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Carol Grieb's research suggests Horatio was an opportunist, and not Hamlet's friend.

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Grieb's book offers new interpretation on Horatio's role

By Billie David

Picture yourself at a production of Shakespeare's *Hamlet*. It is near the end of the play, Act 5, Scene II. Hamlet's sweetheart, Ophelia, has drowned, and Hamlet, who has accidentally killed Ophelia's father, is now in the midst of a duel between himself and Ophelia's brother, Laertes.

Among the royal members who have gathered to watch the duel is Hamlet's evil uncle, Claudius, seated beside Hamlet's mother, whom he has married after killing Hamlet's father to claim the throne of Denmark for himself.

Hamlet's mother dies after drinking from a goblet of wine, which Claudius has secretly poisoned with the intention of offering it to Hamlet.

Meanwhile, Hamlet is pierced by the tip of Laertes' secretly poisoned sword, and Hamlet manages to mortally wound Laertes with the same sword. Laertes dies, and, realizing that the poison was meant for himself as

part of Claudius' plot to rid himself of his troublesome nephew, Hamlet kills Claudius.

As Hamlet lies dying before the assembled court, Horatio, ever the performer, dramatically raises the poison goblet to his own lips. Hamlet reminds Horatio that if Horatio dies, no one will remain to tell Hamlet's story.

Enter Fortinbras, Prince of Norway. With his dying breath, Hamlet recognizes that Fortinbras will be king of Denmark, and he gives Fortinbras his dying voice.

Now triumphant, Fortinbras and Horatio stand among the mass of fallen bodies and accept that their plot to overthrow Claudius overshot the mark and took down the entire family. Fortinbras, admitting "some rights of memory in this kingdom," assumes the crown, proving that something indeed is rotten in the state of Denmark.

"Wait a minute!" Shakespeare scholars might be saying to themselves.

CONTINUED ON PAGE FOUR

KEVIN GROENHAGEN PHOTO



Carol Grieb has spent the last two decades researching the role of Horatio in Shakespeare's *Hamlet*.

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Kevin L. Groenhagen
Editor and Publisher

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Carol Grieb

CONTINUED FROM PAGE THREE

“That’s not how *Hamlet* goes. The play says nothing about this evil plot. Horatio is Hamlet’s dearest friend, and he’s even proved it by attempting to drink from the poisoned cup to die alongside his beloved friend Hamlet.”

Did Shakespeare really mean for Horatio to be Hamlet’s friend, or was he actually a traitor? And if he wasn’t Hamlet’s friend, where did this other interpretation come from?

Carol Grieb, who describes herself as a retired school teacher, grandmother, and author of the book *A Truant Disposition: Discovering the Tragedy of Hamlet Through the Role of Horatio*,

can answer that question. In her book, Grieb claims that Horatio is actually an opportunist seeking to align himself with whomever remains or emerges as king of Denmark.

“There are numerous hints of his duplicity throughout the play,” Grieb said, explaining how she came up with a different interpretation of *Hamlet*. “Shakespeare drew Horatio as a flawed

villain, a counterpart to Hamlet’s flawed hero.”

“Horatio becomes an accomplice of Fortinbras while projecting loyalty to Hamlet and service to Claudius and Gertrude,” she said of her theory, adding that although the spoken lines remain the same, her theory adds depth to the play.

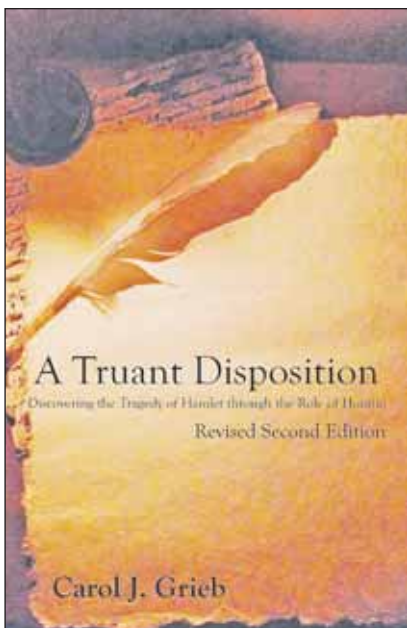
“The play is not a novel. In a play, actions and gestures tell the story,” Grieb said, explaining that the emphasis the actors apply to every scene and other subtle cues from the stage directions would have influenced the audience’s interpretation of the play’s intention.

Shakespeare’s plays would have included a master copy on which the director would have written his notes, which would tell how the play

should be performed to convey the playwright’s idea to the audience. No master copy of the play exists, and with no master copy, later directors could only guess how the original play was performed.

In a two-decade research effort, Grieb studied the dialogue in the three earliest printed texts of the play. In

CONTINUED ON PAGE FIVE



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Carol Grieb

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addition to the dialogue, the political climate of the period when the play was written helped Grieb with her interpretation. Shakespeare's play version of the Hamlet legend was written in Elizabethan England during a time of intense court intrigue that resulted in numerous dissenters losing their heads via an executioner's axe. Shakespeare would have been mindful of what was safe and what wasn't concerning any hidden meanings the queen's court may have found in the play, so he wrote with matching candor to keep his own head attached to his body. There is no record of *Hamlet* being performed during Shakespeare's lifetime.

Indeed, England's history at that time proved to be quite violent, and losing one's head to the executioner's axe was a common occurrence.

Queen Elizabeth I ruled England until she died in 1603 – the same year an early version of the text was printed. She was the daughter of Anne Boleyn, Henry VIII's second wife, whom he had beheaded when Elizabeth was three years old.

Upon Henry VIII's death, his only son became King Edward VI at the age of nine. Before Edward VI died at the age of fifteen, he named his cousin, Lady Jane Grey, as his successor, but she reigned only nine days before she and her husband were beheaded, after which Henry VIII's daughter Mary, also known as Bloody Mary for her method of executing Protestants, became queen. Mary died in 1558, and Elizabeth suc-

CONTINUED ON PAGE SIX

Grieb sees Horatio as a false friend

While Shakespeare's Hamlet ponders whether to be or not to be, he might do better to ponder the meaning of the words of Julius Caesar in another of Shakespeare's plays: "Et tu, Brute?"

Acting on a hunch, Lawrence resident Carol Grieb has dedicated the last two decades to researching the role of Horatio in Shakespeare's *Hamlet* to support her theory that Horatio is an opportunist who sees Hamlet as an opportunity for power, but when Hamlet is slow to act, Horatio keeps his options open to working with Claudius or Fortinbras. He comes to believe that Fortinbras has a better chance of taking over the throne of Denmark than Hamlet does.

Although Grieb majored in education in college and then worked in a library while her husband finished school, she hadn't thought much about *Hamlet* until her sister, who was a Drama teacher, encouraged her to watch the play.

"*Hamlet* was not part of our high school curriculum," she said. "The first time the story really sank in was in the early 2000s. My sister, a Drama teacher, was excited about how her students responded to the play and what a friend Horatio was to Hamlet. I watched the play and studied the texts many times and still have not seen how Horatio reveals himself as a friend."

Branagh's movie, *Hamlet*, which is a full four hours and two minutes long, was an ideal place to start because the film includes all of Shakespeare's characters and incorporates the three early texts of Hamlet, which include the First Quarto of 1603, the Second Quarto of 1604, and the First Folio of 1623.

"Hamlet has a big heart," Grieb said. "He greets Horatio as a friend, but in Shakespeare's play, there are often false friends."

Horatio struck Grieb as a false friend, so she Googled Horatio's lines and found none of them were "friendly."

"If you look at the lines, it is spy talk, intelligence speak," she noted. "He ingratiates himself to the guards and then to Hamlet and then to the King and Queen. Throughout the play, he deftly rises to the top."

At the end of the play, Horatio is the only one left standing except for Fortinbras, she added.

Growing up on a farm six miles outside of Riley, Kansas, which had a population of less than 1,000, Grieb remembers her childhood as idyllic. She liked school. She was unaware of how hard her parents worked. They lived in a lovely old farmhouse half a mile from her neighbors, and her mom's garden produced plenty of fresh vegetables for them to eat.

After graduating from high school, Grieb attended the University of Kansas, where she earned

a bachelor's degree in education with a major in German and a minor in English. "My decision to teach was made early on," she said. "Growing up in a small town, I saw teachers as career role models. There were not many female roles back then."

Grieb graduated college in 1971. Her first teaching position, which began in 1972, was in New Jersey. She worked there for five years and then took time off to raise her two small children. Meanwhile, she taught German in adult night classes.

Her next teaching position was at Lee's Summit, where she taught for another five years. She currently lives in Lawrence, Kansas, and has two children and two grandchildren.

"I'm very grateful for my two kids—a son and a daughter—and my two grandchildren," Grieb said. "My son and his wife live in Japan, and my daughter and her husband live in Alabama."

Grieb has put out several editions of her book, she said, because she makes more discoveries as she continues her research.

More information about Grieb's research can be found at carolgrieb.com. Her book, *A Truant Disposition: Discovering the Tragedy of Hamlet Through the Role of Horatio*, can be purchased through Amazon.



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Carol Grieb

CONTINUED FROM PAGE THREE

ceeded her sister to the throne.

Shakespeare was born six years after Elizabeth I's coronation. When he was 23, Queen Elizabeth had her cousin Mary, Queen of Scots, executed because Mary claimed to have a better claim to the throne than Elizabeth did.

In 1601, the queen's favorite, Robert Devereux, Second Earl of Essex, openly rebelled against the queen's councilors, who then had Devereux beheaded. Shakespeare likely knew that it was not an opportune time to present *Hamlet*, aware of the danger of exasperating Elizabeth I with tales of intrigue and overthrow, especially considering that there were rumors that Shakespeare performed *Richard II* for Devereux the night before Devereux attempted to the rebellion. During the English Civil wars, the king was executed and the monarchy was dissolved in 1649. The Commonwealth of England followed, and plays were forbidden. Finally, with the restoration of the

English monarchy in 1660, plays began to re-emerge as an acceptable form of entertainment.

"There were 50 years between the writing of *Hamlet* and the Restoration," Grieb said, "We don't know how the play was performed in Shakespeare's lifetime."

Added to the problem is that when *Hamlet* re-emerged, there was no original manuscript, no literary criticism contemporary to the play, and roles had been added to the early texts.

It is Grieb's understanding that Horatio uses a staged ghost to encourage Hamlet to avenge his father's death, goading Hamlet into doing away with Claudius so Hamlet can claim the throne.



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SSI program helps ensure economic security for millions

This year, the Social Security Administration (SSA) celebrates 50 years of administering the Supplemental Security Income (SSI) program. President Richard Nixon signed the bill in 1972, and in January 1974, SSA began issuing the first SSI payments to nearly 4 million eligible people. The goal of the SSI program was to aid aged, blind, and individuals with disabilities with very limited income and resources.

Fifty years later, the SSI program remains a lifeline by providing cash assistance to about 2% of the U.S. population, approximately 7.5 million people, with limited income and resources, including nearly 1 million low-income children with disabilities. SSI benefits can help pay for basic needs like rent, food, clothing, and medicine, reducing the number of people in extreme poverty, and alleviating the burden on other family members.

“SSI works, and has for the last 50 years, because of hardworking and dedicated SSA employees. SSI is an

effective yet complex program, and SSA employees work hard to ensure payments are accurate and timely,” said Martin O’Malley, Commissioner of Social Security. “Recently, we made great progress in strengthening the SSI program by simplifying the rules and helping more people access these benefits. As we celebrate 50 years of SSI, we will continue to look for ways to improve the program and eliminate barriers.”

The agency recently announced it will expand access to the SSI program by updating the definition of a public assistance household. The agency also announced it will exclude the value of food from SSI benefit calculations. Additionally, the agency announced it will expand its rental subsidy exception, currently only in place for SSI applicants and recipients residing in seven States, as a nationwide policy.

The agency will commemorate SSI’s 50th anniversary with local and national events throughout the year.

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

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Cedarhurst of Lawrence is now open

By Billie David

Cedarhurst of Lawrence is preparing to hold an open house on September 5 from 4 to 6 p.m., complete with a ribbon cutting, refreshments, and an open bar, to celebrate its new assisted living and memory care community.

The community, which consists of two connected buildings—one side for assisted living and the other for memory care—opened on April 22 and currently has 24 residents.

“We can have 76 total,” said Executive Director Stephanie Harms, adding that there is room for 54 residents on the assisted living side and 22 on the memory side.

“The location couldn’t have been better,” she continued, referring to the community’s address at 4450 Bauer Farm Drive, just south of Free State High School.

That’s because there are restau-

rants, a supermarket, and other shops nearby. It is located just off Sixth Street but tucked back into a residential area away from the busy street’s bustle.

The Dover Companies, a St. Louis-based company that builds and manages senior living communities, owns Cedarhurst and has over 50 senior living communities in nine states. The company opened Cedarhurst of Topeka in March 2023.

The Dover Companies decided on a Lawrence location because they saw the need. They have the desire to provide a good product to the community, said Harms, adding that the owner of the Cedarhurst company started Cedarhurst because his grandmother had Alzheimer’s. He wanted to make sure she had the best living experience he could provide.

“That’s what drove him into senior living,” Harms said. “He came up with the name Cedarhurst because that’s the name of a festival he and his grandpa



Cedarhurst of Lawrence is located at 4450 Bauer Farm Drive.

attended together.”

Harms has held an administrator’s license for three years and says that her work experience, including a previous position at a skilled nursing home in Topeka, Kansas, has inspired her desire

to continue her work with seniors.

“I didn’t know how much I would love working with the senior population,” she said. “My mom worked in a nursing home, and I spent a lot of time

CONTINUED ON PAGE NINE



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Cedarhurst

CONTINUED FROM PAGE EIGHT

there when I was young.”

Referring to the depth of knowledge that seniors accrue through their years of experience, Harms said, “If you really listen to what they have to say, you can tap into that wisdom and make yourself a better person from what they have to teach you.”

So, when a previous coworker asked her if she was interested in opening a Cedarhurst community in Lawrence as the executive director, she was ready to say yes.

“I really like Cedarhurst’s core values,” she said, “and I felt like they have a great product to offer, which really aligned with mine: a focus on being positive, respectful, trustworthy, and approachable.”

She continued that Cedarhurst’s focus is reflected in the building, which encourages “a community within our walls where they can find enjoyment, good food, and exceptional care.”

The community offers one-, two-, and studio apartments and the rooms are arranged in a large square so that there is plenty of space in the halls for residents to walk laps for exercise. It also has a restaurant-style cafeteria where residents can order from a menu with numerous selections. After which, the meals are delivered to their tables so that they can sit together to eat in the dining area.

The building also has a movie theater, beauty salon, a sunny activities room, an enclosed patio area with benches and porches, a fire pit, and a walking path around a central gazebo. There are plans to provide planters for those who also wish to practice gardening. These amenities encourage residents to make connections and engage the five senses.

The building structure and amenities encourage a sense of community, as do events planned by the staff to encourage residents to stay active and socially involved, including big family events and holidays.

“We are having a belated Father’s Day car show, we celebrate birthdays, and you can reserve space for private events,” Harms said.

Cedarhurst Assisted Living also has

a theater, a bistro that includes a bar area and a place where residents can socialize and do their own cooking, a front sitting area, an activity room, a theater, and a beauty parlor. They provide on-site therapy services, including physical, occupational, and speech therapy, as well as an on-site doctor who makes rounds weekly.

Connected to the assisted living side of the community is the memory care building, which is secured for resident safety. These rooms are also arranged in a big square with large hallways that provide plenty of walking space for exercise.

“The big thing is to keep them engaged,” Harms said. “We don’t want to isolate them, and if we can safely take

them to outings, we’re going to do that. All of the staff in the entire community are certified in dementia training.”

Cedarhurst also takes pride in its age-in-place policy of housing residents for as long as possible.

“We are not a skilled nursing community, but we can work with hospice and home health providers to keep residents until the end of life,” Harms said. “If they need assistance with bathing, dressing, eating, or mobility, we can provide those things.”

Cedarhurst also offers respite care, which provides caregivers who need a break with an opportunity to get away for a little while.

The apartments themselves are spa-

acious, and the biggest compliment given on tours is how large the bathrooms are so that residents have ample room to move around. Each apartment on the assisted living side has access to either the courtyard or a patio, and the apartments are pet-friendly.

In addition, there is the Cedarhurst Promise, which states that if you move in and are dissatisfied within 60 days, Cedarhurst will provide a complete refund.

Cedarhurst’s office hours are from 8 a.m. to 5 p.m., Monday through Friday. For more information, please get in touch with Melissa Williams, director of sales, at 785-813-8818, or visit www.cedarhurstlawrence.com.



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HEALTH & WELLNESS

Get the right care when you need it

By Autumn Bishop

LMH Health

Walk-in care, same-day care, emergency care—you may have heard of these healthcare terms,



but do you know the differences? Are there differences? LMH Health has the answers.

Walk-in care

When you need care for minor inju-

ries or common illnesses, a walk-in appointment might be the right fit. You can receive care for a number of conditions including:

- Asthma
- Cold and flu (cough, congestion, fever, sore throat)
- Earache
- Minor cuts, scrapes, sprains and strains
- Rashes
- Skin infections

David Dunlap, MD, a physician at LMH Health Primary Care – South Iowa Street, said that it's important to understand that having a walk-in appointment doesn't mean that you'll be seen as soon as you walk through

the clinic doors.

“Walk-in appointments are filled on a first-come, first-served basis. After you check in at registration, the first available provider will see you as soon as possible. There may be others already in line ahead of you, so the wait time can vary,” Dr. Dunlap said.

Walk-in appointments are available to everyone, even if you aren't an LMH Health patient. Six LMH Primary Care clinics offer walk-in appointments for the general public:

- 6th & Maine
- Baldwin City
- Eudora
- McLouth
- South Iowa Street (near Target)
- West Campus (formerly Mt.

Oread Family Practice)

Same-day care

If you're a patient of any LMH Health family medicine or internal medicine provider and need to be seen for a non-emergent issue, skip the walk-in wait and call your primary care clinic to schedule a same-day appointment. If one isn't available at your home clinic, our team will work to schedule you at

another location.

“Instead of walking into a busy clinic and waiting to be seen, patients who already get care from LMH Health can make an appointment and arrive when it's time to be seen,” Dr. Dunlap said. “You'll be seen by providers you know and get the quality care that you expect from LMH.”

Emergency care

Hospital emergency departments (ED) provide medical care 24 hours a day, 7 days per week. EDs handle complex and critical needs, including heart attack, stroke and traumatic injuries.

You should be evaluated in the emergency department for symptoms including:

- Abdominal pain (severe)
- Broken bones or dislocations of the finger, toe or elbow (major)
- Chest pain
- Coughing or vomiting blood
- Deep cuts and injuries
- Drug overdose
- Loss of consciousness
- Poisoning
- Seizures

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Right care

CONTINUED FROM PAGE 10

- Serious burns
- Shortness of breath, especially with COVID or flu symptoms
- Stroke symptoms
- Thoughts of self-harm
- Uncontrolled bleeding
- Unexplained vision changes

“Chest pain, seizures or trouble breathing—these are all symptoms that you should get care for immediately,” Dr. Dunlap said. “If you have a life-threatening injury or illness, go directly to the emergency department at the LMH Health Main Campus, or call or text 911.”

Who should I see? How do I know?

When you’re sick or in pain, know-

ing where to go for the right care can be confusing.

“If you have an injury or illness that you’d normally address with your primary care provider, a walk-in or same-day appointment may be the best option,” Dr. Dunlap said.

He emphasized that if you have a condition that requires several hours of treatment, including ruling out things like heart attack or stroke, you should seek a higher level of care.

“If it’s something that needs an ambulance, head to the emergency department,” he said, “and if you aren’t sure, visit our website at lmh.org/right-care. The team at LMH Health is here and ready to care for you when you need us.”

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

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- Cold and flu symptoms
- Earache
- Eye irritation/redness
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- Migraine
- Minor sprains/strains
- Rashes
- Sore throat
- Stomachache

WALK-IN CARE 6 LMH HEALTH CLINICS

- Allergic reaction (mild)
- Animal and insect bites
- Asthma issues (minor/moderate)
- Broken bones (minor)
- Cold and flu symptoms
- Cuts/wounds requiring stitches
- Earache
- Fever
- Mild burns
- Minor sprains/strains
- Rashes
- Skin infections

EMERGENCY CARE LMH HEALTH MAIN CAMPUS

- Allergic reaction (severe)
- Broken bones (major)
- Chest pain
- Drug overdose or poisoning
- Heart attack
- Loss of consciousness
- Shortness of breath
- Seizures
- Serious burns
- Severe injuries
- Stroke



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The inside back cover (page 31 in a 32-page Senior Monthly) 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.

HEALTH & WELLNESS

Remember to drink water

Water is an essential part of life. Whether it is the animal or plant kingdom, we all rely on water. The earth itself needs and is surrounded by water. Water is an essential part of the tiniest molecule existence but is easily over-



*Dr.
Deena
Beneda*

looked and misused. Water scarcity is becoming a global emergency, and measures must be taken to conserve water. In Kansas, drinking a healthy amount of water every day is crucial, especially during the summer. What exactly does water do in our bodies? Why is it an essential part of our health? How much water should a person drink?

Two-thirds of the human body is water, which makes it the main component of our systems. Water's functions in the human body include regulating body temperature, detoxifying the

body's systems, providing moisture to organs and joints, and helping to maintain the body's metabolism. Every cell in your body needs water.

You can show signs of dehydration when the body does not get adequate water. Signs of dehydration include being tired, constipation, muscle pain and cramping, dry skin, headaches, blood pressure problems, dark-smelling urine, weakness, chills, headaches, hunger, and thirst. If water loss continues, you can see severe signs of dehydration, including increased heart rate and respiration, decreased sweating and urine output, increased body temperature as the body tries to cool itself down, nausea, muscle cramps, and tingling in the extremities. If dehydration continues after these symptoms, the results can be fatal.

Prevention of dehydration is critical. The average person can lose around two

to three liters of water daily through breathing, sweating, and urination. That amount can increase depending on the person's daily activities and if they are consuming caffeinated beverages. To prevent dehydration, a person should replenish the lost liquids throughout the day. Experts say at least eight glasses of water a day and that may need to be increased depending on the person. Another recommendation is to divide a person's body weight in half, which is the amount of water a person needs to consume. For example, if you weigh 120 pounds, divide this in half and drink 60 ounces of water daily. By the time you feel thirsty, you are probably already dehydrated. Please pay special attention to infants, children, and older adults because they are more apt to lose water and not replace it, especially during those hot summer months.

Other benefits of drinking water besides avoiding dehydration include increasing the ability to lose weight, preventing headaches and fatigue, flushing out wastes and toxins, improving skin texture and tone and acne, improving stamina, improving the abil-

ity to concentrate, aiding in digestion and constipation, and overall improving a person's mood and memory.

As spring moves behind us and the weather is filled with hot, sunny summer days in Kansas, remember to drink water.

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

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MAYO CLINIC

How to diagnose and support someone with post-traumatic stress disorder

By Jackie Richter

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: I'm reaching out because I'm in a tough spot. A close friend rode out Hurricane Ian in Florida last year and it seems to me that he's struggling now. He's angry and jumpy, while being numb to what's happening around him. He told me that he's not sleeping well, especially when another hurricane is in the news. Is it possible that he has PTSD from the hurricane? I'm not sure how to offer support without making him feel uncomfortable.

ANSWER: Post-traumatic stress disorder, also called PTSD, doesn't just happen to characters on the screen. It's a normal, natural response to trauma and happens when the nervous system, which is designed to protect you from danger, gets stuck in the fight-or-flight response.

People may develop PTSD when they experience, see or learn about a shocking experience or event involving harm, threatened death or serious injury. Natural disasters, like experiencing the power and devastation of Hurricane Ian, can trigger PTSD.

In addition to natural disasters, other common events that cause PTSD

symptoms include accidents, being threatened with a weapon, combat exposure, abuse or receiving a life-threatening medical diagnosis.

PTSD symptoms

Some people experience distressing symptoms for a short period after a traumatic event but get better with time and self-care. For others, the symptoms worsen over time and begin to interfere with daily activities and relationships.

Overall, PTSD symptoms usually are grouped into four categories:

- **Intrusive thoughts.** Recurrent and unwanted memories of the traumatic event can cause significant emotional distress or physical reactions. The person may experience nightmares or flashbacks, which is reliving the traumatic event again.
- **Avoidance.** People with PTSD may avoid talking about the event or steer clear of places, activities or people that remind them of the event.
- **Mood and thought disturbances.** This category of PTSD symptoms can mirror depression, with people experiencing hopelessness, negative thoughts about themselves or others, detachment from loved ones, lack of interest in activities, emotional numbness and relationship difficulties.
- **Reactivity.** These symptoms

may include being easily startled, always on guard for danger and overwhelming feelings of guilt or shame. The person may be irritable or have angry outbursts. They could have trouble sleeping or concentrating and engage in self-destructive behaviors such as drinking too much or taking illicit drugs.

It's important to note that some people may have a few PTSD symptoms but not enough for an official diagnosis of the condition. In these cases, treatment still can be helpful and can guide people toward self-care strategies and coping mechanisms.

PTSD treatment

The good news for you and your friend is that PTSD is treatable, and many people manage it well or recover from their symptoms. Some protective factors are especially helpful during recovery, including having positive social support from friends like you.

PTSD treatment involves addressing both the physical and mental aspects of the condition. Treatment plans developed by a healthcare professional are tailored to meet the needs of each person.

Certain treatments calm the nervous system and help people regain control over their physical responses to triggers. These tactics help the person have an automatic physical response to tell their body that a perceived threat isn't accurate. Examples include grounding techniques, breath awareness and body-focused interventions. For example, short and shallow breaths can be signs of the nervous system reacting to a trigger. Through treatment, people can identify this reaction and learn to take slow breaths, which can calm the physical reactions.

Cognitive processing therapy can help your friend identify and challenge negative thoughts and beliefs related to the hurricane. Other treatments, such as exposure therapy and eye movement desensitization and reprocessing can help as well. Finally, medications may be helpful when used in combination with other treatment options.

Positive support

I encourage you to discuss your concerns with your friend. Focus on your observations of his behaviors before and after the hurricane. Listen without judgment and don't minimize his feelings. Suggest that he seek professional help to undergo a thorough exam and have his symptoms evaluated.

Finally, I recommend that you learn more about PTSD to get a grasp of what he is going through and why he may react the way he does. Remember that each person's reaction to a traumatic event is valid, and his trauma shouldn't be compared to another person's trauma as "better" or "worse."

PTSD isn't a sign of weakness. It's a normal response to traumatic events, like a hurricane in your community.

With a combination of interventions and professional help, your friend can learn to manage his symptoms and regain control. — Jackie Richter, Psychiatry & Psychology, Mayo Clinic Health System, La Crosse, Wisconsin

- *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®

What to know before 'reversing' your retirement

If you've retired, you may have thought you closed the book on one chapter of your life. But what happens if you need to "reverse" your retirement?

Due to higher inflation and rising interest rates, many retirees are taking out more money from their retire-



Derek
Osborn

ment accounts than they had originally anticipated. As a result, some are headed back to the workforce. If you're thinking of joining them, you'll need to consider some factors that may affect your finances.

First, if you've been taking Social Security, be aware that you could lose some of your benefits if you earn over a certain level, at least until you reach your full retirement age, which is likely between 66 and 67. Specifically, if you

are under your full retirement age for the entire year, Social Security will deduct \$1 from your benefit payments for every \$2 you earn above the annual limit, which, in 2024, is \$22,320. In the year you reach your full retirement age, Social Security will deduct \$1 in benefits for every \$3 you earn above a different limit, which, in 2024, is \$59,520.

Social Security will only count your earnings up to the month before you reach your full retirement age, at which point your earnings will no longer reduce your benefits, regardless of how much you earn. Also, Social Security will recalculate your benefit amounts to credit you for the months your payments were reduced due to your excess earnings. Social Security also allows you to pay back early benefits received if you withdraw your application within 12 months of starting benefits. This move could help you receive substantially higher benefits at full retirement age.

Your Social Security isn't the only benefit that could be affected by your earnings. Your Medicare Part B and Part D premiums are based on your

income, so they could rise if you start earning more money. Also, your extra income could push you into a higher tax bracket.

Nonetheless, you can certainly gain some benefits by returning to the working world. Obviously, you'll be making money that can help you boost your daily cash flow and possibly reduce some debts. But depending on where you work, you might also be able to contribute to a 401(k) or other employer-sponsored retirement plan. And regardless of where you work, you'll be eligible to contribute to an IRA. By putting more money into these accounts, you may well be able to strengthen your financial position during your retirement years. You might also be able to receive some employee benefits, such as group health insurance — which could be particularly valuable if you haven't yet started receiving Medicare.

In addition to the potential financial advantages of going back to work, you might get some social benefits, too. Many people enjoy the interactions

with fellow workers and miss these exchanges when they retire, so a return to the workforce, even if it's on a part-time basis, may give you an emotional boost.

In the final analysis, you'll want to weigh the potential costs of going back to work against the possible benefits. There's no one right answer for everyone, but by looking at all the variables, you should be able to reach a decision that works for you.

- 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

Green shoots for housing inventory

The spring housing season is over, and the results have been mixed.

Both existing and new home sales dipped in April, though prices remain elevated. The median existing-home sales price was \$407,600 in April, and \$433,500 for a new house.



Jill
Schlesinger

Those numbers have jumped due to the pandemic-era frenzy for real estate. Four years ago, the median was \$304,144 and today, it is \$432,903, according to Redfin. That's a 42 percent increase, or roughly two times the overall inflation rate for the time period.

The main culprit for surging home prices is lack of inventory in the existing home market, which accounts for 85-90% of overall sales.

Through April, the inventory of unsold existing homes was 1.21 million, or the equivalent of 3.5 months' supply at the current monthly sales

pace. While this is better than a year ago, the National Association of Realtors says a six-month supply is typically necessary for a balanced real estate market.

One big hurdle holding back homeowners from listing their properties is the rock-bottom mortgage rates that they have.

An astounding 58% of outstanding mortgages have rates that are under 4%. This creates a "lock-in" effect, meaning that it's hard for current owners to give up those cheap rates and buy a new home.

According to economists at the Federal Housing Finance Agency, the lock-in effect led to a 57% reduction in home sales and prevented 1.33 million sales from mid-2022 to through the end of 2023.

Before throwing in the towel on your housing search, housing experts say that inventory should improve because of the so-called 3 D's: death, divorce, and disease.

There are also those who need more space to accommodate families. Others are downsizing and don't need a mortgage for the new home, or they are moving for a new job or location.

Additionally, builders have made

great strides to pump up inventory of new homes.

The seasonally adjusted estimate of new houses for sale at the end of April was 480,000, which represents a supply of 9.1 months at the current sales rate, a big improvement from the all-time record low of 3.3 months in August 2020. (For new homes, four to six months of supply is considered normal, and the all-time record high was 12.2 months of supply in January 2009, after the housing boom went bust.)

Realtor.com reported inventory was up 30.4% from a year ago but is still down almost 36% compared to April 2017 to 2019 levels.

Until we see a combination of more inventory and lower mortgage interest rates, affordability will still be an issue.

According to the Federal Reserve Bank of Atlanta, it takes around 40% of the median household income to cover monthly principal and interest costs of a mortgage, property taxes, insurance, and private mortgage insurance.

That's a huge jump from the average of around 25% over the past 35 years

and explains why would-be buyers feel priced out of the market.

The combination of more inventory and lower mortgage rates should eventually improve affordability.

For those in the market, the numbers can work, but you may need to be creative with financing. Consider an adjustable-rate mortgage, which decreases the amount of interest for a fixed period, with an eye towards refinancing or moving during the term.

You can also lower monthly costs by paying more upfront to buy down a mortgage rate, either permanently or temporarily. As you crunch the numbers, don't forget to add in property taxes, homeowner's insurance which has jumped recently, and ongoing maintenance (1-3% of the purchase price annually.)

- 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

unmistakablylawrence.com

EDUCATION

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>

JUL 1

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/event>

JUL 2

BEGINNING COMPUTER NAVIGATION

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

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

JUL 2

INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5-6:30 p.m.

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

JUL 3

INTERNET INTRODUCTION

Learn about browsers, search engines and how to navigate websites to find information online. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m.

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

JUL 9

INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to find local resources online and from libraries and repositories. Register to attend in person or by Zoom. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5-6:30 p.m.

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

JUL 11

SUSTAINABLE GARDENING FOR A CHANGING CLIMATE

Shawnee County Master Gardeners. Gardening in Kansas is a challenge with excessive heat and drought. Learn strategies to help mitigate climate change through best practices and good plant choices. Presented by Caroline Seals.

Topeka and Shawnee County Public Library - Marvin Auditorium 101B 7-8 p.m.

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

JUL 15

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>

JUL 18, 22

TRAVEL THROUGH THE PAGES: U.S. EDITION

Your librarian tour guide will take you on a whirlwind trip crisscrossing the U.S. Discover book and podcast suggestions as well as travel blogs, virtual tours of museums and historical sites. Topeka and Shawnee County Public Library - Learning Center 6:30-7:30 p.m.

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

JUL 25

ESTATE PLANNING SEMINAR

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

LAWRENCE

JUL 25

MICROSOFT WORD BASICS

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

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

JUL 29

CUTTING THE CABLE CORD - BEGINNING COMPUTER SKILLS

Learn about some of the alternatives to traditional cable or satellite TV, and the benefits and drawbacks of streaming TV and HDTV antennas. 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>

AUG 1

GOOGLE DOCS - BEGINNING COMPUTER SKILLS

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

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

AUG 5

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/event>

ENTERTAINMENT

JUL 5

HOMeward BOUND: THE INCREDIBLE JOURNEY - FRIDAY FLICKS

A fun-loving American bulldog pup, a hilarious Himalayan cat, and a wise old golden retriever embark on a trek through the Sierra Nevada mountains in a quest to reach home and their beloved owners. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-3 p.m.

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

JUL 10

LAWRENCE CITY BAND SUMMER CONCERT SERIES: "AMERICANA"

Come on down to South Park and listen to the talented Lawrence City Band in this performance of their Summer Band Concert Series. Theme is "Americana" conducted by Martin J. Bergee. This event is free and open to the public. Bring your lawn chairs and picnic blankets. South Park, 1141 Massachusetts St., 8-9 p.m.

LAWRENCE

JUL 12

THE WIZARD OF OZ - FRIDAY FLICKS

Young Dorothy and her dog Toto are swept away by a tornado from their Kansas farm to the magical Land of Oz. They embark on a quest with three new friends to see the Wizard. Topeka and Shawnee County Public Library - Marvin Auditorium 101C 1-3 p.m.

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

JUL 17

LAWRENCE CITY BAND SUMMER CONCERT SERIES: "MORE AMERICANA"

Come on down to South Park and listen to the talented Lawrence City Band in this performance of their Summer Band Concert Series. Theme is "More Americana" conducted by Martin J. Bergee. This event is free and open to the public. Bring your lawn chairs and picnic blankets. South Park, 1141 Massachusetts St., 8-9 p.m.

LAWRENCE

JUL 19

THE ADVENTURES OF TINTIN - FRIDAY FLICKS

Intrepid reporter Tintin and Captain Haddock set off on a treasure hunt for a sunken ship commanded by Haddock's ancestor. Topeka and Shawnee County Public Library - Learning Center 1-3 p.m.

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

JUL 26

COOL RUNNINGS - FRIDAY FLICKS

When a Jamaican sprinter is disqualified from the Olympic Games, he enlists the help of a dishonored coach to start the first Jamaican Bobsled Team. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-3 p.m.

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

JUL 29

CLASSIC MOVIE MONDAY

The Monkey's Uncle - Annette Funicello. 1 hour 32 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

AUG 4

TOPEKA JAZZ WORKSHOP - MUSIC FOR A SUNDAY AFTERNOON

Listen to the sounds of modern jazz from Topeka's own 18-piece big band The Topeka Jazz Workshop. The band is a collection of musi-

Calendar

CONTINUED FROM PAGE 16

cians from NE Kansas dedicated to performing & promoting jazz music. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 3-5 p.m.

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

EXHIBITS & SHOWS

JUL 11-17

AMERICAN REVOLUTION EXPERIENCE - TRAVELING EXHIBIT

The Kansas Society of Daughters of the American Revolution, Kansas 250 and the American Battlefield Trust are excited to feature the American Revolution Experience at the Kansas State Capitol Building. Located on the 2nd floor rotunda, the innovative pop-up exhibition includes display panels and interactive digital kiosks that use storytelling, illustration, technology and unique artifacts and primary accounts to connect modern audiences with the people and places that shaped the birth of our nation. Kansas State Capitol Visitor, Center 300 W. 10th St. TOPEKA

FAIRS & FESTIVALS

JUL 13

MULTICULTURAL FAIR

Get to know your neighbors in this celebration of cultures through food, games, art, and more. Lawrence Public Library's first-annual Multicultural Fair will create a space for members of our community to share their culture with others. All ages are welcome. There will be cozy reading nooks, tasty food to sample from different cultures, music, and a performance. Lawrence Public Library, 707 Vermont St., 3-5 p.m. LAWRENCE

JUL 16-20

WYANDOTTE COUNTY FAIR

The WYCO Fair is the premier summer fair of the Kansas City region. A "can't miss" entertainment destination. The fair demonstrates our community's diversity, creativity, and industry. It fulfills our mission to celebrate the heritage of the region through education, community outreach, volunteerism, and promoting all the work done for the advancement of 4-H in our community. Wyandotte County Fairgrounds 13700 Polfer Rd. KANSAS CITY, 913-788-7898, wycofair.com

JUL 19 & 20

AMELIA EARHART FESTIVAL

The annual Amelia Earhart Festival is a family-friendly event to celebrate Atchison's famous aviatrix daughter. A craft fair, musical entertainment, and a block of fun and education devoted to children happen all day Saturday on Atchison's Commercial Street. Puppet shows, Mad Science and Reptiles Up Close fill the stage while traveling entertainers, petting zoo, and pony rides will keep the kids happy. 200 S. 10th St. ATCHISON, 913-367-2427, aaefm.org

JUL 29-AUG 3

DOUGLAS COUNTY FAIR

See it all at the Douglas County Free Fair where everyone comes for good old-fashioned fun. It's a chance to celebrate the local community and experience all that Douglas County has to offer. From live music and carnival rides to educational exhibits and competitive events, there's something for everyone at the fair. Plus, it's a great opportunity to support local businesses and organizations. Douglas County Fairgrounds, 2110 Harper St. LAWRENCE, dgcountyfair.com

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 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

CONTINUED ON PAGE 18



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Gardner, KS 66030

Vintage Park at
Ottawa

2250 S. Elm
Ottawa, KS 66007

Vintage Park at
Tonganoxie

120 W. 8th St.
Tonganoxie KS 66086



www.VintageParkAssistedLiving.com



Calendar

CONTINUED FROM PAGE 17

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

JUL 3, 10, 17, 24, 31

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

JUL 3, 10, 17, 24, 31

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

JUL 24

WALK-IN MENTAL HEALTH SCREENINGS

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

HISTORY & HERITAGE

JUL 25

RICHARD L.D. & MARJORIE J. MORSE SPECIAL COLLECTIONS

Topeka Genealogical Society. Kansas State University Morse Department of Special Collections Cliff Hight will discuss the collection and how to access items. He will emphasize materials of interest to family historians. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m. TOPEKA, events.tscpl.org/events

JULY 4TH EVENTS

JUN 28-JUL 7

DISCOVER WITH DOLE: CELEBRATING INDEPENDENCE DAY

Join us for Discover with Dole as we celebrate Independence Day. Our museum and galleries will feature family-friendly crafts and activities for all ages, including scavenger hunts, trivia, coloring, and much more. Learn about the life and legacy of one of Kansas' greatest sons, Robert J. Dole, and experience the beauty of the Dole Institute during the summer. All programs are free and open to the public. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 1-4 p.m. LAWRENCE, 785-864-4900 doleinstitute.org/event

JUL 3

SUMMERFEST

The City of Lawrence's Independence Day event. Featuring Food Trucks (food sales begin at 4 p.m.), live music from 4 to 9 p.m., Crafts Festival in Building 21 from 3 to 8:30 p.m., and a DRONE SHOW in the evening (around 9:45 p.m.). Douglas County Fairgrounds, 2110 Harper St. LAWRENCE, lawrenceks.org/lprd/summerfest

JUL 4

2024 INDEPENDENCE DAY FESTIVAL

Enjoy music from Morgan Evans, George Birge and Big Time Grain Co. In addition to the concert, attendees can enjoy various food vendors and activities and enjoy a fantastic fireworks show to end the evening. This event is free and open to all ages. Gates open at 5 p.m. Celebration Park and Sports Complex, 32501 159th St. GARDNER, 913-856-0937

JUL 4

SPIRIT OF KANSAS

The day begins at 8 a.m. and includes a car show, golf tournaments, the Spirit of Kansas Blues Festival presented by the Topeka Blues Society, food and craft vendors, a water ski show and the Capitol Federal Fireworks Display at 10 p.m. Lake Shawnee. TOPEKA, 785-251-6880

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 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

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 Jay-

hawk 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>

JUL 8

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library Perkins Room 201, 3:30-4:30 p.m. TOPEKA, <https://events.tscpl.org/events>

JUL 18

CAREGIVER SUPPORT MEETING

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

AUG 5

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, 1-2 p.m. TOPEKA, <https://events.tscpl.org/events>

MISCELLANEOUS

MOST SUNDAYS

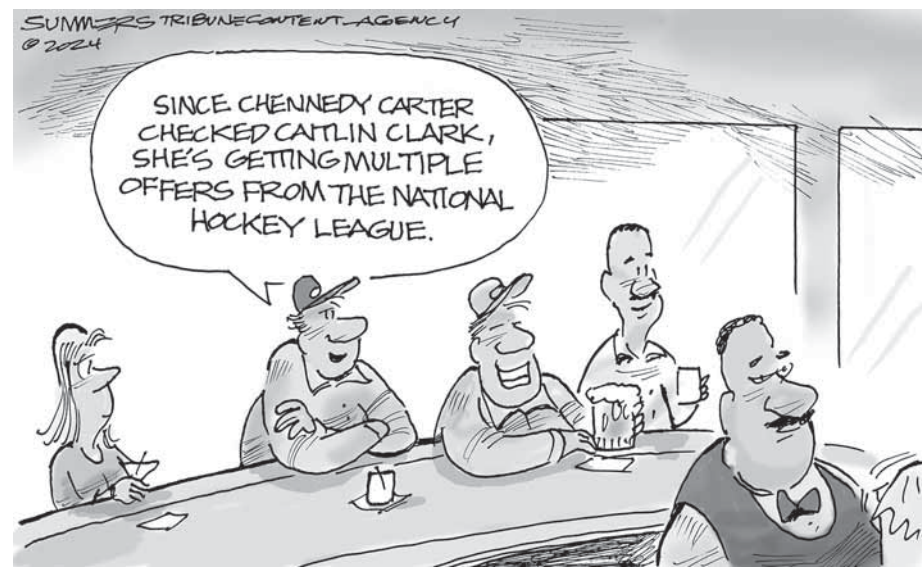
EXPLORING LIFE'S BIG QUESTIONS

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 uucpls.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

INSERTS!

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HUMOR HOTEL

Couldn't we all use a 17-year nap?

By Greg Schwem

Tribune Content Agency

It was the sound I'd been anticipating, as I began a late afternoon May stroll on a golf course somewhere in East Tennessee. Thousands of cicadas, their wings furiously rubbing together, signaling that yes, they had emerged from their nymph-like states, climbed trees, shed their skins and were ready to state their existence for the next five to six weeks.

The previous sentence was brought to you by National Geographic and Wikipedia.

Unless you majored in entomology, your knowledge of cicadas is probably similar to mine. You know the bugs are very loud, but you also know they only appear every 17 years. During their short time alive they mate and, well, that's about it. The sounds you hear are actually the males saying they are "in the mood" and the females responding with, "Great, I'm over here!" The nymphs produced by their shared passion fall to the ground, burrow under the soil, feast on tree root sap and emerge 17 years later, proudly carrying on their parents' traditions.

In high school I was cast in "Brigadoon," a musical about a Scottish village that appears for only one day, every 100 years. Two lost American hunters were fortunate enough to stumble into the village on the day it emerged from hibernation. They quickly found themselves part of a town fair, a bachelor party and a wedding. One hunter even fell in love with Fiona, a Brigadoon lass.

In short, Brigadoon residents were the cicadas of Scotland: Wake up, party

hard, and then take a lengthy, well-deserved nap, oblivious to the outside world and all its problems.

I could do that. Correction ... we ALL could do that.

Imagine falling asleep in 2007 and waking up, totally refreshed, in 2024? Sign me up! OK, I would have missed the Cubs finally winning the World Series in 2016, but that's a small price compared to other events I slumbered through. And, because my time on Earth is extremely limited, please don't try to catch me up once I awaken. That means I don't need to hear about the Virginia Tech mass shooting or the iPhone's introduction, both of which occurred the year I pulled the covers up to my neck and turned out the lights.

Maybe I stirred once or twice during the next five years, but I was certainly not coherent enough to glance at my bedside iPhone (remember, I don't know what that is) and read about the stock market crash, Hurricane Sandy, this weird social media app called Instagram, swine flu, or more school shootings. So, no need to try and explain any of them. I might pump you for a little information about this Obama guy but make it quick. Remember, I'm on the prowl for a mate, so you don't have my undivided attention.

I'm guessing I was in Stage Three,

the deepest level of sleep, between 2013 and 2018. I know, you feel I HAVE to know about "The Apprentice," a show I actually remember, and how the guy who hosted it somehow became our nation's president. Skip that. Ditto for the death of Nelson Mandela, continued Middle East unrest, Brexit, #MeToo, frat boys marching through the streets of Charlottesville, Virginia, "armed" with patio tiki torches, the discovery of water on Mars or more school shootings.

In 2019 I probably glanced at my bedside clock and realized that pesky alarm would be sounding in five short years. But I rolled over and managed to doze through George Floyd, #BlackLivesMatter, two impeachment inquiries, COVID-19 and more school shootings. Good thing I have room darkening shades.

Which brings us to 2024. I am up, showered, dressed, full of nourishment

and ready to have sex. I don't have time to hear about Caitlin Clark, Travis Kelce or Scottie Scheffler. If you're worried that TikTok is dominated by Chinese spies, stop using it. Yes, I'm sure you're blown away that this Trump guy is still around, but please share your concerns with somebody else.

Just point me to the women and I'll do the rest.

See you in 2041.

- 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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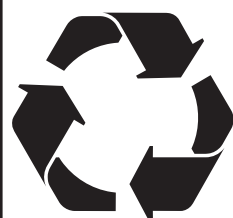
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PAINTING WITH WORDS

Henry Longfellow's 'Paul Revere's Ride'

Henry Wadsworth Longfellow was born in 1807 in Portland, Massachusetts (which is now part of Maine.) Longfellow attended private schools and the Portland Academy.

He grew up in the thriving coastal city, which provided him with great imagery of its wharves, woodlands, and



Tom
Mach

ships from distant lands. At the age of 13, he had his first poem, titled "The Battle of Lovell's Pond," published in the *Portland Gazette*, and it was a salute to those warriors who fell at the battle. At that age, he also passed the entrance examination for Bowdoin College. Once there, he was elected to the Peucinian Society, where he became engaged with academically ambitious students of the college and became involved with conversations about contemporary writing and American authors. He received positive responses to his poems, reviews, sketches, and essays he contributed to the *Portland Advertiser*, *American Monthly Magazine*, and *United States Literary Gazette*. Since he was not enthusiastic about pursuing a legal career, he engaged in a postgraduate study in literature and modern languages.

In 1826, Longfellow, along with letters of introduction from noted men in England and France, set out for Europe. He traveled through Spain, France, Italy,

England, and Germany. He returned to America three years later to start his career as a college professor. He contributed his travel sketches to the New England magazine and later was appointed to a professorship at Harvard University. Afterward, he published *Hyperion*, a prose romance, and *Voices in the Night*, his first collection of poems. He also wrote insightful essays for the *North American Review*, concentrating his attention on Teutonic languages, including Swedish and early English. In July 1837, he wrote a review in praise of Hawthorne's *Twice-Told Tales*.

While "The Song of Hiawatha" became his most famous poem, Longfellow's other poem, "Paul Revere's Ride," published five years later, was very well-received by the public. Since we celebrate our nation's independence in July, it is fitting that this poem describes an event that led to the eventual signing of the Declaration of Independence.

The opening lines of "Paul Revere's Ride" open with words that are perhaps the best-known of Henry Wadsworth Longfellow. It was published in a collection of verses called *Tales of a Wayside Inn*. If you read the poem out loud, you will get a sense of the steady gallop of the horse's hooves. The poem will take you through Paul Revere's urgent ride on the eve of the battle of Lexington and Concord. When it was published in *Tales of a Wayside Inn* (1863), the poem became "The Landlord's Tale," with the owner of a Sudbury inn telling the local history. He is asking the children to listen closely to the story of the "midnight ride of Paul Revere." In this verse, Paul Revere had

asked a friend to notify him if the British are coming by putting one lantern up in the tower of Christ Church if they were coming by land and two lanterns if coming by sea. The British troops were already in Boston and would be headed somewhere near Charleston. If they were to come by land, they'd be marching on Boston Neck, a narrow strip of land going from Boston to Roxbury. If they'd come by "sea," they'd come across the Charles River to Cambridge. Revere took this daring ride, probably knowing full well that if he were caught, he might be hanged.

Longfellow's poem is not to be taken as an accurate description of what had occurred because the poet romanticized this important event. Still, it is remarkable to think he might have saved many lives from the oncoming enemy. The people in the neighboring towns were now ready for battle.

The famous ride occurred during the evening on April 18, 1775. Fewer than 15 months later, the colonists would declare themselves independent from Great Britain by issuing the Declaration of Independence, which we all celebrate today.

Because his entire poem is too long to print, here are the first 23 lines:

Paul Revere's Ride

By Henry Longfellow

*Listen, my children, and you shall hear
Of the midnight ride of Paul Revere,
On the eighteenth of April, in Seventy-five;
Hardly a man is now alive
Who remembers that famous day and year.
He said to his friend, "If the British
march*

*By land or sea from the town to-night,
Hang a lantern aloft in the belfry arch
Of the North Church tower as a signal
light,—*

*One, if by land, and two, if by sea;
And I on the opposite shore will be,
Ready to ride and spread the alarm
Through every Middlesex village and
farm,
For the country folk to be up and to
arm."*

*Then he said, "Good night!" and with
muffled oar
Silently rowed to the Charlestown
shore,*

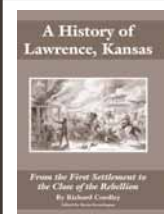
*Just as the moon rose over the bay,
Where swinging wide at her moorings
lay*

*The Somerset, British man-of-war;
A phantom ship, with each mast and
spar*

*Across the moon like a prison bar,
And a huge black hulk, that was mag-
nified*

By its own reflection in the tide.

- 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. Christie"), 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.



A History of Lawrence, Kansas

by Richard Cordley

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SAVVY SENIOR

Do you need a digital will?

By Jim Miller

Dear Savvy Senior: My wife and I had our estate plan—including a will, power of attorney and advance directive—drawn up about 10 years ago but have recently read that our plan should include a digital will too. What can you tell us about this? - Almost 80



Dear Almost: If you or your wife spend much time online, adding a separate digital will document to your estate plan that provides a list of your digital assets would be extremely helpful to your loved ones when you die, not to mention it will help protect your privacy. Here's what you should know.

Do You Have Digital Asset?

The term "digital assets" refers to personal information that is stored electronically on either a computer or an online cloud server account that belongs to an individual. Anyone who uses email, has a PIN code protected cell phone, makes online purchases, or pays bills online has digital assets.

Digital assets generally require a username, a password, or a PIN to access and can be difficult if not impossible to retrieve if someone is incapacitated or passes away.

Creating a digital will (also known as a digital estate plan) will help your loved ones access your electronic devices and online accounts more easily so they can manage your electronic affairs, according to your wishes, after you're gone. This in turn will also protect your digital assets from hackers or fraud, which can happen to dormant accounts after you die.

How to Write a Digital Will

Your first step in creating a digital will is to make an inventory list of your digital assets, which includes everything from hardware to email accounts. Here are a few categories to help kick-start your list:

- Electronic devices (computer, smartphone, tablet, external hard drive).
- Digital files (for photos, videos or documents)
- Financial accounts (like bank and brokerage accounts, credit cards, cryptocurrency).
- Bill paying accounts (utilities, mortgage accounts)
- Social media accounts (like Facebook, Instagram, Twitter, LinkedIn).
- Email accounts (Gmail, Yahoo, Outlook, etc.).

- Cloud-storage accounts (like Google Cloud, iCloud, Dropbox, Microsoft OneDrive)
- Movie or music streaming services (like Netflix, Hulu, Spotify, Apple Music)
- Online purchasing accounts (like Venmo or PayPal)
- Subscription services (magazines, newspapers, Amazon Prime, etc.).
- Reward programs (travel, stores, etc.).
- Membership organizations (AARP, AAA, etc.).

When making your list, you'll need to include usernames, passwords, PINS, account numbers or security questions for accessing each account. And provide instructions on how you want your assets managed after your death. For example: Do you want certain accounts closed, archived or transferred? Do you want specific files or photos to be deleted or shared with loved ones? Do you want your social media profiles memorialized or deleted? Be clear and specific about your wishes.

You'll also need to appoint a digital executor that you trust to execute your

wishes after you die.

From a legal perspective, you should know that most states have enacted the Revised Uniform Fiduciary Access to Digital Assets Act (RUFADAA), which legally recognizes digital estates. This law gives your personal representative or executor legally protected access to your online accounts.

Once your digital will is written, store it with your other estate plan documents either in a fireproof safe or file cabinet at home, on your computer hard drive, with your estate planning attorney or online at a reputable digital estate planning service like *Everplans.com* or *Clocr.com*. But make sure your executor knows where it is and has access to it.

Also remember to keep your digital will updated regularly when you create any new digital accounts or change passwords.

- 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.



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GOREN ON BRIDGE

WITH BOB JONES

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USING YOUR KNOWLEDGE

Neither vulnerable, West deals

NORTH

♠ A Q 10 4 3

♥ A K 10 7 4

♦ 2

♣ K Q

WEST

♠ J 6 2

♥ 9

♦ K J 9 7 5

♣ A J 8 7

EAST

♠ 9 5

♥ Q J 8 3 2

♦ 6 4 3

♣ 9 5 3

SOUTH

♠ K 8 7

♥ 6 5

♦ A Q 10 8

♣ 10 6 4 2

The bidding:

WEST NORTH EAST SOUTH

1♦ 2♦* Pass 2♠

Pass 4♣ All pass

*At least 5-5 in the major suits

Opening lead: Nine of ♥

A Michael's Cue Bid, showing at least 5-5 in the major suits, is usually made with a weakish hand. It can also be made with a very good hand, but you must take some aggressive action at a future turn in order to clarify that.

North did take an aggressive action, quite reasonably with his fine

hand. There were only nine apparent tricks and South had to find a tenth. South won the opening heart lead, which looked like it was from a short suit, with dummy's ace and drew trumps in three rounds. South cashed dummy's king of hearts, confirming that West had led a short suit. West's flyweight opening bid came back to haunt him now as South was able to place all the missing minor-suit points with West.

The king of clubs lost to West's ace and a club came back to dummy's queen. A diamond to the 10 put West back on play in an uncomfortable position. Anything West led would help declarer, but West did the best he could by leading the jack of clubs, tempting South to ruff in dummy. South, however, discarded a heart from dummy, leaving West on lead. West had to lead a club now to avoid giving an overtrick and that put South back in his hand to take two more tricks and land his contract. Well done!

(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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- Patio and backyard

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- Coordination of transportation
- Specialized activities geared toward those with various levels of memory impairment
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By David L. Hoyt and Jeff Knurek



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

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

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

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

Find AT LEAST EIGHT FIVE-LETTER MAMMALS in the grid of letters.

PUZZLES & GAMES

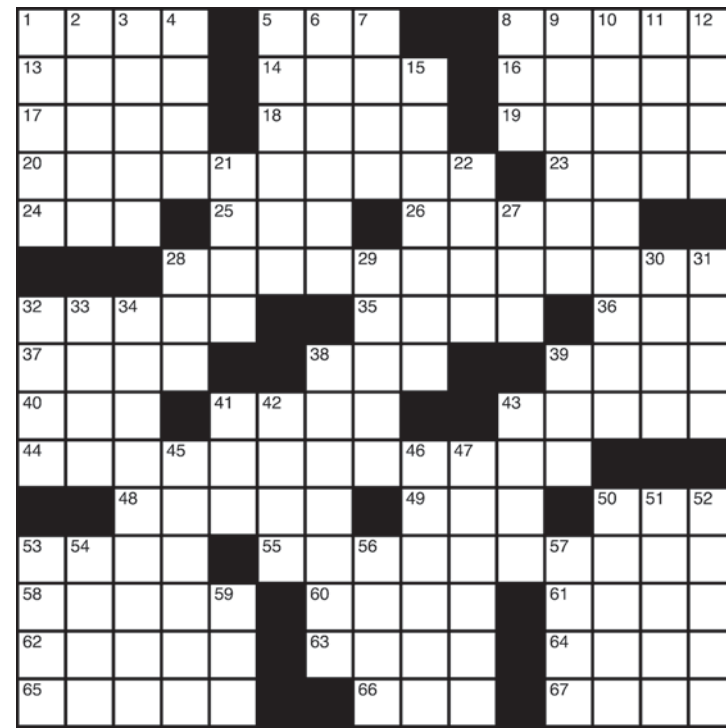
CROSSWORD

Across

- 1 Seat that may swallow the remote control
- 5 U.K. soccer teams
- 8 Tappable symbols
- 13 Happy kitty sound
- 14 Washer capacity
- 16 Krispy Kreme buy
- 17 Thing
- 18 "Pitch Perfect" actress Kendrick
- 19 Residence
- 20 *Financial plan followed by a mayor
- 23 From square one
- 24 "Totally!"
- 25 "It's ___-win situation"
- 26 Breakfast syrup choice
- 28 *Nests, as a set of measuring cups
- 32 Olympian's goal
- 35 Technical sch.
- 36 Big primate
- 37 Words that clarify spelling
- 38 Some postgrad degs.
- 39 Bermuda shorts end point
- 40 Automobile
- 41 Way out there
- 43 No longer vivid
- 44 *Achieve one's specific goal
- 48 Repeated slogan
- 49 Frying liquid
- 50 Some laptops
- 53 Fish often grilled, on menus
- 55 "Seize the day!," and what the answers to the starred clues literally have
- 58 Odds partner
- 60 Take five
- 61 Score in a tennis shutout
- 62 Royal domain
- 63 Fill until full
- 64 Scissors sound
- 65 Annual cable sports awards
- 66 Drug used in microdosing therapies, for short
- 67 Snakelike swimmers

Down

- 1 Like hot wings
- 2 Belly button type
- 3 Guitar neck features
- 4 West Point team
- 5 Show off shamelessly
- 6 Time-share units
- 7 Participated on karaoke night
- 8 Mont. neighbor
- 9 Bright blue pigment
- 10 How some tots count to five
- 11 Ready for skinny-dipping
- 12 Instant Pot dish
- 15 Mailer-__: programs that send automated messages
- 21 Skip out (on)
- 22 License plates
- 27 Vet's patient
- 28 Autograph seeker
- 29 Wonder Woman's headpiece
- 30 Fencing blade
- 31 Woodwind insert
- 32 Name associated with supersonic speed
- 33 Actor Morales
- 34 Really inexpensive
- 38 Holds weight
- 39 Kit__ Klub: "Cabaret" setting
- 41 "I see now!"
- 42 __ shui
- 43 Perceived
- 45 How prosciutto is sliced
- 46 Cooks in an oven
- 47 Talented
- 50 Naturally inclined (to)
- 51 Courteous
- 52 Pedometer units
- 53 For a __ pittance
- 54 St. crossers
- 56 Color named for a duck
- 57 Besides
- 59 Texting format, briefly



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

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.

TMOOT

○ ○ ○ ○

NPEDU

○ ○ ○ ○

SIFLOS

○ ○ ○ ○

MYSLOB

○ ○ ○ ○

Print your answer here: ○ ○ ○ ○ ○ ○ ○ ○

I need three of you to come up here and solve these.

568 + 1386 = 1954 986 + 768 = 1754 1266 + 688 = 1954

THE ADDITION PROBLEMS WRITTEN ON THE BOARD NEEDED ---

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SCRABBLE G R A M S

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1st Letter Triple

A1 E1 I1 L1 N1 K5 B3

A1 E1 E1 L1 T1 G2 M3

E1 E1 E1 H4 R1 T1 T1

A1 A1 E1 Y4 Z10 L1 N1

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

FIVE RACK TOTAL

PAR SCORE 260-270 BEST SCORE 339 TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 30

MY PET WORLD

Cat's early morning yowling for food is difficult for pet parents

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: Our cat, Jack, is 19-1/2 years old. We've had him since he was a kitten. He's a mixed breed, but has Siamese markings and has always been talkative. Now he's old, deaf, and arthritic. Otherwise, he's healthy and gets good marks at his annual checkup.

Ordinarily, he gets wet cat food twice a day — at 4:30 a.m. and again at 5:30 p.m. He also has a gravity feeder with high-quality dry cat food. But he currently has no sense of time and is waking us at 3 a.m. to eat — and he will keep howling until we give in.

If we feed him, he'll eventually go back to sleep. We tried giving him his afternoon snack late in the evening, and that worked for a while. But now we're back to the old routine, and I'm just about at my wit's end. It's incredible how loud he is, very repetitive in rhythm and pitch; and it's like fingernails on a chalkboard.

I now understand why people surrender their pets to shelters. I don't want to put down a cat who's healthy for his age, but I don't know how much more of this I can take. When you have a newborn baby and multiple nighttime feedings, you have some comfort in knowing the baby will eventually sleep through the night. Is there anything we

can do? — Kathy, Lincoln, Nebraska

Dear Kathy: Aging can bring about changes in behavior that can be addressed, so please don't surrender your otherwise healthy cat to a shelter. Behaviors and health problems can always be addressed.

Jack also may have developed a health problem, like a thyroid issue, which can cause increased hunger, restlessness, and vocalizations. This would not pop up during his annual checkup unless you're getting blood tests at the same time. So, please take him to the vet to rule out an underlying health issue first.

If there are no underlying health issues, there are a few things you can try to alleviate his nighttime restlessness. First, play with him three times a day for about as long as he will tolerate at his age, including once before bedtime.

Then give him a feline calming chew (available over the counter) and feed him his early morning wet food before bedtime to mimic a cat's natural nocturnal feeding habits.

A full tummy and a calming chew may help him rest better. During the day, provide him with lots of mental stimulation, such as interactive toys or puzzle feeders, to prevent boredom. Move his other wet food feeding to mid-morning or early afternoon.

If nighttime restlessness persists, talk to your vet about prescription options.

- *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

To get the most out of this multilayered snack, focus on its architecture

By Ashley Moore

Tribune Content Agency

The worst thing that can happen when digging into a layered dip — which is typically built in a deep bowl that showcases all the layers — is losing your chip in the dip. For this recipe, we rethought the architecture a bit and chose to build our dip on a platter. By layering store-bought hummus, rich Greek yogurt, and a mixture of Greek salad vegetables, olives and herbs, we formed a foolproof way to enjoy the dip — even at the fanciest of parties.

Greek Layer Dip

Serves 8 to 10

4 1/4 cups hummus
1 1/2 cups plain Greek yogurt
1 cup 1/4-inch English cucumber pieces

1/2 cup jarred roasted red peppers, patted dry and chopped

1/3 cup pitted Kalamata olives, chopped

4 scallions, sliced thin

3 tablespoons extra-virgin olive oil, plus extra for drizzling

2 tablespoons chopped fresh mint

1/4 teaspoon salt

1/4 teaspoon pepper

2 ounces feta cheese, crumbled (1/2 cup)

1. Spread hummus in a single layer on a large, shallow serving platter. Carefully spread yogurt in an even layer over hummus.

2. Combine cucumber, red peppers, olives, scallions, oil, mint, salt, and pepper in a bowl. Spoon vegetable mixture in an even layer over yogurt. Sprinkle with feta and drizzle with

TNS PHOTO



You won't lose your chip in this dip.

extra oil. Serve.

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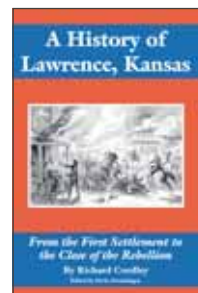
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RICK STEVES' EUROPE

Glimpse the ancient past in northeast England

By Rick Steves

Tribune Content Agency

While southern England gets most of the glory—and the tourists—the country's far northeastern corner harbors some of England's best historical sights. Hadrian's Wall serves as a reminder that this was once an important Roman colony, while nearby Holy Island is where Christianity gained its

is to focus on a six-mile stretch right in the middle, featuring three must-see sights: Housesteads Roman Fort, which shows you where the Romans lived; Vindolanda's museum, which shows you how they lived; and the Roman Army Museum, which explains the empire-wide military organization that brought them here.

CONTINUED ON PAGE 29



Rick Steves

first toehold in Britain. And both can be reached from the town of Durham, home to England's greatest Norman church.

For years I've visited Hadrian's Wall, the remains of the fortification the Romans built nearly 2,000 years ago to mark the northern end of their empire, where Britannia stopped and the barbarian land that would someday be Scotland began. But until a more recent visit, I had never ventured beyond the National Trust properties, the museums, and the various car-park viewpoints.

This time, I spent a sunny late afternoon actually hiking the wall. As I scrambled along these Roman ruins, I took a moment to simply absorb the setting. All alone with the sound of the wind, I surveyed the vast expanses and craggy hills that seem to rip across the island, like a snapshot that has frozen some sort of geological violence in midaction.

Hadrian's Wall stretches 73 miles across the isle. Once a towering 15-foot-tall fortification, that once mighty wall is now only about three feet wide and three to six feet high. But it's still one of England's most thought-provoking sights.

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Rick Steves

CONTINUED FROM PAGE 28

This stretch of the wall also boasts some of the most enjoyable hiking. A three-mile ridge walk alongside the wall from Steel Rigg to Sycamore Gap (named for the much-loved tree that stood there until vandals cut it down in 2023) to Housesteads Roman Fort gives you a perfect taste of scenery and history.

If you prefer history with monks mixed in, visit Holy Island. This small dot off the coast of northern England, near the Scottish border, was the home and original burial ground of St. Cuthbert, a great missionary monk and leader of the early Christian church in northern England. Known 1,200 years ago as Lindisfarne, this island was the source of the magnificent Lindisfarne Gospels, illustrated by monks with some of the finest art from Europe's early Middle Ages. By the ninth century, Viking raids forced the monks to take shelter in Durham, but they returned centuries later to reestablish a church on this holy site.

Today, Holy Island makes a pleasant stop for modern-day pilgrims, who cross a causeway to a quiet town with B&Bs, cafés, and 150 residents. The island's highlights include a priory, with an evocative field of ruined church walls and a tiny museum, a former coast-guard lookout tower offering expansive views, and a dramatically situated castle that's more enticing from afar than it is inside.

South of Hadrian's Wall and Holy Island and three hours north of London by train, the town of Durham sits snug below its castle and famous church. A sharp bend in the River Wear protected medieval Durham, providing a moat on three sides. Today, the river ties Durham into a tidy little bundle and seems to protect it only from the modern world.

For nearly a thousand years, pilgrims have come to Durham to see its cathedral. It was built around the year 1100 to house the much venerated bones of St. Cuthbert. The architecture is unusually harmonious because it's all one style. The cathedral was built in just 40 years and survives essentially unaltered. In the rest of Europe, this kind of

architecture would be called "Romanesque." But in England, it's called "Norman," named after the invaders who brought the style across the English Channel from France. The cathedral's round arches and zigzag carved decorations are textbook Norman.

For me, a Durham highlight is attending an evensong. I always arrive early and ask to be seated in the choir, the cozy, central church-within-a-church. In this vast, dark, and chilly building, the choir served as an intimate space

where medieval monks could worship multiple times a day.

While the cathedral is the city's top draw, it's not the only one. Strolling the town and popping into the indoor market just off the main square is a delight. And, as home to England's third-oldest university, the city is lively with tattooed students in search of a good karaoke bar.

From a magnificent cathedral to striking ruins, England's northernmost fringes provide the best opportunity

to delve into the country's fascinating past while enjoying its friendly present.

- 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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E	S	P	Y	S		L	S	D		E	E	L	S			

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

SCRABBLE GRAMMS SOLUTION									
C ₃	H ₄	I ₁	T ₁	L ₁	I ₁	N ₁	RACK 1 =	<u>62</u>	
B ₃	L ₁	A ₁	N ₁	K ₅	I ₁	E ₁	RACK 2 =	<u>69</u>	
M ₃	E ₁	L ₁	T ₁	A ₁	G ₂	E ₁	RACK 3 =	<u>60</u>	
T ₁	E ₁	E ₁	T ₁	H ₄	E ₁	R ₁	RACK 4 =	<u>60</u>	
A ₁	N ₁	A ₁	L ₁	Y ₄	Z ₁₀	E ₁	RACK 5 =	<u>88</u>	
PAR SCORE 260-270							TOTAL	<u>339</u>	
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JUMBLE ANSWERS

Jumbles: MOTTO, UPEND, FOSSIL, SYMBOL

Answers: The addition problems written on the board needed -- SOME SUMS

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BOGGLE ANSWERS

MOOSE, MOUSE, LEMUR, OTTER, HYENA, TIGER, WHALE, HORSE

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MY ANSWER

The light of God's promises

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: The world is in a serious state of darkness with little hope of seeing a ray of sunshine in the future. Many friends tell me they pray to God for better days but they struggle to get answers, making them more depressed, driving them to seek other resources of happiness. I try to speak to them of the light of God's promises and that God even speaks to us through nature. Can all people communicate with God and receive answers about their struggles in this life? – G.S.

A: For the spiritually dead, there is no communication with God. Millions of people long for a world of joy, light, harmony, and peace; instead,

they are engulfed in a world of pessimism, darkness, discord, and turmoil. They search for happiness, but it eludes them, just as a sunbeam or a shaft of light eludes a child who tries to catch it.

Many give up and give in to pessimism. Often their despondent attitude leads to a circle of cocktail parties or bars where they obliterate the reality of their world with the unreality of alcohol. Sometimes they are led to drugs or an all-consuming pursuit of a hobby or a sport. All these are symptoms of the great escapist disease caused by an insidious infection called sin.

Many people want to dissect God under their own microscopes. After establishing their own methods of analysis, they come to no conclusions. God remains the great cosmic silence,

unknown and unseeing. However, God does communicate with those who are willing to obey Him. He penetrates the dark silence with free, life-giving discoveries in nature, the human conscience, Scripture, and the Person of Jesus Christ.

No one has assurance of peace and happiness, until he or she has put their trust and faith in Him (see Proverb 3:5–6). God does hear the prayer of a soul that humbly repents.

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

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INTERPERSONAL EDGE

Is retirement financial security all in your head?

Dr. Daneen Skube

Tribune Content Agency

Q: I keep hearing that to retire comfortably I need to have 1.8 million. I read your column because you often point out life “hacks” that work for clients. Do you agree with this number and how do you coach your clients on feeling financially secure?

A: I coach my clients that “feeling” financially secure is less important than realistically looking at what you want and doing the math. However, you’re correct that I work hard with clients to come up with multiple pathways that leave my clients in a good position.

I don’t offer clients financial advice as much as I help them think about the psychology of money for them. I ask questions like, “Are you OK with working part-time? What lifestyle are you aiming for? Do you have another source of income besides Social Security?”

I realize there’s a lively debate on Social Security. Many experts assess that most people will have some contribution from Social Security, especially if they wait until 70. Some of my clients also invest in rental properties (vacation or long-term), some buy annuities, and some have side hobbies they turn into jobs.

Other clients downscale their finan-

cial needs. If your idea of retirement is lavish vacations, expensive toys/hobbies, and high monthly expenses, then you may have to work as long as you are able. If you start pruning your expenses by paying off debts, and being frugal, you’ll need far less.

The bottom line is there’s no perfect number. There’s only an adequate number for you. Also don’t underestimate the financial benefit of high mental health.

Most of my long-term clients are affluent because of good choices they’ve made because they invested first in themselves. Most of my clients are also frugal because they don’t need stuff to shore up their egos.

If you’re trying to “keep up with the Joneses” now, that financial competition will be even more expensive in retirement. There’ll always be someone with more stuff. As the joke goes, “He who dies with the most toys... wins.” I counter this quote with, “He who dies

with the most toys... still dies.”

Buddhists meditate on death daily, as part of accepting that everything is impermanent, except development of the soul. Especially as we get into our 60s, we ought to contemplate our mortality or we aren’t paying attention.

Imagine for a moment that there’s life after death. Look at your retirement from an after-death perspective. What are you glad you did? What do you regret? What would matter most to you after you leave this mortal experience? Contemplating death during our last third of life puts everything in perspective!

Contemplating our mortality involves surrendering to our limits. We may never have the “perfect” life we imagined at 20. If we can let go of our belief that consuming the right goods/services will make us perfect, we’ll save a lot of money.

Psychological studies on happiness demonstrate that beyond paying our expenses, large amounts of extra money don’t equate to large increases in contentment. There’s even some research that shows that people with the most money spend the most time being anxious about finances.

As with most mental health advice, the wise person looks inside to figure out what they need in retirement, then

does the math, and then delays leaving work until they have a nest egg.

Also realize that when you invest in yourself, your health, and psychological and interpersonal well-being, your dividends multiply throughout the rest of your life.

- Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel’s “Workplace Guru” each Monday morning. She’s the author of “Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything” (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.

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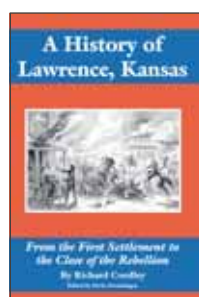
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