

# Kaw Valley Senior Monthly

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Vol. 23, No. 5

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KEVIN GROENHAGEN PHOTO

## Debbie Mullikin: Volunteering at Imagine FURever Ranch'

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# Mullikin volunteers at Imagine FURever Ranch

By Kevin Groenhagen

Debbie Mullikin, Olathe, has always enjoyed being around dogs.

“My family always rescued dogs,” she said. “My mom and dad always loved dogs. When I was a child, we always got dogs from Wayside Waifs.”

Wayside Waifs is a nonprofit humane society and animal shelter that initially opened in 1940 as the Jackson County Animal Betterment Association.

While volunteering at Always and Furever in Spring Hill, Kansas, Mullikin told her fellow church members, Kathryn “Kat” Lask and her partner, Todd Mitchell, about the senior dog sanctuary. Lask and Mitchell both had dogs that had begun experiencing age-related medical problems.

“Todd had a dog named Lucy, and in her senior years, she became blind from a thyroid condition,” Mullikin said.

“Kat and Todd then visited Always and Furever to check it out,” she con-

tinued. “They fell in love with the open concept. Todd started looking for land for a senior dog sanctuary.”

However, Lask, an attorney and Kansas City Kansas Community College professor, inadvertently found the property for the sanctuary.

“Kat was doing a drive-down-memory-lane thing with her daughter one day,” Mullikin said. “They drove by what used to be the Oaklawn Christian Montessori School in Shawnee. Kat’s children went to camp here when they were kids. Kat found that the property was for sale.”

Mitchell bought the property in August 2020 and became the founder of Imagine FURever Ranch Limited, which is a not-for-profit corporation. Mitchell, Lask, co-founder of Imagine FURever Ranch, Mullikin, and other volunteers spent a year converting the former Montessori school into a sanctuary for senior dogs. They held the grand opening for the sanctuary on August 27, 2021. Lask and Mitchell named the rescue space “Lucy’s Lodge” in honor of Mitchell’s dog, Lucy, who died the previous December.

Lucy’s Lodge includes two large pens separated by a fence. The couches in the pens give them more of a living room feel.

According to Mullikin, the number of dogs at Imagine FURever Ranch varies.

“We have had as many as 15 dogs,”

KEVIN GROENHAGEN PHOTO



Debbie Mullikin with Sadie, a 14-year-old Beagle. The front cover photo features Mullikin with Bugsy, a 17-year-old Beagle mix.

Mullikin said. “Fifteen would be our cap. That was a lot for this open concept.”

Eight dogs resided at the ranch during mid-October. Mullikin knows the background of each dog, its unique needs, and quirks.

“We rescued Walter from the Wichita Animal Shelter at the end of January,” she said. “He was picked up as a stray and was going to be euthanized on February 1. When we got him here,

we realized he wasn’t neutered and had heartworms. He had to go through 90 days of heartworm treatment, and then we got him neutered.”

“Annie and Bugsy were in a hoarding situation in a house, and they ended up in a shelter that was closing down,” she continued. “That shelter needed to find homes for nine dogs, and we took two of them.”

■ CONTINUED ON PAGE FOUR

Kaw Valley  
**SeniorMonthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# Debbie Mullikin

■ CONTINUED FROM PAGE THREE

“Luna and Piper are a bonded pair, and they have been here a year and a half,” Mullikin said while pointing at the 15-year-old Jack Russell Terrier mix dogs lounging on a couch. “They are sisters from the same litter. We won’t separate them, so they need to be adopted as a pair. They pretty much think they run the place because they have been here so long. Like the other dogs, if they don’t go to a foster home or are adopted, they can live out their lives here, and we’ll take care of them.”

Mullikin stresses that Imagine FURever Ranch has to be careful concerning the dogs it brings into the sanctuary.

“They all have to be able to get along with each other,” she said.

The dogs also have to be senior dogs. In May 2022, someone dropped off a crate of six puppies at Imagine FURever Ranch during a storm. Fortunately, Imagine FURever Ranch transferred the puppies to Unleashed Pet Rescue in Mission, Kansas.

“People will ask, ‘What do you consider a senior dog?’” Mullikin said. “Well, all dogs are different. We have had dogs as old as 17 here. We have also had a dog in here that was just eight years old and could barely walk. And then we have had 15-year-old dogs that are all over the place. They are active and still in great health. I think a lot of it depends on how well they have been cared for. Smaller dogs tend to live longer. We have had dogs as small as four pounds and as large as a 165-pound Mastiff. We have a 110-pound Mastiff right now.”

Of course, feeding, housing, and caring for a 165-pound Mastiff and the other smaller dogs is an expensive endeavor. Fortunately, Imagine FURever Ranch can rely on a dedicated cadre of volunteers who care for the dogs without pay.

“The volunteers have two-hour shifts,” Mullikin said. “The 8 to 10 a.m. shift is when the volunteers let the dogs out, feed them, and give them their medications. The volunteers with the 4 to 6 p.m. shift feed the dogs. The volunteers with the last shift of the day let the dogs out

for the final time of the day and turn off the music. We usually have music playing throughout the day. They then put the dogs to bed and turn off the lights.”

Just as medical care tends to become more expensive for older humans, caring for dogs becomes more costly as they age. To help cover the costs, Imagine FURever Ranch holds various fundraisers.

“In 2022, we had a big gala,” Mullikin said. “We had a silent auction, a live auction, a band, and food. It was

our biggest event of the year.”

“We also have a nail clinic, which is usually the first Saturday of the month, from 2 to 4 p.m.,” she continued. “You don’t need to make a reservation. Just show up with your dogs, and we’ll clip their nails. It’s \$15 for the first dog and then \$10 for each dog after the first dog.”

In June 2022 and September 2023, Imagine FURever Ranch hosted Woodstock.

“That was a take-off of Woodstock,”

■ CONTINUED ON PAGE FIVE

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# Debbie Mullikin

■ CONTINUED FROM PAGE FOUR

Mullikin explained. “We had a live band, The Suburbans, and they were fabulous. Everyone brought their lawn chairs, and we had food trucks.”

“We also have had Bark Bingo twice at Chicken N Pickle in Overland Park,” Mullikin continued. “People paid \$25 to play bingo for two hours, and we had prizes. We’re hoping to make this a regular fundraising event.”

Last month, Imagine FURever Ranch started a new event called “Doga” (Dog Yoga). Additional Doga events are scheduled for the future. The cost is \$15 per person.

Imagine FURever Ranch also hosted Wigggleween, a Halloween event, last month.

“We had trunk or treat, vendors, a food truck, face painting, pumpkin painting, and pumpkin carving, and the best costume contest,” Mullikin said. “It was a big family event.”

Volunteers will begin decorating Imagine FURever Ranch inside and

out for Christmas in November.

“We’ll have our Christmas Open House during the evening on Friday, December 8,” Mullikin said. “We’ll have food and drinks, and people can come in and visit with the dogs, see the property, and enjoy the atmosphere. During the afternoon of Sunday, December 10, we’ll have an event called Santa Paws. Kat’s dad, Gerald Ulrich, is a wonderful Santa Claus. We’ll decorate Lucy’s Lounge, and Santa can pose for photos with visitors and their pets.”

In addition to caring for the dogs, Mullikin enjoys Imagine FURever Ranch’s philosophy.

“One of the main things I like to tell people about our organization is that we are a Christian organization,” she said. “What that means for anyone who volunteers here is you don’t have to believe the way that we believe, but you have to believe in the culture. That culture is showing people love, kindness, grace, forgiveness, and, if necessary, repair. We really strive not to have any gossip at the ranch because it causes a negative vibe. We want a positive vibe

here. When people walk through the door, we want people to feel at peace. We also don’t want anyone here talking badly about any other rescue or their people. We really strive to have a positive atmosphere.”

For those interested in volunteering at Imagine FURever Ranch, you can fill out and submit a volunteer application form and a participation waiver at [imaginefureverranch.org/form-pages/volunteer](http://imaginefureverranch.org/form-pages/volunteer). You’ll also find an orientation video and check-in form at the same link.

“If you’re a volunteer here, you can use the property for free,” Mullikin said. “We have birthday parties here. Others have had Bible study here.”

For those interested in visiting Imagine FURever Ranch, the ranch is open to the public on Saturdays from 10 a.m. to 2 p.m. Visitors must fill out and submit a participation waiver at [imaginefureverranch.org/form-pages/participation-waiver](http://imaginefureverranch.org/form-pages/participation-waiver). The ranch is located at 20720 West 47th Street in Shawnee.

“Some visitors are just looking to see what we’re all about, some are looking for volunteer opportunities, and some

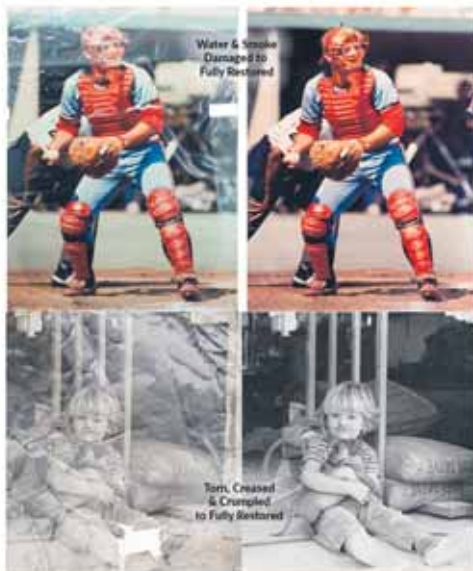
people are looking to adopt or foster,” Mullikin said. “I work the 10 a.m. to 2 p.m. shift on Saturdays. I get here about nine o’clock and stay until about four o’clock. I meet with visitors, show them around, and tell them what we are all about. I usually stick around a couple of additional hours to hang out with the dogs. This is such a beautiful place. Once you get here, it’s hard to leave.”

Donations are always welcome from those who cannot volunteer and cannot foster or adopt a senior dog but would like to help contribute to Imagine FURever Ranch’s mission. You can donate at [imaginefureverranch.org/donate](http://imaginefureverranch.org/donate).

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## SAVVY SENIOR

# Misleading Medicare Advantage Ads: what to look out for

By Jim Miller

**Dear Savvy Senior:** I'm currently enrolled in original Medicare but have been thinking about switching to a Medicare Advantage plan during the open enrollment period. Many of the Medicare Advantage ads I've seen



offer lots of extra benefits beyond what traditional Medicare offers and no monthly premiums. What are your thoughts. - Considering a Switch

**Dear Considering:** Be very leery of the Medicare Advantage ads on TV, radio, social media and that come in the mail. While many of these ads may tout free vision, hearing, dental and other benefits with zero monthly premiums, they aren't always what they claim to be.

### Advantage Basics

Medicare Advantage or MA plans

(also known as Medicare Part C) are government approved health plans sold by private insurance companies that you can choose in place of original Medicare. The vast majority of Advantage plans are managed-care policies such as HMOs or PPOs that require you to get your care within a network of doctors in a geographic area. You can sign up for one of them during open-enrollment season from Oct. 15 through Dec. 7.

MA plans have exploded in popularity in recent years as insurers have flooded the airways with advertisements, often by celebrity pitchmen, that promote low-cost options with lots of extra benefits.

But be aware that the Federal government has deemed many claims in MA ads fraudulent and misleading. Some ads imply that the Centers for Medicare and Medicaid Services endorses or prefers a specific plan. Others promise more cost savings than you really get. And if you choose the wrong plan, your doctor may not be a member of that plan's network, or you may end up paying out-of-pocket for medically necessary care.

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# Savvy Senior

■ CONTINUED FROM PAGE SIX

This past September, the U.S. Department of Health and Human Services began cracking down on these ads, but you still need to practice self-defense. Here are some tips to help you make a good decision.

**Cover your needs:** When evaluating MA plans, make sure the ones you're considering cover the doctors you like and the health care facilities you normally go to. Also, make sure all of the prescription medications you take are on the drug plan's formulary.

To help you compare plans, a good first step is to call the office managers of the doctors you use and find out which Advantage plans they accept, and which ones they recommend. Then go to the Medicare Plan Finder tool at [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare) to compare plans in your area.

**Understand the details:** Some MA plans promote no monthly premiums, but the reality is that you are still responsible for your original Medicare

costs including your Part B premium and deductibles and copays for covered services. Moreover, you may have to pay more out-of-pocket if you see a doctor outside the network. Also, if the plan is an HMO, it generally doesn't cover non-emergency care out of network, so an individual may be responsible for full costs. A PPO on the other hand, allows people to go out of network, but they generally have to pay more to do so.

**Do some digging:** Many MA plans tout free vision, hearing and dental ben-

efits that are not covered by traditional Medicare, but these benefits are often limited. For example, a plan that offers free dental coverage may cover only cleanings and x-rays. Extensive procedures such as root canals or caps may not be covered, or the plan may limit the dollar amount it pays. Find out the coverage details so you're not surprised later.

**Get help:** Reach out to your local State Health Insurance Assistance Program (SHIP) at [ShipHelp.org](https://www.ShipHelp.org) or call 877-839-

2775. These are nonprofit programs that provide unbiased one-on-one Medicare counseling and assistance.

You can also report any misleading MA claims to the Senior Medicare Patrol Resource Center at [SMPResource.org](https://www.SMPResource.org) or by calling 800-447-8477.

- Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://www.SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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MAYO CLINIC

# Metabolic syndrome and lifestyle changes

By Peter Pollak, M.D., and Prajwal Reddy, M.D.

Mayo Foundation for Medical Education and Research

**DEAR MAYO CLINIC:** I recently began experiencing swelling in my legs, feet and hands, as well as fatigue. Testing led to a diagnosis of pericardial constriction. Can you explain what this is and how it's treated? Is there anything I can do to reduce the swelling?

**ANSWER:** Pericardial constriction is a condition with multiple possible causes. It can be due to underlying medical conditions and may even result from certain medical treatments. Swelling, or edema, is one of the most common symptoms of pericardial constriction because the condition alters how the heart pumps blood to the kidneys and interferes with your kidneys' ability to work properly. Medication often effectively reduces swelling. Rarely, surgery may be needed to remove the pericardium.

The normal pericardium is a thin sac surrounding the heart. Under normal circumstances, it contains a small amount of fluid that helps lubricate the heart as it moves. When the pericardial sac becomes thick and stiff, it constricts the heart, altering how it pumps blood. We call this condition pericar-

dial constriction. Pericardial constriction restricts the heart's motion and makes it harder for the heart to pump blood effectively by limiting how much blood can fill the heart between beats, making the heart less efficient and causing a backup of blood in the veins. When less blood than usual enters the heart, less blood leaves the heart to the rest of the body.

Pericardial constriction can have a significant effect on your kidneys because one of the kidneys' jobs is to remove excess fluid from the blood. Low blood flow from the heart makes it hard for your kidneys to remove the extra fluid. The kidneys also may respond to low blood flow by retaining more fluid in an attempt to increase the available blood flow.

As fluid builds up in the blood, it results in swelling, a condition sometimes referred to as edema or anasarca. Left untreated, that swelling can become severe, especially in certain areas of the body, including the legs and abdomen. Other common symptoms of pericardial constriction include fatigue, shortness of breath, and difficulty exercising or engaging in other physical activities.

Pericardial constriction can happen for a number of reasons. Viral infections leading to inflammation of the

pericardium are one of the more common causes of pericardial constriction. It also can develop as a side effect of radiation therapy or heart surgery. Less common causes include connective tissue diseases, cancer and complications from other types of infections. Taking certain kinds of drugs can trigger pericardial constriction, although that is rare. In some cases, the cause cannot be found, a condition known as idiopathic pericardial constriction.

Health care professionals diagnose pericardial constriction by reviewing your medical history and performing a physical exam. Imaging exams of the heart, such as an echocardiogram, chest X-ray, CT scan and cardiac MRI, as well as other testing, often can be helpful in diagnosing this condition.

Treatment of pericardial constriction typically focuses on controlling the symptoms and any active inflammation of the pericardium. That often involves using diuretic medications to remove excess fluid from the body and anti-inflammatory medicines to reduce inflammation of the pericardium. Anti-inflammatory medicines useful for peri-

cardial constriction include colchicine, nonsteroidal anti-inflammatory drugs, and occasionally steroids or medicines that affect the body's immune system.

If swelling persists even when you're taking medication for it, talk to your health care team. You may need to switch to a different type of medication. If symptoms don't improve over time with other treatments, then surgery to remove the pericardium, called pericardiectomy, may be necessary. Few people with pericardial constriction require this procedure, however. In most cases, the symptoms, including swelling, can be successfully managed with medication. — Peter Pollak, M.D., and Prajwal Reddy, M.D., Cardiovascular Medicine, Mayo Clinic, Jacksonville, Florida

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

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## HEALTH & WELLNESS

# Bergamot oil has a wide range of potential uses and benefits

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Dr.  
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flavor. Bergamot oil has a soothing scent, spicy taste, and a wide range of potential uses and benefits. Notoriously, it is a well-known flavor added to Earl Gray tea. Bergamot is a yellow citrus fruit that blends sour orange and lemon (or citron). It's typically too sour to consume or eat on its own and grows mainly in the Mediterranean. It has been a part of Mediterranean cuisine for years. Traditional Persian medicine uses bergamot oil to treat various symptoms, such as sore throat and fever.

Currently, people are using the extracts from bergamot's sour juice or oil from its peel for various things, including aromatherapy scents, essential oil, liquid extract, personal care products, and health supplements.

Bergamot has several health benefits, including the following: reducing cholesterol, managing blood sugar levels, reducing inflammation, promoting hair growth, lowering stress and anxiety levels, improving depression, reducing joint pain, improving cognitive function, and promoting healthy sleep.

Current research focuses on bergamot and its effects in reducing cholesterol and improving cardiovascular health. A 2019 study published in *Food Science Nutrition* (Feb; 7(2): 369–380) showed that bergamot can help reduce lipid levels in the body and lower the risk of cardiovascular disease. Taking a daily bergamot supplement could reduce total cholesterol, lower low-

density lipoprotein (LDL) cholesterol and triglyceride levels, and increase the good cholesterol the high-density lipoprotein (HDL).

Everyone knows citrus fruits are rich in antioxidants, and bergamot is no exception. However, bergamot surprisingly contains much more antioxidant properties than most citrus fruits. This suggests that bergamot's immune-



boosting properties are potentially unlimited.

Bergamot is generally safe, but it may have adverse health effects in excessive amounts, especially when applied directly to the skin. A person should always check with their doctor

before supplementing with bergamot or any supplement to avoid drug interactions.

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



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## HEALTH &amp; WELLNESS

# Health literacy helps patients put knowledge into practice

By Ashley Bloom, MD

LMH Health

During my residency in Denver, my pager buzzed with a message from the emergency department. I frowned with worry when I saw Mrs. K's name listed again. Our team discharged her two days earlier, after she finished another round of chemotherapy. I mentally ran through the possible compli-

cations that would have landed her in the ED as I headed to evaluate her.

During the course of treatment, we identified multiple gaps in health literacy that prevented Mrs. K from receiving the best level of care and tried our best to bridge them. Improving this would help her ability to manage her symptoms outside the hospital and spend as much time at home as possible.

## What is health literacy?

The CDC defines health literacy as "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions." A person's health literacy is affected by:

- Reading, writing and number skills
- Ability to communicate with healthcare professionals
- Knowledge of how the healthcare system works
- Personal factors, such as language, culture, age, income and education

Healthcare organizations recognize the importance of improving health literacy, as it allows for healthcare professionals to communicate information with their patients in a timely and effective manner. One of the ultimate goals, according to the Health Resources and Services Administration (HRSA), is for people to use health information, rather than just understand it, and to be able to put their knowledge into practice. It's as simple as moving beyond simply knowing you should eat fresh fruits and vegetables to seeking out and preparing fresh produce is one example of health literacy in action.

Another goal of health literacy is to help patients "make 'well-informed' decisions rather than 'appropriate' ones." I see this daily as I discuss cancer screenings with my patients. Some people may avoid screenings until they need to have one due to age or potential symptoms of cancer. A well-informed decision stems from understanding why it's important to screen for cancer instead of waiting until you reach a cer-

tain age or symptoms are present.

## Why is health literacy important?

Taking care of your health is not reserved only for when you need medical care, but should be a part of your daily life. We all need to be able to understand and use health information and healthcare services. Health literacy can help you to:

- Take control of your physical well-being
- Better manage chronic conditions such as diabetes and high blood pressure
- Increase the use of preventative care
- Improve health outcomes
- Reduce unnecessary emergency department visits

One component of health literacy includes understanding how to communicate, listen and speak. Mrs. K and her elderly husband moved to the United States from Afghanistan to reunite with their extended family a decade before I cared for her. Neither Mrs. K nor her husband spoke English and we quickly

learned that the extent of her English consisted of murmuring "thank you" with a gentle nod of her head after our conversations.

When Mrs. K came to the ED with severe abdominal pain and was diagnosed with ovarian cancer, our residency team realized that we needed to help her family increase their health literacy to understand what was happening and what they could expect to come.

Mrs. K needed help interpreting the information into Dari, her preferred language. We initially worked with phone interpreters to communicate with her, a service also available to help us communicate with patients at LMH Health, but she much preferred having her family interpret when they were available. Her son, who served with the US Army in Afghanistan as an interpreter, admitted he struggled relaying the details of her health information. He did not understand how the



Bloom



■ CONTINUED ON PAGE 11

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# Health literacy

■ CONTINUED FROM PAGE 10

medical field and healthcare professionals operated, which limited Mrs. K's ability to receive and understand the proper information.

## Understanding medications

While medications can treat disease and ease pain, they can be harmful when not taken correctly. Our team found that our biggest hurdle in helping Mrs. K after she left the hospital wasn't the complexity of her cancer. It was helping make sure she knew which pill she could take to control which symptom, and how to take it safely.

When Mrs. K returned to the ED with severe abdominal pain after a month, we learned that she didn't realize she needed to request a refill from her pharmacy. We also learned that Mrs. K never learned how to read letters or numbers, which made it impossible to understand the instructions to "take 1-2 tablets every 6 hours as needed" for her nausea medication.

The American Association of Retired Persons (AARP) shares that 86% of adults ages 65 and older regularly take at least one prescription medication and 42% take five or more drugs. Mrs. K had a number of medications used to control pain, treat nausea and acid reflux, prevent constipation, and one to help her fall asleep if needed.

Our team had explained the medications, handing each bottle to her and her husband and explaining the medications using a Dari interpreter. But the bottles got jumbled up, and another one got misplaced when they returned home so they returned.

Our team ultimately designed a chart using symbols to help her understand her medication regimen. We had a shared Google document that we could update as she was back and forth for

her chemotherapy treatments. The hospital pharmacy team coordinated with us so Mrs. K left the hospital with her properly identified bottles of medications and her guide of when and how to take them.

Over the next few months, we saw Mrs. K less and less. She was able to stay home more and felt better between her treatments by having the appropriate health literacy skills. This is our ultimate goal as a healthcare system – for people to return home with the supports, knowledge and to live healthily in our community.

- Dr. Ashley Bloom is a physician at LMH Health Primary Care – East Heights.

# Libraries advance health literacy

Libraries of all types, including public libraries, are important partners in community-based health literacy efforts. Librarians advance health literacy in their communities through a variety of methods:

- Providing Internet access and showing people how to find reliable online information
- Conducting literature searches
- Printing resources
- Referring people to local health services

• Distributing and posting information

Many libraries support basic literacy programs for children and adults. LMH Health supports many area libraries in this work, and also provides educational programming where persons can learn more about a disease or condition. You can find out more about our collaborations by contacting LMH Health Community Outreach and Education at 785-505-3081 or your local library.



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## FINANCIAL FOCUS

# Can you make charitable giving less 'taxing'?

Once again, it's the season of generosity. In addition to considering gifts for your loved ones, you might want to think about charitable gifts as well. But what should you know before making gifts to charities? And what impact might these gifts have on your financial and tax situation?



Derek  
Osborn

First, you may want to create a gift budget by deciding just how much you will give to charitable organizations over the rest of the year.

Next, look closely at the groups to whom you wish to contribute. You can find many reputable charities, but some others may be less worthy of your support. One of the red flags of a questionable organization is the amount of money it spends on administrative costs versus the amount that goes to its stated purpose. You can check on the spending patterns of charitable groups, and find other valuable information about them, on the well-regarded Charity Navigator website ([charitynavigator.org](http://charitynavigator.org)).

Once you've established a gift budget and are comfortable with the groups you choose to support, you might turn your thoughts to another key issue connected with charitable giving: tax benefits. A few years ago, changes in the tax laws

resulted in a large increase in the standard deduction, which meant that many taxpayers found it more favorable not to itemize — and lost the ability to take charitable deductions. But if you still do itemize, your charitable gifts or contributions to tax-exempt groups — those that qualify as 501(c)(3) organizations — can generally be deducted, up to 60% of your adjusted gross income, although lower limits may apply, depending on the nature of your gift and the organization to which you're contributing.

Other, more long-term avenues also exist that combine charitable giving with potential tax benefits. One such possibility is a donor-advised fund, which allows you to make an irrevocable charitable contribution and receive an immediate tax deduction. You can give cash, but if you donate appreciated assets, such as stocks, your tax deduction would be the fair market value of the assets, up to 30% of your adjusted gross income. Plus, you would not incur the capital gains tax that would otherwise be due upon the sale of these assets. Once you establish a donor-advised fund, you have the flexibility to make charitable gifts over time, and you can contribute to the fund as often as you like.

Another possible tax benefit from making charitable contributions could arrive when you start taking required minimum distributions, or RMDs, from some of your retirement accounts, such as your traditional IRA and 401(k). These RMDs could be sizable — and distributions are counted as taxable income. But by taking what's called a qualified charitable distribution (QCD), you can move

money from a traditional or Roth IRA to a qualified charitable organization, possibly satisfying your RMD, which then may be excluded from your taxable income. You must start taking RMDs at 73 but you can begin making QCDs of up to \$100,000 per year as early as age 70½. (This amount will be indexed for inflation after 2023.)

Establishing a donor-advised fund and making qualified charitable distributions are significant moves, so you'll

need to consult with your tax advisor first. But if they're appropriate for your situation, they may help you expand your ability to support the charitable groups whose work you admire.

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



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## JILL ON MONEY

# 2024 COLA fizzles out

Before COVID, the annual October ritual of announcing the following year's Cost of Living Adjustment (COLA) for Social Security recipients was a sleepy event. But since the inflationary spike that started in 2021, millions have been waiting breathlessly for the news.



Jill  
Schlesinger

A bit of historical context: Although President Franklin D. Roosevelt signed the law that enacted today's Social Security system on August 14, 1935, it was not until decades later that Congress added an extra provision which accounted for rising prices.

Before that, benefits were increased only when Congress enacted special legislation. The COLA provision was part of the 1972 Social Security Amendments, and automatic annual COLAs began in 1975.

The problem with COLA is that the future year's increase is based on what happened in the previous year — and we know that conditions can change quickly.

Officials use a measure of the Consumer Price Index (CPI-W), which can differ slightly from the headline

or core rate that you see reported on a monthly basis. According to the BLS, "the CPI-U is a more general index and seeks to track retail prices as they affect all urban consumers," while CPI-W is a more specialized index, which "places a slightly higher weight on food, apparel, transportation, and other goods."

The criticism of CPI-W is that the lower weight on medical care and housing are two categories that eat up a lot of a retiree's annual budget.

Earlier this year, the nonpartisan Senior Citizens League (TSCL) released research that found that older Americans have struggled to keep pace with inflation. "The buying power of Social Security benefits finds that older adults who retired before 2000 (now age 85 and older) have lost 36 percent of their buying power and would need an extra \$516.70 more per month (\$6,200 more in 2023) than they are currently getting to maintain the same level of buying power as in 2000."

Amazingly, the total loss of purchasing power includes the two decades prior to COVID, when CPI-W was muted, and the average annual COLA was 2.6%. That changed dramatically in 2022, with a 5.9% COLA increase, followed by last year's 8.7% spike, which was the biggest jump in 40 years. (The record COLA occurred in 1980 at 14.3%.)

And now, drum roll, please... the Social Security COLA for 2024 will be 3.2%,

which means an average increase of more than \$50 per month starting in January.

For those nearing retirement, the takeaway from the past five years is to be careful about life decisions that are predicated on best-case assumptions. In the ten years leading up to the pandemic, I would hear from many who were crunching retirement numbers, presuming that inflation would remain at 2% for decades in the future. When I would suggest choosing a higher rate of inflation, "just in case," I was tagged as a Debbie Downer.

I get it — using a higher rate of inflation (and a lower rate of investment return) — might mean that pre-retirees might have to wait a few more years to call it quits.

One of the best defenses against an uncertain future, one that could see inflation rise or markets tumbling at the wrong time, is to work longer, even if it is just a few years or part-time.

Not only does this allow your nest egg more time to grow, it also means that you might be able to wait to claim your Social Security benefit beyond your Full Retirement Age (66-67,

depending on the year of your birth) to age 70, when you can receive credits for delaying filing that can boost retirement savings significantly.

- 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](mailto:kevin@seniormonthly.net). You may also add events on the Kaw Valley Senior Monthly Facebook page.

## ARTS & CRAFTS

### FIRST FRIDAY OF THE MONTH

#### ARTSCONNECT FIRST FRIDAY ARTWALK

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

TOPEKA, [artstopeka.org/firstfriday](http://artstopeka.org/firstfriday)

### SECOND SATURDAY OF THE MONTH

#### OPEN AIR ART MARKET

2nd Saturday of each month in East Lawrence Warehouse Arts District. Come see a local art market. Art Emergency, Delaware and E. 9th St., 9 a.m.-2 p.m. LAWRENCE

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of the month. See website for participating locations.

LAWRENCE, 785-842-3883

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

## EDUCATION

### 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](https://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 3

#### BOOK TALK: ABOLITIONIST OF THE MOST DANGEROUS KIND

A controversial character largely known (as depicted in the movie *Glory*) as a Union colonel who led Black soldiers in the Civil War, James Montgomery waged a far more personal and radical war against slavery than popular history suggests. It is the true story of this militant abolitionist that Todd Mildfelt and David D. Schafer tell in *Abolitionist of the Most Dangerous Kind*, summoning a life fiercely lived in struggle against the expansion of slavery into the West and during the Civil War. Join us at the Watkins as the authors illuminate Montgomery's incredible life and career. Watkins Museum of History, 1047 Massachusetts St., 7-9 p.m. Free. LAWRENCE, 785-841-4109

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

### 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 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](https://eventbrite.com/e/using-find-a-grave-for-genealogy-research-tickets-676197995407)

### NOV 6

#### 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>

### NOV 7

#### INTERNET GENEALOGY FOR BEGINNERS

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

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

### NOV 14

#### INTERNET GENEALOGY 2

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

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

### NOV 15

#### AUTHOR TALK WITH TOM CLAVIN: "THE LAST OUTLAWS"

Don't miss your chance to meet bestselling author Tom Clavin as he discusses his latest book, *The Last Outlaws: The Desperate Final Days of the Dalton Gang*. Copies will be available for purchase and author signing courtesy of our partners at the Raven Bookstore. Watkins Museum of History, 1047 Massachusetts St., 6-7 p.m. Free. LAWRENCE, 785-841-4109

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

### NOV 20

#### MEDICARE PART D

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

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

### NOV 30

#### 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>

### DEC 4

#### 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>

### DEC 5

#### 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>

## 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

### 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 *BlackKkKlansman*, *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](http://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 Sheader (*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](http://lied.ku.edu/calendar)

### NOV 6

#### BUDDY GUY: DAMN RIGHT FAREWELL WITH SPECIAL GUEST ALLY VENABLE

Buddy Guy is a Rock & Roll Hall of Famer; a major influence on rock titans like Jimi Hendrix, Eric Clapton, and Stevie Ray Vaughan; a pioneer of Chicago's fabled West Side sound; and a living link to the city's halcyon days of electric blues. He has received eight Grammy Awards, a Lifetime Achievement Grammy Award, 38 Blues Music Awards (the most any artist has received), the Billboard Magazine Century Award for distinguished artistic achievement, a Kennedy Center Honor and the Presidential National Medal of Arts. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

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

### NOV 9

#### NASHVILLE NIGHTS

Experience Nashville in Topeka. Hear the #1 hits - and the stories behind them - from three of today's most talented songwriters as they transport you to the heart of Nashville's thriving music scene. You'll feel like you're right there at Nashville's famed Bluebird Cafe. Lee Thomas Miller, Wendell Mobley and Barry Dean have multiple Grammy, CMA and ACM nominations and a combined 19 #1 hit singles, including such chart-toppers as "You're Gonna Miss This" by Trace Adkins, "In Color" by Jamey Johnson, "How Forever Feels" by Kenny Chesney, "A Little More Summertime" by Jason Aldean, "Pontoon" by Little Big Town and "Diamond Rings and Old Barstools" by Tim McGraw, and many more. Topeka Performing Arts Center, 214 SE 8th Ave., 7 p.m. Fee.

TOPEKA, 785-234-2787

[topekaperformingarts.org/events/2023](http://topekaperformingarts.org/events/2023)

### NOV 10

#### FREE STATE STORY SLAM | CRASH

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+



■ CONTINUED FROM PAGE 14

recommended. 10th & Mass Studios, 1000 Massachusetts St.

LAWRENCE, 785-843-2787

NOV 11

### VIENNA BOYS CHOIR

The Vienna Boys Choir is one of the most famous choirs in the world and one of the oldest. This illustrious group of child musicians has been delighting music lovers across the globe for six centuries with their purity of tone, distinctive charm and diverse repertoire, which includes everything from medieval to contemporary to experimental music. The Fort Worth Star Telegram raves, "There's no more gratifying sound than that of children singing. And there's no more polished ensemble of children's voices than the Vienna Boys Choir." Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 17

### A CHARLIE BROWN CHRISTMAS - LIVE ON STAGE

*A Charlie Brown Christmas*, the Emmy and Peabody award-winning story by Charles M. Schulz, has warmed the hearts of millions of fans since it first aired on television over fifty-five years ago. Now the classic animated television special comes to life in this faithful stage adaptation that celebrates the timeless television classic so the whole family can join Charlie Brown, Snoopy, Lucy, Linus and the rest of the Peanuts characters in their journey to uncover the true meaning of Christmas. Topeka Performing Arts Center, 214 SE 8th Ave., 6:30 p.m. Fee.

TOPEKA, 785-234-2787

NOV 19

### KUOK-WAI LIO, PIANO

A graduate of the Curtis Institute of Music, pianist Kuok-Wai Lio is a recipient of the prestigious Avery Fisher Career Grant administered by Lincoln Center for the Performing Arts, the Career Advancement Award given by the Musical Fund Society of Philadelphia and a Scholarship Award by the Feltsman Piano Foundation. Lied Center of Kansas, 1600 Stewart Drive, 2 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 28

### ANNIE

Holding onto hope when times are tough can take an awful lot of determination, and sometimes, an awful lot of determination comes in a surprisingly small package. Little Orphan Annie has reminded generations of theatergoers that sunshine is always right around the corner, and now the best-loved musical of all time is set to return in a new production—just as you remember it and just when we need it most.

Lied Center of Kansas, 1600 Stewart Drive, 7 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

NOV 29

### KIT YAN, SLAM POET

Award-winning transgender Asian American writer Kit Yan will perform an intimate evening of new poetry and spoken word. Their work often asks questions about race, class and gender in a world that tries to define our ever-shifting identities and understandings of ourselves. Join Kit for an evening of art, real-time processing and stories from the road. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

DEC 1, 2, 3, 7, 8, 9, 10, 14, 15, 16, 17

### A CHRISTMAS STORY (THE MUSICAL)

The perennial Christmas favorite. Set in the 1940's, the musical follows 9-year-old Ralphie Parker and his quest for the Holy Grail of Christmas gifts—an Official Red Ryder BB gun. Watch for the tongue stuck to the flagpole; the snowsuit; the bullies, the leg lamp award; the bunny suit; the Christmas dinner, and other iconic moments. Theatre Lawrence, 4660 Bauer Farm Dr. See website for showtimes. Fee.

LAWRENCE, 785-843-SHOW (7469)

wp.theatrelawrence.com/events/23-24-season/christmas-story

DEC 4 & 5

### PASQUALE GRASSO, GUITAR

Born and raised in Ariano Irpino in Southern Italy's Campania region, Grasso relocated to New York City in 2009 and has since been wowing audiences with regular appearances at Mezzrow, Smalls and The Django, where he has showcased his tremendous command of the fretboard by freely moving between single

notes, chords and independent bass lines, while flashing Art Tatum-esque filigrees with uncanny speed and precision. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

## EXHIBITS & SHOWS

NOV 17 & 18

### ANTIQUÉ AND VINTAGE SHOW OF LAWRENCE, KANSAS

This great show is a continuation of the Pilot Show that has a wide variety of vintage and antique vendors. Providing knowledgeable vendors selling an array of items you never know what you will find. Come enjoy the weekend and have lunch. Douglas County Fairgrounds, 2110 Harper, Building #21. November 17, 9 a.m.- 5 p.m., November 18, 9 a.m.- 4 p.m. Admission fee.

LAWRENCE

## FARMERS' MARKETS

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

NOV 1 & 29

### 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>

NOV 1, 8, 15, 22, 29

### GERI-FIT - STRENGTHEN FOR FREEDOM

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

TOPEKA, [events.tscpl.org/events](https://events.tscpl.org/events)

## HOLIDAY EVENTS

NOV 4

### LEAVENWORTH HOLIDAY OPEN HOUSE THROUGHOUT DOWNTOWN

Visit downtown Leavenworth and kick off the holiday shopping season with special activities that capture the Christmas spirit. Music, carriage rides, special events around town. The first 200 customers receive a map and collect ornaments at participating stores. No participation fee. 10 a.m.-4 p.m.

LEAVENWORTH, 913-682-3924

NOV 18, 19, 25, 26

### PENDLETON'S HOLIDAY OPEN HOUSE

Get a head start on your holiday shopping at Pendleton's Holiday Open House. Local vendors and farmers will be presenting wonderful handmade and home grown items. You won't want to miss this opportunity to purchase a hand crafted gift for that special someone on your list. Pendleton's Country Market, 1446 E 1850 Road, 9 a.m.-5 p.m.

LAWRENCE

NOV 24 & 25

### BIZARRE BAZAAR

The one show you never want to miss. This

■ CONTINUED ON PAGE 22

# Luther Place

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# Clinton Place Apartments



# MY PET WORLD

## How do we stop our dogs from waking us up at night?

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** My boyfriend has two two-year-old brother-and-sister “pomapoos.” They sleep with him every night. He walks them sometimes in the middle of the night when one of the dogs scratches at him to go out. His sleep is, therefore, interrupted regularly. Is there anything he can do to train them to be on a more regular schedule and sleep in a different place than on his bed? — Rena, Durham, North Carolina

**Dear Rena:** Make sure your boyfriend is not feeding them too close to bedtime. Feed them early in the evening so there is time for them to relieve themselves before bed. Also, please do not give them any long-lasting chew

treats within two hours of bedtime, as some of these treats can make a dog very thirsty, forcing them to drink more right before bedtime. At bedtime, stay outside with them for an extra five minutes. Often, we rush dogs inside once we see them pee, but dogs sometimes pee several times in different locations before they are done.

Your boyfriend should also teach the dogs to “wait.” During the day, when the dogs signal they need to go out to relieve themselves, he should tell them to “wait” and then wait a few seconds or minutes before letting them out. At night, when he is awakened, he can now tell them to wait. The dogs are likely awakened when he moves around, and if he asks them to wait just a few minutes, they may settle down and go back to sleep. If they continue to wake him,

though, he will have to get up and take them outside.

Teaching the dogs to sleep in another spot on the bed involves moving them to that spot until they get the hint. It might be easier to get some plush dog beds and train them to sleep on them instead. These beds can be moved to different rooms in the house during training and will ensure that no one

wakes the other at night.

- *Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to [cathy@petpundit.com](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.*

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## HUMOR

**Dr. Ima Farseer's Football Project**

Ima Farseer, Ph.d., is chair of the Department of Et. Al., Et. Al., at Letongaloosa University Community Junior College, where I work. Dr. Farseer has been following the fortunes (literally) of Super Bowl players and coaches. She contacted Lester Grimm, coach of the Letongaloosa Rockets.



Larry  
Day

crowd.

"Yes, sir. How may I help you?"

"That's me."

"What do you mean?"

"That's my name."

"Your name is Glizzerounimous T. Flagginburger?"

"Yes."

"I'll have to see some ID," said Ima. She was flabbergasted.

The man pulled out his wallet and handed Ima his driver's license.

It read, "Glizzerounimous T. Flagginburger."

"When do I get to shake hands with my idol Patrick Mahomes? Is he here in town?"

"Not exactly," said a bewildered Ima.

"When will he get here?"

"I have to make a couple of telephone calls," said Ima. "Excuse me."

Ima hurried off to find Coach Lester Grimm.

"Les, we've got a BIG problem."

"What is it?"

"He showed up and wants to shake hands with Mahomes."

"The Flagginburger guy?"

"Yes, the Flagginburger guy."

"Did you check his ID?"

"Of course. That's the first thing I did."

"Geez."

"Geez, indeed."

"What are we going to do?"

"I'll make some calls," coach Grimm said.

He came back 45 minutes later and said, "Andy Reid played football at BYU. One of my friends was on the team. My friend said he'd give me Mr. Reid's cell phone number. Maybe he'll help us."

Ring. "Hello."

"Mr. Reid?"

"Yes."

"My name is Lester Grimm. A good friend of mine, Jimmy Richards, played football with you at BYU."

"Oh, yes, I remember Jimmy well. How's he doing?"

"Jimmy's doing fine. But I have a problem."

"What's that?"

"I coach at Letongaloosa University Junior Community College. The dean of one of our departments, Ima Farseer, and I wanted to make money to replace our worn-out athletic equipment. We hit on the idea of having a drawing. The

winner would get to shake hands with Patrick Mahomes. We thought we had a sure thing when we picked the name Glizzerounimous T. Flagginburger."

"That sounds safe. No one would have a name like that."

"Problem. Mr. Flagginburger came forward. Yes, we checked his ID. Now he wants to shake hands with Patrick Mahomes."

"Spell that name for me."

Grimm carefully spelled the name.

"Amazing."

"It is amazing. But it has put us in a bind. Mr. Flagginburger is asking when he gets to shake hands with Patrick Mahomes."

"Can you get Mr. Flagginburger out to our training camp by tomorrow?"

"He and I will fly out tonight. We'll be there first thing in the morning."

"His name is really Glizzerounimous T. Flagginburger?"

"Verified by a driver's license."

"Bring him to practice. I'm sure Patrick will want to meet somebody with a first name like Glizzerounimous."

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

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# PUZZLES & GAMES

## CROSSWORD

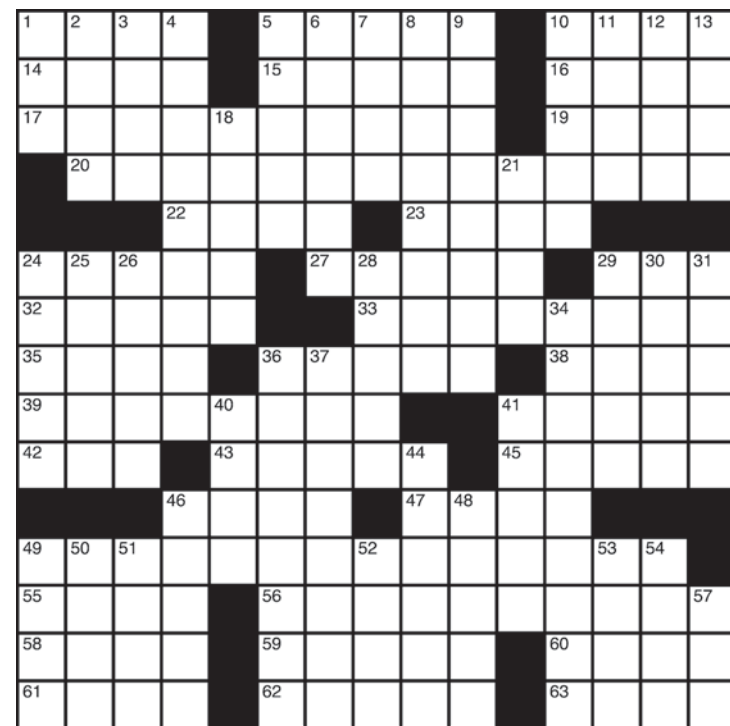
### Across

- 1 Rogan josh meat  
 5 Considerable care  
 10 Tipping points?  
 14 Vinaigrette acronym  
 15 "The Particular Sadness of Lemon Cake" writer Bender  
 16 Olympic leap  
 17 Centerpiece of a Hogwarts ceremony  
 19 First digit in a California ZIP code  
 20 "Do you see me smiling?"  
 22 Khartoum waterway  
 23 Mid-month day  
 24 Sullivan of "This Is Us"  
 27 Weather bureau tool  
 29 Calendar col.  
 32 Marla who plays second base for the Peaches in "A League of Their Own"  
 33 "Give it all you've got!"  
 35 Brut alternative  
 36 Butterflies-to-be  
 38 Tony-winning role for
- Heather Headley  
 39 Like most dog parks  
 41 Sharp scarps  
 42 Paradise in literature  
 43 Javelin, essentially  
 45 Dad's rival  
 46 Trick ending?  
 47 "A Visit From the Goon Squad" novelist  
 49 Venture capitalist's dream  
 55 Surf sound  
 56 Psychological horror series starring Vera Farmiga  
 58 Site for finding home services  
 59 Gather  
 60 Part of one's inheritance?  
 61 "The Lady of Shalott" device  
 62 Eponymous museum founder  
 63 \_\_\_ buco

### Down

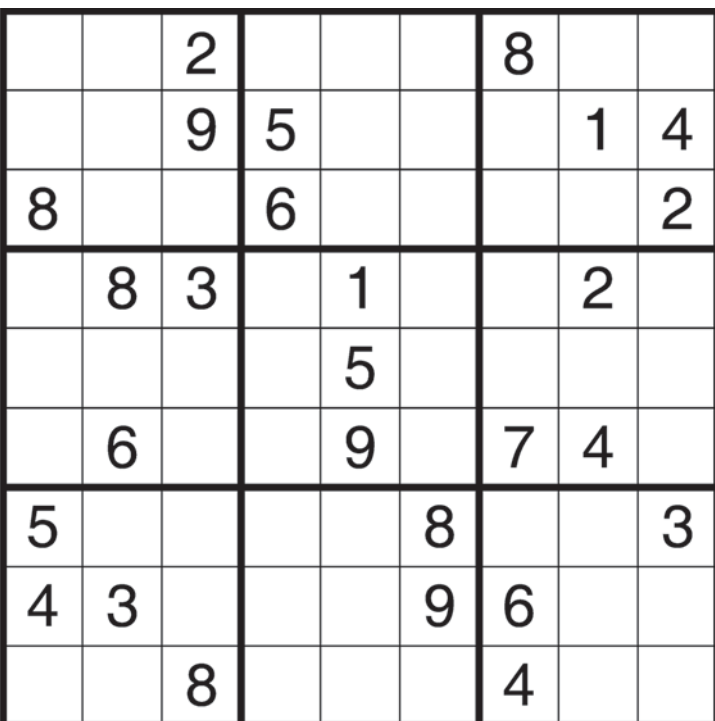
- 1 \_\_\_ Fauves:

- Matisse group  
 2 Swear  
 3 "We're Going to Need \_\_\_ Wine": Gabrielle Union memoir  
 4 Like herbal remedies  
 5 Advisory group  
 6 Designer Etienne  
 7 Online qualifier  
 8 "I like the way you think!"  
 9 Say when?  
 10 Roman god associated with doors  
 11 Graph line  
 12 Glassmaker Lalique  
 13 Blair Braverman vehicle  
 18 Like most of the cast of "Derry Girls"  
 21 Slight  
 24 Pandemonium  
 25 Pacino's "The Irishman" role  
 26 "omg 2 funny"  
 28 Dominant  
 29 Man on a mission  
 30 Crest  
 31 "No thanks"  
 34 All fired up  
 36 Cheap cover for a textbook



- 37 Handle online  
 40 Spanish pronoun  
 41 Win over  
 44 Double-check  
 46 Curtain material  
 48 Full of hot air  
 49 Eurasian range  
 50 Pitching gem  
 51 "Thus do I ever make my fool my purse" speaker  
 52 DraftKings factoid  
 53 Four Corners people  
 54 Writes  
 57 A fire sign

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

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

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

RTEGI  
 RMICP  
 QLASUL  
 EEMURS

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

"O O O O" HIS

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**SCRABBLE** G R A M S

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

Double Word Score

RACK 1  
 E1 O1 O1 U1 M3 T1 C3

RACK 2  
 E1 O1 U1 N1 R1 T1 N1

RACK 3  
 E1 E1 I1 U1 L1 R1 P3

RACK 4  
 E1 I1 P3 T1 M3 S1 S1

RACK 5  
 A1 A1 T1 P3 N1 M3 R1

3rd Letter Triple

PAR SCORE 255-265  
 BEST SCORE 316

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. SOLUTION TOMORROW

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

06-04

Answers to all puzzles on page 26

# GOREN ON BRIDGE

WITH BOB JONES

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## PART-SCORE BATTLE

East-West vulnerable, South deals

### NORTH

♠ J 4 3 2  
♥ 9 8 2  
♦ J 3 2  
♣ A K 8

### WEST

♠ K 9 8 5  
♥ K 10 6 4 3  
♦ 8  
♣ 9 5 2

### EAST

♠ 7  
♥ Q J 7  
♦ K Q 10 7 6  
♣ Q 10 7 3

### SOUTH

♠ A Q 10 6  
♥ A 5  
♦ A 9 5 4  
♣ J 6 4

West exited safely with the nine of spades and declarer took two spade tricks. This was the position with one spade left to cash:

### NORTH

♠ Void  
♥ Void  
♦ J 3  
♣ A 8

### WEST

♠ 8  
♥ Void  
♦ 8  
♣ 9 5

### EAST

♠ Void  
♥ Void  
♦ K Q  
♣ Q 10

### SOUTH

♠ 10  
♥ Void  
♦ A  
♣ J 6

The bidding:

SOUTH	WEST	NORTH	EAST
1NT	Pass	2NT	All pass

Opening lead: Four of ♥

South ducked the opening lead of a heart to the jack, but he had to win the heart continuation. Both North and South had bid normally, but the resulting contract was a bit thin. It seemed to need four spade tricks to be successful. South crossed to dummy with the ace of clubs and ran the jack of spades. West won with his king and cashed three more heart tricks.

South cashed the 10 of spades, discarding the eight of clubs from dummy, and East could not defend the position. It didn't affect the result, but East chose to discard the 10 of clubs. A club to the ace, a diamond back to the ace, and the jack of clubs gave South the eight tricks that he needed. West could have defeated the contract by shifting to either minor after cashing his hearts, but that was hard to see. Well done to South!



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By David L. Hoyt and Jeff Knurek



3-12-23

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

### BOGGLE POINT SCALE

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

### YOUR BOGGLE RATING

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

### Boggle BrainBusters Bonus

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

Find AT LEAST SEVEN BIRDS in the grid of letters.

---



---



---



---



---

Answers to Last Sunday's Boggle BrainBusters:  
ROME OSLO PARIS VIENNA BERLIN LONDON ATHENS



## AMERICA'S TEST KITCHEN

# The key to a better burger: Crust is king!

By America's Test Kitchen  
Tribune Media Content

Smashed burgers share the same thin, verging-on-well-done profile and all-American array of condiments as typical fast-food burgers, but their big selling point is an ultra-brown, crispy crust. We used commercial ground beef instead of grinding our own, because the former is ground finer and thus exposes more myosin, a sticky meat protein that helps the patties hold together when they are smashed.

Using a small saucepan to press straight down on the meat ensured that it spread and stuck uniformly to the skillet (instead of shrinking as it cooked), which helped guarantee deep browning. We made two smaller patties at a time instead of one larger one, because they fit nicely inside a burger bun.

Sandwiching a melty slice of Kraft American cheese between the two patties helped the cheese melt thoroughly and seep into the meat almost like a rich, salty cheese sauce would. Our creamy, tangy burger sauce added more richness and moisture; lettuce and thinly sliced tomato provided freshness and acidity; and the soft bun

offered tenderness.

## Smashed Burgers

Serves 2

For the sauce:  
2 tablespoons mayonnaise  
1 tablespoon minced shallot  
1 1/2 teaspoons finely chopped dill pickles plus 1/2 teaspoon brine  
1 1/2 teaspoons ketchup  
1/8 teaspoon sugar  
1/8 teaspoon pepper  
For the burgers:  
2 hamburger buns, toasted if desired  
8 ounces (80% lean) ground beef  
1/4 teaspoon vegetable oil  
1/4 teaspoon kosher salt, divided  
2 slices American cheese (2 ounces)  
Bibb lettuce leaves  
Thinly sliced tomato

For the sauce:  
1. Stir all ingredients together in a bowl.  
For the burgers:  
1. Spread 1 tablespoon sauce on the cut side of each bun top. Divide beef into 4 equal pieces (2 ounces each); form into loose, rough balls (do not compress). Place oil in 12-inch cast-iron or carbon-steel skillet. Use paper

TNS PHOTO



The best burgers usually revolve around bespoke blends that cook up extra juicy, but this diner staple trades on one simple truth: Crust is king.

towel to rub oil into bottom of skillet (reserve paper towel). Heat over medium-low heat for 5 minutes. While skillet heats, wrap bottom and sides of small saucepan with large sheet of aluminum foil, anchoring foil on rim, and place large plate next to cooktop.

2. Increase heat to high. When skillet begins to smoke, place 2 balls about 3 inches apart in skillet. Use bottom of prepared saucepan to firmly smash each ball until 4 to 4 1/2 inches in diameter. Place saucepan on plate next to cooktop. Sprinkle patties with 1/8 teaspoon salt and season with pepper. Cook until at least three-quarters of each patty is no longer pink on top, about 2 minutes (patties will stick to skillet).

3. Use thin metal spatula to loosen patties from skillet. Flip patties and cook for 15 seconds. Slide skillet off heat. Transfer 1 burger to each bun

bottom and top each with 1 slice American cheese. Gently scrape any browned bits from skillet, use tongs to wipe with reserved paper towel, and return skillet to heat. Repeat with remaining 2 balls and place burgers on top of cheese. Top with lettuce and tomato. Cap with prepared bun tops. Serve immediately.

*- For more than 25 years, home cooks have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. The family of brands—which includes Cook's Illustrated, Cook's Country, and America's Test Kitchen Kids—offers reliable recipes for cooks of all ages and skill levels. See more online at [www.americastestkitchen.com/TCA](http://www.americastestkitchen.com/TCA).*

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## PAINTING WITH WORDS

# Lift Every Voice and Sing

James Weldon Johnson was born in 1871 in Jacksonville, Florida. He was greatly influenced by his mother's love of literature and music. Neither of his parents had been slaves, and he was raised without a sense of limitations society imposed on him because of the color of his skin. He went on to graduate from Atlanta University and obtained a



Tom  
Mach

job as principal of Stanton Elementary School. In 1895, he started *The Daily American* newspaper and three years later became the first African American to pass the bar exam in Florida.

Despite his involvement in the fields of education and law, Johnson found time to write books and poetry for music his brother John wrote, such as "Lift Every Voice and Sing." Although those lyrics were written to honor Lincoln's birthday, they can be interpreted as honoring Thanksgiving Day. His lyrics take on special meaning heard along with the music. (You may want to listen to this song on YouTube.) It later became the official anthem of the National Association for the Advancement of Colored People. Johnson went on to write more than 200 songs for the Broadway musical stage. In addition, he is known for two other literary works: *The Autobiography of an Ex-Colored Man* (1912) and *God's Trombones* (1927).

In "Lift Every Voice and Sing," Johnson shows how proud he is of his African-American heritage and has accolades for those who preceded him. The suffering of black slaves also gave them the strength to prepare for a brighter future.

In his lyrics, Johnson thanks God for that strength and hopes future African-Americans will continue to be on God's side, taking pride in this country where they have lived and died for many years. While his poem is optimistic, he doesn't ignore the sufferings they have endured in the past. He provides examples of such sufferings as "stony the road we trod" and "bitter the chast'ning rod."

This Thanksgiving, we could apply Johnson's message about hardships that colonists faced in foraging for food, defending against Indian attacks, and fighting in the Civil War to win the freedom slaves longed to have.

Here, then, is Johnson's poem, which also served as the lyrics to a song still being sung today:

### LIFT EVERY VOICE AND SING

By James Weldon Johnson

*Lift every voice and sing,  
Till earth and heaven ring,  
Ring with the harmonies of Liberty;  
Let our rejoicing rise  
High as the list'ning skies,  
Let it resound loud as the rolling sea.  
Sing a song full of the faith that the  
dark past has taught us,  
Sing a song full of the hope that the  
present has brought us;  
Facing the rising sun of our new day begun,  
Let us march on till victory is won.*

*Stony the road we trod,  
Bitter the chast'ning rod,  
Felt in the days when hope unborn had  
died;  
Yet with a steady beat,  
Have not our weary feet  
Come to the place for which our fathers  
sighed?  
We have come over a way that with  
tears has been watered.  
We have come, treading our path  
through the blood of the slaughtered,*

*Out from the gloomy past,  
Till now we stand at last  
Where the white gleam of our bright  
star is cast.*

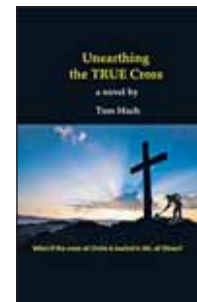
*God of our weary years,  
God of our silent tears,  
Thou who hast brought us thus far on  
the way;  
Thou who hast by Thy might,  
Led us into the light,  
Keep us forever in the path, we pray.  
Lest our feet stray from the places, our  
God, where we met Thee,  
Lest our hearts, drunk with the wine of  
the world, we forget Thee;  
Shadowed beneath Thy hand,  
May we forever stand,  
True to our God,  
True to our native land.*

• • •

UNEARTHING THE TRUE CROSS by Tom Mach is a thriller based on considerable research that delves into questions about the location of Christ's crucifixion:

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Olives, Dante Leon encounters a Bedouin man who insists that he discovered, while exploring a Qumran cave, a map showing where Jesus was really crucified. To prove him wrong, he digs in that spot and finds five pieces of petrified wood and a scroll written by Joseph of Arimathea. A deaf and mute lost orphan girl encounters



Dante, who cures her with prayer and one of the artifacts. A blind boy is similarly cured. Dante and his family run tests on these artifacts and conclude they have found the True Cross. Terrorists are out to kill Dante's daughter and the pope, who is about to announce to the world that these wooden pieces, when put together, form the crossbeam of Christ. (266 pages, paperback) The book is available from Amazon and should soon be available at major bookstores throughout the country. If you have any questions, contact me at tom.mach@yahoo.com.



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# Calendar

■ CONTINUED FROM PAGE 15

holiday season, check out Lawrence's Bizarre Bazaar for unconventional gifts for those on your list. Lawrence Arts Center, 940 New Hampshire, November 24, 5-9 p.m., November 25, 9-5 p.m. LAWRENCE

## DEC 2 LAWRENCE OLD-FASHIONED CHRISTMAS PARADE

Marking the 30th year of tradition, you and your family won't want to miss the 2023 Christmas Parade. Authentic horse-drawn carriages parading down Massachusetts Street is the perfect way to kick off the holiday season. Cozy up with hot cocoa and blankets. Feel the true holiday spirit while watching dozens of beautiful horses and wagons adorned in garland and bells. Join us to celebrate American heritage and keep our tradition alive this holiday season. Downtown Lawrence, 11 a.m. Free. LAWRENCE, 785-856-4437  
lawrencechristmasparade.org

## DEC 2 HOLIDAY EXTRAVAGANZA ARTS & CRAFTS FAIR

Our largest craft show of the year. This event is a great way to wrap up the year and celebrate the holiday season. Sports Pavilion Lawrence, 100 Rock Chalk Lane, 9 a.m.-4 p.m. LAWRENCE  
lawrenceks.org/lprd/specialevents/artsandcrafts

## DEC 2 TAILS & TRADITIONS HOLIDAY FESTIVAL

One of our most popular events returns for its 10th anniversary. Bring the kids inside for holiday-themed crafts and activities, including the famous WATKINS HOBBY HORSES and the return of a new favorite, the Ellie on the Shelf scavenger hunt. This year you can also enjoy a photo exhibit chronicling 30 years of the Lawrence Old-Fashioned Christmas Parade and 10 years of Tails & Traditions Holiday Festival. Watkins Museum of History, 1047 Massachusetts St., 9-11 a.m. Free. LAWRENCE, 785-841-4109  
watkinsmuseum.org/event

## 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

### NOV 6, 16 & DEC 4 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 Jay-

hawk 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>

## MISCELLANEOUS

NOV 1, 8, 15, 22, 29

### 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>

## VETERANS DAY

### NOV 11 104TH ANNUAL LEAVENWORTH COUNTY VETERANS DAY PARADE

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### NOV 11 VETERANS DAY PARADE

Come celebrate the history of our nation by honoring veterans with a community driven opening ceremony, parade, and public displays. 10:45 a.m.-12 p.m. OTTAWA

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## RICK STEVES' EUROPE

# Testing Europe's cultural waters in Haarlem

By Rick Steves

Tribune Content Agency

I'm under the towering church spire in the tidy Dutch market town of Haarlem, tempted to eat a pickled herring. The sign atop the mobile van reads: "Jos Haring — Gezond en Lekker" (healthy and deeeelicious).



*Rick Steves*

I order by pointing and ask, "Gezond?"

Jos hands me what looks more like bait than lunch, and says, "En lekker."

I stand there — not sure what to do with my bait — apparently looking lost. Jos, a huge man who towers over his white fishy counter, mimes swallowing a sword and says, "I give you the herring Rotterdam style. You eat it like this. If I chop it up and give you these" — he points to the toothpicks — "this is Amsterdam style."

As I take a bite he asks, "You like it?"

Even though I've noticed his van's three "r"s on the word for "delicious," I mutter the only polite response I can muster: "It's salty."

"Yes," he says. "This is not raw. Tourists say this is raw. But it is pickled in salt. Great in the hot weather. You sweat. You need salt. You eat my herring."

Haarlem is a good place to start a European trip. In small-town Holland, cultural differences are obvious and travel is easy. I see the Netherlands as a cultural wading pool that slopes gradually into the more challenging waters of central Europe.

While mighty Amsterdam is just a

20-minute train ride away, cute Haarlem, with its Dutch masters feel, provides a more comfy base and a more genteel experience.

Amsterdam's Anne Frank wrote her story in a world-famous diary and visitors must book well in advance to visit her house. Haarlem's Corrie ten Boom shared an equally inspirational story

■ CONTINUED ON PAGE 25

RICK STEVES' EUROPE



Haarlem's market square (Grote Markt) is always buzzing with activity.



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# Rick Steves

■ CONTINUED FROM PAGE 24

in her book, *The Hiding Place*, telling how her family courageously hid Jews from the Nazis until the inevitable day came when the Gestapo knocked on their door, too. A visit to Corrie's home in Haarlem costs only a suggested donation and is as intimate as reminiscing with her family.

Amsterdam's Rijksmuseum has a sprawling collection of paintings by great Dutch masters. Haarlem fills a 17th-century pensioner's house with a small, delightful collection of the quintessential Dutch master: local boy Frans Hals.

While Amsterdam's Red Light District is a rowdy cheering squad of hedonism, Haarlem's is a quiet little cobbled zone where people remember their polite words and no one dares even litter. Amsterdam's coffee shops are filled with pot enthusiasts from Sydney to Vancouver, while Haarlem's caters to local students and old hippies out for a joint and a stroll before dinner.

Main squares in old Dutch towns are often named for either the dam (like Amsterdam's Dam Square) where the town grew up, the big market (grote markt) that historically was held there, or for the weigh house (waag) that stood on that square. Haarlem's main square is the Grote Markt. It's ringed by a towering brick church and buildings — like the Waag — that remind all who visit that its economy was built centuries ago on trade.

Much of the architecture of today's "old Holland" is from the 1600s. That was Holland's golden age — when merchants ruled the waves, stockpiled profits, and hired Rembrandt to paint their portraits. While Haarlem has its fancy old guildhalls and business has reigned here for centuries, the town's

strictly enforced building code assures that the church tower will always dominate the downtown.

On the Grote Markt, tent-like market stalls lead to red brick guildhalls. And above it all rises St. Bavo Church, better known locally as the Grote Kerk (Great Church). Like most medieval churches, it was built facing east toward Jerusalem. But once inside, all eyes turn to the western end, where its pipe organ, an Oz-evoking tower of musical power, reaches nearly a hundred feet to the ceiling. Cupids swing from the largest of 5,000 pipes while gilded angelic trumpeters seem stuck in an 18th-century game of Statue Maker. Mozart trilled here.

Mondays and Saturdays are market days on Haarlem's Grote Markt — a cheerful festival of flowers, bright bolts of cloth, evangelical cheese pushers, and warm, gooey stroopwafels. The carillon clangs with an out-of-tune sweetness only a medieval church clock tower can possess. Savoring the merry dissonance, and taking tiny Amsterdam-style bites of my Rotterdam herring, I wander deeper into the market, happy that Jos is piling chopped onion on herring, contributing to the amazing ambience of this scene.

Under high-stepping gables and yawning awnings, the square bustles... just as it did in 350-year-old paintings. As it has been for centuries, it's the town's social and psychological hub, the civic living room. Dodging flower-laden one-speeds, I feel like part of the family here. I'm immersed in Holland — with raw-herring breath.

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

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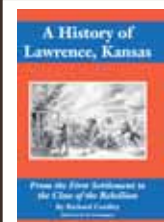
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R <sub>1</sub>	A <sub>1</sub>	M <sub>3</sub>	P <sub>3</sub>	A <sub>1</sub>	N <sub>1</sub>	T <sub>1</sub>	RACK 5 =	<u>67</u>				
PAR SCORE 255-265							TOTAL <u>316</u>					

## BOGGLE ANSWERS

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## JUMBLE ANSWERS

Jumbles: TIGER, CRIMP, SQUALL, RESUME

Answers: Her cat wanted attention, so she gave him some -- "PURR" HIS REQUEST

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## MY ANSWER

# Christ will reign on Earth as in Heaven

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** In my college course work, I'm learning the history of the United Nations and that the UN headquarters had designated a meditation room where people could go to withdraw into themselves, a place where a higher power to whom man worships is known by many names and in many forms. No wonder the world is in the chaos it's in. — W.P.

**A:** Shortly after the United Nations building had been erected on the banks of the East River in New York City, an ambassador from another country led a

tour that included an empty room. He said, "This is the prayer room." It was empty; there was no symbol, nothing to indicate [the presence of God]. When the United Nations was founded it was agreed the word God should be left out of its charter. The world has left God out of its planning.

People may think they can just brush God aside, but Christ will reign on Earth as in Heaven. Political confusion will be turned to order and harmony, social injustices will be abolished, and moral corruption will be replaced by righteousness. For the first time in history, the whole world will know what it's like to live in a society governed by God's truth. Satan's influence will

not be present to hinder world peace, unity, equality, and justice. Global harmony will be realized, and every person who has ever lived will stand before God's judgment. Those who have repented of their sin in rebellion against God and accepted Jesus as their Savior will be ushered into Heaven and will see God face-to-face. What a glorious hope for God's people.

For those who do not know Him as Lord and Master, today is the time for repentance. Today is the day of salvation.

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

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As a regional destination for oncology and hematology care, **LMH Health Cancer Center** is your connection to lifesaving expertise close to home. Our team is led by board-certified physicians with elite training from NCI-designated cancer centers and a shared commitment to

the highest standards of quality care. From traditional therapies to clinical trials, genetic testing, support programs, regional partnerships and more, we ensure the care you need to thrive after a cancer diagnosis—and we deliver it all with a personal touch that feels like home.

Learn more at [lmh.org/cancercenter](https://lmh.org/cancercenter).

**Find hope in lifesaving cancer care.**



A partner for lifelong health