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Vol. 23, No. 10

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**Pickleball:
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sport in the
country.**

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Pickleball has become a mainstream sport

By Kevin Groenhagen

When *Kaw Valley Senior Monthly* published an article on Baldwin City's Ginny Honomichl and pickleball in the August 2013 issue, many readers were likely unfamiliar with the sport. A July 16, 2013 article in the *Wall Street Journal* noted that the sport is "often described as a mixture of tennis and ping pong." Players use a wooden or graphite paddle larger than a ping pong paddle but smaller than a tennis racket. The ball is similar to a wiffle ball.

The late Joel Pritchard, a Washington state congressman, created pickleball in 1966 in response to his children's complaints of boredom. There is a legend that the name came from the family's dog, Pickles, who would retrieve the balls. However, Pritchard's wife, Joan, noted in a newspaper column that the game was so heavily based on other games that it reminded her of the "Pickle Boat in crew where oarsmen were chosen from

the leftovers of other boats." Pickles came along two years later, and the family named their pet after the game.

Today, pickleball is the fastest-growing sport in the U.S. Perhaps nothing illustrates the mainstreaming of pickleball more than Katy Perry and her mother playing pickleball against Lionel Richie and Luke Bryan during a segment on *American Idol* on March 17.

Pickleball has certainly come a long way. At the beginning of 2011, the USA Pickleball Association (since rebranded as USA Pickleball) reported that there were 71,455 pickleball players in the U.S. and Canada and 2,781 pickleball courts. Last year, the Sports & Fitness Industry Association reported that there were up to 8.9 million pickleball players over the age of six in the U.S., an increase from 4.8 million in 2022. According to places2play.org, more than 50,000 known pickleball courts are now in the country.

Honomichl believes the estimated

CONTINUED ON PAGE FOUR



Ginny Honomichl at Lyons Park in North Lawrence in 2013. Honomichl continues to play pickleball twice a week in Baldwin City.

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Kevin L. Groenhagen
Editor and Publisher

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Pickleball

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number of pickleball players is very conservative since many players have never registered for tournaments.

In Lawrence, dedicated pickleball courts have been available at Lyons Park and the East Lawrence Recreation Center for over a decade. Sports Pavilion Lawrence, which opened in 2014, also has several courts. Topeka has at least 10 places to play pickleball, including courts at the Crestview Community Center and Hughes Park. Players can find additional pickleball courts in the smaller towns near Lawrence and Topeka. The website place2play.org has a searchable database.

Pickleball has provided charities with opportunities to raise funds for their causes. This will be the case with the 2024 Capper Classic Pickleball Tournament, which organizers will hold on April 13 at SportZone in Topeka. The event will feature a mixed doubles Pickleball tournament with up to 28 teams per skill level (3.0 and 3.5 of all ages). You can find skill-level definitions at usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions.

After the tournament, organizers will hold a "Pickle BALL" from 5 to 9 p.m. The Pickle BALL will incorporate elements of what An Evening for a Child is known for, including casual dress, live auction, feature family, food, field games, and more. Attendees can also learn the basics of playing pickleball.

The goal of the pickleball tournament and Pickle BALL is to raise funds for pediatrics services at the Capper Foundation, including the foundation's

Children's Abilities Fund. This fund is a lifeline for families facing overwhelming financial challenges while raising children with disabilities.

With the growth of pickleball, entrepreneurs have also found ways to incorporate it into their businesses. For example, in addition to offering fried pickles as a starter, 785 Beer Company in Topeka rents pickleball courts by the hour.

"When we purchased our building in August 2020, we had no idea what we were going to do with such a big space," said Ashley Loewen, who, along with her husband, Luke, owns 785 Beer Company. "Our neighbor introduced us to pickleball during COVID-19, and we fell in love! We loved that it was something we could play with adults or our kids. Our brewery is family-friendly, so pickleball fit right in."

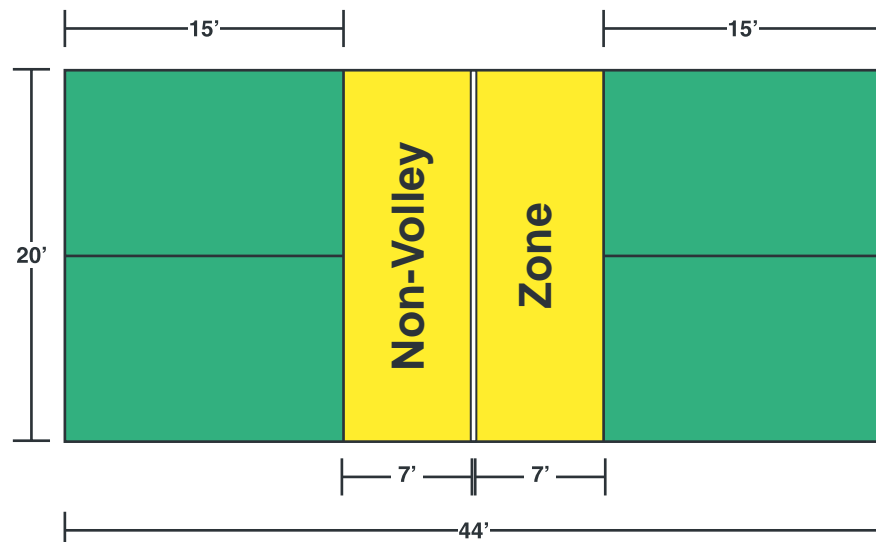
A national chain, Chicken N Pickle, offers wood-fried chicken, craft cocktails, and pickleball at eight locations, including in Overland Park, Kansas, and Kansas City, Missouri. The company plans to open another seven restaurants by early 2025.

In 2022, NBA stars LeBron James, Kevin Love, and Draymond Green bought a Major League Pickleball (MLP) team. Other athletes, including Tom Brady, Drew Brees, Patrick Mahomes, Naomi Osaka, and Kevin Durant, have also bought into the MLP.

Of course, the MLP features top-ranked professional players. However, as Honomichl noted in 2013, pickleball is excellent for beginners because it is a low-impact sport. It is also great for mature adults, including those with joint replacements. Honomichl had had a hip replacement before 2013, while

CONTINUED ON PAGE FIVE

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Pickleball

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another member of her pickleball group had had both knees replaced.

Fortunately, there are many pickleball groups in northeast Kansas for those interested in giving the sport a try. The “Topeka Pickleball Community” and “Lawrence, KS Pickleball” have Facebook pages for information about learning how and where to play pickleball. Both groups have more than 1,000 members. Johnson County residents can visit the “Olathe Pickleball,” the “Shawnee Pickleballers,” the “Lenexa Pickleball,” and the “Life Time Overland Park

Pickleball” pages on Facebook.

As for Honomichl, she continues to play pickleball twice a week in Baldwin City.

“We have a cadre of at least 30 people who show up on a fairly regular basis,” she said. “The level of play ranges from beginner to players who recently won a division at Planet Fitness in Lawrence. But pickleball still exists for beginners.”

For the past three years, Honomichl, a retired science and physical education teacher, has also visited Baldwin Junior High School once a semester to teach the sixth-, seventh-, and eighth-grade students how to play pickleball in their physical education classes.

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LAPA to host Senior Resource Fair on April 17

By Billie David

As area residents are recuperating from the excitement of this year's March Madness, they are invited to turn their attention to another important local event—the 18th Annual Senior Resource Fair, which will be held again this year at the Sports Pavilion Lawrence in Lawrence, Kansas, on Wednesday, April 17, from 10 a.m. to 1 p.m.

The fair, sponsored by Lawrence Area Partners in Aging, or LAPA, is designed to help area seniors and their families learn about what services are available to them when such care is needed, said Lori Yocum, president of LAPA and co-owner of family-owned and operated A Helping Hand Home Care. Her company's goal is to provide one-on-one care in any place a person calls home to enable them to age in the comfort and security of that abode.

The fair is designed to provide fun and information for everyone involved, including vendors and visitors. It is free, and no registration is required.

“Just come and enjoy. There will be 50 fun-filled booths, and we will have a competition this year among vendors to see which of the vendors' tables is the most eye-catching/decorated based on any theme the vendor should choose to have fun with,” Yocum said, adding that the vendors will be awarded first, second, and third place for meeting that goal.

There will also be a drawing to award five \$100 gift cards to the winning visitors.

“When people come, they will be given a LAPA bag to put information and other goodies in,” Yocum said. “They will also get a card, which they can take to the various tables—they are expecting 50 vendors this year—and each vendor will stamp their card. When the cards are full, visitors can enter them in a drawing, and the prizes are five \$100 gift cards.”

Many vendors are LAPA members who provide services to seniors to help them remain at home as long as possible. Other resources that serve seniors, such as the Senior Resource Center for Douglas County, LMH Health, the KLWN radio station, Lawrence Parks and Recreation, and the Lawrence Transit T Lift, will also be in attendance.

In addition to providing information on their services, vendors will provide entertainment, depending on their organization, including games, blood pressure checks, snacks, and other freebies.

The Sports Pavilion Lawrence was selected as the venue for the fair because it has ample parking and plenty of room—last year there were between 400 and 500 visitors—and it is all on one level.

The Sports Pavilion, located at 6100 Rock Chalk Drive, has housed the fair for the past five years. Before that, it

KEVIN GROENHAGEN PHOTO



Gary Mehalic (right) of Bath Innovations Walk-In Bathtubs and Remodeling talks with several attendees of the 2019 LAPA Senior Resource Fair.

was held in local grocery stores, which it soon outgrew.

For those unfamiliar with the area, “We have signs from Sixth Street and George Williams Way to lead you to it,” Yocum said.

“The fair is a way to showcase businesses, who they are, and what they do,” she added. “I often hear, ‘I don't need that yet,’ but I urge you to come, whether it is 50 to 20 years before you need it because you can't learn about

it too soon. We want people to make good decisions before something happens that is out of their control—as in emergencies—because it helps to know what's out there. The fair is so they can meet and ask questions to help them make decisions later on. Vendors at the fair will include representatives of businesses providing services to Topeka, Lawrence, Eudora, Baldwin City, Ottawa, Tonganoxie, and the sur-

CONTINUED ON PAGE SEVEN



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Resource Fair

CONTINUED FROM PAGE SIX

rounding area. Many of our businesses serve Topeka, Lawrence, Kansas City, and everything in between.”

When visitors leave the fair, Yocum often hears comments like, “Wow! We didn’t realize how many resources existed. We will come back every year,” she added.

For more information about the fair, people can send their inquiries by e-mail to LawrenceAreaPartnersInAging@gmail.com, Yocum advised.



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VARIETY

Don Lemon grills Elon Musk about drug use, hate speech

By William Earl

Variety

Don Lemon has released his hour-long interview with Elon Musk, after the former CNN journalist claimed that it upset the X (formerly Twitter) owner so much that Musk canceled the launch of a new interview show named “The Don Lemon Show” that the pair had been planning together.

During one section of the interview, Lemon asked about Musk taking a puff of weed on “The Joe Rogan Experience,” and then inquired about the tech mogul’s ketamine prescription.

“It’s pretty private to ask somebody about a medical prescription,” Musk said. “There are times when I have a negative chemical state in my brain, like depression, I guess. Depression

that’s not linked to any negative news, and ketamine is helpful for getting one out of a negative frame of mind. I’m not a doctor, but if someone has depression issues, I suggest they talk to their doctor about ketamine versus SSRIs.”

Lemon then asked if Musk ever abused ketamine, which Musk denied, saying he took a small amount about

CONTINUED ON PAGE NINE



Don Lemon attends the 2023 Center Dinner at Cipriani Wall Street on April 13, 2023, in New York.

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Lemon, Musk

CONTINUED FROM PAGE EIGHT

every other week.

Things got especially contentious during the last stretch of the interview, when Lemon asked Musk about advertisers pulling out of X as a result of not wanting their content to be near what they perceived to be unmoderated hate speech.

Lemon questioned Musk about said companies, asking, "Why is that not a form of free speech? They are free to advertise where they want."

"Whereas the other platforms will censor on behalf of other advertisers, the X platform will not," Musk said.

After a back and forth, Lemon pushed further about advertisers, saying, "So you said, 'If they kill the company, it's them'—but doesn't the buck stop with you?"

"Choose your questions carefully—there's five minutes left," Musk retorted.

Lemon also asked Musk about meeting with Donald Trump recently in Florida.

"I was at a breakfast at a friend's place and Donald Trump came by—that's it," Musk said, downplaying the conversations, adding, "Let's just say he did most of the talking. The normal things he says. There was nothing particularly groundbreaking or new. President Trump likes to talk."

Musk said Trump also did not ask him

for any money or campaign finances.

In a statement posted to X on March 13, Lemon said the interview put a stop to the duo's professional collaboration, writing, "Elon Musk has canceled the partnership I had with X, which they announced as part of their public commitment to amplifying more diverse voices on their platform. He informed me of his decision hours after an interview I conducted with him." That interview remained the premiere episode of 'The Don Lemon

Show' on Monday, March 18.

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HEALTH & WELLNESS

Patient-centered care makes an impression on hip replacement patient

By Autumn Bishop

LMH Health

Steve Knoll is no stranger to health-care. Owning and operating Knoll Patient Supply, a home medical equipment company, gave him an inside look into the healthcare industry for 25 years before selling the business and retiring in 2005.



Knoll and his wife, Sally, purchased Spirit Lake, a 100-acre retreat center that includes an 11-acre lake east of Perry Lake. They built a home for themselves and renovated the buildings on the property, renting them out to groups for events including business retreats, church groups and family reunions.

Things were going well after Knoll sold the retreat center and began renovating a house in Lawrence, but with all of the walking involved, he began experiencing pain in his knee and hip.

“The pain in my left hip overtook what I felt in my knee,” he said. “For two weeks, I was stretching, resting, and icing the hip, but nothing improved it at all.”

That’s when Knoll decided it was time to contact his primary care provider for help. After an examination, the doctor sent Knoll for X-rays to help determine the best course of treatment. Those images revealed bone on bone arthritis in his hip, so the next step was a referral to an orthopedic physician.

“I wanted to transition my care to Lawrence to remain close to home and had only heard good things about OrthoKansas, so I requested a referral,” Knoll said. “Several of our friends work at LMH Health and others have had great experiences there.”

A plan comes together

In June 2023, Knoll turned to Dr. James Huston, an orthopedic surgeon at OrthoKansas, for help. During the first visit, Knoll had another set of X-rays taken to help determine the extent of the damage to his hip. Dr. Huston explained that having additional imaging isn’t unusual.

“Many times, X-rays that are obtained outside of the orthopedic clinic aren’t ‘weight bearing’ images, meaning the patient is lying down instead of standing up. The joint space tends to compress when the patient is standing, so the weight bearing X-rays give a more complete indication of the severity of the arthritis,” he said. “We often get some additional views in order to fully assess the size, shape and alignment of the bones, which helps create a thorough surgical plan.”

Dr. Huston determined the best course of treatment for Knoll was a total hip replacement. He explained the procedure and what to expect, and then asked how soon Knoll would be interested in surgery.

“He told me that some people are reluctant to have surgery and put it off, but that wasn’t the case for me,” Knoll shared. “I just needed to delay until the end of the month so that I’d be finished with my duties as president of the Topeka Rotary Club. After that, I was all in.”

Surgery is upon us

Knoll took it easy for the next couple of weeks before surgery on July 6. He and Sally arrived at the LMH Health Main Campus anticipating an overnight stay following the procedure. Dr. Huston said that while some patients have outpatient surgery at the West Campus, most who opt for surgery at the Main Campus stay overnight.

“We try to have patients up and walking with the therapists and nurses on the day of surgery,” Dr. Huston said. “While some patients do go home from the hospital the same day, we often

keep them overnight so they can have more therapy before going home the following day.”

Surgery went off without a hitch and Knoll settled in a room around 4 p.m. He was out of bed that same night and walking without any pain. When he needed to get up in the early hours of the morning to use the restroom, he was wowed by the care the nurses provided.

“I wasn’t allowed to get up and move on my own. Even that early in the morning, the staff was extraordinary,” Knoll remarked. “They needed to take my vitals and did it as I settled back into bed instead of having to come back and wake me a little later. The nurses were thinking about me as a person instead of a rigid timetable.”

Knoll used a walker for 10 days after being discharged from the hospital and graduated to using a cane. It was also time for the second part of his treatment plan—physical therapy at the LMH Health West Campus. Knoll worked with two therapists during his treatment, including Mitch Montgomery.

“Steve was doing well at his first visit.

He was transitioning out of using an assistive device when walking,” Montgomery said. “He had some mobility limitations on the hip that was replaced and some post-operative strength deficits, which are both expected following surgery.”

Initially, Knoll’s therapy included exercises to restore his range of motion and work on his walking mechanics. He gradually progressed into strengthening, balance and stability training that would help him return to the activities and lifestyle he enjoyed prior to surgery. Montgomery said Knoll put in the hard work, both in therapy and at home.

“Steve is a perfect example of the benefits of following through with a home program,” Montgomery said. “When patients do their home exercises, they’re able to get back to a level of functional strength quicker and more efficiently, which gets them back to the activities they love.”

Two and a half months after surgery, Montgomery felt that Knoll was ready to continue recovering on his own.

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Hip replacement

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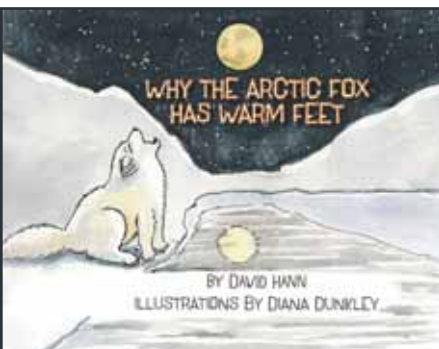
While he still had some minor balance limitations, Knoll was already getting back into his normal routine.

“Steve had returned to his morning walking routine, where he was increasing his distance nicely, mowing the lawn, and I remember he mentioned he’d started dancing again,” Montgomery recalled. “It really goes to show how far you can come by working hard.”

Success is just around the corner

Recovering from a hip 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,



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but most people are able to return to their full activities within a few weeks to months after surgery,” 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. I hope for Steve to be able to do anything he wants on this hip for the next 20 years or more.”

Knoll continues to improve each and every day. He credits much of that improvement to the patient-first care he’s received at OrthoKansas and LMH Health.

“We’ve been involved in the health-care industry for years. Everyone talks about patient-centered care and very

few deliver it,” Knoll said. “Everyone from Dr. Huston to the folks on the floor had a smile on their face and were concerned about my well-being, care and comfort. They wanted to do what was right for me and not their schedules.

That approach starts at the top and is carried through the whole system—it doesn’t get lost at LMH.”

Dr. Huston is humbled by the compliment and proud of the comprehen-

sive musculoskeletal care he and the team provide at OrthoKansas and LMH Health.

“We’re focused on listening to the patient, evaluating their situation and working together to create and execute the best plan of action to get them feeling better and back to their lives,” he said. “As one of two programs in Kansas to have earned advanced certification for total hip and knee replacement from The Joint Commission, patients can be assured that they’ll get the best care in the region at Ortho-Kansas.”


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



Dr. Huston




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HEALTH & WELLNESS

Food poisoning affects millions every year

After a recent trip to the emergency department, I felt it essential to do an article on food poisoning.

Food poisoning is a common illness that happens more frequently than one realizes. Most of us recover from



Dr.
Deena
Beneda

mates that in the United States, one in six Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from foodborne diseases. Many cases of food poisoning are not reported because people suffer mild symptoms and recover quickly. One of the most common forms of bacterial infection, salmonella, accounts for the highest medical costs and lost work time. Worldwide, diarrheal illnesses are among the leading causes of death. Travelers to developing countries often encounter food poisoning through travelers' diarrhea.

The known causes of food poisoning can be divided into two categories: infectious agents (viruses and bacteria) and toxic agents (poisonous

mushrooms, exotic foods, pesticides on fruits and vegetables, medicines in food, or reef fish).

Symptoms can begin 30 minutes to four weeks after consumption, depending on the agent involved. If symptoms occur within one to six hours after eating the food, it suggests that it is caused by a bacterial toxin or chemical rather than live bacteria. A person commonly has nausea, vomiting, diarrhea, gastroenteritis, headache, fever, or abdominal pain. Most people recover after a couple of days from the incident, but foodborne illness can result in permanent health problems or even death, especially for people at high risk.

Campylobacter, Clostridium, Salmonella, and Escherichia coli are the most common bacterial food-borne agents. In addition to diseases caused by direct bacterial infection, some food-borne illnesses are caused by exotoxins excreted by the cell as the bacterium grows. Exotoxins can produce illness even when the microbes that produced them have been killed. Symptoms typically

appear after one to six hours, depending on the amount of toxin ingested. Exotoxins include Clostridium botulinum, perfringens, Staphylococcus aureus, and Bacillus cereus. Staphylococcus aureus produces a toxin so that a person will experience intense vomiting. Viral infections make up perhaps one-third of cases of food poisoning in developing countries. Foodborne viral infections usually have an intermediate (one to three days) incubation period, causing self-limited illnesses in otherwise healthy individuals.

Recovery from the most common types of food poisoning is within a couple of days. The goal is to make you feel better and avoid dehydration. Dehydration is the most common complication.

Tell the store, restaurant, or your local health department if you suspect the food was contaminated when you bought or ate it.

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

the disease within a few days, but in some severe cases, it may require hospitalization. The Centers for Disease Control and Prevention (CDC) esti-

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MAYO CLINIC

Is erythritol a safe and healthy sugar substitute?

By Jennifer Drost, P.A., and Dawn Mussallem, D.O.

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: A friend has a family history of diabetes and obesity. She is diligent about eating healthfully and enjoys sharing new recipes and information about food. Recently she mentioned a sugar substitute called erythritol. I'm not familiar with this product. Can you explain what it is and if it is healthy?

ANSWER: Sugar is one of those ingredients that always seems to be in the news.

Eating and drinking too much sugar can negatively affect one's health. Sugar found naturally in food, such as whole fruits, is not associated with increased health issues. But added sugar has been shown to contribute to dental cavities and is associated with multiple chronic diseases such as heart disease, obesity, fatty liver disease and Type 2 diabetes.

Sugar has many forms. Most people are familiar with sucrose, the white granulated sugar found most often in kitchens, and raw sugar, also called turbinado sugar, which is crystalized and light brown. Other examples of sugar include high-fructose corn syrup

and other sweeteners, which are often added to drinks and baked goods.

Because of the known health risks associated with added sugars, the food industry has produced numerous sugar substitutes to feed our collective sweet tooth while minimizing the negative consequences of sugar.

Saccharin was the first commercially produced sugar substitute. Over the years, saccharin has fallen out of favor as it was found to negatively affect the good bacteria in our small intestines and gut, putting people at increased risk for Type 2 diabetes and obesity. But dozens of other sugar substitutes have been developed.

One class of sugar substitutes that seemed promising is a group called "sugar alcohols," of which erythritol is a member. Sugar alcohols are sweet but are neither sugar nor alcohol. Sugar alcohols are derived from sugar, usually created by hydrogenating sugar or by fermenting it. Examples of sugar alcohols include xylitol, sorbitol and mannitol. Often, we find these in processed foods, such as gum or candy.

Erythritol occurs naturally with the fermentation of fructose (fruit sugar) and is found in extremely low levels in various fruits such as melon, pears, grapes and in fermented foods, including dairy cheese and soy sauce. Our red

blood cells also naturally make very low levels of erythritol.

When used as a food additive, erythritol is used at concentrations at least 1,000 times the natural levels found in food or our bodies.

While your friend may hope to lessen her risk for chronic illness by avoiding added sugar, it is important to note that sugar substitutes are not without risk. In recent decades, some concerning research has been published about possible adverse health effects of erythritol.

An American study from 2001 found that people who used erythritol as a sweetener had a three-year increased risk of major adverse cardiac events — defined as non-fatal heart attack or stroke. While this was an incidental finding — meaning that the erythritol did not necessarily cause or contribute to their cardiac issues — it highlighted the need for more research to determine if using a sugar substitute predisposes a person to higher heart attack or stroke rates.

A 2021 study examined people who consumed erythritol or a similar sugar alcohol, xylitol. The results found that ingesting erythritol as a sugar substitute caused a spike in blood levels and increased the stickiness of the volunteers' platelets. Platelets help the blood to clot if we cut ourselves, but if they are sticky, the risk of blood clots in the body increases, raising our risk of heart attack, stroke or other vascular issues.

While the findings still do not definitely prove that erythritol directly increases the risk for cardiovascular issues, the results indicate it may be best to avoid it until we have more evidence to suggest that it is or is not safe.

Rather than chasing the perfect sugar

substitute, it is best to minimize added sugars in our diet and reprogram a sweet tooth through other means.

If you are craving a sweet treat, grab a piece of whole fruit, such as an apple, pear, peach or plum. Fruit is a much healthier investment than foods sweetened with added sugar or sugar substitutes. Besides, research shows that a whole-food, plant-based diet prevents chronic diseases.

There are no shortcuts to healthy eating. The American Heart Association recommends that adults limit their daily sugar intake to 24 grams (six teaspoons) for women and 36 grams (nine teaspoons) for men. If you feel you need more guidance or want more information about how to make positive changes in your diet, consider making an appointment with a nutritionist or dietitian. — Jennifer Drost, P.A., and Dawn Mussallem, D.O., Integrative Medicine and Health, Lifestyle Medicine, Mayo Clinic, Phoenix, Arizona, and 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. For more information, visit www.mayoclinic.org.

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Benefits of fixed-income investments

When many people think about investing, the first thing that comes to mind is the stock market. And that's not surprising, as the rise and fall of stock prices is constantly in the news. But if you're going to achieve your financial goals, you may well need to look beyond stocks and include fixed-income investments in your portfolio.



Derek
Osborn

Fixed-income investments offer three important benefits:

- **Income** – When you invest in fixed-income vehicles, such as bonds, Treasury securities and certificates of deposit (CDs), you receive regular income in the form of interest payments. And you continue to receive this income until your investment matures or you sell it, no matter what's happening in the financial markets. Of course, the income you can receive from fixed-income investments will always depend on the interest rates at which these investments were issued. But if you own a mix of long-term and

short-term fixed-income investments, you can gain some protection against fluctuating rates. When market rates are low, you can get greater income from your longer-term bonds, which typically — although not always — pay higher rates. And when market rates rise, you can benefit by reinvesting the proceeds from your shorter-term bonds.

- **Diversification** – If you were only to own stocks, or stock-based mutual funds, your portfolio would be susceptible to higher risks, especially with market downturns. But you may be able to reduce the impact of market volatility by adding fixed-income investments to your holdings. Bond prices often move in a different direction from stocks, so if stock prices are falling, you might find that the value of your bonds is rising. You can also diversify within the fixed-income portion of your portfolio by owning a mix of corporate and Treasury bonds, as well as CDs, just to name a few.

- **Stability** – As mentioned, you will always receive interest payments from your bonds if you hold them until maturity. But if you wanted to sell your bonds before they mature, you could get more, or less, than what you originally paid for them. When market interest rates rise, the price of your current bonds will likely fall, as no one will pay

you the full price for them when they get newer ones that pay more — this is what's known as interest-rate risk. Conversely, when market rates fall, the prices of your current bonds will probably rise. But here's the key point to remember: Bond prices generally don't fluctuate as much as stock prices. In other words, bonds are typically less volatile than stocks. Consequently, owning bonds can add diversification to your portfolio. And to maximize the stabilizing effects of bonds, you may want to stick with high-quality bonds rated as "investment grade" by independent bond-rating agencies.

How much of your portfolio should consist of fixed-income investments? There's no one right answer for everyone. And over time, your interest in these types of investments may well change — for example, as you near retirement, you may want to consider shifting some of your growth-oriented investments into income-producing

ones, though you'll still need some growth potential to keep up with inflation. In any case, the combination of income, diversification and stability provided by bonds and similar securities should be compelling enough for you to find a place for them in your investment mix.

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



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JILL ON MONEY

Stock market milestones

With U.S. stock market indexes reaching new highs and round-number milestones, it is time for a refresher on the differences among them.

Although these measurements have become a quick way to gauge what's going on in markets, they are by no means the whole story. And of course, your investments may or may not track the path of stock indexes, depending on your specific allocation.



Jill
Schlesinger

Dow Jones Industrial Average

The "Dow" was introduced in May 1896 and along with the Dow Jones Transportation Average and Dow Jones Utility Average, these indexes provided the public with a snapshot of financial market performance.

When it began, the Dow tracked 12 companies, which were representative of the most important industries in the U.S. By 1928, the index included 30 companies, which is still the number that are included in the index.

Although the Dow is the oldest index, it is problematic because of the way it is calculated. The Dow is price-weighted, which means that higher-priced stocks have a larger influence on the index.

For example, Microsoft, which is trading at over \$400 per share is a much more important contributor to the Dow than Verizon, which is trading at \$40. Despite its history, the small size of the

index, along with its price-weighting methodology makes the Dow the least efficient way to determine what's going on in financial markets.

The Standard and Poor's 500

The "S&P 500" was introduced in March 1957 and was intended to address some of the shortcomings of the Dow. Instead of 30 stocks, the S&P tracks 500 U.S.-based companies, which cover about 80 percent of the overall market.

Additionally, the S&P 500 is weighted based on market capitalization ("market-cap"), which is calculated by multiplying the number of shares outstanding by the current market price. Those companies in the S&P 500 with the highest market cap have the greatest impact on the value of the index.

Nasdaq Composite Index

The National Association of Securities Dealers Automated Quotations

("NASDAQ") was launched in 1971 as the world's first electronic stock market.

Eventually, this innovation led to the elimination of physical trading floors, which relied on human beings to transact buy and sell orders. (The New York Stock Exchange trading floor is now just a backdrop for financial media.)

Until the dot-com boom of the 1990s, the Nasdaq exchange was a place where smaller companies listed their shares, until they became large enough to gain a spot on the more-established New York Stock Exchange.

The current Nasdaq Composite Index includes more than 2,500 stocks and like the S&P 500, is market-cap weighted. More than half of the index consists of the technology sector, which is why it has become shorthand for "tech" when quoted alongside the Dow and the S&P 500.

Other indexes

Although the Dow, the S&P 500 and the NASDAQ are the three most-cited and watched stock market indexes, they are by no means the only ones.

You can find specific sector indexes (energy, materials, health care), size-

indexes (mega-cap, mid-cap, small-cap), as well as comprehensive indexes (FT Wilshire 5000) and those that are calculated based on equal weight, where each company is allocated a fixed equal weight in the index and therefore have the same impact on index performance.

Sometimes the investment world creates an acronym or term to describe trends. Today, seven mega-cap companies have dominated financial market discussions.

The so-called "Magnificent Seven" ("Mag 7") include Apple, Alphabet, Microsoft, Amazon, Meta, Tesla and Nvidia. In 2023, the Mag 7 logged an impressive average return of 111%, compared to a 24% return for the broader S&P 500. As a result, they spawned their own index which tracks their movements.

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

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SENIOR CALENDAR

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

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417 or email kevin@seniormonthly.net. 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 for information each month, including an interactive map of First Friday Artwalk businesses and a guide to public art all across Topeka. Free.

TOPEKA, artstopeka.org/firstfriday

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

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

LAWRENCE

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

LAWRENCE, 785-842-3883

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EDUCATION

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

APR 9

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>

APR 11

CHOOSING AND CARING FOR TOMATOES AND PEPPERS - SHAWNEE COUNTY MASTER GARDENERS

Learn which types of tomato and pepper plants best suit your needs and how to have a more successful harvest. Presented by master gardener Linda Jakle. Topeka and Shawnee County Public Library - Lingo Story Room 121, 7-8 p.m.

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

APR 15

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>

APR 16

THE 2024 DOLE LECTURE

"Before it was history, it was news," reflects Kansas-raised journalist, network news anchor, producer, and rancher Bill Kurtis. Join legendary anchorman Bill Kurtis in conversation with Dole Institute Director Audrey Coleman for a lively discussion of his Kansas roots and the news that shaped the nation over the course of 7 decades in journalism. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 7-8:15 p.m. Hybrid event.

LAWRENCE, 785-864-4900

APR 25

ESTATE PLANNING SEMINAR

How will your property be distributed at your

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

LAWRENCE

MAY 1

WORLD LEADERS IN WARTIME: WILLIAM MCKINLEY

Ft. Leavenworth Series. Presented by Amanda M. Nagel. Nagel received her Ph.D. from the University of Mississippi. Her research centers on race, war, empire, Jim Crow, and citizenship in the United States between 1898 and 1926. At the turn of the 20th century, President William McKinley led the United States' continued expansion abroad through war with Spain over Cuba and the Philippines. His expansion of American power and influence abroad through two subsequent wars attempted to continue shifting the global balance of power dominated for the last few centuries by European nations. This talk will examine his role as president during the age of imperialism on the eve of the First World War, and how the legacy of his actions reverberate throughout the 20th century. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4:15 p.m. Hybrid event.

LAWRENCE, 785-864-4900

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

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

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

APR 12

THE PA'AKAI WE BRING—HONOLULU THEATRE FOR YOUTH

This original production introduces audiences to the Native Hawaiian relationship with pa'akai (salt). Traditionally, pa'akai is food, medicine, a sacrament and a treasured gift. The play follows a family with multiple generations of salt farmers on Kauai, mixing in ancient stories, hula, live music, original songs and plenty of audience participation into a tasty potluck of performance, joyously served up with aloha. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee.

LAWRENCE, 785-864-2787

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APR 12

FREE STATE STORY SLAM | STRIKING GOLD

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

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

I HATE HAMLET

A comedy by Paul Rudnick. A young and successful television actor relocates to New York where he is offered the opportunity to play Hamlet onstage. The problem: He Hates Hamlet. His dilemma deepens with the entrance of John Barrymore's ghost, who arrives intoxicated and in full costume to the apartment that once was his. The contrast between the two actors leads to a wildly funny duel over women, art, success, duty, television, and the apartment. Theatre Lawrence, 4660 Bauer Farm Dr. See website for showtimes.

LAWRENCE, 785-843-SHOW (7469)

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

Calendar

CONTINUED FROM PAGE 16

APR 20

SHORT FILM SCREENINGS - WIFI FILM FESTIVAL 2024

Attend this free film festival to see multiple short films made by local, regional and international filmmakers. WIFI Film Festival celebrates film production and education in film. Topeka and Shawnee County Public Library - The Edge 114, 9 a.m.-6 p.m. TOPEKA, <https://events.tscpl.org/events>

APR 21

JANICE CARISSA, PIANO

A Gilmore Young Artist and winner of Salon de Virtuosi, Janice Carissa has “the multicolored highlights of a mature pianist” (Philadelphia Inquirer) and “strong, sure hands” (Voice of America) that “convey a vivid story rather than a mere showpiece” (Chicago Classical Review). Her artistry has been showcased at an array of renowned stages, including the Sydney Opera House, Carnegie Hall, United Nations, the Kennedy Center, Jay Pritzker Pavilion in Millennium Park, Louis Vuitton Foundation and the Saratoga Performing Arts Center. Pavilion, Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

APR 23

THE BROTHER BROTHERS

The Brother Brothers are the indie folk duo of Adam and David Moss. The identical twins were born and raised in Peoria, IL, and originally based in Brooklyn, but have been ultimately and profoundly shaped by indiscriminate rambling. They are the kind of people who have a story about everything, and more so, one you might genuinely like to hear. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

APR 29

CLASSIC MOVIE MONDAY

The Last Time I Saw Paris with Elizabeth Taylor. 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

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

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 October 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

FAIRS & FESTIVALS

APR 13

2024 KU POWWOW & INDIGENOUS CULTURES FESTIVAL

The Indigenous cultures festival is a free community event on the day of the FNSEA Powwow that has activities such as Indigenous films, educational workshops, and children’s activities focused on

CONTINUED ON PAGE 18



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Calendar

CONTINUED FROM PAGE 17

Indigenous cultures and history. Lied Center of Kansas, 1600 Stewart Dr., 10:30 a.m.-8 p.m.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar
<https://fnsapowwow.ku.edu>

APR 13 TULIP FESTIVAL AT THE LAKE

Presented by Shawnee County Parks + Recreation. The very popular Tulip Festival at the Lake returns to Ted Ensley Gardens again this year. Visit the craft vendors, and, of course, stroll through the gardens to view tens of thousands of tulips and other spring flowers in bloom on a beautiful spring day. Ted Ensley Gardens 3650 SE West Edge Rd., 10 a.m.-3 p.m. Fee.
TOPEKA, 785-251-6800

APR 20 LAWRENCE EARTH DAY FAIR

The City of Lawrence and the Watkins Museum invite you to the annual Lawrence Earth Day Fair. This free event will happen in South Park and feature lots of earth-friendly crafts and activities for you and your family. The "price of admission" is one used can for Cans for the Community or an item of clothing for the Ballard Center. South Park, 1141 Massachusetts St., 1-4 p.m.
LAWRENCE, 785-841-4109

MAY 2 ALIVE AFTER FIVE EVENT CINCO DE MAYO

A fiesta of a good time. Participating shops and businesses around town breaking out the piñatas and maracas. Serving festive food and drinks, a great night out with friends. Historic Downtown Leavenworth, 416 Cherokee St., 5-8 p.m. Fee.
LEAVENWORTH, 913-682-3924

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
cottinshardware.com/farmers-market

APR-NOV DOWNTOWN TOPEKA FARMERS' MARKET

Since the 1930s, every Saturday morning from April through November, the Topeka Farmers' Market comes alive. Vibrant with color, lively chatter and friendly faces, the Topeka Farmers' Market attracts hundreds of Topeka residents and out of town visitors. Folks come to the open-air market each week to shop, browse, and meet their friends and neighbors. This year's market will be located at SW 6th Ave. & SW Harrison St.
TOPEKA, 785-249-4704
topekafarmersmarket.com

APR 13-NOV 23 LAWRENCE SATURDAY FARMERS' MARKET

Established in 1976, the Lawrence Farmers' Market prides itself on the quality of our vendors and the products they sell at market. The LFM is a producer-only market which means all of the products available were grown, raised, made, and crafted by the individual in the booth.
824 New Hampshire St., 7:30-11:30 a.m.
LAWRENCE
lawrencefarmersmarket.org

HEALTH & WELLNESS

APR 3, 10, 17, 24, MAY 1 GERI-FIT - STRENGTHEN FOR FREEDOM

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

APR 17 WALK-IN MENTAL HEALTH SCREENINGS

Staff from Valeo Behavioral Health Care help community members in need understand their own mental health situations, the treatment options available, and how to access services. Walk in help. Topeka and Shawnee County Public Library - Rotunda - NE Corner, 9-11 a.m.
TOPEKA, events.tscpl.org/events

APR 24 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

HISTORY & HERITAGE

APR 5, 21, MAY 3 OUR STORIES: HISTORICAL REENACTORS IN THE GALLERY

Learn about Topeka's African American history from reenactors who will highlight local trail-blazing people and historical events highlighted in the Our Stories exhibit. Topeka and Shawnee County Public Library - Sabatini Gallery 110A, 5-7 p.m.
TOPEKA, events.tscpl.org/events

APR 25 PIONEER ANTHONY WARD ORIGINAL OWNER OF OLD PRAIRIE TOWN

Topeka Genealogical Society Monthly Meeting. Barbara LaClair will discuss her investigation into the Topeka pioneer Anthony Ward of Old Prairie Town. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 6-8 p.m.
TOPEKA, events.tscpl.org/events

APR 26 OUR STORIES: TOPEKA BLACK WALL STREET

Historians and scholars will be part of a moder-

ated panel discussion on the historical Black-owned businesses that defined Topeka's 4th Street Business District. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.
TOPEKA, events.tscpl.org/events

MEETINGS

MONDAYS GRIEF SUPPORT (VIRTUAL)

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

MONDAYS TOPEKA NEEDLEWORK GUILD

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

FIRST WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

SATURDAYS LAWRENCE BRIDGE CLUB

The Lawrence Bridge Club plays party bridge every Saturday night (weather permitting and some holidays excluded). Kaw Valley Bridge Center (suite 120) located in the I-70 Business Center, 1025 N. 3rd St. (next to the drivers license office), 6:30 to 9 p.m. First visit free.
LAWRENCE

SECOND TUESDAY OF THE MONTH NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

APR 1 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>

APR 8 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 - Perkins Room 201, 3:30-4:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

APR 18 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>

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 uuelks.org Sunday to confirm weekly programs and access the link to join live via zoom. The Unitarian Universalist Congregation of Lawrence (UUCL) 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

APR 11 OLDER ADULT RESOURCE FAIR - STORMONT VAIL

Learn about safety, fall prevention and resources in the community you may need. End with a review of the CarFit checklist for drivers. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 9 a.m.-2 p.m.
TOPEKA, <https://events.tscpl.org/events>

APR 11 OLDER ADULT RESOURCE FAIR - STORMONT VAIL

Learn about safety, fall prevention and resources in the community you may need. End with a review of the CarFit checklist for drivers. Topeka and Shawnee County Public Library - Claire's Sunroom, 2-4 p.m.
TOPEKA, <https://events.tscpl.org/events>

APR 17 LAWRENCE AREA PARTNERS IN AGING SENIOR RESOURCE FAIR

18th annual. Exhibits featuring a wide range of businesses and organizations. Freebies, handouts, brochures, gift card drawings, and more. No cost to attend. Sports Pavilion at Rock Chalk Park, 6100 Rock Chalk Drive, 10 a.m.-1 p.m.
LAWRENCE
LawrenceAreaPartnersInAging@gmail.com

Visit us on Facebook.

HUMOR HOTEL

Flip Phone February went out with a 'thwack'

By Greg Schwem

Tribune Content Agency

It was somewhere around 2005. I was at the Miami airport, about to jump into a cab that would take me to Miami Beach for a corporate speaking engagement. A striking looking brunette, late 20s, asked if she could share my transportation.

"Of course," I said. "Hop in."

We weren't in the vehicle three minutes before her purse rang. Removing her phone and unfolding it, she told the caller that, yes, she had landed safely in Miami, yes, she was in a cab with "some guy" and, yes, she could really use a margarita. Maybe two.

The call ended and, with one hand, she refolded her phone. The maneuver culminated with an annoying THWACK, the sound flip phones, the predecessors to iPhones, made when owners closed them too violently. Fifteen seconds later, the phone rang again. The same scene transpired: I'm almost there, see you soon, THWACK!

This continued at least a dozen times. From her conversations, I deduced she was some sort of fashion model. Had this encounter occurred today, I would have labeled her an "influencer," so often was her phone present. By the time we were crossing the Venetian Causeway, I didn't care if I was sharing a taxi with the current Vogue cover girl. I wanted to rip that device out of her hand, toss it out the window, and watch her beautiful face as she listened to it THWACK the pavement or the water.

The memory is why I neglected to participate in Flip February.

On the heels of Dry January, where one attempts to abstain from alcohol for 31 days (Confession: I failed that challenge too) comes a month where iPhone and Android users are encouraged to trade in their omnipresent devices for feature-less and less addic-

tive flip phones.

Motorola created the first flip, the StarTAC, in 1996. Baby boomers and Gen Xers recall these devices with a mix of nostalgia and frustration. Yes, it fit in our pockets and, yes, it could send these strange short messages known as "texts," but that involved multiple key taps. Gen Zers and Gen Alphas, imagine having to press the "5" key three times just to type "L." I mean, it made texting while driving damn near impossible!

Flip February proponents have been documenting their experiences online via blogs, podcasts and op-ed articles in major newspapers. Their frustrations range from the antiquated technology — downgrading to 2G isn't as easy as it sounds — to the loss of apps Smartphone users have become so dependent on. It's hard to immediately answer that Slack message from a co-worker when your phone doesn't support Slack.

Yet these same users also admit they feel less stressed and more in the moment with their surroundings since their eyes and fingers are not constantly scrolling through Instagram stories, potential dating matches and presidential candidate blunder videos. They sleep better, spend more time with their children, and spend less money on their monthly plans.

But do they THWACK?

I can't promise I wouldn't THWACK if I retreated to a flip phone. I do remember owning one and, on occasion, closing it loudly if a call ended in frustration. As Jerry Seinfeld and other comedians have observed, one can't forcefully hang up on somebody using an iPhone. Slamming down the receiver in anger was one of the great features of landline phones; callers on the other end knew their conversations had been terminated. A flip could do the same thing, sort of.

For now, I intend to keep my shiny new iPhone 15. February is complete

anyway, so it makes little sense to enter my neighborhood cellphone store and explain to a 19-year-old kid why I want to downgrade to a flip phone. It would be like asking a Tesla sales rep if he had any Cadillac Coupe de Villes on the used car lot.

I wonder what challenge awaits me next month?

- Greg Schwem is a corporate stand-up comedian and author of two books:

"Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released *"The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian,"* available at Amazon.com. Visit Greg on the web at www.gregschwem.com.

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PAINTING WITH WORDS

Edna St. Vincent Millay's 'Spring'

Edna St. Vincent Millay, who became a poet and playwright, was born in 1913 in Rockland, Maine. At a young age, Millay studied piano and theater and spoke six languages. While she had planned to pursue a career as a concert pianist, her music instructor discouraged her because of

King's Henchman (Harper & Brothers, 1927).

The same year she won a Pulitzer Prize, Millay married a Dutch businessman named Eugen Boissevain. He respected her feminist views, and both were in agreement with an open marriage. Nonetheless, the two were together for 26 years. Boissevain had given up his pursuits to manage Millay's literary career, which included setting up the readings and public appearances for which Millay grew famous.

By the time she died at 58, she was regarded as one of the most respected and controversial poets of the twentieth century.

In her poem "Spring," Millay asked why the month of April returned. The beauty of the month is not enough reason for her to come around since she no longer feels a silent awe at the sight of blooming flowers. The following line, "I know what I know," hints that the speaker's worn-out attitude towards April comes from an insight about the month she previously did not have.

She pays attention to how her senses interact with nature as she spends time outdoors. She feels the sun's heat, sees the crocus flower, and smells the earth. She expresses a special appreciation for the earth's scent. None of these things remind her of death.

However, the apparent lack of death makes her bitter toward April. She contrasts the surface's new growth with maggots consuming buried dead men. The speaker feels life is hollow and purposeless. She compares that feeling to that of "an empty cup" or "uncarpeted stairs." The speaker wryly bemoans April's joyful arrival as falsely, stupidly cheerful. It reminds her of death's inevitability.

Here then, is Millay's poem:

Spring

By Edna St. Vincent Millay

To what purpose, April, do you return again?

Beauty is not enough.

You can no longer quiet me with the redness

Of little leaves opening stickily.

I know what I know.

The sun is hot on my neck as I observe

The spikes of the crocus.

The smell of the earth is good.

It is apparent that there is no death.

But what does that signify?

Not only under ground are the brains of men

Eaten by maggots.

Life in itself

Is nothing,

An empty cup, a flight of uncarpeted stairs.

It is not enough that yearly, down this hill,

April

Comes like an idiot, babbling and strewing flowers.

- Tom Mach has written numerous books, fiction, nonfiction (i.e., a memoir called *Persistence, Then Peace*), and poetry. His latest book is *Unearthing the True Cross*. For a more detailed discussion of his works go to www.Tom-Mach.com. If you have any comments, suggestions, or questions, please email him at tom.mach@yahoo.com.



Tom Mach

Millay's small hands. Because of that, she pursued a writing career instead.

At the age of 20, she entered her poem in *The Lyric Year's* poetry contest, where she won fourth place and was published in an anthology. As a result of her acclaim, she won a scholarship to Vassar College. After graduation, she published her first poetry book, *Renascence and Other Poems* (Harper, 1917). The school's drama department encouraged her to write a play in verse, *The Lamp and the Bell* (1921), a work about love between women.

Later, Millay published poems in prestigious publications like *Vanity Fair*, the *Forum*, and others. She also wrote short stories and satire under the pen name Nancy Boyd. Her later poetry collection *A Few Figs from Thistles* drew much attention for its controversial descriptions of bisexual feminism. Due to her being influenced by fellow poet Robert Frost, Millay wrote sonnets with unusual skill and thoughtfulness. As her poems grew in popularity, she was awarded the Pulitzer Prize for *The Ballad of the Harp-Weaver* in 1923. She also published three plays in verse and wrote the libretto of one of the few American grand operas, *The*

Medical tourism worldwide

Leading countries for Americans seeking cheaper health care and procedures:

Medical travel locations around the world



Location	Cost relative to U.S.	Most frequently treated conditions in medical tourists
1 Brazil: 20-30%	■	
2 Singapore: 25-40%	■	
3 South Korea: 30-45%	■	
4 Spain 30 - 70%	■	
5 Taiwan: 40-55%	■	
6 Mexico: 40-65%	■	
7 Costa Rica: 45-65%	■	
8 Turkey: 50-65%	■	
9 Thailand: 50-75%	■	
10 Malaysia: 65-80%	■	

- Dentistry
- Cosmetic surgery
- In vitro fertilization (IVF)
- Weight loss
- Cardiovascular health
- Dermatology
- Liver & kidney transplants
- Spinal surgery

Source: health-tourism.com

Graphic: Staff, TNS

SAVVY SENIOR

What to do about Medicare and Social Security when you move

By Jim Miller

Dear Savvy Senior: Next month I am moving to a different state so I can be near my daughter and grandkids. Do I need to notify Social Security and Medicare about the move? - Relocating Grandma

And if you're switching banks or credit unions, you'll need to update your direct deposit information by providing your new financial institution's routing number and account number.

If you're a Medicare beneficiary, they too need your new mailing address so bills, correspondence, your Medicare Summary Notice and other statements can go to the right address.

You can update both your Social Security and Medicare contact information online by simply using the "My Profile" tab in your personal "my Social Security" account at SSA.gov/myaccount. If you don't have an account, you can create one online for free in just a few minutes.

Or, if you need some help or don't have internet access, you can call Social Security at 800-772-1213, or visit your local Social Security office and they will make the changes for you.

Medicare Private Plans

You also need to know that if you're enrolled in original Medicare, you can move anywhere within the United States without losing coverage. But if you have Part D prescription drug coverage or a Medicare Advantage plan from a private health insurance company, and you move out of the plan's service area, you'll have to switch plans or you'll face losing coverage.

Part D service areas typically are state-

wide or can extend to parts of neighboring states, while Medicare Advantage plans' service areas vary by county.

Moving out of a plan's service area qualifies you for a special enrollment period (SEP) of at least two months to get a new plan. You may also qualify if you move within your plan's service area and it offers options different from what you had. The enrollment timing depends on when you notify the plan.

If you tell your plan before you move, your chance to switch plans begins the month before the month you move and continues for two full months after you move. If you tell your plan after you move, your chance to switch plans begins the month you tell your plan, plus two more full months.

To shop for new Part D and Medicare Advantage plans in your new area, use the Medicare Plan Finder tool at Medicare.gov/plan-compare.

You can also switch Part D or Medicare Advantage plans during open enrollment, which runs each year from Oct. 15 to Dec. 7 for coverage starting Jan. 1.

Medigap Plans

If you're enrolled in original Medi-

care and have a Medigap supplemental policy you usually don't have to switch plans if you move, but you do need to notify your provider. Some insurers let you keep the rate based on the state where you originally applied for Medigap. Others may change your premiums to coincide with their coverage in a different zip code.

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

Know an interesting senior citizen who would be a great subject for a Senior Profile? Call Kevin at 785-841-9417.



Dear Relocating: Yes, if you're a Social Security and Medicare recipient you definitely need to let these Federal agencies know when and where you move so there are no hiccups in your benefits or coverage. Here's what you should know.

How to Update Your Info.

If you're receiving Social Security retirement, survivors or disability benefits, it's required that you notify the Social Security Administration when you move to ensure your deposits continue and you avoid disruptions.

You'll need to provide them your new mailing address so they can deliver important documents to you like your annual SSA-1099 tax form.

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GOREN ON BRIDGE

WITH BOB JONES

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A GOOD THING

North-South vulnerable, South deals

NORTH

♠ 10 2
♥ A J 9 6 4
♦ K
♣ A J 8 6 4

WEST

♠ Q 6 5
♥ 8 3 2
♦ Q 7 5 4 2
♣ 5 3

EAST

♠ J 7
♥ K Q 10 7 5
♦ A 8 3
♣ K 10 7

SOUTH

♠ A K 9 8 4 3
♥ Void
♦ J 10 9 6
♣ Q 9 2

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	Pass	2♥	Pass
2♠	Pass	3♣	Pass
3♠	Pass	4♠	All pass

Opening lead: Four of ♦

Today's deal is from a match between a mixed Polish-Russian team and a team from Israel. The auction and opening lead were the same at both tables. Both Easts won the diamond lead and shifted to a low spade, won by declarer with the ace, and both declarers successfully ran the jack of diamonds at trick three.

The Russian declarer, believing he was onto a good thing, ran the 10 of diamonds at trick four and then ruffed his last diamond with dummy's 10 of spades. East over-ruffed and led the king of hearts to dummy's ace. The Russian declarer still had a trump loser and the losing club finesse left him down one.

At the other table, South was Israeli star Migry Zur-Campanile, who has lived in the USA now for many years. Instead of running the 10 of diamonds, she ruffed it with dummy's last trump. She discarded her remaining diamond on dummy's ace of hearts, ruffed a heart in her hand, and cashed the king of spades. She also lost the club finesse, but she finished with 10 tricks instead of nine. Well done!

Did the Russian declarer misplay this hand? The Israeli West did hide the two of diamonds from him, trying to look like a man who had led from a four-card suit. Should that have mattered? You decide.

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



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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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- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

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- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

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Find AT LEAST NINE FOUR-LETTER MAMMALS in the grid of letters.

PUZZLES & GAMES

CROSSWORD

Across

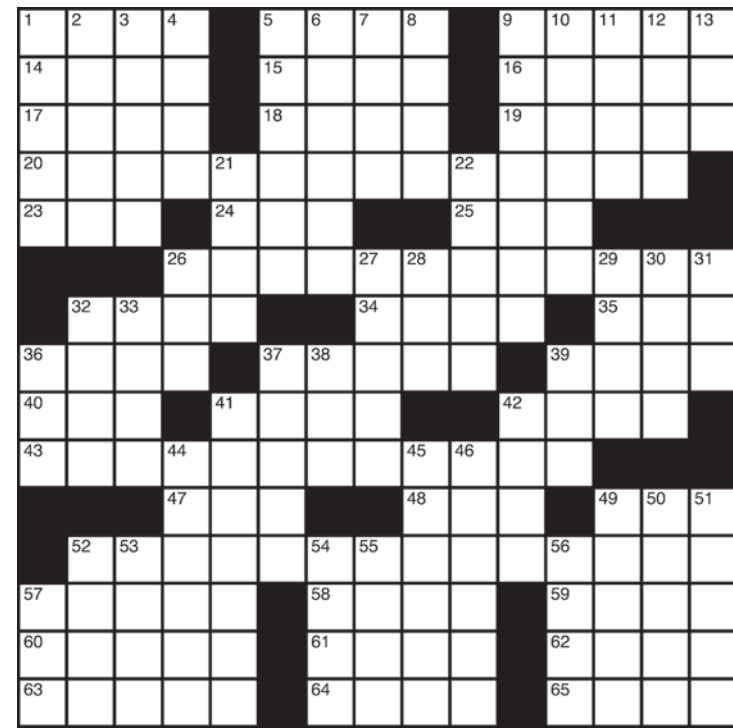
- 1 Drains of energy
- 5 Prefix with sphere
- 9 Jousting weapon
- 14 Drive-__ ATM
- 15 Have to have
- 16 Negatively charged particle
- 17 Many millennia
- 18 Surrealist Salvador
- 19 Muscular
- 20 *Broadcast quality determined by a car antenna
- 23 NFL six-pointers
- 24 Beer barrel
- 25 One, in Germany
- 26 *Sine or cosine, for short
- 32 Mongolia's continent
- 34 Load, as cargo
- 35 Movement-sensing game console
- 36 Get set, casually
- 37 Fireplace ducts
- 39 "You said the same thing as me!"
- 40 Go kaput

- 41 Sheet music symbol
- 42 Really, really stinky
- 43 *Issue best kept within the clan
- 47 Cry inconsolably
- 48 "___ go time!"
- 49 Boxer's stat
- 52 Tongue-in-cheek description of a mullet, and of the answers to the starred clues
- 57 Move rapidly toward
- 58 Sweetie
- 59 Double Stuf cookie
- 60 Cosmetician Lauder
- 61 "Yes, let's do it!"
- 62 Actor Sharif
- 63 Youngster
- 64 Sitcom backgrounds
- 65 Breathe hard

Down

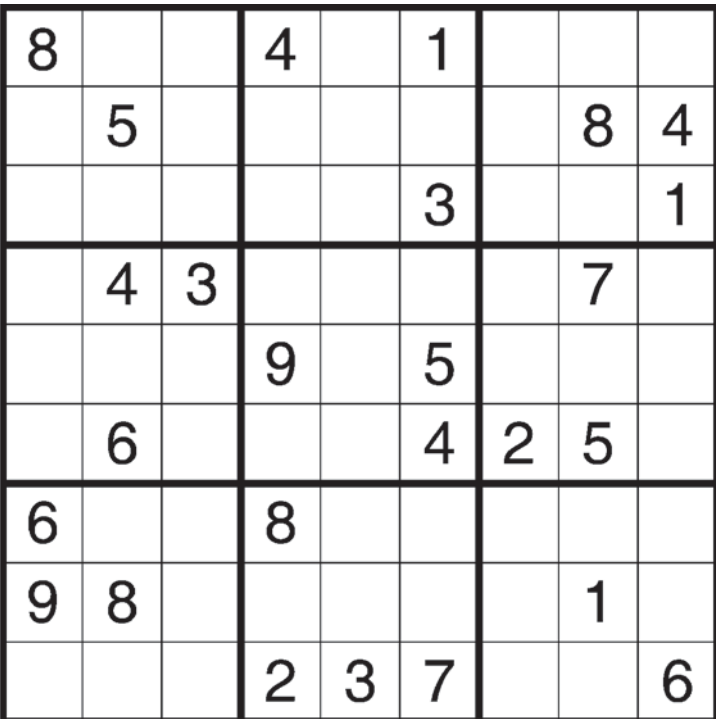
- 1 Microwave button
- 2 Coming up
- 3 Urges along
- 4 Gymnast Lee who won a gold medal at the 2020 Olympics

- 5 Nobel Peace Prize winner Sakharov
- 6 Hard-boiled Chinese snack
- 7 Sporty Spice of the Spice Girls
- 8 Garfield's drooling frenemy
- 9 Crisscross pie crust pattern
- 10 Bless with oil
- 11 Yucatán boy
- 12 Last name of filmmakers Ethan and Joel
- 13 Come to a close
- 21 Bhindi masala pod
- 22 Isn't yet decided
- 26 Felt-__ marker
- 27 Material in a lint trap
- 28 Abu Dhabi's fed.
- 29 "Victory is mine!"
- 30 Pigpen grunt
- 31 Put the kibosh on
- 32 "Eri tu," but not "Eres Tu"
- 33 Look like
- 36 Many an email attachment
- 37 Low-altitude airplane pass
- 38 "Miss Saigon" Tony winner Salonga



- 39 Salsa container
- 41 Formed clumps
- 42 Get out of bed
- 44 Holy Land nation
- 45 Step-counting device
- 46 Capital of Greece
- 49 Cosmic balance
- 50 Salty expanse
- 51 Hybrid garment
- 52 Pull's opposite
- 53 Voting against
- 54 Bird in Egyptian art
- 55 First line on a form, often
- 56 "Touched your nose!" sound
- 57 TiVo remote button

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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

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A BRAVE KNIGHT WEARING A SUIT OF ARMOR READY TO DO BATTLE IS AN EXAMPLE OF ---

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

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PAR SCORE 265-175
BEST SCORE 334

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

Answers to all puzzles on page 30

MY PET WORLD

Reader chimes in with challenges to common pet phrases

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: You recently said, “Veterinarians generally recommend that dogs and cats be fixed at around six months old.”

It’s way past time to drop that ridiculous term “fixed,” the implication being that something is broken. And yes, it’s also time to stop using the words “spay and neuter” together. Why are people afraid to use the “C” word? Females are spayed. Males are castrated. Dogs and cats of both sexes are neutered. - Sue, Harwinton, Connecticut

Dear Sue: I agree with you on the term “fixed.” It’s been in my vocabulary for 30 years, so occasionally it slips out. I will try to do better.

“Spay and neuter,” however, is a

phrase used by animal groups to promote pet sterilizations. Neuter is a synonym for castrate. Some male pet owners hesitate to neuter their dogs due to concerns about the procedure’s implications for their own masculinity or discomfort with the idea of castration.

Using “castrate” in place of “neuter” would likely deter even more men from neutering their dogs. So, “spay and neuter” are good terms to use.

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

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This easy, one-skillet supper will make you see cod in a whole new light.

One-pan cod and green rice is an easy-to-make supper

By Lawman Johnson
Tribune Content Agency

greens on top.

One-Pan Cod and Green Rice

Serves 4

- 1 cup fresh cilantro leaves, and stems
- 1 ounce (1 cup) baby spinach
- 1 jalapeno chile, stemmed, seeded, and chopped
- 1 cup water
- 1/2 cup mayonnaise
- 2 teaspoons lime juice, plus lime wedges for serving
- 2 teaspoons table salt, divided
- 1 teaspoon chili powder
- 2 tablespoons vegetable oil, divided
- 4 (6- to 8-ounce) skinless cod fillets, 1 to 1 1/2 inches thick
- 2 poblano chiles, stemmed, seeded, and chopped
- 1 1/2 cups long-grain white rice, rinsed
- 2 scallions, white and green parts separated and sliced thin
- 2 garlic cloves, minced
- 1 1/2 cups chicken broth

For a light dinner with the convenience of a one-pan meal, we paired a Mexican staple (green rice) with fresh, flaky fish. The trick to perfectly cooked fish and rice all in the same dish? Staggered cooking.

To start, we pureed cilantro, spinach, and a jalapeno in a blender to form a bright, piquant base for cooking the rice. Then we sprinkled the otherwise pale fish with chili powder and salt to give the fish an appealing hue and a boost of flavor. We then sauteed poblano, scallion whites, and garlic to increase flavor, followed by the rice.

Toasting the rice in the skillet for about 2 minutes helped add another layer of flavor. To give the rice a head start, we parcooked it in a combination of broth and the cilantro mixture. After 10 minutes, we laid the golden-brown cod pieces on top of the rice and covered the pan to ensure that both the fish and the rice finished cooking at the same time.

Mayonnaise, along with a little of the reserved cilantro mixture, lime juice, and a pinch of salt, created a simple sauce that was not only delicious but also brought the dish together. For a fresh finish, we sprinkled scallion

1. Process cilantro, spinach, jalapeno and water in a blender until smooth, about 2 minutes, scraping down the sides of the blender jar as needed. Transfer 1 tablespoon cilantro mixture to a small bowl and whisk in mayonnaise, lime juice, and 1/8 teaspoon salt; set aside sauce. Reserve remaining

cilantro mixture separately.

2. Combine chili powder and 1 teaspoon salt in a small bowl. Pat cod dry with paper towels and sprinkle all over with salt mixture. Heat 1 tablespoon oil in a 12-inch nonstick skillet over medium-high heat until just smoking. Place cod in skillet and cook until well browned on the first side, about 2 minutes. Using 2 spatulas, carefully transfer cod to plate, browned side up. Wipe out skillet with paper towels.

3. Heat remaining 1 tablespoon oil in the now-empty skillet over medium-high heat until shimmering. Add poblanos and 1/8 teaspoon salt and cook, stirring occasionally, until lightly browned, about 2 minutes. Stir in rice, scallion whites, and garlic and cook, stirring often, until edges of rice are translucent, about 2 minutes. Stir in broth, remaining cilantro mixture, and remaining 3/4 teaspoon salt and bring to boil. Cover, reduce heat to

medium-low, and simmer for 10 minutes.

4. Carefully place cod browned side up on top of rice mixture. Cover skillet and cook until remaining liquid is absorbed and cod flakes apart when gently prodded with a paring knife and registers 135 degrees, 8 to 10 minutes. Off heat, drizzle cod with sauce and sprinkle with scallion greens. Serve with lime wedges.

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

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Don't Know Much About Lawrence's History?

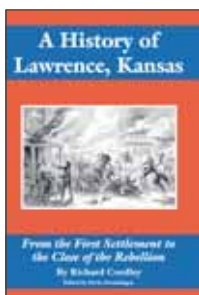
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For more information about this book and other books by Groenhagen, including *Finding Your East Frisian Ancestors and Cousins*, email Groenhagen at groenhagen@sbcglobal.net.

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RICK STEVES' EUROPE

Norway's fjord country blends serenity with grandeur

By Rick Steves

Tribune Content Agency

Though I initially visited Norway to see relatives — three of my grandparents grew up there — nature is the real draw here, even for those with family ties. It's a land of intense beauty, with famously steep mountains and deep fjords carved out and shaped by an ancient ice age.



Rick Steves

Traveling through fjord country, I find myself spending lots of time sitting on porches at Victorian-era hotels, mesmerized by the Norwegian mountains. Rather than jagged, they're bald and splotchy, with snowfields on top and characteristic cliffs plunging into inky water.

There's something poetic about summer evenings on a fjord. The world is bathed in a warm, mellow, and steady light that hardly changes.

The persistent call of gulls and the lazy gulping of small boats taking on little waves provide a relaxing soundtrack. Sometimes I'll stroll through a village, enjoying the sight of blond cherubs running barefoot through the stalled twilight. Cobbled lanes lead past shiplap houses to sheer cliffs. Half the sky is taken up by the black rock of a mountain.

It's a glorious setting, but the tourist season in fjord country is short — just July and early August. In the summer, restaurants and hotels need to scramble like chipmunks to survive the winter. Wondering how that affects the job scene, I notice that most of the employees are seasonal. On the front line are eager Norwegian kids visiting home for the summer. In the back, hardworking immigrants cook and clean. Local hoteliers and restaurateurs probably think that tourists don't come to some quaint fjord village to be served goat cheese by a guy from Pakistan or fish balls by a woman from Romania.

The food here is fine, but nobody visits Norway for its cuisine. It seems that each Scandinavian nation has one inedible dish that is cherished with a perverse but patriotic sentimentality. These dishes, which often originated

RICK STEVES



Norway's rugged west coast is slashed by fjords — stunning inlets carved out by ancient glaciers. Of these, the Sognefjord—Norway's longest (120 miles) and deepest (1 mile)—is tops. Ferries and catamarans connect visitors and locals alike to several of this sparsely populated region's scenically situated villages and towns.

during a famine, now remind the young of their ancestors' suffering. Norway's penitential food, lutefisk (dried cod cured in lye and then soaked for days in water), is used for Christmas...and for jokes.

While travelers swing from castle to castle through Germany, in Norway we seem to swing from stave church to stave church. These wooden wonders are the only grand architecture

CONTINUED ON PAGE 29



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Rick Steves

CONTINUED FROM PAGE 28

surviving from Norway's Middle Ages. They're built like upside-down Viking ships, supported on each corner by staves, or thick posts. Medieval Norway was essentially a society built of wood. Devastating fires were commonplace.

Driving the winding roads along the fjords — and diving for a pullout each time a car approaches — I realize that it's a very dangerous place... not because of the traffic (there's very little), but because of the scenery. It's tough to keep your eyes on the road.

Norway has laced and drilled an amazing road system to connect fjord country with Oslo. The Laerdal Tunnel, the world's longest car tunnel, stretches 15 miles. Driving it is a bizarre experience: To keep people awake, three rest chambers, each illuminated by a differently colored light, break up the drive visually.

All these new roads zip travelers

around quicker, but they've made previously tranquil valleys noisier. I had to drop one unfortunate campground with great riverside bungalows from my guidebook. For 10 years, it was a fine little budget place to sleep. Now, rumbling trucks trample the quiet, so it's out.

While I love traveling here, I'd describe the tourist industry as somewhere between frugal, cheap, industrious, and greedy. The tourist trade is built upon a gift from God: incredible nature. Researching and updating my guidebook here — sorting through all the creative marketing tricks masquerading as "deals" while they're jacking up the prices — I can't help but think, "These people are doing everything they can to get more business...except lowering prices."

On the other hand, I've always appreciated the agreeable demeanor of the Norwegian people — friendly but not overbearing, organized but not uptight, and with a lust for adventure befitting their gorgeous landscape. Known for their ability to suffer any misfortune with an accepting (if a bit pessimistic)

attitude, Norwegians are easy to get along with.

Communication is a breeze. Norwegians speak English so well that most tours at museums and historic sights simply dispense with the local tongue. Locals and tourists alike hear the spiel in one language, and that's English.

Yes, Norway is expensive, but the great scenery and affable ambience are free. When things get pricey, remind yourself that Norway is stacked with superlatives. My people enjoy the most

mountainous, most scenic, and most prosperous of all the Scandinavian countries.

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

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9	8	2	5	4	6	3	1	7
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M ₃	I ₁	M ₃	I ₁	C ₃	R ₁	Y ₄	RACK 2 =	<u>72</u>	
C ₃	O ₁	C ₃	H ₄	L ₁	E ₁	A ₁	RACK 3 =	<u>64</u>	
B ₃	R ₁	E ₁	A ₁	K ₅	U ₁	P ₃	RACK 4 =	<u>80</u>	
D ₂	E ₁	I ₁	C ₃	I ₁	D ₂	E ₁	RACK 5 =	<u>61</u>	
PAR SCORE 265-275							TOTAL	334	

JUMBLE ANSWERS

Jumbles: THEFT, BLUNT, CEMENT, MAINLY

Answers: A brave knight wearing a suit of armor ready to do battle is an example of -- METTLE IN METAL

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BOGGLE ANSWERS

BEAR, BOAR, GOAT, LION, MOLE, SEAL, LYNX, DEER, WOLF

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MY ANSWER

Christians not only belong to God, we also belong to each other

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: Churches still have not recovered from the results of the COVID-19 pandemic. Many people I know have withdrawn from public life. Surely, this cannot be healthy or helpful. Some churches are offering classes on how to deal with fear, but is this the right emphasis? Shouldn't we be giving those in despair hope? How do churches rebound and become effective again? – C.F.

A: Christians not only belong to God, we also belong to each other. We are not traveling alone on this journey God has given; others are traveling with us, sharing life's joys and bearing each other's burdens and heartaches. If

someone stumbles, we help them get to their feet; if someone veers off course, we urge them back. On this journey we are all brothers and sisters in the same family — the family of God.

This family is what the New Testament calls the church. In its fullest sense, the church isn't just a particular building or congregation, but the spiritual fellowship of all who belong to Jesus Christ.

The Bible instructs us not to give up meeting together (see Hebrews 10:25). The word church as applied

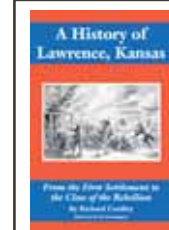
to the Christian society was first used by Jesus Himself when He told Peter, "Upon this rock I will build my church" (Matthew 16:18, NLT).

The church in America has been deeply infiltrated by the "world," and in the process, it is beginning to copy and resemble the world in many ways. If the church went back to the main task of proclaiming the Gospel it would have a far greater impact. The church should be setting the pace, taking its proper place of leadership in the nation. Our chaotic, confused world has no greater need than to hear the message of the Gospel of Jesus Christ.

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

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A History of Lawrence, Kansas

by Richard Cordley

Available at the Watkins Museum of History,
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