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December 2023

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Vol. 23, No. 6

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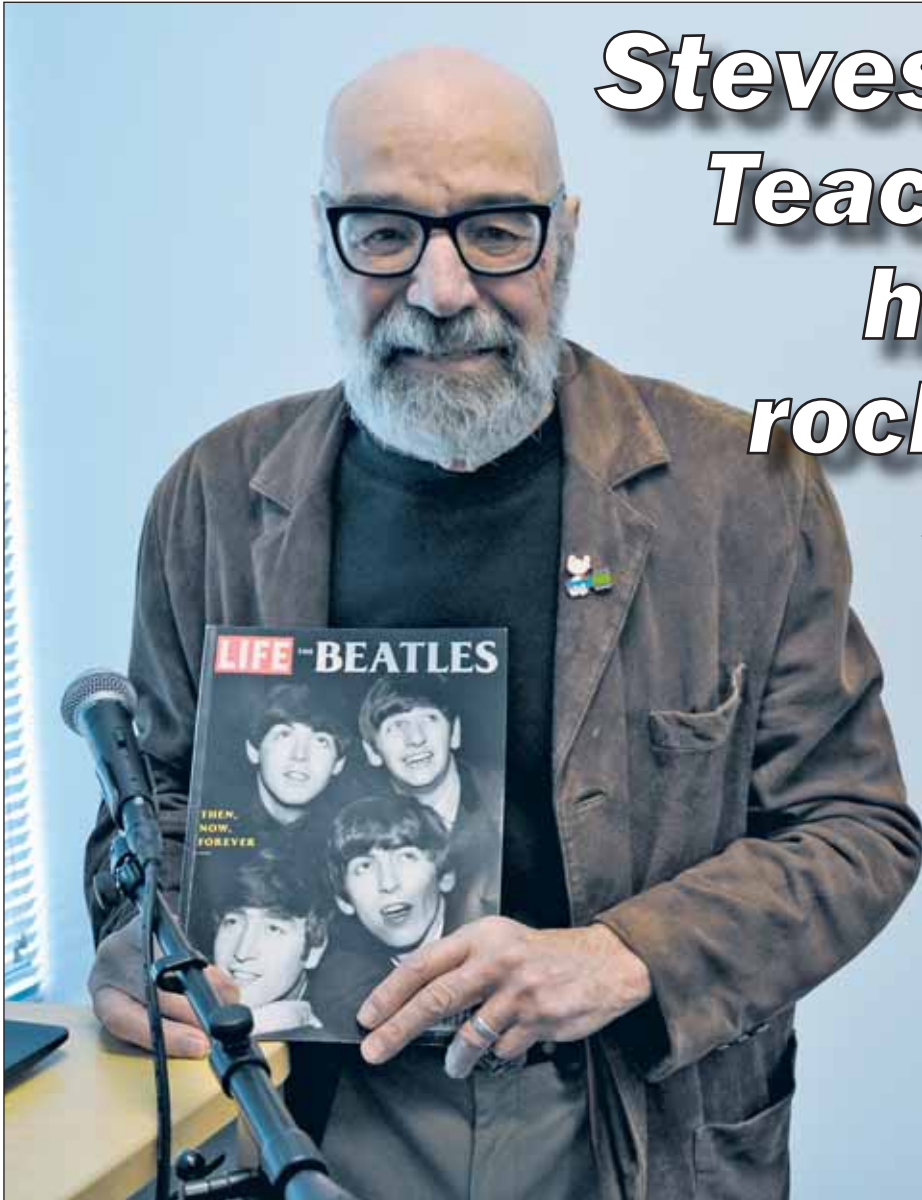
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## Steves Lopes: Teaching the history of rock 'n' roll.

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# Lopes' love for rock 'n' roll leads to Osher classes

By Billie David

One of the first things one notices when talking with Steve Lopes is his enthusiasm, especially for advocacy, rock 'n' roll, and the KU Osher Lifelong Learning Institute.

In fact, his enthusiasm for rock 'n' roll and the Osher Institute has led to his volunteering for the role of instructor for several courses about rock 'n' roll—courses he enjoys so much that he spends hours researching materials and teaching the classes without pay.

The courses that the Osher Institute offers, Lopes said, have been developed especially for lifelong learners over 50 years of age who enjoy the challenges of socially connecting with like-minded people.

Lopes himself was an educator for 15 years before devoting the next 30 years to advocating for teachers as an organizer for the Kansas National Education Association. The impetus was

his experience teaching in a suburban Boston school district where, after volunteering as an advisor for the school yearbook, his students managed to slip some questionable material by him. The result was that the school board refused to pay for his work. After receiving help from the NEA, he decided to pay back the favor by becoming involved in the organization, working as an organizer, and facilitating and mediating for teachers.

When Lopes moved to Lawrence, he expanded the skills he learned from the NEA to become a community organizer in the city, a facilitator for not-for-profits, and took calls for 11 years for the Kansas Suicide Prevention Lifeline.

"I was very involved in the community," he said, adding that he is still involved with political campaigns for Democratic candidates.

Lopes also enrolled in Osher classes to continue pursuing his passion for learning.

"For years, I took a lot of Osher

KEVIN GROENHAGEN PHOTO



Steve Lopes presents *Meet the Beatles You Thought You Knew* at the Northland Innovation Center in Gladstone, Mo., on November 14.

classes," he said, explaining that one class about the history of rock 'n' roll stood out to him. The course was called

The History of Rock and Roll from The Beatles to the Present.

■ CONTINUED ON PAGE FOUR

## Kaw Valley Senior Monthly

Kevin L. Groenhagen  
Editor and Publisher

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# Steve Lopes

■ CONTINUED FROM PAGE THREE

As Lopes saw it, there was plenty of rock and roll around before the Beatles, so he began researching the topic, and his research led to his developing six courses that he has been teaching for Osher. He is now working on his seventh course, Hyphenated Rock 'n' Roll.

Lopes' enjoyment of rock 'n' roll research came as a surprise to him.

"I always liked it, but doing research—I really love that," he said.

Lopes was 13 years old when he heard Elvis' first hit, "Heartbreak Hotel." When he was in the eighth grade, a friend introduced him to a radio station that played conventional music and slipped in some pop music, including Little Richard and Chuck Berry.

"Alan Freed, Rock 'n' Roll in New York City—I also got to listen to Alan, the King of Rock 'n' Roll," Lopes said.

During his senior year in high school, Lopes made friends with a drummer in a jazz band. In college, he also listened to jazz as well as folk and then to the Beatles and *Sgt. Pepper's Lonely Hearts Club Band*. His favorite album is Pink Floyd's *Dark Side of the Moon*.

As for the classes Lopes now teaches for seniors, "Research shows that seniors need to be challenging each other and using their minds," he said, adding, "I am constantly throwing out questions to keep participants engaged. I'm doing this to keep our minds sharp: I challenge you, and you challenge me."

His courses are not necessarily in a prescribed order, but they do follow a certain timeline. They include *The Devil's Music, A Story About Rock 'n' Roll*, which discusses the genre's musical roots, such as country and western, rhythm and blues, pop, jazz, gospel, and folk, as well as forces that included teen culture, politics, media, and chance. In this class, he explores how these forces came together to create the new phenomenon called rock 'n' roll. The course covers rock 'n' roll from its beginnings to 1959: "the day the music died."

Another of Lopes' courses is called *Sympathy for the Devil's Music: A Story About Rock 'n' Roll Continues*, which covers rock 'n' roll from 1959 and discusses how rock became established as the official teenage soundtrack, finding new forms and becoming known as rock music, including Motown, surf, folk, soul, and folk rock. This course brings Osher learners to 1964 and the

British Invasion.

The next course, *Meet the Beatles You Thought You Knew*, covers the group's origins, Beatlemania, and how they influenced fashion, manners, humor, media, values, and style. This course, and others, have links to YouTube and Wikipedia and to other Beatles information, such as "The Day John Lennon Met Paul McCartney," "Ten Interesting Facts about the Early Beatles," and a KU course outline from

2010 called *The History of Rock and Roll*.

"It's been 60 years since the Beatles recorded their first album, and they're still in the news," Lopes said. "There is no end to Beatlemania; we see young people who are still Beatles fans. The Beatles keep on giving; they have impacted so many things. They're still marketable."

Lopes' classes continue with 1971—

■ CONTINUED ON PAGE FIVE

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# Steve Lopes

■ CONTINUED FROM PAGE FOUR

The Year That Rock Exploded. This course covers the rise of the singer/songwriter and the channels that led to the groundwork for punk, indie, and electronica.

Then there's Summers of Love: 1968 to '69, which covers Monterey, Woodstock, and Altamont concerts. This course looks at the countercultural era and how, as Lopes puts it, "Woodstock gave its name to a generation, and Altamont brought the era to a sad end."

Another course Lopes developed is called The Beatles' Studio Years. It describes how, tired of grueling schedules and negative press, and with their music moving from craft to art, the Beatles found that the studio was a more viable outlet for their music, which became even more revolutionary. The class explores events in the United States related to the album's release and why that is important, as evidenced by choosing a couple of

songs and looking at news reports from that time.

"Every class has 'homework,'" Lopes said. "I put everything in a Word doc, and participants can click on a link to an album, get all the information on each song and background, and play it to their heart's content when they get home," Lopes said.

"We have good times with a lot of laughter," he added. "The 1971 class seems to be a sweet spot for those who come. It's popular with the Boomers. It strikes a note on a personal level."

Lopes is now crowdsourcing for his next class, called Hyphenated Rock 'n' Roll, and he is requesting feedback from his former students about the rock genres and subgenres the audience would like him to consider, asking them to rank their five favorites in order.

KU began offering its first Osher course in the fall of 2004 upon receipt of a grant from the Bernard Osher Foundation. The KU Osher Lifelong Learning Institute now offers courses at 25 venues in Greater Kansas City and throughout Kansas, including vari-

ous courses at residential communities. They also connect with seniors throughout the nation through their online program.

A membership fee of \$25 allows seniors to choose the offerings they want to participate in. The fee for a three-week course is \$50, with a one-time course at \$25. Many free events are also offered to the members, including a speaker series, an art club, and a

book club. Visit [jayhawkglobal.ku.edu/osher-home](http://jayhawkglobal.ku.edu/osher-home) to learn and request a catalog.

The benefits are well worth the expense, Lopes said, because, in addition to providing access to information about topics seniors are interested in, the courses offer increased social interaction, opportunities to make new friends, and the chance to participate in fun activities.



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# The True Cross of Christ: It's Not Where You Think It Was!

Having a penchant for history, especially Biblical history, an award-winning author named Tom Mach found something interesting when he examined our current beliefs on where Jesus was crucified. His exploration impelled him to believe that the Mount of Olives in Israel played an important role. Based on his research, Mach wrote a novel titled *Unearthing the True Cross* in which a man named Dante Leone, landscaping on the Mount of Olives, is besieged by a Bedouin who insists he found something important in a Qumran cave not far from where the Dead Sea Scrolls were discovered. It was an ancient map showing where the cross of Christ may be found on Olivet. Dante, highly skeptical, digs there anyway and later is convinced, because of miraculous cures from his discovery, that the artifacts he found were remnants of the Cross. It is through the dialogue of Mach's characters in the novel that provides his belief that the Holy Cross is buried in Olivet.

Here are highlights that back up Mach's claim that the site of Christ's crucifixion had to be at the Mount of Olives:

For over 1,600 years, people have been going to the wrong site for Christ's crucifixion. St. Helena was sent by her son Constantine in 324 to find the crucifixion site and discover the cross of Christ. During her journey, she performed many acts of charity and arrived

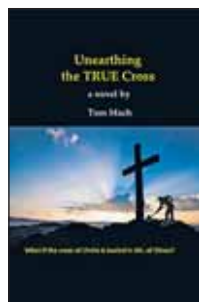
in Jerusalem in 326. She felt that any Jew who could trace his ancestry to the time of Jesus might help determine the crucifixion site. Judas Cyriacus claimed such ancestry and was certain that Christ was crucified at the Temple of Venus.

Because of a dream she had, Helena felt Judas was correct. After a few days, a flash of lightning pointed to the place, and she had Judas dig at that location. Soon, three Latin crosses, with the vertical and horizontal pieces intact, lay near each other. To evaluate which one was the cross of Jesus, she found either a leper or a woman dying of a terminal disease (which one is uncertain) and that this person was miraculously cured after touching one of the crosses. This cross was then determined to be the one Christ died on, and on this site the Church of the Sepulcher was built. This legend raises many questions, the main one relating to why

Judas's great-great Jewish grandparents would pass along such precise information about where exactly Christ was crucified. Why would they even care? It stretches credibility to say that a flash of lightning hit the exact spot where Christ was crucified. Why wasn't any research based on the Scriptures done to corroborate or disprove these findings?

Luke 23:45-47 says, "the veil of the Temple was torn down the middle" when Christ died. "The centurion who witnessed what had happened glorified God..." Mat-

■ CONTINUED ON PAGE SEVEN



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# The True Cross

■ CONTINUED FROM PAGE SIX

thw 27:50-54 describes “the veil of the sanctuary was torn in two from top to bottom” and then “the centurion and the men with him who were keeping watch over Jesus feared greatly when they saw... all that was happening.” Mark 15:38-39 says that “the veil of the sanctuary was torn in two from top to bottom” and that the centurion who stood facing Him cried out, “Truly this man was the Son of God.” But the only way the centurion could have seen the veil torn in two would be if he were facing the eastern side of the Temple from the summit of the Mount of Olives and see the veil. At the site where the Church of the Sepulcher was built, one would barely see the Temple itself, and impossible to see the Temple veil.

If the centurion looked upon Jesus on the cross and, at the same time, saw the Temple being torn in two, it would mean Jesus had to be facing away from the Temple. This would make sense since Jesus was judged to be a blasphemer and not worthy to look at the Holy of Holies. So if the other two crucified men faced toward the Temple while Jesus did not, it would also explain why the soldiers broke their legs first and then turned to face Jesus and see He was already dead.

Hebrews 13:10-13 suggests that the death of Jesus would have to occur not only outside the gate but outside the camp as well. Moses ordained that the camp area surrounding the Temple be about 2,000 cubits, and anything beyond that area would be outside the camp. (Joshua 3:4) The site of the Church of

the Sepulcher was inside the camp, while the summit of the Mount of Olives would be outside the camp.


Roman law stated that anyone arrested for sedition would be crucified near the site of his arrest. Jesus was found to be guilty of sedition and was arrested on the Mount of Olives.

In 1 Samuel 54, we learn that David brought the head of a giant he slew, Goliath of Gath, to Jerusalem to show it to King Saul. But since David could not bury it in the holy city of Jerusalem, he had to bury it somewhere not far away. The top of the Mount of Olives would have been a likely place since, as mentioned in 2 Samuel 15:30, that is where David ran to and wept in escaping from

Absalom. The Gospel evangelists probably didn't bother to clarify where the Place of the Skull was located because it was common knowledge at the time. It would be like not mentioning Paris as to where the Eiffel Tower is located.

One last point, according to Numbers

19:1-10, a red heifer, flawless and without blemish, would be sacrificed and burned on the Mount of Olives. It was the holiest of sin offerings given by the Jews. Of course, Jesus, who likely died on the Mount of Olives, was the world's ultimate sin offering.



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## Interim Healthcare outgrows Lawrence office space, moves to new location

By Billie David

Interim Healthcare in Lawrence has moved to a new location.

“We opened our offices in Lawrence in 2019,” said Tina Downey, president of Interim Healthcare in Topeka, Lawrence, and Manhattan. “We outgrew our office space and moved to 5200 Bob Billings Parkway.”

Established in 1966, Interim Healthcare is a home care, hospice, and healthcare staffing company. Headquartered in Columbus, Ohio, the company has over 300 independently owned and operated franchises in 42 states.

“We are a family-owned agency since 1979, and we are proudly women-owned and operated,” Downey said.

In 1979, the parents of owner Jill Harrison opened the Interim office in Wichita as a medical staffing office, which evolved over time and with the changing concept of senior care into

its current home-health, hospice, personal-care and medical-staffing business, which Harrison runs with her son, Sam Barker.

“We opened in the Topeka office in 2011,” Downey said. “That is where most of our leadership team is housed. As a franchise, Interim Healthcare has the advantage of access to national support and resources, but can also make their own decisions to best support the community they work in.”

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# Interim

■ CONTINUED FROM PAGE EIGHT

a master's degree in social work from the University of Kansas, Downey has made Lawrence her home since 2013.

"I have been involved in healthcare leadership for 20-some years, and I have seen the benefit of post-acute care," she said. "I joined Interim in 2013. Our first office was in Topeka. It opened in 2011 and serves Topeka, Lawrence, and Manhattan.

"I'm very passionate about in-home care," Downey continued, referring to Interim's one-on-one, individualized care plans. "What I like most about Interim Healthcare is that we offer the full continuum of in-home care."

That continuum includes personal care and support services and assistance with shopping, cleaning, and transportation. Clients can choose how much assistance they want in increments between four hours at a time to full-time help 24 hours a day, seven days a week.

Clients also have access to skilled home healthcare provided by nurses, physicians, and physical and occupational therapists. Their services also include hospice care, which is provided anywhere the client considers

home, including assisted living, nursing homes, and hospitals.

Downey said that the Interim staff likes working with clients in a person-to-person style.

"There are no call lights or beepers, so they can fully focus on the patient during the time that they are there," she explained.

"Interim's services are paid for individually, with long-term care insurance, and some Medicare Advantage plans," she said, adding that home healthcare and hospice require a physician's referral and that Medicare traditionally pays for 100% of those services. As a home health/hospice/medical staffing service, Interim Healthcare also focuses on hiring employees.

"Between our three locations and surrounding area, we have approximately 450 patients, and we are fortunate to have talented caregivers and professionals, but our demand is increasing, and we also offer medical staffing services, which helps other businesses staff their services," Downey said.

Interim Healthcare also hires in-home caregivers, whom they train, and having just been awarded a scholarship grant through Blue Cross Blue Shield,

they also provide CNA training for some individuals.

"Our other employees require certification or a degree in nursing, social work, different therapies, and chaplains. We also have fantastic volunteers for our Hospice program, who work either directly with the client or help on the back end with office work," Downey said.

Another service Interim Healthcare provides is in independent living settings, which include Aldersgate Village and Meadowlark Estates, where they supply personal care and support services in 15-minute increments, which makes the cost more affordable to the residents, who are in effect sharing the cost of the care.

As for Downey, she says that the most rewarding aspect of her work with Interim Healthcare, in addition to healthy work environments, flexibility for the employees, and programs they have to honor veterans, is the supportive work culture.

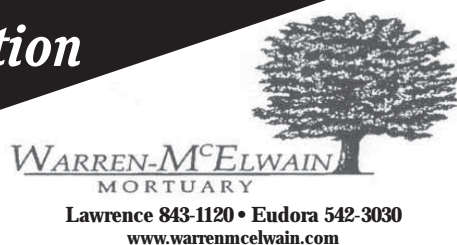
"We take care of the employees, and they take care of those they serve," she said, adding that the importance of this practice—one of focusing on the employees—became clear to the owner and herself during the COVID pandemic.

"The owner and myself and other leaders were carrying heavy burdens, sending employees to care for patients in that environment," Downey said. "It gave me a whole new appreciation for caregivers, and we developed a commitment to take care of our employees and their families. As an agency, we have formally adopted a servant leadership model."

"The way we take care of our employees is very rewarding," she added. "We have had several employees pursue higher education as a result. The work culture is very supportive."

More information about Interim Healthcare is available at [www.interimhealthcare.com](http://www.interimhealthcare.com). In Topeka, Interim can be reached by calling 785-242-1616, in Lawrence by calling 785-764-0019, and in Manhattan by calling 785-320-7600.

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**DEAR MAYO CLINIC:** Every year I am plagued by springtime allergies. But in the last few weeks I have been experiencing congestion, runny nose and a persistent cough. How can I determine whether this is a cold, allergies or something more? When should I seek medical care?

**ANSWER:** As the seasons shift, it can be harder to distinguish between the symptoms of the common cold, COVID-19, the flu and allergies, since all can have similar symptoms. This can lead to confusion as to when to seek medical care.

COVID-19 is caused by SARS-CoV-2, and the flu comes from a strain of the influenza virus. The common cold most often is caused by rhinoviruses. These viruses all spread in similar ways — by tiny particles that originate from the lips and nose when a person sneezes, coughs, sings or touches a surface. For instance, germs can get picked up from a surface — like a phone or computer keyboard — and then be transmitted into the mouth, nose or eyes.

The most common symptoms of COVID-19 are fever, cough and tired-

ness. But there are many other possible signs and symptoms, which may include sore throat, runny or stuffy nose, diarrhea, nausea or vomiting. Most colds will not include diarrhea, nausea or vomiting. And fever is rare with the common cold.

Allergies, on the other hand, are not caused by a virus but rather by immune system responses triggered by exposure to allergens, such as seasonal tree or grass pollens. Sneezing and runny noses are two symptoms of allergies. Itchy skin, a scratchy nose or eyes, and tearing eyes also might potentially be symptoms of an allergy.

Timing of your symptoms and duration can help you determine what is ailing you.

While COVID-19 symptoms generally appear two to 14 days after exposure to SARS-CoV-2, symptoms of a common cold usually appear one to three days after exposure to a cold-causing virus. And as far as duration, typically, a cold or virus will run over 10 days to two weeks. Many patients who have been recently diagnosed with COVID-19 are continuing to report symptoms that are lasting several weeks and months.

If you know you have allergies, the best way to prevent issues is to avoid

your known triggers. If you're allergic to pollen, stay inside with windows and doors closed when there's a lot of pollen in the air. If you've been outside, take a cool shower and change clothes. Avoiding your known triggers is the best way to prevent issues once you come indoors. And stay on top of allergy medications. Allergies usually abate when you avoid a trigger and take allergy medications, such as antihistamines or nasal sprays.

If you are experiencing certain symptoms, however, such as a cough that lingers or congestion and sinus pain, it may be worthwhile to connect with your primary care clinician to rule out whether you may have another condition, such as a sinus infection or bronchitis. Colds are the main cause of acute sinusitis. Most episodes resolve in about a week to 10 days, but if you have

ongoing bouts of congestion and face pain, you could have chronic sinusitis. Multiple treatment options are available, including over-the-counter allergy medication, nasal sprays, steroids and antibiotics. If allergies are causing your symptoms, you also could benefit from visiting with an allergist to see if additional medical therapy is available.

Seek immediate medical attention if you are coughing up blood, experiencing pain or have shortness of breath. — Compiled by Mayo Clinic staff

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

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## HEALTH & WELLNESS

# Sage has many culinary and healing properties

Sage is a common medicinal plant that has been used for centuries. Sage is an aromatic, woody perennial shrub with grayish leaves and vibrant blue to purplish flowers, and it belongs to the



Dr.  
Deena  
Beneda

mint family. It has the common names of common sage, garden sage, golden sage, true sage, or kitchen sage. During the Middle Ages in Europe, the cultivation of sage was done mainly by monks

in monasteries. The plant *Salvia officinalis* comes from the Latin origin *salvare*, which means “to save, to cure, to heal or salvation.” *Officina* was the traditional storeroom of a monastery where the herbs/medicinal plants were stored. Even today, this plant is still grown in many monasteries throughout the world.

Sage has been used since ancient times for its culinary and healing properties. It has been cited in the old herbal books for its many miraculous properties. Its rich and colorful history is worth noting. *Salvia officinalis* was used in ancient times for warding off evil spirits, treating snakebites, increasing a woman’s fertility, treating insect bites, nervous conditions, mental conditions, improving memory

and quickening the senses, and orally for inflammation in the mouth, tongue, and throat. A blend of herbs, including sage, was used to ward off the plague. Sage is often mentioned as the herb of immortality, domestic virtue, health, and wisdom.

From cleansing energy to healing various ailments, sage is well-known in the arsenal of natural medicinal plants. It is a warming medicinal plant effective for treating colds, coughs, and the flu. It has been used for digestive complaints, such as decreasing diarrhea. Other uses include depression and anxiety, bone health, and blood clotting. The herb is bountiful in antioxidants that have anti-inflammatory properties to protect against free radicals. It contains vitamins/minerals such as Vitamin A and magnesium. Sage is highly aromatic and is, therefore, rich in antimicrobial agents. It can be used as a disinfectant against airborne bacteria, is effective against body odor in deodorant, and can treat wounds and skin infections. Sage can boost cognition, improve mood, boost memory, and reduce anxiety. Traditional medi-

cine used sage as a natural way to treat female issues, including hot flashes during menopause.

There are a multitude of culinary uses for sage. Sage adds an earthy, pungent flavor to savory dishes, especially for Thanksgiving, including on top of turkey, fish or lamb, sage stuffing, butternut squash soup, sweet potatoes, salads, and kinds of butter it can nearly be added to any thing. Sage tea is a common drink in some parts of the world. So, as you sit down for that holiday meal, make sure you add sage to those dishes and enjoy!

- 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

# Giving back through volunteering

By Autumn Bishop

LMH Health

Volunteering provides the opportunity to connect with your community and make a difference in the lives of those in need. You can share your time and talents in many ways, including volunteering at LMH Health. Volunteers at LMH provide a special touch, one that can ease the stress for patients and families facing difficult and uncertain times.



Lauren Cobb, volunteer services manager, explained that an ideal volunteer is someone who truly wants to help.

“The reason people give their time is very personal, but they’ve all got a mentality of service,” she said. “Volunteers want to make someone’s day better or just take the load off. They truly want to serve in whatever way they can.”

### Lifelong passion

Volunteering has been a lifelong passion for Charles Decedue. He has been giving back to the community since he was in high school and living in New Orleans.



Decedue

“I enjoy being in places where I can be useful and help is needed, even though I’m

pushing 80,” he said.

Decedue spent the majority of his career at the University of Kansas as a researcher and administrator. He worked as the executive director of the Higuchi Biosciences Center for 18 years before taking an early retirement to become the chief scientific officer at CritiTech Inc.

“My biggest hobby was acting, so I started reading for Audio Reader shortly before I retired from Criti-Tech,” Decedue said. “About 12 years into it, I began having trouble with my voice and dropped reading but continued with audio description. Then the COVID pandemic hit and everything shut down.”

His love of theater and his desire to help collided with the advent of COVID vaccines in early 2021. Local pharmacist Jeff Sigler set up vaccine clinics at Theatre Lawrence and needed volunteers to make the process run smoothly. Decedue was ready and willing to help, working at 21 of the clinics.

When those clinics began to wane, he started to wonder what else he could do. That’s when Decedue remembered that a good friend volunteered at LMH Health after his retirement and really seemed to enjoy his experience. He decided that might be the perfect fit.

“I have familiarity with a number of large hospitals because of my education. I understood at a gut level the anxiety that comes with going into one,” he explained.

From cleaning treatment rooms between patients and providing transport to and from other departments, volunteers perform a variety of tasks in the Cancer Center. Each day provides an opportunity to serve patients facing a difficult diagnosis.

One of the main technologies Decedue had worked with during his tenure at CritiTech was an oncology drug. After seeing it from a research perspective, he was interested in volunteering at the LMH Health Cancer Center and having the chance to view it through a different lens when interacting with patients.

“You get to work with patients on a daily basis. Some of the treatments can be very long, so I bring them snacks and refreshments,” Decedue said. “Being able to visit with patients and bring a smile to their day—they really appreciate that contact.”

■ CONTINUED ON PAGE 13



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# Volunteering

■ CONTINUED FROM PAGE 12

## A community filled with volunteers

If you attended Lawrence Public Schools prior to 2006, there's a good chance you may have been taught by Mary Chapman. She spent much of her life working as an English teacher, including stints at West Junior High, Lawrence High and Free State High School. When she retired, Chapman began looking for other ways to fill her time.

"I had a friend who was the practice manager at OrthoKansas. She needed help with paperwork and I ended up working with their medical records for 11 years," she recalled. "I made great friends there and got to know all the doctors and staff. They're all great people."

Chapman has been a volunteer at LMH Health for about three and a half years, though she took some time off during the COVID pandemic and for a knee replacement. She gives back to the community by working as a wayfinder at the West Campus, helping patients navigate their way around the building.

"It seems like a simple formula but when I ask someone if I can be of help and the answer is yes, that's really gratifying," Chapman explained. "A lot of people want to be useful. I see old friends here, I've made new ones and it's really a beautiful facility to be in."

## Opportunities abound at LMH Health

Volunteers at LMH Health are able to work in a number of areas throughout the health system, providing the opportunity to learn new skills, meet new people and make a difference in the community.

"We have gaps to fill in areas such as our surgery waiting room, wayfinding at both of our campuses, the Gift Shop and Mario's Closet, as well as oncology and other clinical areas," Cobb said. "While we don't have as many clerical opportunities as we used to,

we want to ensure our volunteers are placed in the area that's right for them."

Though a number of volunteers are adults, people as young as 14 years of age can volunteer at LMH Health. Additional requirements include:

- A long-term commitment of at least three months, helping at least three to four hours each week
- Tuberculosis (TB) screening
- Proof of flu vaccine (October through April)
- Documentation of immunizations (including Hepatitis B, MMR, Tdap, Varicella and COVID)
- Background check for volunteers age 18 and older (costs \$15)

"We have a number of volunteers with needs and accommodations," Cobb said. "The mentality of service and being here to help, regardless of ability, makes for a great volunteer."

Chapman shared her belief that Lawrence is filled with terrific examples of volunteerism. She enjoys being at the West Campus and giving back to an organization that has provided her with outstanding healthcare.

"It's really an act of appreciation and acknowledgement that I've got good health and received great care, so I want to put it to work," she explained. "I've had good experiences with orthopedics, physical and occupational therapy, so being in this atmosphere and being of some help is really appealing to me."

Decedue doesn't see a downside to volunteering at LMH Health. You can tailor your volunteer experience to fit your personality and availability and you can also help to support a locally owned, not-for-profit hospital.

"I like the idea that in Lawrence, we have a hospital of this caliber—one that punches above its weight—and that it's a not-for-profit owned by the community," he said. "Volunteering at LMH Health helps keep the doors open. We can make a frightening prospect be more comfortable for patients and their loved ones, and that's just a great feeling."

To learn more about volunteering at LMH Health, contact Lauren Cobb at [Lauren.Cobb@lmh.org](mailto:Lauren.Cobb@lmh.org) or visit [lmh.org/volunteer](http://lmh.org/volunteer).

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



Chapman



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## FINANCIAL FOCUS

# Can life insurance provide retirement income?

If your children are grown and your mortgage is paid off, do you still need to carry life insurance? It depends on your situation, but for many people, a cash-value life insurance policy, such as whole life or universal life, can be a valuable, tax-efficient source of retirement income.



*Derek Osborn*

And by drawing on the cash value of your policy, you might be able to temporarily reduce the amount you take out from your retirement accounts, such as your IRA and 401(k). This ability could be especially important when the financial markets are down — you'd probably like to avoid liquidating your assets

when their prices have dropped.

Basically, you can use the cash in your policy in these ways:

- **Withdrawals** – You can typically withdraw part of the cash value of your life insurance without losing coverage. You generally won't incur income taxes on these withdrawals, up to the amount you've put into the policy — that is, the premiums you've paid. Once your withdrawals exceed this amount, you would generally owe taxes. Also, keep in mind that any withdrawals will reduce your policy's death benefit and the available cash surrender value.

- **Policy loans** – Rather than taking a withdrawal from your policy, you could take out a loan. You won't have to go through an approval process or income verification, and policy loans typically have lower interest rates than bank loans and don't assess closing costs. Plus, because your insurer will be lending you the money and using the cash in your policy as collateral,

your policy's cash value can remain intact and still potentially grow. However, policy loans do carry some issues of which you should be aware. For one thing, while a loan usually isn't taxable, you could end up owing taxes on any unpaid loan balance, including interest. And if this balance exceeds the policy's cash value, it could cause your policy to lapse. Also, outstanding loans can reduce your death benefit.

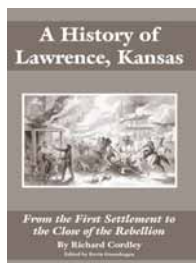
- **Cashing out** – If you cash out, or "surrender," your policy, you can receive the entire cash value, plus any accrued interest. You will have to subtract any money needed to pay policy loans, along with unpaid premiums and surrender fees, which can be significant. Also, any amount you receive over the policy's cash basis — the total of premiums you've paid — will be taxed as regular income.

- **1035 Exchange** – Through what's known as a Section 1035 Exchange, you can transfer your life insurance policy to an annuity, which can be structured to pay you a lifetime income stream. The exchange won't be taxable but surrender charges may still apply.

Given the potential tax implications of the above options, you may want to consult with your tax advisor before making any moves. Also, be sure you are comfortable with a reduced or eliminated death benefit. Specifically, you'll want to be confident that your spouse or other family members don't need the proceeds of your policy. This may require some discussions about your loved ones' plans and needs. And don't forget that life insurance can help your family pay for final expenses, such as funeral costs and unpaid medical bills.

Whether it's providing you with needed retirement income or helping your family meet future needs, your cash value life insurance policy is a valuable asset — so try to put it to the best use possible.

- 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. Member SIPC.



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by Richard Cordley

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The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rademaker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871.

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## JILL ON MONEY

# Will 6% real estate commissions become extinct?

Years ago, as disruption was forcing many in the financial services industry to come to terms with declining mutual fund and trading fees, one stockbroker said to me, "I'm going into real estate, because the 6 percent commission is sacred!"



Jill  
Schlesinger

I thought about his comment recently, after a federal jury in the U.S. District Court for the Western District of Missouri found that the National Association of Realtors (NAR) and some big real estate brokerage companies conspired to artificially inflate commissions on home sales.

The \$1.8 billion price tag in damages (which the defendants will appeal) may be a small part of what could become a larger dismemberment of the sacred 6% commission that has been in place for decades.

Currently, although there are two sides to every housing transaction — a buyer and a seller — only the seller has to pay the brokers involved. They do so by agreeing to cough up 5-6% of the purchase price to pay the buyer's

broker in addition to their own listing agent.

That may not seem like a lot, but if you consider that the median existing home sells for nearly \$400,000, this means that \$24,000 comes off the top, and is then split between the two agents, regardless of the time spent on the market.

This would seem to be a business that is begging for change, but agreeing to a different compensation structure has meant that the home in question would not show up on the ever-present multiple listing services (MLS), where properties can attract attention from would-be buyers and their agents.

The Missouri decision and similar other lawsuits winding their way through the courts could mean big changes are coming to the industry.

The most obvious is that commissions could be unbundled and those who opt out of paying the buyer's agent would still have access to MLS. But that also means that buyers who want representation may have to pay their own way.

It is doubtful that doing so would mean paying 3% of the purchase price out of pocket. More likely is that there would be an opportunity to pay a flat or hourly fee, or if mortgage companies and their regulators agree to it, buyers might be able to add in the cost of an agent into the overall financing

of the home.

And some buyers would opt to go it alone, without the assistance of an agent, a practice that is common in other parts of the world. Doing so would likely mean that buyers would lean on real estate attorneys more in the negotiation process.

These potential changes to housing transactions could upend the real estate brokerage business.

Analysts such as Keefe, Bruyette & Woods predicted that there could be a 30% reduction in the \$100 billion that Americans pay in real-estate commissions every year.

That in turn might push out a sizable portion of the nearly 1.6 million agents currently in the industry. Those likely to call it quits could include part-timers and dabblers, whose exit could make those who remain more valuable to their organizations.

The Missouri decision may also allow a startup to succeed in the real estate space.

The industry is littered with stories of those who attempted to offer dif-

ferent and more affordable pricing options, but could not find a way to succeed, given the ingrained commission structure and the grip over which the industry kept non-conformers off of MLS.

Now there are likely to be more choices for consumers, which should be beneficial over time. In other words, the 6% commission will no longer be sacred and could become extinct.

- 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). Deadline is the 20th of the month for the following month's issue.

## 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.

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## EDUCATION

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

### 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>

DEC 5

### INTERNET GENEALOGY FOR BEGINNERS

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

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

DEC 9

### RESEARCHING YOUR ANCESTORS FROM SCOTLAND AND IRELAND

Our October 14 class on Researching Your Ancestors from Scotland and Ireland sold out, so we're offering it again. First offered in 2019, this topic is very popular. The presentation will include a large handout listing many online and video resources so you can continue learning after the class. Space is limited; please register in advance. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-12 p.m. Fee. LAWRENCE, 785-841-4109 [eventbrite.com/e/researching-your-ancestors-from-scotland-and-ireland-tickets-704855982217](http://eventbrite.com/e/researching-your-ancestors-from-scotland-and-ireland-tickets-704855982217)

DEC 11

### NEW TO MEDICARE

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

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

DEC 12

### INTERNET GENEALOGY 2

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

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

DEC 14

### GOOGLE DOCS

Learn how to access Google Docs, use basic text editing features, import, and save to Google Drive. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

DEC 18

### 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>

DEC 19

### BEGINNING COMPUTER NAVIGATION

Learn how to use a mouse, navigate a Windows 10 desktop, find & open apps & 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>

DEC 21

### 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>

## 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

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

DEC 7

#### A CHRISTMAS CAROL

Perseverance Productions presents this new adaptation of Dickens' ever-popular classic with first-class professional actors, lush costumes, stunning sets and puppetry, song and dance, a heavy dose of humor and a timeless message. With the music of several beloved traditional carols of the season woven throughout this classic tale, *A Christmas Carol* is the perfect way to celebrate the true spirit of the holidays with your family. Lied Center of Kansas, 1600 Stewart Drive, 7 p.m. Fee.

LAWRENCE, 785-864-2787

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

DEC 14, 15 & 16

**DRUNKEN CHRISTMAS CAROL, OR THE TIME WE WENT TO UNCLE MORTY'S BUT NONE OF HIS 'PROFESSIONAL' ACTORS SHOWED UP, AND SO WE DID THE SHOW OURSELVES, AFTER A FEW DRINKS**

Join Ric and Jeanne Averill with their kids Will and Trish (Neuteboom) and special guest Patricia Ahern on the keys. Jeanne plays Ebenezer Scrooge, and Will is Tiny Tim with Trish as the Ghost of Christmas Future (who was supposed to have no lines). The rest of the roles will be covered by YOU (you know the story). Ric will be our Designated Director as we humbug and drink through this intimate and hilarious holiday production. Lawrence Arts Center, 940 New Hampshire St., 7:30 p.m. Fee.

LAWRENCE, 785-843-2787

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

DEC 16

#### LAWRENCE CITY BAND HOLIDAY CONCERT

The Lawrence City Band, a cherished local ensemble known for their exceptional musical talent and community spirit, is all set to deliver a magical performance that will resonate with audiences of all ages. Gather your family and friends and enjoy this seasonal concert.

Lawrence Public Library, 707 Vermont St., 12 p.m. Free.

LAWRENCE

DEC 17

#### ASHLEY DAVIS – WINTER SOLSTICE CELEBRATION

Join Ashley, and her special guests, for a relaxing evening of winter music and be transported back to a time when letters were written by hand and candlelight with great expectation. 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)

## 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](http://cottinshardware.com/farmers-market)

## HEALTH & WELLNESS

DEC 20

#### 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), 9-11 a.m.

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

DEC 6, 13, 20, 27, JAN 3

#### 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



■ CONTINUED FROM PAGE 16

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)

## HISTORY & HERITAGE

DEC 9 & 10

### WAKARUSA: A LIVING HISTORY EVENT

In December 1855, the Wakarusa War began the violent struggle over whether Kansas would become a free or a slave state, and it happened right under our feet, on ground we walk every day. Nearly 800 Kansans responded to the defense of Lawrence, threatened by an army of Missouri volunteers bent on destroying the newly founded town. Join us in exploring the causes and conflict that saved Lawrence, while learning about the fellow Kansans that lived through it nearly 170 years ago. Living historians representing these citizens and soldiers will be recreating one of the nine infantry companies of James Lane's 1st Free State Kansas Volunteer Brigade and the artillery crew of the famed "Abbott Gun" to scale, as well as representing the essential roles of the women and men of Lawrence that kept this army fed and equipped during this desperate time in our history. South Park, 1141 Massachusetts St., 9 a.m.-4 p.m.

LAWRENCE, 785-841-4109

## HOLIDAY EVENTS

DEC 1-3

### NATIVITIES AND NOELS

The 12th annual Nativities and Noels will feature hundreds of nativities from around the world, continuous live vocal and instrumental Christmas music, grab-and-go refreshments, and a Christmas craft for children. The nativities from about 100 countries are on loan from members of many area churches. The nativities will include ornaments and miniatures, homemade, electric, children's, and international ones. A "seek-and-find" sheet will be available for interested visitors. The live Christmas music will be provided by community members, including Washburn Rural High School's This Generation at 10 a.m. on Friday. A "Christmas Around the World" music program at 7 p.m. on Saturday will feature congregational singing and songs from different countries that will be shared by different local churches. Following the close of Nativities and Noels at 7 p.m. on Sunday, a live broadcast of a Christmas Devotional, which will feature music by the Tabernacle Choir at Temple Square and a Christmas message, will be shown. Topeka Stake Center of The Church of Jesus Christ of Latter-day Saints, 2401 S.W. Kingsrow Road. Times: Dec. 1 and 2, 10 a.m. to 9 p.m.; Dec. 3, 1-7 p.m. Free.

TOPEKA, 785-554-8068

[facebook.com/nativitiesandnoels](https://facebook.com/nativitiesandnoels)

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](https://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](https://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](https://watkinsmuseum.org/event)

DEC 9 & 10

### HOLIDAY ART MARKET

Local Artists offering their unique creations for your holiday shopping pleasure. Come find a one-of-a-kind gift. Saturday, 12/9, from 9 a.m.-3 p.m. and Sunday, 12/10, from 10 a.m.-2 p.m. Art Emergency, 721 E 9th St.

LAWRENCE

DEC 9

### LIVING NATIVITY

Join the Franciscan Servants of the Holy Family for a Living Nativity at the Douglas County Fairgrounds, 2120 Harper Street, 1-4 p.m. Featuring live nativity animals, music and more. Admission is free.

LAWRENCE, 785-214-1110

DEC 16

### OLD PRAIRIE TOWN CHRISTMAS

Start a new family tradition at Old Prairie Town filled with activities around every corner. Activities Include: Christmas Crafts, writing a letter to Santa, helping the Elf on the handcart, selfies with Santa, music and dance performances, El Cafecito Beverage Cart, snow machines, snow globe selfie station and a firepit to make s'mores (s'mores kits available for purchase). Old Prairie Town at Ward-Meade Historic Site 124 NW Fillmore Street, 10 a.m.-2 p.m. Fee.

TOPEKA, 785-251-6800

DEC 16

### INCLUSIVE HOLIDAY MARKET

Get ready for a festive extravaganza at the Inclusive Holiday Market, where everyone is welcome to shop, celebrate, and spread joy together. Lied Center of Kansas, 1600 Stewart Drive, 11:30 a.m.-7 p.m.

LAWRENCE

## 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

DEC 4, 21

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 2-3 p.m.

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

DEC 11

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Hughes Room 205, 3:30-4:30 p.m.

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

## MISCELLANEOUS

DEC 4

### TELEVISION EVENT: SCREENING & DISCUSSION

Join us for a special screening of Television Event followed by a 40th anniversary reunion Q&A featuring *The Day After*'s cast and crew both in-person and virtually including:

- Actor, Steve Guttenberg
- TDA Director, Nicholas Meyer (Star Trek II: The Wrath of Khan)
- TDA Producer, Bob Papazian (Rome, Inherit the Wind)
- TDA Producer, Stephanie Austin (Terminator 2, True Lies)
- Actor and Lawrence local, Ellen Moore who played Jolene Dahlberg
- Local casting agent, Jack Wright
- Former Mayor of Lawrence, David Longhurst
- Television Event director, Jeff Daniels

This screening is hosted in partnership with The Free State Festival, KU Libraries, and the Watkins Museum of History. Before the screening KU Libraries and the Watkins Museum of History will display and share items from their archives related to the filming of *The Day After*. Liberty Hall, 644 Massachusetts St., 6:30-9 p.m. Fee. Buy tickets online.

LAWRENCE, 785-749-1972

[universe.com/events/television-event-screening-discussion-tickets-4VXH6K](https://universe.com/events/television-event-screening-discussion-tickets-4VXH6K)

DEC 6, 13, 20, 27

### 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>

**Know an  
interesting senior  
citizen who would  
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for a Senior  
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## OPINION

# Family, friends are more important than politics

By Kevin Groenhagen

Ted Lawson served with me in the 1<sup>st</sup> Marine Aircraft Wing in Okinawa, Japan, during the early 1980s.

Ted wasn't the stereotypical Marine. He was laid back, pushed the limits regarding haircut regulations, and could be called a gentle soul.

In June 1984, Ted, another Marine friend, and I took a "space available" flight from Kadena Air Base to Clark Air Force Base (AFB) in the Philippines. An airman abbreviated Ted's lance corporal rank as "LCL." This led a second airman to assume that Ted was a lieutenant colonel, meaning that Ted received the privilege of boarding the plane before most other passengers.

For several months, I had been sponsoring a child in the Philippines through what was then the Children's Christian Fund. Since my sponsor child lived in Licab, Nueva Ecija, roughly 80 kilometers from Clark AFB, I planned to visit her during my leave.

To my surprise, Ted wanted to join me. So we both bought *barong tagalog*s, the national dress shirt of the Philippines, and boarded a bus that would take us north towards Licab. The bus wouldn't go all the way to Licab, so we had to complete the journey by transferring to a jeepney, which is "a small bus, often colorfully decorated, created by converting a jeep."

While riding in the jeepney, a lot of water hit us from both sides. I looked outside and saw a group of young boys running back into the rice paddies to refill their buckets for the next passersby. It wasn't until my parents gave me a travel guide for the Philippines as a Christmas gift six months later that I realized what happened. The travel guide included a list of Philippine holidays. June 24 is the Feast Day of St. John the Baptist. I pulled out a map and found that our route to Licab went right through the *barangay* (barrio)

of San Juan. Ted and I had been "baptized."

I also later learned that there were many "nice people around" Licab. "Nice people around" was a euphemism for the New People's Army (NPA), the armed wing of the Communist Party of the Philippines. Between 1987 and 1990, the NPA had killed at least eight Americans.

Ted and I kept in touch after being discharged from the Marines. He drove about 280 miles from his home in Lansing, Michigan, to DeKalb, Illinois, where I was going to college, so we could hang out for a couple of days during Christmas break in 1986. Unfortunately, as is often the case in December in northern Illinois, there was inclement weather. Ted made it



Kevin Groenhagen (seated) and Ted Lawson (standing) with Christian Children's Fund staff in Licab, Nueva Ecija, Philippines, June 24, 1984.

about 279 miles and then had an accident near my dorm. As was his nature, he shrugged off the fender bender.

During the next 20 years, Ted and I had little or no contact. Marriages, families, and work became priorities during those

years. But then came Facebook. By 2010, many of us Marine veterans who had served together in Okinawa had reconnected online. Ted and I discovered that we both had a passion for cycling.

■ CONTINUED ON PAGE 19



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

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

## "Grandma Burrigh: The Queen of Harness Racing"



In *Grandma Burrigh: The Queen of Harness Racing*, Kevin Groenhagen explores Neva "Grandma" Burrigh's legacy as a wife, mother, grandmother, and, of course, as a harness racing driver. He examines how a diminutive woman of modest means overcame numerous tragedies (the deaths of a husband, two grandsons, and two sons) to defeat Sep Palin, the "aristocrat of drivers," and become known as "The Queen of Harness Racing."

For more information about this book and other books by Groenhagen, including *Finding Your East Frisian Ancestors and Cousins*, email Groenhagen at [groenhagen@sbcglobal.net](mailto:groenhagen@sbcglobal.net).

# Opinion

■ CONTINUED FROM PAGE 18

Unfortunately, Ted and I also discovered we were on opposite sides of the political fence. Friendly debates during the Obama presidency turned into heated arguments during the Trump presidency. We eventually stopped talking to one another.

November 10 is the Marine Corps birthday. Our Facebook group of Marines who served together send each other birthday greetings every year on this day. However, Ted didn't join in with the greetings this year. His daughter, Heather, explained why: Ted is dead.

While canvassing door to door in Lansing for a political candidate on October 8, Ted was murdered. According to police records, Lamar Kemp, just 15 years old, shot Ted, the gentle soul, after asking him for a dollar.

I greatly regret that politics got in the way of me keeping in touch with a good friend. This is of little solace, but I am not alone. An October 2022 poll by The New York Times and Siena College found that nearly one in five voters said politics hurt their friendships or family relationships.

During this holiday season and beyond, I will work hard to choose compassion over conflict. I must value my friends and family and accept them for who they are and what they believe. I hope they will do the same for me.

## INSERTS!

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\*10% discount when you do 6,000 inserts.



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## MY PET WORLD

cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.  
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# Pets do grieve when they lose a human or animal companion

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

**Dear Cathy:** My seven-year-old cat is over-grooming to the point of causing bald spots. He did this as a kitten, and then it stopped, so I thought it might be stress related. I see nothing different in his life, though, so I'm at a loss for why he has started to do this again.

The only thing I can think of is that I lost my husband 18 months ago, and I am experiencing a lot of stress in dealing with everything on my own. Could he be feeling my anxiety, and if so, how do I help him? — Joan, Glen Cove, New York

**Dear Joan:** I am sorry for your loss. Losing a loved one is never easy for people or pets. Over-grooming is a symptom of stress; so yes, in addition to your cat's grief over the loss of your husband, he may be feeling your anxiety and grief too.

There are several things you can do. First, get a pheromone collar, plug-in, wipes, or spray; the latter two you can use on him and you as well. Spray the pheromones wherever he plays or sleeps—even on your lap, so that he will feel a calmer energy coming from you. Overall, pheromones can soothe him and make him help him feel more secure.

Second, you can take him to the vet to discuss putting him on some anti-anxiety medication, which should help with the over-grooming. After he's kicked that habit, the pheromones can be used as maintenance care to keep him from over-grooming again.

Finally, don't forget the two of you have each other to get through this tough time. So, spend lots of time together. Petting him gently will calm you both.

- *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*

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

## HUMOR HOTEL

# TikTok, how did you know I had dinner with Taylor Swift?

By Greg Schwem

Tribune Content Agency

OK, China, you win. You've successfully infiltrated my TikTok and, in turn, my movements and my dreams. Happy?

I didn't want to believe it. In fact, I laughed when Montana Governor Greg Gianforte signed legislation banning TikTok from mobile devices in that state, a move that will take effect Jan. 1 but is expected to be challenged in court. I laughed because I've been to parts of Montana where there is literally nothing to do except watch videos of wedding pranks gone awry and 30-minute Instant Pot recipes. Ban TikTok in San Diego. It's 75 and sunny there every day. Residents should be able to find something else to do.

The first inkling I had that TikTok was watching me occurred this summer in Alaska. I'd been planning a day hike in Skagway, a panhandle town popular with cruise ship passengers. Nothing too strenuous, I texted Mike, a friend who had visited Skagway multiple times and knew the trails. Just a path I could traverse solo without getting lost. That happened once, doubling my 5-mile hike in the process.

He offered suggestions and, that morning, I prepared to tackle Lower Dewey Lake, although "tackle" may be overstating things.

"That's the easy hike," Mike said.

While eating breakfast I was casually scrolling TikTok, where, for the first time since I joined the platform, I was greeted by video after video of hikers.

Being chased by bears.

I have to hand it to TikTok; at least the videos offered some variety. I saw black bears, brown bears, grizzly bears, momma bears protecting cubs and daddy bears that just looked ravenous.

The only thing they had in common is that all were staring at, and advancing on, hikers too stupid to do anything other than record the encounters with their iPhones.

"Don't move, kids. Honey, don't make a sound," I heard one assumed husband and father say as he zoomed in on a furry beast.

"Don't move, kids?" What kind of a vacation comes with that command? And what would happen if the wife did make a sound, like saying, "I knew marrying this idiot was a bad idea," under her breath?

I elected to hike the trail anyway, but happily followed any sign that said "shortcut" or a synonym thereof. I completed the hike in about 30 minutes, but it was not without pain. My

neck was very sore from constantly turning around to see what species of bear was following me.

A month later I dreamed I was eating dinner with Taylor Swift.

It was a quick dream; I remember we were dining al fresco and sushi was the main course. The dream also included me recounting the dinner to a friend, who demanded proof. Sadly, all of the videos I shot during our meal were of sushi. But I could hear Taylor's voice in the background.

"That enough proof?" I asked my skeptical friend.

The dream went poof instantly, as dreams often do. I don't even know if Taylor ordered extra wasabi, offered to pay the check, or had me beaten up by the football dude she is currently dating. What I do know is that, the following morning, my TikTok feed was full of everything Taylor Swift.

There was live concert footage from her Eras tour, Taylor singing at 11 years old, Taylor watching the boyfriend catch passes while wearing his jersey. Until now not a single Taylor Swift video had permeated my feed. Sud-

denly, I couldn't get rid of her.

I am beginning to think TikTok doubles as my crystal ball or Ouija board. Perhaps I should consult it before venturing out, for it seems to know what potentially awaits me.

Which is why, as I write this column in a Los Angeles hotel room, I am afraid to leave the premises.

For, according to TikTok, I will either find myself at a gender reveal, or encounter an abandoned dog and her puppies.

Neither sounds particularly appealing. I may just have an Uber driver take me to San Diego.

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

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

**Charles Robinson Chapter**  
(Lawrence)

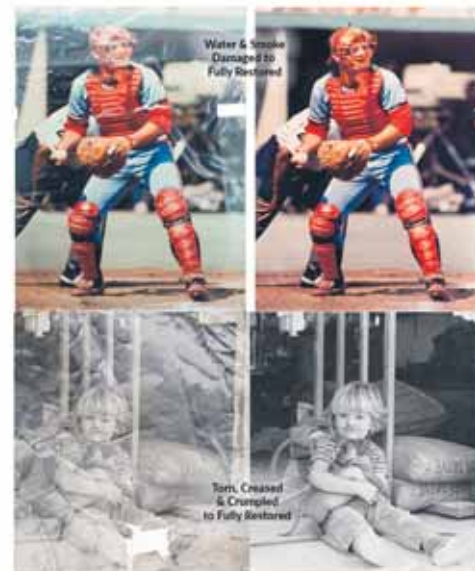
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# PUZZLES & GAMES

## CROSSWORD

### Across

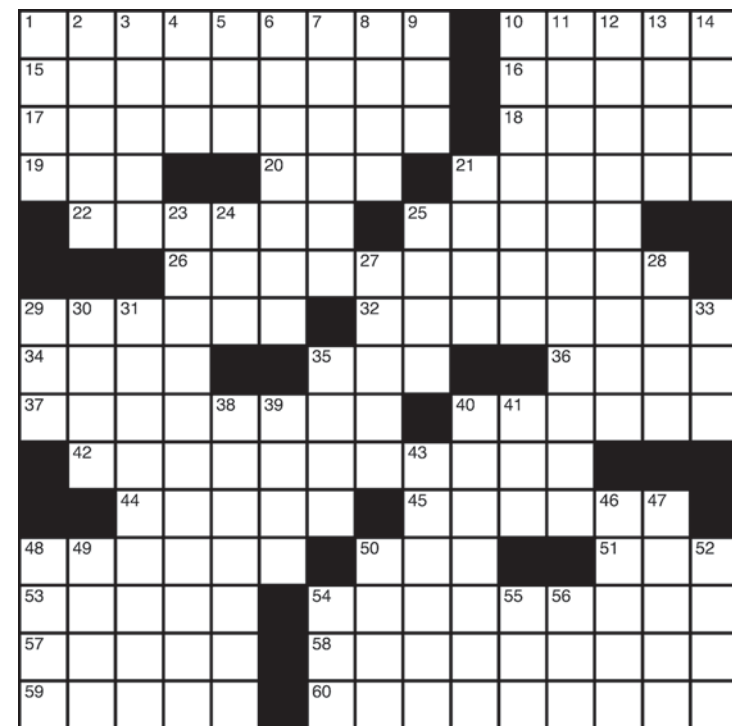
- 1 Netflix series starring Lee Jung-jae  
 10 "Where the Impossible Becomes Possible" park  
 15 MLB great who said, "Play so good they can't remember what color you were before the season started"  
 16 Poor showing  
 17 Fried side  
 18 Comfort-first footwear  
 19 Banned spray  
 20 Language similar to Thai  
 21 Server's need  
 22 How Mulan appears for much of "Mulan"  
 25 Bar food  
 26 Logic game with clickable cells  
 29 Laughable  
 32 "Spread the word"  
 34 Short notes?  
 35 App glitch

- 36 Costa \_\_\_  
 37 Often turned down, in a way  
 40 Pointless tiles?  
 42 Lucky charm  
 44 Max on the drums  
 45 Most inexperienced  
 48 Charge  
 50 \_\_\_ Vegas Aces  
 51 Purpose  
 53 Pupper  
 54 Colorado county with Mesa Verde National Park  
 57 Danish astronomer Tycho who lost part of his nose in a duel  
 58 Kudos  
 59 Quite full  
 60 "Perfection" gesture

### Down

- 1 Pumped?  
 2 Chance for some grilling  
 3 Hand and foot  
 4 When doubled,

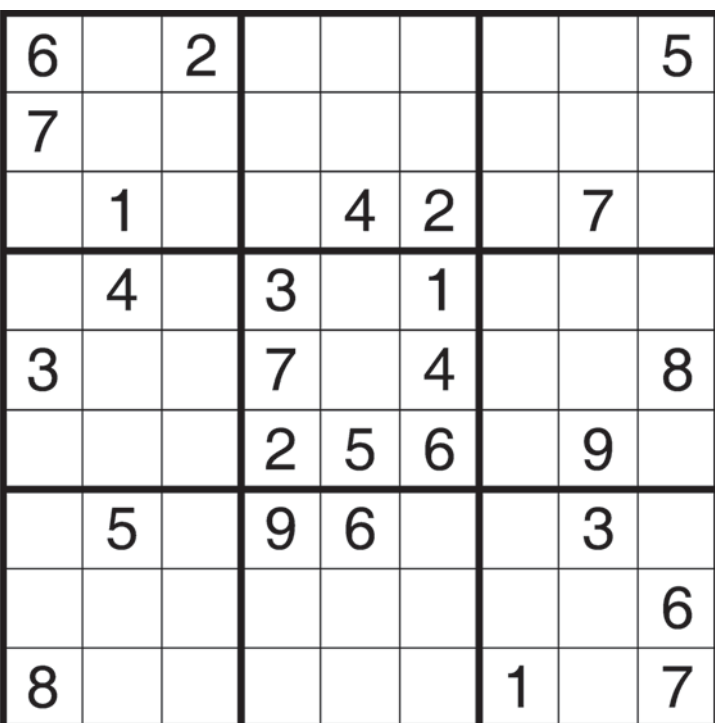
- classic New Orleans song  
 5 "This Is Us" creator Fogelman  
 6 Gale player  
 7 European rocket  
 8 Part of MSG  
 9 Lang. of Ghana  
 10 Boxes up  
 11 Thief who may set off a glitter bomb package  
 12 Gingerbread house?  
 13 Not now  
 14 Bechdel \_\_\_  
 21 Regrets  
 23 Off-menu small bite  
 24 Orbiter until 2001  
 25 Party favors  
 27 Future chips  
 28 Paper loser  
 29 Swedish folk duo First \_\_\_ Kit  
 30 Rude, crude dude  
 31 Make easier to swallow  
 33 "One Mic" rapper  
 35 Broderick of "Sabrina the Teenage Witch"  
 38 Mortified  
 39 Tahdig ingredient  
 40 Brag about  
 41 Bowie album with "Sound and Vision"



- 43 Literature Nobelist Anatole  
 46 Mecca native  
 47 \_\_\_ table  
 48 LAPD alerts  
 49 Sox manager Alex  
 50 Drink of Scotland  
 52 Photon's lack

- 54 Bub  
 55 Literal edges  
 56 Drummer Starkey

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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.

ATRGN  
 FOREF  
 DHINED  
 SBRUDA

What are you sketching?  
 I've been messing around with an idea for a ceiling fan to cool off the room.

THE INVENTION OF ROTARY CEILING FANS IN THE MID-1860S BEGAN WITH A ---

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

Answer here:

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**SCRABBLE** G R A M S

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A1 E1 I1 R1 K5 L1 W4  
 E1 Y4 N1 R1 S1 D2 S1  
 A1 E1 I1 O1 M3 X8 T1  
 A1 I1 Y4 C3 N1 F4 N1  
 E1 I1 U1 D2 N1 N1 L1

PAR SCORE 265-275  
 BEST SCORE 338

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 scrgames@gmail.com

Answers to all puzzles on page 30

# GOREN ON BRIDGE

WITH BOB JONES

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## COCKTAIL HOUR BRIDGE

North-South vulnerable, South deals

### NORTH

♠ A J 9 6  
♥ A 10 7 4 2  
♦ 3  
♣ A K Q

### WEST

♠ 7 4 3 2  
♥ 8 6 3  
♦ K Q 10 9 6  
♣ 5

### EAST

♠ 5  
♥ K J 9 5  
♦ 8 5 4 2  
♣ 7 6 4 2

### SOUTH

♠ K Q 10 8  
♥ Q  
♦ A J 7  
♣ J 10 9 8 3

The bidding:

SOUTH	WEST	NORTH	EAST
1♣	Pass	1♥	Pass
1♠	Pass	4NT	Pass
5♠*	Pass	7♠	All pass

\*Two key cards, among the four aces and the king of spades, plus the queen of spades

Opening lead: King of ♦

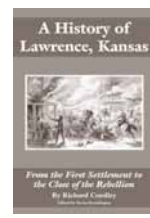
North had been having a bad day at the club. They were well into the club's cocktail hour and this was to be the last rubber. North was enjoying himself, trying to drown his losses, when this hand was dealt. His bidding on this hand was driven

by pure greed rather than common sense, and it was up to South to save the day by finding a way to take 13 tricks.

The hands fit well and were quite suitable for a grand slam, although they didn't have to be from the bidding. South saw that he could ruff two diamonds in dummy and succeed whenever the trumps split 3-2. A 4-1 split, however, would leave him with a terrible problem unblocking the club suit. He would have to risk cashing all three of dummy's top clubs before drawing all the trumps – a huge risk. After some thought, he came up with a good plan.

South won the opening diamond lead with his ace and ruffed a diamond with dummy's ace of spades. He led a spade to his eight and ruffed his last diamond with dummy's jack. He now risked cashing just one club in dummy before leading a trump to his king. He drew the trumps with the queen and 10 of spades, discarding both the king and queen of clubs from dummy. Problem solved! "Good work partner," said North. "Can I buy you a drink?"

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



## The History of Lawrence, Kansas

by Richard Cordley

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



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

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

# Kaw Valley Senior Monthly



By David L. Hoyt and Jeff Knurek



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

### BOGGLE POINT SCALE

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

### YOUR BOGGLE RATING

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

### Boggle BrainBusters Bonus

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

Find AT LEAST EIGHT WORDS RELATED TO BASEBALL in the grid of letters.

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## SAVVY SENIOR

# Smart home devices to help seniors age in place

By Jim Miller

**Dear Savvy Senior:** I've been talking to my mobility challenged mother, who lives alone, about automating her house with some smart home products to make it more convenient. She's very



interested but we'd like to get your opinion as to which types of smart devices are most helpful for seniors aging in place. - Searching Daughter

**Dear Searching:** If your mother is game, smart home products—such as smart lights, video doorbells and voice-activated speakers—can be very useful for aging in place. These devices can add safety and convenience to a home by providing voice and app-controlled operation, which is extremely helpful for seniors who have mobility issues or reduced vision.

Smart home technology can also provide family members peace-of-mind by giving them the ability to electronically keep tabs on their elder loved one when they can't be there.

If you're interested in adding some smart home products to your mom's house, she'll need home Wi-Fi installed, and she'll need either a smartphone, tablet or smart speaker to operate them. To help you get started, here are some different types of devices to consider that are very helpful to older adults:

- **Smart speakers:** A smart speaker—like the Amazon Echo, Google Nest or Apple HomePod—can serve as the brains of a smart home, controlling the devices with voice commands or automating them.

These devices can also play your

mom's favorite music, read audiobooks, make calls, set timers and alarms, provide reminders for medications, appointments and other things, check traffic and weather, answer questions, call for help in emergency situations and much more—all done by voice commands.

- **Smart light bulbs:** To help prevent home falls—which are often caused by fumbling around a dark room looking for a light switch—smart light bulbs will let your mom turn on and off the lights by voice command, smartphone or tablet. These bulbs can also change brightness and color and be programmed to come on and off whenever she wants.

- **Smart plugs:** These small units plug into a standard outlet and connect

to the internet. That means your mom can control whatever she plugs into them—from a space heater to a coffee maker—using her voice or phone.

- **Video doorbell:** Safety is also a concern for older adults, especially those who live alone. A video doorbell would let your mom see and speak to visitors at the door without having to walk over and open it.

- **Smart locks:** For convenience and safety, smart locks would give your mom keyless entry to her home, provide customized access to family, friends and caregivers, and let you monitor who comes and goes from your mom's house.

- **Smart thermostat:** This lets your mom preprogram or manually control the temperature in her home with voice command or via phone, and let you monitor it too.

- **Smart smoke alarms:** These will alert your mom when smoke or carbon monoxide is detected and will also send alerts to your phone if a problem is detected.

- **Stovetop shut-off:** To prevent home cooking fires, smart stovetop

shut-off devices, like the IGuardStove, will turn off electric and gas stovetops when left unattended, and will alert you via text.

- **Medical alert system:** These devices provide wearable wrist and/or necklace emergency buttons that would allow your mom to call for help if she were to fall or need assistance. Many systems today also provide voice activated and fall detection features, and caregiver tracking apps that will let you keep tabs on her.

- **Cameras and smart sensors:** If your mom needs more in-depth monitoring, there are indoor cameras you can install so you can see, hear and talk to her from your phone. Or, if that's too intrusive, you can install smart contact sensors on her doors so you can know when she comes and goes, or on her refrigerator door so you can know if she's eating.

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

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



## AMERICA'S TEST KITCHEN

TNS PHOTO

# Turkey and cranberries aren't just for special occasions

By America's Test Kitchen

Tribune Media Content

Who says you need to wait for the holidays for turkey and cranberries? Store-bought poultry seasoning and pickled cranberries added unmistakable Thanksgiving-like flavor to these turkey burgers.

### Turkey Burgers with Pickled Cranberries

Serves 4

4 ounces (1 cup) frozen cranberries  
1/4 cup cider vinegar  
1/4 cup sugar  
1/4 cup ice  
1 pound ground turkey  
1 cup panko bread crumbs  
4 ounces Monterey Jack cheese, shredded (1 cup), divided  
1/2 cup mayonnaise, divided  
1 1/2 teaspoons poultry seasoning  
1/2 teaspoon table salt  
1 tablespoon vegetable oil  
4 brioche buns, toasted

1. Bring cranberries, vinegar, and sugar to boil in a small saucepan over medium-high heat. Cook until cranberries just begin to burst, about 2 minutes. Transfer to a heatproof bowl and stir in ice. Refrigerate until needed.

2. Combine turkey, panko, 1/2 cup Monterey Jack, 1/4 cup mayonnaise, poultry seasoning, and salt in a bowl.

Using your hands, pat turkey mixture into four 3/4-inch-thick patties, about 4 inches in diameter.

3. Heat oil in a 12-inch nonstick skillet over medium heat until shimmering. Transfer patties to skillet and cook until well browned and burgers register 160 degrees, 5 to 7 minutes per side.

4. Top burgers with remaining 1/2 cup Monterey Jack; cover; and cook until cheese is melted, about 1 minute. Transfer burgers to plate.

5. Spread remaining 1/4 cup mayonnaise evenly over cut sides of buns. Arrange burgers on bun bottoms and use a slotted spoon to distribute pickled cranberries on burgers. Cover with bun



Pickled cranberries provide a sweet yet tangy flavor.

tops and serve.

- For more than 25 years, home cooks have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. The family of brands—which includes

Cook's Illustrated, Cook's Country, and America's Test Kitchen Kids—offers reliable recipes for cooks of all ages and skill levels. See more online at [www.americastestkitchen.com/TCA](http://www.americastestkitchen.com/TCA).

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For the "2024 Senior Resources Directory," a special pull-out section that will be available in the January 2024 issue of Kaw Valley Senior Monthly. Please mail completed form to Groenhagen Advertising, 9703 Hayes St. Overland Park, KS 66212

**Include Your Business or Organization's Listing for just**

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**Deadline is Dec. 15**

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

**An online form is available at [seniormonthly.net/resources-directory](http://seniormonthly.net/resources-directory)**

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Business/Organization Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

URL: \_\_\_\_\_

Contact Names (up to 3): \_\_\_\_\_

**Description of your services and/or products (up to 75 words)**

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### Place Your Logo Here

Logo will run at a maximum width of 2.25" and a maximum height of 1".  
Logo runs in black and white.

The 2023 Senior Resources Directory is available online at [seniormonthly.net/resources-directory](http://seniormonthly.net/resources-directory)

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# This Space is Available!

Contact Kevin at [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net) or 785-841-9417 for more information.

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## RICK STEVES' EUROPE

# Montenegro's unpolished beauty

By Rick Steves

Tribune Content Agency

An hour's drive south of Dubrovnik, I cross into the proud little country of Montenegro. Driving along the



*Rick Steves*

fjord-like Bay of Kotor, I catch sight of the humble town of Perast. In front of the church, young hunks clad in swim trunks jockey to take tourists out on

dinghies to the island in the middle of the bay. According to legend, fishermen saw Mary in the reef and began a ritual of dropping a stone on the spot every time they sailed by. Eventually the island we see today was created, and upon that island was built a fine little "Our Lady of the Rocks" Church, with an adjacent museum.

I hire a Montenegrin dinghy captain, cruise out, and am met by an English-speaking young woman. (The language barrier is minimal here, as English is taught in school from first grade.) She gives me a fascinating tour.

Among the items she shows me is an exquisite silken embroidery—a 25-year labor of love by a local parishioner. Remarkably, the parishioner used



Kotor's zigzagging town wall rewards climbers with a spectacular view.

her own hair for the angels ornamenting the border, and you can trace her laborious progress by the hair's changing color. As the years went by, the hair of the devout artist—and thus the hair of the angels—turned from dark brown to white. Humble and anonymous as she was, she had faith that her work was worthwhile and would be appreciated—as it is today, two centuries later,

by travelers from around the world.

Dubrovnik seems to be everyone's top stop in Croatia. While it's a great city, if you've come this far, make it a point to venture into Montenegro—just a quick drive or bus ride south. One of Europe's youngest nations awaits with dramatic scenery, locals eager to show off their unique land, and a refreshing

■ CONTINUED ON PAGE 29

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# Rick Steves

■ CONTINUED FROM PAGE 28

rough-around-the-edges appeal.

Montenegro is generally Orthodox and shares a strong cultural affinity with Serbia (from which it declared its independence in 2006). But while landlocked Serbia can feel business-like, Montenegro boasts an easygoing seaside vibe. With its laid-back Mediterranean orientation, sparkling coastline, and extra share of Catholic churches (left behind by past Venetian and Austrian rulers), Montenegro also has a lot in common with Croatia.

And yet, crossing the border, you know you've left the sleek, prettified-for-tourists spit-and-polish of Croatia for a place that's grittier, raw, and a bit exotic. While Dubrovnik and the showpiece Dalmatian Coast avoided the drab, boxy dullness of the Yugoslav era, less affluent Montenegro wasn't so lucky. Between the dramatic cliffs and historic villages, you'll drive past grimy, broken-down apartment blocks and some truly unfortunate resort-hotel architecture. Montenegro is also a noticeably poorer country than its northern neighbor...with all that entails. Montenegro now struggles to upgrade its lagging infrastructure as it draws more wealthy travelers from places like Russia and the Middle East.

Still, nothing can mar the natural beauty of Montenegro's mountains, bays, and forests. For anyone interested in getting a look at the untamed Adriatic, a spin on the winding road around Montenegro's steep and secluded Bay of Kotor is a must.

Just beyond Perast is the town of Kotor. Butted up against a steep cliff, cradled by a calm sea, naturally sheltered by its deep-in-the-fjord position, and watched over by an imposing network of fortifications, Kotor has survived centuries of would-be invaders thanks to its imposing town wall, which scrambles in a zigzag line up the mountain behind it. Though it's enjoyed a long and illustrious history, today's Kotor is a time-capsule retreat for travelers seeking an unspoiled Adriatic town.

With an inviting Old Town, inhab-

ited by just 3,000 people, it seems custom-built for aimless strolling. Though it's sometimes called a "little Dubrovnik," that's a stretch. Kotor is low-key, less ambitious, and much smaller than its more famous neighbor. Yet visitors find that Kotor—with its own special spice that's exciting to sample—is a hard place to tear yourself away from.

Wander the enjoyably seedy streets of Kotor, drop into some Orthodox churches, and sip a coffee at an

alfresco café. Enjoying my bijela kava ("white coffee," as a latte is called here), I watch kids coming home from school. Two girls walk by happily spinning the same kind of batons my sisters spun when I was a tyke. And then a sweet girl walks by all alone—lost in thought, carrying a tattered violin case.

Even in a land where humble is everything's middle name, parents can find an old violin and manage to give their little girls grace and cul-

ture. Letting that impression breathe, it makes me happier than I'd have imagined it would.

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

## SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION												
W <sub>4</sub>	A <sub>1</sub>	R <sub>1</sub>	L <sub>1</sub>	I <sub>1</sub>	K <sub>5</sub>	E <sub>1</sub>	RACK 1 =	64				
D <sub>2</sub>	R <sub>1</sub>	Y <sub>4</sub>	N <sub>1</sub>	E <sub>1</sub>	S <sub>1</sub>	S <sub>1</sub>	RACK 2 =	61				
T <sub>1</sub>	O <sub>1</sub>	X <sub>8</sub>	E <sub>1</sub>	M <sub>3</sub>	I <sub>1</sub>	A <sub>1</sub>	RACK 3 =	82				
I <sub>1</sub>	N <sub>1</sub>	F <sub>4</sub>	A <sub>1</sub>	N <sub>1</sub>	C <sub>3</sub>	Y <sub>4</sub>	RACK 4 =	73				
U <sub>1</sub>	N <sub>1</sub>	L <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	D <sub>2</sub>	RACK 5 =	58				
PAR SCORE 265-275								TOTAL	338			
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## BOGGLE ANSWERS

HIT, BAT, OUT, FOUL, TEAM, FIELD, GLOVE, INNING

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## JUMBLE ANSWERS

Jumbles: GRANT, OFFER, HIDDEN, ABSURD

Answers: The invention of rotary ceiling fans in the mid-1860s began with a -- ROUGH DRAFT

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## MY ANSWER

# Knowing God's will is the highest of all wisdom

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** Does God determine everything that happens to us or can we make our own decisions regardless of what God would prefer we do in life? If he directs our every action then we are not responsible for the outcome, right? – O.D.

**A:** For centuries, theologians have disagreed about God's absolute control over everything, others emphasizing our freedom to act on our own. The reason they haven't agreed is because the Bible teaches both God's sovereignty and our human responsibility.

This may sound like a contradiction,

but the Bible does not contradict itself; rather it says, "The entirety of [God's] Word is truth" (Psalm 119:160).

It is unlikely that we'll have a complete understanding of this until we get to Heaven. But until that day, we need to hold firmly to both truths: God is in control of everything, but we're also responsible for our actions. Why is this important?

The Bible says, "For God is working in you, giving you the desire and the power to do what pleases him" (Philippians 2:14, NLT).

God is working behind the scenes to accomplish His purposes. This is why prayer is so vital to living the Christian life and making decisions that are according to His will. The Psalmist wrote, "I delight to do Your will"

(Psalm 40:8).

Knowing God's will is the highest of all wisdom. If we're ignorant of God's Word, we'll be ignorant of God's will. The greatest barrier is that we want to run our own lives. This battle is going on in our hearts between our wills and God's will.

Just as God gave the first man, Adam, freedom to choose, so He's given all people this same freedom. We're not mere puppets. God's desire is that we will seek His wisdom and obey His instruction. In this way, we can live the abundant life that He promises.

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

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Source: Huffington Post, [huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending\\_b\\_6815876.html](https://www.huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html)

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# Happy Holidays from Blue Cross and Blue Shield of Kansas.



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