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Frank Loomis, Jr., winner of the 400-meter hurdles at the 1920 Summer Olympics in Antwerp.

The 1920 Olympics: Peace and global solidarity in the wake of war.

See story on page three



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1920 Olympics brought the world together after war

By Kevin Groenhagen

With the exceptions of the questionable water quality of the Seine River and the bizarre break-dancing performance of Australia's "Raygun," the Games of the XXXIII Olympiad in Paris largely went off without a hitch. However, not every Olympics went as smoothly.

The Games of the VI Olympiad, which would have been held in Berlin in 1916, had been canceled because of World War I. That war finally ended with the Armistice of November 11, 1918. During the winter of 1918-1919, there was doubt about whether the Seventh Olympiad would be held. After all, Europe had been greatly devastated during more than four years of war. Nevertheless, on April 3, 1919, the International Olympic Committee formally announced that it had decided to accept Belgium's offer to host the Games of the VII Olympiad in Antwerp in 1920.

The defeated countries in World War I—Germany, Austria, Hungary, Bulgaria, and Turkey—were not invited to participate in the Seventh Olympiad, and the new Soviet Union chose not to attend.

In Chicago, Martin Delaney, the athletic director of the Chicago Athletic Association (CAA), began preparing his athletes to compete in Antwerp. His protégés, Frank Loomis, Jr., and Sherman Landers, were among those athletes.

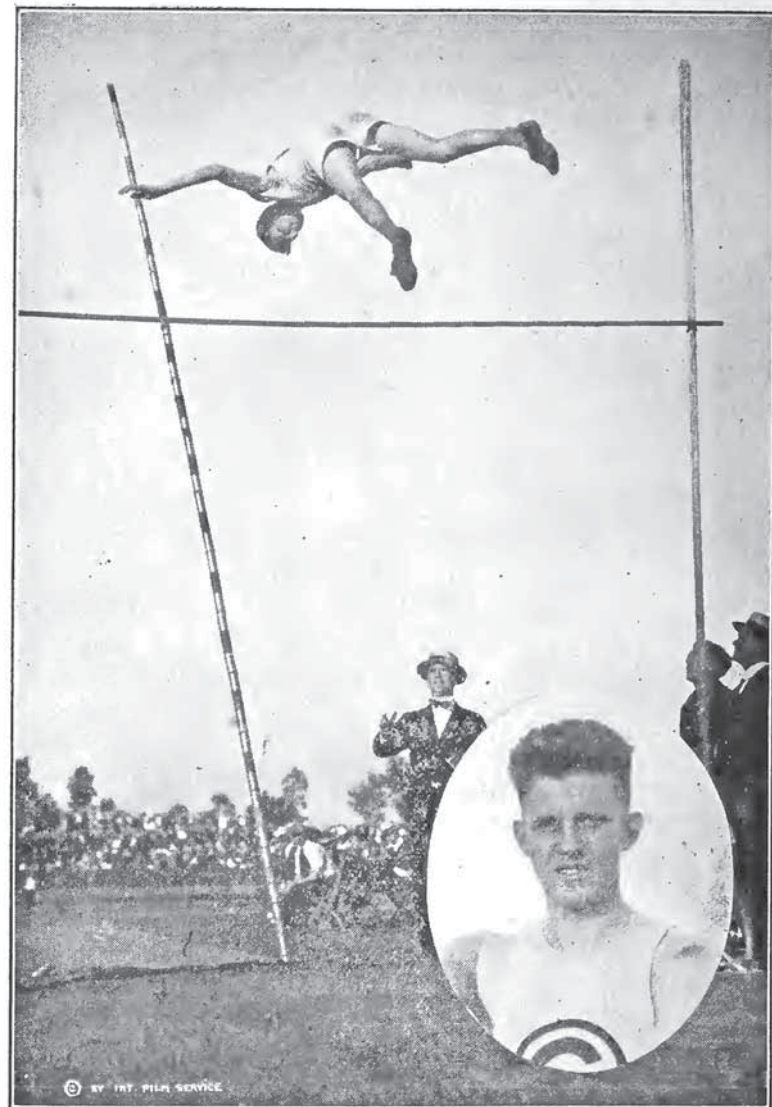
Loomis and Landers had met at CAA and soon became friends. Before their senior year in high school, the friends decided they wanted to compete on the same track and field team. However, Loomis attended prep school in Evanston, Illinois, and Landers attended high school more than 100 miles away in the small town of Oregon, Illinois. They initially went to Lake Forest (Ill.) Academy, but didn't stay a week. "It was then that Sherman suggested, 'Come on home with me,'" Loomis said in a 1964 interview. 'We'll go to high school in Oregon, Ill.' That's where I ended up."

On June 3, 1916, Landers and Loomis, composing Oregon's two-man track team, won the annual Michigan interscholastic track and field meet by amassing 34 ½ points between them. Landers won the 100-yard dash, the 220-yard dash, and the pole vault. He took second in the 120-yard high hurdles and in the broad jump. Loomis won the 120-yard high hurdles and the 220-yard low hurdles. He took third in the 100-yard dash and tied for third in the high jump.

After winning the Michigan inter-

CONTINUED ON PAGE FOUR

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SHERMAN LANDERS,
Chicago A.A., National Amateur Athletic Union champion and interscholastic record holder for pole vault.

A rare photo of Landers performing the pole vault. He used a bamboo pole and landed in either sand or sawdust pits.

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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1920 Olympics

CONTINUED FROM PAGE THREE

scholastic track and field meet, Landers and Loomis returned to Illinois to compete in the 15th annual interscholastic meet at Stagg Field (originally named Marshall Field after entrepreneur Marshall Field, who donated the land to the University of Chicago). Organizers expected athletes from 15 states to participate in “the greatest event of its kind.” However, the *Chicago Tribune* reported that Loomis could be barred from competing.

Director Amos Alonzo Stagg had received protests from several coaches who claimed that Loomis had been paid to leave his home on the south side of Chicago and attend Oregon High School. Note that Loomis’ father was successful in the insurance industry. The family also had servants, and you would need nearly \$1 million to buy their house at 1906 Orrington Avenue in Evanston today. It is doubtful that Loomis was required to be paid to compete with his friend in Oregon.

Stagg ultimately allowed Loomis to compete. However, Landers didn’t need Loomis’s help. Of the 37 points Landers and Loomis scored, Landers scored 26, enough to win the meet single-handedly. Landers won the 100-yard dash, the 220-yard dash, and the pole vault. He also won second place in the 120-yard high hurdles and the 220-yard low hurdles.

Landers, dubbed “the greatest school-boy athlete in the world,” and Loomis won 13 scholastic meets during their final year of high school. In addition, Landers set a high school record of 12’ 8” in the pole vault (just 4 1/4” shy of the world record at the time), while Loomis equaled the national interscholastic record of 24.2 for the 220-yard hurdles.

After high school, Landers attended the University of Pennsylvania, which had one of the country’s best track and field teams. In 1918, the team departed from tradition by making Landers, a sophomore, team captain.

Loomis stayed in the Chicago area, where he continued to compete with the CAA. He also married his high

school sweetheart, Frances La Roque, and began selling insurance.

While Landers and Loomis appeared destined to compete in the 1920 Olympics, circumstances nearly kept both men from traveling to Antwerp.

Landers was ill with an ear infection after a bout with pneumonia during the spring of 1919. Then, *The Sun* of New York City reported in September 1919 that he planned to leave Penn to go into business in Chicago. The same newspaper in October 1919 reported that Landers had unexpectedly returned to Penn, although he continued to be a bit ill and could only do light work. Nevertheless, he planned on trying out for the Olympics.

Loomis, the national hurdles champion, was experiencing a “marital hurdle” in May 1920, just a few weeks before the beginning of the Olympics. Frances was no longer happy with their marriage and had filed for divorce.

“He told me I was passé because I can’t shimmy,” Frances told the judge. “I don’t think shimmy dancing was meant for wives and mothers of little babies. I like dancing, but my husband

thinks I’m slow. If I could eat medals, I’d be able to live without support for some time. He says he went to work for the Mutual Life Insurance company because he can go to tea dances and sell insurance at the same time.”

The court ordered Loomis to pay a bond or go to jail, meaning he couldn’t travel to Antwerp. Apparently, Loomis paid the bond because he went to Philadelphia for the Eastern Olympic Track and Field Tryouts the following month. Loomis and Frances remained married for a few more years.

In July, Landers and Loomis advanced to the Final Olympic Track and Field Tryouts at Harvard Stadium in Cambridge, Massachusetts. Landers qualified for the Olympics after winning the hop, skip and jump and taking second in the running broad jump. Loomis qualified after winning the final heat of the 440-yard hurdles with a time of 55 seconds.

With an American Olympic team chosen, the American Olympic Committee now had the daunting task of getting hundreds of athletes to Ant-

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1920 Olympics

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werp. Unlike the European athletes, the American athletes had to cross the Atlantic Ocean to get to Antwerp. World War I had ended more than a year and a half earlier, but trans-Atlantic travel had not fully recovered.

Landers and Loomis' passport applications said they planned to depart from the port of New York aboard a U.S. Army Transport on July 20.

Unfortunately, the *Northern Pacific*, the ship that was to take most of the American athletes to Antwerp, loosened a plate on her hull beneath the water line on the preceding voyage to New York, which rendered her unseaworthy.

With the athletes practically left stranded, the War Department arranged for them to stay at Fort Slocum, where they had daily access to the track and field at the New York Athletic Club across the bay.

Meanwhile, the transport *Princess Matoika* was mid-ocean on her way to New York. By wireless, the captain was informed to make the trip as quickly as possible to make the return trip to Antwerp earlier than scheduled.

"Unfortunately, the *Matoika* was not the *Northern Pacific*," noted the *Report of the American Olympic Committee*. "[O]ne was an up-to-date, fast-going ocean steamer, the other slow and of ancient vintage. Moreover, not only did the loss of the *Northern Pacific* mean sending on the *Matoika* the members of the Olympic Team, but also placed on board her both the officers and government officials who

were supposed to have sailed on the *Northern Pacific* as well as those on the *Matoika* herself, and it must be remembered that under the law, officers and their wives, federal officials and their wives *must* have stateroom accommodations. It, therefore, followed that first-class staterooms could be provided for only a very few members of the team besides the women swimmers, and a few coaches and officials who as older men deserved some precedence, and that to go on the *Princess Matoika* (which meant going at all to the Games?) the bulk of the men were forced to cross troopship."

Landers, Loomis, and other track and field civilians departed New York aboard the *Princess Matoika* on July 26. This ship also carried boxing, wrestling, swimming, cycling, fencing, and tug-of-war teams, which made up over 60 percent of the 406 American athletes, officials, managers, and coaches who traveled to Antwerp. Six other ships transported American athletes to Antwerp between April 7 and August 5.

Reportedly, the athletes on the *Princess Matoika* were disgusted with the conditions. The hold reeked of formaldehyde (the ship had recently been used to bring back the bodies of 1,800 American soldiers who died during World War I). "There was nowhere to train," wrote Josh Barr on the U.S. Olympic & Paralympic Museum website. "The food was terrible. Rats seemed to be everywhere. Upon arriving in Belgium, many of the American athletes demanded better accommodations in Antwerp, cabin passage home and railroad fare from New York to their home cities. It was labeled the

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Poster for the 1920 Olympic Games. These games were the first to be held after World War I.

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1920 Olympics

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“Mutiny of the *Matoika*.””

The *Princess Matoika* arrived at Antwerp on August 8, nearly two weeks after leaving New York. While the athletes wished to disembark from the ship that evening, United States Army officers in charge of the port had them wait until the next morning. Unfortunately, members of the team, who were unhappy with the ship's accommodations, had already packed and were ready to go. To make matters worse, many of the ship's crew had been allowed to disembark before the athletes, so little breakfast was served the following morning.

Once in Antwerp, conditions there were also less than ideal. “The city, plagued by bad weather and economic woes, had a very short time to clean up the rubble left by the war and construct new facilities for the Games,” notes *Encyclopaedia Britannica*. “The athletics stadium was unfinished when the Games began, and athletes were

housed in crowded rooms furnished with folding cots. The events were lightly attended, as few could afford tickets. In the final days, the stands were filled with schoolchildren who were given free admittance.”

The American team was quartered at a schoolhouse at 14 Odeon Street in Antwerp. Dan Ahearn, the world record holder for the hop, skip, and jump, was so displeased with the conditions at the schoolhouse that he left and checked into a hotel. This action led to Ahearn being temporarily suspended from participating in the Games. Fortunately, officials lifted his suspension. Catholic members of the team also experienced some discomfort at the schoolhouse due

to dietary restrictions. They refused to eat the meat served at the schoolhouse the Friday after their arrival. When they asked for fish, the Belgian hotel keeper, with the contract to feed them, found a box of sardines and served one tiny sardine to each abstaining athlete.

In addition to being the first Games since 1912, the Antwerp Games were also the first to feature the reading of the Olympic oath and the release of doves, a symbol of peace. In addition, the Olympic flag was introduced at the Antwerp Games, with its five interlaced rings representing the union of the five continents and the meeting of athletes from throughout the world. The Olympic flag was created in 1913

under the guidance of Baron de Coubertin of France. It was first hoisted at the 1914 Pan-Egyptian Games in Alexandria, Egypt.

Twenty-nine track and field events, all for men only, were contested during the 1920 Olympics. The competitions were held from August 15 to August 23.

The preliminaries and semi-finals for the 400-meter hurdles were held on August 15. Loomis won the fifth heat of the preliminaries by two meters with a time of 54 4/5 seconds. With this time, he established a new world record, supplanting Charles Bacon's record of 55 seconds, which Bacon set

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1920 Olympics

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at the 1908 Olympic Games in London.

Loomis again took first place in the second heat of the semi-finals with a time of 55 2/5 seconds. In the final heat, held on August 16, Loomis won the gold medal with a time of 54 seconds, setting yet another new world record.

During the preliminaries for the running hop, step and jump, held on August 19, Landers had the fourth-best distance with 14 meters. In the final, held on August 21, Landers did even better with 14.17 meters. That was good enough to beat Ahearn, who set the world record in 1911 with 15.52 meters. However, Landers placed fifth, while V. Tunlos of Finland won the gold medal with 14.505 meters.

The American Olympic Team, which won the most gold and overall medals, returned to the United States on more than a dozen different transports and liners and, presumably, enjoyed much better accommodations. Landers and Loomis traveled from Antwerp to France, where, along with a handful of other American athletes, they again boarded the *Princess Matoika* at St. Lazaire on August 24 for their return trip to the United States. The ship also picked up 298 Boy Scouts and their leaders, who had been in Europe to attend the 1st World Scout Jamboree, and the bodies of 1,280 American service members who died in Europe. Between 1919 and 1922, the U.S. government identified, located, and exhumed about 44,000 bodies and shipped them home for burial.

Antwerp hosted the VII Olympiad while recovering from World War I, the so-called "war to end all wars."

Unfortunately, the reading of the Olympic oath and the release of doves occurred just three more times before World War II caused the cancellation of the 1940 and 1944 Summer Olympics. The 1948 Olympics in London were dubbed the "Austerity Games" due to the economic climate and rationing imposed in the aftermath of World War II. Nevertheless, 59 nations, a record, competed in London. If we include the Individual Neutral Athletes and the Refugee Olympic Team, 206 countries competed in the 2024 Olympics in Paris.

- Kevin Groenhagen is the author of **Landers & Loomis: Oregon's Olympians**, which will be published this fall.

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YOUR LIFE. YOUR STYLE. YOUR HOME.

Medical Loan Closet opens on Aldersgate Village campus

By Billie David

The new Medical Loan Closet that recently opened in Topeka is an example of what can happen when a community pulls together to make sure people in need—in this case, specifically in need of medical equipment—have access to what they require to remain safely in their own homes.

The Medical Loan Closet, located on the Aldersgate Village campus at 7220 SW Asbury Drive, celebrated its ribbon cutting on June 27 of this year.

“We previously had one here, but because of COVID, it went away,” said AJ Patterson, Director of the Interim Family Health Foundation, who oversees the operation in conjunction with Aldersgate Village.

“We are renting space from them,” he said, adding that together they remodeled the space so that their work could continue, “and everyone has the opportunity to get the equipment they need.”

The Medical Loan Closet makes gently used, durable medical equipment that has been donated by people who no longer need the items, available to those who do have a need.

“The closet has items available such as wheelchairs, walkers, hospital beds, and shower chairs,” Patterson said, adding that the community has been generous with their donations. “We got two truckloads in the last two weeks.”

“We are partnering with local hospitals, and we get calls from clinics, churches, and veterans’ groups. We’ve really been excited to see the support pour in. I love it when we have equipment for people and can say, ‘Here you go.’”

It is especially rewarding in view of the fact that the participants who have partnered to bring the new closet about have wanted to open it for a long time.

“We have been dreaming of doing this for five or six years,” Patterson said. “We were seeing that the need existed—that some folks had the need for equipment so they could stay in their own home safely, and we wanted to bring the program to our community.

“Due to the nature of the work we do, we were noticing that many com-

munity members didn’t have access to the equipment they needed,” he said of the partnership’s motivation. “It was a great opportunity to lessen their burden. We have had a lot of great help from the community.”

Their goal, Patterson said, is to have lots of different items, but those items need to be in working condition, as there is nobody on hand to do repairs.

“We are open to a variety of equipment because you never know what somebody is looking for,” he said.

That includes everything from beds, walkers, and wheelchairs to blood pressure and pediatric equipment, nutritional foods, and Depends.

Patterson noted that the closet opened on June 27 of this year, and they have already seen an uptick in inquiries as word has gotten out, not only requests

for equipment but also questions about how to donate.

“It’s been going great,” Patterson said. “Every week, it’s been continuing to grow and grow and grow. Agencies come in our door and say, ‘Oh wow! That’s great. We will tell other people about it.’”

Although the goal is for the closet to do pick-ups, they are still developing that service and are still in need of a truck and volunteers.

As for the cost of renting the medical equipment, Patterson said the closet is a nonprofit funded through grants and donations, so they suggest donations, but they want to make sure that everyone who has a need has access to the equipment.

“There are no income restrictions for borrowing, and no prescription is required, although a free-will donation

is encouraged,” he said, adding that although the items are on loan, there is no specific timeline for their return. “We will take your information and follow up in two or three months. Our goal is for people to use it as long as they need.”

Area residents are encouraged to donate equipment that they no longer need.

“The best way to donate is when we have an open day,” Patterson said. People can bring their donations in on Mondays from 10 a.m. to 2 p.m. Every piece matters. One lady called and asked for a three-wheeled walker, and the next day, we had two or three and were able to call her and tell her.”

But the donations need to be things that can be cleaned and sanitized, he said.

Donors, as well as people who need the equipment, can also call Patterson at 785-272-1616, or they can email him at ajpatterson@interimhealthcare.com.



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HEALTH & WELLNESS

Diet, exercise, medication? What's the key to losing weight?

By Autumn Bishop

LMH Health

Commercials for diet and weight loss drugs seem to be everywhere. Every time you change the channel, there's an ad for something that could be the magic key to losing weight. But how do you know what's right for you?



Some of the most talked about medications are Zepbound and Wegovy. They belong to a class of medications called GLP-1 antagonists, and were initially used for patients living with Type 2 diabetes.

"Semaglutide works by binding to the GLP-1 receptors in the body," explained Dr. Jennifer Clair, a primary care physician at LMH Health Primary Care – 6th and Maine. "One role of the medication is to reduce blood sugar. In higher doses, it interacts with the receptors in the body which tell it that you're full and can result in a decrease in appetite."

Who are they right for?

In March 2024, the Food and Drug Administration (FDA) approved Wegovy for weight loss in adults with obesity or who are overweight and have at least one weight-related comorbid condition, such as cardiovascular disease.

"For someone who has a BMI over 30, GLP-1 medications may be the preferred weight loss option in com-

ination with diet and exercise," Dr. Clair said. "They may also be an option for someone who has a BMI over 27 and high cholesterol, sleep apnea or a weight-related comorbidity."

She emphasized that when you think about GLP-1 medications, it's important to remember they've only been used for weight loss for a few years. The long-term effects on weight aren't fully known. They have been used longer for treatment of Type 2 diabetes, and have a good safety record in treatment.

Compounding – is it safe?

Though the number of people who are eligible to use drugs like Wegovy rise, it doesn't mean that the price of these GLP-1 medications has decreased. The average cost per year for someone unable to use insurance is thousands of dollars. People desperate to find them at a lower cost are increasingly turning to compounding pharmacies to obtain the drugs. Dr. Clair said that's not a wise plan.

"The problem is that it's really not clear what the compounding phar-

macies are making these drugs out of," she said. "Both the FDA and the Kansas Board of Pharmacy have come out with very clear statements that these aren't safe and aren't tested. I understand how frustrating it is to know that something is out there that could help and you can't afford it, but I don't believe using a compounding pharmacy is the answer."

Eating healthy

Keto. Paleo. Atkins. Mediterranean. Whole 30. The list of diets seems endless. Even when using a GLP-1 medication for weight loss, it's important to incorporate healthy eating into your lifestyle, but Dr. Clair said that there simply isn't one "best" diet.

"Data gathered from people who have lost weight using a variety of diets didn't show that one diet is superior to the others," she explained. "The Mediterranean diet, for example, is very heart healthy but isn't necessarily low calorie because it concentrates on the type of food, not the amount. You have to look at the calorie intake with any diet you follow."

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Weight loss

CONTINUED FROM PAGE 10

It's also important that your diet is sustainable in the long run. Those that set unrealistic expectations may work initially but fail over time. Remember the cabbage soup diet and the grapefruit diet? You may lose a few pounds, but how long can you really go on eating cabbage soup?

"If there's one thing you should change in your diet, it is limiting sugar. It isn't an easy thing to do, but it's clear if you really look at it that we get a lot more sugar than we need. That does a lot of harm," Dr. Clair said.

With food prices on the rise, it can be difficult to eat healthy on a budget. Dr. Clair explained that there are ways to keep those costs down, especially when it comes to vegetables and fruit.

"One thing that gets overlooked is using frozen vegetables and fruit in your diet. You get good nutritional value from them and there can be a cost savings," she said. "If you're able to, grow some of your own vegetables. Look for places that sell the misfits—the fruits and vegetables that are the wrong color, size or are funky looking. Those are all ways to make eating healthy more affordable."

Get moving!

Exercise is a key component in a healthy lifestyle. According to guidelines from the Centers for Disease Control and Prevention (CDC), adults need 150 minutes of moderate-intensity physical activity a week.

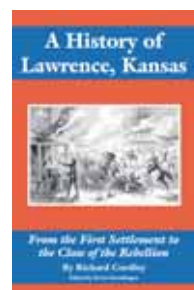
"Combining exercise with some type of diet modification is going to give you better success with weight loss," Dr. Clair said. "If you're losing weight without exercise, you can lose muscle mass. It's important that physical activity be part of your lifestyle."

150 minutes of activity sounds like a lot. It's much more sustainable when you break it down into smaller chunks. Aim to get 30 minutes of exercise per day at least five days each week. If you think about it as three 10-minute blocks each day, it becomes even more manageable.

It's also important to check in with your doctor before embarking on a new exercise or weight loss plan on your own, especially if you have a chronic health problem.

"Your primary care provider can help you get started on the path to a healthier lifestyle," Dr. Clair said. "Whether it's helping you determine what type of diet to follow, talking to you about exercise or prescribing medications, I'm here to help. I want to see you succeed."

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



A History of Lawrence, Kansas

by Richard Cordley

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HEALTH & WELLNESS

Sleep deprivation

Getting a good night's sleep is one of the most important things a person can do to help stay healthy. A good night's sleep is an essential human function. Just like eating, breathing, and drinking water, sleep-



Dr.
Deena
Beneda

sleeping at the wrong time of the day (people who work at night and sleep during the day), you don't get good quality of sleep, or you don't get all the stages of sleep that your body needs.

To understand sleep deprivation, it helps to review how the sleep cycle works. There are two basic types of sleep: rapid eye movement (REM) and non-REM. Non-REM is commonly referred to as deep sleep or slow-wave sleep. Typically, during REM sleep, dreaming occurs. Your ability to have a good night's sleep depends on whether you get enough total sleep and enough of each non-REM and REM sleep. In addition, we all have an internal clock that controls when we are awake and when our body will sleep. This internal clock is called a circadian rhythm and repeats every 24 hours. Our internal

rhythm is essential because it affects every cell and our body's work.

If you are not getting enough sleep, sleeping at the wrong time, or have poor quality sleep, you will likely feel tired during the day. Sleep deprivation can interfere with work, social interactions, driving, and your immune system. Sleep deprivation can also make you feel irritable, agitated, anxious, depressed, moody, and worried. Sleep deprivation can be linked to chronic health problems, including heart disease, high blood pressure, diabetes, stroke, obesity, and depression. Sleep deprivation can be associated with an increased risk of injury in adults and children. Studies also show that sleep deprivation changes some parts of the brain. If you are sleep deficient, a person could have trouble making decisions, solving problems, learning, or paying attention. Sleep deprivation also can increase your weight. One research study concluded that with each hour of sleep lost, the chances of obesity in teenagers increased. Sleep deficiency increases the risk of obesity across the

board, both young and old. In addition, your immune system relies on sleep to stay healthy. This system defends your body against viruses and bacteria. If you are sleep-deprived, you could have trouble fighting common infections. Sleep deprivation is a common health problem in the United States which affects people in all age groups, from the young to the old. Research supports that getting enough quality sleep is essential for mental health, physical health, quality of life, and safety. So, enjoy getting your "z's" every night. It is vital for your health.

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

ing plays a vital part in the foundation of good health. Sleep deprivation can lead to physical and mental health issues. What exactly is sleep deprivation? Sleep deprivation can occur if you don't get enough sleep, you are



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MAYO CLINIC

Mindfulness and mental health

By Joel Bobby

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: I've been hearing a lot about mindfulness meditation lately and how it can help reduce stress and improve overall well-being. But I'm a bit skeptical and don't really understand how sitting still and doing nothing can make such a big difference. I have a busy and active lifestyle, and the idea of spending time just focusing on my breath or thoughts sounds boring. Are there real benefits of mindfulness meditation and how it can realistically fit into a fast-paced life like mine?

ANSWER: It's common to feel skeptical about an activity that promises quick and easy stress relief. Yet, mindfulness meditation promises just that. It's a fast and easy way to reduce stress wherever you are.

Mindfulness meditation is the practice of purposefully being aware of and focusing your attention on the present moment. Mindfulness allows you to be in tune with your experience — right now in this moment — and to explore with curiosity whatever sensations, thoughts and emotions are present without expectations or judgment.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This focus can result in enhanced physical and emotional well-being.

Many people may think of mindfulness meditation as "sitting on a pillow, being still, with eyes closed." This may work for some, but there are many ways to practice mindfulness meditation.

Practicing mindfulness involves using breathing methods, guided imagery, and other strategies to relax the

body and mind to help reduce stress.

To try focused breathing meditation, sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing slowly for even just a minute can help.

As you start meditating, try these structured mindfulness exercises:

- **Body scan meditation.** Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.

- **Sitting meditation.** Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breathing.

- **Walking meditation.** Find a quiet place 10- to 20-feet long and walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

Often, mindfulness meditation is recommended as part of a comprehensive treatment for physical and mental health conditions. It's considered a type of mind-body complementary medicine. You can incorporate mindfulness meditation into your busy routine to improve your overall health.

There are many benefits of mindfulness meditation engaging the brain. Think of it as a form of brain exercise. Just as physical exercise keeps your body healthy, mindfulness meditation keeps your brain fit. Research

has shown that just five to 15 minutes of daily meditation is all you need to begin experiencing benefits.

After decades of research into the practice, these benefits have been found to include an increase in:

- Cognitive flexibility
- Diabetes control
- Emotion regulation
- Empathy
- Focus and attention
- Immune system response
- Memory
- Positive emotions
- Positive relationships
- Relaxation
- Self-compassion
- Self-esteem

The practice also affects many negative physical and mental symptoms, including decreases in:

- Addictive behaviors
- Anger and hostility
- Anxiety
- Burnout
- Depression
- Emotional reactivity
- Insomnia
- High blood pressure

- Need for pain medications
- Physical pain
- Post-traumatic stress disorder symptoms
- Stress

Mindfulness is a supportive strategy to help manage many health issues. It pairs well with other medical treatments and counseling. It's a simple strategy that doesn't require a prescription or special equipment and can be practiced anywhere. Talk with your healthcare team about incorporating mindfulness meditation into your life and see if it makes a difference in your health and general sense of well-being.

— Joel Bobby, licensed independent clinical social worker, Psychiatry & Psychology, Mayo Clinic Health System, Austin, Minnesota

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

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Derek
Osborn

So, where will your retirement income come from? And what decisions will you need to make about these income sources?

Consider the following:

- **Retirement accounts** – If you've regularly contributed to an IRA and a 401(k) or similar employer-sponsored retirement plan, you likely have accumulated substantial amounts of money in these accounts — but during your retirement, you'll need to start tapping into them. In fact, once you turn 73, you're required to start taking with-

drawals from some of your retirement accounts, with the amount determined by your age and account balance. You could take out more than these amounts (technically called required minimum distributions, or RMDs) but you can't take less without incurring penalties. Many people take out 4% of their balance each year, and this guideline may be reasonable, but everyone's situation is different. So, you'll need to weigh various factors including your age, health and other sources of income before deciding on an appropriate withdrawal rate.

- **Social Security** – You can start collecting Social Security at age 62, but your payments will be much higher if you wait until your full retirement age, which will be between 66 and 67. And your benefits will reach the maximum amount if you wait until 70 before collecting. So, your decision on when to take your benefits will depend on whether you can afford to wait, and for how long. In making this choice, you'll also need to consider your health and your family history of longevity. And if you're married, you may want to factor in spousal benefits when deciding when you should collect Social Security. A spouse can receive either their own

benefit, based on their work record, or up to 50% of their spouse's benefit, whichever is greater. So, if one spouse has a much higher benefit, it may make sense for that spouse to delay taking Social Security as long as possible so that both spouses can receive bigger payments.

- **Earned income** – Even if you have retired from one career, it doesn't mean you can never receive any earned income again. If you have specific skills that can translate to part-time work or a consulting arrangement, you might want to consider reentering the work force in this way. With the added income, you might be able to afford delaying Social Security, and you would still be eligible to contribute to an IRA.

- **Supplemental lifetime income** – There aren't many guarantees in the financial and investment worlds — but one of them is the income from a fixed annuity, which can be structured to provide you with a lifetime income stream. Annuities aren't for everyone, however, and they do involve penalties for early withdrawals and lack of pro-

tection from inflation.

By learning all you can about your potential retirement income sources, and by understanding how to manage this income to your best advantage, you can help yourself achieve a comfortable — and more rewarding — retirement.

- 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.

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

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JILL ON MONEY

Healthcare in retirement

In the category of “we like good news too,” the 2024 Medicare Trustees Report showed improvement.

Yes, there are still long-term structural problems, caused by a combination of an aging population and rising health costs, but the Hospital Insurance (HI) program deficit narrowed and “the year of depletion of trust fund reserves has been pushed out five years



Jill
Schlesinger

to 2036,” according to the Center for Retirement Research at Boston College.

Medicare provides medical care and health insurance to individuals aged 65 or older (if you are married, each spouse has to apply individually) and those who are entitled to federal disability insurance benefits. It is comprised of four parts: Medicare Part A (insurance for hospitalization, home or skilled nursing, and hospice), Medicare Part B (medical insurance), Medicare Part C (“Medicare Advantage Plans,” which are private options that bundle Part A, Part B, and usually Part D coverage into one plan), and Medicare Part D (prescription medications).

This year, the cost of Medicare Part B starts at \$174.70 per month, with an annual deductible of \$240. However, if you have modified adjusted gross

income (MAGI) over a certain amount (\$103,000 for singles, \$206,000 for married filing jointly), you could be subject to additional surcharges. The extra amount is called an Income Related Monthly Adjustment Amount (“IRMAA”) and importantly, these surcharges apply to your premium for the entire year, even if you only go over by one dollar.

Even though most Americans pay the base amount of \$174.70 per month, when tallying up ALL health care costs in retirement, the numbers are steeper. According to Fidelity Investments’ annual Retiree Health Care Cost Estimate, “a 65-year-old retiring this year can expect to spend an average of \$165,000 in health care and medical expenses throughout retirement.”

This huge number breaks down as follows: the premiums associated with Medicare, Parts A and B (43 percent),

prescription drug costs (10%), and all other health care costs, like co-payments, co-insurance and deductibles (47%).

These numbers do not include the costs that someone would have to pay for long term care, which Medicare does not address and if you are married—the \$165,000 number is DOUBLE!

How can workers plan for these future healthcare and medical expenditures?

Ryan Viktorin, CFP at Fidelity Investments suggests that “everyone needs to factor in these costs today — and also plan on 5% annual increases in the future.” In practical terms, that means you need to add an extra \$600 per month, per person (in today’s dollars) to your future expenses, to cover 25-years of retirement.

One way to do that, says Viktorin, is to use a Health Savings Account (HSA), if one is available through your workplace. “The beauty of an HSA is that not only can it be used to pay for health care costs down the road, but it also offers triple tax savings,” meaning that the money goes into the account

pre-tax, the earnings grow without taxes, and when you pull the money out later for qualified medical or health care expenses, there is no tax due! If you leave your job, you can take your HSA with you — and even use it decades in the future.

If you do not have access to an HSA, consider creating a distinct account earmarked for health care. This is a form of “bucketing,” whereby you fund separate accounts for specific purposes.

Whatever method you choose and even if you are already enrolled in Medicare, Viktorin says that health care planning is not a “set it and forget it” event.

Retirement plans and Medicare choices need to account for financial and health changes.

- 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

ARTCONNECT FIRST FRIDAY ARTWALK

During the ArtsConnect First Friday Artwalk, you will find every corner of Topeka filled with art, friends and exciting special events. It's an opportunity to shop local, buy art and see the best that Topeka has to offer. Every month is different - and every business is different, so please check our website at www.artstopeka.org for information each month, including an interactive map of First Friday Artwalk businesses and a guide to public art all across Topeka. Free.

TOPEKA, artstopeka.org/firstfriday

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

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

LAWRENCE

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

LAWRENCE, 785-842-3883
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SEP 7 & 8

HASKELL INDIAN ART MARKET

This vibrant event promises an immersive experience, showcasing the incredible talent and cultural significance of Indigenous artists and performers. Browse through a large array of vendors offering delectable food, exquisite jewelry, pottery, fine art and other handcrafted items. Watch captivating performances as Indigenous dancers showcase their traditional dances. Let's come together to embrace diversity and celebrate traditions that honor the spirit of the Indigenous community. Haskell Indian Nations University, 2535 West Perimeter Rd.

LAWRENCE

SEP 14 & 15

ART IN THE PARK

Art in the Park is a juried art fair in South Park. Over 130 artists, local, regional and national,

set up booths in South Park. Food trucks, live music, and activities for children complete the event. South Park, 1141 Massachusetts, LAWRENCE, 785-331-8691

EDUCATION

SEP 3

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>

SEP 3

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>

SEP 4

ZOOM FOR BEGINNERS

Learn how to use Zoom tools to attend, participate and start online meetings. No registration necessary, first come, first served. Topeka and Shawnee County Public Library - Anton Room 202 10-11 a.m.

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

SEP 4

WORLD LEADERS IN WARTIME: WINSTON CHURCHILL

Presented by Col. (Ret) Dave Cotter, the Dean of Academics, U.S. Army Command and General Staff College and the Chief Academic Officer of Army University, Fort Leavenworth, Kansas. Winston S. Churchill served as a wartime leader in the twentieth century's two global wars. His posts during the Great War included service as First Lord of the Admiralty, akin to our Secretary of the Navy and, as such, set British naval policy until his removal following the failure at Gallipoli in mid-1915. During the Second World War, Churchill served as the unwavering leader of the United Kingdom shepherding the country from near certain defeat in 1940 through the Allied victory over the Third Reich in Europe. Despite his failures during the First World War, Churchill's stubbornly optimistic leadership was uniquely suited for the crises presented by the second global war. Hybrid event. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-4:15 p.m.

LAWRENCE, 785-864-4900

doleinstitute.org/event

SEP 4

THE LIE DETECTIVES: AN EVENING WITH SASHA ISSENBERG

As political campaigns around the world are ready for the busiest election year in human history, and few issues are as urgent for candidates and parties as how to handle the barrage of online disinformation. Veteran political

reporter Sasha Issenberg visits the Dole Institute for a conversation on his new book, *The Lie Detectives: In Search for a Playbook for Winning Elections in the Disinformation Age*, which explores how the new online landscape has forced those who run campaigns to rethink everything they thought they knew about how to reach and move voters. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 7-8:15 p.m. Free.

LAWRENCE, 785-864-4900

doleinstitute.org/event

SEP 5

INTERNET INTRODUCTION

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

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

SEP 9

NEW TO MEDICARE

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

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

SEP 10

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>

SEP 12

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>

SEP 12

PLANTING BULBS FOR SPRING COLOR

Learn the "when" and "how" of choosing and planting bulbs in the fall. Be inspired to use them to create beautiful spring vignettes. Presented by master gardener Alice Ann Oliver Desch. Topeka and Shawnee County Public Library - Marvin Auditorium 101C 7-8 p.m.

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

SEP 16

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.

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

SEP 17

EXCEL: INTRO TO SPREADSHEETS

Learn about cells, columns, rows, AutoSum, simple formulas and page setup features. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor) 10-11 a.m.

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

SEP 19

EXCEL: LISTS

Familiarity with basic Excel is required for this class. Learn to create field names, sort lists and

CONTINUED ON PAGE 17

“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+. Clearly, the numbers don't add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

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

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Calendar

CONTINUED FROM PAGE 16

link worksheets. No registration necessary. First come, first served. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor) 10-11 a.m.

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

SEP 19

KANSAS MUSHROOMS

Learn how to identify mushrooms outdoors, their purpose in nature, and how to distinguish fungi from lichens. Presented by mushroom expert and co-author of *A New Guide to Kansas Mushrooms* Sherry Kay. Topeka and Shawnee County Public Library - Marvin Auditorium 101C 7-8:30 p.m.

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

SEP 23

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>

SEP 26

CREEPING GLACIERS AND ANCIENT OCEANS: THE GEOLOGIC STORY OF DOUGLAS COUNTY

Did you know you can find fossils just by walking through downtown? Learn this and more with Andy Connolly, educator at the Kansas Geological Survey, who will talk about the geology of Douglas County. This presentation will cover ancient oceans, glaciers, and ice age mammals (and a little bit of architecture to boot). You'll also get tips where to find fossils and locate prominent geological features in our community. This event will be held in-person and online on the Watkins Museum Facebook page and YouTube. Watkins Museum of History, 1047 Massachusetts St. 7-8 p.m. Free.

LAWRENCE, 785-841-4109

[facebook.com/WatkinsMuseum](https://www.facebook.com/WatkinsMuseum)

[youtube.com/@watkinsmuseumofhistory5581](https://www.youtube.com/@watkinsmuseumofhistory5581)

OCT 1

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 - Digital Arts Studio (2nd Floor) 10-11 a.m.

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

OCT 2

WORLD LEADERS IN WARTIME: VLADIMIR PUTIN

Ft. Leavenworth Series. Dr. Sean N. Kalic, a Cold War historian, lectures and publishes widely on topics such as U.S. space policy, the Cold War, the post-Cold War security environment, and transnational terrorism. Prior to United States Army Command and General Staff College in Ft. Leavenworth, he taught at Youngstown State University, Kansas State University, and Norwich University. He has

presented lectures for the U.S. Naval War College's Fleet Seminar Program, The Slovenian General Staff, The Slovenian Command and General Staff College, The U.S. Army's Futures Command, as well as numerous international conferences. Currently, he is a Professor in the Department of Military History at the US Army Command and General Staff College where he has taught since 2004. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3-4:15 p.m. Free.

LAWRENCE, 785-864-4900

[doleinstitute.org/event](https://www.doleinstitute.org/event)

OCT 3

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>

OCT 3

THE CANDIDATES AND AMERICA'S ROLE IN THE WORLD

Presented by Jerry Seib, a journalist with *The Wall Street Journal* for almost 45 years, and Chuck Hagel, the 24th Secretary of Defense, serving from February 2013 to February 2015. With rising tensions in the Middle East, the ongoing conflict in Ukraine, and continuous challenges on the international stage by China and Russia, all eyes are focused on the candidates in this year's elections, and how they view America's role in the world. Dole Institute Visiting Fellow Jerry Seib will be joined by former Senator and Secretary of Defense Chuck Hagel to discuss where the candidates stand on the issues that impact our standing on the world stage. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 7-8:15 p.m. Free.

LAWRENCE, 785-864-4900

[doleinstitute.org/event](https://www.doleinstitute.org/event)

ENTERTAINMENT

SEP 6

FIRST FRIDAY FAMILY-FRIENDLY FREE FLICKS

The featured movie is *No Vacancy*, starring T. C. Stallings, Sean Young and Dean Cain. A "lite" dinner will be served at the service. Attendees are welcome to bring snacks to share. Kansas Avenue United Methodist Church, 1029 N. Kansas Ave., 6 p.m.

TOPEKA

SEP 20, 21, 22, 26, 27, 28, 29

YOUNG FRANKENSTEIN

It's alive! Throw the switch and prepare for monstrous laughs in this high-energy adaptation of the Mel Brooks comedy classic. When the grandson of infamous scientist, Victor Frankenstein, inherits the family estate he must

CONTINUED ON PAGE 18



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Vintage Park at
Tonganoxie
120 W. 8th St.
Tonganoxie KS 66086



www.VintageParkAssistedLiving.com



Calendar

CONTINUED FROM PAGE 17

choose between a respectable life or joining the family monster-making business. Filled with laughs and catchy music, this show will have you "Puttin' on the Ritz." Theatre Lawrence, 4660 Bauer Farm Dr. Fee. See website for show times.

LAWRENCE, 785-843-7469
theatrelawrence.com

SEP 21 THE QUEEN'S CARTOONISTS

The Queen's Cartoonists (TQC) perform music from cartoons. Pulling from over 100 years of animation, TQC's performances are perfectly synchronized to the films projected on stage. The band matches the energy of the cartoons, leading the audience through a world of virtuosic musicianship, multi-instrumental mayhem and comedy. The Lied Center, 1600 Stewart Dr., 7 p.m. Fee.

LAWRENCE, 785-864-2787
lied.ku.edu/calendar

SEP 22 JONATHAN BISS, PIANO

Pianist Jonathan Biss is also a world-renowned educator and critically acclaimed author, who channels his deep musical curiosity into expansive performances and projects in the concert hall and beyond. The Lied Center, 1600 Stewart Dr., 2 p.m. Fee.

LAWRENCE, 785-864-2787
lied.ku.edu/calendar

SEP 25 KU SYMPHONY ORCHESTRA WITH VINCENT GARDNER & MICHAEL DAVIDSON

Vincent Gardner, musician and composer, has released four albums as band leader under the SteepleChase record label. He performs with his own groups frequently, in addition to being the lead trombonist for the Jazz at Lincoln Center Orchestra with Wynton Marsalis.

Michael Davidson, professor of trombone at the University of Kansas, is also principal trombonist of the Shreveport Symphony Orchestra and a trombonist with the Kansas Brass Quintet, Kansas City Brass Works, I-49 Brass and the Drei Bones Trombone Trio. The Lied Center, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787
lied.ku.edu/calendar

SEP 30 CLASSIC MOVIE MONDAY

Summer Stock - Gene Kelly and Judy Garland. 1 hour 49 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

OCT 1 DEAR EVAN HANSEN

Declared "one of the most remarkable shows in musical theatre history" by The Washington Post and "an anthem resonating on Broadway

and beyond" by NBC Nightly News, *DEAR EVAN HANSEN* is the first contemporary musical about connection in the digital age. The Lied Center, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/calendar

EXHIBITS & SHOWS

SEP 6-DEC 1 THROUGH THE LENS

Explore the technological and artistic innovations in capturing images. The exhibit showcases a range of historical photographic methods from the earliest days of photography through Polaroid cameras. Topeka and Shawnee County Public Library - Alice C. Sabatini Gallery 110AB.

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

FAIRS & FESTIVALS

SEP 14 LOWRIDER CULTURE FEST / FESTIVAL CULTURAL

Admire unique lowriders from area car, truck and bike owners. Honoring Hispanic Heritage Month at your library. Free admission. Topeka and Shawnee County Public Library - Parking - West Lot 11 a.m.-3 p.m.

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

SEP 17 MID-AUTUMN FESTIVAL

Join the KU Center for East Asian Studies to celebrate the Mid-Autumn Festival, also known as Chuseok, when the moon is more luminous than any other day. Say hello to new and old friends and enjoy a taste of mooncakes with activities, and performances. The festival includes performances by Three Trails Taiko, House of Dragons, and Lion Dance Club as well as face-painting, lantern making, Chuseok trivia, games and more. 1301 Jayhawk Blvd., 6-8 p.m.

LAWRENCE, 785-301-2192

SEP 28 PLAINS ART & MUSIC FESTIVAL

The event kicks off at 11 a.m., including live music, complimentary access to the food truck, art, and handmade vendor marketplace until 4 p.m. Throughout the day, there will be continuous performances, leading into the transition to a paid music festival after 4 p.m. Sesquicentennial Point, 6000 W. 27th St., 11 a.m.-11:30 p.m. LAWRENCE, greatplainsfest.com

SEP 28 REV IT UP CAR SHOW AND STREET FESTIVAL

Plan for a day of good music, food, and a great time in South Park in Downtown Lawrence, Kansas! Check out the hot rods while listening to rockabilly music from DJs and live bands. Live bands begin at 10:30 a.m. South Park, 1141 Massachusetts St., 8 a.m.-3 p.m. Free.

LAWRENCE

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

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

SEP 4, 11, 18, 25, OCT 2 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

SEP 4, 11, 18, 25 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

SEP 6, 13, 20, 27, OCT 4 ZOOMERS - GERIFIT

After successfully completing the GeriFit Strengthening class, the next step is the Zoomers workout. Designed exclusively for older adults, Geri-Fit helps rebuild strength. Topeka and Shawnee County Public Library - Learning Center 10:30-11:30 a.m. TOPEKA, events.tscpl.org/events

SEP 25 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 - Community Resources Office 120C, 10 a.m.-12 p.m. TOPEKA, events.tscpl.org/events

OCT 2 MEDITATIVE YOGA

If you're curious about meditation, this is a perfect time to learn. It's so much more than sitting still. We'll explore some literature on meditation and take time to sit and practice together.

Topeka and Shawnee County Public Library - Learning Center 5:30-6:30 p.m. TOPEKA, events.tscpl.org/events

HISTORY & HERITAGE

SEP 20 HISTORIC DOWNTOWN TOPEKA WALKING TOUR

Walk back in time through downtown Topeka. Local history librarian, Katie Keckeisen, will show you amazing historic buildings. We'll also look at historic photos of what the area looked like before. Every Plaza - 6th & S Kansas Ave, 6-7 p.m. Register online.

TOPEKA, <https://events.tscpl.org/event/10958580>

SEP 26 GUIDE TO RESEARCH IN SHAWNEE COUNTY

Topeka Genealogical Society President Barbara LaClair will highlight the many databases available on the new TGS website and other free online sources. Topeka and Shawnee County Public Library - Claire's Sunroom 7-8:30 p.m.

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

MEETINGS

MONDAYS GRIEF SUPPORT (VIRTUAL)

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

TOPEKA, 785-232-2044

MONDAYS TOPEKA NEEDLEWORK GUILD

Join our needlework enthusiasts every Monday (except holidays) at the Topeka and Shawnee County Public Library, Menninger Room (second floor), 9-11 a.m. Bring a project to

Calendar

CONTINUED FROM PAGE 18

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

SECOND AND FOURTH THURSDAYS

PITCH PALS

Join us for Pitch and fun. We play 10 point pitch, which is a fast-paced, partnership, trick-taking game. The goal is to capture cards representing at least the number of points bid. We will explain "house rules" and assist new players. Wellsville Senior Center, 6 p.m.
WELLSVILLE, 913-314-0819 or 785-248-9470

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

SEP 9

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.tsclp.org/events>

SEP 19

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.tsclp.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 uulks.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

SEP 14

OLD-FASHIONED HYMN SING

An "Old-Fashioned Hymn Sing" and ice-cream social. Weather-permitting, this event will be held outside. In case of extreme heat or inclement weather, the program will be indoors. Attendees are welcome to bring ice cream and cookies to the event. Kansas Avenue United Methodist Church, 1029 N. Kansas Ave., 6 p.m.
TOPEKA

SEP 18

THIRD THURSDAY FAMILY NIGHT

The program will feature a "lite" dinner from 5:30 p.m. to 6 p.m. followed by children's

and youth activities and an adult Bible study. Kansas Avenue United Methodist Church, 1029 N. Kansas Ave., 6-7 p.m.
TOPEKA

SEP 19

2024 TASTE OF LAWRENCE

For over 40 years, Taste of Lawrence has been held annually to honor our local educators and showcase some of our community's finest food and beverage establishments. 21+ event. Lied Center of Kansas, 1600 Stewart Dr., 4-7 p.m. Fee.
LAWRENCE, 785-865-4426

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PAINTING WITH WORDS

The Deer Walked, Then I

I first met the poet Sue Westwind at a lecture given by Max Westler on Walt Whitman's *Leaves of Grass*. Sue showed me a well-developed nature poem about a person following the tracks of a deer in the woods. I subsequently learned that Westwind had authored two memoirs (*Lunacy Lost: A*



Tom
Mach

Memoir of Green Mental Health) and *The Land Erotic: A Memoir of Acres, Ecstasy and Marriage in Midlife and Beyond*) and a poetry collection (*Man Dies, Leaves Widow on Earth*).

Born in a suburb of Louisville, Kentucky, on the edge of undeveloped wilds, Sue Westwind spent her first 10 years developing a love of nature. She continued to enjoy the natural wonders of the land when in the following years she found even a deeper appreciation for her environment in other places where she lived—California, small towns in Kansas and Oklahoma, and where she lives today, on the edge of Perry Lake in Kansas.

Westwind is a retired holistic mental health coach who has given workshops covering the topics of natural mental health and earth-based spirituality. One way she aims for poetic inspiration is to make a list of all she is grateful for in the moment or for the long haul. "I make notes," she says, "whether they are written, spoken aloud as I drive, or in my heartfelt thoughts."

I was particularly impressed by her poem "Then Deer Walked, Then I." Occasionally, I will see one or more deer moving slowly in our backyard, looking cautiously about while my wife and I try not to make a move as they pass before us. I personally have always hoped that a deer would not be

afraid to approach me so I can count the number of his antlers, look at its innocent eyes, and admire its sleek body.

I had never followed the tracks of a deer, but Sue Westwind has, and her lines of verse add new insight into what our soul might experience when we do. In her poem, the winter snow is frozen solid and she has "no footsteps to follow but ungula." (Ungula is another term for hoof tracks). The weather was dangerously cold for both humans and animals, with it being "minus air" (below zero) which made it monumentally cold. This foreshadows "the way that winter used to be."

Westwind notices the "hoof remnants void of detail, sunken circles rimmed silver against dominions of white." Her descriptions are so vivid the reader can see how the cruel winter winds attacked "without buffer," and how a summer flood "reduced the lives of cottonwood and stoic oak to gray diorama," a scene of dying trees. While she doesn't see the deer, she has thoughts about how "the unseen soil receives the soft fall of mammal bodies." The final lines of her poem present two controversies. One is her belief that climate change is warming our winters. The other is that humans once shared the feelings and lives of animals on a deeper level.

Here, then, is "The Deer Walked, Then I":

THE DEER WALKED, THEN I By Sue Westwind

*To this underworld hushed by snowfall,
hikers will tromp when seasons sow
a warmth called Spring. I have no
footsteps to follow but ungula
in a straight line: hoof remnants void
of detail, sunken circles rimmed silver
against dominions of white.*

*Out here, the sun is a distant traitor.
Trees meditate on breaking bud,
a dream parked until further notice.*

*Say that I know how to layer shirts
and stuff a tawny boot, or that
certain hearts crave silence so much*

*they will bear the thickness of discom-
fort.*

*Endless gusts off the lake attack
without buffer save for this shore
where two years ago,
summer was a flood that reduced
the lives of cottonwood and stoic oak
to a gray diorama—the valorous
manage to stand, taking bets on
who will topple next. This realm
resembles Hell the way humans
picture it, a bleak and spindly setting
for the worst judgments exposed on
bitter scaffolds of half-lived regrets.*

Why am I happy here?

*Do I no more than follow the deer
who trek through this chamber
to seek out some melt or lay huddled
among ashen trunks for shelter?
Not a nibble for them in sight,
only the unseen soil receives
the soft fall of mammal bodies
that sculpt trails to mark time
while the minus air pulls tighter at
the knot my mind makes with theirs,
whitetails and snug parka walking
into nothing but the monumental cold—
the way that Winter used to be.*

Sue Westwind's latest book is *Man Dies, Leaves Widow on Earth*. It is a collection of poems on intimacy, nature, and grief. She has an ability to tell even the most heart-breaking stories in ways that make you feel like you were personally witness to them. Published in 2024 by Say Yes Quickly Books, this poetry collection is now available through Amazon and selected booksellers.

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

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SAVVY SENIOR

The best walk-in bathtubs for 2024

By Jim Miller

Dear Savvy Senior: Because of my back pain and mobility problems, I'm interested in getting a walk-in bathtub that's safe and easy to get in and out of. What all can you tell me about walk-in tubs, and can you recommend some top options? - Old and Achy



Dear Old: For mobility challenged seniors, a walk-in bathtub can be a terrific option to consider because they're much easier to get into and out of than a standard tub, which also helps prevent falls. Here's what you should know, along with a reliable resource to help you choose one.

Age-Friendly Tubs

Walk-in bathtubs are uniquely designed tubs that have a watertight, hinged door built into the side of the tub that provides a much lower threshold to step over (usually 3 to 7 inches) versus a standard tub that's around 15 inches.

Most walk-in tubs have high side-

walls, usually between three and four feet high, and are between 28 and 32 inches wide, but will fit into the same 60-inch-long space as your standard tub without having to reconfigure the room.

In addition to the low threshold, most walk-in tubs also have a built-in seat, grab bars, anti-slip floors and anti-scald valves. Some tubs also come with handheld showerheads and quick drains (that drain the tub in under a minute), and many higher-end models offer therapeutic spa-like features that are great for seniors with arthritis and other ailments.

The best kind of tub for you will depend on your needs, preferences and budget, and the size and layout of your bathroom. But be aware that walk-in bathtubs are not cheap. Prices range anywhere from \$3,000 to \$10,000 or more for the tub and installation costs.

Insurance and Aid

Because walk-in tubs are not considered durable medical equipment, original Medicare does not typically cover them nor do Medicare supplemental (Medigap) policies, but some Medicare Advantage plans may help pay.

If you're receiving Medicaid, many states have Home and Community Based Services that may provide some assistance. Or, if you're a disabled veteran, the VA has some home modification grants that may help pay.

There are also grants and loans available through the U.S. Department of Agriculture that help elderly, low-income residents of rural areas make home modifications, which may be used to pay for a walk-in bathtub. And, depending on where you live, there may be local programs that can help like Habitat for Humanity or Rebuilding Together.

To find out if these options are available in your area, contact your Area Aging Agency (call 800-677-1116) or nearby center for independent living (see ilru.org).

If, however, you can't locate any financial assistance and you can't afford to pay upfront for a walk-in tub, most manufacturers offer financing so you can make monthly payments. You should also know that if you're using a walk-in tub for a specific medical condition, you may also be able to deduct the costs of the tub from your taxes as a medical expense (see irs.gov/pub/irs-pdf/p502.pdf).

Best Walk-In Bathtubs

To help you choose a walk-in bathtub the National Council on Aging, which is a national nonprofit organization that advocates for older Americans, put together a review team to research the different companies and tubs. Their

list of best walk-in bathtubs of 2024 includes:

- Best Walk-in Tub Overall: Ella Ultimate Walk-In Tub
- Best Walk-in Tub with Shower: Kohler Walk-In Tub with Shower Package
- Most Affordable Walk-in Tub: Ariel Walkin 3052 Soaker
- Best Soaking Tub: American Standard Gelcoat Entry Series
- Best Wheelchair-Accessible Tub: Ella Transfer
- Best Walk-in Tub for Small Spaces: AmeriGlide Sanctuary 2646 WIT

See NCOA.org/adviser/walk-in-tubs/best-walk-in-tubs for detailed reviews and product links.

To get started, you should contact a few walk-in bathtub retailers who can send a professional to your home to assess your bathroom and give you product options and estimates. Lowe's and Home Depot also offer free evaluations and a wide range of walk-in tub options.

- 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.

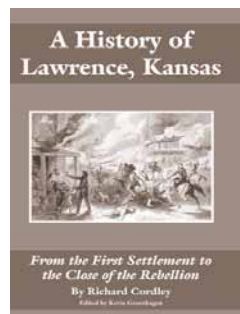
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GOREN ON BRIDGE

WITH BOB JONES

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CARD READING

Both vulnerable, South deals

NORTH

♠ J 5 4
♥ K 6 5 3
♦ 9 7 3
♣ K Q 10

WEST

♠ K 10 8 7 3
♥ Q 9 8 7 2
♦ K
♣ 8 5

EAST

♠ 9 6
♥ 10
♦ Q J 10 5 2
♣ 7 6 4 3 2

SOUTH

♠ A Q 2
♥ A J 4
♦ A 8 6 4
♣ A J 9

The bidding:

SOUTH	WEST	NORTH	EAST
2NT	Pass	3NT	All pass

Opening lead: Seven of ♠

North simply raised no trump rather than using Stayman, as many strong players do with 4-3-3-3 distribution. A flat hand like that might not play well in a trump contract and it gives less information to the opponents.

South played low from dummy on the opening spade lead and won in hand with the queen. He had eight

top tricks and judged the most likely source of a ninth trick was in hearts. South led a low heart to dummy's king and a heart back to his jack, disappointed that East discarded on the second heart. West won with his queen and led a low heart to declarer's now singleton ace.

South knew that West started with a five-card heart suit and he asked himself why West led a spade at trick one. The likely answer was that West had at least five spades and led his better suit. South cashed his ace of clubs and led a club to the king. A diamond to the ace was next, West playing the king. That was three minor suit cards from West.

Backing his card reading, declarer led a club to dummy's queen and then led dummy's remaining heart, discarding a diamond. West won and cashed another heart trick, but then had to lead a spade away from his king and South had his contract. Good job!

(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)



By David L. Hoyt and Jeff Knurek



1-21-24

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

BOGGLE® POINT SCALE

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

YOUR BOGGLE® RATING

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

Boggle® BrainBusters Bonus

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

Find AT LEAST SIX SIX-LETTER BIRDS in the grid of letters.



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- Earlier enrollment to hospice helps ensure better patient quality of life.
- Hospice care is provided wherever you call home.
- Chronic medical needs are still met, to maintain a high quality of life.
- Patients report better quality of life while on hospice care.
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PUZZLES & GAMES

CROSSWORD

Across

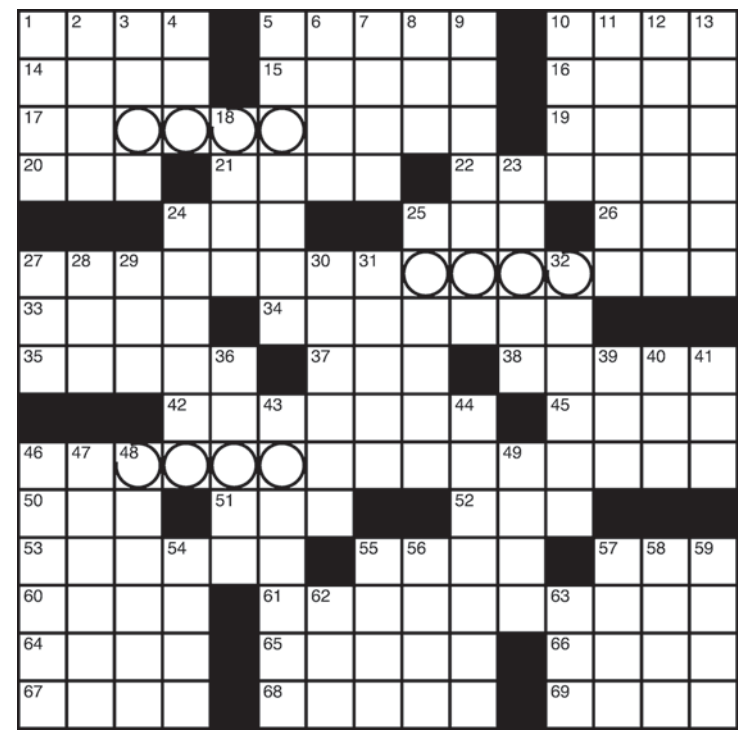
- 1 Sprouted
- 5 Britcom starring Joanna Lumley, to fans
- 10 Swing set site
- 14 Five-star
- 15 Cruz known as the "Queen of Salsa"
- 16 Completed
- 17 Some plant-based patties
- 19 "Star Trek" creator Roddenberry
- 20 After-school org.
- 21 "The Bachelor" flower
- 22 Tours of duty
- 24 Word in many California place names
- 25 Title of honor
- 26 Highway sign
- 27 Little by little
- 33 Tiny opening
- 34 Sea cow
- 35 Grilled meat dish
- 37 Legendary pro wrestler Flair
- 38 Get going
- 42 Made into law

- 45 Oberlin's state
- 46 Opening for some nostalgic stories
- 50 Evil spell
- 51 Dragon boat race need
- 52 Choose (to)
- 53 College donors, often
- 55 Tea brand
- 57 Blue-__: pain relief brand
- 60 Relinquish
- 61 2022 Pixar film about a girl who goes through unusual changes, and the change seen inside each set of circles
- 64 Felt in one's bones
- 65 Project on stage
- 66 Breakfast brand
- 67 Cheek
- 68 Match.com matches
- 69 Interlibrary __

Down

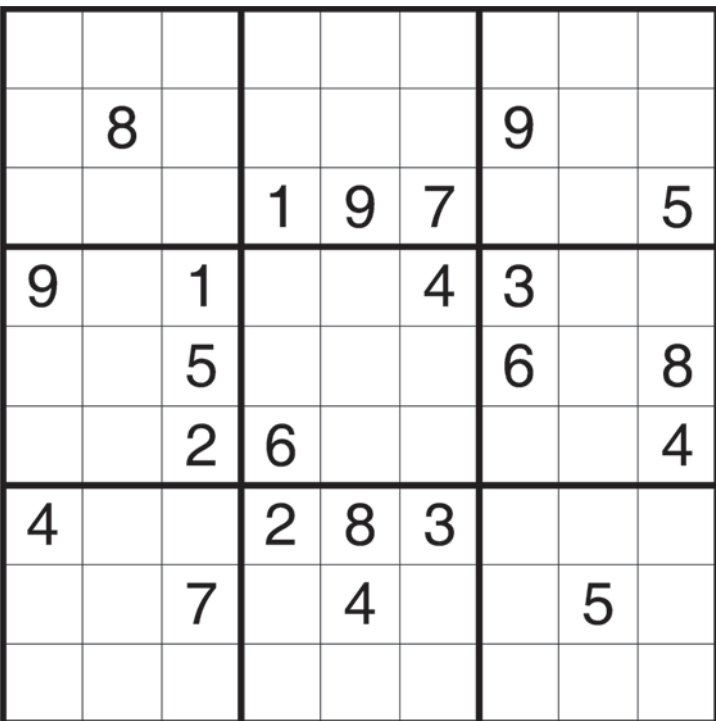
- 1 Have a sudden inspiration?
- 2 Jicama, e.g.
- 3 New Age artist who

- 4 often sings in Irish NAACP co-founder Du Bois
- 5 Radar or sonar
- 6 Is a bad dog by the dinner table, say
- 7 Run for the hills
- 8 Broadcast
- 9 Guitar player such as Este Haim or Kim Deal, e.g.
- 10 Asana expert
- 11 Get even for
- 12 Beach house, maybe
- 13 Not casual
- 18 Risk territory that borders Siberia
- 23 Squares up
- 24 Bothnian Bay country
- 25 Voting rights activist Abrams
- 27 Facial venue
- 28 Word in many California place names
- 29 __ pro nobis
- 30 Place to unwind on a train
- 31 Textbook divisions
- 32 Comeback
- 36 Vidalia bulb
- 39 "I've got it!"
- 40 Contraption
- 41 Low digit



- 43 Expected
- 44 Ripsnorters
- 46 Sharp blows
- 47 Capital near the Great Divide
- 48 Oozes with
- 49 Atop
- 54 Kitten's cries
- 55 Jogging pace
- 56 Poker stake
- 57 "By that logic ..."
- 58 Ginormous
- 59 Shabu-shabu noodle, often
- 62 Actress Thurman
- 63 Come together

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

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

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

ZOKOA
RNKID
GWILGE
REEFRP

Remember, the ground's not stable right there.

I remember.

THEY KNEW TO STAY AWAY FROM THE RIM OF THE CANYON BECAUSE THEY HAD ---

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

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SCRABBLE G R A M S

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RACK 1: A1 I1 T1 G2 R1 L1 H4

RACK 2: A1 U1 L1 F4 M3 L1 P3

RACK 3: O1 O1 Y4 N1 T1 C3 T1

RACK 4: E1 I1 I1 R1 T1 N1 C3

RACK 5: E1 E1 I1 T1 D2 N1 T1

PAR SCORE 255-265
BEST SCORE 338

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 30

MY PET WORLD

How to keep cats (and other pets) from eating each other's food

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I have a large, neutered male cat who is a master of the scarf and barf. He eats so quickly that soon afterward, the projectile vomits. I have tried food for sensitive stomachs, but it hasn't helped. Because I have three other cats, it is not realistic for me to monitor all his food intake. It would be perfect if there were a feeding system that excludes one cat, but I have not seen any of those. Have you? He does not vomit wet food. Do you have any suggestions? — Liz Perry, Hampton, Virginia

Dear Liz: An automatic feeder for each cat would allow you to regulate feeding habits, portion control, and type of food. These feeders are equipped with technology that recognizes individual cats via a tag on their collar or their microchip. Each cat's tag or microchip is programmed into the feeder, ensuring it only opens for the designated cat. This recognition system allows you to customize feeding schedules and portions for each cat.

For instance, if one cat requires a special diet or has different feeding needs, the feeder will dispense the appropriate food only for that cat. Setting up multiple feeders allows you to provide different foods for each cat based on their dietary needs and with-

out them accessing each other's food.

I know these devices can be expensive, and buying four might be prohibitive for you, but it's really the best investment when you have multiple pets since diets and portions are not always the same for each one. This way, you can feed your large male wet food instead of dry since the latter seems to trigger the vomiting.

If the cost is prohibitive, feed everyone the same diet. Food allergies could also be a culprit, so feeding everyone the same food might be a necessary compromise.

I also recommend taking him to the vet to rule out health problems. It doesn't sound like vomiting is related to hairballs, but adding hairball medicine or switching to hairball cat food might also help. Let me know how it works out.

Dear Cathy: We have a one-year-old Cocker Spaniel who jumps in our bed every morning between 4 and 5 a.m. We tell her to get down, but a half hour later, she jumps up again. Our four-year-old cockapoo waits until the alarm clock goes off. Any suggestions? — Larry, Norfolk, Virginia

Dear Larry: Just like babies who wake up early, it sounds like your young Cocker Spaniel is ready to start her day. There are several things you can try.

Gradually train her to wait for the

alarm clock, similar to your Cockapoo, using positive reinforcement when she gets off the bed or stays off the bed until the alarm goes off. Continue to use the "down" command, as consistency is key in training, and reward her with treats when she does.

Provide a comfortable alternative sleeping area for her in your bedroom, such as a dog bed, and encourage her to use it with treats and praise.

Consider crate training her at night to provide a safe and comfortable space and prevent her from coming into your room so early.

Ensure she gets plenty of exercise during the day, as a tired dog is more likely to sleep through the night. Talk her for walks during the day, and establish a calming bedtime routine, including a short walk, some quiet play, or a relaxing petting session before bed.

With time and training, she should learn to respect your boundaries.

Dear Cathy: Back in April, I wrote to you about my scared and skittish new six-year-old cat named Tucker, and in the column, "Tips for bringing out the best in your skittish cat," you offered several suggestions on how to help him adapt to his new home. I'm so happy to report that Tucker has become a total love bug. It just shows that love is better the second time around. The outcome was well worth the effort. — Elaine, Franklin Square, New York

Dear Elaine: I'm thrilled to hear that Tucker has become such a love bug! Your patience and care have made a difference. It shows that even the most skittish cats can blossom in their own time with love and understanding. Tucker is lucky to have found such a

loving home with you.

To all other readers facing similar challenges, remember that every cat has its own pace of adjustment. With patience, love, and the right environment, your furry friend can become a confident and affectionate companion. Don't give up — your efforts will be rewarded.

- *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

No time? No problem. Quick pulled chicken sandwiches to the rescue!

By David Pazmiño

Tribune Content Agency

With tender shreds of chicken, a sweet-tangy sauce, and a crunchy slaw, these weeknight barbecue sandwiches aren't just achievable, they're awesome! And better yet — using store-bought rotisserie chicken cuts hours off the cooking time.

Quick Pulled Chicken Sandwiches with Red Cabbage Slaw

Serves 4

Note: Coleslaw mix can be used in place of the red cabbage, if desired.

2 cups thinly sliced red cabbage
1/2 cup sour cream
2 tablespoons bread-and-butter pickle juice, plus 1/4 cup bread-and-

butter pickles

1 teaspoon table salt, divided
1/2 teaspoon pepper
1 cup cider vinegar
1/2 cup water
1/4 cup sugar
1 teaspoon red pepper flakes
1 (2 1/2-pound) rotisserie chicken, skin and bones discarded, meat shredded into bite-size pieces (3 cups)
4 hamburger buns

1. Combine cabbage, sour cream, pickle juice, 1/2 teaspoon salt, and pepper in a bowl; set aside.

2. Bring vinegar, water, sugar, pepper flakes, and remaining 1/2 teaspoon salt to boil in a medium saucepan over high heat. Cook until reduced by half, 8 to 10 minutes. Stir in chicken and cook

TNS PHOTO



You'll have this delicious sandwich on the dinner table in 30 minutes.

until warmed through, about 1 minute. Remove saucepan from heat.

3. Divide chicken evenly among bun bottoms. Top with 1/2 cup cabbage mixture, then divide pickles evenly over cabbage. Cover with bun tops. Serve.

- For more than 25 years, home cooks have relied on America's Test Kitchen for rigorously tested recipes developed

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

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BARK IRIS GENEALOGY



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

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

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

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

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

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RICK STEVES' EUROPE

Pleasant, progressive Oslo puts people first

By Rick Steves

Tribune Content Agency

On my last visit to Oslo, I was struck by how peaceful the city felt. It seemed a world away from the commotion and angst that comes with the 24-hour news here in the US. I couldn't help but take notes: Parents park their baby carriages on the side-



Rick Steves

walk as they abandon their infants for a few moments to step into a store to do some shopping. You can hear birds in the city center, which is nearly traffic-free. And when you do see a car, it's usually electric (the best-selling car in Norway is the Tesla). A "congestion fee" keeps most cars from the center of town. And where traffic used to clog the harborfront, a tunnel takes cars

under the city rather than through it.

Matching memories I have from my childhood visits, down at the harbor I notice a weather-beaten sailor standing at the stern of his boat. He's hoping to sell before sunset the last of the shrimp he caught before sunrise. Across the pedestrian boulevard, the old yellow train station is now the Nobel Peace Center, which explains the vision of a man who dedicated the wealth he earned inventing dynamite to celebrate peacemakers. Nearby, the brick City Hall—where the prize is awarded—is decorated by statues glorifying noble workers as it towers high above the harbor action.

There's a light mist. A sturdy harbor-front boardwalk glistens as if happy to be the city's dance floor. I stand at the edge of the scene and marvel at about a hundred Norwegians swing dancing to the tunes of a disc jockey under an umbrella—in what seems like a microcosm of a content society. It's mostly American-style two-step to the recorded oldies...familiar tunes with unfamiliar Norwegian lyrics.

CONTINUED ON PAGE 29



CAMERON HEWITT, RICK STEVES' EUROPE

Aker Brygge, Oslo's former shipyard, is today home to a mix of high-end condos, restaurants, and shopping. Oslo City Hall, with its twin towers, sits at the head of the harbor.



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Rick Steves

CONTINUED FROM PAGE 28

Every time I come to Norway, I'm fascinated by their experiment in big government. My friends here enjoy telling me why they don't mind their high taxes. For example, everyone loves November. It's "half tax month" as the government wants people to have some extra money for the upcoming holidays.

Coming out of the pandemic, the Nordic countries experienced a baby boom, even while birth rates fell in many other countries. Strong social safety nets in the Nordics, coupled with tax incentives for new babies, are likely key reasons. In Norway, parental leave is very generous. Families get up to 12 months leave at 80 percent pay. While the mom and dad can split the leave as they like, men are required to take at least a month of paid paternity leave when their baby arrives.

While I'm noticing more babies in Scandinavia, I'm also noticing much less smoke. I remember a time decades ago when tobacco smoke was a real problem for American travelers in Europe. Then, nearly 20 years ago, Italy and Ireland went smoke free...and so did Scandinavia. Today, much of Europe is as smoke-free as the US. In Norway's bars, restaurants, cafés, and trains, it's clean air for all.

I visited one of Oslo's infamous old "brown cafés"—so named for the smoke-stained interiors. Of course, no one's smoked inside here for ages. Nowadays, Norwegian restaurants

and bars are routinely equipped with blankets so those who still smoke can do so outside—even in the cold season. To consume nicotine indoors, locals use snuff—snus in Norwegian. Men will notice that in urinals here, little used-up packs of chewing tobacco pile up where cigarette butts once did.

When the sun's out, Oslo's parks are packed—filled with the joy of families barbecuing on a disposable, charcoal-heaped aluminum pan called an engangsgrill (one-time grill)." American visitors will also notice a lot of nudity—primarily topless women and naked kids. Parents let their kids play naked in city parks and fountains, and

it's really no big deal.

Scandinavia has a casual approach to nudity. I'm not talking just mixed saunas (which are common throughout Europe). Many Americans are amazed at what runs on prime-time TV. My friend tells me that Norway has mixed PE classes with boys and girls showering together from the first grade on. In Norwegian hospitals, she tells me, women who need an X-ray, are casually sent from the doctor's office down the hall past the waiting public to the X-ray room after they've stripped to the waist. "No one notices and no one cares," she says. Scandinavians are quick to point out the irony that while much of America goes into

a tizzy over a teacher who shows students a photo of Michelangelo's naked David, it is America that statistically has the biggest problem with sex-related crimes.

Travel makes it clear there are more ways than one to live your life. That's one reason why I keep on travelin'.

- 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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G	R	E	W		A	B	F	A	B		Y	A	R	D	
A	O	N	E		C	E	L	I	A		O	V	E	R	
S	O	Y	B	U	R	G	E	R	S		G	E	N	E	
P	T	A		R	O	S	E		S	T	I	N	T	S	
			S	A	N				S	I	R		G	A	S
S	L	O	W	L	Y	B	U	T	S	U	R	E	L	Y	
P	O	R	E		M	A	N	A	T	E	E				
A	S	A	D	O		R	I	C		S	T	A	R	T	
			E	N	A	C	T	E	D		O	H	I	O	
W	H	E	N	I	W	A	S	Y	O	U	R	A	G	E	
H	E	X		O	A	R		O	P	T					
A	L	U	M	N	I		T	A	Z	O		E	M	U	
C	E	D	E		T	U	R	N	I	N	G	R	E	D	
K	N	E	W		E	M	O	T	E		E	G	G	O	
S	A	S	S		D	A	T	E	S		L	O	A	N	

SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION									
A ₁	L ₁	R ₁	I ₁	G ₂	H ₄	T ₁	RACK 1 =	<u>61</u>	
P ₃	A ₁	L ₁	M ₃	F ₄	U ₁	L ₁	RACK 2 =	<u>92</u>	
C ₃	O ₁	T ₁	T ₁	O ₁	N ₁	Y ₄	RACK 3 =	<u>62</u>	
I ₁	N ₁	C ₃	I ₁	T ₁	E ₁	R ₁	RACK 4 =	<u>65</u>	
D ₂	I ₁	N ₁	E ₁	T ₁	T ₁	E ₁	RACK 5 =	<u>58</u>	
PAR SCORE 255-265							TOTAL <u>338</u>		
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JUMBLE ANSWERS

Jumbles: KAZOO, DRINK, WIGGLE, PREFER

Answers: They knew to stay away from the rim of the canyon because they had -- PRIOR KNOWLEDGE

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BOGGLE ANSWERS

CONDOR, FALCON, MAGPIE, ORIOLE, PIGEON, TOUCAN

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MY ANSWER

We must accept Him and obey His Word

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: There are some who teach that testifying to the reality of Jesus Christ (as presented in the Bible) makes someone a Christian. If this is true, why did the Roman emperor Julian try to topple the Christian faith, yet testified to the validity of Jesus? – T.C.

A: Negative historical documents carry evidence of the truth and power of Jesus Christ. The fourth-century Roman emperor named Julian the Apostate opposed Christians and wrote of them disparagingly, but even his insults bear witness. “Jesus ... having done nothing in His lifetime worthy

of fame, unless anyone thinks it is a very great work to heal lame and blind people and exorcise demoniacs ... these impious Galileans not only feed their own poor, but ours also; welcoming them into their [love].”

The Athenian philosopher Socrates lived four centuries before Jesus and was engaged in the pursuit of truth. His most famous quote is, “I know that I know nothing.” One writer has noted that “Socrates taught for 40 years, Plato for 50, Aristotle for 40, and Jesus for only three. Yet the influence of Christ’s three-year ministry infinitely transcends the impact left by the combined 130 years of teaching from these men who were among the greatest philosophers of all antiquity.”

This opinion echoes that of Augustine in the fourth century: “I have read in Plato and Cicero sayings that are very wise and very beautiful; but I never read in either of them, ‘Come unto me all ye that labor and are heavy laden.’”

Jesus asked His disciples this question, “‘Who do men say that I am?’ ... Peter answered and said to Him, ‘You are the Christ.’” (Mark 8:27–29). We must ask ourselves, “Do we belong to Jesus Christ the Savior?” It is more than recognizing the existence of Jesus; we must accept Him and obey His Word (see 1 John 1:9; 2:3–5).

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

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Please recycle this copy of Kaw Valley Senior Monthly when you are through with it.

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

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

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

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HUMOR HOTEL

Should the 'quiet car' really be that silent?

By Greg Schwem

The man sat in the half full subway car as the Chicago skyline whizzed by on a humid Thursday morning. Oblivious to the heat or the scenery, he was only interested in discussing his problems with the unseen and unheard voice at the other end of his phone.

Between the Midway Airport and Roosevelt stops, I learned the following:

The servers were malfunctioning, and he may have to work this weekend to ensure proper uptime.

If Celine comes to the party Saturday, the least she could do is bring some White Claws. But that's probably not going to happen because, after all, we are talking about Celine.

You'd think Southwest would have cheaper fares to Denver, but the airline industry has gotten so greedy since COVID.

Biden STILL has his vote, despite calling Trump his "vice president." NOTE: This conversation occurred before a certain commander-in-chief agreed to step aside.

Fellow passengers glared at him.

Head shakes and eye rolls abounded. Some donned AirPods or headphones so they wouldn't have to listen to the nonstop stream of chatter, which only grew louder as the train rumbled along and became more crowded. A few were probably convinced they knew Celine.

This scene plays out daily: Mobile phone users rambling on as if the world's population had suddenly shrunk to two inhabitants. Debate over talking on cellphones in public began about five minutes after cellphones were invented, with no consensus ever reached. Thankfully, air travel is still phone-free once flight attendants make the "switch to airplane mode" announcement and everyone complies except the guy in 12D screaming at his bathroom contractor about the shower door that has yet to arrive and he is looking at another TWO WEEKS of showering in his THIRD bathroom!

Trains, such as the one I use to commute between Chicago and its suburbs, have designated "quiet cars." Passengers in these cars tap on their phones but avoid talking on them, confident they are obeying the rules.

But are they?

Some of these passengers amiably chat with fellow riders. Some conversations turn lively. Also loud. How, I wondered, is this not a violation of quiet car etiquette? Is talking on a phone rude, or is talking in general rude if doing either disturbs the inner tranquility of those within earshot?

Personally, I enjoy eavesdropping on other people's lives, no matter who they are talking to. I've met new friends in bars this way. Recently, I booked a corporate speaking date after overhearing an insurance agent in an airport food court praising Tucson as the site of his company's upcoming annual conference. I asked if that conference included keynote speakers. He put me in touch with the company's meeting planner, and now I'm researching plane schedules. Southwest is slightly cheaper, by the way.

COVID-19 may have resulted in higher travel fares, but it also deprived us of communication skills. We grew used to and, in some cases, thrived on solitude. Zoom enabled us to mute our microphones and turn off our cameras if we wanted to step away from the world around us.

I am certainly not condoning public phone conversations, for I don't know if I could handle sitting next to a fellow commuter yammering about his or her weekend plans, even if mine were more interesting. But I find a world of conversation preferable to one of silence, as society learns nothing from the latter. In past columns I've written about my

habit of inserting myself into strangers' conversations, some with pleasant results and others deteriorating into looks that say, "Please get away from us, you creepy nosy old guy." But I will never cease my habit, for I find it educational. Also fun.

So, guy on the train with the server issue, continue your conversation; but please imagine if the person on the other end were standing next to you. Keep the volume at that level. You will not get an eye roll from me.

When you're done, maybe we can discuss Kamala.

- 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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