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INSIDE



Lexington Park Retirement Community residents in Topeka will soon enjoy new updates to their campus. - page 8

- America's Test Kitchen.....25
- Business Card Directory...26, 27
- Calendar.....16
- Financial Focus.....14
- Health & Wellness10, 12
- Humor.....19
- Humor Hotel.....19
- Jill on Money15
- Mayo Clinic13
- My Answer30
- My Pet World.....24
- Painting with Words.....20
- Puzzles and Games.....22, 23
- Rick Steves' Europe.....28
- Savvy Senior.....21

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SENIOR
profile

Senior Monthly publisher visits ancestral homeland

See story on page three

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Groenhagen makes roots trip to East Friesland

By Kevin Groenhagen

While growing up in the small town of Oregon, Illinois (population less than 4,000), I had classmates with surnames such as Bruns, Buhs, Ennenga, Denekas, Dirksen, Eden, Hayenga, and Mennenga. I didn't realize it then, but our ancestors all came from East Friesland, a region in the northwest of Lower Saxony, Germany. In fact, Oregon was one of more than a dozen East Frisian "daughter" colonies established in the Midwest. East Frisians established the "mother" colony in German Valley, Illinois, in 1847.

In addition to being from the same part of Germany, many of my classmates and I are distantly related. I was a bit shy in middle school, and a classmate with the surname Hayenga would tease me in Mr. Behrends' (another Frisian name) classroom by pretending that she was going to kiss me. After researching, I found that she and I are sixth cousins. I had to tease her about

that after that discovery.

During the 1980s, my father and I became more interested in our genealogy. The publication of an English version of Pastor George Schnucker's *The East Friesens in America* in 1986 stoked this interest. My father also discovered that a gentleman named Harm Tammen Groenhagen was buried in Forreston, Illinois, which, like Oregon, is located in Ogle County. We learned that Harm, his wife, and their four daughters left East Friesland in 1857, 13 years before my second great-grandfather, Harm Siebelts Groenhagen, left East Friesland. Were Harm Tammen Groenhagen and Harm Siebelts Groenhagen related? It would take more than 30 years to answer that question.

One of Harm Tammen Groenhagen's daughters, Ida, married Casper Hassebroek and moved to Riley, Kansas, in 1870. I visited Alberta Otto, their granddaughter, in 1993. Alberta, then 96, and I had a great discussion but could not determine if we were related.

In the late 1990s, I began exchanging emails and letters with Hanne Dirks, who lives in East Friesland. Her maiden name is Groenhagen. Hanne also mailed me a book about East Friesland.

With work and kids to raise, I had little time to do genealogy for more than 15 years. But then, three things happened to rekindle my interest. First, Facebook made finding and connect-

ANDREA GROENHAGEN PHOTO



From the restored windmill (built in 1895) in Rysum, Kevin Groenhagen looks toward the Rysum Church, where his paternal grandmother's family, the Riekenes, attended church. The church houses the Rysum organ, which, dating back to the 15th century, is the oldest instrument of its kind in northern Europe.

ing with Groenhagens living in East Friesland easy. Second, Ancestry.com made it extremely easy to find baptismal, birth, marriage, and death records in East Friesland as far back as the 17th century. And third, DNA testing introduced science to genealogy.

DNA testing showed that several descendants of Berend Garrelts Groenhagen, Harm Tammen Groenhagen's father, in both the United States and Germany, shared a segment of DNA on chromosome 7 with me. However,

I'm not sure that our common ancestor was a Groenhagen. My DNA matches include descendants of both of Berend's wives (his first wife died in 1819, and he remarried in 1823), so I know the DNA came from Berend. Records on Ancestry.com allowed me to put together a family tree and find Groenhagen cousins living in East Friesland today. And Facebook helped me contact some of those cousins.

With all this new information, I

CONTINUED ON PAGE FOUR

Kaw Valley
Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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ANDREA GROENHAGEN PHOTO

Kevin Groenhagen with Hanne Dirks, whose maiden name is Groenhagen. For nearly 25 years, Dirks has helped Groenhagen with his research concerning the Groenhagen families.

Roots trip

CONTINUED FROM PAGE THREE

started writing a book on the Groenhagen family. I also planned to visit East Friesland in 2020. But then we experienced the COVID pandemic. I published my book in 2020 but had to postpone my trip.

My wife, Andrea, and I finally traveled to East Friesland last month. Knowing that my wife does not share my interest in genealogy, I compromised with her by spending a few days in Amsterdam to see the sites there before and after visiting East Friesland. Amsterdam was also a “roots” visit for me since ancestors on my mother’s side would have been in Amsterdam before sailing to Recife, Brazil, with the Dutch West India Company during the early 17th century. After the Dutch surrendered to the Portuguese in 1654, many of the Dutch, including my ancestors, evacuated Recife and sailed to New Netherland, a 17th-century colonial province of the Dutch Republic located on the east coast of what is now the United States of America.

When we checked into our hotel in Amsterdam, the receptionist said,

“You have a very Dutch name.” When we returned to Amsterdam several days later, another receptionist at a different hotel made the same comment.

After seeing some of the sites in Amsterdam, we rented a car. We drove to East Friesland via the Afsluitdijk, a 20-mile-long dam and causeway that runs from Den Oever in North Holland province to the village of Zurich in Friesland province in the Netherlands. From Zurich, we drove through Groningen, where a few Dutch Groenhagens live, and then across the border to Emden, Germany, where we had reserved an Airbnb for a few days.

I had compiled a list of places to visit in East Friesland and had planned to drive to all of them. However, I was pleasantly surprised when Hanne Dirks said that she and her husband, Martin, both of whom are retired and speak excellent English, would drive so we could enjoy the scenery. I have been unable to determine if Hanne is actually my cousin. If she is, our common ancestor would have been born before 1700. However, for nearly 25 years, Hanne has helped me more than anyone else with my research. She may not be a cousin, but my wife and I consider

CONTINUED ON PAGE FIVE



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Roots trip

CONTINUED FROM PAGE FOUR

her family.

Before meeting with Hanne and Martin, Andrea and I drove to Oldersum to visit Adolf and Gretchen Groenhagen, their son, Jens, and Jens' children, Jonte and Jette. Members of this family are descendants of Berend Garrelts Groenhagen, so I know they are my distant cousins. After breakfast, I gave Jens a copy of my book and gave Adolf a silver coin featuring an American politician he admires. Adolf reciprocated by giving me a silver replica of a two-thaler coin that the City of Emden originally minted during the 17th century. I think I got the better end of the exchange.

From Oldersum, we drove to Hanne and Martin's home in Emden, and they then drove us to Greetsiel, a picturesque fishing village with twin windmills. We also visited the famous Pilsum Lighthouse, the village of Manslagt, where my second great-grandfather worked as a dike worker before coming to America in 1870, and the village of Rysum, where my paternal grandmother's family, the Riekens, lived. While in Rysum, the Dirks treated us to a traditional German dinner at Gasthaus Am Markt. The owner, Dieter Schmidt, is Martin's childhood friend. Dieter's family has owned the restaurant since 1901.

The following morning, Hanne and Martin invited us for breakfast at their house, and then we drove to the village of Westerhusen. Hanne grew up in Westerhusen, and my branch of the Groenhagen family also has a strong connection to the village. Brune Janssen Groenhagen, my first cousin 7x removed, was a deacon at the Church of Westerhusen during the late 18th century. The church dates from the 15th century and is located in the middle of the *warft* (an artificial dwelling mound on which the village was built). Hanne and Martin got the key to the church and gave us a tour inside. Martin, who retired several years ago as a supervisor with Nordseewerke Emden GmbH, a shipbuilding company, in 1996 made a stainless-steel time capsule for the church.

Brune Janssen Groenhagen was a deacon when the Church of Westerhusen, using funds from church members and wealthy landowners, built the *Armenhaus* (poorhouse) in the village in 1793. The building housed four families, each with a garden area to plant potatoes, beans, etc. Remarkably, the building still stands 231 years later.

Knowing that I wanted to visit the *Armenhaus*, Hanne and Martin rode their bicycles from their house to the *Armenhaus* (about four kilometers) two weeks before our visit and happened to find the owner, Manfred Merkel, outside. Manfred and his wife, Wiebke, renovated the *Armenhaus* and

CONTINUED ON PAGE SIX

PASTOR JURGEN HOOGSTRAAT PHOTO



Andrea and Kevin Groenhagen with Pastorin Andrea Düring-Hoogstraat. Düring-Hoogstraat and her husband, Pastor Jürgen Hoogstraat, invited the Groenhagens for afternoon tea at their church's parsonage in Victobur. Kevin Groenhagen and Pastor Hoogstraat, an authority on East Frisian history, culture, and immigration, also exchanged books after enjoying the traditional tea ceremony.

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Roots trip

CONTINUED FROM PAGE FIVE

have lived there with their two sons since 2008. Manfred was gracious enough to give us a tour of the interior of his home. Manfred and Wiebke also bought the neighboring bakery, which was built in 1803, renovated it, and now rent it out as an Airbnb.

After visiting Westerhusen, Andrea and I drove to the Upstalsboom near Aurich. A stone pyramid from 1833 commemorates the Upstalsboom, which was the meeting place of the delegates of the Frisian regional communities during the period of Frisian freedom in the 13th and 14th centuries.

From there, we drove to Victobur, where my seventh cousin, Jürgen Hoogstraat, is the pastor of the St. Victor Church. Pastor Hoogstraat has also written several books about East Frisian history, culture, and immigration. He and his wife, Pastorin Andrea Düring-Hoogstraat, had invited us to the church parsonage for afternoon tea at 3 p.m. East Frisians are proud of the fact that they drink more tea (300 liters of black tea per capita in 2020) than any other people in the world. The East Frisian tea ceremony entails pouring brewed tea into a cup over rock sugar called *Kluntje*. A tiny spoonful of whipping cream on top creates a visual effect called *Wulkje*, or “little cloud.” According to tradition, hosts customarily offer guests at least three cups of tea.

After visiting the Hoogstraats, we returned to Emden to join Hanne and Martin and my seventh cousin Elke

Cobe, the daughter of Baukea Janette Janssen Groenhagen, for dinner. At 6'2", Elke stands an inch taller than me.

After dinner, we returned to our Airbnb, where Diederich Stevens and his wife, Kerstin, visited us. I believe Diederich is my fourth cousin, 1x removed. He is a descendant of Cornelius Bruns, while I'm a descendant of Kornelius Bruns Groenhagen, born in 1778. I believe Cornelius Bruns and Kornelius Bruns Groenhagen were the same person. To come to this conclusion, one has to know a little about patronymics and history. Before East Friesland became part of the French Empire in 1806, East Frisians did not

CONTINUED ON PAGE SEVEN

ANDREA GROENHAGEN PHOTO



Kevin Groenhagen with Diederich Stevens. Genealogical records strongly suggest that Groenhagen and Stevens are fourth cousins.



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Roots trip

CONTINUED FROM PAGE SIX

have surnames. My sixth great-grandfather was Kornelis Bruns, his son was Brune Kornelius, and his grandson was Kornelius Bruns. During the early 1810s, Napoleon required East Frisians to register permanent surnames. For an unknown reason, Kornelius Bruns and his first cousin, 1x removed, Brune Janssen (the deacon who established the poorhouse in Westerhusen) chose Groenhagen.

Cornelius Bruns had a daughter named Janken Cornelius, born in 1803. She was Diederich's second great-grandmother. Records also show that Cornelius Bruns had a son, Brune Cornelius, born in 1808, whose name was Brune Cornelius. These children were born before the surname requirement. Additional documents show that Cornelius Bruns' first wife died before 1817, and Brune Cornelius died as Brune Kornelius Groenhagen in 1892. Cornelius Bruns/Kornelius Bruns Groenhagen then married Hilke Siebelts. Their

son, Siebelt Ehmen Groenhagen, was my third great-grandfather. Traditionally, the second son was usually named after his maternal grandfather, who, in this case, was Sybelt Ehmen.

Diederich had a surprise. He had gotten the key to the Reformed Church in Larrelt and took us to tour it. Five generations of the Stevens family served as the sexton for this church, which dates from the 15th century. Diederich also drove us to see the *Kost Winning* mill, which was built in 1732.

The following day, we drove back to Amsterdam using a route that went through Zwolle in the Netherlands instead of Groningen, where we were delayed by highway construction on the way to East Friesland. This allowed us to drive on the Autobahn for quite a distance before crossing into the Netherlands. I soon discovered that my wife's definition of "reasonable speed" differs significantly from mine.

I may have bored more than a few readers with the details of our travels

and my genealogy. However, I hope they have inspired others to at least consider making root trips of their own. With GPS, Google Translate, and other tools, traveling is much easier today than just a few years ago. Of course, if you can also find someone like Hanne and Martin Dirks to help you, that's even better. Our visit to East Friesland was very short, but Hanne and Martin made it possible to see much more than we would have seen if we had done the visit on our own.

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Lexington Park campus receives more updates

By Billie David

Residents of the Lexington Park Retirement Community, located off 10th street in Topeka just west of Fleming Place Shopping Center, will soon enjoy some new updates to their campus. The Lexington Park campus includes independent living, assisted living, rapid recovery, and skilled nursing buildings.

Lexington Park's independent living building completed several updates already and has apartment updates in motion.

"The independent living common areas were remodeled a few years ago," said Mark Herman, vice president of maintenance operations. "Now we are working on apartment updates, like new cabinets, countertops, flooring, and lighting. The commons area at the independent living building is already finished. It's gorgeous. It is updated, painted, and carpeted, with a beautiful fireplace."

In addition to updates at the independent living building, the assisted living and skilled nursing buildings have also been updated. Both the assisted living and skilled nursing buildings have brand new siding and the scenic pond on the campus was updated last year.

"We want our residents to be proud of where they live," said Herman. "These updates help ensure the community will look great for years to come."

Lexington Park offers a variety of living options on one campus, so seniors can always get the care that's right for them. Independent living is ideal for active seniors who want a stress-free lifestyle and do not need medical care. It is pet-friendly, and there is no buy-in. Residents have full access to the commons area and can hear guest speakers, participate in exercise classes, or enjoy the fireplace. They can select from different floor plans and bring their own furniture. The apartments include a full

CONTINUED ON PAGE NINE

KEVIN GROENHAGEN PHOTO



A crew works on the exterior of the Lexington Park Assisted Living building on May 2. Residents of the Lexington Park Retirement Community, located off 10th street in Topeka just west of Fleming Place Shopping Center, will soon enjoy some new updates to their campus.



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Lexington Park

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kitchen, full-sized appliances, and a full-size bedroom, and they can choose from a studio, one-bedroom, or two-bedroom apartment.

The assisted living building, located at 1021 SW Fleming Court, is for seniors needing assistance but not 24-hour nursing care. Residents there receive three home-cooked meals seven days a week, medicine management, and help with mobility and daily living needs. They can also take advantage of weekly housekeeping, laundry, and social activities. The floor plans for assisted living residents include a small kitchenette, a private bathroom with a step-in shower, a closet, and individual heating and air conditioning.

Residents who need skilled nursing and long-term care receive 24-hour nursing care supervised by a licensed physician and provided by a professional nursing staff. They also have access to rehabilitation activities, dietary services, and social services to ensure total care.

Rapid recovery, located in the skilled nursing building, is a place where residents can recover from surgery or illness—a place where they receive specialized therapy and assistance.

Lexington Park is managed by Midwest Health, a Topeka-based senior living company with more than 45

years of experience. Midwest Health is co-owned by Jim Klausman and Butch Eaton, who have grown the company from one community to more than 80 facilities across six states.

“It’s easy to forget how big Midwest Health is because they are still a family-owned company, which is important for residents and workers as well,” Herman said. “I’ve been at Midwest Health for one year, and it has been an amazing opportunity. There is an open-door policy.”

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HEALTH & WELLNESS

Recovery is a team effort

By Kade Han

LMH Health

Charles “Tony” Silvestri isn’t a stranger to working collaboratively. Working as a poet, lyricist and Washburn history professor has provided plenty of experience working with others, ranging from choral pieces to book publication. However, he never expected that his own health and recovery would be dependent on col-

laborating with a team of LMH therapists—Katie Renyer, Trena Triplett and Kari Koester. Around Thanksgiving 2023, Silvestri noticed something was off. He began to experience numbness in his fingers and toes which would later progress to his lips and tongue. Even after consulting with his primary care provider, they could not figure out the cause.



laborating with a team of LMH therapists—Katie Renyer, Trena Triplett and Kari Koester. Around Thanksgiving 2023, Silvestri noticed something was off. He began to experience numbness in his fingers and toes which would later progress to his lips and tongue. Even after consulting with his primary care provider, they could not figure out the cause.

“The initial tests did not reveal the cause of what was making parts of my body numb. In the meantime, I was getting more fatigued and to the point that I could not hold up my body,” said Silvestri.

Following the advice of his primary care provider, Silvestri’s parents and partner took him to the emergency room at the University

of Kansas Health System, where he would quickly be seen by a specialist. Upon his arrival, he was rushed to the intensive care unit, intubated, and diagnosed with the rare autoimmune disorder Guillain-Barre syndrome, which attacks the nervous system beginning at the outmost extremities before working its way inwards to the heart and lungs. It was there in the ICU that Silvestri began the fight for his life.

“I was completely paralyzed,” said Silvestri. “It had attacked all of my nerves and my diaphragm, which left me unable to breathe on my own. The entire time I was in the ICU, I kept thinking about when I would be able to get back to Lawrence. I saw how much extra stress my loved ones were under by having to drive to Kansas City every day.”

It turns out the universe was listening. Once he was stabilized, his loved ones and his care team determined that he would benefit from recovering at LMH Health on the acute rehab unit.

“My dad had previously stayed in acute rehab following a hip replacement,” said Silvestri. “They knew I wanted to be home at the nearest best rehab place.”

On December 10, Silvestri was transported back to Lawrence to begin his long road to recovery.

A collaborative effort

The transfer to LMH Health marked the second phase of Silvestri’s recovery. It would consist of regaining use

LMH Health acute rehab unit helps patients return to independence

The LMH Health acute rehab unit was renovated in 2016. The renovation included private rooms, open dining, a home-like family gathering area, a therapy gym and even an apartment to practice daily living skills.

Patients affected by stroke, hip fractures and other debilitating illnesses or injuries can find follow-up care after an acute inpatient hospitalization stay by

being admitted to the hospital’s fourth floor, which includes 12 acute rehabilitation beds and 14 skilled nursing beds. Both the acute rehabilitation and transitional care unit programs offer services to help patients return to the highest level of independence possible, although the types and intensity of services vary based on condition and level of rehabilitation required.

of his muscles, re-learning to walk and write and most importantly, it would reveal what his new normal would look like. It was estimated that Silvestri would be in the acute rehab unit for at least a month.

“It was encouraging to be able to look out and see Lawrence and know that I was one step closer to home,” said Silvestri. “Plus this is my hospital and my community. It’s familiar and comforting to me.”

There were two major challenges that Silvestri wanted to overcome, and each would require a collaborative effort with Koester, Renyer and Triplett.

“The city of Lawrence is very lucky to have a local rehabilitation option that offers such high-quality collaborative care,” said Nami Stone, physical therapy director at LMH Health. “The physical therapy, occupational therapy and speech-language pathology teams work together to provide three hours of therapy five days per week, often working around full schedules and new

admissions each day.”

Stone explained the ultimate goal for each patient is safe discharge home. To accomplish that, teams meet weekly, if not daily, to make sure their work maximizes the ability for each patient to progress appropriately toward that goal. Data about outcomes for each patient is collected and submitted, and demonstrates the care provided on the rehab unit meets and at times exceeds national averages.

Koester, an occupational therapist, worked closely with Silvestri to regain his independence in his activities of daily living. This included tasks such as getting dressed, completing personal hygiene tasks and improving the strength and use of his arms and hands.

“It was all about making adaptations every day in order for Tony to accomplish what he needed. As he improved, we were able to take some of those adaptations away,” said Koester. “We

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Team effort

CONTINUED FROM PAGE 10

would set a daily achievable goal so he could see that he was making progress. It was frustrating for him to have lost so much, so it was really important for him to see his progression.”

Renyer, a physical therapist, was also working with Silvestri to strengthen his muscles and increase his tolerance for movement. She worked with him to be able to sit at the edge of his bed, stand and walk using parallel bars, walk without assistance and go up and down stairs.

“Tony knew from the beginning that I was going to push him to get stronger and regain his independence. I was not going to give up on him and I was not going to allow him to give up on himself,” said Renyer.

At the same time, Silvestri was working with Triplett, speech-language pathology, to improve his facial muscle sensation and movement, voice and swallowing. Following his hospitalization, Silvestri was fitted with a feeding tube. He was unable to swallow food and protect his airway, which could result in silent aspiration.

“The goals Tony wanted to achieve were to eat and sing again, and his overall goals were to return home and resume work,” said Triplett. “We focused on improving Tony’s ability to increase voice intensity, regain right-sided facial sensation, movement and symmetry and to swallow safely.”

Silvestri’s recovery was important to everyone working in the acute rehab unit. The entire team, including his physician, nurses, therapists,

social worker, dietitian and pharmacists, consistently communicated concerns, recommendations, and jointly coordinated modifications in his care to promote the best environment to be successful. Weekly meetings guided planning for Silvestri to have ongoing community services and therapy upon discharge.

“My entire team would encourage me to try to do tasks I didn’t think I could do,” said Silvestri. “I would make a weekly goal on Monday, but then by the afternoon, I would have beaten it. I was walking, doing stairs and building muscles. There was something great about having a normal experience.”

By late January, Silvestri had his feeding tube removed, could stand up and walk unassisted, and go up and down four flights of stairs with relative ease. His team felt comfortable discharging him from the acute rehab unit.

“My advice is to trust your team and do what they say, that’s what allowed me to be discharged with confidence,” said Silvestri. “I let them drive the bus and did what they asked with cheer. I knew that everything the team at LMH Health worked on with me was to help me regain my independence.”

Silvestri’s recovery is not over, as he continues to work closely with LMH Health Therapy to maintain and retain his strength and mobility. Since his discharge, he has returned to playing music and will return to teaching in the fall. His next large milestone is to be cleared for driving.

“I am entering a new chapter of my story and restoring the parts of my old life I want back,” said Silvestri. “I wouldn’t be where I am today without the encouragement and support of

COURTESY PHOTO



Charles “Tony” Silvestri with his LMH Health care team.

everyone in acute rehab.”

digital communications specialist at

- Kade Han is the social media and LMH Health.

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HEALTH & WELLNESS

Behold the power of nature

Behold the power of nature. Many herbs or medicinal plants have been used for thousands of years, dating back to ancient times. Herbs are a well-known part of cooking for adding flavor to many culinary dishes.



*Dr.
Deena
Beneda*

However, many do not know the health benefits of consuming herbs. Nor are people aware of the multitude of research behind herbs or medicinal plants. Research shows that consuming a minimum amount of herbs can positively affect your health. When choosing between fresh or dried herbs, fresh herbs are always the best choice because the herb is in its most potent natural form. The six medicine plants to be discussed in this paper help with blood sugar regulation, improve mood, boost the immune system, improve cardiovascular health, and help fight disease are as follows:

Manage blood sugar: cinnamon.

Cinnamon can help your cells better take in sugar and use insulin. It is also helpful in improving cardiovascular health.

Improve mood: saffron.

This reddish-yellow herb contains certain chemicals that can help to reduce anxiety and depression. It is also being used in some weight-loss studies.

Improve mood: St. John's Wort.

One cannot fail to mention St. John's Wort when talking about medicinal plants and mood. Historically, this herb has been used to treat mental disorders and nerve pain and as a sedative. Today, it is frequently used to treat mild to moderate depression, anxiety, and sleep disorders.

Improve the immune system: turmeric.

Turmeric is a common ingredient in many curry dishes. This herb adds a yellow color to the food. It contains curcumin, which studies suggest is a crucial component that fights inflammation and is a powerful booster for the immune system.

Aid in cardiovascular health: garlic.

The medicinal benefits of garlic have long been established and proven clinically.

cally. Ingesting garlic has been shown to reduce blood pressure and act as a blood thinner. Garlic raises protective HDL cholesterol while lowering harmful LDL cholesterol, and triglycerides.

Fight Disease: Echinacea

Echinacea, or the purple coneflower, is a native species in the United States. Years of research have proven Echinacea's value for aiding the immune system and fighting disease.

Herbs or medicinal plants have been used for thousands of years to treat

various medical conditions. In herbal therapy, certain plants' roots, flowers, berries, stems, and leaves are crushed, dried, steeped into a tea, or made into tinctures to medicate patients. However, even medicinal plants can cause adverse reactions. Consult with your doctor before taking any herbs or medicinal plants, and behold the power of nature.

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

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“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+.

Clearly, the numbers don't add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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MAYO CLINIC

Options for breast reconstruction

By **Christin Harless, M.D.**

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: My sister was just diagnosed with breast cancer and will have a double mastectomy. What types of reconstruction could she have, and when can the reconstruction be done? Are there any new reconstruction options that she should be aware of? I've heard about 3D tattooing. Is that an option?

ANSWER: Breast reconstruction is a procedure that restores the shape of your breast after mastectomy, which is an operation that removes your breast to treat or prevent breast cancer.

Breast reconstruction can be performed with either an implant — silicone devices filled with silicone gel or saline — or a patient's own tissue. Most people who undergo mastectomy tend to choose implant-based breast reconstruction, with a smaller portion opting for flap, or autologous, reconstruction. Breast reconstruction with flap surgery involves taking a section of tissue — skin, fat and occasionally muscle — from one area of your body, most often your abdomen, and relocating it to create a new breast mound.

Each method has its benefits and

drawbacks. For example, implant-based breast reconstruction involves a shorter operation and recovery, whereas flap surgery is a longer, more complex operation with a longer recovery time. Also, implants are temporary and will require removal or replacement on average every 10 years. With flap surgery, typically, no further operations are necessary.

Breast reconstruction starts at the time of mastectomy. A team of breast oncologic and plastic surgeons working together to devise the appropriate plan for your needs is essential.

Depending on the location of the tumor and the patient's breast size, they may be a candidate for a nipple-sparing mastectomy, which allows for a more natural reconstruction appearance. A nipple-sparing mastectomy involves the removal of the breast tissue, but spares the skin, nipple and areola, also called the nipple-areolar complex.

If the tumor is abutting the nipple-areolar complex, the patient will need surgical removal of the nipple. Nipple reconstruction can be done with a 3D nipple-areola tattoo with or without the creation of a raised area of skin to reconstruct a raised nipple. 3D nipple tattooing is highly encouraged for all patients who have required surgical

excision of the nipple-areolar complex. Data shows patients are more satisfied with reconstruction and can move forward from their cancer journey when reconstruction of the nipple is performed.

In the past, breast reconstruction would not provide the same sensations as before mastectomy. However, breast resensation is the new frontier within breast reconstruction. This is a new technique of breast nerve repair during breast reconstruction that can potentially restore feeling after a mastectomy. This can be done in one of two ways.

First, suppose the patient is a candidate for nipple-sparing mastectomy and is approximately a C cup or less at the time of mastectomy. In that case, we can identify the nerves on the lateral chest and bridge the gap beneath the nipple-areolar complex with a nerve graft. The nerve will then regenerate through the graft, providing sensation to the nipple-areolar complex. While this can take up to two years, it should restore light touch to the breast and nipple-areolar complex, but it will not fully return premastectomy breast sensation.

The second approach is pursued if the patient is undergoing flap surgery.

We can identify a nerve on the tissue from the abdomen and connect that via nerve graft to a nerve in the chest. This can be an option for patients who have already had a mastectomy — and possibly implant-based breast reconstruction — and desire more sensation.

Breast reconstruction is an excellent option for many patients. It can give you a breast contour, provide symmetry to your breasts under clothing and help you avoid the need for an external prosthesis inside your bra. Many patients find that their self-esteem and body image improve after reconstruction, and it helps to erase physical reminders of their cancer journey. However, before breast reconstruction surgery, consult a plastic surgeon who is board-certified and experienced in breast reconstruction following mastectomy. — Christin Harless, M.D., Plastic Surgery, Mayo Clinic, Rochester, Minnesota

- *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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FINANCIAL FOCUS®

Financial tips for widows and widowers

Lossing a spouse is one of the most painful experiences anyone can have. Unfortunately, widows and widowers have to deal with more than just the emotional trauma — they also must consider a range of financial issues. If you've recently been widowed, what financial moves should you consider?



Derek
Osborn

For starters, don't rush into any major decisions. If you're still in the grieving process, you are unlikely to be in the best shape to make significant choices affecting your finances and your life.

But once you feel ready to look at your situation objectively and make appropriate choices, consider the following steps:

- *Review your finances.* Look at your entire financial picture — your assets, investments, debts and income. If you and your spouse had communicated well about your finances, and you shared decisions, you hopefully won't encounter any big surprises. But if your spouse was the partner who mostly handled financial matters, you may need to get up to speed quickly on what you have and what you owe. And if your spouse had provided a large amount of your household income, you will also need to determine what changes you may need to make to your lifestyle.

- *Address insurance issues.* If you will receive a death benefit from your spouse's insurance policy, what will you do with the money? It may prove helpful in funding your own retirement or meeting other financial goals. But you'll also want to be clear about what

other beneficiaries, such as your children, might receive. And while you're looking at insurance, you also might want to look at your own policies — do you need to change beneficiaries?

- *Review your Social Security options.* If you are at least 60 and you were married at least nine months, you may be entitled to Social Security survivor benefits. (If you remarry before age 60, you typically cannot receive survivor benefits, but you can reinstate them if this subsequent marriage ends.) The amount of your survivor's benefits depends on your age and the age of your deceased spouse. You can't claim your deceased spouse's benefits along with your own retirement benefits, so if you qualify for survivor and retirement benefits, you'll receive the larger amount. Depending on your situation, you might come out ahead by delaying your retirement benefits, giving them the chance to grow, while you accept survivor benefits. For more details on receiving Social Security benefits, visit the Social Security Administration's website at www.ssa.gov.

- *Review your estate plans.* The death of a spouse can certainly affect your family's estate plans. So, it's a good idea to review these plans to see what changes, if any, need to be made. When conducting this review, you'll benefit from working with an estate-planning professional.

Finally, keep in mind that you don't

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

have to go it alone during this difficult time. If you're already working with a financial professional, they can help. If you aren't currently working with one, now might be the time to start. By looking at your finances and your family situation holistically, a financial professional can provide guidance that can help ease the stress you are naturally feeling.

Few events are as sad as losing a

spouse. But when you feel ready, start taking the steps necessary to continue forward on your life's journey.

- 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

Two-tiered retirement

Are Americans prepared for retirement? It depends on who you ask.

The Alliance for Lifetime Income (ALI) released a study with an eye-catching headline: Two-thirds of peak Baby Boomers are not financially prepared for retirement.



Jill
Schlesinger

However, results of EBRI's 2024 Retirement Confidence Survey (RCS) found "two-thirds of the workers and three-fourths of the retirees are very or somewhat confident about having enough money to live comfortably in retirement."

Two retirement surveys, two different results?

Not so fast. The ALI survey crunches retirement numbers while EBRI asks how we feel about our retirement readiness, and there can be a chasm between the two.

ALI focused on "Peak Boomers," defined as those Americans who will turn 65 between 2024 and 2030, of which there are 30.4 million. According to the study, more than half of these soon-to-be retirees will rely primarily on Social Security for income, which

was intended to replace about 40 percent of annual pre-retirement earnings.

ALI went deeper to determine if assets accumulated (the median retirement savings for Peak Boomers is \$225,000) would augment Social Security and last up to 20 or more years in retirement. The answer is that two-thirds of Peak Boomers "will be challenged to maintain their lifestyles in retirement."

Conversely, the RCS asked people how confident they felt in their ability to live comfortably throughout their retirement. While 68% may feel confident, only about half have run the numbers. If they did, the results might be similar to ALI, because "a sizable percentage of workers say they have very little or no money in savings and investments."

Forty-seven percent report that the total value of their savings and investments, excluding the value of their primary home, is less than \$100,000. (RCS relies on workers to self-report, EBRI relies on Federal Reserve data.)

Ultimately, the two surveys may be closer than their respective headlines would indicate. The notion that millions of Americans are facing an uncertain retirement reality is the focus of a new book by economist and author Teresa Ghilarducci. *In Work, Retire, Repeat: The Uncertainty of Retirement in the New Economy*, Ghilarducci dives into the numbers and finds a two-tiered

retirement system, where only "21% of Americans aged 62-70 have enough money to maintain their standard of living in retirement." Of the 79%, "51% are retired but can't maintain their pre-retirement standard of living. And the rest, 28%, are working and cannot afford to retire."

Perhaps you are wondering why these people didn't save more or work longer.

Ghilarducci says "most retirees lament retiring earlier than planned because they were laid off, forced out, or their health or their spouse's health drove them out of the labor force."

I have spoken to many of these folks and have found that they were not spendthrifts, rather they were often unlucky and had to find lower paying jobs to meet their obligations.

For those facing a shaky retirement, getting the most out of the Social Security system should be a priority. Although you can claim benefits as early as age 62, doing so will permanently reduce your income for the rest of your life. This may also impact a non-working spouse who is relying on

your record for their benefits.

Instead, people should try to wait until Full Retirement Age, which for anyone born after 1960, is 67, or until age 70, when benefits max out.

Doing so allows you to get Delayed Retirement Credits, which increases benefits by 8% per year. Ghilarducci says these credits are "the best financial deal on the planet...waiting to claim from age 62 to 70 raises one's monthly lifetime benefits by more than 30%."

- 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 north-east Kansas event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417 or email kevin@senior-monthly.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

JUN 3

EMAIL FOR BEGINNERS

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

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

JUN 3

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>

JUN 4

BEGINNING COMPUTER NAVIGATION

Learn how to use a mouse, navigate Windows 10, find and open apps and files. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Anton Room 202 10-11 a.m.

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

JUN 4

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>

JUN 5

WORLD LEADERS IN WARTIME: CHIANG KAI-SHEK AND MAO ZEDONG

Presented by Dr. Geoff Babb. Dr. Babb will discuss the wartime leadership of Chiang Kai-shek (Jiang Jieshi) and Mao Tse-tung (Mao Zedong). Their political and military leadership in the Chinese Civil War, the War Against Japan, and during two crises in the Taiwan Strait encompassed an adversarial relationship that stretched for nearly 50 years. These two leaders not only sought victory on the battlefield, but more importantly, the right to rule a country with the world's largest population and guide its return to major power influence. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4:15 p.m. Hybrid event.

LAWRENCE, 785-864-4900

JUN 6

INTERNET INTRODUCTION - BEGINNING COMPUTER SKILLS

Learn about browsers, search engines and how to navigate websites to find information online. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.

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

JUN 10

NEW TO MEDICARE

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

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

JUN 11

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>

JUN 17

NEW TO MEDICARE

Jayhawk Area Agency on Aging staff will help

you navigate Medicare to make sure you are getting the best plan for your needs. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

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

JUN 24

SUCCULENT PLANTS

Learn about succulent plants and decorate a personalized terra-cotta pot. Then select a succulent plant to take home. We'll give you tips to care for your new plant. Topeka and Shawnee County Public Library - Learning Center, 11 a.m.-12 p.m.

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

JUL 1

EMAIL FOR BEGINNERS

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

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

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

ENTERTAINMENT

SECOND & FOURTH SATURDAYS OF THE MONTH

GRAND OTTAWA OPRY

Enjoy our live Branson-style Old Country music shows. Ottawa Memorial Auditorium, 301 S. Hickory. The doors open at 4:30 p.m. and the Grand Ottawa Opry begins at 6 p.m. Call for more info. Fee. Tickets available at the door.

OTTAWA, 785-241-6762

JUN 7-23

FIDDLER ON THE ROOF

This is a tale of Tevye and his family in a changing Russia. The plight of traditional values in the face of changing social mores and ethnic prejudice cuts across barriers of race, class, nationality and religion to touch audiences on a universal level with laughter, sadness and joy. Theatre Lawrence, 4660 Bauer Farm Dr. Fee. See website for show-times.

LAWRENCE, 785-843-SHOW (7469)
wp.theatrelawrence.com

JUN 14

INDIANA JONES & THE RAIDERS OF THE LOST ARK

Quick-witted archeologist and intrepid hero, Indiana Jones hunts for the Ark of the Covenant. He faces insurmountable odds, notorious villains, spiders, snakes, explosions and booby traps. PG. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-3 p.m.

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

JUN 15

RICHES AND RAGS: THE RAIMENT OF OUR JOURNEY

LRM Foundation Theatre invites you to a unique interactive cultural experience in celebration of Juneteenth. *Riches and Rags: The Raiment of Our Journey*, is a Fashion Story production written and directed by Lawrence Playwright and Phoenix Award Recipient, Rita Rials. This dynamic event showcases artistry and demonstrates the journey and progression of African American heritage as it relates to clothing and fashion. Join us for this unique opportunity to experience the historical relevance of clothing and its impact on cultivating belongingness, unity, and expression in African American Culture. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Free and open to the public.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

JUN 19

BUDDY GUY: DAMN RIGHT FAREWELL WITH SPECIAL GUEST ALLY VENABLE

Buddy Guy is a Rock & Roll Hall of Famer; a major influence on rock titans like Jimi Hendrix, Eric Clapton, and Stevie Ray Vaughan; a pioneer of Chicago's fabled West Side sound; and a living link to the city's halcyon days of electric blues. He has received eight Grammy Awards, a Lifetime Achievement Grammy Award, 38 Blues Music Awards (the most any artist has received), the *Billboard Magazine* Century Award for distinguished artistic achievement, a Kennedy Center Honor and the Presidential National Medal of Arts. *Rolling Stone* magazine ranked him #23 in its "100 Greatest Guitarists of All Time." In 2019, Buddy won his eighth and most recent Grammy Award for his 18th solo LP, *The Blues Is Alive And Well*. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

Calendar

CONTINUED FROM PAGE 16

JUN 24

CLASSIC MOVIE MONDAY

Call Me Madam - Ethel Merman and Donald O'Connor. 1 hour 54 minutes. 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

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

FAIRS & FESTIVALS

JUN 6-9

OLD SHAWNEE DAYS

There is no admission fee and all concerts and events are free of charge. Costs may include food, drink, souvenirs, crafts, and carnival. Shawnee Town 1929, 11501 W. 57th St. SHAWNEE, 913-631-5200
oldshawneedays.org

JUN 15

JUNETEENTH

Come to Leavenworth, enjoy the festivities. Parade starts at 6:45, festival immediately following parade. Bring your own lawn chairs as seating is limited. Live music, games, food and other fun activities. Vendors welcome. Haymarket Square, 615 Cherokee St. Free.
LEAVENWORTH, visitleavenworthks.com

JUN 25-30

FREE STATE FESTIVAL

The Free State Festival celebrates the free spirit of Kansas with films that challenge, inspire and entertain. This signature annual event brings independent films, live music, comedy and art installations to venues throughout the vibrant city of Lawrence, Kansas. The festival is made possible through programming support from community partners, its sponsoring organization, the Lawrence Arts Center, the National Endowment for the Arts and the City of Lawrence. Lawrence Arts Center, 940 New Hampshire St.
LAWRENCE, 785-843-2787

FARMERS' MARKET

MONDAYS

MONDAY FARMERS MARKET

Shop high-quality, locally-grown produce, farm fresh eggs, baked goods, fresh cut flowers and bedding plants. What a fresh way to start your week. Look for more variety as the season progresses. Topeka and Shawnee County Public Library - Parking - East Lot, 7:30-11:30 a.m. TOPEKA, <https://events.tscpl.org/events>

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

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

MAY TO OCTOBER

WELLSVILLE FARMERS' MARKET

Saturdays (May to October), 8-11 a.m. Wednesdays (June to October), 5-7 p.m. 411 Main St. WELLSVILLE

HEALTH & WELLNESS

JUN 5, 12, 19, 26, JUL 3

GERI-FIT - STRENGTHEN FOR FREEDOM

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

TOPEKA, events.tscpl.org/events

JUN 5, 12, 19, 26

POWER YOGA

This class will be working in a fluid flow style yoga. You will be moving safely in and out of postures in a way that builds warmth. You need

to be able to get up and down off the floor to participate. Topeka and Shawnee County Public Library - Learning Center, 5:30-6:30 p.m. TOPEKA, events.tscpl.org/events

JUN 26

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, 10 a.m.-12 p.m.
TOPEKA, events.tscpl.org/events

JUL 3

LIGHT FREE WEIGHTS

This class mixes aspects of cross fit, weight training, cardio and aerobics to help strengthen and stabilize the whole body. Can be modified for all intensity levels. Equipment provided. Topeka and Shawnee County Public Library - Learning Center, 5:30-6:30 p.m. TOPEKA, events.tscpl.org/events

HISTORY & HERITAGE

JUN 8

WALKING TOUR: AFRICAN AMERICANS IN OAK HILL CEMETERY

Presented by Watkins Museum of History Jeanne Klein will lead a walking tour of prominent African Americans buried in old Section 5 at Oak Hill Cemetery. Sites will include civil

CONTINUED ON PAGE 18


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Calendar

CONTINUED FROM PAGE 17

rights advocates, attorneys, policemen, business owners, church ministers, elementary school teachers, and other occupations. The tour will begin at the Langston's family plot on the far eastern side of old Section 5. Park along the northside road of this section and bring chairs and water. All ticket proceeds will go toward the Oak Hill Cemetery Committee's work to preserve and beautify gravestones. Oak Hill Cemetery, 1605 Oak Hill Ave, 9-11 a.m. Fee. LAWRENCE, 785-841-4109

JUN 27

KANSAS FIRST LADY SARAH ROBINSON

Topeka Genealogical Society monthly meeting. Topekan Suzanne Germes will present a living history program about Kansas Governor Charles Robinson's wife Sara's activities during the Civil War. 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

JUN 3

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

JUN 10

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

JUN 12

DIABETES EDUCATION GROUP

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

JUN 20

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 - Claire's Sunroom, 2-3 p.m. TOPEKA, https://events.tscpl.org/events

JUL 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

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

JUN 1

CANOE MARY'S LAKE

Take a break and enjoy the beauty of nature by going on a canoe ride on the lake. Whether you're a beginner or an experienced canoeist, this canoeing guide is perfect for you. Our expert canoe guides will provide you with instructions on paddling techniques and equipment. This activity is open to individuals aged 6 and older, and a registered adult must accompany participants under 14 years old. For your safety, life jackets will be provided. Prairie Park Nature Center, 2730 Harper St., 10 a.m.-12 p.m. Fee. LAWRENCE, 785-832-7980

JUN 15

WORLD GIRAFFE DAY

World Giraffe Day is our way to spread awareness about the world's tallest mammal - therefore we celebrate it on the longest day of the year. There are only around 111,000 left in the wild and giraffe numbers have decreased 30% in just the last 30 years. Topeka Zoo and Conservation Center, 635 SW Gage Blvd., 9 a.m.-3 p.m. Fee. TOPEKA, 785-221-0858

JUN 21

MIDSUMMER NIGHT ON MASS

Midsummer Night on Mass is a celebration of Downtown Lawrence. Take advantage of great deals that the downtown shops, restaurants, and drinking establishments offer for this event only. Stroll the downtown as sidewalk sales abound, street performers entertain, and restaurants provide tasty specials. 4-10 p.m. LAWRENCE, msnonmass.com

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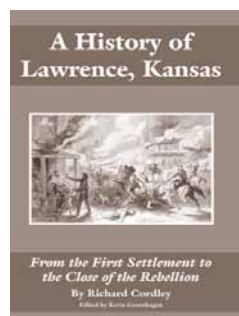
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A History of Lawrence, Kansas

By Richard Cordley
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Downtown Lawrence.



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HUMOR HOTEL

Brought to my knees — by cheese

By Greg Schwem

Tribune Content Agency

I yawned as I read the subject line in my inbox, this email courtesy of Jewel-Osco, my local grocery store.

“We love hearing from our customers!”

Like anyone who has made a recent retail purchase, be it kumquats, hemorrhoid cream or a caramel macchiato, I’ve grown weary of the barrage of “How did we do?/Give us your feedback/Tell us about your experience!” emails that bombard my inbox mere seconds after slapping down my credit card. I have written about it in this column, joked about it onstage in my stand-up act, and learned to assemble all of these breathless requests together in an email folder so I can rid them of my life with a simple “delete all” click.

But this one stood out, for it not only asked me to rate my last Jewel-Osco shopping experience, but items I purchased. Specifically, it asked me to write a review of an 8-ounce package of medium shredded Lucerne cheddar cheese.

That’s a difficult opportunity to turn down, considering I am a journalist who specializes in the written word, and a comedian who works, at most, one hour a night. I opened my laptop, determined to make this review one for the ages while, simultaneously, inserting enough sarcasm so the marketing team at Jewel-Osco realizes the ludicrous nature of their requests and they can unsubscribe me.

First I was asked how many stars the cheese deserved. Although I am in the minority, I am an enthusiastic five star proponent. If my Uber driver delivers me to the correct location without colliding with anything, or anybody? Five stars!

If my restaurant meal did not result in food poisoning, and my server wrote it down and delivered it correctly? Five stars.

I had only used the cheese once when the email arrived. Thinking back, I added it to a morning omelet, which definitely enhanced the flavor. Cheese

tends to do that, as any chef knows, particularly the five-star variety.

I clicked “five stars,” knowing what was coming next.

“What did you like about the product? What could be improved?” asked Jewel-Osco.

I decided to tackle the first question while the omelet was still fresh in my head.

“What impressed me most about the cheese was the uniformity of each ‘shred,’” I began.

“So often I open similar cheese packages, only to find bits of cheese that are misshapen, lacking in the pale orange color one expects from cheese and clearly not worthy of existing alongside their fellow cheese remnants.

“This has caused great duress in the past, sometimes forcing me to switch my breakfast meal to oatmeal. But don’t get me started on the cardboard tube Quaker Oats dares to house its product in! I had to take a mental health day after seeing a slight dent in the packaging.

“Yet, upon examining all 1,147 slivers of cheddar, I was satisfied Lucerne had not tried to bamboozle me into thinking I was purchasing anything short of the company’s finest efforts. I commend them for their attention to detail.”

I still had to address the “improvement” query. After praising the cheese’s appearance and taste, I chose to focus on the zipper closure designed to keep the cheese fresh in the bag, while enticing shelf appearance.

“I did have an issue with the zipper thingy,” I wrote, unable to produce a tech-

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

anical term for the plastic piece. “There was a moment when the zipper became stuck as I was resealing the cheese. Only when I reversed the zipper’s direction, and made a second attempt, did this issue correct itself. My blood pressure and heart rate returned to normal.”

Finally, at Jewel-Osco’s request, I gave my review a title:

“Brought to My Knees by this Amazing Cheese!”

Satisfied, I clicked “submit,” closed my laptop and ventured outside for a long bike ride. I’ll need a clear head to

write a review of a travel-sized deodorant stick.

- 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.

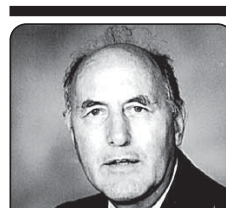
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HUMOR

Dean Ima Farseer and Sir Jeramiah Trancrumpets

Dean Ima Farseer is the dean of Et. al. Et al. at Letongaloosa Community Junior College, where I teach. Dr. Farseer was in need of a wad of money for the Letongaloosa Athletic Department.



Larry Day

She knew that Sir Jeramiah Teancrumpets was loaded with money but was the stingiest human on the planet. Dr. Ima decided to approach him the

old-fashioned way: Blackmail. Everyone has secrets, and Ima decided to threaten to reveal Sir Jeramiah’s.

“Sir Jeramiah, deposit \$25,000 in the LCJC Athletic Department’s bank account, or I’ll tell everyone about X.”

“How do you know about that?”

“A little bird told me, you big stiff.”

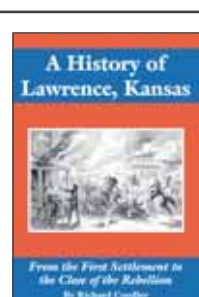
“You can’t talk to me like that.”

“Oh, no? What are you going to do about it?”

“I’ll hunt you down.”

“No, you won’t. You’ll be in jail.”

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



Don't Know Much About Lawrence's History?

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PAINTING WITH WORDS

'June'

James Russell Lowell was born in 1819 in Cambridge, Massachusetts. When he was young, his mother gave him an appreciation for literature, especially in poetry. He was only 15 when he attended Harvard College, but he was a frequent troublemaker. Nonetheless, he went on to earn his law



Tom
Mach

degree at Harvard Law School because he felt it would be a more practical life for him than writing poetry. He set up a law practice in Boston but abandoned it six months later, preferring to teach and write instead. He was convinced that law was just as impractical and probably more unprofitable than a literary life, so he gambled all and turned to literature and teaching for support.

In 1841, he published his first collection of poetry, using his verses to promote a movement to abolish slavery. As a result, he became an editor of an abolishment newspaper in Philadelphia. Later, he moved back to Cambridge to help start a journal called *The Pioneer*, which closed after three issues. In 1848, he gained the attention of the literary community with the publication of *A Fable for Critics*, which was a book-length poem satirizing his contemporary poets and critics. In that same year, he also published *The Biglow Papers*, which increased his fame further with his attempt to emulate a true Yankee accent in the dialogue of his characters. This later became an inspiration to such writers as H. L. Mencken and Mark Twain.

Throughout his career he continued to publish other collections of poetry and essays. While he taught at Har-

vard, he also became an editor with *The Atlantic Monthly*. Lowell believed that his poetry played an important role as a prophet and critic of society. Today, he is regarded as an important voice in American literature.

"June" by Lowell is a smaller poem from his collection called *The Vision of Sir Launfal*. This collection is based on the legend that a man named Launfal joined the hunt with others for the Holy Grail, the cup from which Jesus drank at the Last Supper. "June" is probably another vision that Sir Launfal had about the beauty of summer. It is a religiously charged narrative verse about the overwhelming beauty of nature in June, as well as the rejuvenating power of summer. The joyous tone and vivid imagery of this poem have made it one of Lowell's best-known poems.

He begins his poem by suggesting that a day in June is rare in its perfection. His descriptions are so vivid you can almost see it all come alive in your mind. He describes the joyous sounds of living things in nature and invites us to experience "the flush of life" which may be seen over the hills and valleys. Later in this poem, he brings in trees ("the leaves are green," "the sap creeps us.") while admiring a clear sky and grass that is growing. He closes the poem by referring to June as "the new wine of the year." He obviously places June as his favorite month of the year.

While "painting with words" is the title of this column, Lowell, with his rich choice of description, is a good example of how a poet can "paint" with words.

Here then, is his poem:

June

By James Russell Lowell

*And what is so rare as a day in June?
Then, if ever, come perfect days;
Then Heaven tries the earth if it be in
tune,*

*And over it softly her warm ear lays:
Whether we look, or whether we listen,
We hear life murmur, or see it glisten;
Every clod feels a stir of might,
An instinct within it that reaches and
towers,
And, groping blindly above it for light,
Climbs to a soul in grass and flowers;
The flush of life may well be seen
Thrilling back over hills and valleys;
The cowslip startles in meadows green,
The buttercup catches the sun in its
chalice,
And there's never a leaf nor a blade too
mean*

*To be some happy creature's palace;
The little bird sits at his door in the sun,
Atilt like a blossom among the leaves,
And lets his illumined being o'errun
With the deluge of summer it receives;
His mate feels the eggs beneath her
wings,
And the heart in her dumb breast flut-
ters and sings;
He sings to the wide world, and she to
her nest,—
In the nice ear of Nature which song is
the best?*

*Now is the high-tide of the year,
And whatever of life hath ebbed away
Comes flooding back with a ripply
cheer;
Into every bare inlet and creek and bay;
Now the heart is so full that a drop
over-fills it,
We are happy now because God wills
it;
No matter how barren the past may
have been,
'Tis enough for us now that the leaves
are green;
We sit in the warm shade and feel right
well*

*How the sap creeps up and the blossoms
swell;
We may shut our eyes, but we cannot
help knowing
That skies are clear and grass is grow-
ing;
The breeze comes whispering in our
ear,
That dandelions are blossoming near,
That maize has sprouted, that streams
are flowing,
That the river is bluer than the sky,
That the robin is plastering his house
hard by;
And if the breeze kept the good news
back,
For other couriers we should not lack;
We could guess it all by yon heifer's
lowing,—
And hark! how clear bold chanticleer,
Warmed with the new wine of the year,
Tells all in his lusty crowing!*

•••

- Tom Mach, author and poet, has had three columns published in the *Kaw Valley Senior Monthly*, "A Look At Books," "Memories Are Forever," and "Painting with Words." In addition, he wrote 15 books since his retirement in 2002. Three of his books are historical novels, one is a memoir, one is a stage play in two acts, one is a collection of his short stories, three are Christian novels (with one that used his pen name "A. T. Christe"), two are children's books, and four are poetry collections. If you have questions about any of them, send him an email at tom.mach@yahoo.com or read about him by clicking on www.Tom-Mach.com. You may also find him on Facebook at www.Facebook.com/kansasauthor.

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SAVVY SENIOR

Finding reliable health information

By Jim Miller

Dear Savvy Senior: How can I tell if the health info on a website is trustworthy? I usually do a Google search on a symptom, drug or health condition when I want to research something, but with so much information out there I'm not sure what I can trust. - Skeptical Sal

Dear Sal: You're wise to be skeptical! There's an overwhelming amount of health advice on the internet today and it can be hard to tell what's credi-



ble. To help you sort through the online clutter and locate reliable, trustworthy health information, here are a few tips to follow, along with some top-rated sites you can turn to with confidence.

Savvy Searching

First, know that Google or Bing is not always the best place to start a search. You'll increase your odds of finding reliable health information if you begin with websites run by government agencies (identified by URLs ending in .gov), medical associations (often .org) or academic institutions (.edu).

Commercial websites (usually ending in .com), such as drug or insurance companies who may be trying to

sell you their products, are usually not the most trustworthy options. To find out who's sponsoring a site and where the information came from, click on the "About Us" tab on the site's home page.

Also note that good health and medical information changes all the time so check the date that information was published to make sure it's current.

Some other areas you need be wary of include online symptom checkers and artificial intelligence (AI) tools. While symptom checkers do offer potential diagnoses that could fit your set of symptoms, they are often inaccurate, and tend to err on the side of caution says Ateev Mehrotra, MD, professor of health care policy at Harvard Medical School. AI tools, like ChatGPT, can also be wrong or generate false but scientific sounding information.

You also need to be cautious about

using medical information from social media, online forums or YouTube. Comments in these places may sound authoritative even if the authors have no medical training or expertise.

Top Health Sites

While there are many excellent websites that provide reliable health and medical information, one of the best all-purpose sites that's recommended by Consumer Reports for researching symptoms and conditions is MedlinePlus (medlineplus.gov).

A service of the National Library of Medicine, the world's largest medical library, and part of the National Institutes of Health, MedlinePlus provides high-quality, trustworthy health and wellness information that's easy to understand and free of advertising.

Here are a few additional websites, recommended by the Medical Library Association and others, to help you find reliable information on specific diseases, conditions and treatments:

- **Cancer:** National Cancer Institute (cancer.gov), American Cancer Society (cancer.org) and National Comprehensive Cancer Network (nccn.org).

org).

- **Heart disease:** American Heart Association (americanheart.org), National Heart, Lung and Blood Institute (nhlbi.nih.gov).

- **Diabetes:** American Diabetes Association (diabetes.org).

- **Alzheimer's disease:** Alzheimer's Association (alz.org) and Alzheimers.org.

- **Public health and vaccines:** Center for Disease Control and Prevention (cdc.gov).

- **Alternative medicine:** National Center for Complementary and Integrative Health (nccih.nih.gov) and the National Institutes of Health's Office of Dietary Supplements (ods.od.nih.gov).

Any research you do online before seeing a doctor, be sure to save or print your findings out on paper, including the site you got your information from, so you can review it together.

- 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.



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

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GOREN ON BRIDGE

WITH BOB JONES

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LUCKY OR GOOD?

Neither vulnerable, South deals

NORTH

♠ Q J 9 2
♥ A Q 7 5
♦ 4
♣ 9 7 6 4

WEST

♠ A 10 6 4 3
♥ J 3 2
♦ Q 10 8 5
♣ 5

EAST

♠ 7 5
♥ K 10 9 6 4
♦ A 2
♣ J 8 3 2

SOUTH

♠ K 8
♥ 8
♦ K J 9 7 6 3
♣ A K Q 10

The bidding:

SOUTH	WEST	NORTH	EAST
1♦	Pass	1♥	Pass
2♣	Pass	3♣	Pass
3NT	All Pass		

Opening lead: Four of ♠

Today's deal is from a match some years ago between a team from Pakistan and a team from Jordan. The Pakistani North-South at the other table stopped in two clubs and made four. The pair from Jordan at this table bid up to three no trump, and the declarer, known to us only as

Ghassan, brought it home with some dazzling play.

South won the opening spade lead with his king, rather than the eight, and then led the eight to dummy's nine, winning the trick. The queen of spades brought the ace from West, who shifted to a low heart. Ghassan, playing like he could see through the backs of the cards, rose with dummy's ace and cashed the jack of spades. He led a diamond from dummy and played his king when East ducked his ace. The ace and king of clubs revealed that he still didn't have enough tricks, so he exited with a low diamond to East's now singleton ace. East could have played hearts, but that would have resulted in an overtrick. East just led a club. South took the marked finesse and made his contract.

Other lines of play were available, and some of them would have worked. Was Ghassan lucky or good? We say good! Nicely played!

(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: gorenbridge@aol.com)



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Did You Know?

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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

By David L. Hoyt and Jeff Knurek



Boggle BrainBusters Bonus

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

Find AT LEAST SIX U.S. STATES in the grid of letters.

10-29-23
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PUZZLES & GAMES

CROSSWORD

Across

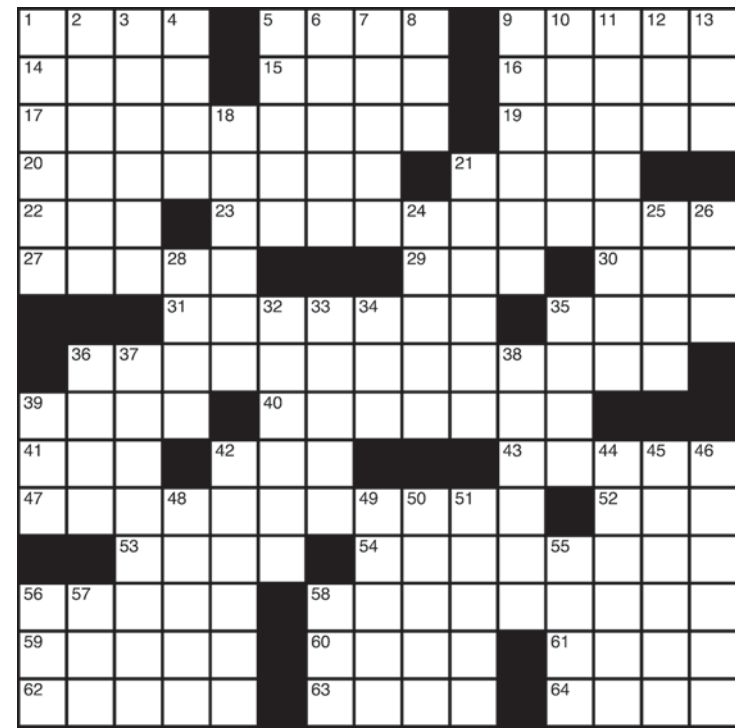
- 1 Catch a glimpse of
- 5 “___ Great Heights”:
single by The Postal
Service
- 9 Shelter org.
- 14 “Take it!”
- 15 Wind with a range of
roughly three octaves
- 16 Pulse
- 17 *Paperwork for a UFO
pilot?
- 19 Emotional states
- 20 Mobile game?
- 21 Sauce thickener
- 22 Suffix with ether
- 23 *Fast fashion?
- 27 Drag through the mud
- 29 CPR provider
- 30 Manner
- 31 Snap at, say
- 35 Mug
- 36 *House of worship
known for raucous
parties?
- 39 Tech leader?
- 40 Country songs

- 41 Go (for)
- 42 Wonkette founding
editor ___ Marie Cox
- 43 “___ welcome”
- 47 *Office scale?
- 52 Pester
- 53 Booker Prize-winning
author Murdoch
- 54 Really cheap
- 56 Inelastic
- 58 Tricks to improve
productivity, and the
tricks used to form
the answers to the
starred clues?
- 59 “Yay me!”
- 60 “Can’t argue with that”
- 61 The Met ___: annual
NYC fundraising event
- 62 Some spa treatments
- 63 Tear to bits
- 64 Actor Mapa of “Ugly
Betty” and “Doom
Patrol”

Down

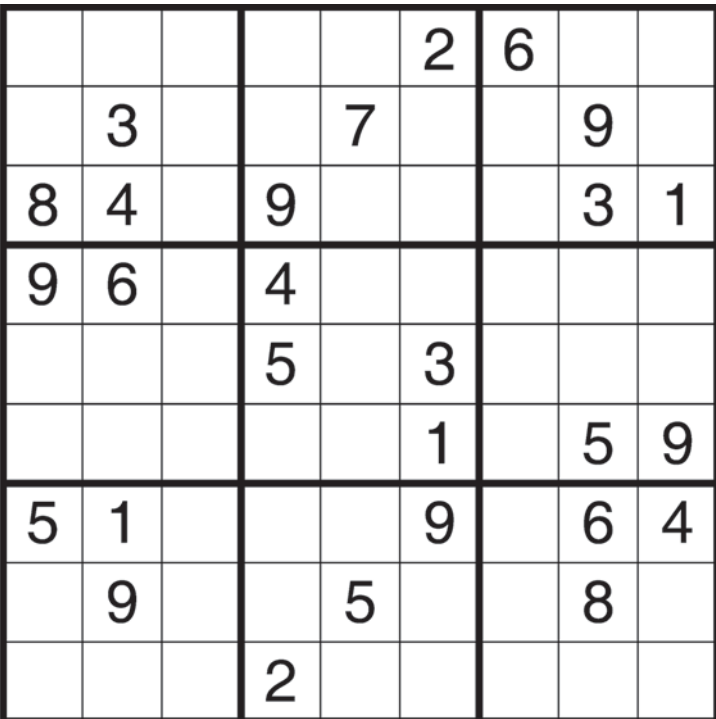
- 1 Board book subject

- 2 New York suburb near
New Rochelle
- 3 Camden Yards player
- 4 ___ Choice Awards
- 5 Icy center?
- 6 WWII sub
- 7 Short-legged dog
- 8 Clothing line?
- 9 Not more than
- 10 Stain-removal brand
- 11 Armed conflict waged
on behalf of
superpowers
- 12 Fish sticks fish
- 13 Core muscles
- 18 Closed in on
- 21 Off the beaten path
- 24 Forage plant
- 25 Like some lingerie
- 26 Retina locale
- 28 “Collapsed in
Sunbeams” singer
Parks
- 32 Yoga postures
- 33 Waterway with locks
- 34 Explosive letters
- 35 Burkina ___
- 36 D.C. daily
- 37 Fascinate
- 38 “Sure, I guess”
- 39 “I don’t have all day!”
- 42 Stomachs



- 44 West Coast petroleum
giant that merged with
Chevron in 2005
- 45 Really get to
- 46 Arachnid incubator
- 48 Whale fare
- 49 Pumped up
- 50 Devoid of joy
- 51 2015 boxing film
directed by Ryan
Coogler
- 55 Multigenerational tale
- 56 ___ tide
- 57 Hot temper
- 58 USPS unit

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JUMBLE

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

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

EWITC

BIRNO

NFLUEN

BMREKA

I'm not sure where
these storms will pop up.
Could be anywhere.

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WHEN TO CREATE DOWNPOURS,
MOTHER NATURE HAS ---

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

Print your answer here: O O O O “ O O O O ”

SCRABBLE G R A M S

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E I O D L G B

A I I T L F R

2nd Letter
Triple

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Word Score

PAR SCORE 260-270
BEST SCORE 318

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 Association 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

01-21

Answers to all puzzles on page 30

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

MY PET WORLD

South Dakota Gov. Kristi Noem shows a shocking lack of empathy for animals

By **Cathy M. Rosenthal**

Tribune Content Agency

I want to weigh in on the recent controversy over South Dakota Governor Kristi Noem's decision to kill Cricket, a 14-month-old dog, labeling him as "untrainable."

Witnessing a public figure take such a drastic step without thoroughly exploring alternative solutions is deeply troubling.

As someone dedicated to animal welfare, I support addressing behavior issues with humane solutions — a principle seemingly at odds with Noem's actions.

Responsible pet ownership means seeking professional guidance when facing behavioral challenges in our pets. Noem's decision to euthanize her dog without consulting veterinarians, animal

behaviorists, or trainers raises red flags.

These experts could have provided her with advice, training suggestions, or alternative options for the dog, such as rehoming or surrendering him to an animal shelter where his needs could have been better met.

A dog's breed may sometimes be relevant in addressing behavioral issues. For instance, a German Wirehaired Pointer often requires significant

mental and physical stimulation along with a lot of training.

Many working dogs exhibit strong prey drives, such as chasing chickens, which typically can be managed through training and adjusting the environment—like keeping the dog out of the chicken coop.

Noem's assertion that such decisions are commonplace in farm life is misleading and fails to align with responsible pet ownership practices.

When animals on a farm are euthanized, it's because they're severely injured or are dying, not because they are not good hunting dogs. Sadly, her actions may encourage others to give up too easily on their dogs, or, worse yet, commit similar callous acts.

If you ever find yourself faced with behavior challenges in your dog, please reach out to animal experts in your community, or write to me so I can offer some humane training suggestions.

Dogs are eager to learn, so just remain consistent with their training. If you must give up on a dog, please rehome him or surrender him to a shelter so they can find a family who is a better fit.

- *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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AMERICA'S TEST KITCHEN

Versatile chickpeas serve as the base for this falafal facsimile

By Steve Dunn

Tribune Content Agency

To produce a facsimile of falafel with much less work, we streamlined the chickpea mixture from our popular falafel recipe. By pulsing chickpeas, aromatics, and spices in a food processor, we easily created a cohesive blend that we shaped into disks and pan-fried. A quick sauce of yogurt, tahini, lemon and mint beautifully complemented the earthy cakes. To turn the dish into a complete meal, we added a fresh ribboned-zucchini salad with briny kalamatas, lemony yogurt, and mint.

Crispy Chickpea Cakes with Zucchini Ribbon Salad and Yogurt-Tahini Sauce

Serves: 4 to 6

Note: Niçoise olives can be used in place of kalamata. Use a vegetable peeler or a mandoline to shave the zucchini.

For the yogurt-tahini sauce:

- 1/3 cup plain Greek yogurt
 - 1/3 cup tahini
 - 1/4 cup lemon juice (2 lemons)
 - 1/4 cup water
 - 1/4 cup minced fresh mint
- For the zucchini salad:
- 1/4 cup minced fresh mint

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon plain Greek yogurt
- 1/2 teaspoon honey
- 3 small zucchini (6 ounces each), shaved lengthwise into ribbons
- 2 tablespoons finely chopped pitted Kalamata olives

For the chickpea cakes:

- 1 1/2 cups fresh cilantro leaves and stems
- 1/2 onion, chopped
- 1 1/2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon table salt
- 1/2 teaspoon baking powder
- 1/4 teaspoon cayenne pepper
- 1 large egg
- 2 (15-ounce) cans chickpeas, rinsed and patted dry
- 1/4 cup all-purpose flour
- 3 tablespoons extra-virgin olive oil

For the yogurt-tahini sauce:

1. Whisk all ingredients in a bowl until smooth. Season with salt to taste. Refrigerate until needed. (Sauce can be made 24 hours in advance.)

For the zucchini-salad:

1. Whisk mint, oil, lemon juice, yogurt and honey together in a medium bowl. Add zucchini ribbons and toss gently to coat. Sprinkle with olives and refrigerate until needed.

TNS PHOTO



Versatile chickpeas are your ticket to an array of satisfying meals, including these cakes.

For the chickpea-cakes:

1. Process cilantro, onion, coriander, cumin, salt, baking powder, and cayenne in a food processor for 5 seconds. Scrape down the sides of the bowl. Continue to process until the mixture resembles pesto, about 5 seconds longer. Add egg and process for 5 seconds. Add chickpeas and flour and pulse four times. Scrape down the sides of the bowl. Continue to pulse until chickpeas are coarsely chopped and flour is fully incorporated, about four more pulses.
2. Spray rimmed baking sheet with vegetable oil spray. Remove food processor blade and, using 1/2 cup measure, drop six even portions (about scant 1/2 cup each) onto prepared sheet. Gently shape into patties about 3 inches in diameter.
3. Line cutting board with a single layer of paper towels. Heat oil in a 12-inch nonstick skillet over medium-

high heat until shimmering. Using a thin spatula, transfer patties to skillet. Cook for 4 minutes, then reduce heat to medium-low; cover; and continue to cook until tops are firm to touch and patties register 185 degrees, 7 to 9 minutes. Transfer patties to prepared board, browned side down. Invert cakes to browned side up and serve with sauce and salad.

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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

Saints and sustenance in Spain's Santiago de Compostela

By Rick Steves

Tribune Content Agency

Whenever I'm in Santiago de Compostela, in the northwest corner of Spain, I have a three-part agenda: See pilgrims reach their goal in front of the cathedral, explore the market, and buy some barnacles in the seafood section—then have them cooked for me, on the spot, in a café.



Rick Steves

I make a point to be on the town square facing the towering Cathedral of St. James at around 11 in the morning. That's when scores of well-worn pilgrims begin gathering for the daily Pilgrim's Mass, a triumphant celebration marking their completion of the Camino de Santiago (the Way of St. James)—a 500-mile hike from the French border.

Since the Middle Ages, humble hikers have walked these miles to pay homage to the remains of St. James in his namesake city. Their traditional gear included a cloak; a pointy, floppy hat; a walking stick; and a gourd (for drinking from wells). The way is marked with yellow arrows or scallop shells (a symbol of the saint) at every intersection. Doing the entire route from the border to Santiago takes about four to six weeks. I've never met a pilgrim who didn't think the trek was a life-changing experience and well worth the sweat.

At journey's end, hikers complete their pilgrimage by stepping on the metal scallop shell embedded in the pavement at the foot of the cathedral. I just love watching how different pilgrims handle the jubilation.

To stand in front of the cathedral's

stately facade is the hiker's dream. Routinely, pilgrims ask me to take their photo and email it to them. Then they say, "I've got to go meet with St. James," and as has been the routine for centuries, they head into the cathedral.

Santiago is a city built of its local granite. Most people picture Spain as a hot, arid land, but the Atlantic northwest of Spain enjoys far more precipitation than the interior (Spain's northwest corner is home to a temperate rainforest, an hour north of Santiago). Rain off the Atlantic has colored Santiago's granite green with moss.

Two blocks away from the cathedral, Santiago's public market is thriving, oblivious to the personal triumphs going on at St. James' tomb. There's something basic about wandering through a farmers market early in the



Tiny percebes – barnacles – are a local specialty in northwest Spain.

morning anywhere in the world: Salt-of-the-earth people pull food out of the ground, cart it into the city, and sell what they've harvested to people who don't have gardens.

Dried-apple grandmothers line up like a babushka cancan. Each sits on a stool so small it disappears under her work dress. At the women's feet are brown woven baskets filled as if they

were cornucopias—still-dirty eggs in one; in the next, greens clearly pulled this morning, soil clinging to their roots. One woman hopes to earn a few extra euros with homebrews—golden bottles with ramshackle corks—one labeled licor café (coffee liquor), the other, orujo casero (homemade grappa).

CONTINUED ON PAGE 29



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Rick Steves

CONTINUED FROM PAGE 28

I see rickety card tables filled with yellow cheeses shaped like giant Hershey's Kisses...or, to locals, breasts. This local cheese is called tetilla to revenge a prudish priest who, seven centuries ago, told a sculptor at the cathedral to redo a statue that he considered too buxom. Ever since, the townsfolk have made their cheese exactly in the shape the priest didn't want seen carved in stone. You can't go anywhere in Santiago without seeing its creamy, mild tetilla.

Stepping farther into the market, I notice spicy red chorizo—sausage in chains framing merchants' faces. Chickens, plucked and looking as rubbery as can be, fill glass cases. Fisherwomen in rubber aprons and matching gloves sort through folded money.

There's a commotion at the best stalls. Short ladies with dusty, blue-plaid roller carts jostle for the best deals. A selection of pigs' ears mixed with hooves going nowhere fills a shoebox. Neat

rows of ears, translucent in the low rays of the morning sun, look as if someone had systematically and neatly flattened a basket of conch shells.

From one vendor I buy percebes (barnacles) at a third the price I'd pay in a bar. I get a little less than a half pound and hustle my bag over to the market café. There, Ramón and Julia boil them for a small fee. Feeling quite like a local—sipping my beer so early in the morning—I eagerly wait for my barnacles to cook.

Then comes the climax of my morning: Julia brings my barnacles, stacked steaming on a stainless-steel plate, as well as bread and another beer. I'm set. Twist, rip, bite. It's the bounty of the

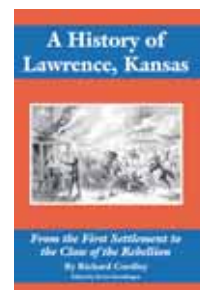
sea condensed into every little morsel... edible jubilation in Santiago.

- 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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A History of Lawrence, Kansas

by Richard Cordley

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Social Security delivers the most popular baby names in Kansas for 2023

The Social Security Administration on May 16 announced the most popular baby names in Kansas for 2023. Liam and Amelia topped the list.

The top five boys' and girls' names for 2023 in Kansas were:

Boys:

- 1) Liam
- 2) Oliver
- 3) Noah
- 4) Theodore
- 5) Henry

Girls:

- 1) Amelia
- 2) Charlotte

- 3) Olivia
- 4) Evelyn
- 5) Emma

The agency announced last week that Olivia and Liam were the most popular baby names in the U.S. How does Kansas compare to the rest of the country? Check out Social Security's website—www.ssa.gov—to see the top national baby names for 2023 and see where your name ranks now and over the past 100 years.

Social Security began compiling the baby names list in 1997, with names dating back to 1880. Each year, the list reveals the effect of pop-culture on naming trends. In addition to each

state's top baby names (and names for U.S. territories), Social Security's website has a list of the 1,000 most popular boys' and girls' names for 2023 and the fastest rising girls' and boys' names.

"Social Security is here to help parents continue to provide for your families—by securing a Social Security number for your child, filing for benefits for yourself or your family members, and so much more. We will never stop working for you," said Social Security Commissioner Martin O'Malley.

Social Security's programs are particularly important for women, who made up 55 percent of adult

Social Security beneficiaries in 2023. Women typically have longer life expectancies than men and earn less income over their lifetime due to the combined impact of the gender wage gap, caregiving responsibilities, overrepresentation in low-paid jobs, and more. Social Security also provides critical benefits to 2.6 million children, including nearly one million low-income children with disabilities who receive Supplemental Security Income benefits. People can visit www.ssa.gov to learn more about how Social Security's expanded digital services make it easier than ever for women and children to access critical benefits and services.

BARK IRIS GENEALOGY



The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rademaker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871. This 1865 painting of the *Bark Iris* by Domenico Gavarrone (1821-1874) is on display at the Larvik Museum in Larvik, Norway.

While writing an article about a 100-year-old woman in 2018, Kevin Groenhagen, the publisher of *Kaw Valley Senior Monthly*, discovered that her grandfather had served in the Civil War. She and her sister never knew about his military service.

Do you have a Civil War veteran in your family tree? An American Revolutionary War veteran? When did your ancestors come to America? What ship did they use? Kevin has researched his own family's genealogy for more than 30 years and can help you find the answers to these and many more questions you might have.

Have you had your DNA tested and aren't sure how to read the results? Exactly how are you related to all those cousins the testing company found for you? Kevin can help you answer these questions as well.

Contact Kevin at 785-841-9417 or kevin@seniormonthly.net to discuss what you would like to find and what the research costs would be.

The inside back cover (this page) is available to any advertiser who would like to run full-page ads at a special rate. Please call Kevin at 785-841-9417 for more details.



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