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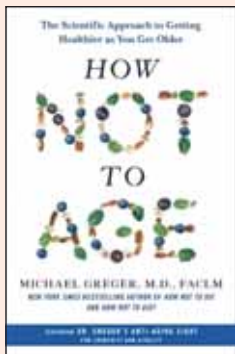
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Vol. 23, No. 9

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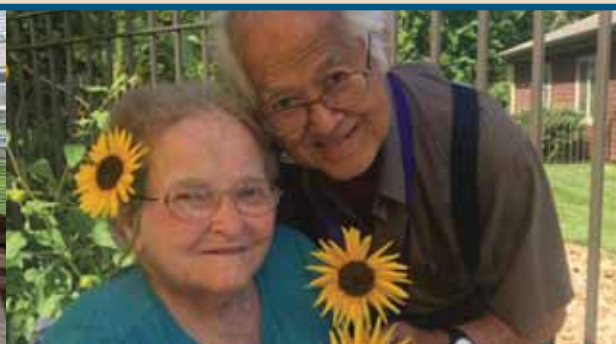
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# Birzer manages the Plaza 1907 movie theater

By Billie David

Ottawa, Kansas (population just over 12,550), holds the distinction of being home to what is officially certified as the oldest operating, purpose-built cinema in the world, receiving this distinction in late 2017 from the *Guinness Book of World Records*.

It may be the oldest, but through the efforts of Scott Zaremba, owner of the Plaza 1907 movie theater, and Betty Birzer, theater manager and local Realtor®, they have managed to merge the theater's old-fashioned charm with the interests of the present-day population to make the theater in sync with, as Charlie Chaplin might have said, "Modern Times."

Birzer spent her early years (1963-1973) in Tokyo because of her father's occupation as a partner with Deloitte, a worldwide accounting firm. In 1973, the family moved to Omaha, Nebraska, and then, after three years,

moved to Kansas City.

Birzer graduated from the University of Kansas (KU) in 1984, where she met her late husband, Tony, who worked at the Wolf Creek Generating Station. Because the power plant was located near Burlington, Kansas, and his job required that he live within an hour's drive, they decided to settle in Ottawa, with its easy accessibility to Lawrence and Kansas City.

"Ottawa was the smallest town I had ever lived in," Birzer said. "It took a while to acclimate, but now I wouldn't trade it for anything."

"I like meeting people at church and the grocery, and I like the city government," she added, explaining that she found that the city government is made up of caring people who want to do what they can to encourage growth, innovation, and harmony in Ottawa.

Birzer and Tony married in 1984. Birzer, who had earned a degree in

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KEVIN GROENHAGEN PHOTO



**Betty Birzer with the certificate** from the *Guinness Book of World Records* that designates the Plaza 1907 movie theater as the oldest operating, purpose-built cinema in the world.

## Kaw Valley Senior Monthly

**Kevin L. Groenhagen**  
Editor and Publisher

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# Betty Birzer

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business from KU, worked in the accounting field for companies in Kansas City, Paola, and Ottawa before working in the business office of Baker University and, later, with Ottawa University. During this time, the Birzers had two daughters, Jennifer and Jaime. Birzer desired to stay at home more with the girls, so she decided to answer a newspaper classified ad to try her hand at the real estate industry. In 1997, she started her real estate career with Century 21. Five years later, she moved over to Reece Nichols.

After 20 years as a Realtor®, Birzer had established herself as one of the area’s top Realtors®. She thought about how else she could help her clients.

“In 2018, I took classes and was certified as a Seniors Real Estate Specialist, or SRES,” she said. “An SRES agent takes additional continuing education to better assist the 50+ population.”

After receiving her SRES designa-

tion, Birzer asked herself, “What is the best way to get this information out?”

Inspiration came to her when she remembered hearing about how, in earlier days, the former People’s Bank used to host senior movies. She was having lunch with her friend Courtney Taylor when she came up with an idea: Why not sponsor something similar?

Taylor, marketing director for Rock Creek of Ottawa, loved the idea, and they decided to collaborate on the project. Birzer presented the idea to Zaremba, and he agreed to give the event a try.

Originally titled “Red Carpet Classic Monday Movie,” the first show was held on February 25, 2019, and featured the movie *Cat Ballou* starring Lee Marvin and Jane Fonda. Thirty-five people attended. The event’s popularity quickly grew, and two more sponsors were added to the project to provide the guests with free popcorn and drinks. Current sponsors for the now-named “Classic Movie Monday” are Betty Birzer (Reece Nichols Town & Country Realty), Courtney Taylor (Rock Creek of Ottawa), OakStar Bank, and

Advent Health Ottawa. “Classic Movie Monday” is held on the last Monday of each month except for May and December, when the movies are shown on the third Monday.

According to Birzer, the average attendance at “Classic Movie Monday” is 75-80 people.

“The highest number we had was 150 people when we showed Frankie Avalon and Annette Funicello in *Beach Blanket Bingo*,” Birzer said, adding that people from Louisburg, Baldwin City, Kansas City, and other cities from all over the area came to the event.

Birzer got to know Zaremba and the Plaza 1907 theater pretty well while hosting the “Classic Movie Monday” event. She learned how to make popcorn and dispense drinks. She also learned the intricacies of operating the movie projectors. The COVID pandemic temporarily halted the program in March 2020, but “Classic Movie Monday” rebounded in May 2021 as the COVID threat receded.

To do her part to help the small local business, Birzer started attending movies more regularly at the Plaza

1907. Birzer noticed the employees at that time lacked enthusiasm and drive and did not welcome in the theater guests as they did with “Classic Movie Monday” guests. She brought up the issue with Zaremba.

“I said to Scott, ‘We need more enthusiastic workers,’” she remembered, “and he suggested that I work to bring that about. I said, ‘Challenge accepted.’” Thus, Birzer was deputized as manager of Plaza 1907.

In addition to drawing people to Ottawa, the theater provides employment opportunities for local high school students. The theater shows first-run movies on Friday and Saturday evenings, plus a Sunday matinee, where the audience can enjoy the movies in a quaint, old-fashioned setting in the same place where viewers enjoyed silent movies 117 years ago. People can also rent the theater for events like birthdays, retirement parties, family gatherings, weddings, and business seminars.

“In the summer, we also offer Wednesday matinees,” Birzer said.

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# Betty Birzer

CONTINUED FROM PAGE FOUR

"That's when grandparents like to bring their grandkids to the movies when the kids are not in school."

"I'm civic-minded," she continued. "The people living here care about each other and want it to be a place they can be proud of."

As an involved citizen, Birzer sometimes takes leftover popcorn from the movies to places like the hospital, the fire department, and the police department to recognize the people who work to make Ottawa a better place.

Birzer also started "Donuts for Do-gooders" for the same reason. In keeping with her theme of supporting local small businesses, she got to know the new owner of Daylight Donuts, Charity McCain. McCain had just recently purchased the business after the pandemic and was trying to grow it.

"I drive around a lot," Birzer said. "And I saw many people during COVID being honored as unsung

heroes." Birzer thought that honoring unsung heroes should extend past the pandemic. As a result, she took some donuts to the kitchen staff at the Prime-Time Grille, a locally-owned restaurant.

"Those donuts brought so much joy!" she said.

An idea came to Birzer: Why not have people submit nominations on the Daylight Donuts Facebook page and give donuts every week to "unsung heroes"? This would be a good way to continue to recognize the wonderful people in the community and give more exposure to Daylight Donuts. Birzer presented the idea to McCain, who loved the idea. As a result, every Thursday, Birzer delivers two dozen donuts to an "unsung hero" selected randomly by Daylight Donuts from nominations and two dozen donuts to a "Business of the Week."

Birzer has been very involved in the community since moving to Ottawa. She has always been active with her church, Sacred Heart, and has been a member of many organi-

CONTINUED ON PAGE SIX



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# 'Hunch' leads to place in the Guinness Book of World Records

By Billie David

In 2006, Peach Madl bought what is now known as the Plaza 1907, located at 211 South Main in Ottawa, Kansas, with the desire to keep it from closing, and it was then that she changed its name from the Plaza to the Plaza Grill and Cinema.

Madl knew that the building was old and that the theater had been there for a long time, but it wasn't until after a hunch and a lot of research that confirmed that hunch that she was able to document the history of the theater and prove that it is the oldest operating, purpose-built cinema in the world, earning it a place in the *Guinness Book of World Records*.

In 1867, shortly after the Civil War, Thomas Pickerell built a livery stable called Hotel de Hoss on the current Plaza 1907 site. The building was replaced in 1887 by the building that still stands, which was at various times occupied by a millinery shop, barber shops, billiard parlors, tobacco shops, and attorney and real estate businesses.

Moving pictures were first shown in the Bijou theater in the building at 117 East 2nd Street, but became so popular that the owner was forced to move his business to the Pickerell Building at 211 South Main. The first silent films were being shown in the Pickerell building by May 22, 1907, and for the next 122 years, except for a brief pause due to COVID, and because the movie theater never moved or shut down after that, it earned Guinness recognition as the oldest operating, purpose-built cinema in the world.

But first, that claim had to be documented.

In 2013, a local historian named Deborah Barker told Madl about some old photographs that showed that the theater was open back in the early 1900s, just as moving pictures were taking off in popularity.

Madl still needed documented

proof of the theater's age when she met *Kansas City Star* reporter Cindy Hoedel, who wrote a story about the theater, and later, Madl hired her to do more research.

Hoedel found the information they needed in a little-known Ottawa prohibitionist newspaper called the *Ottawa Guardian*, which promoted the theater as a family-oriented alternative to drinking, and it was there that they found ads with dates that could prove the theater's age. It was this information that was approved by Guinness and earned the theater its distinction.

The building houses a museum that provides information about some of the interesting moments in the theater's history.

In 1907, when people first started watching silent films, they were not used to seeing pictures moving on a screen, and in July of that year, a movie aired that showed a sawmill about to sever the head from the body of a man, which was so realistic that a woman in the audience actually fainted.

Concerned about the moral implications of moving pictures, the prohibitionist newspaper known as the *Ottawa Guardian* noted that the pictures shown at the theater were morally above reproach. Tickets at that time cost 50 cents. To address the summer heat in the building, air conditioning was provided by placing a block of ice in the basement and using huge fans to blow air over it and into the screening room.

Visitors can now sit in the quaint, historical theater in air-conditioned comfort and imagine what it was like in the early years; perhaps in 1912, the year that the Titanic sank, women began sporting bobbed haircuts and hemlines that rose just above the ankle, and audiences watched enthralled by America's Sweetheart, Lillian Gish, as she faced unimaginable perils several years before audiences had even heard of Charlie Chaplin.

## Betty Birzer

CONTINUED FROM PAGE FIVE

zations. She currently is an Advent Health community board member and a Rotary member. She is involved with SparkWheel, formerly known as Communities In Schools. In this program, community members and businesses make themselves available to schools to supply shoes, socks, coats, and whatever else a student might need to help them succeed. She was also recently invited to serve on the Ottawa Area Chamber of Commerce board.

Having served on these and other boards, Birzer said, "I like to be involved and make a difference. I learned that from my parents."

As for the theater, it may not be the most modern or the fanciest, but it is a historic jewel in Ottawa. Birzer hopes to obtain a grant someday for a digitized marquee update.

"That way, Scott wouldn't have to risk his life each week changing the movie names by hand!" Birzer said.

Meanwhile, for those who like to step back in time, visitors can peruse the theater's museum, where they can see photos and read about the history of the building, or they can take a stroll outside where, in addition to the movie theater, the entire 200 block of Main Street in Ottawa has been officially designated the Downtown Ottawa Historic District, where commercial buildings constructed between 1872 and 1900 show off their Late Victorian style, which has earned them a place on the National Register of Historic Places.

The website <https://plaza1907.com> provides details about current movies that are playing and their corresponding trailers, prices, and information about renting the theater for special events such as family gatherings, weddings, business seminars, and museum tours.

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# Book review: Dr. Greger's 'How Not to Age'

By Kevin Groenhagen

When I received my copy of *How Not to Age: The Scientific Approach to Getting Healthier as You Get Older*, my first thought was, "I'll need to add a few years to my life just to finish this book!" After all, Michael Greger, M.D., FACLM, had written a book of more than 600 pages. Remarkably, Greger's original manuscript was nearly 2,150 pages!

Greger includes more than 8,000 references, so many that the reader is provided with a QR code to scan for cited sources. Each cited source is hyperlinked so readers can read the original studies themselves. In addition, the author shared hundreds of links to videos.

Don't let the length of Greger's book intimidate you. Greger, a founding member and fellow of the American College of Lifestyle Medicine, shares invaluable information concerning health and aging in an engaging style and includes a good amount of humor, including groan-inducing puns. This makes his book a relatively quick read.

As Greger notes in the introduction, *How Not to Age* is four books in one:

**Part I: *Slowing Eleven Pathways of Aging.*** Greger characterizes Part I as the "nerdy section," which "contains critical concepts and terms that will be used throughout the book."

**Part II: *The Optimal Anti-Aging Regimen.*** In Part II, Greger notes that making it to your hundredth birthday is not just a matter of "picking better parents." "Studies following identical twins suggest that no more than 20 to 30 percent of the variance in lifespan is explained by gene inheritance," he writes.

**Part III: *Preserving Function.*** In Part III, Greger includes chapters on how to preserve your bones, bowels, circulation, hair, hearing, hormone balance, joint health, etc. He shares sneak peeks at [see.nf/trailer](https://see.nf/trailer).

**Part IV: *Dr. Greger's Anti-Aging Eight.*** In Part IV, Greger highlights "specific foods, supplements, or

behaviors that have the potential to offer some of the best opportunities to slow aging or improve longevity."

According to Greger, the Standard American Diet, which has the appropriate acronym of SAD, includes pro-inflammatory foods that result in elevated disease rates. "Those eating more inflammatory diets also appear to experience faster aging at the cellular level," he writes. "Pro-inflammatory diets are also associated with the development of frailty and increased falls in the elderly."

What does a pro-inflammatory diet include? With the ban on added trans fat, saturated fat is the most pro-inflammatory food component.

Greger notes that the top-five sources of saturated fat are essentially cheese (including pizza), desserts like cake and ice cream, chicken dishes, pork, then burgers."

That list shows that meat and dairy products are causing people to age more quickly. Of course, we can all probably point to some-

one who ate many meat and dairy products and lived to a ripe old age. For example, I attended Ella Schuler's 110<sup>th</sup> birthday celebration at Aldersgate Village in Topeka in 2007 (see October 2007 issue of *Senior Monthly*). Ella and her husband, John, opened Schuler's Grocery Store in Topeka in 1934 and operated it until they retired in 1978. Ella said she ate a lot of steaks from the grocery's meat department during those decades. In addition, at 110, she said she drank three glasses of milk daily.

Of course, Ella's case is an exception. Greger points to "Blue Zones," which are "longevity hot spots named for the color a demographer used in a global 'heat map' of mortality." These five Blue Zones include the Nicoya Peninsula in Costa Rica, the island of Sardinia in Italy, Ikaria in Greece, Okinawa in Japan, and Loma Linda, California. "These are the regions with high concentrations (up to ten times the U.S. average) of centenarians," Greger writes. Why is Loma Linda, which

Greger says has perhaps the highest life expectancy in the world, different from the rest of the United States? Most of the residents are Seventh-Day Adventists, who tend to be vegetarians and vegans.

The official Blue Zone Food Guidelines include the following:

- Retreat from meat by eating roughly two ounces or less of meat no more than five times per month.
- Reduce your dairy intake significantly.
- Slash sugar intake by consuming only 28 grams (or seven teaspoons) of added sugars daily.
- Eat no more than three eggs per week.
- Go easy on fish, eating fewer than three ounces of fish up to three times per week.
- Snack on nuts, aiming for one to two handfuls per day.
- Drink mostly water and aim for roughly seven glasses daily — coffee,

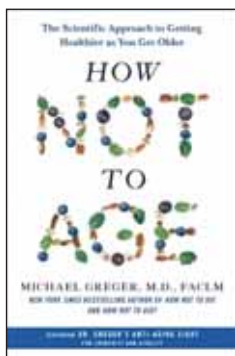
tea, and wine can be consumed in moderation.

- Get in your daily dose of beans by eating a half cup to one cup daily.
- Go "wholly whole" with single-ingredient, raw, cooked, ground, or fermented foods that are not highly processed.
- Aim to eat a diet that is 95% to 100% plant-based.

Those guidelines are far different from the Standard American Diet. Fortunately, you don't need to live in a Blue Zone to follow them.

Greger's advice on how to meet these guidelines and how doing so can help you live a healthier and longer life, make his book an invaluable resource that should be on every family's bookshelf.

*How Not to Age* is available at Amazon.com, BN.com, and other online bookstores. Greger donates all the proceeds he receives from his books and speaking engagements to charity.



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## HEALTH & WELLNESS

# Double knee replacement helps return patient to his active life

By Autumn Bishop

LMH Health

Being active is in Pat Brown's DNA. As an outside linebacker with the University of Kansas football from 1994-99, he jokes that he played on concrete that was painted green. It wasn't concrete, of course, but the turf was hard on his joints.



"I remember a number of guys that I played with. No one would touch them and they'd go down with a knee injury," he said. "I saw them go through the rehab process and bounce back to play again a season or two later."

Brown was fortunate not to have any knee issues during the time he was on the field playing for Glenn Mason and Terry Allen. After his football career ended, he still had a competitive fire that he drew upon when playing basketball three to four times per week. The fire still burned bright, but Brown began to notice that he wasn't getting around quite as easily as he'd like to.

"My knees were just aching. I went to the doctor and they told me that I'd need a knee replacement at some point," he said. "I thought, 'Not me. Surely they have to be wrong.'"

Fast forward a few years and Brown really began to notice the ache in his knees. He went to Target with his wife, Cassandra, and after the first few steps, he had to sit down. His legs ached and he could feel the bone-on-bone grind in his knees. Once again, Brown went to the doctor to find relief. He got cortisone shots, physical therapy and followed all of the doctor's recommendations, but his symptoms weren't getting any better.

The wear and tear on his knees

became more evident, especially as Brown and his family took a vacation to Mexico in 2022.

"I've got a high pain tolerance, but it was a good-sized resort and I was miserable walking around," he shared. "I was physically laboring and couldn't wait to get in the water or take a hot bath. I called the doctor once we got back and told him something had to change."

**"Who do you see?"**

During a chat at the Lawrence Rotary Club, Brown learned that one of his younger colleagues had knee replacement the previous year. He hadn't thought that someone younger would have knee replacement and Brown asked for the name of the surgeon. That's when he was introduced to Dr. James Huston, an orthopedic surgeon at OrthoKansas.

"When Pat came to the clinic, we got X-rays of both of his knees," Dr. Huston said. "Those showed that he had bone-on-bone arthritis in each knee, with quite a bit of bone spur formation as a result."

It wasn't a question in Brown's mind—being active following any treatment was a must. Dr. Huston listened to his needs and recommended total knee replacements. He explained that as long as he took care of his knees, followed through with rehab and didn't take it to extremes, Brown could return to an active life after surgery.

While that was music to his ears, Brown had one more request. He wanted to replace both knees at the same time. Dr. Huston was hesitant.

"Recovering from one knee replacement is tough. Recovering from both done on the same day is even tougher," Dr. Huston explained. "There are additional risks when both knees are replaced at the same time, so I typically prefer for patients to stage the surgeries at least a few weeks apart. Pat was a rare exception to the rule."

Getting ready for surgery is impor-

tant. Dr. Huston recommends that patients be as active as they can tolerate and add stretching and strengthening exercises both before and after surgery. While there isn't a special diet for before or after surgery, it's important for patients to incorporate protein, fruits and vegetables into their meals. Brown was all in.

"I was very much into doing what I needed to prior to surgery," Brown said. "I did all of the exercises they gave me, drank protein shakes to help with muscle recovery, got things prepared at home and came in with an optimistic attitude."

### Robotic-assisted surgery

On July 18, 2023, Brown arrived at the LMH Health Main Campus ready to have his knees replaced and put the day-to-day pain they caused behind him. Dr. Huston chose to perform the surgeries using the MAKO robotic arm, an instrument funded in part by donor support through the LMH Health Foundation. MAKO has been proven to facilitate a shorter hospital stay, typically less pain, and quicker return to function.

"The robotically-assisted technique allows us to plan the knee replacement in three dimensions," Dr. Huston explained. "We can adjust our plans during surgery for the optimal position and balancing implants in order to fit the bone and balance the soft tissues as well as possible."

Surgery went off without a hitch. Since Brown had both knees replaced, he was slated to spend the night at LMH. He'd heard people talk about the pain they had after the nerve block wore off after surgery, and he was prepared to be in pain. What he experienced wasn't anything of the sort.

"My flexibility was great. I was able to get up to 120 or 125 degrees of movement right out of the gate," Brown said. "They took me for a lap around the floor and I remember doctors coming out to see me because it's rare to do a bilateral knee replacement. I walked, I did some stairs and I didn't feel the grinding pain that I had."

Once the medication wore off, Brown thought that surely he'd be in more pain. He passed the 36-hour mark after surgery and was surprised that

he didn't feel the amount of pain he'd anticipated. Three or four days later, he was even able to begin moving around without using a walker.

### The work begins

It's important to follow through with physical therapy after a knee replacement, and even more so after having both replaced at the same time. Brown knew he wanted to work with Tyre Reed, a physical therapist at the LMH Health West Campus. His experience as a high-level athlete, having played basketball for the Kansas Jayhawks, and amazing reputation made Reed his first choice.

"I saw Pat on August 7, about three weeks after his surgery. I was amazed at how well he was doing so early on," Reed said. "He came in without using an assistive device, just walking in normally after a couple of weeks. That just goes to show his level of activity and strength prior to surgery."

Brown was motivated to get back to his active lifestyle and spent a couple of months working hard in physical therapy. At each visit, Reed took objective measurements to track his progress, looking at Brown's strength based on his ability to squat or step up, and his range of motion.

"When you've had a single knee replacement, you're focused on restoring the range of motion on one side," he said. "Even though he had a bilateral knee replacement, I didn't handle Pat's therapy differently. It added a focus on both limbs."

Reed shared that Brown's back

CONTINUED ON PAGE 11

## Peterson Acres II

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# Knee replacement

CONTINUED FROM PAGE 10

ground as a college athlete made a difference in recovery. Being a former athlete, seeing progress and knowing the end goal made the process simpler.

“Pat knew it was a mindset. He knew he wasn’t going to get better unless he attacked his rehab at home and at therapy to make sure he was progressing appropriately,” he explained. “He knew his pain limits—what was short-term pain, what was bad, when he could push things and when he should back off.”

Brown said having Cassandra by his side through the whole process, making sure he took his medication on time—day, night and late night — was a blessing.

“Cassandra reminded me about drinking enough water every day and was there to take me to rehab,” Brown

said. “I want to give her flowers for everything she did. She was amazing throughout the whole process.”

## Looking to the future

Recovering from a knee replacement takes time, effort and a willingness to work hard to get better. Dr. Huston explained that it typically takes about

a year to fully improve in terms of balance, endurance and strength.

“Everyone starts from a unique position entering a joint replacement, so it’s important to set your own goals and not try to compare yourself to someone whose situation isn’t exactly like yours,” he said. “As long as you work hard in the rehab process and we all do our part along the way, most patients can find success after a joint replacement.”

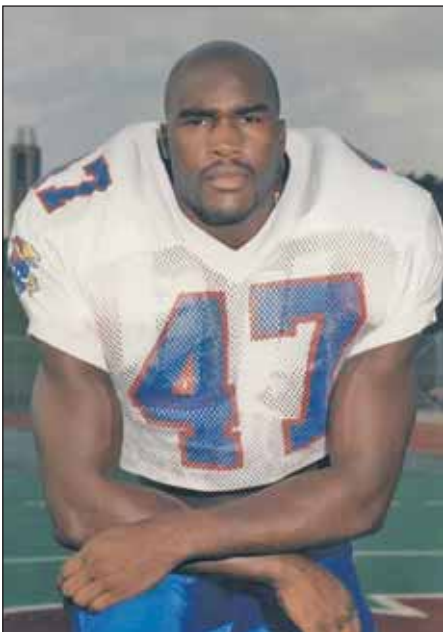
With two new knees and rehab behind

him, Brown’s future looks bright. He’s been amazed with the care he received from Dr. Huston, Reed and the team at Ortho-Kansas. He’s not quite back to playing basketball yet, but that’s his ultimate goal. That and of course, getting back out to tailgate for the Jayhawks next season.

“OrthoKansas and LMH Health care about the patient as a whole. They kept my wife involved along the

way and I didn’t feel like a number,” Brown said. “The team was focused on listening to what I wanted and worked to create the best plan to get me feeling better and back to my life.”

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



Pat Brown

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## HEALTH & WELLNESS

# Pomegranate can treat numerous health conditions

The pomegranate, or the Latin name *Punica granatum*, is a small tree and is believed to have originated in the regions of Persia, Afghanistan, Pakistan, and parts of northern India. It was spread throughout the Middle East and Southeastern Europe due to the trade routes.



Dr.  
Deena  
Beneda

The name pomegranate means “fruit of paradise,” and it has been a symbol of love since ancient times. It was mentioned in Greek and Persian mythology. For Shakespeare lovers, the pomegranate tree was mentioned in *Romeo and Juliet*.

Pomegranate has been associated with the meanings of abundance, blessings, love, fertility, immortality, and prosperity. The multitude of seeds in the pomegranate might explain why it was linked to fertility, as described by the Greek physicians and Ibn Sina (Avicenna).

Pomegranate has been significant in cultures for its cuisine. The fruit was an extremely useful way of transporting liquid when traveling through arid conditions such as deserts. In addition to its juice, it is mainstream in many popular Persian dishes such as *fesen-jan* (lamb or chicken stew with walnuts and pomegranates), *khosaf al-rumman* (pomegranate with nuts and orange flower), and pomegranate *khoreh* (stew).

Historically, pomegranate is mentioned throughout the literature as a remedy for roundworm, skin, and eye inflammation, as a digestive aid, for mouth sores, and as a treatment of bronchitis, diarrhea, hemorrhaging, leprosy, and snakebites. Many traditional medicine systems such as Ayurveda, Traditional Tibetan, Traditional Chinese Medicine, Traditional Persian Medicine, and European Homoeopathy all mention the use of pomegranate.

Current uses of pomegranate for treating conditions include bleeding with stools, nose bleeds, excessive bleeding during menstruation, burning sensation in the eyes, diabetic neuropathy, cough, diarrhea, fever, loss of taste sensation, urinary tract health, rheumatoid arthritis, bad breath, hyperacidity

of the stomach, chest pain, chest palpitations, nausea and vomiting, jaundice, as an emetic (to induce vomiting), intestinal parasites, anemia, fatigue, general weakness, jaundice, and polydipsia (chronic excessive thirst).

Many research studies are being done on the therapeutic efficacy of pomegranates. One recent study suggests that drinking eight ounces of pomegranate juice daily helps improve performance in tasks related to learning and memory.

Pomegranates can be found on the market in many different forms, such as essential oils, juices, teas, tinctures, powders, and supplements. So why not dive into the world of pomegranates? The refreshing taste of the sweet-tart fruit makes it a popular choice, and the health benefits keep multiplying.

- 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

# Defining head and neck cancer

By Samip Patel, M.D.

Mayo Foundation for Medical Education and Research

**DEAR MAYO CLINIC:** A co-worker recently was diagnosed with oral cancer after a nagging cough led him to the doctor. It got me wondering about the incidence of head and neck cancer and what I should be screened for. I'm in my mid-40s and try to be mindful of getting an annual physical.

**ANSWER:** There are many types of head and neck cancers, which is a broad category used to describe any cancer that starts in the head or neck, including the mouth, nose and throat.

Head and neck cancers account for nearly 4% of all cancers in the U.S., according to the National Cancer Institute. These cancers are more than twice as common among men as women and are diagnosed more often among people over 50.

Alcohol and tobacco use, including chewing tobacco, are among the top causes of head and neck cancer, especially cancer of the mouth, pharynx and voice box. However, there has been an increase in throat cancer in recent years in people who do not smoke or drink.

Data from the American Cancer Society indicates the cause is due to HPV, a sexually transmitted infection that is thought to affect almost 80% of all adults at some point in their lives.

The most common head and neck cancers include:

- **Tonsil cancer.** Tonsil cancer is an abnormal growth of cells that forms in a tonsil. Your tonsils are two oval-shaped pads in the back of your mouth that are part of your body's germ-fighting immune system. Tonsil cancer often is diagnosed late in the disease, when cancer has spread to nearby areas, such as the lymph nodes in the neck.

While it's not clear what causes tonsil cancer, health care professionals are finding that HPV is detected in most tonsil cancers in the U.S.

- **Soft palate cancer.** Soft palate cancer begins in the cells of the soft palate, which is located on the upper portion of the back of your mouth, behind your teeth. Soft palate cancer is considered a type of throat cancer. Soft palate cancer forms when a genetic mutation turns normal, healthy cells into abnormal cells. Risk factors include using tobacco, drinking alcohol, infection with HPV and taking medication that suppresses your immune system.

- **Tongue cancer.** Several types of cancer can affect the tongue, but tongue cancer most often begins in the thin, flat squamous cells that line the surface of the tongue. The type of cells involved in your tongue cancer helps determine your prognosis and treatment. As with tonsil cancer, increasingly, cancers at the base of the tongue are associated with HPV.

Treatment for head and neck cancers can vary depending on the size, location and type of cancer. Surgery is common, and there are now minimally invasive operations, such as transoral robotic surgery and transoral laser microsurgery. Patients also may receive chemotherapy, immunotherapy or targeted drug therapy as well as radiation.

If reconstructive surgery is required, patients may experience changes in their ability to talk or eat. Rehabilitative services often are available to help patients in their recovery.

There are several things you can do to reduce your risk of developing head and neck cancer, including:

- **Quit smoking.** Smoking is the leading cause of head and neck cancer. If you smoke, quit as soon as possible. Marijuana users may be at higher risk for head and neck cancer, as well.

- **Limit alcohol consumption.** Heavy alcohol consumption also is a risk factor for head and neck cancer. If you drink alcohol, do so in moderation.

Protect yourself from HPV. To reduce your risk, get vaccinated against HPV and practice safe sex.

- **Protect your skin.** Exposure to sunlight can increase your risk of skin cancer, but many people forget about taking precautions to cover their face and lips. Wear a hat and sunglasses, and use sunscreen on your face regularly. Also, look for lip protection that includes SPF.

- **Eat a healthy diet.** While a diet rich in fruits, vegetables and whole grains can help reduce your risk of cardiovascular disease, it also can help lower your chances of developing head and neck cancer.

- **Practice good oral hygiene.** Poor oral hygiene can be associated with oral cancer. Brush and floss regularly, and see a dentist for routine checkups. If you find a lump, bump or cut inside the mouth that won't heal, make sure you mention it to your dentist.

- **Be aware of workplace hazards.**

If you work in an environment where you are exposed to certain chemicals or dusts, take steps to protect yourself. Wear protective gear and follow safety guidelines to reduce inhalation and irritation of the nose and throat.

- **Avoid unnecessary radiation exposure.** Take precautions to avoid exposure to radiation, which is associated with head and neck cancer.

Your primary health care team can help you determine what screenings might be needed, especially if you are experiencing symptoms that could indicate a head and neck cancer. You also can visit a specialist, known as an otolaryngologist. — Samip Patel, M.D., Otolaryngology-Head and Neck Surgery, Mayo Clinic, Jacksonville, Florida

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

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## FINANCIAL FOCUS®

# Can you save too much for a rainy day?

“Save for a rainy day” is an old piece of advice — and a good one. But is it possible to save too much? To begin with, what defines a “rainy day” in terms of financial needs? It could be any number of things: a temporary loss of employment, a major home or car repair, a large medical bill, and so on.



*Derek  
Osborn*

If you did not have the money readily available to pay for these types of expenses, you might be forced to dip into your IRA, 401(k) or other retirement accounts, incurring taxes and possible penalties, as well as lowering the amount of money you’d have available for retirement. And that’s why it’s a good idea to build an emergency fund containing up to six months’ worth of total expenses, with the money kept in a liquid, low-risk account that’s separate from the accounts you use for your daily spending needs.

An emergency fund is valuable, but many people may be overfunding it. And while this isn’t the biggest financial mistake one can make, it could result in some missed opportunities.

For one thing, when you keep money in a low-risk account, you can gener-

ally count on your principal being protected, which means the money will be there for you when you need it — but the flip side is that this money likely won’t grow very much, if at all. And if you’re going to achieve your long-term goals, such as a comfortable retirement, you need your investment portfolio to provide you with significant growth potential within the context of your individual risk tolerance. So, any excess dollars kept in your rainy-day fund might be used to help fuel some growth-oriented investments.

You could also use these dollars to help diversify your investment portfolio. If you only owned one type of investment, your portfolio could take a big hit if a market downturn affected just that asset class. But by owning a mix of stocks, bonds, government securities and other investments, you can help reduce the impact of market volatility. (Keep in mind, though, that diversification, by itself, can’t protect against all losses.)

Still, before deciding on what to do with extra money you might have in your emergency fund, how will you know if you indeed have too much? Up to six months’ worth of total expenses may be adequate for most people — but everyone’s life is different. For example, if you have reason to believe your employment — or that of your spouse — may be in jeopardy in the near future, or if you anticipate the need for some renovations to your home, but not for a year or so, you might want more than

six months of expenses tucked away in your emergency fund. Also, once you’re retired, you may well want to keep a year’s worth of expenses in the fund. If you need cash, you don’t want to be forced to sell investments when their price may be down, especially since you have less time for them to recover.

Ultimately, when thinking about how much to keep in your emergency fund, review your situation carefully and weigh as many variables as you can.

And if you do decide your rainy-day fund is abundant, use any “overflow” in a way that can help you keep moving toward your financial goals.

- 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 provided by Edward Jones for use by your local Edward Jones Financial Advisor. Member SIPC.



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## JILL ON MONEY

# Super Bowl sweethearts

When Taylor Swift kissed boyfriend Travis Kelce to celebrate the Kansas City Chiefs' victory in the AFC championship game, my mind wandered and I thought: If they were to get married, would they sign a prenuptial agreement? (Yes) Would they keep their own money managers? (Probably) Would they combine some of their accounts? (Maybe)



Jill  
Schlesinger

All kidding aside, these are questions that many couples ask themselves, especially as people are getting married later in life.

Forty years ago, the median age at first marriage was 25.4 for men and 22.8 for women. Compare that with 2023, when it was 30.2 and 28.4, respectively. (Our Super Bowl Sweethearts are 34.)

Those extra years mean that couples begin their marriages with well-established patterns and habits about money, for better — and sometimes, for worse.

Maybe the later in life couples have already been living together, but even so, it's always a good idea to check in with each other about your approach to money.

As every long-lasting couple will tell you, communication is the key. Still, it is challenging to have conversations about finances without judgment, so maybe the best way to start is to acknowledge that everyone carries some emotional baggage about money.

Maybe there is shame, or fear and anxiety, or maybe money represents some family of origin feelings ("my parents always exerted control through money" or "my parents worked so hard to get me here, so I can't let them down").

These conversations are not curative, but they are meant to help your partner better understand you and hopefully, allow you to better understand yourself. It will also help you articulate your financial goals, which will shift over time.

After the emotional conversation, the next part should be a breeze! The actual exchange of information should include: the amount of money each of you earns; how much you have saved or invested; your risk tolerance; your outstanding debt and your credit scores.

You should also decide on the division of labor, especially when it comes to bill paying and investing. I am often asked whether or not to combine bank or investment accounts.

The answer is: do what works for both of you. Regardless, both partners must understand whatever system is in effect, including relevant websites, passwords, automatic payments, and any other pertinent information.

The detailing of all of this information will be necessary as you tackle your estate planning. Whether or not you legally tie the knot, it is imperative that partnerships agree to create a will, a power of attorney and a health care proxy, and in some cases, a trust. The process will also include a review of all beneficiary designations on retirement accounts and life insurance policies.

Finally, a word about prenuptial (prenup) agreements, legal documents that set forth how you will divide your money and property in the event of divorce or the death of one or both of you.

For our Super Bowl sweethearts, this may seem like a no-brainer, because of the large disparity in wealth, but prenups may also be useful if there are children from a previous marriage, a small business, a family trust, or when assets are owned with others.

If circumstances change after you get married (i.e., the sale of a business or a large, unexpected inheritance), you can

draft a "post-nup," and if you are not planning to get married, there's a "no-nup," which can be especially helpful for real estate transactions and estate planning.

- 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

### MAR 2

#### INTRODUCTION TO GENEALOGY

Genealogy is one of the most popular hobbies in the US. We want to help you get started! Our resident genealogist, Alisa Branham, has been teaching classes at the Watkins for several years and will guide you with her expertise and several useful handouts. Space is limited; please register in advance. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-12 p.m. LAWRENCE, 785-841-4109  
[watkinsmuseum.org/event](http://watkinsmuseum.org/event)

### MAR 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>

### MAR 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 - Menninger Room 206, Virtual Room 02, 5-6:30 p.m. TOPEKA, <https://events.tscpl.org/events>

### MAR 6

#### WORLD LEADERS IN WARTIME: WINFIELD SCOTT AND JOINT WARFARE IN 1847-1848

Ft. Leavenworth Series. Presented by Lieutenant Colonel Nathan Jennings. In March of 1847 General Winfield Scott led the first large-scale joint operation in U.S. history. Seeking to compel a favorable conclusion to the ongoing war with Mexico, the veteran U.S. Army commander developed an ad hoc partnership with the U.S. Navy to conduct an amphibious landing and assault on the fortress city of Veracruz along the Gulf of Mexico. This cooperation between the U.S. Army and U.S. Navy, which occurred in the absence of joint doctrine or American precedent, set conditions for a successful march on Mexico City and would establish an enduring cornerstone for the American Way of War. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4:15 p.m. Hybrid event. LAWRENCE, 785-864-4900  
[https://www.youtube.com/watch?v=jDb42xx5P9M&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=jDb42xx5P9M&feature=emb_imp_woyt)

### MAR 7

#### GOOGLE DOCS - BEGINNING COMPUTER SKILLS

Learn how to access Google Docs, use basic text editing features, import and save to Google Drive. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m. TOPEKA, <https://events.tscpl.org/events>

### MAR 11

#### EMAIL FOR BEGINNERS

Using Google's free email, Gmail, learn how to log into, open, delete, reply to and forward email messages. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m. TOPEKA, <https://events.tscpl.org/events>

### MAR 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>

### MAR 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 to attend in person or by Zoom. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5-6:30 p.m. TOPEKA, <https://events.tscpl.org/events>

### MAR 14

#### SPRING LAWN AND LAWN ALTERNATIVES

Learn about recommended spring lawn care practices and ecologically friendly alternatives to traditional lawns. Presented by master gardener Kevin Siek. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8 p.m. TOPEKA, <https://events.tscpl.org/events>

### MAR 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>

### MAR 19

#### 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.tscpl.org/events>

### MAR 21

#### 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.tscpl.org/events>

### APR 1

#### NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m. TOPEKA, <https://events.tscpl.org/events>

### APR 2

#### 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 - Menninger Room 206, Virtual Room 02, 5-6:30 p.m. TOPEKA, <https://events.tscpl.org/events>

### APR 3

#### WORLD LEADERS IN WARTIME: KING HENRY II

Ft. Leavenworth Series. Presented by John D. Hosler. King Henry II of England (reigned 1154-1189) was the most powerful European monarch of his day, husband to Eleanor of Aquitaine, and father to two successors: Richard the Lionheart and King John. Over the course of 35 years, he successfully warred against neighbors in the Isles and on the Continent, expanding his domains to create the so-called "Angevin Empire." This talk will outline Henry's military career and examine the breadth, depth, consequences, and legacy of his conquests. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4:15 p.m. Hybrid event. LAWRENCE, 785-864-4900  
[https://www.youtube.com/watch?v=cuxFPIzC0Ms&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=cuxFPIzC0Ms&feature=emb_imp_woyt)

## 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

### MAR 1, 2, 3, 7, 8, 9, 10

#### A MURDER IS ANNOUNCED

An announcement in the local paper states the time and place of an imminent murder. When an unknown visitor to Miss Blacklock's Victorian home dies under the prescribed circumstances, Miss Marple turns up to solve the case in a classic Christie puzzle of mixed motives, concealed identities, twists and turns. Theatre Lawrence, 4660 Bauer Farm Dr. See website for show times. Fee. LAWRENCE, 785-843-SHOW (7469)  
[wp.theatrelawrence.com/events/23-24-season](http://wp.theatrelawrence.com/events/23-24-season)

### MAR 1

#### LEO KOTTKE, GUITAR

Leo Kottke is a prolific guitarist and two-time Grammy nominee, with a career spanning more than five decades. He is known for a fingerpicking style that draws on blues, jazz and folk music, and for syncopated, polyphonic melodies. 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)

### MAR 3

#### DOMINGO PAGLIUCA, TROMBONE & PAULINA LEISRING, PIANO

Domingo Pagliuca is a Latin Grammy Award-winning trombonist who was born in Venezuela and graduated with honors from the University of Miami with bachelor's and master's degrees in instrumental performance. Paulina Leisring is a Latin Grammy Award-winning pianist and educator based in the Lawrence and Kansas City area. Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee. LAWRENCE, 785-864-2787  
[lied.ku.edu/calendar](http://lied.ku.edu/calendar)

### MAR 8

#### FREE STATE STORY SLAM | GIMME A BREAK

Experience the raw and unfiltered magic of live storytelling. Get ready for an unforgettable evening filled with real-life narratives that will captivate your heart and soul. Presented MOTH-style, storytellers take the stage every month, weaving their tales around a fresh and intriguing theme. Expect the unexpected because no two evenings are ever alike! Live music and social hour at 7 p.m. Slam begins at 7:30 p.m. Ages 18+. 10th & Mass Studios, 1000 Massachusetts St., Suite D. \$10 suggested donation. LAWRENCE, 785-843-2787  
[lawrenceartscenter.org/event](http://lawrenceartscenter.org/event)

### MAR 10

#### PASTENSE BLUEGRASS BAND

Watch Pastense play bluegrass inspired music with interesting, heartwarming vocals, and



# Calendar

CONTINUED FROM PAGE 16

creative, driving instrumentals on traditional bluegrass instruments, banjo, guitar, mandolin and doghouse bass. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 3-5 p.m.

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

MAR 12

## SHANE HENNESSY

Irish virtuoso guitarist Shane Hennessy has established himself as one of the leading guitarists on the world stage, known widely for his fingerstyle, flatpicking and percussive guitar-playing approaches. Guitar legend Tommy Emmanuel says of Shane that he “transcends the guitar the same way Muhammad Ali transcended boxing.” 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)

MAR 17

## DARK IRISH GHOST STORIES FOR ADULTS

Tired of happy little leprechauns, shamrocks and rainbows? Raconteuse Rosie Cutrer performs old Irish folktales of witches, death personified and the living dead. Program not suitable for elementary students. Topeka and Shawnee County Public Library - Marvin Auditorium 101AB, 2-3 p.m.

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

MAR 19

## LAWRENCE BROWNLEE, TENOR

Lawrence Brownlee is a leading figure in opera, both as a singer on the world's top stages, and as a voice for activism and diversity in the industry. Captivating audiences and critics around the globe, he has been hailed as “an international star in the bel canto operatic repertory” (The New York Times), “one of the world's leading bel canto stars” (The Guardian) and “one of the most in-demand opera singers in the world today” (NPR). 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)

MAR 23

## OZARK MOUNTAIN DAREDEVILS AND THE TOPEKA SYMPHONY

The Ozark Mountain Daredevils have been aptly described as “a ragtag collection of hippies, bohemians, and musicians of no fixed ambition.” They have always been indefinable in terms of music genres, producing sounds of country-rock and electric bluegrass all on the same record; writing lyrics both whimsical and poetic, singing harmonies that would send shivers up your spine. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.

TOPEKA, 785-234-2787

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

MAR 25

## CLASSIC MOVIE MONDAY

*El Dorado* with John Wayne & Robert Mitchum. Movie Museum will be open one hour before and after the feature show. Historic Plaza

Cinema, 209 S. Main, 2 p.m. Free. Concession popcorn and drink provided courtesy of sponsors.

OTTAWA, 785-242-5555, [plaza1907.com](http://plaza1907.com)

MAR 25

## JUILLIARD STRING QUARTET

With unparalleled artistry and enduring vigor, the Juilliard String Quartet (JSQ) continues to inspire audiences around the world. Founded in 1946 and hailed by *The Boston Globe* as “the most important American quartet in history,” the ensemble draws on a deep and vital engagement to the classics, while embracing the mission of championing new works—a vibrant combination of the familiar and the daring. 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)

MAR 27

## KU JAZZ ENSEMBLE I WITH SPECIAL GUEST CAMILA MEZA, GUITAR/VOCALS

A fluidly inventive Chilean jazz guitarist and singer-songwriter, Camila Meza makes ambitious, lyrical music that combines progressive fusion, post-bop and Latin American folk traditions. It's a sophisticated sound born out of her love for artists like Pat Metheny, Milton Nascimento and Joni Mitchell. Meza first garnered attention with her 2007 debut, *Skylark*, before moving to New York. Since then, she has collaborated on projects with other boundary-pushing artists like Ryan Keberle, Aaron Goldberg and Fabian Almazan. 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)

APR 1

## MANDY PATINKIN IN CONCERT: BEING ALIVE

Before he was an Emmy-winning TV star, Mandy Patinkin was already a Tony-winning Broadway legend. Mandy Patinkin In Concert: BEING ALIVE presents the acclaimed actor/singer/storyteller in his most electrifying role: concert performer. “Mandy Patinkin is in the business of showstopping,” raves The New Yorker, and that's exactly what he does in this powerful, passionate evening of song. 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)

APR 5

## TETRIS – CREATED BY ARCH8

Experience Arch8's physically awe-inspiring work, Tetris, featuring a gravity-defying combination of acrobatics, extreme physicality and movement. Tetris, inspired by the addictive puzzle game and the twists and turns of a Rubik's Cube, has performers fitting, merging, stacking and combining in various feats. The show is about fitting into a group, but also staying true to yourself. It is for the kids who can't sit still, for the ones who like to climb the walls and for those who can imagine further than they can see. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee.

LAWRENCE, 785-864-2787

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

## EXHIBITS & SHOWS

AUG 22-MAY 19

## SOLDIERS RETURN: COMING HOME FROM VIETNAM

Over three million Americans served in the Vietnam War; they returned home to a fractured nation. Lacking support systems and an understanding community, Vietnam veterans created organizations and networks to support each other. In the following decades, many local veterans found ways to process their war memories through books, articles, and poetry. This exhibit expresses, in their own words and through artifacts and photographs, the difficult, and often painful, Vietnam veteran experience

in America. Watkins Museum of History, 1047 Massachusetts St.

LAWRENCE, 785-841-4109

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

JAN 16-JUN 16

## JACOB LAWRENCE AND THE LEGEND OF JOHN BROWN

The special exhibition “Jacob Lawrence and the Legend of John Brown” presents a recently acquired portfolio of prints by the acclaimed Black modernist Jacob Lawrence (1917–2000). In this series of 22 prints, Lawrence explores the life of abolitionist John Brown, best known for leading a raid on Harpers Ferry in Octo-

CONTINUED ON PAGE 18



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# Calendar

CONTINUED FROM PAGE 17

ber 1859 that foreshadowed the Civil War. Lawrence includes scenes from Brown's time in Kansas, where he first used violence in his quest to rid the country of slavery. Spencer Museum of Art, 1301 Mississippi St. LAWRENCE

## FEB 9-MAY 19 EMMETT TILL & MAMIE TILL-MOBLEY: LET THE WORLD SEE

This touring exhibition tells the story of Emmett Till and his mother, Mamie Till-Mobley, and challenges visitors to make a ripple for justice in their own communities. It is a collaboration of the Emmett Till and Mamie Till-Mobley Institute, the Emmett Till Interpretive Center, the Till family, and The Children's Museum of Indianapolis. Spencer Museum of Art, 1301 Mississippi St. LAWRENCE

## FEB 9-MAY 19 ONE HISTORY, TWO VERSIONS

This installation features works by contemporary African American artists from the collection of Bill and Christy Gautreaux and the Spencer Museum. Selected works relate to themes of Black life and Black love, media representation, and activism. Spencer Museum of Art, 1301 Mississippi St. LAWRENCE

## FEB 23-MAY 19 OUR STORIES: AFRICAN AMERICAN TOPEKA BEFORE AND AFTER BROWN

This collaboration between the Black American Blueprint Collective and the Alice C. Sabatini Gallery reflects on the local impact of the landmark *Brown v. Board* ruling 70 years later. Topeka and Shawnee County Public Library - Alice C. Sabatini Gallery 110AB, 9 a.m.-9 p.m. TOPEKA, [events.tscpl.org/events](https://events.tscpl.org/events)

## FAIRS & FESTIVALS

### MAR 3 CREES SPRING FESTIVAL

The KU Center for Russian, East European, and Eurasian Studies (CREES) is delighted to invite you to the 2024 CREES Spring Festival. We will have free food, live music by Croatian band, Hrvatski Obicaj, a dance performance by Ukrainian folk dance Troupe Mavka, prizes, crafts, and more. Liberty Hall, 644 Massachusetts St., 4-7 p.m. LAWRENCE

## FARMERS' MARKET

**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  
[cottonhardware.com/farmers-market](https://cottonhardware.com/farmers-market)

## HEALTH & WELLNESS

MAR 6, 13, 20, 27

### GERI-FIT - STRENGTHEN FOR FREEDOM

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

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

MAR 6, 13, 20, 27

### 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](https://events.tscpl.org/events)

MAR 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 - Circulation Plaza 115, 9-11 a.m.

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

MAR 27

### 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 - SE Corner, 9-11 a.m. TOPEKA, [events.tscpl.org/events](https://events.tscpl.org/events)

## HISTORY & HERITAGE

JAN 29-MAR 3

### BLEEDING KANSAS PROGRAM SERIES 2024

A series of talks and dramatic interpretations on the violent territorial and civil war of Kansas and the nation, 1854-1865. Recurring weekly on Sundays. Constitution Hall, 319 Elmore, 2 p.m. Fee. LECOMPTON  
[lecomptonkansas.com/2024-bleeding-kansas-program-series](https://lecomptonkansas.com/2024-bleeding-kansas-program-series)

## 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

MAR 4

### CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at 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>

MAR 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 - Learning Center, 3-4:30 p.m. TOPEKA, <https://events.tscpl.org/events>

MAR 13

### DIABETES EDUCATION GROUP

No registration required. You can attend in-person on the lower level in Conference Room D-North or if you would prefer to join via Zoom, email James.Florez@lmh.org. LMH Health, 325 Maine Street, Conference Room D North, 6-7 p.m.

LAWRENCE, 785-505-3062

MAR 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 - Learning Center, 2-3 p.m. TOPEKA, <https://events.tscpl.org/events>

APR 1

### CAREGIVER SUPPORT MEETING

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## MISCELLANEOUS

MOST SUNDAYS

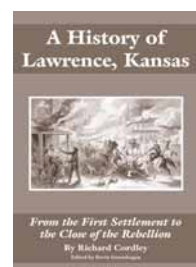
### EXPLORING LIFE'S BIG QUESTIONS

These Unitarian Universalist programs, which are open to the public, are hybrid so you can join in person at 1263 N. 1100 Rd., south of Lawrence, west off Highway 59 or via zoom. Please visit [uucpls.org](https://uucpls.org) Sunday to confirm weekly programs and access the link to join live via zoom. The Unitarian Universalist Congregation of Lawrence (UUCU) hosts presenters with expertise on a wide range of topics who give a brief talk followed by Q&A and informal conversations over coffee, tea and treats. 9:15-10:15 a.m. LAWRENCE

MAR 16

### BLARNEY BREAKFAST

Rise and shine early for an all-you-can-eat breakfast buffet to kick-start your day. Enjoy a tasty breakfast, Blind Tiger craft brews, entertainment, raffles, and more all while celebrity servers get their Irish on for a great cause. Don't leave their tip jars half full - all proceeds help your friends with disabilities served at Capper Foundation build their abilities. Blind Tiger Brewery & Restaurant, 417 SW 37th St., 7-10 a.m. Fee. TOPEKA, [capper.org/events](https://events.tscpl.org/events)



## A History of Lawrence, Kansas

by Richard Cordley

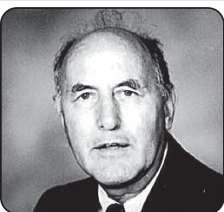
Available at the Watkins Museum of History, 1047 Massachusetts St., Downtown Lawrence.



## HUMOR

# Andrew Klees and the Limo Redux

Andrew Klees was the best dent and fender man in town. One day, a tow truck brought in a stretch limousine that had rolled over. The top was crushed, and there were dents. The supervisor said, "That limo is not worth fixing. Drag it off to the junkyard."



Larry Day

Andrew Klees fell in love with the limo at first sight and told the tow truck driver, "Take it up to my place. I'll pay the salvage charge and the tow."

The limo wouldn't have been salvageable without Andrew Klees's loving touch. He worked on the limo for months, and just had it in perfect shape when hoodlums walked in and demanded the keys. The limo wouldn't budge.

"It won't move without me in the

car," said Andrew Klees.

"Smart boy says the limo won't move without him," said one of the thugs.

"Oh, this guy's a smart one," said the other thug.

"Okay, smart guy, get in and shut your mouth."

The limo began to roll, and Andrew Klees was quiet. After a couple of miles, Andrew Klees didn't hear anything from the back seat.

A melodic female voice came from the dashboard.

"I put them to sleep," said the voice. "Let the police handle this."

Andrew Klees turned the thugs over

to the police.

From then on, folks swore they heard a female voice singing as the limo rolled along the country roads. Andrew Klees and his limo went along happily through the decades.

Then one of the thugs showed up. It took all his resolve for Andrew Klees not to panic. The thug looked as mean as ever. But he wasn't.

The thug had had a transforming experience in prison and had become a dedicated do-gooder. As part of his rehabilitation, the thug had to ask forgiveness from all the people he had offended.

"Mr. Klees," said the thug. "I treated you terribly years ago. I have seen the light. I've come to beg for your forgiveness. And, if you'll allow me access to the limo, I will make further amends.

"Ah...ah...of course," stammered Andrew Klees."

The rehabilitated thug slid into the limo and ran his finger between the seat and the back.

He pulled out a thumb drive.

"This was what we were after when we first took the limo," he said.

"It will tell the police everything they need to convict my ex-accomplices," he said.

This love story doesn't end. It goes on and on as the dear old stretch limo rolls along the winding country roads around Letongaloosa.

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

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## PAINTING WITH WORDS

# George Herbert's 'Easter Wings'

George Herbert was born in 1593 in Britain and was the son of a prominent Welsh family. George was only three when his father died, so it was his mother who was left with 10 children to raise and educate as loyal Anglicans. She also found the time to be a patron of such literary figures as



Tom  
Mach

John Donne, who, in turn, dedicated his *Holy Sonnets* to her. At the age of 10, George left for Westminster school and later won a scholarship to Trinity College in Cambridge. While at school, he sent his mother two sonnets he wrote that showed the love of God is more fit for verse than the love of a woman, which seemed to foreshadow his vocational bent for the ministry.

In 1620, he was elected as an orator of the university. While in college, Herbert only published verses in Greek and Latin for special occasions. He resigned as orator in 1627 and three years later was ordained a priest and

rector at Bemerton. Eventually, he joined a religious community near Little Gidding and became involved with the rural parish there. He continued to write poetry, and when he was near death, he sent a number of his verses to his friend, Nicholas Ferrar, giving him permission to either publish them or destroy them. Ferrar published them with the title *The Temple: Sacred Poems and Private Ejaculations* in 1633.

Herbert's poems took on a religious theme, and he described them as "a picture of the many spiritual conflicts that have passed between God and my soul." The poet John Donne befriended Herbert, and many of Herbert's verses tend to use more creative rhythms of speech. A few of his poems are "pattern" verses, with lines forming the shape of the subject. An example of one is called "Easter Wings." The shape of the printed poem suggests the poem's central theme: if you stay close to God, you can "fly" above your suffering.

In this poem, he suggests that when God created the first humans, He gave them everything they needed. But because of sin, Adam and Eve lost it all. As a result, mankind became more sinful and increasingly poor in spirit. But we can rise from our sins with God on Easter Sunday, and it will be like

songbirds rising in harmony with each other; we will experience His triumph. If one attaches their wing to the Lord's, one's suffering will only make the person more able to fly and transcend the sorrow from one's suffering.

Here is "Easter Wings" by George Herbert:

## Easter Wings

By George Herbert

*Lord, who created man in wealth and store,  
Though foolishly he lost the same,  
Decaying more and more,  
Till he became  
Most poor.  
With thee  
O let me rise  
As larks, harmoniously,  
And sing this day thy victories:*

*Then shall the fall further the flight in me.*

*My tender age in sorrow did begin  
And still with sicknesses and shame.*

*Thou didst so punish sin,  
That I became*

*Most thine.*

*With thee*

*Let me combine,*

*And feel thy victory:*

*For, if I imp my wing on thine,*

*Affliction shall advance the flight in me.*

• • •

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.TomMach.com](http://www.TomMach.com). If you have any comments, suggestions, or questions, please email him at [tom.mach@yahoo.com](mailto:tom.mach@yahoo.com).



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

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## SAVVY SENIOR

# How to tap underutilized burial benefits for veterans

By Jim Miller

**Dear Savvy Senior:** What types of funeral benefits are available to old veterans? My 83-year-old father, who has Alzheimer's disease, served during the Vietnam War in the 1960s. - Planning Ahead



**Dear Planning:** Department of Veterans Affairs' (VA) National Cemetery Administration actually offers a variety of underutilized burial benefits to veterans as well as their spouses and dependents.

Most U.S. veterans (both combat and non-combat) who didn't receive a dishonorable discharge are eligible for burial benefits. To verify your dad's discharge, you'll need a copy of his DD Form 214 "Certificate of Release or Discharge from Active Duty." If you don't have it, you can request online at [Archives.gov/veterans](https://www.archives.gov/veterans).

Here's a rundown of some of the different benefits that are available to

veterans who die a nonservice related death.

### Military Cemetery Benefits

If your dad's eligible and would like to be buried in one of the 155 national or 119 state, territory or tribal-operated cemeteries (see [VA.gov/find-locations](https://www.va.gov/find-locations)), the VA provides a number of benefits at no cost to the family, including: a gravesite; opening and closing of the grave and perpetual gravesite care; a government headstone or marker; a United States burial flag that can be used to drape the casket or accompany the urn; and a Presidential Memorial Certificate.

If your dad is cremated, his remains will be buried or inurned in the same manner as casketed remains.

But be aware that funeral or cremation arrangements and costs are not taken care of by the VA. They are the responsibility of the veteran's family, but some veteran's survivors may be eligible for burial allowances.

The VA also offers a memorial web page called the Veterans Legacy Memorial for any veteran buried in a national, state, territorial or tribal cemetery. This allows families to post pictures and stories of their loved one online as a way to remember and honor their service.

If you're interested in this option, the VA has a pre-need burial eligibil-

ity determination program to help you plan ahead before your dad passes. See [VA.gov/burials-memorials/pre-need-eligibility](https://www.va.gov/burials-memorials/pre-need-eligibility) or call the National Cemetery Scheduling Office at 800-535-1117.

### Private Cemetery Benefits

The VA also provides benefits to veterans buried in private cemeteries. If your dad chooses this option, the VA benefits include a free government headstone or grave marker, or a medalion that can be affixed to an existing privately purchased headstone or marker; a burial flag; and a Presidential Memorial Certificate.

Funeral or cremation arrangements and costs are again the responsibility of the family, and there are no benefits offered to spouses and dependents that are buried in private cemeteries.

### Military Funeral Honors

Another popular benefit available to all eligible veterans buried in either a national or private cemetery is a military funeral honors ceremony. This includes an honor guard detail of at least two uniformed military persons, folding and presenting the U.S. burial

flag to the veteran's survivors, and the playing of Taps.

The funeral provider you choose will be able to assist you with all VA burial requests. Depending on what you want, certain forms may need to be completed which are always better to be done in advance.

For a complete rundown of burial and memorial benefits, eligibility details and required forms visit [Cem.va.gov](https://www.va.gov).

### Burial Allowances

In addition to the burial benefits, some veteran's survivors may also qualify for a \$948 burial allowance and \$948 for a plot to those who choose to be buried in a private cemetery. And \$231 for a headstone or grave marker allowance. To find out if your dad is eligible or to apply, see [VA.gov/burials-memorials/veterans-burial-allowance](https://www.va.gov/burials-memorials/veterans-burial-allowance).

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



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# GOREN ON BRIDGE

WITH BOB JONES

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## THE BUFFALO ROAMS

Neither vulnerable, South deals

### NORTH

♠ 7 4 3

♥ K 5 4

♦ A Q 9 7 5 3

♣ 6

### WEST

♠ A K Q 10 8

♥ 6

♦ K 4

♣ K 5 4 3 2

### EAST

♠ J 9 5 2

♥ Q 10 8 7

♦ J 10 8

♣ 9 8

### SOUTH

♠ 6

♥ A J 9 3 2

♦ 6 2

♣ A Q J 10 7

diamond from dummy as East ruffed with the seven of hearts. East led a third round of spades, intentionally giving Pettis a ruff-sluff. East was attacking the opponents' trump holding hoping to develop another trump trick for himself.

Pettis discarded a club from his hand and ruffed low in dummy. He led a low heart from dummy, East following with the eight. Pettis was sure that West, known to be 5-5 in the black suits, was short in hearts. Pettis made the key play of inserting his nine of hearts, winning the trick! A diamond to the queen, the ace of diamonds, and a diamond ruff left this position:

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	1♠	2♠*	Pass
4♥	Dbl	Pass	4♠
Pass	Pass	5♥	All pass

\*Heart fit, at least invitational values

Opening lead: Ace of ♠

Bill Pettis is an expert from the Washington, D.C. area, affectionately nick-named Buffalo. He was South, in today's deal, which was played against world-class opponents some years ago.

The defense started with two rounds of spades, Pettis ruffing the second. He cashed the ace of clubs and led the queen of clubs, discarding dummy's remaining spade when West didn't cover. The jack of clubs was not covered either, so Pettis shed a

### NORTH

♠ Void

♥ K

♦ 9 7

♣ Void

### WEST

♠ Q

♥ Void

♦ Void

♣ K 5

### EAST

♠ 9

♥ Q 10

♦ Void

♣ Void

### SOUTH

♠ Void

♥ A J

♦ Void

♣ 10

Pettis ruffed his last club with dummy's king of hearts and picked up East's remaining trumps by leading a diamond from dummy. Beautifully done!



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.

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\_\_\_\_\_

\_\_\_\_\_

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# PUZZLES & GAMES

## CROSSWORD

### Across

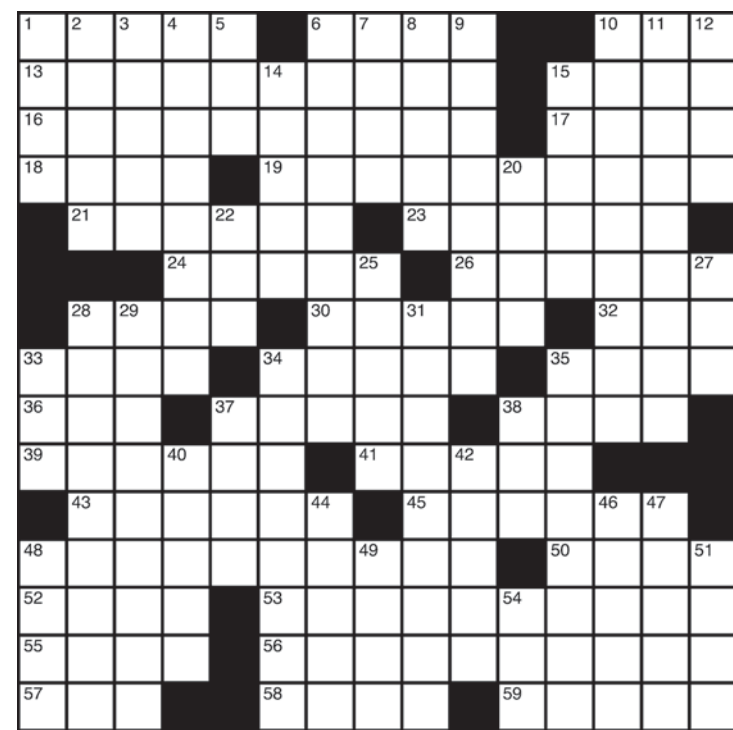
- 1 USWNT star \_\_\_ Heath  
6 Shock  
10 CPR crew  
13 Backbend that counteracts the effects prolonged sitting  
15 Alison of "GLOW"  
16 Finishing school concern?  
17 "The Best of Everything" author Jaffe  
18 \_\_\_ stick  
19 [Blank stare]  
21 Comfort  
23 Greta with three Oscar nominations  
24 Digital greeting  
26 Tank top  
28 Laser cut, perhaps  
30 Leaves out to dry  
32 "I \_\_\_ Girl From Africa": Elizabeth Nyamayaro memoir  
33 Doctor  
34 "Ándale!"  
35 Made faces, perhaps  
36 NYC airport code

- 37 Has an in-tents experience?  
38 Some Twitter trolls  
3 World \_\_\_ Health Day  
41 Former MLB commissioner honored with a statue in Milwaukee  
43 Gag reflexes?  
45 Hare kin  
48 Barely triumphed  
50 Tres y cinco  
52 Thomas known as the "Soul Queen of New Orleans"  
53 Comfy attire  
55 Mid day?  
56 Staff addition  
57 Oft-redacted no.  
58 Consignment caveat  
59 "Ginger Pye" Newbery Medal winner Eleanor

### Down

- 1 Kitchen abbr.  
2 Snacks filled with "stuff"  
3 Game in which players form lines

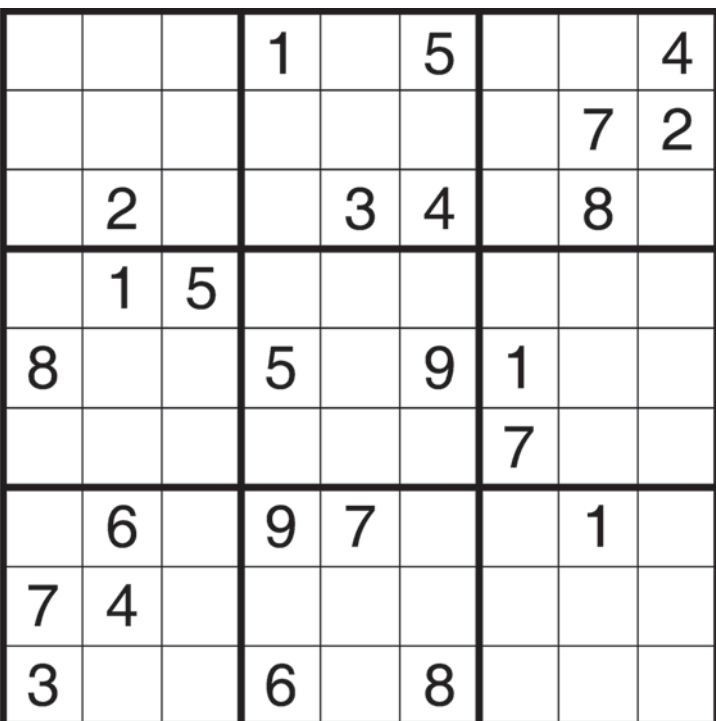
- 4 Particular way with words  
5 Private aid gp.  
6 Alter ego of Marvel's Peter Porker  
7 Dog who bit Miss Gulch  
8 Working with  
9 Dollar stores?  
10 Off-color prints?  
11 Quick contests between turns in Mario Party  
12 Ticket info  
14 CNN journalist Hill  
15 Cooks up  
20 French fat  
22 Rhineland rats?  
25 Deadens, in acoustics  
27 Bear hand  
28 Forum posters who stir things up  
29 Beijing monument whose name translates to "gate of heavenly peace"  
31 Accessories for many Hindu brides  
33 One with longtime standing on Capitol Hill  
34 Installment of "Assassin's Creed" featuring Vikings  
35 Dishes that may be adorned with bones



- 37 Hard to pin down  
38 Catcher behind a plate?  
40 Big brass  
42 Soda size  
44 Zappos buy  
46 Seal the deal  
47 Macbeth title  
48 Switch predecessors

- 49 European import  
51 Some deposits  
54 Afore

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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.

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SIYDA  
TKNITE  
WSLIVE

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

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**SCRABBLE G R A M S**

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Double Word Score

1st Letter Triple

PAR SCORE 270-280  
BEST SCORE 342

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 scrgrams@gmail.com

10-15

Answers to all puzzles on page 30

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

## MY PET WORLD

# Does a dog exhibit 'jealousy' when a wife and husband hug?

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** We've got an amazingly bright six-year-old female lab named Duchess. When my wife comes home from work, Duchess stands between us, hugs me, and seems to push my wife away.

She doesn't put her paws like that on anyone else. She hardly ever barks at us but often does during this moment. She exhibits no aggression. Do you think Duchess is trying to pull my wife away from me to protect her, or is Duchess trying to get my wife off me to protect me? Is Duchess jealous of my wife or me? Or is it something else? - Jack and Stacy, Las Vegas, Nevada

**Dear Jack and Stacy:** Many people will attest that their dogs sometimes get in between them when they hug or are intimate with their significant other. Several reasons for this include protective behaviors, attention-seeking behaviors, or even a dog's skewed perception that you both need to be separated from a perceived conflict.

In your case, it's likely a mild pro-

tective behavior that lets "mom" know that "dad" is mine or vice-versa—or its attention-seeking. It's hard to say without witnessing the behavior. But I can tell you how to handle it.

Teach Duchess to "go to her place." This place is a kennel, a dog bed, or even a piece of carpet where you have trained her to go to (with treats) when

you need her not to be underfoot. Once she understands this command, you can tell her to "go to her place" and give her a stuffed Kong when your wife walks through the door. She will be distracted so you can give your wife a proper hug.

**Dear Cathy:** At what age should a puppy be spayed? - Steve, Little Neck, New York

**Dear Steve:** Veterinarians generally recommend dogs and cats be fixed around six months old, but for the past three decades, veterinarians at animal shelters and spay-neuter clinics have been performing pediatric spaying and neutering on puppies and kittens as young as three months old.

Younger animals recover more quickly from surgery, and there is the added benefit of no accidental births when it's done before sexual maturity. Check with the veterinary clinic where you want to have the procedure done and see what's the earliest age they will accept your pet.

- *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

# We promise you'll love this hearty, meatless main

By Alli Berkey

Tribune Content Agency

We amped up the “meatiness” in this vegetarian pasta sauce by using a full pound of savory cremini mushrooms and a hefty amount of tomato paste.

## Rigatoni with Quick Mushroom Bolognese

Serves 4

1 pound rigatoni  
 3/4 teaspoon table salt, plus salt for cooking pasta  
 1 pound cremini mushrooms, trimmed and quartered  
 3 tablespoons extra-virgin olive oil  
 1 small onion, chopped fine  
 1 carrot, peeled and chopped fine  
 1/4 cup tomato paste

3 garlic cloves, minced  
 1/4 cup dry white wine  
 1/4 cup grated Pecorino Romano cheese, plus extra for serving

1. Bring 4 quarts water to boil in Dutch oven. Add pasta and 1 tablespoon salt and cook, stirring occasionally, until al dente. Reserve 1 cup cooking water, then drain pasta and return it to pot.

2. Meanwhile, pulse mushrooms in a food processor until finely chopped, about 10 pulses. Heat oil in a 12-inch skillet over medium-high heat until just smoking. Add mushrooms, onion, carrot, and 3/4 teaspoon salt and cook until mushrooms appear dry and begin to stick to the bottom of the skillet, about 14 minutes.

3. Stir in tomato paste and garlic and cook until fond forms on the bottom of



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the skillet, about 1 minute. Stir in wine, scraping up any browned bits, and cook until evaporated, about 2 minutes. Stir in reserved cooking water and bring to boil. Add sauce and cheese to pasta in the pot and stir to combine. Serve with extra cheese.

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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.



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## RICK STEVES' EUROPE

# Walking in the footsteps of ancient Greeks

By Rick Steves

Tribune Content Agency

When traveling in a country as old as Greece, ancient ruins can quickly go from magnificent to mind-numbing. Great—yet another nameless hill with more stony rem-

nal context of the items you'll see in the museum. The archaeological site contains the ruins of the Sanctuary of Apollo, a place of worship centered around the temple where the oracle prophesied. Surrounding the temple are the remains of grand monuments built by grateful pilgrims.

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*Rick Steves*

nants of people from centuries past. Just because something dates from BC doesn't mean it has to be seen. Be selective about your ancient sightseeing. Three of my favorite Greek sites to ruminate over ruins are Delphi, Epidavros, and Mycenae. All are within three hours of Athens—and all are well worth the trek.

Perched high on the slopes of Mt. Parnassus, Delphi (pronounced dell-FEE) was one of the most important sights in the ancient world. People would journey here from all over to seek wisdom from the oracle, who served as Apollo's earthly mouthpiece. By the sixth century BC, Delphi had become so influential that no great leader would make a major decision without first sending emissaries to consult the oracle. Because so many people would come and spill their truth about the state of their homelands, Delphi became the database of the ancient world. And the priests (there to interpret the oracle's riddles and rants) learned more than enough to dispense divine-quality advice.

The actual site and its archaeological museum are a half-mile east of the modern town of Delphi. I suggest visiting the site first (while you still have energy for a steep uphill climb), so you can more easily imagine the origi-

RICK STEVES



Every four years, athletes and musicians would congregate at Delphi's stadium for the Pythian Games to honor Apollo—and win a coveted laurel wreath.



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# Rick Steves

CONTINUED FROM PAGE 28

But there was more to Delphi than just the oracle. You can also see the theater and stadium where the Pythian Games were held. Occurring every four years in honor of Apollo, the games were second only to the Olympics in importance. They featured not only athletic contests, but also dance, drama, and music—including some sort of “Pan-Hellenic Idol” singing competition. I like exploring these venues at the end of the day with all the tourists gone, cheers of the ancient crowds still ringing in the cool mountain air, and the starting block all mine.

For a truly stunning theater experience, a trip to Epidavros is a must. Located in the northeast part of the Peloponnesian Peninsula, Epidavros is near Nafplio—my vote for the most charming town in Greece and a good home base for exploring these ruins. In 400 BC, Epidavros’ sprawling complex of hospitals and sick wards was the most famous healing center in the Greek world. It was a place of miraculous cures, where the sick came to be treated by doctor-priests doing the work of Asclepius, the Greek god of medicine.

The highlight of Epidavros is its fine theater, which provided entertainment for those who made the pilgrimage here. Given its size (it seated up to 14,000) and obvious lack of modern amplification, the acoustics needed to be perfect. They were...and still are. Sitting in the most distant seat as your travel partner stands on stage, you can practically hear the retsina rumbling in their stomach.

About 25 minutes north of Nafplio, ancient Mycenae is the oldest sight

you’ll see in this land dotted by so many ruins. The Mycenaeans dominated the Greek world between roughly 1600 and 1200 BC, about a thousand years before the rise of Athens. These were the early Greeks Homer wrote of in the Iliad and the Odyssey.

Following in their ancient sandals, you may first notice Mycenae’s majestic setting of mountains, valleys, and the distant sea. But the location was chosen not for its scenery but its strategic advantages. Surrounded by enemies, the Mycenaeans needed a heavily fortified capital on an easy-to-defend hill. Though just scant remains today, the city’s mighty Lion Gate entrance is still awe inspiring.

Royalty were buried in massive beehive-shaped underground chambers called “tholos” tombs. Among these is Mycenae’s Treasury of Atreus, also known as the Tomb of Agamemnon. The tomb’s massive igloo-style dome is made of 33 rings of corbeled (gradually projecting) stones. Kings were elaborately buried in the center of the room along with their swords, jewels, and personal possessions. After the funeral was over, the whole structure was covered with a mountain of dirt. Today, golden treasures excavated from Mycenaean tombs fill displays in Athens’ National Archaeological Museum.

When it comes to Greek ruins, Athens’ Acropolis and Agora are a

given. But to me, the joy of Greece lies outside its capital. Once you’re done with the big city and its requisite sights, hit the road and head for Delphi, Epidavros, and Mycenae. Each offers a unique opportunity to delve into ancient life and explore Greece’s rich history.

- 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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MY ANSWER

Angels guide and comfort the people of God

From the writings of the Rev. Billy Graham  
Tribune Content Agency

**Q:** Are angels as culture portrays them, and are they more powerful than demons? Are their powers limited only to the Bible stories? – A.D.

**A:** Bookstores and libraries are packed with subjects about demons, the occult, and demonic activity. The devil gets more attention from writers than angels do. Some put the devil on par with God. Actually, Satan is a fallen angel. Even when people have had their attention drawn to the subject of angels from time to time, those ideas have often been fanciful or unbiblical. Pop culture has used angels in the form of entertainment, reinforcing the idea

in many minds that angels are just a product of our imagination.

The Bible stresses the reality of angels and underscores their constant ministry on behalf of God’s people. In a materialistic world that nevertheless is riddled with evil, it’s a fascinating study to learn what the Bible says about angels.

Angels have a much more important place in the Bible than the devil and his demons. At God’s command, angels intervene in the affairs of the nations. Angels guide and comfort the people of God in the midst of suffering and persecution. In a world that seems destined to live in a perpetual state of crisis, the subject of angels is inspirational to believers in God — and a challenge to unbelievers.

The Bible says, “Bless the Lord, you His angels, who excel in strength, who do His word” (Psalm 103:20). The empire of angels is as vast as God’s creation and they are still active today (see Hebrews 1:14).

Just as millions of angels participated in the dazzling show when the morning stars sang together at creation, and brightly shined in the sky over Bethlehem when the Savior was born, so will the innumerable hosts of Heaven help bring to pass God’s prophetic declarations throughout time and into eternity.

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

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