know that someone was at the station while she called sources for

information and to find out where the spotters were.

On this particular night, the phone rang after she had thrown on a CD and began contacting people.

"It was Hank," she said, referring to Lawrence's iconic Hank Booth, who became known as the Voice of Lawrence for his years of service at KLWN.

Booth was on his way out to do some spotting, but he was listening to the station as he went, and he had an alert for Murphree.

"Have you listened to what you put on the air?" he asked her.

It was obvious to Booth that Murphree had not, so she listened.

The radio was playing "Nearer My God to Thee," the same song that the ship's band played on the deck of the Titanic as it slipped into the ocean—not a good choice to play for area listeners as a strong Kansas thunderstorm roared through Tornado Alley on its way to Lawrence, dumping buckets of rain and hail along the way.

Notwithstanding that little oversight, one might say that Douglas County, Lawrence, broadcasting and music are in Murphree's blood.



Kim Murphree

"My dad and Arden were friends," she said, referring to Arden Booth, who, in February of 1951, signed on for the first time on Lawrence's local radio station KLWN and, later that year, kept the station on the air for 67 continuous hours to keep area residents informed of the latest updates when the flood of 1951 inundated the city.

As for Arden's son, Hank, who was locally known as general manager of

the station and his "According to the Record" program, as well as his service on numerous boards such as the Chamber of Commerce, the Lawrence-Douglas County Planning Commission, and Leadership Lawrence, Murphree said, "Hank went to school with my sisters. They were all in high school together."

As for Murphree's strong connec-

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Kim Murphree

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tion to music, she remembers standing on a beautiful loveseat in the living room of her childhood home, hairbrush in hand to serve as a microphone. In her mind, she was performing for thousands of people in an imaginary audience, wowing them with songs like “Big Girls Don’t Cry” and “Hang Down Your Head, Tom Dooley.”

Murphree also learned another skill that has served her well.

“When I was little, my dad would teach me to memorize stuff,” Murphree said. “What that did for me was that I had incredible short-term memory. It helped me ace tests.”

Murphree’s parents were always civic-minded and involved in Lawrence’s day-to-day activities.

“My mom *was* community,” Murphree said. “She was involved in everything.”

As for her father, Mike Murphree, “He was everywhere doing every-

thing,” she said, adding that the spirit of service he embodied energized people.

“When you go out and lift people up, you get lifted up yourself,” she said of his boundless energy.

“He was very Irish, funny, smart, capable, and honest,” she added.

Murphree described her parents as a perfect couple.

“They married 10 days after they met,” she said, explaining that this happened a lot back then when World War II was raging, and there was an urgency to embrace the good in life and love while you still could.

So they married, and her mother ended up quitting her job as an accountant at the Sunflower Ammunition Plant located east of Lawrence—which was making ammunition during the Korean Conflict—and designed the home that her husband built for the family.

“My mom became my dad’s business partner and did all the accounting,” Murphree said.

If broadcasting and singing were in Murphree’s blood, building and developing were in her father’s. If the reader has noticed the names on street signs

in the Chaparral Addition, they can tell by the streets he named—such as Bonanza, Rawhide, and Ponderosa—that he was a big fan of the old cowboy shows on television.

Murphree’s father also developed Berg Acres on Highway 59 past the Wakarusa River on the east side of the road.

“When my dad developed it, there were mostly ranch houses,” Murphree said.

The Murphrees also had an 80-acre farm south of Lawrence, where they kept horses, which were very much a part of life for the family.

“Back in the day, there was a charity horse show out at the fairgrounds,” Murphree said. “Dad dressed up in a tuxedo and announced for the show, and the ladies were in cocktail dresses. It was Uptown—like the American Royal.”

That time could not last forever, however.

“That’s where I was at nine years old when my dad got sick,” Murphree said, adding that he died in 1968, the year he was running for a seat on the City

Commission.

“When dad passed, it was a huge game changer,” Murphree continued. “My mom sold the house she designed, and during my seventh-grade year, I lived with my oldest sister, Jan, and her family in a house my mother bought in Salina.”

During her eighth-grade year, Murphree lived at Lakewood Hills on Perry Lake, attending school in Oskaloosa, and then moved on to Lawrence’s Central Junior High.

“I wasn’t your average well-behaved teenage girl,” Murphree said. “I was very unconventional. I didn’t hang out in any cliques. I have always been pretty assertive.”

Thanks to a teacher at Central Junior High, Murphree learned to accept who she was and to come into her own.

“Mrs. Roberts was a wonderful teacher,” she said. “She was the first person who told me I was okay being who I am. She let me know it is okay not being like everybody else. I’m not conventional at all.”

After junior high, Murphree went to

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Kim Murphree

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Lawrence High School, participating in debate, theater, and choir.

“In high school, I ran around with a group of people,” she said. “Clinton Lake was not there yet. Everybody had four-wheel drive vehicles, and we went out to where Clinton Lake is now and drove around. We would stop by different farmhouses, and they would fix us stuff to eat.”

During her high school years, Murphree continued with singing, debate, and forensics. She didn’t take any voice lessons, she said, but learned techniques from her music teachers.

Later, Murphree remembers when she was working at a bar, and people would play songs on the jukebox so that Murphree could sing to the music.

Murphree occasionally would sit in for a band called Highball with Kevin Clark, Don Desmond, and John Goebitz. The fun part was when they changed clothes during their break and came back saying they were a different band called Ray Retread and the Tire Tools. The audiences good-naturedly enjoyed their little surprise.

“I got to be very good friends with them,” Murphree said of the band members.

“The one thing about being in a band with people is there is a bond that forms,” she explained, adding that later, when Clark was in a different band called Black Pearl, she joined that band.

As one year in the Lawrence music scene turned into another, Murphree kept that bond with Black Pearl through the 80s, then went on to Kim Murphree and Friends and The Wags in the early 2000s and then a band called Southern Freight.

Murphree’s most recent band, Kim and the Quake, placed first in the Best of Lawrence competition in 2017 and 2019 through 2023. The band placed third in 2018.

When COVID hit, Murphree and Joel Davidson formed Kim and Joel and the Invisible Band.

Murphree also sang with The Exceptions for a while, and that band was

inducted into the Kansas Music Hall of Fame.

For Murphree, however, the real accomplishment in her life is her son Michael, who is now 32.

“He taught himself the piano, and he has written the most beautiful music you’ve ever heard,” Murphree said. “When he was a senior at Free State High School, he was bullied, which made his level of empathy way high.”

He also spent many hours playing video games, which led to working with various gaming companies.

“I never married,” Murphree said. “It’s just me and Mike.”

As the years slipped by, Murphree went to college, worked for the Scottish Rite, taught Western Civilization,

raised her son, and moved back in with her mother. Then, she was hired by a jury consulting firm in Overland Park and flew all over the country before returning home to be with family.

It was then that Hank Booth learned that she wanted to do radio, she said, so he told her, “You’re working for me.”

At KLWN, Murphree started out doing morning church services.

“I loved that,” she said.

Then, on Saturday mornings, she started doing a show with Bob Schulte, vice president of Fritzel Construction, whom Murphree singled out as “the funniest guy on the radio.”

“Then I worked seven days a week,” she said of her work at KLWN. “I was there from 1998 to 2013. After I left

that, I went back into music.”

Murphree, as is her customary practice, has been involved in other community events since then. She has taught at her church and served on the board of directors for the Boys and Girls Club of Lawrence and the Red Cross, where she was president for three years.

“I love traveling, but I love coming home—there’s no better place to be,” she said.

Murphree has also been the announcer for Lawrence’s Old-Fashioned Christmas Parade and the Veteran’s Day Parade, which she helped start.

“We love the veterans, and we

■ CONTINUED ON PAGE SIX



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Kim Murphree

■ CONTINUED FROM PAGE FIVE

wanted them to feel honored and respected,” she explained.

Hank Booth hosted “According to the Record” for his final time on June 30. He passed away just one week later after a brief illness. Murphree and Kelley Hunt sang at his funeral.

Rebecca Supernaw and Joel Becker of Great Plains Media encouraged Murphree to return to KLWN, resulting in her “According to the Record” spot, which began on September 18.

“People are very stressed out there, and I want to do something to give them positive energy,” she explained. “I want listeners to walk away with tools they can use to make their day better.”

Another motive was that she wanted to be a catalyst in discovering local talent.

“That’s how Elvis got his start,” she said. “They don’t do that anymore.”

To this end, Murphree said, “I am asking anybody in Douglas County

who has an original song to send an MP3 with their name and the song’s name, along with written permission to play the song and when it will be performed, to the email address themurphreenetwork@gmail.com or kmurphree@gpmnow.com.

“It’s my way of putting local music back on the radio,” she said.

She said the next venture will be a gospel show, remembering when she emceed the 40th Victory Bible Church anniversary and Pastor Leo Barbee, Jr.’s birthday.

Inviting people of different faiths to her show is one of Murphree’s goals, she said, remembering an event she hosted called “Get to Know Your Neighbor,” where they put people of all different religions in a room together to make friends. “We had huge banquets for that. I believe everyone should be peacemakers. You can overcome differences by finding similarities and richness in the differences,” she said.

As for her new stint on “According to the Record,” which airs from 8:00 to 9:00 a.m. on Monday through Friday, “We’re going to have a blast,” she said.



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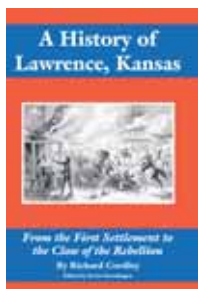
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The History of Lawrence, Kansas

by Richard Cordley

Available at the Watkins Museum of History, 1047 Massachusetts St.,
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Rep. Matthew Lyon and the Sedition Act of 1798

By Kevin Groenhagen

My family and I drove to Panama City Beach, Florida, for a few days at the beach in August. GPS told us that the fastest route going down was through Springfield, Missouri, Memphis, Tennessee, and then south through Alabama. However, GPS showed the fastest route coming back to Kansas would go through Nashville, Tennessee, and St. Louis, Missouri. That route would take us through Eddyville, Kentucky.

Eddyville is a town with a population of fewer than 2,500 and is best known for being the home of the Kentucky State Penitentiary. I've wanted to visit Eddyville for nearly 20 years, so I was excited to learn that I wouldn't have to make a separate trip of more than 450 miles.

Did I want to visit a prisoner in the jail? No. Instead, I wanted to see the gravesite of an ancestor who spent a few months in jail in 1798.

My sixth great-grandfather, Matthew Lyon, left Ireland in 1764 when he was 15. He didn't tell his mother and stepfather (the British reportedly executed his father for "treason") that he was leaving and agreed to become an indentured servant in exchange for his passage to America aboard a disease-ridden ship. He was an indentured servant until he bought out part of his time three years later.

Having secured his freedom in Connecticut, Lyon began accumulating much wealth as a businessman. He established a sawmill, a tavern, an iron

foundry, and a paper mill. He was the first American to use wood pulp to produce paper. He refused to seek a patent, explaining, "[I]f this discovery should prove advantageous to mankind we shall be glad to bid the world—welcome to it."

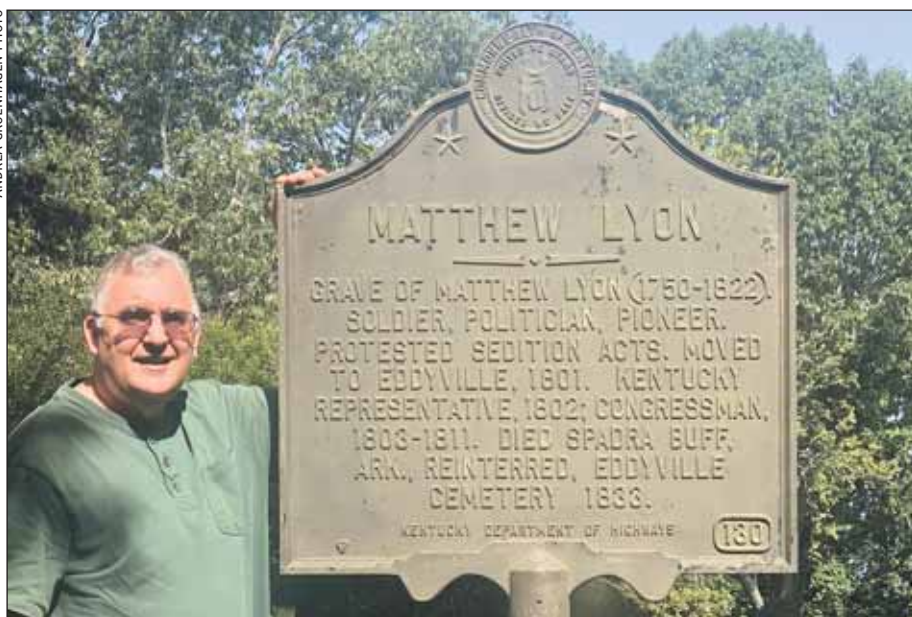
Lyon married Mary Horsford, a niece of Ethan Allen, in 1773. During the American Revolution, Lyon fought with Ethan Allen's Green Mountain Boys and took part in the legendary attack on the British's Fort Ticonderoga.

After the war, Lyon helped draft Vermont's new constitution. Thomas Chittenden, the first governor of Vermont, also worked on Vermont's constitution. After Mary Horsford died, Lyon married Beulah, Chittenden's daughter.

Lyon also got involved in politics. He ran unsuccessfully for Congress

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ANDREA GROENHAGEN PHOTO



Kevin Groenhagen, publisher of *Senior Monthly*, at the gravesite of his sixth great-grandfather, Matthew Lyon, in Eddyville, Kentucky.



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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 problem 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

■ CONTINUED ON PAGE NINE



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is in the plan's network; and that your plan covers additional medication coverage 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.

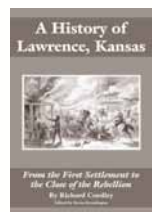
- **Shop online:** You can also save on regularly used medications by having them sent to you from a mail-order pharmacy. Check with your health insurer or regular pharmacy to see whether it will get you a better deal. If not, check online pharmacies like [CostPlusDrugs.com](https://www.CostPlusDrugs.com) 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 pharmaceutical 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.



The History of Lawrence, Kansas

by Richard Cordley

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MAYO CLINIC

Metabolic syndrome and lifestyle changes

By Robert Rizza, M.D.

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: I just turned 40 and had my annual physical, which included a large panel of blood tests. I was told that I have metabolic syndrome and could develop diabetes. I was told to limit my sugar intake. Can you explain more about the condition and how I can avoid diabetes?

ANSWER: When a person is diagnosed with metabolic syndrome, it means he or she has several conditions that, if left untreated, significantly raise the risk of developing diabetes. Metabolic syndrome also increases the risk of heart and blood vessel problems. Treatment for metabolic syndrome typically focuses on healthy lifestyle changes.

Although the specific definition health care professionals use may vary somewhat, metabolic syndrome generally includes having three or more of the following characteristics: a larger waistline, high triglyceride level, low HDL cholesterol (also called “good” cholesterol), high blood pressure and a blood glucose level that is higher than normal.

High blood sugar, also known as blood glucose, is the hallmark sign

of diabetes. When a blood sample is taken after a person fasts overnight and his or her blood sugar measures 80 to 100 milligrams per deciliter, or mg/dL, that level is considered normal. A fasting blood sugar measurement of 126 mg/dL or higher on two separate tests is considered diabetes. The range between the two — 100 to 125 mg/dL — is referred to as prediabetes. The blood sugar level of people who have metabolic syndrome often falls into the prediabetes range.

Treatment for metabolic syndrome usually focuses on three areas of lifestyle modification:

- Weight loss
- Exercise
- Dietary changes

Many people who have metabolic syndrome are overweight. Getting to and staying at a healthy weight can make a big difference in reducing the risk of health problems associated with metabolic syndrome.

Losing weight also may help lower blood pressure, blood sugar and triglyceride levels. But weight loss that results in a reduced waist size is important, too, as studies have shown that carrying a lot of weight around your abdomen raises the risk of developing diabetes, heart disease and other complications of metabolic syndrome.

To reduce the risk, doctors generally recommend a waistline of less than 35 inches for women and less than 40 inches for men.

Regular exercise can help with weight loss, as well as improve some of the medical concerns associated with metabolic syndrome. A good goal is 30 minutes or more every day of activity that is moderately intense, such as brisk walking, swimming or biking.

Long term, healthy eating is a crucial component of treatment for metabolic syndrome. It may be worthwhile for you to speak with a dietitian about a specific diet. Two diets that often are recommended for people with metabolic syndrome are the Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet. These diets limit unhealthy fats and focus on fruits, vegetables, fish and whole grains. Beyond weight loss, studies have shown that both diets offer essential health benefits for people who have components of metabolic syndrome.

Finally, do not smoke. Smoking cigarettes can make many of the health

complications of metabolic syndrome worse. Smoking also can significantly raise the risk for other illnesses and diseases.

Depending upon your personal situation, if lifestyle changes are not enough to control metabolic syndrome, medication also may be part of your treatment plan. Medicine to control blood pressure, manage triglycerides and lower blood sugar can be useful in treating some cases of metabolic syndrome. I would recommend that you follow up with your health care specialist on an annual basis and repeat blood work to monitor your progress and adjust your approach as necessary. — Robert Rizza, M.D., Endocrinology, Diabetes and Metabolism, Mayo Clinic, Rochester, Minnesota

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

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HEALTH & WELLNESS

Eight natural ways to boost your energy levels

A common complaint in doctors' offices is the patient stating that they are tired. When asked to rate their fatigue, most patients will rate their energy level below average. Having low



Dr.
Deena
Beneda

energy levels is normal, and the vast majority of people have experienced low energy at some point in their lives. Waking up tired, lack of energy, exhaustion, falling asleep in the middle of the

day, or inability to concentrate are all common signs of energy problems. The good news is there are some healthy, natural ways to boost your energy:

1. Eat small, frequent meals to avoid the sleepy feeling that comes with digesting large meals. Protein is essential to establishing stable blood sugar levels and prevents rising and falling energy levels.

2. Cut down on coffee and energy drinks, which give you a rush of energy but will result in fatigue.

3. Get enough sleep at night. It can be difficult to stay awake the next day without proper sleep.

4. Take deep, controlled breaths. Deep breathing helps reduce stress and fatigue and increases the oxygen level in the blood.

5. Drink plenty of water.

6. Consider homeopathic remedies or acupuncture for fatigue.

7. Go outdoors. Getting some fresh air is always a good way to improve energy.

8. And finally, consider medicinal plants.

The medicinal plants known for providing energy are adaptogens. This class of medicinal plants includes Licorice, Ashwagandha, Ginseng, and Rhodiola. Adaptogens are thought to build your resistance to physical, chemical, and biological stress and boost your energy and vitality.

Licorice, or *Glycyrrhiza glabra*, works wonders with the adrenal cortex. This herb is a staple of traditional medicine for adrenal insufficiency. Glycyrrhiza is the active compound in licorice. Licorice has been positively linked to various other health benefits, including improving the immune system, decreasing inflammation, and healing the gut lining.

Ashwagandha, or *Withania somnifera*, comes from many medicine traditions. It is particularly useful for stress-induced sleeping problems and improving energy levels.

Korean Ginseng (*Panax ginseng*). The main root of this plant is traditionally used in Western herbal medicine to remedy physical or mental exhaustion, to build an immune system, and to facilitate the adaptation to stress. Other health benefits from this plant include improving sleep, fatigue, depression, headaches, and menopausal symptoms.

Eleuthero, or *Eleutherococcus senticosus*, is an adaptogen herb that supports cognition, alertness, immune function, fatigue, and physical stress.

Finally, Rhodiola or *Rhodiola rosea* is an adaptogenic herb with a long history of traditional use. It has been used for stress and fatigue management and enhanced mental performance.

Trying to increase energy levels can feel like climbing a mountain. But with all the natural and alternative options available, most make it to the top. However, you should always check with your healthcare provider when using medical plants or any natural medication.

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

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HEALTH & WELLNESS

Looking forward to renovations at the LMH Health Cancer Center

By Natalie Terranova

LMH Health

LMH Health will soon begin expanding and renovating the Cancer Center. Major efforts are expected to launch in October 2023 as design and construction teams work to create an environment that cultivates healing and focuses on a patient-first experience. The Cancer Center renovations

enhanced it further. The architects had them think from patient perspectives through interactive activities to ensure the easiest patient experience possible.

“The architects brought in sample materials for us to feel and walked us through the hallway as if we were patients,” said Dr. Barr. “A lot of thought went into patient flow to

■ CONTINUED ON PAGE 13



Artist rendering of the renovated LMH Health Cancer Center



are planned to be finished by late 2024.

The research and planning for the design of the new Cancer Center was a collaborative process among doctors, staff and architects. Earlier this year, the center selected a remodel team which consisted of physicians, a nurse navigator, treatment nurses, front office staff and the pharmacy manager. This team worked alongside architects to create a plan for the clinic that would best satisfy the needs of patients and visitors while making the center more efficient for staff.

The team focused on creating a design for a healing environment that aims to improve patients' overall sense of wellbeing and hopefulness. A healing environment can accelerate recovery, reduce stress and anxiety, shorten hospitalizations, reduce medication use and lessen pain.

“It is important for all aspects of the clinic to be represented in the decision-making process,” said Jodie Barr, DO, an LMH Health Cancer Center physician and member of the remodel team. “We molded everyone's ideas together to create a functional, efficient clinic.”

The team visited other area cancer centers and researched which features would be the most beneficial. They brought their ideas to the architects who understood the vision and



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Renovations

■ CONTINUED FROM PAGE 12

ensure the patient experience is as easy as possible.”

With the new design, there will be considerably more space in patient rooms and hallways. This will allow for a seamless experience for both staff and patients at the Cancer Center. The new design will allow room for new technology and different services to be added such as a full-time dietitian and comprehensive survivorship care.

As the population of cancer survivors continues to rise, there is an increased need to provide cancer survivorship care. The LMH Health Cancer Center team

partnered with the Masonic Cancer Alliance at the University of Kansas Cancer Center and created a comprehensive survivorship care plan given to patients at their first appointment after treatment has ended.

The survivorship team also provides a detailed care plan, outlining everything a survivor needs to do moving forward. The survivorship team continues to meet with survivors through the weeks, months and years after treatment to help make sure the survivors stay on track in all aspects of their health.

Patients don't have to travel far from home to receive exceptional cancer care. The LMH Health Cancer Center is an accredited, multidisciplinary cancer treatment center committed to providing patients care in a comfortable, healing environment. In order to ensure the space fully reflects the quality of the care provided therein, the Cancer Center will undergo a variety of aesthetic changes and additions including:

- Family lounge
- Healing garden

- More natural light
- Open atmosphere for seamless patient experience
- Computer screens in each patient/consult room
- Waiting room expansion

“We want to give patients the most comfortable environment to heal in during difficult times,” said Jill Jordan, practice manager for the Cancer Center. “For some, that means a shorter walk to their room or more natural light during treatment. There are variety of things that can help patients heal faster and with the new design, we will have something from which every patient can benefit.”

Are you interested in supporting the LMH Health Cancer Center expansion and renovation? Donate online at lmh.org/foundation, email Earl Reineman at earl.reineman@lmh.org or call 785-505-3317.

Renovations to the Center are expected to cost between \$9 and \$11 million. The LMH Health Foundation is grateful to have received more than \$6.5 million in philanthropic support from community members and foundations, and continues to accept donations.

“The Cancer Center has the physicians, programs and technology to provide healthcare that's not only exceptional for a community hospital—it's among the best anywhere,” said Rebecca Smith, LMH Health vice president of strategic communication and LMH Health Foundation executive director. “This expansion will ensure our facilities reflect the extraordinary high level of care provided here.”

Jordan said the community's commitment to LMH Health is clear.

“We are so committed to the local community and through the donations, we can see how committed the community is to us,” Jordan said. “We would not have been able to make many of these changes without community support.”

- Natalie Terranova is a marketing and communications intern at LMH Health.



MIDLAND CARE

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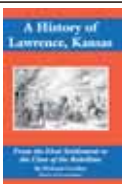


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FINANCIAL FOCUS

Don't leave your IRA to the IRS

If you've invested in an IRA for many decades, it may well turn into a key source of income for your retirement. Still, you might not deplete your IRA in your lifetime, especially if you also have a pension or a 401(k) and other investment income. So, if your IRA still has sizable assets after your passing, it



Derek Osborn

would likely end up in your estate plan. If you leave your IRA to grown children or other family members, could they be hit with a big tax bill?

Here's a little background: Up until the Secure Act of 2019, those who inherited traditional IRAs could extend their required withdrawals over their lifetimes, which stretched out the annual taxes due on these withdrawals. But the Secure Act changed the provisions for non-spouse beneficiaries who inherited an IRA after 2019, meaning that beneficiaries of inherited IRAs had only 10 years (beginning the year after death) to withdraw the entire bal-

ance. For some beneficiaries, this could potentially create a tax burden. (Inheritors of Roth IRAs are also required to follow the 10-year distribution rule but are not subject to income taxes on account earnings if the Roth IRA's five-year holding period has been met).

However, not all beneficiaries were affected by the new rules. Spouses can stretch their inherited IRA distributions over their lifetimes and exceptions exist for certain non-spouse beneficiaries. Minor children of the IRA owner (until the age of majority), chronically ill or disabled individuals, and beneficiaries who are no more than 10 years younger than the IRA owner may opt to stretch their distributions.

The new 10-year requirement applies to IRAs inherited on or after Jan. 1, 2020. But due to confusion over changes to required minimum distribution (RMD) rules for some beneficiaries of inherited IRAs, the IRS waived penalties for individuals who failed to take RMDs in 2021 and 2022 and extended the RMD penalty waiver for 2023.

Although these rulings give beneficiaries — those not eligible for the exemptions listed above — more time to plan, they will eventually need to start taking RMDs, which could affect their tax situations. To help protect

your heirs, consider these suggestions:

- Using permanent life insurance.

A properly structured permanent life insurance policy could help you replace the assets your family might lose to the taxes resulting from an inherited IRA. You might even consider naming a charity as the beneficiary of an IRA, rather than your family members. The charity would receive the IRA proceeds tax free, and the life insurance could then provide tax-free benefits to your heirs.

- Leaving taxable investment accounts to your heirs. Apart from your tax-deferred IRA, you may own other, fully taxable accounts containing investments such as stocks or bonds. Typically, these investments receive what's known as a "step-up" in their cost basis once they are inherited. This means your heirs will essentially inherit all the gains your investments earned by the time of your passing — but they won't be taxed on these gains if they sell the assets immediately. This type

of sale could help offset the taxes your heirs will incur from the inherited IRA.

The tax and investment issues surrounding inherited IRAs can be complex, so consult with your tax and financial advisors before making any moves. And, as with many areas relating to inheritances, the sooner you start planning, the better.

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



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JILL ON MONEY

Mail bag: Real Estate

The mail bag continues with this month's focus on real estate.

Question: We are a 38-year-old couple and have been looking for a house for over a year and are discouraged. When we have gotten close, the deal either falls apart or we get outbid. Help!



Jill
Schlesinger

Answer: Home prices have skyrocketed since the pandemic. The median sales price for an existing home in February 2020 was \$270,100, compared with the most recent data (through July), which showed an eye-popping \$406,700.

You do not have to be a math genius to see that home price appreciation has far outpaced the overall inflation rate. For people like you, the process of finding a home is simply exhausting. If you can't stand it anymore, why not take a time out on the search and see if new inventory hits the market after the end of the year.

Question: Is it crazy to buy a house now that mortgage rates are above 7 percent?

Answer: For would-be homebuyers, the headlines that proclaimed the high-

est mortgage rates in two decades were depressing. According to Freddie Mac, the average rate on a 30-year fixed rate loan was 7.23% as of August 24, the highest rate since 2001.

That said, there have been plenty of times in the past when homeowners made a purchase with loans that were even higher. The key to feeling more secure about a purchase when rates are high is to run the numbers. If you can manage the payments now, there will likely be some time in the future when you will be able to refinance to a lower rate.

Question: With 30-year mortgage rates high, should I consider an adjustable-rate loan?

Answer: An adjustable-rate mortgage (ARM) is a loan that has two distinct periods: comprised of an initial period where there is a fixed rate of the loan during which the interest rate stays the same. The initial period can range from six months to 10 years.

The second period is the tricky part. That's when the loan adjusts to prevailing interest rates, with a predetermined formula which outlines when and how often the interest rate can change. The strategy of using an ARM is that you are hoping to lock in a lower rate for the fixed period, during which you would either move or attempt to refinance to a traditional fixed rate loan.

The problem today is that ARM rates are not much of a bargain, compared with traditional 30-year fixed

rate loans, which means that you may need to consider whether the risk of the adjustment period is worth it to you.

Question: Is it worth it to pay points to push down my mortgage rate?

Answer: "Points" refer to a percentage of the mortgage amount. So, if you are purchasing a \$500,000 home with a \$400,000 mortgage, one point equals 1% of the mortgage amount, or \$4,000. Points are used to permanently lower the mortgage rate, usually by 0.25%, depending on the market and lender.

If you want to push down your monthly payment amount, paying points could be worth it. But when determining whether or not to do so, you should factor in how long you plan to be in the house, so that you can recoup the upfront investment.

Additionally, the IRS considers points as prepaid interest, which means that they may be deductible as home mortgage interest, as long as you itemize deductions. If you can deduct all of the interest on your mortgage, you may be able to deduct all of the points paid on the mortgage. (The IRS has a handy tool to use: <https://www.irs.gov/help/ita/can-i->

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

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SENIOR CALENDAR

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

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

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

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

TOPEKA, artstopeka.org/firstfriday

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

2nd Saturday of each month in East Lawrence Warehouse Arts District. Come see a local art market. Art Emergency, Delaware 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

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EDUCATION

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>

OCT 5

INTERNET INTRODUCTION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4664 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

OCT 5

DR. JOHN HOSLER: "BIDDING SYRIA ADIEU: THE ARAB INVASIONS OF 634-638"

Though little known to western audiences, the Arab invasions of 634-638 into Syria and the Levant were some of the most consequential in history. What began as small-scale raiding of frontier Byzantine garrisons soon transitioned to full-scale war, featuring a decisive victory of the Byzantine army at the Battle of Yarmuk in 636 and the capture of Jerusalem in 638. The surrender of the Holy City enabled Muslim control of the Temple Mount within it and the construction of two of the most famous sites for all of Islam: the al-Aqsa Mosque and the Dome of the Rock. Following the conquest of Syria, their armies would go on to conquer Egypt, Persia, Mesopotamia, North Africa, and Iberia—by 711, over half of the old Roman Empire lived in the Abode of Islam. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3 p.m.

LAWRENCE, 785-864-4900

youtube.com/watch?v=YdEMx7D9MJw&list=PLaTmc9U0F6DbZ_RxCvVqyIBqrxvNYRRwr&index=8

OCT 10

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>

OCT 10

EMAIL FOR BEGINNERS

Using Google's free email, Gmail, learn how to log into email, open, delete, reply to and forward email messages. Please call 785-580-4664 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

OCT 10

GOT MEDICAL DEBT?

This program is designed for adults and caregivers who need to know what's listed in their credit report and steps they can take to get out of debt. Panel discussion led by HCCI counselors. Topeka and Shawnee County Public Library - Marvin Auditorium 101A, Virtual Room 02, 6-8 p.m.

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

OCT 11

JASON THE NATIVE CHEF

Native Chef Jason Champagne, MPH, will talk about his journey to founding Native Chef LLC,

and how Traditional Native Foods has assisted him with regaining a culture he never had.

Topeka and Shawnee County Public Library - Sabatini Gallery 110A, 7-8 p.m.

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

OCT 12

ZOOM FOR BEGINNERS

Learn how to use Zoom tools to attend, participate and start online meetings. Call 785-580-4664 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

OCT 12

ADVANCE DIRECTIVES & ESTATE PLANNING - SENIOR LEGAL AID

Have you considered who will make medical and personal decisions on your behalf if you become incapacitated? Learn about the importance of advance directives and estate planning basics. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 1:30-4:30 p.m.

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

OCT 12

FALL CLEAN UP DO'S AND DON'TS

Learn how to care for garden beds before winter to promote soil health, make weeds less invasive and make spring gardening more enjoyable. Presented by Becky Harwick.

Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.

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

OCT 16

MEDICARE PART D

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

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

OCT 17

KNOW YOUR RESISTANCE: PREDIABETES EDUCATION

Join LMH Health as we walk with you through your prediabetes diagnosis and next steps. Registration required. No registration fee. LMH Health, Conference Room A, 1-3 p.m.

LAWRENCE, 785-505-3062

lmh.org/wellness/events

OCT 18

ONLINE SAFETY TIPS

Learn how to navigate online safely. We will talk about basic internet safety, passwords, and common online and email scams. Call 785-580-4664 to register. Topeka and Shawnee County Public Library - Learning Center, 12:30-1:30 p.m.

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

OCT 19

MICROSOFT WORD BASICS

Get started with the basics of Microsoft Word. Learn to navigate, create and edit documents. We will learn basic text editing techniques and how to insert a picture. Call 785-580-4664 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

OCT 26

ESTATE PLANNING SEMINAR

How will your property be distributed at your death? And who will be in charge of the distribution? If you are the parent or current guardian of minor children, how can you name the person who will become their guardian?

How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you specify who will handle your finances and make medical decisions if you are alive but incapacitated? How can you avoid probate? And will you be subject to estate taxes? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Attendance is limited to 20 persons. To secure a seat, register online at <https://yoursrco Douglasco.as.me/FundamentalsEstatePlanning> or call the SRC at 785-842-0543. Senior Resource Center, 745 Vermont Street, 2-3:30 p.m.

LAWRENCE

LAWRENCE

OCT 31

BEGINNING COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find and open apps and files. Share this with a friend or family member who needs help learning to use a computer. Call 785-580-4664 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

NOV 2

DR. JOHN KUEHN: "HIDEYOSHI'S INVASION OF KOREA IN THE 1500S"

The Shogun Hideyoshi Toyotomi had only recently unified Japan when he made the decision to invade Korea. Korea had served as a springboard of the attempted Mongol conquest of Japan in the 13th Century. Hideyoshi and his allies had never forgotten this danger. Hideyoshi was also inspired by the martial legend of the great Khan, and so inspired, partly for security, partly for glory, he invaded Korea in 1592 with a huge army of over 150,000 veteran troops. His ultimate goal was the conquest of China itself. This lecture will look at this invasion and its disastrous aftermath for the Koreans and, ultimately, the Japanese. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3 p.m.

LAWRENCE, 785-864-4900

youtube.com/watch?v=XYM-rqXDLyQ

NOV 2

INTERNET INTRODUCTION

Learn about browsers, search engines and how to navigate websites to find information online. Share this with a friend or family member who needs help with the internet. Call 785-580-4664 to register. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

NOV 4

USING FIND-A-GRAVE FOR GENEALOGY RESEARCH

In this new class, we'll explore this powerful, free website. We'll discuss how to navigate the site to find additional family members and

■ CONTINUED FROM PAGE 16

how to collaborate with others by adding new memorials and photos. Space is limited; please register in advance. Watkins Museum of History, 1047 Massachusetts St. Fee. LAWRENCE, 785-841-4109 eventbrite.com/e/using-find-a-grave-for-genealogy-research-tickets-676197995407

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

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 9 & 10

RICHARD JOHNSON, PIANO

Born in Pittsburgh, home to jazz greats Art Blakey, Ray Brown, Jeff "Tain" Watts and Ahmad Jamal, Richard Johnson has strong territorial jazz roots. He was first introduced to the piano at the age of five by his father, a gospel pianist from Baltimore, MD. Since then, he has cultivated a rich and pedigreed musical background, being schooled by some of the most legendary jazz musicians and studying at the most esteemed institutions of music. After receiving a scholarship and graduating from the Berklee School of Music in just two years, Johnson entered the Boston Conservatory where he earned a master's degree in jazz pedagogy. He then went on to receive an artist performance diploma at the Thelonious Monk Institute of Jazz Performance at New England Conservatory, under the direction of the influential Ron Carter. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

OCT 13

FREE STATE STORY SLAM | PRIDE

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

OCT 15

MARIACHI HABANERO

Mariachi Habanero will perform traditional mariachi music from different regions of Mexico. The band will also share some song and instrument history and facts. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 3-5 p.m. TOPEKA, <https://events.tscpl.org/events>

OCT 15

CHRIS SMITHER

Having distilled his own signature sound of blues and folk for decades, Chris Smither is truly an American original. A profound songwriter, he draws deeply from the blues, American folk music, modern poets and philosophers. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

OCT 27

SILENTS IN THE CATHEDRAL

Relish a unique film and music experience watching the Hitchcock silent thriller "The Lodger" (1927). Organ music and percussion bring the film to life. Denise Morrison will share film history. Grace Episcopal Cathedral - 701 SW 8th Street, 7-10 p.m. TOPEKA, <https://events.tscpl.org/events>

OCT 29

NIKKI GLASER: THE GOOD GIRL TOUR

Nikki Glaser is one of the funniest female voices in comedy today. For nearly two decades at clubs across the country, and as the host of three hit podcasts, Nikki has been honing her shockingly honest, no-holds barred style of comedy. Her daily show, *The Nikki Glaser Podcast*, launched in March 2021 through iHeartMedia and Will Ferrell's Big Money Players Network. It is a daily companion podcast that is peppered with Nikki's sense of humor and honesty to help keep listeners sane, well-informed and laughing through life. In July 2022, she headlined her first HBO comedy special, *Good Clean Filth*, which has been nominated for a Critics Choice Award for Best Comedy Special. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

NOV 2

TERENCE BLANCHARD: FILM SCORES LIVE!

With over 75 credits to his name to date, Terence Blanchard, renowned trumpet player and composer, is a true titan in the world of film and television. His major scores include Spike Lee joints such as *BlacKkKlansman*, *Da 5 Bloods*, *Mo Better Blues* and *25th Hour*; Kasi Lemmons films such as *Eve's Bayou* and *Harriet*; along with scores for Regina King (*One Night in Miami*), George Lucas (*Red Tails*) and Gina Prince (*The Woman King*). Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

NOV 4

JESUS CHRIST SUPERSTAR

Celebrating its 50th anniversary, a new mesmerizing production of the iconic musical phenomenon returns to the stage. Originally staged by London's Regent's Park Open Air Theatre and helmed by the acclaimed director Timothy Shearer (*Crazy for You*, *Into the Woods*) and cutting-edge choreographer Drew McOnie (*King Kong*, *Strictly Ballroom*), this production won the 2017 Olivier Award for Best Musical Revival, garnering unprecedented reviews and

accolades. Appealing to both theatre audiences and concert-music fans, this production pays tribute to the historic 1971 Billboard Album of the Year, while creating a modern, theatrical world that is uniquely fresh and inspiring. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

EXHIBITS & SHOWS

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 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 kcrenfest.com

OCT 21 & 22

BALDWIN CITY MAPLE LEAF FESTIVAL 2023

The Maple Leaf Festival began as a community event in 1958, inspired by Dr. Ivan Boyd, a biology professor at Baker University as well as Dr. Charles Doudna, Bill Horn, Leo Smith and C. R. Whitley. Dr. Boyd noted that the third weekend in October was the optimum time to view the changing colors of the Maple Leaves in the area and the perfect time to celebrate the successful harvest. BALDWIN CITY, 785-393-3634 mapleleafestival.com

FARMERS' MARKETS

TUESDAYS THROUGH OCT 24
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

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

SATURDAYS THROUGH NOV 25

DOWNTOWN TOPEKA FARMERS MARKET

Featuring 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

SATURDAYS THROUGH NOV 18

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

HEALTH & WELLNESS

OCT 4 & 18, NOV 1

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, 11, 18, 25, NOV 1

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

HISTORY & HERITAGE

OCT 13

BEYOND THE VEIL: HISTORY OF SPIRITUALISM

Local history librarian examines the emergence of Spiritualism, its connections to both the Civil War and World War I, and how it led to a battle of words between Sherlock Holmes author and Houdini. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 6:30-7:30 p.m. TOPEKA, <https://events.tscpl.org/events>

Matthew Lyon

■ CONTINUED FROM PAGE SEVEN

in 1791, 1793, and 1795. In 1793, he launched a weekly newspaper, the *Farmer's Library*, to counter the anti-Republican sentiment that was flooding Vermont from neighboring states.

Lyon finally won a seat in the U.S. Representatives in 1797. However, his opponents began attacking him after he arrived in Philadelphia (the nation's capital moved to Washington, D.C., in 1800). "Coarse, bombastic, and Irish, Congressman Lyon was the natural target for the more refined Federalists, Geoffrey R. Stone wrote in *Perilous Times: Free Speech in Wartime - From the Sedition Act of 1798 to the War on Terrorism* (2004). "He was the first, and perhaps only, former indentured servant ever to serve in Congress. Lyon immediately excited the ire of the Federalists. Following British tradition, the House of Representatives sent a committee each year to call on the president to formally request his attendance at the House's response to his opening address to Congress. Lyon ridiculed this ceremony as pompous, un-American frippery."

Lyon's feud with the Federalists eventually led to an incident on the House floor after Roger Griswold of Connecticut attacked Lyon's military record. Lyon responded by spitting in Griswold's face. The House failed to muster the two-thirds majority required to expel Lyon from Congress, which led the Federalists to claim that the Republicans had sacrificed principle to the "ambition of party." Griswold later decided to exact his vengeance when he attacked Lyon with a hickory walking stick on the floor of the House.

A year later, as the United States prepared for war with France, the Federalists enacted the Sedition Act of 1798. The Sedition Act made it a crime for American citizens to "print, utter, or publish...any false, scandalous, and malicious writing" about the government.

After the enactment of the Sedition Act, Lyon remarked to General Stevens Thompson Mason, senator from Virginia, that he believed he would likely be the act's first victim. Lyon,

who said the act would force Americans to "hold their tongues and make toothpicks of their pens," was correct.

"With Argus eyes, the Federalists, after the passage of the alien and sedition laws, were watching every movement and utterance of Lyon, and [President] John Adams yearned for an opportunity to put him in a dungeon," J. Fairfax McLaughlin wrote in *Matthew Lyon: The Hampden of Congress* (1900). "Lyon, aware of their purposes, became more circumspect, and took care to utter nothing which would make him liable to arrest. He instinctively felt that he was the man they were after, and determined to disappoint Mr. Adams and his myrmidons."

The circumspection was for naught.

Fourteen days before the Federalists enacted the Sedition Act, Lyon wrote a letter to an individual criticizing Adams. Under Adams, Lyon wrote, "every consideration of the public welfare" was "swallowed up in a continual grasp for power, in an unbounded thirst for ridiculous pomp, foolish adulation, and selfish avarice."

"The emissaries of John Adams hunted up this letter and published it in the Vermont or Windsor 'Journal' after the act's passage, and by that *ex post facto* trick circumvented Lyon," McLaughlin wrote.

Lyon became the first person indicted under the Sedition Act of 1798. A jury, gathered from Federalist towns in Vermont, found Lyon guilty, and Associate Justice William Paterson, a Federalist, sentenced Lyon to four months in jail, a \$1,000 fine, and court costs of \$60.96. Paterson also said Lyon would remain in jail, even beyond the four-month sentence, unless and until Lyon paid

the fine and costs.

The Federalists celebrated the conviction of Lyon. The *Salem Gazette* cheered that "the vile career of the beast of the mountains" had ended in disgrace. The *Albany Centinel* prayed, "the good God grant this may be the case of every Jacobin."

Thousands of Vermonters signed a petition asking Adams to pardon Lyon. When Adams learned that Lyon had not asked for the pardon himself, he refused to receive the petition, stating that "penitence must precede pardon."

Undeterred, Lyon ran for reelection from his jail cell. He nearly doubled the votes of his Federalist opponent.

Senator Mason, Thomas Jefferson, and James Madison were among those who contributed to a fund to help Lyon pay his fine. Lyon also raffled off his property, including his home, farm, and books, to raise funds to pay the fine. "A race ensued between Vermont and Virginia for the honor of securing Lyon's release," Stone wrote. "In the end, they raised twice the necessary amount, so each group paid half the fine."

When Lyon arrived in Philadelphia to take his seat in Congress, the Federalist *Porcupine's Gazette* reported that he "looks remarkably well for a gentleman just out of jail." Further, "happy must be the nation be where it is but a single step from the *dungeon* to the *Legislature!*"

Now a martyr, Lyon would later settle in Eddyville, Kentucky, where he represented the state's first district in the U.S. House of Representatives from March 4, 1803, to March 3, 1811.

How did Adams and the Federalists fare after the passage of the Sedition Act? Adams lost reelection, and

Lyon cast the deciding vote for his friend Thomas Jefferson after Jefferson and his running mate, Aaron Burr, received the same number of votes in the Electoral College (electors could not distinguish between president and vice president when voting before the Twelfth Amendment).

On March 4, 1801, Adams' final day in the White House, Lyon penned a letter to "Citizen John Adams." "The judiciary, sir, under your untoward administration, have made alarming encroachments on the rights of man," he wrote. "They have adopted the British maxim of non-expatriation, in the face of every principle heretofore held dear in this country, and in contradiction to many of the State Constitutions. They have been endeavoring to introduce the crude, cruel, undigested, inapt and obsolete system of common law into our national jurisprudence; and they have, in defiance of the expressed prohibition of the Constitution made pass for treason, a crime defined in laws by another name, and there decreed to be punished by fine and imprisonment."

"To Adams and his fellow Federalists, the Alien and Sedition Acts were not an abridgment of rights, but a necessity for national self-preservation," noted Thomas Craughwell, author of *Failures of the Presidents: From the Whiskey Rebellion and War of 1812 to the Bay of Pigs and War in Iraq* (2008). "After Adams, the Federalists virtually disappeared from the American

■ CONTINUED ON PAGE 23

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HUMOR HOTEL

Paul Newman should never be marked down

By Greg Schwem

Tribune Content Agency

I have never been a fan of restaurants owned by or associated with celebrities. I could be if, while dining, the celebrity whose name is on the door and the menu were sitting near me or, preferably, being told the wait is “over an hour since you don’t have a reservation.”

So far, that hasn’t occurred. I’ve never spotted Michael Jordan devouring a T-bone at Michael Jordan’s Steak House; never saw Jimmy Buffet—may he rest in peace—working the blender at Margaritaville or encountered Robert De Niro dunking tuna sashimi into soy sauce at Nobu. During Oprah Winfrey’s six-year run as a partner in Chicago restaurant The Eccentric, I visited one evening and pointedly asked the waiter if Oprah was really in the kitchen, whipping up a side dish known only as “Oprah’s Potatoes.”

She wasn’t.

Also, a visit to a celebrity-owned restaurant invariably ends with a bill that could easily be paid by a celebrity but not us common folk. The same holds true in grocery or liquor stores. I’ll happily save a few bucks and not purchase the Guy Fieri barbecue sauce or the Nick Jonas tequila. My football

tailgates won’t suffer.

And yet, I recently found myself feeling sorry for actor Paul Newman. And not because he’s dead.

Newman, star of classics including “The Sting,” “Butch Cassidy and the Sundance Kid,” and “The Color of Money,” not to mention the owner of steely blue eyes, launched a line of “Newman’s Own” salad dressings in 1982. According to newmansown.com, the line grossed \$300,000 in its first year. None of those profits came from me, for I remember picking up a bottle of Newman’s Italian dressing while in college, glancing at the price and immediately placing it back on the shelf. My date, who I promised to cook for, “Italian style,” had to settle for generic dressing, which did its best to compliment the other generic products that dotted the menu. Cash-strapped college students were not Newman’s target demographic.

Eventually Newman parlayed his success into other foods, including pizza, spices, olive oils and spaghetti sauces. It was the latter that caught my eye during a recent grocery visit. Newman’s Own Marinara, Tomato & Basil and Sockarooni (“so delicious it could knock your socks off,” the website proclaims) sauces were among the CHEAPEST on the shelves.

College students, there’s a SALE in aisle five! Paul Newman has been officially marked down!

How did Newman allow brands like Rao, Barilla and Classico to dominate the “too lazy to make your own sauce” market, charging upward of \$2 more for sauces? Sad to say, I think it’s because the name “Newman” no longer carries the relevance it used to. Cool Hand Luke died 15 years ago this month. The more time that elapses, the more likely shoppers will pick up a bottle of Newman’s Own and say, “Who?” before putting it back.

Yes, we are a celebrity obsessed culture, but we also want to feel like we have a connection with the celebrities we support. If Taylor Swift launched a line of gum and charged \$5 per stick, I am certain sales would still explode, for what young girl doesn’t want their breath to smell like Taylor’s?

Now fast-forward 15 years. Taylor will be 48. Probably married with a couple of kids. Maybe doing a 90-minute Vegas residency as opposed to a three-and-a-half-hour stadium show. Will her gum still be a hot com-

modity? Or will it be alongside the gossip rags and the disposable lighters in the grocery checkout aisle while a new female singer, who probably is currently in preschool, is charging \$10 per stick. And making millions.

This time, I tossed two jars of Newman’s sauce into my cart, not because they were cheap but because I don’t want Paul Newman, whose films still watch, to fade away. Besides, the labels say, “100% profits to help kids” and, as vague as that sounds, kids need all the help they can get these days.

Now I just have to find that college girl and invite her over for a dinner that will knock her socks off.

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

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MY PET WORLD

Cat loudly demands food, but needs empty stomach before surgery

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

Dear Cathy: A friend asked me to take a cat that was formerly homeless because her other cats were

fighting with him. That cat is now a year old. This week I planned to take him for vet care. He had to fast from 9 p.m. until we saw the vet at 7 a.m. He wanted food and kept me awake nearly all night. When it was time to leave for

the vet's office, he hid where I couldn't get to him. As I prepared to go, he again demanded my attention because he was hungry. He was completely out of control.

I phoned the vet and rescheduled the appointment. I know that fasting is necessary in prep for anesthesia, but this is hard to deal with. He settled down as soon as I fed him.

I live alone and am 75 years old. Your insight on how to deal with this would

be very helpful. — Fran, Montana

Dear Fran: Cats can be very demanding when they're hungry. But fasting is essential to ensure your cat has an empty stomach before surgery. Anesthesia can make him vomit, which is not just messy for the vet techs to clean up, but dangerous as he can choke or asphyxiate on the vomit.

If he can't eat after 9:00 p.m., feed

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My Pet World

■ CONTINUED FROM PAGE 20

him at 8:45 p.m. You might have to rearrange his eating schedule a few days beforehand to ensure he is hungry at 8:45 p.m. and then take him to the vet's office at 7 a.m. as planned.

Another approach is to arrange for him to spend the night at the vet's office the night before. There might be an additional charge, but it's worth it if you want to sleep. If that's not in your budget, you can leave him in another room and turn on some white noise for him (and for you in your room as well). Drugstore ear plugs for you also can help mute his demands.

Don't feel bad about any of these choices. He doesn't understand what you are doing is for the best and that he will eat again very soon. All will be forgiven once he returns home and returns to his routine.

Dear Cathy: Several years ago, my family adopted an outdoor kitten. We trapped her and had her spayed, fed her, and now, six years later, she lets us pet her and enjoys spending some time in our house. We live in Tucson, so I try to coax her inside whenever temperatures are extreme. Here's the problem: She will not use a litter box. I have tried providing one for her outdoors (for odor control — I can tell she uses our yard as it smells strong when the rains come!) and indoors, to no avail. A couple times, I found her sleeping in the litter box. Do you have any recommendations? — Janet, Tucson, Arizona

Dear Janet: Try mixing some of your outdoor soil with the litter so there is a whiff of what she is used to smelling outside. Then sprinkle some litter box attractant (available at pet stores) on the litter to lure her to use

it. I also would provide her with a comfortable bed in a cozy place since she seems to like to sleep in small rectangular spaces. I usually tuck cat beds under end tables or beds, so they have a place to hide, out of the way of traffic. Make sure the litter box is in a quiet area, too.

- Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to

cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.

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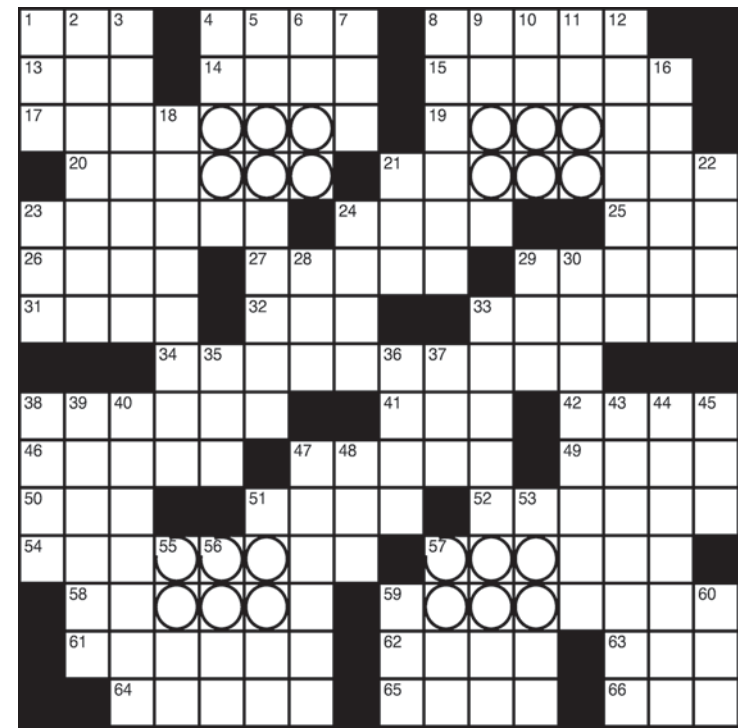
Across

- 1 Spanish pronoun
- 4 "Ohio" quartet, briefly
- 8 "Sounds like a hoot"
- 13 Plastic fig.?
- 14 "Salt Fat ___ Heat":
Samin Nosrat cookbook
- 15 Pen
- 17 Round bakeware
- 19 One score
- 20 Only unanimous
Baseball Hall of Fame
electee
- 21 Ride the waves
- 23 Main line
- 24 Coppers
- 25 Coastal inlet
- 26 ___ review
- 27 Bouquet ___
- 29 Small bit
- 31 Small swirl
- 32 Mine lode
- 33 Genève's land
- 34 Digital ledger that
stores non-fungible
tokens, and what can
be found in each set of

- 38 On the same side
- 41 "That sounds painful"
- 42 "Mare of Easttown"
Emmy winner Peters
- 46 Fare plans
- 47 ___ all'Arrabbiata
- 49 Mustard family member
- 50 Up-in-the-air fig.?
- 51 Part
- 52 River from the
Himalayas
- 54 Impishness
- 57 Use a pinch runner for,
e.g.
- 58 Sign up
- 59 Club that may get heck-
led when they take the
field
- 61 More tart
- 62 Pixar film set in Radia
tor Springs
- 63 Place for "me time"
- 64 Itty-bitty
- 65 Wraps up
- 66 Chef's meas.

Down

- 1 Alt-rock's Jimmy ___ World
- 2 Urged (on)
- 3 Went around in circles?
- 4 Culinary bud
- 5 Next-level awesome
- 6 NPR legal affairs corre-
spondent Totenberg
- 7 Skein units: Abbr.
- 8 Army swimmers?
- 9 Folksy greeting
- 10 Glenn of the Eagles
- 11 Banquet coffeepots
- 12 Essences
- 16 Liner notes component
- 18 All
- 21 ___ vivat
- 22 Imitation
- 23 Mimic
- 24 Sch. for tots
- 28 Halo piece
- 29 ___ generis
- 30 Woodworker's inconve-
nience
- 33 Protect
- 35 French article
- 36 Scoop holder
- 37 Snookums
- 38 "Whataya Want from
Me" singer Lambert
- 39 Easter blooms



- 40 "We should pass"
- 43 Least clear
- 44 Brewpub fixtures
- 45 Old console letters
- 47 "___ Is Not a Luxury":
essay by Audre Lorde
- 48 Sprite
- 51 Up
- 53 Deep space
- 55 Board game with
rooms
- 56 Sign on
- 57 Cygnet
- 59 Royal flush card
- 60 Trailhead display

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

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.

DARUF

○ ○ ○ ○ ○

CATTR

○ ○ ○ ○ ○

RARPOL

○ ○ ○ ○ ○

TURAOH

○ ○ ○ ○ ○

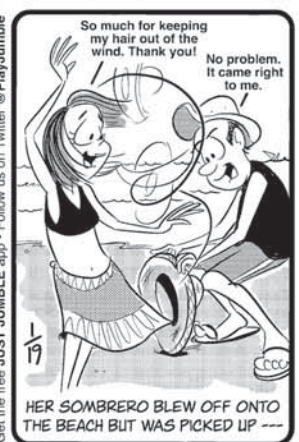
THE

○ ○ ○ ○ ○

○ ○ ○

○ ○ ○ ○ ○

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

SCRABBLE GRAMS

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A₁

A₁

I₁

I₁

L₁

M₃

R₁

RACK 1

A₁

I₁

O₁

T₁

T₁

R₁

P₃

RACK 2

A₁

E₁

I₁

L₁

C₃

C₃

H₄

2nd Letter Triple

RACK 3

A₁

E₁

U₁

L₁

F₄

T₁

F₄

RACK 4

I₁

U₁

N₁

K₅

P₃

C₃

D₂

Double Word Score

RACK 5

PAR SCORE 265-275

BEST SCORE 335

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 30

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

GOREN ON BRIDGE

WITH BOB JONES

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CURIOUS DEAL

Neither vulnerable, South deals

NORTH

♠ 9 6 3
♥ A 10 2
♦ A J 9 2
♣ Q 8 4

WEST

♠ K 5
♥ 9 7 3
♦ 10 7 6 4 3
♣ 7 5 3

EAST

♠ Q 8
♥ K Q 8 4
♦ 8 5
♣ A J 9 6 2

SOUTH

♠ A J 10 7 4 2
♥ J 6 5
♦ K Q
♣ K 10

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	Pass	2NT*	Db1
4♠	All pass		

*At least 3 spades, invitational or better

Opening lead: Three of ♥

Today's deal is from a recent team competition in Europe. The auction, except for East's double, was the same at both tables. West at the other table led a low diamond. Declarer won with the king and cashed the ace of spades. No honor appeared, so declarer cashed the queen of diamonds and led another spade.

When the spades split 2-2, South claimed 11 tricks. Ho-hum.

At this table, West led a heart rather than a diamond. South played low from dummy and East won with the queen. East, probably hoping that his partner held the jack, returned a heart at trick two. South won with his jack and cashed the ace of spades.

There was no longer a heart loser to worry about, but if both missing trumps were in the same hand, another spade lead by South would lead to defeat. Surely it was better, thought South, to play for the missing diamonds to split 4-3. East had made a take-out double and would usually have at least three diamonds, and the opening three of hearts lead meant that the hearts were splitting 4-3.

South cashed the king and queen of diamonds and led a heart to dummy's ace. He led the ace of diamonds, planning to discard one club and then another club on the jack. East, however, ruffed the ace of diamonds with the queen of spades and cashed the ace of clubs. West's king of spades defeated the contract. Bad luck!

(Bob Jones welcomes readers' responses sent in care of this paper. Please send your e-mail responses to tcaeditors@tribpub.com)

Matthew Lyon

■ CONTINUED FROM PAGE 18

political scene. Tragically, the Alien and Sedition Acts became their legacy. They could have gone down in history as the party of the noble George Washington. Instead, they became notorious for passing legislation that ran roughshod over the First Amendment."

Unfortunately, lessons from the mistakes made by the Federalists with the Sedition Act of 1798 went unheeded. In 1918, a Democratic Party majority in the Senate and a House majority of a coalition of Democratic, Progressive, and Socialist representatives passed another Sedition Act. This act, among other things, forbade any person, when the United States is at war, "to willingly utter, print, write, or publish any disloyal, profane, scurrilous or abusive language about the form of government of the United States, or the Constitution of the United States, or the military or naval forces of the United States, or the flag of the United States, or the uniform of the Army or Navy of the United States."

President Woodrow Wilson, a Democrat, signed the Sedition Act of 1918 into law on May 18, 1918. On June 16, 1918, Eugene V. Debs, national leader of the Socialist Party, who had received nearly one million votes for president in 1912 and was a political rival of Wilson's, gave a speech outside the Canton, Ohio, prison, where he had visited three Socialists convicted of violating the Sedition Act. Debs was arrested and charged with 10 counts of violating the Espionage Act of 1917 and the Sedition Act of 1918. The jury found Debs guilty on three counts, and

the judge sentenced him to 10 years in prison. Newspaper editorials across the nation cheered his conviction. "His activities in opposition to the war preparation were dangerous," the *Washington Post* declared. "His conviction... serves notice to all that disloyalty and sedition, even though masquerading under the guise of free speech, will not be tolerated."

Remarkably, Debs, Convict No. 9653, again received nearly one million votes for president in 1920 after campaigning from his prison cell. How did Wilson's Democrats fare in that election? They lost control of both the House and Senate to the Republicans. Republican Warren Harding and his running mate, Calvin Coolidge, defeated Democrat James Cox and his running mate, Franklin D. Roosevelt, with more than 60 percent of the popular vote. Harding and Coolidge won the electoral vote 404 to 127.

Congress quietly repealed the Sedition Act of 1918 on December 21, 1920, but the Espionage Act of 1917 continues to be in effect today.

Harding freed Debs and other radical prisoners in 1921 as part of his promise of a "return to normalcy" after the war. Harding set Debs' release for Christmas Day and invited him to the White House.

Throughout our history, those who have accused others of sedition and have used our courts to punish their political adversaries have ultimately suffered at the polls. Wilson and the Democrats failed to heed this lesson. I don't often quote Karl Marx, but was he perhaps correct when he wrote, "History repeats itself, first as tragedy, second as farce"?



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

By David L. Hoyt and Jeff Knurek



Boggle BrainBusters Bonus

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

Find AT LEAST SEVEN DOG BREEDS in the grid of letters.

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AMERICA'S TEST KITCHEN

TNS PHOTO

Spiced pork lettuce wraps make weeknights more enjoyable

By America's Test Kitchen

Tribune Media Content

When the school year starts, a quick and easy recipe that's a hit with the whole family will make your weeknight that much more enjoyable.

To avoid sogginess and ensure crisp wraps, we serve them deconstructed on a platter so each person can build their own wrap when and how they like. Plus, this meal is easily customizable; so you can use another meat instead of pork and also change the spice level to suit your tastes.

Spiced Pork Lettuce Wraps

Serves 4

1/2 cup sour cream
2 tablespoons chopped fresh mint
2 tablespoons water

1 teaspoon ground cumin
Salt and pepper
1 pound ground pork
1 tablespoon Sriracha sauce
2 garlic cloves, minced
1 head Bibb lettuce (8 ounces), leaves separated
1 avocado, halved, pitted, and sliced thin
1 mango, peeled, pitted, and chopped fine

1. Whisk sour cream, mint, water, and 1/4 teaspoon cumin together in a bowl; season with salt and pepper to taste. Set aside.

2. Cook pork in a 12-inch nonstick skillet over medium-high heat until no longer pink, about 4 minutes, breaking up meat with a spoon. Stir in Sriracha, garlic, remaining 3/4 teaspoon cumin, 1 teaspoon salt, and 1/2 teaspoon



Add spiced pork lettuce wraps to your weekly dinner rotation.

pepper and cook until fragrant, about 2 minutes. Transfer to 1 side of a large serving platter. Arrange lettuce, avocado, and mango on the empty side of the platter. Serve, passing sour cream mixture separately.

- 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.

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KABC to hold fundraiser

Kansas Advocates for Better Care (KABC) will hold its 17th annual fundraising event, Stand By Me – The Next Generation, at Maceli's Banquet Hall, 1031 New Hampshire St. in Lawrence, on October 14 from 5:30 to 8 p.m.

This fundraiser is an excellent opportunity to connect with like-minded individuals who are passionate about improving the quality of long-term care for aging Kansans.

The highlights of the event include the following:

- Music provided by Bob Freeman & Mandolin Dan Hermreck.
- Live Auction Items including St. Augustine Beach House; New Theatre Restaurant Tickets; Cottonwood Falls Adventure; Helicopter Ride over the Plaza Lights; Abilene & Smoky Valley New Year's Eve Dinner Train; Apple Watch & Crystal Necklace.
- Raffle items, including Lied Center tickets, Coffee lovers' basket, Flint Hills Discovery Center tickets, Honey Bee basket, Game Night basket, Chiefs basket, and much more.
- Presentation of the 2023 KABC Caring Award to Camille Russell, Kansas Long-Term Care Ombudsman.

There is no cost to attend this fundraiser. However, donations are always welcomed.

Please RSVP by October 5 by contacting KABC at 785-842-3088 or info@kabc.org or by visiting the Stand By Me ticket page at tinyurl.com/4xdvskwh.

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Calendar

CONTINUED FROM PAGE 17

OCT 26

UNIONTOWN & POTAWATOMI REMOVAL FROM INDIANA

Topeka Genealogical Society Monthly Meeting. Jon Boursaw will present about Uniontown and Potawatomi Removal from Indiana. 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

OCT 2 & 19

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 9

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>

OCT 12

OSTOMY ASSOCIATION OF LMH HEALTH

The Ostomy Association of LMH Health supports people with ostomy and continent diversions, their families and caregivers. Meeting will take place from 5-6 in Meeting Room D North on the lower level. Zoom available upon request. Free. Register online.
LAWRENCE, 785-505-6265
lmh.org/wellness/events

MISCELLANEOUS

OCT 11, 18, 25, NOV 1

BEGINNERS LINE DANCING

Join in America's most popular dance craze!

Learn the components of basic to intermediate line dances. Dance to all types of music from country, swing, pop and Latin to oldies and R&B. Topeka and Shawnee County Public Library - Learning Center, 5:30-6:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

OCT 13 & 14

LENEXA CHILI CHALLENGE

The Lenexa Chili Challenge heats up with live music and fireworks Friday night while more than 200 teams gather to start prepping for the next day's competition. On Saturday, teams spoon up samples while you mosey through Old Town and get your fill. Free admission. Free samples (while supplies last). Additional food and drink vendors on site. Santa Fe Trail Drive & Plumm Road. Friday, 6-10 p.m. Saturday, 10 a.m.-3 p.m.
LENEXA, 913-477-7100

NOV 4

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RICK STEVES' EUROPE

Whimsy and luxury at Vienna's Hofburg Palace

By Rick Steves

Tribune Content Agency

At Vienna's Hofburg Palace complex, ground zero of the Habsburg Empire, I'm particularly entertained by its butterfly house, a tropical wonderland on the Danube. In this com-

Walls between the palace rooms are wide enough to hide servants' corridors. Big, ornate stoves, which servants fed from behind, heated the rooms. The decor is splendid Baroque—the preferred style of divine monarchs, as it served as a kind of propaganda to sell the Old Regime notion that some were

■ CONTINUED ON PAGE 29



Rick Steves

munity of royal butterflies, the trays serving up rotting slices of banana are the tavern. Fluttery slackers lick the fermented banana juice as it beads, and then just hang out there in a stupor...or fly in giddy loop-de-loops.

While the butterflies are a quick visit, the rest of the Habsburg sights can fill an entire Vienna vacation. The lavish Imperial Apartments of the palace seem designed to give their royal residents—the Habsburgs—grandeur fit for a god. After all, in the age of divine monarchs, kings and emperors such as the Habsburgs claimed that God himself had ordained them to rule with unquestioned authority.

The Habsburgs were one of a handful of royal families who ruled nearly all of Europe until World War I. Six centuries of Habsburgs ruled from Vienna, including Maria Theresa in the late 1700s. The original practitioner of “make love not war,” she was famous for having 16 children and cleverly marrying many of them into the various other royal families around Europe in order to expand her empire.

Exploring the Hofburg is a treat. It's furnished as it was in the 19th century during the reign of Maria Theresa's great-great-grandson, Emperor Franz Josef. He ruled for 68 years—nearly to the end of the empire.



RICK STEVES' EUROPE

Vienna's Hofburg Palace is steeped in Habsburg history, but the complex also houses museums on ancient Ephesus, the imperial armory, musical instruments, and more.



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www.VintageParkAssistedLiving.com



Rick Steves

■ CONTINUED FROM PAGE 28

born to rule and others were born to be ruled. The dining room is set just as it would have been. The settings are modest...just silver. Gold was saved for formal state dinners. Next to each name card was a menu listing the chef responsible for each dish. (Talk about pressure.) While the Hofburg had tableware for 4,000, it fed 3,000 on a typical day.

Franz Josef nurtured an image of being spartan and a very hard worker. His no-frills iron bed and portable washstand are on display. (Still, it took a personal staff of 14 to make him feel properly cared for: three valets, two doormen, six man servants, and three chambermaids.) While he had a typical emperor's share of mistresses, his dresser was always well stocked with portraits of his wife, the Empress Elisabeth ("Sisi").

Elisabeth, Franz Josef's mysterious, narcissistic, and beautiful wife, lived luxuriously in this palace—and a museum here is dedicated to her life story. It tells

of her fairy-tale existence—her escapes, dieting mania, chocolate bills, and love of poetry. Her main goal in life seems to have been preserving her public image as a beauty. Peeking into her bathroom, you'll see the finest copper tub of its day resting on the first linoleum floor in Vienna, installed in 1880. Sisi has been compared to Princess Diana because of her beauty, bittersweet life, and tragic death—assassinated by an Italian anarchist in 1898. When you visit Vienna, it's easy to get caught up in the alluring legend of Empress Elizabeth.

The Habsburgs ruled as Holy Roman Emperors, and they had the fancy jewels to prove it—the best on the Continent. In the Hofburg's treasury, visitors reflect on the glitter of 21 rooms filled with precious paraphernalia, designed to help keep one royal family ruling a good part of Europe. A 500-year-old unicorn horn (or perhaps the tusk of a narwhal) was considered to have magical healing powers bestowed from on high. It was understood to confer the Holy Roman Emperor, a "divine" monarch, the grace of God—something rulers still seek today.

While the Habsburgs have been out of power since the end of World War I, they maintain a hold on the Austrian spirit—as you feel when you visit their tombs in the Kaisergruft (Imperial Crypt). Stepping inside, you're surrounded by gray metal tombs festooned with Habsburg regalia. How the royals wanted to be remembered is reflected in the tombs they often helped design. Franz Josef's is an appropriately austere military tomb. Sisi always seems to get the most flowers.

While it's fun to chase down all these royal body parts, remember that the real

legacy of the Habsburgs is the magnificence of their city. Stepping outside, I squint up and appreciate the brilliant, ornate skyline of Vienna.

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

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6	9	3	4	5	8	1	7	2
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C ₃	H ₄	A ₁	L ₁	I ₁	C ₃	E ₁	RACK 3 =	72					
F ₄	A ₁	T ₁	E ₁	F ₄	U ₁	L ₁	RACK 4 =	63					
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JUMBLE ANSWERS

Jumbles: FRAUD, TRACT, PARLOR, AUTHOR

Answers: Her sombrero blew off onto the beach but was picked up -- AT THE DROP OF A HAT

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MY ANSWER

God prescribes the remedy for the ills of the human race

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I often hear that Jesus is called the Great Physician. Where is this in the Bible, and does He claim to have a prescription to relieve the ills of society? – S.P.

A: Much of the world says to God, “We work for peace and bring social justice according to our way — we don’t need You.” Man’s schemes are patchwork remedies that a sick and dying world uses.

God prescribes the remedy for the ills of the human race. That remedy is personal faith and commitment to Christ. This happens when we humble ourselves in repentance of sin against Him and call out to Jesus for His forgiveness.

He grants salvation to all those who will turn to Him and receive Him as Lord and Savior, but multitudes reject the greatest remedy offered to mankind.

When we’re sick, we see a doctor who prescribes medication. If we decide to ignore the advice and refuse the prescription, the symptoms can grow worse. Should we hold the doctor responsible? No, because we’ve refused the remedy.

The disease of sin that has infected

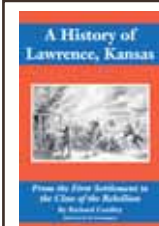
the entire world has a remedy — God’s salvation — but it must be received. If we refuse it, we suffer the consequence; we cannot blame God.

People magazine once carried the story of Lem Banker who said, “Never bet what you want to win, only what you can afford to lose.” No one can afford to lose their eternal soul. The Man we often refer to as the Great Physician is based on Jesus’ words: “Those who are well have no need of a physician, but those who are sick. I did not come to call the righteous, but sinners, to repentance” (Mark 2:17). The remedy is clear: receive Jesus today.

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

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The History of Lawrence, Kansas

by Richard Cordley

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

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