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Vol. 23, No. 7

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COURTESY PHOTO

# Rick Heschmeyer: Introducing others to astronomy.

See story on page three



**SENIOR**  
profile



### 2024 SENIOR RESOURCES DIRECTORY

A special pull-out section in the JANUARY 2024 issue of Kaw Valley Senior Monthly

This month's issue features a 12-page "Senior Resources Directory." See inside.

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# Heschmeyer's hobby inspired by Halley's Comet

By Kevin Groenhagen

Rick Heschmeyer has always been interested in space and space exploration.

"When I was a kid, some friends and I would clip out newspaper articles about the Gemini and Apollo missions and kept a scrapbook," he said.

Later, when he became a student at KU, he enrolled in an astronomy class.

"Astronomy classes tend to be a lot of math and not so much looking through telescopes, so the classes didn't really appeal to me that much while I was in school," he said.

However, Heschmeyer's interest in space was rekindled in late 1985 when Halley's Comet, a short-period comet, became visible from Earth. This happens every 75–79 years.

"I went up to the Tombaugh Observatory at KU to look at Halley's Comet through the telescopes there," Heschmeyer said. "I was hooked. I thought that was about the coolest thing I had

done for a long time. I joined the local astronomy club, which was basically a student organization for KU at the time."

Today, Heschmeyer is the president of Astronomy Associates of Lawrence. He has been president of this club for more than a decade.

"It's a small club," he said. "We probably have 25 to 30 members, and maybe a third are relatively active. We meet once a month during the school year. Someone from the club or an outside speaker, such as a KU professor or graduate student, usually does a presentation. After the meeting, weather permitting, we do public observing sessions. Anyone in the general public wanting to come out to look through a telescope is welcome to join us. It's free, and we have no age restrictions."

Astronomy Associates of Lawrence initially met at the Clyde W. Tombaugh Observatory at Lindley Hall on the KU campus. However, KU closed the observatory, named after the astronomer who discovered Pluto in 1930, due to structural issues, including a leaky roof, in 2001. To add insult to injury, astronomers demoted Pluto to a dwarf planet five years later.

"After they closed the observatory at KU, we bounced around a bit with our observing locations," Heschmeyer said. "We observed on the press box roof at Memorial Stadium for a while, and we were at Prairie Park Nature

COURTESY PHOTO



Rick Heschmeyer safely observing the sun through a properly filtered telescope at the Scouting 500 event at Kansas Speedway in 2017.

Center for several years. We also used the practice field for the KU marching band up by the Lied Center for a while. As they were constructing the Baker Wetlands Discovery Center, Roger Boyd approached us because they were going to put a telescope and a dome at the Discovery Center. We started going there in 2016 for our monthly meetings

and observations and have been there ever since. They have been very cooperative, and we help them a little bit, too, when they have their family fun days and nature walks."

According to Heschmeyer, Astronomy Associates of Lawrence has become more of a university-commu-

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**Kaw Valley Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# Heschmeyer

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nity collaboration.

“It’s no longer a student organization like it once was,” he said. “There are things that the university still does for us. For example, they host our webpage. They also manage our finance piece because an account was already set up through the Astronomy Department when we were a student organization.”

“During the school year, the Astronomy Department has a monthly program they call ‘Telescope Nights at KU,’ which is generally run by grad students from the department,” Heschmeyer continued. “We’ll send members there sometimes to help with their telescopes and bring additional telescopes.”

Heschmeyer’s interest in astronomy includes observing eclipses. However, observing eclipses can be hit or miss. For example, Heschmeyer drove to St. Joseph, Missouri, in 2017 to observe the total solar eclipse. Unfortunately, it was cloudy.

“There were a few places where there were breaks in clouds, and people could see the eclipse,” he said. “Some people in Atchison, Kansas, could see part of the eclipse. I know some people in Excelsior Springs, Missouri, who could see the eclipse there. It depends on where you were, and I was in a bad place.”

The same was the case more recently with the annular eclipse last October.

“We had events in Lawrence for the annular eclipse,” Heschmeyer said. “I managed an event at the Lawrence Public Library, and the Astron-

omy Department managed an event on campus. Of course, it was cloudy all day. That happens a lot. If you do astronomy long enough, you just learn to deal with clouds.”

A member of Astronomy Associates of Lawrence traveled to the southwest and had more success with observing the annular eclipse. She will do a presentation on that eclipse during the club’s meeting on January 28.

Heschmeyer is already planning to observe the next total solar eclipse in the United States, which will occur on April 8, 2024.

“The path of this eclipse starts in western Mexico, comes up through Texas and Arkansas, the southeastern corner of Missouri, Illinois, then up to New England and the eastern part of Canada,” he said. “Looking at the history of weather patterns, west and central Texas will likely have the best outlook weatherwise. No one will know for sure until the day before or the day of the eclipse. I’m not going to miss this one. I plan on being a bit nimble, not picking a firm location, and playing it by ear. If I have to sleep in my car the night before because I’ve traveled someplace where there are no hotel rooms available, so be it.”

Membership to Astronomy Associates of Lawrence is open to the general public, and you do not have to live in Lawrence to join. Annual dues are \$6 for students or \$12 for regular members. Meetings begin at the Baker Wetlands Discovery Center, 1365 N. 1250 Road in Lawrence, at 7 p.m., and public observations start as soon as it gets dark after the meeting. Heschmeyer invites individuals and families to attend the public observations.

“The part that I enjoy more than anything else is the outreach piece, sharing what I really enjoy with other people,” he said. “That’s where I find the most pleasure.”

For more information about Astronomy Associates of Lawrence’s meetings and membership, visit [astronaal.ku.edu](http://astronaal.ku.edu).

While Heschmeyer’s hobby is associated with Urania, the Greek goddess of astronomy and stars, his profession is associated with Dionysus, the Greek god of wine and pleasure.

“I was in college and thinking maybe I could get a discount on my beer if I had a job at a liquor store,” he said.

Heschmeyer started working part-time at Kuehn Retail Liquor Store in Lawrence in 1979.

“I didn’t know much about wines, so I didn’t feel comfortable talking to customers in the store about wines,” he continued. “I needed to know more. So, on my own, I did a lot of reading and

research. I ended up becoming one of the presidents of an organization called Lawrence Friends of Wine during the early 1980s. We used to do wine tastings at the Lawrence Country Club. We also did a few wine tastings at the Eldridge Hotel and other places in town. I then got a chance in 1986 to hop over to the distributor side with a distributor who was starting to build their fine wine portfolio. I still sell some of the original brands I helped bring into the state in the late 1980s. They’re kind of like children to me. Today, I work in the office as one of the trade development directors. I work with some of the wine vendors that we represent in Kansas. I love drinking wine, but I also enjoy all the relationships I’ve developed with people over the years. That’s been enjoyable.”

Does Heschmeyer have a favorite wine?

“A lot of people have asked me

CONTINUED ON PAGE FIVE

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# Heschmeyer

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that,” he said. “My answer is always, ‘I’ll drink any kind of wine as long as it’s good.’ That’s why they make so many different types of wines. There’s something for everyone.”

And those wines come from all over the world, which means Heschmeyer has traveled extensively for his job. He has traveled to Italy, Australia, New Zealand, and wine-producing regions in the United States. He made two trips to California in 2023. Does he ever get to enjoy his hobby on his business trips?

“I try to combine my work and hobby when I can,” he said. “It’s hard to travel with telescopes. But when I was in New Zealand, we spent one night on the North Island near a big national park. It was incredibly dark. That night, the Milky Way from the southern hemisphere was so bright and almost directly overhead. I sat outside in a chair for a couple of hours enjoying the view.”

While some Lawrence residents may

not be aware of Heschmeyer’s work with wine and spirits with a distributor, they might recall his work with “spirits” at his house.

“When my brother, Rob, and I were kids, we had a home intercom system, and our dad would put a speaker inside a pumpkin on the front step of our house,” he said. “Our dad would sit in the bedroom and watch the door. Then, he would talk to the trick-or-treaters when they came to our house. When my wife and I bought our first house, we had a big, double garage. Rob and I put together a giant animatronic show for Halloween. We had curtains that

would open and shut at the beginning and end of the show, a piano player, music, and ghosts. We just kept adding bits and pieces to the show. We built the items out of scrap, whatever we could get our hands on. We did that for a long time, but ultimately, some of the gadgets we had built started falling apart. Our kids also started getting older, so it wasn’t as much fun for them anymore. We finally stopped doing it. We still have a big Halloween display that we put out in our front yard, but not the

giant motor-driven, computer-driven program that we used to do.”

Heschmeyer’s sons were Boy Scouts, and Heschmeyer served as a scoutmaster for several years. He is no longer a scoutmaster, but he continues to volunteer with the Boy Scouts on a more limited basis.

“I’m still a merit badge counselor for the astronomy merit badge and the space exploration merit badge,” he explained. “That’s one link to scouting that I’ll probably never let go of.”

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# Kelli Forbes provides in-home foot care

By Billie David

When Kelli Forbes, a registered nurse, worked in an advanced wound center in Topeka, she realized how important providing adequate foot care is for one's health and quality of life. Many seniors have difficulty reaching their feet, have vision problems, or are diabetic and need to pay careful attention to calluses and foot ulcers. Forbes has provided foot care at seniors' residences since June 2023.

"It is a valuable service because it is hard for some seniors to get out," Forbes said.



Forbes

"Foot care is an important part of maintaining quality of life," she continued, having seen first-hand in her 10 ½ years of working at the wound center, the devastating toll that improper care can have on seniors, including decreased mobility and sometimes amputations.

This kind of service was especially interesting to Forbes, who has had almost 20 years of nursing experience, because, in addition to seeing how important adequate foot care is and what an impact it has on a person's

quality of life, she needed a more flexible schedule for her family.

She received training in foot care because the podiatrist had left during her previous work at the VA hospital. While the position remained unfilled, she and other RN care managers were able to attend several days of foot care training and clinical care to continue caring for the veterans.

"I am seeing the need for it, and I really enjoy doing foot care," Forbes said. "The service provides flexibility, and I enjoy meeting and visiting

with people."

Forbes said a foot care session generally lasts 45 minutes to an hour and is less expensive than a pedicure in a salon.

"It is more than just clipping nails, she added. "I do all I can to make them better."

Forbes brings all her own equipment to these sessions, and the patient is able to sit in a comfortable chair while receiving the treatment.

"It's important to keep calluses

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# Kelli Forbes

CONTINUED FROM PAGE SIX

down,” Forbes said. “When they build up, they cause pressure, and that can cause wounds underneath.”

Forbes said that with her 10 ½ years of experience in wound care and almost 20 years in nursing altogether, her background helps her assess and educate seniors on leg and foot problems, and she can make helpful suggestions on things such as footwear and reducing edema.

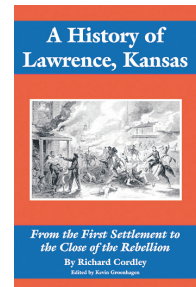
“I also do fingernails,” Forbes said. “Many seniors are unable to clip their fingernails because of arthritis, poor vision, or other problems.”

She added that she will also apply

polish for the ladies if they want it.

People interested in this service can call or text Forbes at 785-640-6822 and leave a message. Forbes will return the call and schedule a time with them. The services she provides are private pay.

“I am willing to drive anywhere within a one-hour radius, including Osage City, Baldwin City, Lawrence, Topeka, and the surrounding area,” she said.



## A History of Lawrence, Kansas

by Richard Cordley

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## HEALTH & WELLNESS

# Get screened for osteoporosis using DEXA scans

By Autumn Bishop

LMH Health

It isn't uncommon to see a funny or relatable TikTok or Instagram reel of a thirty-something person getting out of bed and realizing they're having new aches and pains as they age. While the videos are meant in jest, the reality is that as Father Time rolls along it becomes a reality for many.

Deteriorating bone health is one of the issues that affects many older

beam through the body, usually in the hip and spine.

"It's a really simple test to screen for osteoporosis, equivalent to an X-ray," Dr. Oertel said. "You lay on a table, we take an image and the radiology technician studies the density of the bones in your lower spine and hips."

It only takes 15 to 30 minutes to complete the scan and your results may be available the same day. DEXA scans can be performed at two locations – the Internal Medicine Group or the LMH Health West Campus.

### Warning signs

A fragility fracture is one sign of osteoporosis. These are fractures caused by an event that you wouldn't usually expect to result in one, such as a fall from standing height or less.

Adam Goodyear, MD, an orthopedic surgeon with OrthoKansas, said it's important for patients who have fragility fractures to receive care for the injury and the underlying medical condition.

"When I see someone for a fragility fracture—a hip, for instance—I know they likely have osteopenia or osteoporosis, and we can confirm with a DEXA scan," he explained. "A lot of the time you don't know that you've got one of these conditions until you break a bone."

One of LMH Health's goals is to streamline care through a comprehensive fragility fracture program. The aim is for anyone with a fragility fracture to be followed by orthopedics and someone who medically manages their condition. It's vitally important for patients living with osteopenia or osteoporosis due to the risks involved with the conditions.

"It's important for us to try and prevent additional fractures. Once you have a fragility fracture, there's a high risk that you'll have another one," Dr. Goodyear said. "We know that patients who have a fragility fracture in their hip have about a 30% mortality rate in the first year."

While many primary care physicians care for patients living with osteoporosis,



Americans. The Centers for Disease Control and Prevention (CDC) reports that nearly one in five women and one in 20 men over age 50 are affected by osteoporosis. This is a medical condition where bones thin, become weak and are more likely to break.

Mark Oertel, MD, an endocrinologist with Lawrence Endocrinology, shared that age is only one of the risk factors for developing the condition.

"Women who are post-menopausal are at higher risk of having osteoporosis," he explained. "Certain medications can enhance risk, including the use of long-term prescription steroids, seizure medications and even stomach acid reducers like PPIs (proton pump inhibitors). Vitamin D deficiency, hyperparathyroidism and other health conditions can also be factors."

According to Dr. Oertel, all women should be screened for osteoporosis at age 65—whether or not they've previously had a bone fracture. If you've broken a bone, that drops to age 50.

One tool that LMH Health uses to monitor bone density is a DEXA (dual X-ray absorptiometry) scan. These scans measure bone density—the thickness and strength of bones—by passing a high and low-energy X-ray

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A DEXA Scan monitors bone density.

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# Osteoporosis

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you may be referred to an endocrinologist for monitoring and treatment if your condition is more complex. It's the third most common condition Dr. Oertel treats, outside of diabetes and thyroid issues.

But how does the program work? The team at OrthoKansas identifies patients who have had a fracture within the last six months and are at risk for osteoporosis, and makes a referral to Dr. Oertel and the fragility fracture program. He sees patients one day each month at the LMH Health West Campus.

"Ideally, patients referred to the program will have a DEXA scan right before their appointment with me," he said. "I look at the scan, we go over the results and come up with a treatment plan to prevent a second fracture."

## Prevention is key

Osteoporosis is a silent disease, one that many people don't know they have until they've broken a bone.

According to the National Institutes of Health, there are a few steps you can

take to prevent the disease:

- Eat a nutritious diet rich in calcium and vitamin D to promote good bone health
- Stay physically active and participate in weight-bearing exercises such as walking
- Drink alcohol only in moderation
- Quit smoking or don't start if you don't smoke
- Take medications as prescribed

Dr. Oertel can't overemphasize the importance of osteoporosis screening, especially for women. He shared that about 50% of women who are 65 and older will have a bone fracture during their lifetime.

"DEXA is a quick, easy test that can identify a condition that's very common for women," he said. "This is a great tool that we have at our disposal to diagnose osteoporosis. Being able to provide treatment for your underlying metabolic problem to prevent fragility fractures is just another way for us to help keep you healthy."

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



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## HEALTH &amp; WELLNESS

# Top three spices for the holidays

It is that time of year when cooking in the kitchen results in an enticing aroma and mouth-watering dishes. It is also a great time to use those spices



Dr.  
Deena  
Beneda

that might not typically be used at other times of the year. Below are the top three holiday spices: cinnamon, clove, and nutmeg. Historically, cloves, cinnamon, and nutmeg were highly prized

in ancient times. Every kitchen should have these three spices in their pantry at this time of the year. Not only do these spices make a cuisine tasty, but they have medicinal benefits.

The first spice is the well-known champion, cinnamon. Cinnamon has been a sought-after spice since medieval times. Medieval physicians used cinnamon medicinally to treat upper respiratory infections, including cough, hoarseness, and sore throats. In addition, it was used to help alleviate indigestion and nausea. Ancient history tells us that one of the Roman emperors ordered a year's supply of cinnamon to be burnt after his wife's death. Cinnamon was used for its ability to preserve meat due

to the phenols in it, which could inhibit bacteria growth, and the aroma masked the stench of aged meats. Cinnamon is a beautiful addition to drinks, desserts, breads, and meats. Also, it can be used to make ornaments to decorate for holiday celebrations.

The second spice is cloves. Oranges decorated with cloves are a common gift that children give their families this time of the year. Cloves were traded and bought by merchants during the Middle Ages. In the Middle Ages, cloves were used for bad breath and to preserve and flavor food and drink. Commonly, cloves have been used in dental emergencies to kill the pain of an infected tooth. Cloves are used today in various foods and beverages, and cloves have been a popular essential oil used in diffusers in the winter months. Other health benefits of cloves include helping with digestion, protecting the liver, as an agent to prevent oral diseases, improving respiratory health, helping with headaches, and relieving stress.

The third spice is nutmeg. Nutmeg is another spice that is a favorite during the

holiday season. This spice is found in many desserts, including baked cakes, cookies, and pies, and is a spice that is added to many beverages, including lattes, hot chocolate, and apple cider. A favorite beverage at this time of the year is a glass of warm milk with a pinch of nutmeg added to it. Nutmeg is a potent digestive aid and antioxidant. Nutmeg, like cinnamon and clove, is often used as an essential oil for its antiviral properties. Other medicinal properties include being used as an anti-inflammatory agent, to control blood sugar, as an antibacterial and antifungal agent, and for heart health.

- 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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MAYO CLINIC

# Can a supplement help you sleep?

By Mayo Clinic staff

Mayo Foundation for Medical Education and Research

**DEAR MAYO CLINIC:** I often struggle to fall asleep at night, and then I have difficulty staying asleep. This pattern tends to occur more in the springtime. A friend suggested I try melatonin. Are there any side effects to worry about with melatonin use? Are there other things I can do to help get more rest?

**ANSWER:** Getting a good night's sleep is important. It can be frustrating when you struggle to fall and stay asleep. Work, household responsibilities and family commitments sometimes take priority over sleep. Factor in a partner's snoring or unexpected challenges, such as financial worries or an illness, and quality sleep might be even more elusive.

While there are many self-care things you can do to improve your sleep, over-the-counter sleep aids, including melatonin supplements, may be valuable.

Melatonin is a hormone naturally produced by your body, which plays a role in the sleep-wake cycle. Your body's melatonin levels increase as darkness approaches, peak during the night and decrease as dawn arrives. Certain things can throw off this cycle.

For instance, being exposed to light when you'd normally be sleeping — like during shift work — can affect this rhythm. Chronic illnesses, increased age and medications also can decrease melatonin production.

Melatonin supplements may be helpful for people who have trouble sleeping, in part because they may increase low levels of melatonin. In these people, research suggests that melatonin supplements can:

- Reduce the time it takes to fall asleep.
- Increase total sleep time.
- Improve the quality of sleep.

One study found that a relatively low, over-the-counter dose of melatonin was enough to improve nighttime sleep without added drowsiness the next day. Some research suggests that melatonin supplements also may provide some relief from insomnia and jet lag.

Melatonin is considered fairly safe in the short term. Although some people may experience daytime sleepiness and tiredness after waking, the supplement has fewer side effects than prescription sleep drugs. Melatonin doesn't cause dependence, for example.

The most common melatonin side effects include:

- Headache

- Dizziness
- Nausea
- Daytime drowsiness

Other, less common melatonin side effects might include:

- Vivid dreams or nightmares
- Short-term feelings of depression
- Irritability
- Stomach cramps
- Diarrhea
- Decreased appetite
- Urinary incontinence at night
- Increased risk of falls
- Increased risk of seizures

If you're considering taking a melatonin supplement, talk with your health care professional to decide what dose is right for you. This is also important since melatonin can interact with certain drugs, including those commonly used to prevent seizures and manage high blood pressure, diabetes and immunosuppressants. Your health care team may recommend adjusting your medication or supplement dosages for the best effects.

Also keep in mind that, as with any supplement, melatonin shouldn't be the first or only remedy you use to try to resolve a health concern such as insomnia. It needs to be coupled with lifestyle choices that create a solid foundation for good health, including good nutrition, daily exercise and good sleep practices.

Consider these tips that can help with your sleep habits:

- **Stick to a schedule.** Go to bed and get up at the same time every day, including weekends. Being consistent reinforces your body's sleep-wake cycle.
- **Pay attention to what you eat and drink before bed.** Don't go to bed hungry or stuffed. Avoid heavy or large meals

within a few hours of bedtime. And limit the intake of nicotine, caffeine and alcohol, as the effects can interfere with sleep.

- **Create a restful environment by keeping your bedroom cool, dark and quiet.** Consider using room-darkening shades, earplugs, a fan, or other devices to keep your room cool, dark and quiet. Exposure to light in the evenings might make it more challenging to fall asleep.

Additionally, limit technology use because prolonged exposure to screens can be disruptive. Instead, focus on calming activities before bedtime, such as taking a bath, meditation or journaling, which can help ease anxiety and promote better sleep.

If you are still struggling to sleep after trying melatonin or are experiencing other challenges, speak with your health care team about a sleep study.

— 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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## FINANCIAL FOCUS

# Consider family meeting to discuss estate plans

At some point, you'll want to share your estate plans with your loved ones — and the first step in this process may be to hold a family meeting.

The best time to hold this meeting is when you're still in good mental and



Derek  
Osborn

physical shape, and the enactment of your estate plans may well be years away. But what topics should you cover?

Consider these main areas:

- **Your wishes** – and those of your family. Use this meeting to introduce your estate plans and, in a basic sense, what you hope to accomplish with them — leave money to your family,

support charitable groups and so on. You'll want to emphasize that you want to be equitable in what you leave behind, but there may be issues that affect this decision, such as disparities in income between grown children or an allowance for a special-needs child. But you'll also want to listen to what your family members want — and you might be surprised at what they tell you. Consider this: More than 80% of the millennial generation would rather know their parents are financially secure throughout their retirement, even if this means that their parents will pass on less money to them, according to an Edward Jones/Age Wave study.

- **Estate planning documents** – At the time of your family meeting, you may or may not have already created your estate planning documents, but in either case, this would be a good time to discuss them. These documents may include a will, a living trust, financial power of attorney, health care power

of attorney and possibly other arrangements. At a minimum, you'd like to give a general overview of what these documents mean, but at an initial family meeting, you don't necessarily have to get too detailed. For example, you might not want to talk about specific inheritances. This is also an opportunity to inform your loved ones of the professionals involved in your estate plans, such as your attorney and your tax advisor.

- **Roles of everyone involved** – Not only does a comprehensive estate plan involve moving parts, such as the necessary documents, but it also includes actual human beings who may need to take on different roles. You will need an executor for your will and, if you have a living trust, you'll need a trustee. Even if you choose to serve as the initial trustee, you'll still need to identify one or more successor trustees to take your place if you become incapacitated, or upon your death. Plus, you'll need to name people to act as your power of attorney for health care and finances. Choosing the right people for these

roles involves thought and sensitivity. Obviously, you want individuals who are competent and reliable, but you also need to be aware that some family members could feel slighted if others are assigned roles they feel they could do. By being aware of these possible conflicts, you can be better prepared to address them.

Here's one more suggestion: Let your family know that this initial meeting doesn't mean the end of communications about your estate plans. Encourage your loved ones to contact you with questions whenever they want. You may need to hold additional family meetings in the future, but by laying the initial groundwork, you will have taken a big first step in establishing the legacy you'd like to leave.

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

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## JILL ON MONEY

# Charitable giving 2023

According to Giving USA's Annual Report on Philanthropy, Americans were a little less generous last year than they were amid the height of COVID in 2020 and 2021.

Total giving (individual and corporate donations, bequests and foundation giving) slid by 3.4 percent to \$499.33 billion in 2022 from 2021 and the decline was a steeper 10.5%, when adjusted for inflation.



Jill  
Schlesinger

While individuals continue to account for nearly two-thirds of total giving, the rotten year for stocks and bonds, as well as inflation, put a dent into the results.

"Giving by individuals totaled an estimated \$319.04 billion, declining 6.4% in 2022 (a decline of 13.4%, when adjusted for inflation)." Additionally, Americans gave 1.7% of their personal disposable income to charity in 2022, the lowest level they had given since 1995. (The high-water mark was 2.4% in 2005.)

Despite the slide, people are still incredibly generous. With Giving Tuesday kicking off the year-end charitable season, here are some updated giving tips for 2023:

### Only itemizers get a tax benefit

Past tax law changes require you to itemize your deductions, if you want to claim a tax benefit for charitable giving.

Only about 10% of tax filers itemize, but in a given year — perhaps one where you have made more money — you can try to "bunch" deductions to push you above the itemized deduction threshold and accelerate charitable giving for that particular year.

Additionally, if you have a tax-

able investment account, you can gift highly appreciated securities to charities. You'll write off the current market value, not just what you paid, and avoid capital gains taxes.

### Retirees can avoid taxable income and feel virtuous

If you're over 70½, consider a Qualified Charitable Distribution (QCD), which allows you to gift up to \$100,000 directly from your IRA to a public charity (not to a private foundation, a charitable supporting organization or a donor advised fund), without having to include the distribution in your taxable income.

If you use the QCD, you can't deduct the amount as a charitable contribution, but if you are lucky enough to not need the money for cash flow, a QCD will allow you to avoid paying taxes on the distribution, and it may also satisfy your Required Minimum Distribution.

### Consider Donor Advised Funds (DAFs)

DAF accounts allow you to contribute cash, appreciated assets, or investments, take an immediate tax deduction on the contribution, and then grant to an eligible IRS-qualified public charity in the future.

DAF funds can be invested for tax-free growth and allow you to give in a year when you have had higher than expected income, or when you are trying to bunch deductions.

Many financial firms and community foundations make DAFs available. Be sure to check on fees as well as account minimums.

### Be cautious and vet your charity

Do not donate over the phone or give anyone your credit card or other personal information until you verify it's legit with the IRS's Tax Exempt Organization Search tool. The tool provides information about an organization's federal tax status and filings.

To see how much of your donation goes to supporting programs (versus overhead), access resources like the Better Business Bureau's (BBB) Wise

Giving Alliance, Charity Watch, GuideStar, Charity Navigator and GiveWell. **Keep good records**

For any cash or property valued at \$250 or more, you must have a receipt (bank record, payroll deduction or written communication) identifying the organization, the date and amount of the contribution and a description of the property.

If you are facing the end of year dead-

line, use a credit card, so the donation is deductible as of the date the account is charged.

- Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at [askjill@jillonmoney.com](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com).

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# SENIOR CALENDAR

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

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417 or email [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net). 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.  
LAWRENCE, 785-842-3883  
[unmistakablylawrence.com](http://unmistakablylawrence.com)

## EDUCATION

JAN 11

#### MICROSOFT WORD BASICS

Get started with the basics of Microsoft Word. Learn to navigate, create and edit documents, text editing techniques and how to insert a picture. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.  
TOPEKA, <https://events.tsopl.org/events>

JAN 23

#### BEGINNING COMPUTER NAVIGATION

Learn how to use a mouse, navigate Windows 10, find and open apps and files. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.  
TOPEKA, <https://events.tsopl.org/events>

JAN 25

#### INTERNET INTRODUCTION

Learn about browsers, search engines and how to navigate websites to find information online. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.  
TOPEKA, <https://events.tsopl.org/events>

JAN 25

#### ESTATE PLANNING SEMINAR

How will your property be distributed at your death? And who will be in charge of the distribution? If you are the parent or current guardian of minor children, how can you name the person who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you specify who will handle your finances and make medical decisions if you are alive but incapacitated? How can you avoid probate? And will you be subject to estate taxes? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Attendance is limited to 20 persons. To secure a seat, call the SRC at 785-842-0543. Senior Resource Center, 745 Vermont Street, 2-3:30 p.m.  
LAWRENCE

FEB 3

#### CRANE OBSERVATORY DISCUSSION

Dr. Karen D. Camarda, professor and chair of Washburn University's Physics Department, will discuss the history of Crane Observatory and highlight current issues in astronomy. Topeka and Shawnee County Public Library - Marvin Auditorium 101A, 2-3 p.m.  
TOPEKA, <https://events.tsopl.org/events>

FEB 5

#### PROTECTING WILDLIFE & WILDLANDS IN KANSAS

Dr. Jackie Augustine, Director of Audubon of Kansas, discusses conservation initiatives, the sanctuary program and how to get involved in this growing organization. Cohosted by Topeka Audubon Society. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.  
TOPEKA, <https://events.tsopl.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.  
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CONTINUED FROM PAGE 14

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JAN 13

**THE STEPS OF A GOOD MAN**

A stage play written and directed by R. Rita Rials. Giving voice to the life and legacy of Dr. King and the civil rights movement, *The Steps of A Good Man* tells the story of an elderly man who is a pillar of his community. Taking lessons from his lived experience through the civil rights movement, he shares his life journey of victories, struggles and lessons with his family, friends and neighbors from the steps of his front porch. Join us for this dynamic production which celebrates the impact of music, the importance of building community and the power of inter-generational influence. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

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

JAN 19, 20, 21, 25, 26, 27, 28

**DEAD MAN'S CELL PHONE**

A dramatic comedy by Sarah Ruhl. An incessantly ringing cell phone in a quiet café. A stranger at the next table who has had enough. And a dead man—with a lot of loose ends. A wildly imaginative new story about how we memorialize the dead—and how that remembering changes us, as we confront assumptions about morality, redemption, and the need to connect in a technologically obsessed world. Theatre Lawrence, 4660 Bauer Farm Dr. See website for showtimes. Fee.

LAWRENCE, 785-843-SHOW (7469)

[wp.theatrelawrence.com/events/23-24-season](http://wp.theatrelawrence.com/events/23-24-season)

JAN 27

**IRA GLASS**

Ira Glass, revered journalist and storyteller, is the host and creator of the public radio program *This American Life*. The show is heard each week by over 5 million listeners on public radio stations and podcast. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

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

JAN 27

**LAWRENCE COMMUNITY ORCHESTRA PRESENTS BAROQUE BY CANDLELIGHT: A TOUR OF ITALY**

An LCO tradition returns featuring baroque and neo-baroque music by Italian composers including Geminiani, Vivaldi, Puccini, and Respighi. A dessert reception with Italian delights will follow the concert. Tickets available at [lawrenceorchestra.org](http://lawrenceorchestra.org) or at the door. Plymouth Congregational Church, 925 Vermont, 7:30 p.m. Fee.

LAWRENCE

JAN 31

**MEAN GIRLS**

Direct from Broadway, *Mean Girls* is the hilarious hit musical from an award-winning creative team, including book writer Tina Fey (*30 Rock*), composer Jeff Richmond (*Unbreakable Kimmy Schmidt*), lyricist Nell Benjamin (*Legally Blonde*), and original director and choreographer Casey Nicholaw (*The Book of Mormon*). Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

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

FEB 3

**PRAIRIE WINDS FESTIVAL WITH THE WESTERLIES**

The Westerlies, “an arty quartet...mixing ideas from jazz, new classical and Appalachian folk,” (*New York Times*) is a New York-based brass quartet founded by childhood friends from Seattle and including Riley Mulherkar and Chloe Rowlands on trumpet, and Andy Clausen and Addison Maye-Saxon on trombone. From Carnegie Hall

to Coachella, The Westerlies navigate a wide array of venues and projects with the precision of a string quartet, the audacity of a rock band and the charm of a family sing-along. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

[lied.ku.edu/calendar](http://lied.ku.edu/calendar)**EXHIBITS & SHOWS**

JAN 9-11

**TRADEXPOS FARM SHOW**

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TOPEKA

[stormontvaileventscenter.com/events](http://stormontvaileventscenter.com/events)**FARMERS' MARKETS**

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LAWRENCE

[cottinshardware.com/farmers-market](http://cottinshardware.com/farmers-market)**HEALTH & WELLNESS**

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CONTINUED ON PAGE 22



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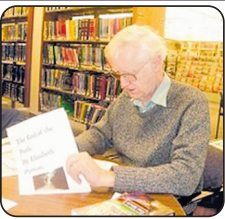
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## PAINTING WITH WORDS

# The Old Year

John Clare was born in 1793 to a peasant family in the small English village of Helpston. Although both of his parents were virtually illiterate, Clare received some formal but limited education as a youth. He attended a day school for a few months every year until he was



Tom  
Mach

about 12 years old, and then he went to night school, studied informally with other boys in the area, and read in his spare time. His favorite books included Daniel Defoe's *Robinson Crusoe* and Izaak Walton's *The Compleat Angler*. During his school days, Clare met fellow student Mary Joyce and embarked upon a romantic relationship with her. The two eventually separated, and Clare went on to marry a woman named Patty Turner.

During his school years, Clare engaged in manual labor like ploughing, gardening, and threshing to help his parents financially. He somehow found time also to write poetry. Inspired by James Thompson's poetry book *Seasons*, he wrote his first poem, "The Morning Walk." Soon, he began writing more poems and later accrued a substantial poetry collection, *Poems Descriptive of Rural Life and Scenery*, in 1820. The following year, his next poetry collection, *Village Minstrel and Other Poems*, appeared. His poetry aroused an enthusiastic following because he was seen as a poetic genius in the garb of a humble farm laborer. *Rural Life* took on a number of themes, such as nature, social injustice, and the world of the mind. The book was a huge success. It sold 3,000 copies, going through four editions within a

year, and was generally well-reviewed by the press. *A Quarterly Review* critic, for instance, found Clare to have "an animation, a vivacity, and a delicacy in describing rural scenery."

Although *The Village Minstrel* did not enjoy the same success as *Rural Life*, the book sold respectably, and the critical reception was generally favorable, with many reviewers praising Clare's development as a poet.

*The Shepherd's Calendar* (1827) was his next major effort to be published. In the first section of *The Shepherd's Calendar*, Clare creates a poem for each month of the year, offering a celebration of rural life with a shepherd featured throughout. Despite his mental and physical illness in the years following *The Shepherd's Calendar's* publication, he created another poetry collection called *The Rural Muse*, which was published in 1835. *The Rural Muse* included songs, sonnets, and autobiographical poems. Critics noted that the poems in *The Rural Muse* demonstrated how far Clare had progressed in his craft.

However, *The Rural Muse* was the last major collection published in Clare's lifetime. He continued to write, but his mental and physical health weakened during the late 1830s, and his doctor recommended that he recuperate in an asylum. After his death in 1864, his work continued to attract readers, poets, and scholars.

His poem, "The Old Year," reminisces about the year passing away on New Year's Eve. In the first stanza, he refers to the old year as "nothingness" and "night." Along with the passing year are the memories that have also passed away, as he mentions near the end of his poem, "But time once torn away no voices can recall."

The idea of bidding farewell to the old year instead of welcoming the new had apparently inspired Thomas Hardy, a novelist and poet who, in 1900, pub-

lished a poem titled "The Darkling Thrush." In that poem, Hardy wrote, "So little cause for carolings, of such ecstatic sound, was written on terrestrial things afar or nigh around."

Clare searches for different words that can best illustrate his feelings about the parting year. He personifies it as a "footstep," or "shade," or even "a neighbor's face," but in each instance, it evaporates as the year ends.

Yet his poem can also be interpreted to show we should not look behind us to see what comes in the forthcoming year. He concludes the poem by saying, "the eve of New Year's Day left the Old Year lost to all." In other words, we start the new year with a fresh outlook.

Here is John Clare's poem:

## The Old Year

By John Clare

*The Old Year's gone away  
To nothingness and night:  
We cannot find him all the day  
Nor hear him in the night:  
He left no footstep, mark or place  
In either shade or sun:*

*The last year he'd a neighbour's face,  
In this he's known by none.*

*All nothing everywhere:  
Mists we on mornings see  
Have more of substance when they're  
here  
And more of form than he.  
He was a friend by every fire,  
In every cot and hall--  
A guest to every heart's desire,  
And now he's nought at all.*

*Old papers thrown away,  
Old garments cast aside,  
The talk of yesterday,  
Are things identified;  
But time once torn away  
No voices can recall:  
The eve of New Year's Day  
Left the Old Year lost to all.*

- Tom Mach has written numerous books, fiction, nonfiction (i.e., a memoir called *Persistence, Then Peace*), and poetry. His latest book is *Unearthing the True Cross*. For a more detailed discussion of his works go to [www.Tom-Mach.com](http://www.Tom-Mach.com).



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# SAVVY SENIOR

## Essential topics you need to discuss with your aging parents

By Jim Miller

**Dear Savvy Senior:** My siblings and I don't know much about our elderly parents' financial situation or their wishes if and when something happens to them. They are both in



their mid-eighties. What's the best way to handle this and what all should we know? - Apprehensive Daughter

**Dear Apprehensive:** Many adult children don't know much about their elderly parents' financial situation or end-of-life plans, but they need to. Getting up to speed on their finances, insurance policies, long-term care plans and other information is important because some day you might have to help them handle their financial affairs or care, or execute their estate plan after they die. Without this information, your job becomes much more difficult. Here are some tips that can help.

### Have the Conversation

If you're uncomfortable talking to your parents about this, use this column as a prompt or see TheConversationProject.org, which offers free guides that can help you kick-start these discussions.

It's also a good idea to get all your siblings involved too. This can help you head off any possible hard feelings, plus, with others involved, your parents will know everyone is concerned.

When you talk with your parents, you'll need to collect some information, find out where they keep key documents and how they want certain things handled when they die or if they become incapacitated. Here's a checklist of areas to focus on.

### PERSONAL INFORMATION

- **Contacts:** Make a list of names and phone numbers of your parent's doctors, lawyer, accountant, broker, tax preparer, insurance agent, etc.
- **Medical information:** Make a copy of their medical history and a list of medications they take.
- **Personal documents:** Find out where they keep their Social Security card, marriage license, military discharge papers, etc.
- **Secured places:** Make a list of places they keep under lock and key such as safe deposit boxes, safe combination, security alarms, etc.
- **Digital assets:** Make a list of their digital assets—everything from social media accounts to online banking. It should include usernames and passwords.
- **Pets:** If they have a pet, what are

their instructions for the animal's care?

- **End of life:** What are their wishes for organ or body donation, and their funeral instructions? If they've made pre-arrangements with a funeral home, get a copy of the agreement.

### LEGAL DOCUMENTS

- **Will:** Do they have an updated will or trust, and where is it located?
- **Power of attorney:** Do they have a power of attorney document that names someone to handle their financial matters if they become incapacitated?
- **Advance directives:** Do they have a living will and a medical power of attorney that spells out their wishes regarding their end-of-life medical treatment? If they don't have these documents prepared, now's the time to make them.

### FINANCIAL RECORDS

- **Financial accounts:** Make a list of their bank accounts, brokerage and mutual fund accounts, and any other financial assets they have.
- **Debts and liabilities:** Make a list of any loans, leases or debts they have—mortgages owed, car loans, student loans, medical bills, credit card debts. Also, make a list of all credit and

charge cards, including the card numbers and contact information.

- **Company benefits:** Make a list of any retirement plans, pensions or benefits from their former employers including the contact information of the benefits administrator.
- **Insurance:** Make a list of the insurance policies they have (life, long-term care, home, auto, Medicare, etc.) including the policy numbers, agents and phone numbers.
- **Property:** Make a list of the real estate, vehicles or other properties they own, rent or lease and where they keep the deeds, titles and loan or lease agreements.
- **Taxes:** Find out where they keep copies of past year's tax returns.

You're probably not going to get all this figured out in one gathering, so it's important to keep the conversation going to ensure your parent's wishes will be accurately executed.

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



Meals on Wheels serves hot, nutritious meals to homebound seniors in Shawnee, Jefferson, and Douglas counties through home-delivery and congregate meal sites.



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# PUZZLES & GAMES

## CROSSWORD

### Across

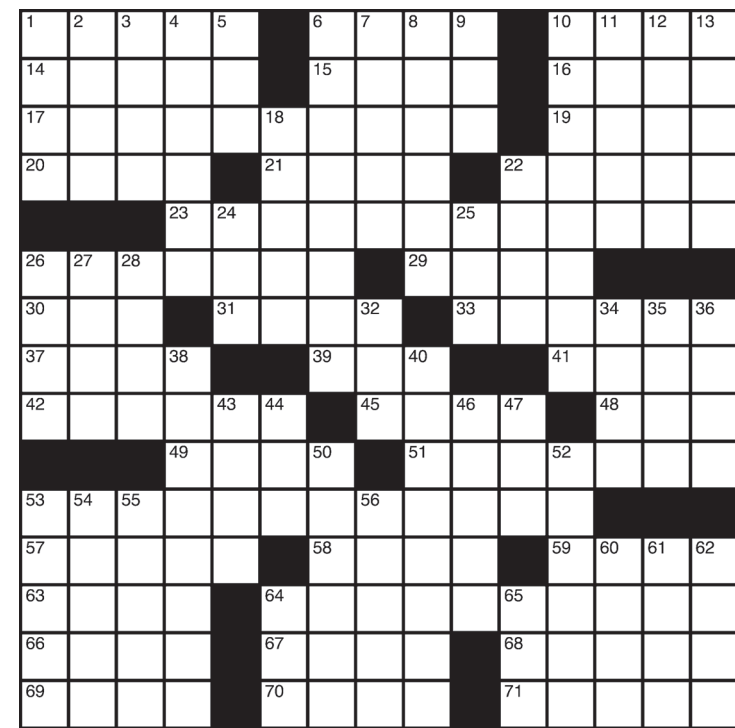
- 1 Where to hear cutting remarks?  
6 Tiff  
10 "The one over there"  
14 "Gotta run!"  
15 Sharpen  
16 Corned beef \_\_\_  
17 There's an element of doubt to it?  
19 Crazy about  
20 Prosecco kin  
21 Start to matter?  
22 Sing smoothly  
23 There's an element of romance to it?  
26 Increased  
29 Carving of a Polynesian god  
30 "Hips Don't \_\_\_": Shakira hit  
31 "Yikes!"  
33 Nana alternative  
37 \_\_\_ pressure  
39 Keebler baker  
41 Gazpacho, por ejemplo  
42 Fla. coastal city  
45 "The Daily Show"

- correspondent Lydic  
48 Fellows  
49 \_\_\_ Bradley bags  
51 If nothing else  
53 There's an element of mystery to it?  
57 Leg joints  
58 Target on a putting green  
59 "Got it"  
63 Walkman descendant  
64 There's an element of humor to it?  
66 Course catalog?  
67 Father of Eros  
68 Shoyu flavor  
69 Cold spell  
70 Action at the track  
71 Analyze grammatically

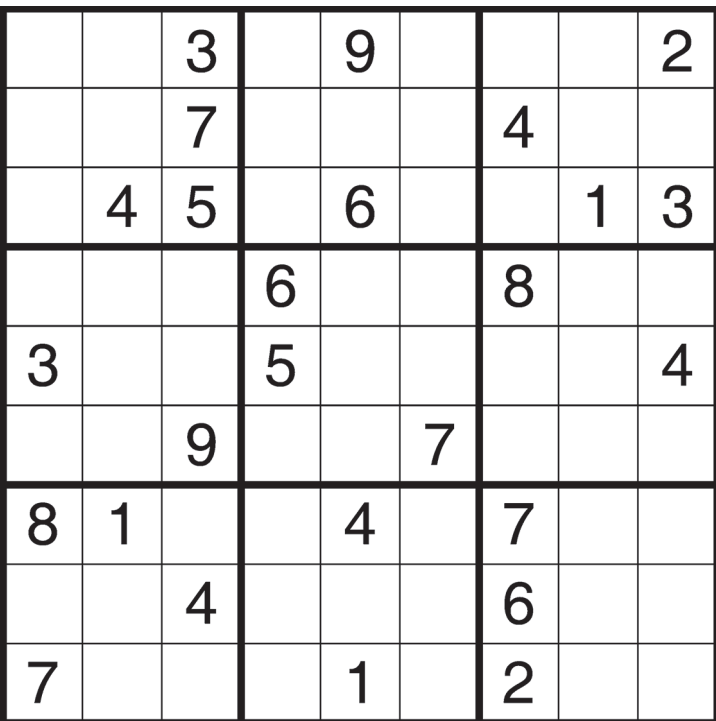
### Down

- 1 Dancer/YouTube star JoJo \_\_\_  
2 Reddit Q&A sessions  
3 Ann Taylor \_\_\_  
4 One end of some com mutes  
5 Org. with Giants and

- Titans  
6 Tibia  
7 Coastal city on the Iberian Peninsula  
8 Choose, as a successor  
9 Uniform number for Sue Bird  
10 Decade that is less than a decade away  
11 Location of Hoan Kiem Lake  
12 \_\_\_ Martin: British car  
13 Flip-flop  
18 Habitat for humanity  
22 Celebratory slice  
24 Big fuss  
25 \_\_\_ sum: bite-sized Chinese fare  
26 Range for yodelers?  
27 Nutrition regimen  
28 Profound  
32 Outdated  
34 NYC home of Frida Kahlo's "Self-Portrait With Cropped Hair"  
35 Chimps and gorillas  
36 Desire  
38 Really got going  
40 Like skeleton racers, seemingly  
43 Some concert merch  
44 Mistakenly hit reply all, e.g.



- 46 Trusty mount  
47 \_\_\_ de la Cit : Paris landmark  
50 On dry land  
52 Puzzle  
53 Leafs (through)  
54 How contracts are usually signed  
55 "Bleeding Love" singer  
Lewis  
56 Cleaner sold in green canisters  
60 Rocket  
61 Shady bunch?  
62 Singer Brickell  
64 Taxi  
65 "You betcha"  
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## 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.

FSOLS



ZRAYC



KAITNE



COETNA



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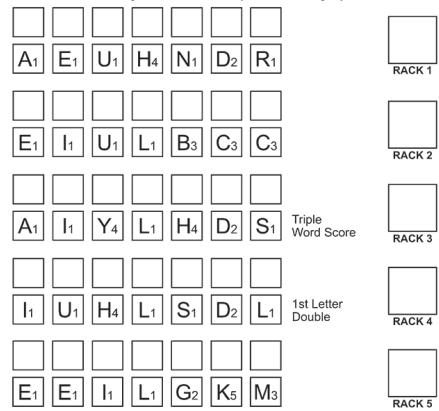


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



## SCRABBLE G R A M S

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



PAR SCORE 260-270  
BEST SCORE 343

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

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

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

08-13

Answers to all puzzles on page 26

www.seniormonthly.net

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

# GOREN ON BRIDGE

WITH BOB JONES

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## DOUBLE UP

Neither vulnerable, South deals

### NORTH

♠ A K 9 8

♥ 2

♦ A Q 6

♣ K J 8 7 5

### WEST

♠ J 6 4

♥ K 10 5

♦ K 3 2

♣ A 6 3 2

### EAST

♠ 10 7 3 2

♥ 9 8 6

♦ J 10 9 8

♣ Q 4

### SOUTH

♠ Q 5

♥ A Q J 7 4 3

♦ 7 5 4

♣ 10 9

The bidding:

<b>SOUTH</b>	<b>WEST</b>	<b>NORTH</b>	<b>EAST</b>
2♥	Pass	4♥	All pass

Opening lead: Two of ♣

Double uppercut hands are not common in bridge. We saw this deal in an article by Andrew Robson, the great English player, and we wanted to share it with our readers. North was worried that his partner's hand might be impossible to get to unless hearts were trumps, so he bid game in hearts rather than in no trump. The

friendly lie of the cards – hearts 3-3 and the king of diamonds well placed – made it look like there was little difference between the two contracts.

West was Dutch star Jan Van Cleef, who found the diabolical lead of a low club away from his ace. South naturally played low, losing to East's queen. East returned a club to Van Cleef's ace and a third round of clubs was ruffed by East with the eight and over-ruffed by South with the queen. West's 10 of trumps was thus promoted to a trick and the contract now had no chance on this lie of the cards.

South crossed to dummy with a diamond to the queen and led a heart back to his jack, losing to West's king. A fourth round of clubs was ruffed by East with the nine of hearts and South had to over-ruff with the ace. West now had the 10-5 of hearts sitting over South's 7-4-3 and could not be prevented from scoring a total of three trump tricks!

*(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail: tcaeditors@tribpub.com)*

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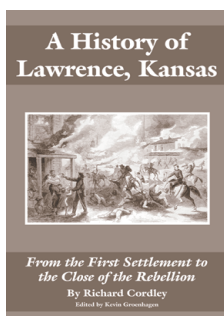
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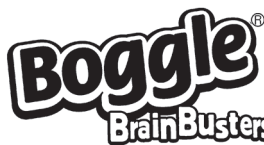
# Clinton Place Apartments

# A History of Lawrence, Kansas



By Richard Cordley

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



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.

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

By David L. Hoyt and Jeff Knurek



### Boggle® BrainBusters Bonus

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

Find AT LEAST EIGHT RELATIVES in the grid of letters.

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## MY PET WORLD

# Rehomed dog seems indifferent to previous owners

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** Our Belgian Malinois, trained in a dog club for obedience, reacted to a bark collar and bit me. I immediately told him, "Crate," and he got in his crate, which allowed me to get to the hospital. He nipped me one other time when I wouldn't let him go out the door when a stranger was there.

Because we have young grandchildren, we felt we couldn't keep him and gave him to a dog club member. When we visited him at club activities, he didn't wag his tail, respond to petting, or show any affection to us as he used to do before. He still obeyed commands, though. Is there any research on anger or grief for dogs? — Flower, Mount Pleasant, South Carolina

**Dear Flower:** Research has shown that animals experience a range of emotions. But there is no research on anger specifically since that behavior is interpreted as aggression in the animal world.

I think you are asking, though, if the dog could be angry at you for rehoming him. My response to that is, no, he's not angry or holding a grudge against you for rehoming him. If you recently rehomed him, he could still be sad, confused, or grief-stricken over the change in his life. Animals like routine, and when those routines are interrupted, each have their own way of handling the disruption to their

lives. He may simply need more time to acclimate to his new home, but he's not angry or holding a grudge at you for the change.

Until we understand pets better, it can be challenging to know what our pets are thinking and feeling. For example, when he reacted to the bark collar and bit you, it was out of fear for what he was feeling — the shock of the collar — and not malice towards you. While he might remember that memory and associate it with you, there could be many other reasons for his indifference.

It could be a part of his personality. He sounds like a protective dog, and protective dogs tend to be very hyper-focused on their surroundings. That means he might not react to the people around him in certain settings the same way he does when he is at home with his family. He sounds like a dog who thinks he has a "job" to do. He also could be tired, sick, or anxious about something at that moment.

Next time you see him, talk to him in a sweet voice rather than pet him. Let him approach you if he wants to be petted.

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

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# AMERICA'S TEST KITCHEN

## This weeknight combo is easy, protein-packed and not at all predictable

By Andrea Geary

Tribune Content Agency

This meal is economical, nutritious comfort in a bowl. In this recipe, we boiled the pasta in a small volume of water, which left the water extra-starchy and thus ideal for building a creamy, full-bodied (but light) sauce. The starchy canned bean liquid helped in the same way. A small amount of bacon imbued the Brussels sprouts with a subtly meaty smokiness and added even more crunch to the mustardy crumb topping.

### Orecchiette and Navy Beans with Brussels Sprouts and Spicy Mustard Bread Crumbs

Serves 4

2 teaspoons vegetable oil  
 1/4 cup panko bread crumbs  
 2 teaspoons Dijon mustard  
 1/8 teaspoon plus 1/2 teaspoon table salt, divided, plus salt for cooking pasta  
 Pinch cayenne pepper  
 8 ounces orecchiette  
 2 slices bacon, chopped fine  
 10 ounces Brussels sprouts, trimmed, halved, and sliced thin  
 1 (15-ounce) can navy beans, undrained  
 1 tablespoon cider vinegar  
 1/2 teaspoon pepper  
 1/3 cup sour cream

1. Bring 2 quarts water to boil in a large saucepan. While water is coming to boil, combine oil, panko, mustard, 1/8 teaspoon salt, and cayenne in a 12-inch nonstick skillet. Cook over medium-high heat, stirring frequently, until panko is golden brown, about 5 minutes. Transfer to a small bowl and let cool completely (do not wash skillet).

2. Add pasta and 1 1/2 teaspoons salt to boiling water and cook, stirring often, until al dente. Reserve 1 cup of cooking water and drain pasta. Return pasta to pot and cover to keep warm.

3. While pasta is cooking, cook bacon in the now-empty skillet over medium-high heat, stirring frequently, until crispy, 4 to 5 minutes. Using a slotted spoon, transfer bacon to a paper towel to drain, leaving fat in the skillet.

4. Add Brussels sprouts, 1 tablespoon water, and remaining 1/2 teaspoon salt and stir to coat. Cover and cook, stirring occasionally, until sprouts are crisp-tender and bright green, about 4 minutes. Stir in beans and their liquid, 1/4 cup reserved cooking water, vinegar, and pepper and cook until bubbling.

5. Add Brussels sprout mixture and sour cream to pasta and stir until all ingredients are combined. Adjust consistency with remaining reserved cooking water as needed. Season with salt and pepper to taste. Divide among four shallow bowls. Sprinkle bread crumbs



Bacon adds even more crunch to the mustardy crumb topping.

and bacon over pasta. 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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## Restaurant Guide

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

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# Calendar

CONTINUED FROM PAGE 15

through the aging process. Topeka and Shawnee County Public Library - Learning Center, 10:30-11:30 a.m.

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

JAN 3, 10, 17, 24, 31

### BEGINNER YOGA

Gain confidence with yoga sequences specifically designed to help new students build strength and stability, and provide experienced students a more gentle option with a focus on alignment. Topeka and Shawnee County Public Library - Learning Center, 5:30-6:30 p.m.

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

## HISTORY & HERITAGE

JAN 19

### BUNDLE UP! DRESSING FOR WINTER IN TERRITORIAL KANSAS

What did settlers wear to survive the harsh winters of 1850s Kansas? In this public talk, Eric Smallwood, 19th-century men's fashion historian and tailor, will use images, historical accounts, and original pieces from the collection of the Merchant Tailor Museum to address this topic. In connection with this program, visitors are encouraged to drop off items for our Ballard Center winter clothing drive, happening January 5-31. Watkins Museum of History, 1047 Massachusetts St., 7-8 p.m. Free.

LAWRENCE, 785-841-4109  
[watkinsmuseum.org/event](http://watkinsmuseum.org/event)

JAN 20

### CELEBRATION OF WILLIAM STAFFORD: LIVING A POETIC LIFE

We invite you to the Watkins for the annual celebration of famed Kansas poet William Stafford. This drop-in event features readings by area Kansas and Missouri poets. Watkins Museum of History, 1047 Massachusetts St., 1-4 p.m. Free.  
LAWRENCE, 785-841-4109  
[watkinsmuseum.org/event](http://watkinsmuseum.org/event)

JAN 25

### VISITING MY GREAT-GRANDFATHER'S HOMESTEAD

Topeka Genealogical Society Monthly Meeting. TGS member and published poet, Duane Herrmann will explain how he located his great-grandfather Andreas Herrmann's homestead near White Lake, SD. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.  
TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

## MEETINGS

MONDAYS

### GRIEF SUPPORT (VIRTUAL)

Join us for an online grief support group. This group is held weekly via Zoom. For more information about this group or to sign up contact our grief and loss department. Midland Care Connection, 4 p.m.  
TOPEKA, 785-232-2044

MONDAYS

### TOPEKA NEEDLEWORK GUILD

Join our needlework enthusiasts every Monday (except holidays) at the Topeka and Shawnee County Public Library, Menninger Room (second floor), 9-11 a.m. Bring a project to work on while we share our skills and ideas. Drop ins welcome.  
TOPEKA, 785-207-1165

FIRST WEDNESDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

Meet with other caregivers in the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. This support group is for caregivers of individuals age 60 or older. Baldwin Methodist Church, 704 Eighth St., 1-2 p.m.  
BALDWIN CITY

SATURDAYS

### LAWRENCE BRIDGE CLUB

The Lawrence Bridge Club plays party bridge every Saturday night (weather permitting and some holidays excluded). Kaw Valley Bridge Center (suite 120) located in the I-70 Business Center, 1025 N. 3rd St. (next to the drivers

license office), 6:30 to 9 p.m. First visit free.  
LAWRENCE

### SECOND TUESDAY OF THE MONTH NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

Meets at Grace Episcopal Church, 701 SW 8th Ave. (enter on N.W. corner), at 9:30 a.m.  
TOPEKA

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

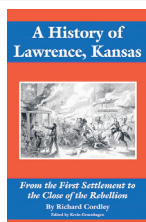
Jayhawk Area Agency on Aging, 2910 S.W. Topeka Blvd., 12-1 p.m.  
TOPEKA, 785-235-1367

## MISCELLANEOUS

JAN 18-28

### LAWRENCE RESTAURANT WEEK

Restaurants across Lawrence are cooking up something different for Lawrence Restaurant Week! Plan to eat your way across Lawrence this January.  
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[explorelawrence.com/lawrence-restaurant-week](http://explorelawrence.com/lawrence-restaurant-week)



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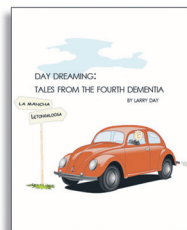
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## RICK STEVES' EUROPE

# Istanbul's old soul lives on in the Grand Bazaar

By Rick Steves

Tribune Content Agency

**D**odging four men pushing a cart full of honeydew melons, I step out of the noisy traffic of Istanbul, pass through the horseshoe-arched door, and trade one commotion for



*Rick Steves*

another. Suddenly the air—heated by thousands of electric bulbs—is several degrees warmer. Like carnivorous flowers, merchants seduce from glittering shops. They say, “Welcome to the Grand Bazaar.”

This labyrinthine warren of shops is

called Kapalı Çarşı (kah-pah-luh chahr-shuh)—literally “covered market.” While much of the bazaar is overrun with international visitors, it still has virtually tourist-free nooks and crannies that offer an insightful glimpse into the “real” Istanbul.

In its heyday, this was the “world trade center” for the entire Ottoman Empire—locked down and guarded by more than a hundred soldiers every night. The Grand Bazaar remained Turkey’s commercial hub through the 1950s, its 4,000 shops bursting with both practical and exotic wares.

But then the Grand Bazaar was discovered by travelers seeking the ultimate “Oriental market” experience. Prodded by shopaholic tourists with fat wallets, prices and rents skyrocketed, and soon small shopkeepers and manufacturers were shoved to the fringes of the market, crowded out by souvenir and carpet shops.

The main drag is “Hatmakers’



**The Grand Bazaar is a unique Istanbul experience.**

Street” (Kalpakçılar Caddesi). Historically each street, alley, or corner of the bazaar was dedicated to a particular craft or item. They still bear those names—even if hat racks are replaced by jewelry showcases.

The many jewelry shops are a reminder that Turks love gold, not because they’re vain or greedy, but because they’re practical. Since their local currency has a tendency to devalue, people prefer to invest in something more tangible. Traditionally, Turks celebrating special occasions—such as a wedding or a circumcision—

receive gold as a gift. In fact, in the most traditional corners of Turkey, the groom’s family still must present the bride’s family with gold bracelets before the couple can marry.

Because all this gold is used primarily as an investment tool, and only secondarily as an accessory, it’s most commonly sold in the form of simple 22-carat bracelets (24-carat is too soft to wear). If you see a woman whose arm is lined with these bracelets, she’s not making a fashion statement—she’s wearing her family’s savings on her

CONTINUED ON PAGE 25



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# Rick Steves

CONTINUED FROM PAGE 24

sleeve...literally.

The Grand Bazaar is made up of a series of bedestens— commercial complexes of related shops. Sandal Bedesteni, one of the oldest, dates from the late 15th century. Over time, the bazaar grew organically—with new bedestens sporadically sprouting up, each one devoted to a particular trade or item. For the convenience of both the shopkeeper and the customer, shops dealing with similar items clustered together.

Surprises await in the low-rent fringes of the market. Hearing a commotion of shouting, I venture into a cluster of alleys packed with boisterous men hollering into cell phones and waving their arms. This is a poor man's Wall Street, with currency brokers frantically swapping fortunes of euros, dollars, and Turkish lira.

Walking farther, I enter the "Master of All Eunuchs Alley" (Kızlarağası Han), which leads to a humble courtyard where sooty smiths labor before furnaces, melting gold shavings and silver fragments from other workshops into a more usable form.

Ayhan, one of the goldsmiths here, welcomes me into his charred little world, proud to let me watch him work. His fire makes his shop almost unbearably hot, and then he tosses in some white powder, making it even hotter. Within moments, a tiny shovel of gold fragments is melted, poured, and cooled, then a tidy little brick of gold is placed with a smile into my hand. Giving it back, I compliment Ayhan with one of my only Turkish phrases: Çok güzel (Very beautiful).

Ayhan belongs to a dying breed. Today most goldwork is done in large factories outside the city. But locals believe the Grand Bazaar needs both shops and workshops to be successful. If a product isn't perfect, the shopkeeper can send it to his workshop for an adjustment. And if workshops like Ayhan's are forced out by high rents and replaced with more "Made in Taiwan" gift shops, the Grand Bazaar will eventually become a shopping mall only for tourists.

Ayhan steps out of the heat and joins me for tea at a teahouse table across the Master of All Eunuchs Alley. The dainty hourglass-shaped tea glass accentuates the roughness of his goldsmith's hand. The backgammon board—inlaid, with its softer wood worn below its harder wood—smells like tea and tobacco. The dots on the dice don't quite line up. Tossing them, I'm thankful the soul of old Istanbul survives. You can find it in the back streets of the Grand Bazaar.

- 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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C <sub>3</sub>	U <sub>1</sub>	B <sub>3</sub>	I <sub>1</sub>	C <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 2 =	<u>63</u>	
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G <sub>2</sub>	E <sub>1</sub>	M <sub>3</sub>	L <sub>1</sub>	I <sub>1</sub>	K <sub>5</sub>	E <sub>1</sub>	RACK 5 =	<u>64</u>	
PAR SCORE 260-270							TOTAL	<u>343</u>	
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## BOGGLE ANSWERS

SON, UNCLE, COUSIN, MOTHER,  
FATHER, SISTER, NEPHEW,  
BROTHER

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## JUMBLE ANSWERS

Jumbles: FLOSS, CRAZY, INTAKE,  
OCTANE

Answers: The bird had trouble  
seeing the window and would try to  
remember to -- STAY CLEAR OF IT

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## MY ANSWER

# Man seeks to excuse himself of sin

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** I grew up learning popular Bible verses, but grew to resent the pastor preaching on nothing but sin, never about the love of John 3:16 or the encouragement of Philippians 4:13. I don't see how anyone can take serious a preacher who is obsessed with people's sins, when often people are just struggling with human weaknesses and reacting negatively to disappointments in life. — S.O.

**A:** We may try to take a light view of sin and refer to it as "human weakness." We may try to call it a trifle, but God calls it a tragedy. We may pass it off as an accident, but God declares it

an abomination. Man seeks to excuse himself of sin, but God seeks to convict him of it and to save him from it. Sin is no amusing toy — it is a terror to be shunned! We all need to understand what constitutes sin in the eyes of God!

Examining the Ten Commandments reveals that people deliberately break them — and glamorize them. From idolatry, which is anything we put before God, to the lack of honoring parents, there is a concerted effort to break each one and offer excuses.

James, the apostle, made it plain that we are all guilty: "Each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin" (James 1:14–15).

Every Gospel preacher and pastor

is responsible to proclaim God's Word that says, "For all have sinned" (Romans 3:23). "Repent, and believe in the gospel" (Mark 1:15). "[God] loved us and sent His Son to be the propitiation for our sins" (1 John 4:10). Ministers are to warn people of God's judgment and tell them of God's love. We must never take the holiness and judgment and love of God lightly, for it is the very essence of His character.

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

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