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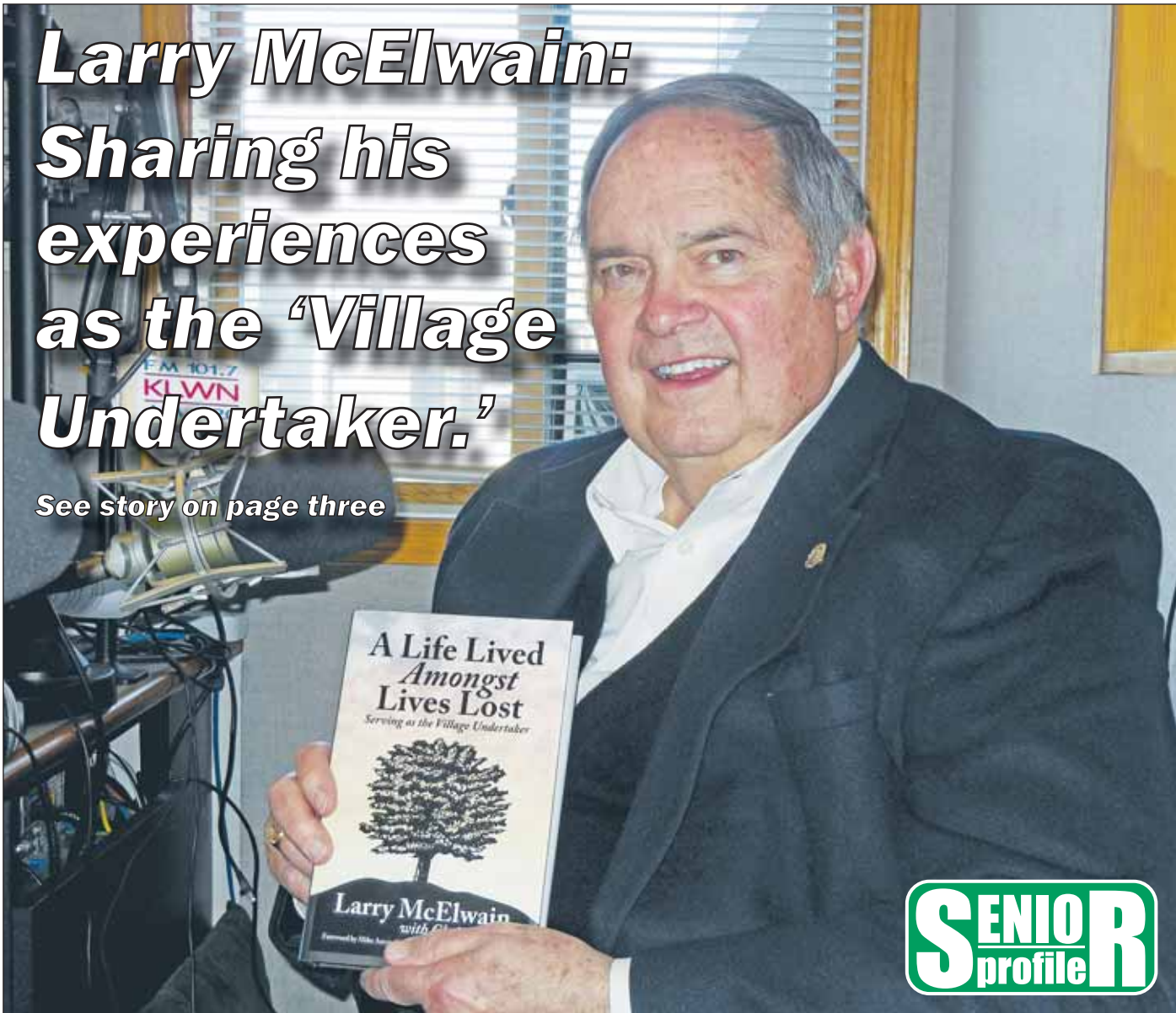
Vol. 24, No. 9

INSIDE

MARSHA HENRY GOFF PHOTO

Larry McElwain: Sharing his experiences as the 'Village Undertaker.'

See story on page three



Neuvant House, a Lawrence senior living community offering assisted living and memory care, is now under new ownership. However, the new owners are not new to assisted living communities in Lawrence. - page 6

- America's Test Kitchen..... 25
- Business Card Directory...26, 27
- Calendar..... 14
- Financial Focus..... 12
- Health & Wellness.....8, 10
- Humor Hotel.....18
- Jill on Money.....13
- Mayo Clinic..... 11
- My Answer.....30
- My Pet World.....24
- Novel Openings..... 19
- Puzzles and Games.....20, 21
- Rick Steves' Europe.....28
- Savvy Senior.....23

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McElwain writes about his decades as the 'village undertaker'

By Kevin Groenhagen

For many years, many people, including his late friends Sherry Schaub, Dale Willey, and Gary Toebben, encouraged Larry McElwain to write about his life experiences. However, it wasn't until after he had his own brush with death that McElwain published his book.

As a funeral director for more than 45 years, McElwain has dealt with death far more than the average person. In fact, he calculated that his funeral home performed about 10,000 services during his decades as a funeral director. However, his new book, *A Life Lived Amongst Lives Lost: Serving as the Village Undertaker*, discusses life at least as much as it covers death.

The son of Keith and Donna McElwain, McElwain's life began in Sedgwick County, Kansas. As a teen, he learned the value of hard work while working at the Maize Food Center, which his father owned and operated

in Maize from 1959 to 1974. McElwain was still a teen when he decided he wanted to become a funeral director.

McElwain's parents were initially shocked when he received pamphlets from the University of Kansas School of Mortuary Science as a junior in high school. However, they eventually became supportive of his decision.

McElwain's biology teacher, Ron Adams, suggested that McElwain find a job at a mortuary so he could see the business up close. He followed Adams' advice and got a job at Warren Mortuary in Lawrence as a night attendant in 1968. His job was to answer the phone and door every other night and on weekends.

Bill Warren was the owner of Warren Mortuary. When he was a younger man,

Warren worked for T. D. Funk's mortuary, which Funk founded in 1909 in downtown Lawrence. In 1953, Warren and Fred Cooper merged Funk Mortuary with the Schubert Funeral Home,

which was founded in Eudora in 1904. The mortuary operated as Cooper & Warren until Warren purchased Cooper's interest in 1968. In 1971, Warren moved Warren Mortuary to its current location at 120 W. 13th Street in Lawrence.

By the time McElwain graduated from KU, the mortuary science program had been discontinued. He instead attended

the San Francisco College of Mortuary Science, which was known as the best in the funeral director profession.

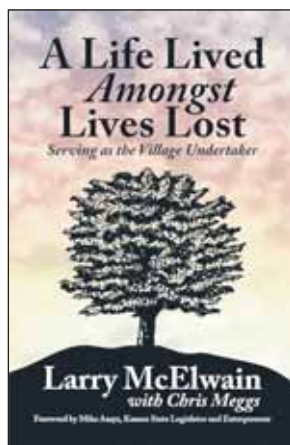
Warren let McElwain know that he had a job waiting for him in Lawrence after he graduated. McElwain turned down the offer, which he notes was a

bad decision. However, it wasn't long before McElwain once again began working for Warren, the man who gave him his first experience working at a funeral home.

Sadly, Warren would not be McElwain's employer for long. Warren wanted to have hernia surgery done before marching in the parade during the American Legion 55th National Convention in Hawaii in August 1973. Before his surgery, Warren, a bachelor, had his attorney draw up papers that allowed McElwain to buy the funeral home in case he died. Warren also included a life insurance policy to help finance the purchase. Warren never came out of the anesthetic and died on June 13, 1973. He was just 52.

McElwain was just 25 and had major decisions to make. After Warren's death, McElwain's father started working with him at the funeral home. The two of them, along with McElwain's father-in-law, Dr. Dean C. Kipp, formed a subchapter S corporation,

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Larry McElwain

CONTINUED FROM PAGE THREE

with McElwain having the controlling interest in the company. McElwain decided to add his name to the funeral home, but he put his mentor's name first out of respect for Warren. The funeral home has been known as Warren-McElwain Mortuary for more than 50 years now.

McElwain sold Warren-McElwain Mortuary to Jim Larkin in 2013 but stayed on as a funeral director and embalmer. He is now retired.

McElwain nearly didn't get to see his book completed. While walking with his wife, Susan, to Allen Fieldhouse to attend the KU-Oklahoma basketball game on January 13, 2024, he suffered a massive heart attack. Fortunately, a doctor saw him collapse and immediately started CPR. His heart stopped twice on the way to the hospital, but the EMTs got his heart going again each time. He underwent quadruple bypass surgery and didn't regain consciousness until five days after his

heart attack.

During his heart surgery and hospitalization, McElwain's co-author, Chris Meggs, kept the book moving and encouraged him to continue writing. McElwain did just that. His well-written and well-edited book of 304 pages shares dozens of stories about, among other topics, his calling, what he learned from others, his five Ds for success, how he grew his business, his respect for men and women who served in uniform, his many friendships (including recent friendships that began after learning he had Parkinson's disease in 2023), and his involvement in the Lawrence community. Of course, as a funeral director, McElwain shares stories about deaths, including several

tragic deaths. His story about a young boy named Lucas is especially poignant. However, he also shares many humorous stories.

A Life Lived Amongst Lives Lost: Serving as the Village Undertaker is available from online book retailers, such as Amazon.com and BN.com,

from Ascend Books (ascendbooks.com), and in Lawrence at the Raven Bookstore (809 Massachusetts).

Readers can meet McElwain and other local authors at the "2025 Local Author Salute!" at Miles Schnaer's Crown Automotive of Lawrence on May 3, from 10:30 a.m. to 1 p.m.

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By Social Security Administration

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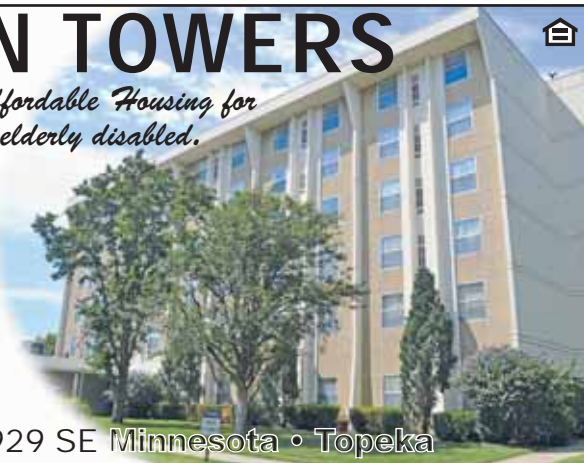
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Neuvant House has new owners

By Billie David

Neuvant House, a Lawrence senior living community on Biltmore Drive offering assisted living and memory care, is now under new ownership. However, the new owners—Dr. Chaitanya Musham and Sri Vallek—are not new to assisted living communities in Lawrence, having purchased Bridge Haven in late 2023.

“We wanted to expand our footprint in the community of Lawrence,” Musham said of the transaction. “We have had a good experience here.”

The new owners will retain the same staff and are not planning any new changes.

“We want the residents of Lawrence to have different options,” Musham explained of their decision to purchase Neuvant House. “Our goal is to provide a comfortable and safe living space. We want to enrich what’s already there.”

The expertise that each owner brings to the transaction fits well together. Dr. Musham is a Doctor of General Medicine, and Vallek works in IT and will help keep the facility up to date with the latest technology.

Although Dr. Musham lives with his wife in Little Rock, Arkansas, and Sri Vallek lives in Dallas, Texas, they will remain involved with and up to date on the facilities through Zoom meetings with Executive Director Sarah Randolph, who is certified as a dementia practitioner and has had experience working with Midland Care and Visit-

ing Nurses, as well as having served as past president of Lawrence Area Partners in Aging. Randolph will retain her position as executive director.

Neuvant House is a senior living community that offers assisted living and memory care. It opened in Lawrence in 2010. The facility’s name combines “neu” and “avant.” “Neu” means “new” in French, while “avant” is a French word that is defined as “ahead, to look ahead, go out in front, to forge ahead.”

The facility consists of two buildings. West House is designed especially for memory care residents with special features such as windows that let in plenty of sunshine and a design that considers the restlessness many memory care residents experience in the evening, called sundowning. For example, the halls allow residents to walk out of their restlessness without running into dead ends, and places are provided in the halls where they can sit and rest. In addition, the rooms are equipped with motor sensors, and the staff is trained in validation techniques.

The East House provides enhanced personalized assisted living care and is designed to enrich the lives of the residents there.

Another service Neuvant House provides is DayStay, also known as adult day care. It provides a place where seniors needing extra help can stay during the day so that their caregivers can run errands and take care of other needs.

Neuvant House—both East and West—is located just off of Waka-

COURTESY PHOTO



Ribbon-cutting ceremony at Neuvant House (left to right): Cosmas Saina, Neuvant House’s Director of Operations, Sri Vallak and Dr. Chaitanya Musham, new owners of Neuvant House, and Sarah Randolph, Bridge Haven’s Executive Director.

rusa Drive at 1216 Biltmore Drive in Lawrence, and inquiries can be made at 785-856-7900. More information is also provided at neuvanthouse.com and on their Facebook page at [facebook.com/neuvanthouseoflawrence](https://www.facebook.com/neuvanthouseoflawrence).



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Social Security's school employees and survivors benefits toolkits

By Social Security Administration

We've released new resources to help you better understand Social Security benefits. We've designed easy-to-use toolkits to provide education about our programs for children and our benefits for families after the death of a loved one. Our toolkits (School Professional and Survivor Benefits) are downloadable PDFs that include ready-to-go communications, such as sample email blasts, newsletter articles, handouts, and social media posts.

The School Professional Toolkit at www.ssa.gov/marketing/assets/materials/toolkit-ss-benefits-and-ssi-payments-for-children.pdf is for teachers, school counselors, and other educators. The purpose of this toolkit is to educate parents and guardians about the financial help we provide. We make payments to students with disabilities and to those who have experienced the loss of a parent or have a parent who is receiving retirement or disability benefits.

The toolkit discusses:

- Eligibility requirements.
- How to apply.
- How to respond to requests for school records and forms.

• Evidence we need from school professionals to determine whether a child with a disability may be eligible for SSI.

The Survivors Benefits Toolkit at www.ssa.gov/marketing/assets/materials/toolkit-ss-survivors-benefit.pdf is for funeral homes, care facilities, and other organizations working with people who have lost a loved one. This toolkit increases awareness about survivors benefits for eligible family members. We make monthly payments to surviving spouses, minor children, adult children with disabilities, and dependent parents of workers who paid Social Security taxes before they died.

The toolkit discusses:

- Eligibility requirements.
- How to apply.

• Evidence we need to process applications.

For more information about our toolkits, visit the blog post titled New Resources for School Employees and Survivors at blog.ssa.gov/new-resources-to-educate-school-employees-and-survivors.

Please help us spread the word about our toolkits with your colleagues and others who may find them helpful.

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HEALTH & WELLNESS

Colon cancer prevention starts with you

By Autumn Bishop,

LMH Health

Colon cancer rates are on the rise in people under age 50, but don't let those statistics fool you. It's important for older adults to get screened and to know the signs and symptoms of the disease.



Dr. Alka Hudson is a gastroenterologist with Lawrence GI Consultants. She shared that while we hear more about breast and lung cancer, colorectal cancer is the third leading cause of

cancer death in men and the second in women in the United States.

"Colon cancer isn't an uncommon cancer. The lifetime risk of developing the disease is one in 23 for men and one in 25 for women," she explained.

These numbers continue to rise in people younger than age 50. Data from the National Cancer Database shows a 15% increase in colon cancer diagnoses in people ages 18-50 since 2004. By comparison, there was only a 3% rise in colon cancer diagnoses for people ages 45-55.

This information prompted a 2021 change by the US Preventive Services Task Force (USPSTF) to recommend that individuals at average risk begin colon cancer screening at age 45 instead of 50.

"Statistics that came out in January 2024 show that in people under 50, colon cancer is now a primary cause of death in men and second in women," Dr. Hudson said. "So the question became, 'What do we do with this information?' Modeling studies showed that if we begin to screen earlier, we detect polyps and lesions earlier. Why wouldn't we do that?"

If you're age 76 or older, there's an increased risk of complications, so it's important to talk to your doctor to see if a colonoscopy is appropriate for you.

"Complications from anesthesia and an increased risk of perforation and bleeding are risks, but it's an individualized decision. Colonoscopy can be appropriate for people between age 76 and 85 who are in good health, have a life expectancy greater than 10 years, or are at higher risk for colon cancer," Dr. Hudson explained.

"People often think if they don't have symptoms, they don't need to be screened. That's just not the case."

Colonoscopy is the most thorough screening tool for prevention and early detection of the disease. It allows your

doctor to spot early warning signs and remove polyps before they turn into colorectal cancer. According to the American Cancer Society, common signs and symptoms of colon cancer include:

- A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days
- Rectal bleeding with bright red blood
- Blood in the stool, which might make the stool look dark brown or black
- Cramping or abdominal (belly) pain
- Weakness and fatigue
- Unintended weight loss

Anemia can also be an indicator that something isn't quite right with your system. Many people have their blood counts checked as part of their yearly physical. If you're suddenly anemic, especially anemic with iron deficiency, that may be a sign of something that needs to be checked out.

"If you notice symptoms, it's impor-

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Colon cancer

CONTINUED FROM PAGE EIGHT

tant to be an advocate for yourself. Be vigilant and talk with your doctor,” Dr. Hudson urged.

What you can't control

There are a number of possible risk factors for developing colon cancer, some that you can control and others that you can't.

Unless you have a magic wand, controlling your age, genetics, and family history of cancer are factors that you can't change. Most colon cancers occur after age 50. Certain conditions can also raise your risk, such as ulcerative colitis and inflammatory bowel disease, as well as having a close family member who has had colon cancer.

Race can also play a factor. The American Cancer Society reports that Black Americans are about 20% more likely to get colon cancer and 40% more likely to die from the disease. While there isn't a specific study that explains those disparities, Dr. Hudson said that factors like social determinants of health, access to healthcare and biologic factors all play a factor.

“We see a higher proportion of individuals in the Black community who might not have insurance. That can reduce access to getting a colonoscopy or, if you're having symptoms, reduce your ability to be seen by a physician and referred for a colonoscopy,” she

explained. “When patients present, their disease might be more advanced, and that can lead to worse outcomes.”

Dr. Hudson said Black patients also have a higher prevalence of aggressive tumors, including right-sided colon cancer. The risk of chronic diseases such as diabetes and hypertension is also higher, which can add to an increased risk of cancer.

What you can do

The news isn't all doom and gloom. You can take steps to reduce your risk of developing colon cancer. Getting screened, advocating for yourself, and taking control of your health are important steps to staying healthy. Make sure to:

- Get regular physical activity
- Eat whole foods, including whole grains and vegetables
- Limit intake of red and processed meats
- Limit excess alcohol
- Stop smoking

“We want to prevent, treat, and beat colon cancer. Prevent it with regular screenings—get your colonoscopy. If you detect disease early, we can treat it,” Dr. Hudson said. “The way to beat it is to prevent it. Lead a healthy lifestyle, make sure you're paying attention to your symptoms and get screenings. You have the power to reduce your risk by following those steps.”

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



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HEALTH & WELLNESS

Five common medicinal plants to help you sleep

Enjoying a good night's sleep is essential for our mental and physical health. When most of us have sleepless nights, we feel irritable or below average the next day. Research shows that getting a good



Dr.
Deena
Beneda

night's sleep is imperative for good health. Sleep improves our mental alertness, strengthens our immune system, removes toxins from the brain, improves mood, reduces fatigue,

increases energy, and allows our body to secrete hormones needed daily. Lack of sleep can have severe consequences on our health. The average adult needs six to eight hours of sleep every night. However, current research may indicate that adults need more sleep, averaging around nine hours per night.

Our body has an internal clock called a circadian rhythm that helps to regulate our natural sleep/wake cycle. A regular sleep/wake cycle helps a person feel refreshed and able to handle day-to-day functions. Melatonin is a hormone secreted by our brain that causes us to feel sleepy and helps us get a good night's sleep. Some people find a melatonin supplement beneficial for helping them get a good night's sleep. To get a good night's sleep, consider

the sleeping environment. Is the bed or pillow comfortable? Is the room too hot or too cold? Is the noise level too high? Electronics in the bedroom? Also, consider your diet. Are you eating too much sugar? Drinking too much coffee? Eating too close to bedtime. Identifying the root of your trouble sleeping is the key to overcoming it. Also, consider the following five medicinal plants to help you fall asleep and treat your insomnia.

While sleeping pills can seem to be the perfect quick fix, many have undesirable side effects. Many people are surprised that numerous medicinal plants help you fall asleep. Medicinal plants provide better sleep and long-term sleep options, usually with little or no side effects. Five common medicinal plants to help you improve your sleep quality include Valerian, Passionflower, Lavender, Hops, and Chamomile.

Valerian is probably the most common medicinal plant used for insomnia. Research has found that it decreases the time it takes to fall asleep and improves the overall quality of sleep. Valerian is often used to calm a busy mind.

Passionflower is a safe, gentle, and

relaxing medicinal plant for sleep. It is especially effective for those who wake frequently throughout the night.

Lavender is one of my favorite medicinal plants for calming and relaxing sleep. Lavender has been used for centuries, either by putting it on your pillow before sleeping or by scented bed sheets with the essential oil of lavender. Lavender is a gentle and calming medicinal plant.

Hops have a long history of medical use as a fast-acting sedative. Their strong, bitter taste also affects the digestive system.

Chamomile is a traditional medicinal plant that has been used for centuries to help with sleep. Chamomile can be found in tea, capsules, tinctures, homeopathy, or ointments. Chamomile is a mild sedative that is effective in helping sleep.

When you have trouble sleeping, consider the top five medicinal plants. They will reward you with a good night's sleep and good mental and physical 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.



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MAYO CLINIC

What do pharmacists do?

By Michael Schuh, Pharm.D.

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: I'm sure pharmacists are busy, but what do they do? No one likes to wait for a prescription, especially if you're not feeling well. When you see a pharmacist on the news, you see them counting pills. When I get prescriptions filled, I see the pharmacist looking at a computer. What training do pharmacists have? And what do they do?

ANSWER: I'm glad you asked. Being a pharmacist is more complicated than it might look.

Pharmacists are quite educated, and they must be. Diseases and the medications used to treat them are complex. As therapies have become more advanced, so has pharmacist training.

Pharmacists have a minimum of five to six years of college, and some have eight years or more, plus one or two years of residency where they receive more training — just like physicians. The final degree a pharmacist earns is called a doctor of pharmacy degree (Pharm.D.). After earning their advanced degree, graduates must earn a license by passing national and state board exams to become a registered pharmacist.

To apply for pharmacy school, students must take the same basic undergraduate college courses as medical doctors, veterinarians and dentists, including calculus, chemistry, biology, physics and other courses. After these prerequisites are successfully passed with good grades, pharmacists take the Pharmacy College Admission Test (PCAT), like the Medical College Admission Test (MCAT) physicians take.

Pharmacy school is typically a three- or four-year program. Classes include infectious diseases, endocrinology, gastroenterology, cardiovascular and pulmonary systems and more.

In most states, pharmacists also must take many hours of continuing educa-

tion yearly to maintain their licenses and specialty certifications.

So, what is the pharmacist doing on the computer? The pharmacist must verify the prescription is formatted correctly and legally signed by the medical professional. The pharmacist must verify the prescription is appropriate for the patient and has proper directions. Pharmacists run drug interaction reports, review allergies and duration of therapy and screen for side effects.

Pharmacists are available to counsel patients on how to take the medication, side effects and drug interactions. Then pharmacists must dispense the amount the patient's insurance allows. If the insurance does not pay for the prescribed medication, the pharmacist must contact the healthcare professional to change the drug or the amount.

If the medication must be changed, sometimes research must be done to find a preferred medication that will be paid for by the patient's insurance. Pharmacists do this while you wait because insurance will not guarantee payment to a pharmacy in the future, only on claims made in real time. This can extend the time it takes to fill a prescription.

Some pharmacists also administer immunizations, such as the flu shot and shingles shot.

In the case of patients receiving solid organ transplants, such as a kidney or heart transplant, pharmacist participation in direct patient care is required by the government. This is because the medical literature has shown when a pharmacist is directly involved in the care of patients, medical outcomes for patients are improved and healthcare costs are saved.

Patients can help streamline the process of filling prescriptions:

If you get a new insurance card, bring it to the pharmacy so your information can be updated.

Provide your pharmacy with updated allergies, drug intolerances and medication changes so they can document it

in your chart.

If your healthcare professional sends a prescription to your pharmacy electronically, give the pharmacy some time to fill it. Consider checking your online patient portal or calling the pharmacy to ensure the prescription is ready before you go to get it.

Talk to your pharmacist if you have any questions about your medications. They are here to help. - Michael Schuh,

Pharm.D., Pharmacy, Mayo Clinic, Jacksonville, Florida

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

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FINANCIAL FOCUS®

Don't lose track of financial accounts

For years, people save and invest in 401(k) plans, IRAs and other financial accounts. They wouldn't lose track of this money, would they?

You might be surprised. About 1 in 7 people has unclaimed cash or property, totaling billions of dollars, according to the National Association of Unclaimed Property Administrators.



Derek
Osborn

People lose track of their money for a variety of reasons: They change jobs and forget about their retirement accounts; they move and leave no forwarding address; they change names and don't notify former employers; or their employers go out of business or merge with another company.

Whatever the reason, losing tabs on accounts that could be worth thousands of dollars is never a good thing. What can you do to avoid suffering this type of loss?

Here are a few suggestions:

- *Maintain good records.* Keep records of all your financial, invest-

ment and retirement accounts — and let a family member know where these records are kept.

- *Keep a manageable number of financial accounts.* The fewer bank and brokerage accounts you have, the easier it will be to keep track of everything. You might even want to consolidate accounts when possible.

- *Report your change of address.* Whenever you move, contact your financial services providers and any former employers with whom you may have retirement accounts.

- *Report name changes.* If you change your name, notify new and old 401(k) plan administrators, banks, brokerages and any other institution connected to your money.

- *Manage retirement accounts when you change jobs.* If you leave your job, you might be able to leave your 401(k) behind with your old employer. But if you do, keep track of it. On the other hand, you could roll your old plan into your new employer's plan or into an IRA.

- *Inform your financial professional about all your accounts.* If you work with a financial professional, they can help you track your accounts, so inform them of all past and present IRAs and 401(k)s or similar employer-sponsored plans.

So far, we've looked at ways you

can prevent losing track of financial accounts. But can you do anything if you suspect you've already left some money behind?

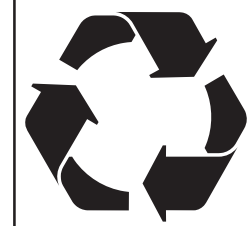
If you think you've lost tabs on an IRA, you can check old tax returns and bank statements to help you track your contributions and find the name of the financial provider that held your account. If it's a 401(k), you can contact your old employer's plan administrator.

You can get some help from other sources, too. The Department of Labor recently launched a retirement savings lost-and-found database (lostandfound.dol.gov) that can help you find pension or 401(k) plans connected to your Social Security number. For a stray IRA, you can check unclaimed.org, the website of the National Association of Unclaimed Property Administrators. And for various other sources of money — including uncashed checks from corporations and financial institutions, inactive brokerage accounts and unclaimed safe deposit boxes — you can check MissingMoney.com, the unclaimed property website of the

National Association of State Treasurers.

These sites offer no guarantees of finding your lost or missing accounts or other sources of money, so you still may have to do your own sleuthing. But as the old saying goes, "an ounce of prevention is worth a pound of cure" — which, in this case, means you'll help yourself greatly by tracking your accounts from beginning to end.

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



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JILL ON MONEY

Love, money and infidelity

I am still surprised at how many partners in committed relationships have no idea what is going on in their financial lives. While I appreciate that many have clear divisions of labor to manage their busy lives, it is no longer acceptable to say, "Oh, my husband/wife handles that!"



Jill
Schlesinger

It's time for my annual nudge to prompt conversations and an exchange of information that will serve every couple over the long term. If you are married, in a long-term partnership, or moving from dating to serious mode, here's what you need to know:

Discuss your relationship to money

We all come to adulthood with a certain amount of money baggage, so it's best to own those emotions and share them with your significant other. These conversations only work if you are honest and non-judgmental, but done correctly, they should deepen your understanding of one another, and hopefully, help you navigate future tense moments, when the

feelings arise.

Share, but only when you are certain that this is 'the one'

If you did not catch CBS News chief correspondent Jim Axelrod's deep dive into the romance scam world last year, I encourage you to do so.

More than 64,000 Americans were defrauded out of over \$1.14 billion by romance scammers in 2022, according to the Federal Trade Commission — a figure experts say likely vastly underestimates the amount of damage done.

Do not loan or give money to any romantic partner, or share passwords, until you are absolutely sure that you are in a committed relationship with a person that you can trust.

When ready to commit, discuss financial goals/create a plan

During the process, you should share the total amount of outstanding debt that you are each carrying, the amount of money in savings or investment accounts, retirement holdings, and credit scores.

Determine whether to maintain separate or joint accounts

Either way can work, but to be clear: Separate accounts should never be secret! Each of you should know how to access the other's account, in the event of an emergency.

Commit to consistent, money meetings

As you begin your joint financial

journey, schedule a sit down every three to six months to review your cash flow, your balance sheet (what you own and what you owe), your investments, and any changes in your financial lives.

Once you have a clear understanding of the game plan, you can reduce the number of meetings, maybe one after the tax filing season and then another at the end of the year.

Agreements

Consider a pre-nuptial (before marriage), post-nuptial (after marriage), or no-nuptial (for those who are not legally married) agreement.

These legal contracts contemplate how a couple would divide their financial lives in the event that the relationship does not work out. Couples with complicated circumstances, like children from previous marriages; owners of closely held businesses; those who have a large disparity in wealth may want to consult with a matrimonial attorney to discuss ways to navigate this thorny topic.

Pay attention to red flags

A Bankrate survey found that 40 percent of U.S. adults who are in committed relationships (married, in a civil partnership or cohabitating with a romantic partner) have committed financial infidelity, defined as spending more money than their spouse or partner would be OK with, keeping a secret expense, debt, credit card and/or checking or savings account from their current partner.

Forensic accountant Tracy Coenen says these are common warning signs that something nefarious is going on:

- Making several, unexplained ATM withdrawals locking access to financial information
- Spending large amounts of money without telling you first
- Maintaining a secret account

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

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SENIOR CALENDAR

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

If you would like to include your north-east Kansas event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417 or email kevin@senior-monthly.net. Deadline is the 20th of the month for the following month's issue.

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

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

TOPEKA, artstopeka.org/firstfriday

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

LAWRENCE, 785-842-3883
unmistakablylawrence.com

EDUCATION

MAR 4

BEGINNING COMPUTER NAVIGATION

Learn how to use a mouse, navigate Windows 10, find and open apps and files. You should attend if you are new to computers or want to refresh your skills. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 10-11 a.m. TOPEKA, <https://events.tscpl.org/events>

MAR 4

BUILDING YOUR FAMILY TREE - BAKER GENEALOGY CENTER WORKSHOP

Discover your family and learn how to add

people, photos, stories and documents to your build your online family tree. This workshop uses the FREE FamilySearch online family tree tool. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5-6:30 p.m.

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

MAR 4

HEMP 101

Hemp: it's an amazing plant! Melissa Nelson is the co-owner and field research scientist at Performance Crop Research and co-owner of South Bend Industrial Hemp. In connection with the Watkins exhibit Honk for Change, Melissa will discuss the differences between CBD, fiber and grain hemp and bring a variety of hemp products for you to see, including blankets, building materials, and food. This event will be held in-person and also livestreamed on the Watkins Museum Facebook and YouTube. Watkins Museum of History, 1047 Massachusetts St., 7-8 p.m. Free.

LAWRENCE, 785-841-4109

youtube.com/@watkinsmuseumofhistory5581

MAR 6

INTRODUCTION TO THE INTERNET

Learn about browsers, search engines and how to navigate websites to find information online. Attend this class if you are new to computers and new to the internet, or want to refresh your skills. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 10-11 a.m.

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

MAR 7

COMPUTER BASICS 1 - GETTING STARTED

In this beginner's computer class, you'll learn about different types of computers, how to use a mouse and keyboard, the different types of ports that attach devices to your computer, and more. This is part 1 of a 2 week class. Attending both classes is recommended but not required. To register, please call the library Technology Desk at 785-843-3833 x139, or the Senior Resource Center at 785-856-0203. Lawrence Public Library, Lower Level Meeting Room C, 707 Vermont St., 10:30 a.m.-12 p.m.

LAWRENCE,
lawrence.bibliocommons.com/v2/events

MAR 10

NEW TO MEDICARE

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

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

MAR 11

FINDING YOUR FAMILY IN VITAL RECORDS - BAKER GENEALOGY CENTER WORKSHOP

Discover records to help you find your family and learn how to add documents and sources to your build your online family tree. Topeka and Shawnee County Public Library - Marvin Auditorium 101B, Virtual Room 02, 5-6:30 p.m.

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

CONTINUED ON PAGE 15

"Visiting Nurses has helped so much, where I didn't even have to go to the hospital for infusions."



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Calendar

CONTINUED FROM PAGE 14

MAR 12

CUTTING THE CABLE CORD

Learn about alternatives to traditional cable or satellite TV. You should attend this class if you are comfortable with digital technology, but new to streaming entertainment. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor) 6-7 p.m.
TOPEKA, <https://events.tscpl.org/events>

MAR 13

EARTH FRIENDLY ALTERNATIVES TO INVASIVE PLANTS

Learn from SN Co Extension Master Gardeners. Invasive plants disrupt the ecosystem they colonize, posing a serious environmental threat. Learn to identify and eliminate these local hazards and discover better choices to replace them. Topeka and Shawnee County Public Library - Marvin Auditorium 101A 7-8:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

MAR 17

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m.
TOPEKA, <https://events.tscpl.org/events>

MAR 18

GRAY ANATOMY: HEART FAILURE

In partnership with the Lawrence Library, LMH Health is excited to bring you a new Retirement Boot Camp series, Gray Anatomy. Each month, a Lawrence medical expert will explain what changes to expect as we age. The focus will change each month to a new body part and how the aging process affects that part. Register on the Lawrence Library website, www.lplks.org. Online event, 4-5 p.m. Free.
LAWRENCE, 785-505-3081

MAR 19

POWERPOINT BASICS

Beginners create a dynamic presentation from start to finish. You should take this class if you are comfortable with computers, but new to Power Point. No registration necessary. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 6-7 p.m.
TOPEKA, <https://events.tscpl.org/events>

MAR 21

LOCAL HISTORY RESEARCH

Explore the library's local history research tools and practice using them. We'll talk about Sanborn maps, city directories, vertical files and more! Topeka and Shawnee County Public Library - Topeka Room 204, 6-7 p.m.
TOPEKA, <https://events.tscpl.org/events>

MAR 24

BEGINNING EMAIL

Learn to log into an email account, create, open, delete, reply to, and forward email messages using Gmail. You should take this class if you are comfortable with computers, but new to email. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor) 10-11 a.m.
TOPEKA, <https://events.tscpl.org/events>

MAR 25

EBOOKS WITH LIBBY

Learn how to access ebooks for free on your computer or smart device. Bring your library card and your device. You should take this class if you are comfortable with digital devices, but new to Libby. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor) 10-11 a.m.
TOPEKA, <https://events.tscpl.org/events>

MAR 25

INTRO TO PODCASTING - LEVEL 2 TECH CENTER CLASS

Learn the basics of podcasting in the library's podcasting studio. This will cover both equipment and software. Topeka and Shawnee County Public Library - Recording Studio A (audio) 7-8 p.m.
TOPEKA, <https://events.tscpl.org/events>

MAR 27

AI FOR BEGINNERS

Get an overview of what artificial intelligence (AI) is all about. Learn what it can do, ways it can be used, best practices and try it out. Space is limited. Topeka and Shawnee County Public Library - Anton Room 202, 10-11 a.m.
TOPEKA, <https://events.tscpl.org/events>

APR 1

BUILDING YOUR FAMILY TREE - BAKER GENEALOGY CENTER WORKSHOP

Discover your family and learn how to add people, photos, stories and documents to your build your online family tree. This workshop uses the FREE FamilySearch online family tree tool. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5-6:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

ENTERTAINMENT

MAR 7-9, 13-16

CHICKEN AND BISCUITS

By Douglas Lyons. Can rivaling sisters Baneatta and Beverly bury their father without killing each other? Family secrets are revealed, relationships exposed, and the tea is spilled in this fresh-off Broadway comedy. Theatre Lawrence, 4660 Bauer Farm Drive. See website for showtimes. Fee.
LAWRENCE, 785-843-SHOW (7469)
theatrelawrence.com/chicken-and-biscuits

MAR 8

LAWRENCE COMMUNITY ORCHESTRA PRESENTS NOVELLETEN

Join us for a rousing rescheduled concert featuring contemporary works for the string orchestra, including pieces by Astor Piazzolla, Jessie Montgomery, and John Rutter. We'll end the evening with a scrumptious dessert reception. Pay What You Wish tickets available at lawrenceorchestra.org or at the door. Plymouth Congregational Church, 925 Vermont, 7:30 p.m. Fee.
LAWRENCE

MAR 14

FREE STATE STORY SLAM | UP/DOWN

Real stories, live and uncensored. Stories are told live, MOTH-style, with a new theme each month, the second Friday of every month. Never the same story or evening. Live music and social hour at 7 p.m. Slam begins at 7:30 p.m.

Lawrence Arts Center, 940 New Hampshire St. \$10 suggested donation.

LAWRENCE, 785-843-2787

lawrenceartscenter.org/event

MAR 3

MNOZIL BRASS

Mnozil Brass has established itself as one of the world's premier brass ensembles. With over 130 performances a year, the group has sold out houses from the farthest reaches of the European continent to Israel, China, Taiwan, Japan, Australia, Canada and the U.S., and has captivated audiences with their blend of immense virtuosity and theatrical wit. No wonder their videos have garnered millions of YouTube views and their fans have traveled countless miles to hear them play. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

MAR 16

CLASSICAL GUITARIST PETER FLETCHER

Enjoy the sounds of classical guitar from the Renaissance Period through the 20th Century. Fletcher has performed at Carnegie Hall in a solo recital and is an award winning recording artist. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC 3-5 p.m.
TOPEKA, events.tscpl.org/events

MAR 16

LUCY KAPLANSKY

Lucy Kaplansky is an acclaimed singer-songwriter of rare talent, "a truly gifted performer with a bag full of enchanting songs" (*The New Yorker*) and "the troubadour laureate of modern-city folk" (*The Boston Globe*). She has released nine critically acclaimed CDs, two of which were awarded Best Pop Album of the Year by the Association for Independent Music. NPR described her 2012 album, *Reunion*, as "a master class in making the personal universal," and NPR's Scott Simon called her album, *Last Days of Summer*, released in June 2022, "Absolutely wonderful... utterly beautiful and affecting... Lucy sings songs from her life with resonance in ours." Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

MAR 26

CHAMBER MUSIC SOCIETY OF LINCOLN CENTER FEATURING WU HAN, PIANO

A world-renowned organization that has championed chamber music for more than 50 years, the Chamber Music Society of Lincoln Center (CMS) is one of eleven constituents of Lincoln Center for the Performing Arts, the largest performing arts complex in the world. The Chamber Music Society has its home in Alice Tully Hall—the finest hall in the world for chamber music. Through performances, education and recording/broadcast activities, CMS draws more people to chamber music than any other organization of its kind. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

MAR 28

4TH FRIDAY FILM

Let's watch a classic film together. We'll offer

a variety of films so you can step back in time and appreciate fine acting, directing and stories. Topeka and Shawnee County Public Library - Marvin Auditorium 101A, 1:30-4:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

MAR 29

GOIN' HOME

We span the globe in this concert, performing the U.S. premiere of Chinese composer Deqwin Wen's New Age Symphony, alongside the work that inspired it, Dvorak's tribute to America – his New World Symphony, one of our most-requested masterworks. We will also feature this year's Young Artist Competition Winner as our soloist. White Concert Hall, S.W. 17th and Jewell Streets, Garvey Fine Arts Center, Washburn University, 7:30 p.m. Fee.
TOPEKA, 785-232-2032
app.arts-people.com/index.php?ticketing=tso

MAR 31

CLASSIC MOVIE MONDAY

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

APR 1

KU JAZZ ENSEMBLE I WITH SPECIAL GUEST REMY LE BOEUF, ALTO SAXOPHONE/COMPOSER

Remy Le Boeuf is a four-time Grammy-nominated composer and saxophonist, whose music is rooted in the jazz tradition and overlaps into contemporary classical and indie-rock realms. Le Boeuf is also the founder and director of the jazz orchestra Assembly of Shadows, as well as the chief conductor of the Nordkraft Big Band in Denmark. He has worked with a range of collaborators, including the Jazz at Lincoln Center Orchestra with Wynton Marsalis, Linda Oh, HAIM, JACK Quartet, Dayna Stephens, Prefuse 73 and his identical twin brother Pascal, with whom he co-leads the experimental quintet Le Boeuf Brothers. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

APR 4

BLIND BOYS OF ALABAMA & SHEMEKIA COPELAND

The Blind Boys of Alabama are recognized worldwide as living legends of gospel music. Celebrated by The National Endowment for the Arts (NEA) and The Recording Academy/Grammys with Lifetime Achievement Awards, inducted into the Gospel Music Hall of Fame, and winners of six Grammy Awards, they have attained the highest levels of achievement in a career that spans over 70 years. The Blind Boys are known for crossing multiple musical boundaries, with their remarkable interpretations of everything from traditional gospel favorites to contemporary spiritual material by songwriters such as Eric Clapton, Prince and Tom Waits. They have appeared on recordings with many artists, including Lou Reed, Peter Gabriel, Bonnie Raitt, Willie Nelson, Aaron

CONTINUED ON PAGE 16

Calendar

CONTINUED FROM PAGE 15

Neville, Susan Tedeschi, Ben Harper, Patty Griffin and Taj Mahal. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/calendar

EXHIBITS & SHOWS

DEC 13-MAR 2

IMMERSED: A WALK INSIDE ART

Using innovative technology, explore the world inside pieces from the Alice C. Sabatini Gallery's collection in this immersive art projection exhibit. Topeka and Shawnee County Public Library - Alice C. Sabatini Gallery 110AB, 5-7 p.m.
 TOPEKA, <https://events.tscpl.org/events>

FARMERS' MARKETS

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

HEALTH & WELLNESS

MAR 5, 12, 19, 26

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

MAR 5, 12, 19, 26

BODY WEIGHT & CHAIR POWER CLASS

Strengthen and tone your whole body while using your body weight and a chair. Class is designed to be accessible but will require you to get up and down out of the chair. Be ready to work. Topeka and Shawnee County Public Library - Learning Center, 5:30-6:30 p.m.
 TOPEKA, events.tscpl.org/events

MAR 7, 14, 21, 28

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

MAR 13

YOU CAN BE SMOKE FREE

Our program is individualized, interactive and

patient-centered. Work with a Certified Tobacco Treatment Specialist to help you develop a plan to quit. Make your first appointment online. Additional appointments will be scheduled by your tobacco treatment specialist. LMH Health, 325 Maine Street, 11:30 a.m.-12 p.m. Fee. LAWRENCE, 785-505-3081
lmh.org/wellness/events

HISTORY & HERITAGE

MAR 5

ROBERT FULTON: SUBMARINES, MINES, AND TORPEDOES

Presented by Dr. Richard V. Barbuto, Professor Emeritus of Military History and former Deputy Director of the Department of Military History at the U.S. Army Command and General Staff College, Fort Leavenworth before retiring in 2016. Robert Fulton is best known for the first commercially successful steamboats plying the Hudson River. However, he did considerable work inventing and developing weapons of naval warfare: workable submarines, underwater mines, underwater cannons, and skiff-propelled torpedoes. Perhaps his crowning contribution to naval warfare was the Demologus (Voice of the People) – the world's first steam-powered warship with 5-foot-thick walls and carrying sixteen 32-pounder guns for the protection of New York Harbor. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4:15 p.m. Hybrid event. LAWRENCE, 785-864-4900
youtube.com/watch?v=jMVqtoKD-XQ

MAR 5

CURTIS MARSH: KU'S GREATEST HITS

As the 160th anniversary of the University of Kansas approaches, there is no one better to celebrate with than KU expert Curtis Marsh! Join us as Curtis shares stories of KU history and traditions from his book KU-Phoria and offers copies for sale and signing. This event will be a slam dunk for KU alumni, KU fans, and lovers of local history. This event will be held in-person at the Watkins Museum and also livestreamed on our Facebook and YouTube. Watkins Museum of History, 1047 Massachusetts St., 7-8 p.m. Free. LAWRENCE, 785-841-4109
youtube.com/@watkinsmuseumofhistory5581

MAR 12

THE PRESIDENT AND THE JUDICIARY

Presented by Matt Beat, a former middle and high school educator who taught history and civics across various grade levels. No constitutional power has proven to be greater in American history than that of judicial review. This discussion will focus on how the United States Supreme Court has used this unique power to limit the power of the president by highlighting specific cases, in addition to exploring the president's role in judicial appointments. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 4-5:15 p.m. LAWRENCE, 785-864-4900

MAR 22

THE HARVEY GIRLS - WOMEN'S ROLES IN RAILROADS, KANSAS & U.S. HISTORY

Hear stories of women employed by The Fred

Harvey Company whose founder opened his first lunchroom depot along the railroad line in Topeka. This program is made possible by Humanities Kansas. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 10-11 a.m.
 TOPEKA, events.tscpl.org/events

MAR 24

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 6-7 p.m.
 TOPEKA, events.tscpl.org/events

MAR 27

ROOTS IN EAST FRIESLAND, LOWER SAXONY, GERMANY

Topeka Genealogical Society Monthly Meeting Kevin Groenhagen will share his family history research in Illinois and Germany, his trip to his ancestral village in East Friesland, and how he connected with living relatives here and abroad. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.
 TOPEKA, events.tscpl.org/event

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

CONTINUED ON PAGE 17

Martin Creek Place

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"Grandma Burrigh: The Queen of Harness Racing"



In *Grandma Burrigh: The Queen of Harness Racing*, Kevin Groenhagen explores Neva "Grandma" Burrigh's legacy as a wife, mother, grandmother, and, of course, as a harness racing driver. He examines how a diminutive woman of modest means overcame numerous tragedies (the deaths of a husband, two grandsons, and two sons) to defeat Sep Palin, the "aristocrat of drivers," and become known as "The Queen of Harness Racing."

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

Calendar

CONTINUED FROM PAGE 16

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

MONDAYS

TOPEKA NEEDLEWORK GUILD

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

FIRST WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

FIRST THURSDAY OF THE MONTH

DEMENTIA CAREGIVER SUPPORT GROUP

Join us in this safe environment for caregivers. Caregiver support specialists will guide us as we share our experiences. Anyone is welcome to join us. Basehor Community Library, 1400 158th Street, and Zoom, 6:30-7:30 p.m.
BASEHOR

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 Community 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

MAR 3

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Anton Room 202, 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

MAR 10

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Anton Room 202, 3:30-4:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

MISCELLANEOUS

MOST SUNDAYS

EXPLORING LIFE'S BIG QUESTIONS

These Unitarian Universalist programs, which are open to the public, are hybrid so you can join in person at 1263 N. 1100 Rd., south of Lawrence, west off Highway 59 or via zoom. Please visit uuelks.org 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 and treats. 9:30-10:30 a.m.

LAWRENCE

FEB 7, 14

COFFEE BREAK

Join us online for a cup of coffee and conversation with fellow Retirees. To get on the list, email Lorel at retirement@lpls.org. 10-11 a.m.
LAWRENCE

MAR 22

COFFEE TALK

Join us for a cuppa joe and the chance to grow your conversational skills in a fun, relaxed setting. Connect with real people, and have real conversations. Topeka and Shawnee County Public Library - Learning Center, 2-3 p.m.
TOPEKA, events.tscpl.org/events



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Ottawa, KS 66007

Vintage Park at
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Tonganoxie KS 66086



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



www.VintageParkAssistedLiving.com



HUMOR HOTEL

Considering the alternatives, a polar vortex isn't so bad

By Greg Schwem

Tribune Content Agency

The recent California wildfires have restarted the “why would anybody live there?” conversation. These doomsday chats always seem to surface whenever the Golden State endures an epic disaster be it fires, mudslides, earthquakes or the LA Chargers’ play-off performance.

Ditto for Florida, scene of “once in a lifetime” hurricanes that now seem to occur during any year containing a 2.

I reside in Illinois, currently in the grips of another polar vortex. The last one occurred almost precisely one year ago. It has taken my car battery nearly 12 months to thaw.

I’ve often thought about pulling up stakes and moving elsewhere, but which state do I choose? Last weekend I wrote down the names of the 49 other options and then tried to think of one plus for relocating. Sadly, the minuses came to me faster. So here are 49 reasons why I won’t be moving anywhere, at least not immediately:

Alabama: I refuse to scream “ROLL TIDE” at random moments, like when I’m pumping gas. Also, Tommy Tuberville.

Alaska: Would consider it if the calendar year spanned June through August.

Arizona: Melting sounds like a horrible way to die.

Arkansas: Worried I may run into a “Razorback” after dark.

California: I think we’ve discussed this.

Colorado: Would eventually grow

tired of asking everybody, “Are you high now?”

Connecticut: Too hard to spell.

Delaware: I’m not even sure Google Maps knows where it is.

Florida: I like golf, but not THAT much.

Georgia: When I realized Atlanta had an intersection of “Peachtree” and “Peachtree,” that solidified it.

Hawaii: If my move involves a nine-hour flight, I’d just as soon move to Paris.

Idaho: The color blue doesn’t look good on certain things. Like a football field.

Indiana: Its residents talk about Chicago like it’s light-years away and requires a passport to visit.

Iowa: Its residents talk about Indianapolis the same way.

Kansas: Not sure that state even exists except during college basketball season.

Kentucky: It’s where people go when they can’t get a restaurant reservation in Cincinnati.

Louisiana: I can only handle so much spice. And alcohol.

Maine: What would happen if the state ran out of lobster?

Maryland: Same reason as Maine, but with crab legs.

Massachusetts: Only if I could find a bar that did not host “‘Good Will Hunting’ Trivia Night.”

Michigan: Nobody should ever describe their address by holding up their hand and saying, “I live just above my thumbnail.”

Minnesota: Another name for “polar vortex” in that state? “Wednesday.”

Mississippi: I enjoy reading. Based

on test scores, the rest of the state does not.

Missouri: Afraid I would eventually get stuck behind Taylor Swift and Travis Kelce’s motorcade.

Montana: “Running out for milk” usually requires a full tank of gas.

Nebraska: I once requested ketchup at a steak house outside Omaha. The governor asked me never to return.

Nevada: Its residents lie! Well, not all of them but definitely the roulette dealer who told me 33 was a “popular number.”

New Hampshire: Its most famous residents are leaves.

New Jersey: It’s where New Yorkers go to find an available public restroom.

New Mexico: ‘Breaking Bad’ was filmed here, starring a guy who cooked blue-colored crystal meth. Now I’m starting to question what’s in that turquoise jewelry I bought in Albuquerque.

New York: I long for New York City. I can afford Binghamton.

North Carolina: I’d be surrounded by former Florida residents trying to justify why they first moved to Florida.

North Dakota: Ever seen “Fargo?” It’s shockingly accurate.

Ohio: The state’s definition of a “three way” involves chili, cheese and spaghetti. What does that tell you?

Oklahoma: A very welcoming state...for tornadoes.

Oregon: A ski hat in summer is not a good look on me.

Pennsylvania: Full of cheaters, fraudsters and incompetents. Also known as “2020 election poll workers.”

Rhode Island: Can you even get a direct flight?

South Carolina: For a while its most

famous resident was a guy named “Hootie.”

South Dakota: A fun Saturday night there is talking smack about North Dakota.

Tennessee: I have relatives there. That’s a plus and a minus.

Texas: A state that teaches kids patience. I mean, you have to be at least 5 before you can purchase a gun.

Utah: Tempting, but only if I could have a conversation in a bar with a drunken Mitt Romney.

Vermont: See “New Hampshire.”

Virginia: I’d live anywhere but Norfolk. Mispronouncing that name could get me in a whole lot of trouble.

Washington: Microsoft is headquartered there. Microsoft invented Teams. Teams sucks.

West Virginia: John Denver described it as “almost heaven.” So what happened?

Wisconsin: If my diet consisted of beer, cheese curds and cigarettes, my U-Haul would already be packed.

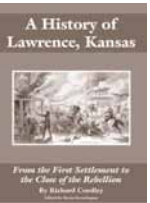
Wyoming: I’ve seen Starbucks lines that exceed the state’s entire population.

I guess I’m stuck in Illinois until President Trump annexes Canada.

- 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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A History of Lawrence, Kansas
by Richard Cordley

Available at the Watkins Museum of History,
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NOVEL OPENINGS

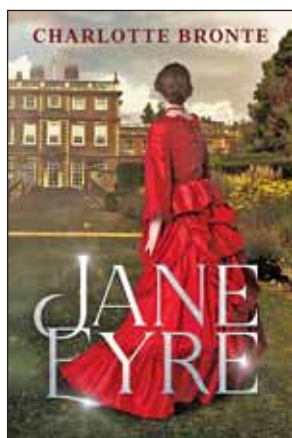
Charlotte Bronte's *Jane Eyre*

By Tom Mach

(In future monthly columns, I will introduce the beginning words of a novel, give a quick summary of the book, followed by a short bio of the author, and my personal comments about the novel's opening lines.)

Here is the opening line for *Jane Eyre* by Charlotte Bronte

“There was no possibility of taking a walk that day. We had been wandering, indeed, in the leafless shrubbery an hour in the morning; but since dinner (Mrs. Reed, when there was no company, dined early) the cold winter wind had brought with it clouds so somber, and a rain so penetrating, that further out-door exercise was now out of the question.”



him, although Mr. Rochester is expected to marry another woman whom he does not love, and he breaks off the wedding date. Later, Jane is shocked to learn that Mr. Rochester is already married—to a woman who is locked away because she is deranged. Jane leaves the mansion but returns only to find that the Rochester mansion is in flames, caused by a Mrs.

Robinson during one of her outbursts. Mr. Robinson, attempting to save her, was blinded. He eventually marries Jane after regaining his sight.

About the author:

Charlotte Bronte, born in the United Kingdom in 1816, had four sisters who were also writers: Emily, Elizabeth, Anne, and Maria. She had *Jane Eyre* published under the male pseudonym Currer Bell

since women were not recognized as accomplished novelists at the time.

What I think of the novel's opening:

Bronte's opening lines bring the reader to wonder about the sadness of the rain, the cold winter wind, and the somber clouds. But “Leafless shrubbery” in the opening lines suggest that Jane can hope for spring which will make plants come alive and maybe even change her sadness into cheer—which will happen when she becomes an adult and falls in love.

- *If you want to know more about Tom Mach, including how to contact him, please visit his website at www.TomMach.com.*

The Estates of Lawrence



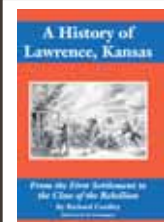
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GOREN ON BRIDGE

WITH BOB JONES

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WHAT SHOULD I HAVE DONE?

Neither vulnerable, South deals

NORTH

♠ A 4 3 2
♥ Q J 3 2
♦ 10 8
♣ A 6 2

WEST

♠ K 6
♥ 10 7 5
♦ K 9 5 4
♣ Q 10 9 4

EAST

♠ J 10 9 8 5
♥ 8 6 4
♦ Q J 7 3 2
♣ Void

SOUTH

♠ Q 7
♥ A K 9
♦ A 6
♣ K J 8 7 5 3

NORTH

♠ A 4
♥ Void
♦ Void
♣ A 6 2

WEST

♠ K 6
♥ Void
♦ Void
♣ Q 9 4

EAST

♠ 10 9 8 5
♥ Void
♦ 3
♣ Void

SOUTH

♠ Q 7
♥ Void
♦ Void
♣ K J 8

The bidding:

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

Opening lead: Four of ♦

South treated his hand as worth 18 points – normal in the modern game. North's three-spade bid denied five hearts. He would have gone through new minor forcing if he had interest in three-card heart support.

South captured East's jack of diamonds with the ace at trick one and ran four rounds of hearts, shedding a diamond from hand. East pitched the jack of spades and West innocently discarded a low diamond. Smelling

a rat in the club suit, South exited with dummy's 10 of diamonds. West won and led his last diamond to East, who started to run the rest of his diamonds. This was the position with one diamond to go:

South shed a club from hand on the last diamond, but West had no good discard. West discarded a low spade, as did North. East led a spade, South played low, and dummy beat West's king with the ace. South's queen of spades had become his ninth trick. Well done!

West could have defeated the contract by discarding a club or the king of diamonds on the last heart, then later playing the nine of diamonds under East's queen. Who could have seen that?



A History of Lawrence, Kansas

by Richard Cordley

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Kaw Valley
Senior Monthly



By David L. Hoyt and Jeff Knurek



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

BOGGLE® POINT SCALE

3 letters = 1 point
4 letters = 2 points
5 letters = 3 points
6 letters = 4 points
7 letters = 6 points
8 letters = 10 points
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0-10 = Try again

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

Find AT LEAST NINE FRUITS in the grid of letters.

PUZZLES & GAMES

CROSSWORD

Across

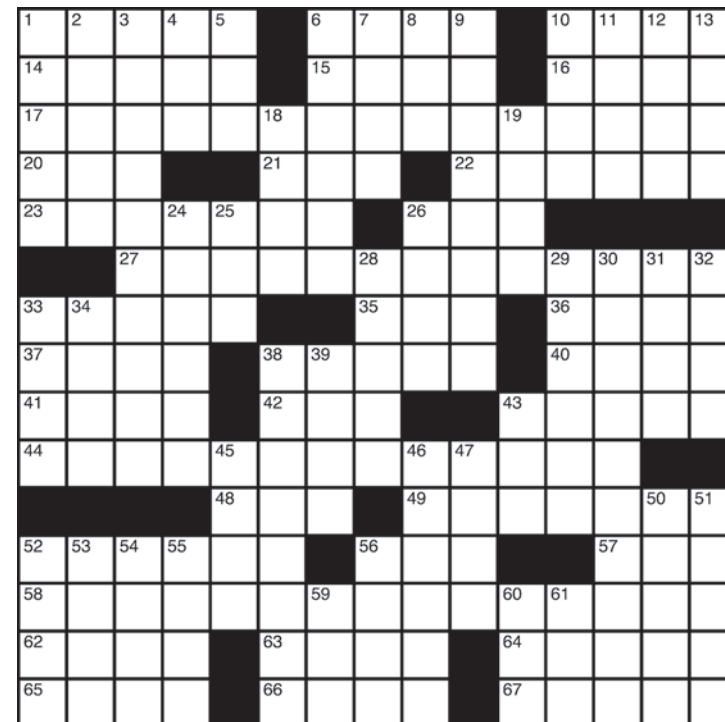
- 1 Barton who wrote "A Story of the Red Cross"
- 6 TMI part, briefly
- 10 Tibetan priest
- 14 Refueling ship
- 15 Juice extractor extraction
- 16 Actor Bana
- 17 Playful but egocentric?
- 20 Egyptian boy king
- 21 "hehe"
- 22 Jot down
- 23 Blue cheese from England
- 26 Diagnostic test for epilepsy, for short
- 27 Hopeful but insubstantial?
- 33 Words in the title of some tribute poems
- 35 "___ your head!": "Think!"
- 36 Start all over
- 37 Horseback game with a namesake shirt
- 38 Like pet birds, typically

- 40 ___ Millions lottery
- 41 Starting on
- 42 Heavenly sphere
- 43 Cheat
- 44 Terrible but legal?
- 48 Mucky stuff
- 49 Spot for a pingpong table
- 52 Pampers all the time
- 56 Links org.
- 57 Can. neighbor
- 58 Impolite but uptight?
- 62 Exude, as confidence
- 63 Human rights lawyer Clooney
- 64 Jeff's wife on "Curb Your Enthusiasm"
- 65 "Terrible" time for tots (and their parents)
- 66 Solitary
- 67 Joyful shout

Down

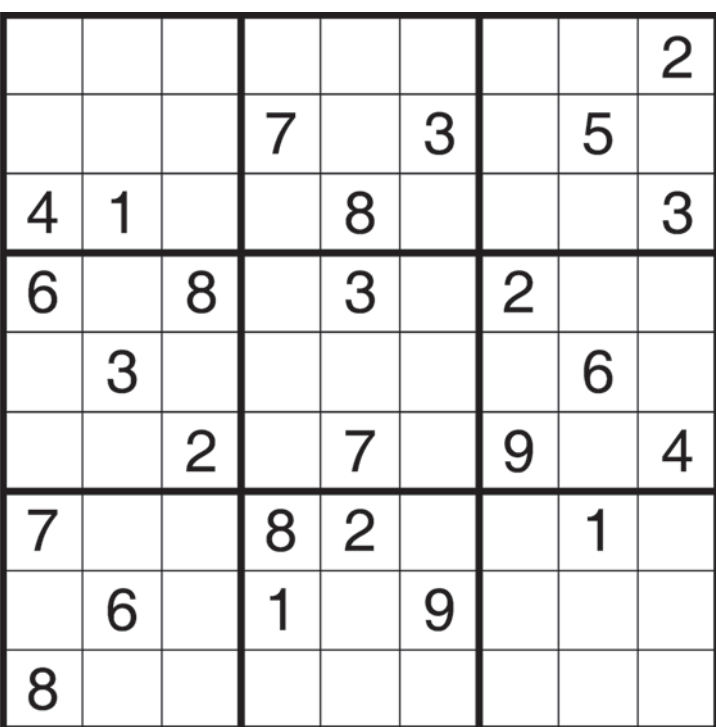
- 1 Is priced at
- 2 Fire dept. rank
- 3 Coldest temperature on record, e.g.
- 4 NWSL official
- 5 Melber of MSNBC

- 6 Apple device featuring Siri
- 7 ___ and void
- 8 Travel by air
- 9 Carefully attentive
- 10 Skipped town
- 11 Opera solo
- 12 Fine spray
- 13 Dull pain
- 18 Uphill climb
- 19 Stadium section
- 24 Release, as steam
- 25 Chinese philosophical principle
- 26 "What ___ is new?"
- 28 Sport with scrums
- 29 Under ___: sports apparel brand
- 30 "Heavens to Betsy!"
- 31 Advantage
- 32 Speckled horse
- 33 Hot springs gemstone
- 34 Lentil pancake in Indian cuisine
- 38 Mammoth
- 39 Folk singer Guthrie
- 43 Ozone-depleting chemical, for short
- 45 Aptly named hybrid fruit
- 46 Diamond-shaped pattern
- 47 Have on



- 50 Davis of "Do the Right Thing"
- 51 HBO's "Real Time With Bill ___"
- 52 Catch sight of
- 53 Ship's front
- 54 Liqueur with a licorice taste
- 55 Mid-month day
- 56 Course of action
- 59 Managed care gp.60 The Trojans of the NCAA
- 61 "I think we all know that!"

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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.

NGROP
YMMMO
EDXECE
MYLHNA

Get the free JUST JUMBLE app • Follow us on Twitter @PlayJumble

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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A1 E1 I1 L1 M3 T1 B3 1st Letter Triple RACK 1

A1 I1 O1 D2 N1 D2 M3 RACK 2

E1 I1 O1 C3 L1 D2 M3 Double Word Score RACK 3

A1 E1 O1 N1 Z10 R1 F4 RACK 4

PAR SCORE 155-165
BEST SCORE 220

FOUR RACK TOTAL
TIME LIMIT: 20 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 scrgams@gmail.com

09-30

Answers to all puzzles on page 30

VARIETY

Mike Myers Revives 'Coffee Talk' Host Linda Richman With Amy Poehler and Maya Rudolph at 'SNL50'

By Aramide Tinubu

Variety

Mike Myers returned to “Saturday Night Live” in the most classic way during the show’s 50th-anniversary special on Sunday. The comedian reprised his role as Linda Richman. Myers popularized the Linda Richman character in his beloved “Coffee Talk” sketches from 1991 to 1994. The “Shrek” actor based the character on his real-life mother-in-law when he was married to his then-wife Robin Ruzan.

Linda is a middle-aged woman who talks in a stereotypical New York accent. When Linda Richman was first introduced in a 1991 episode of “SNL,” it was through a sketch titled “Coffee Talk with Paul Baldwin.” However, Paul Baldwin was quickly written out of the sketch, and Linda replaced him as the host of “Coffee Talk.”

On ‘SNL50,’ Myers reprised the Linda Richman character through another loved “SNL” sketch, “Bronx Beat with Betty and Jodi,” which stars Amy Poehler and Maya Rudolph. Initially, Betty and Jodi pulled actor Miles Teller onstage from the audience to chat with him about his profession and his role in “Top Gun: Maverick,”

which they insisted on calling “Top Gun: 2.”

However, when Linda appeared, Betty and Jodi quickly shifted gears.

Linda burst onto the set, saying, “Is somebody talking about coffee?” Jodi and Betty were euphoric to see Linda. Dressed in a vibrant purple sweater, she said, “Well, I was at Zabar’s picking up a noodle kugel, and I thought I’d come up to see the girls, you know, no big whoop.”

Betty and Jodi were eager to ask Linda about Paul Baldwin. Giving an emotional update on Paul, Linda said, “Well, our dear friend Paul Baldwin is in the clinic here in the city... They flew him up from Boca Raton in an iron lung. It’s terrible; I’m telling you right now, I’m getting a little verklempt. Talk amongst yourself.”

After pulling herself together and revealing to Betty and Jodi that she’s dealing with various ailments herself, Linda declared she had some news. “Bad news, it’s raining,” she said. “But good news, it’s sweata weatha’. My favorite weatha, sweata weatha!”

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SAVVY SENIOR

When to worry about your memory

By Jim Miller

Dear Savvy Senior: At age 70, I've become more and more forgetful lately and am concerned it may be an early sign of dementia. Are there any memory screening tools or services that you can recommend to help me gauge my problem, without going to a neurologist? - Forgetful Frank



Dear Frank: Many older adults, like yourself, worry about memory lapses as they get older fearing it may be the first signs of Alzheimer's disease or some other type of dementia. To get some insight on the seriousness of your problem, here are some tips and resources you can turn to.

Warning Signs

As we grow older, some memory difficulties—such as forgetting names or misplacing items from time to time—are associated with normal aging. But the symptoms of dementia are much more than simple memory lapses.

While symptoms can vary greatly, people with dementia may have problems with short-term memory, keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments or traveling out of the neighborhood.

To help you recognize the difference between typical age-related memory loss and a more serious problem, the Alzheimer's Association provides a list of 10 warning signs that you can assess at 10signs.org.

They also provide information including the signs and symptoms on other conditions that can cause demen-

tia like vascular dementia, Lewy body dementia, frontotemporal dementia, Parkinson's disease, Huntington's disease, chronic traumatic encephalopathy and others—see ALZ.org/dementia.

Memory Screening

A great resource and first step to help you get a handle on your memory problem is the Alzheimer's Foundation of America, which offers a National Memory Screening Program. This is a free, confidential, face-to-face memory screening done virtually in real-time that takes about 10 to 15 minutes to complete and consists of questions and/or tasks to evaluate your memory status. Once the screening is complete, the screener will review the results with you.

Available to everyone, these memory screenings are done daily Monday through Friday, and are given by doctors, nurse practitioners, psychologists, social workers or other healthcare professionals across the country.

A smart phone, computer, tablet or any other device with a webcam and Internet capability is all that's needed. Appointments can be requested online at ALZFDN.org/memory-screening or by calling 866-232-8484.

It's also important to know that this screening is not a diagnosis of any particular condition but can indicate whether you should see your doctor for more extensive assessment.

See Your Doctor

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

If you find that you need further evaluation, make an appointment with your primary care doctor for a cognitive checkup and medical examination. Depending on what's found, you may be referred to a geriatrician or neurologist who specializes in diagnosing and treating memory loss or Alzheimer's disease.

Keep in mind that even if you are experiencing some memory problems, it doesn't necessarily mean you have dementia. Many memory problems

are brought on by other factors like stress, depression, thyroid disease, side effects of medications, sleep disorders, vitamin deficiencies and other medical conditions. And by treating these conditions he can reduce or eliminate the problem.

- 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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MY PET WORLD

Feral cats, wildlife, and the trouble with 'people like me'

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I read your advice, "Preparing Feral Cats for Winter." While our country is riddled with invasive species of plants, animals, and insects, feral cats are also invasive, invading the limited habitats of today's urban and rural landscapes.

The article mentions you as a "pet expert," yet you seem to lack significant knowledge about the dire state of habitats for native wildlife. A brief look at rural areas in February would reveal the desperate conditions for songbirds and other species.

Feral cats exacerbate these challenges, causing the loss of millions of songbirds annually and preying on other animals. Their instinct to kill, even without consuming prey, makes their presence especially harmful.

Must we accommodate feral cats at the expense of native wildlife? Are they "more deserving" as ground predators? While I take issue with feral cats, I have an even bigger problem with people like you, who hold them so dear yet disregard the imbalance they create outdoors. — Scott, Bennington, Nebraska

Dear Scott: Thank you for your letter. While I may be one of those pet lovers you're not too fond of, I assure you that my goal is always to work

toward solutions that help all animals. While I may be a "pet expert," I don't claim to be a wildlife expert. However, I do recognize the impact cats can have on their environment if left unmanaged.

Interestingly, many environmental groups — including bird organizations — support humane approaches like trap-neuter-return (TNR) programs. These programs work to prevent new generations of feral cats, gradually reducing population numbers without resorting to capturing and killing.

By neutering or spaying, vaccinating, and returning cats to their territories, TNR helps stabilize colonies, prevents new cats from moving in, and reduces their impact over time. Volunteers who feed these cats also play an essential role in reducing their reliance on hunting for food, further benefiting local wildlife.

The key to solving this problem, however, lies in convincing pet owners not to abandon their cats in the first place (an unfortunately common problem) and to spay and neuter them. Feral cats exist because of these human actions — and inactions. It's our shared responsibility to find humane solutions that prioritize the well-being of these cats while also addressing the needs of the natural environment.

Thank you for sharing your thoughts. While "people like me" may approach this issue differently than you, there

should always be room for thoughtful discussions to find common ground.

Dear Cathy: I read your column on dogs barking at TVs and couldn't help but smile. My German Shepherd, Nora, is completely obsessed with the television, as I suspect many others of her kind are.

In fact, she managed to destroy a nice TV before I found a solution that works for us. Since this behavior seems to remain a lifelong obsession, I decided to "go with the flow" and got her a TV of her very own — an older tube-style TV, which no one wants anymore and is usually free and far more durable than newer TVs.

We added a little plexiglass and padding on the front, and now she can bark at it to her heart's content and can't hurt herself or the TV. That said, we still don't leave a TV on without adult supervision. — Mary, Tulsa, Oklahoma

Dear Mary: I love your creative solution for Nora's TV obsession. It's clear you've gone above and beyond to accommodate her unique quirks while keeping your household peaceful — and your main TV intact. I especially appreciate your note about "adult supervision" — wise advice for any pet parent dealing with enthusiastic TV watchers. Thank you for reminding us how a little creativity can help find solutions for pets' unique quirks and behaviors.

California fires: How you can help

Local and national animal welfare organizations are stepping up to assist animals affected by the California fires. These groups are vital disaster responders, with staff and volunteers working tirelessly to save lives.

But the work takes its toll. Pasadena

Humane is currently operating at five times its capacity, straining critical resources like finances, volunteers, and supplies.

If you want to help, donate to Pasadena Humane or any of the many other organizations helping animals and relocating them to safety, such as the San Diego Humane Society, Santa Barbara Humane, Best Friends Animal Society, Humane Society of Ventura County, Sacramento SPCA, Wallis Annenberg Pet Space, and Little Bitty Animal Sanctuary.

If you're nearby, consider volunteering at these shelters or fostering an animal receiving medical care or awaiting reunification with their owners. Every donation and volunteer effort makes a meaningful difference for these groups and the animals during a crisis.

— *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

Accompanied by pops of vibrant citrus, kale salad can brighten your day

By America's Test Kitchen Staff

Tribune Content Agency

We wanted to create a make-ahead salad that would complement and enhance a main course. Using kale as the hearty base meant the dish could be dressed and ready to go hours ahead of time without compromising taste, texture, or appearance.

Adding raw kohlrabi meant minimal preparation with maximum crunch. Taking advantage of seasonal fruit, we incorporated orange to add a bright burst of color and refreshing, juicy, and sweet flavor. To tie the salad together, we infused cumin into both a punchy vinaigrette and crunchy pecans.

KALE SALAD WITH KOHLRABI, ORANGE, AND CANDIED PECANS

Serves 6 to 8

1 large egg white
2 tablespoons granulated sugar
2 tablespoons packed brown sugar
1 tablespoon unsalted butter, melted
1 1/2 teaspoons ground cumin, divided
1 1/2 teaspoons table salt, divided
Pinch cayenne pepper
1 cup pecans
1/4 cup extra-virgin olive oil, divided
3 tablespoons cider vinegar
1/4 teaspoon pepper
2 oranges

12 ounces (10 cups) curly kale, stemmed and chopped
2 ounces (2 cups) frisee, torn into bite-size pieces
8 ounces (1 cup) kohlrabi, trimmed, peeled, and cut into 2-inch-long matchsticks

1. Adjust oven rack to middle position and heat oven to 350 degrees. Line a rimmed baking sheet with parchment paper. Whisk egg white in a bowl until frothy. Add granulated sugar, brown sugar, melted butter, 1/2 teaspoon cumin, 1/2 teaspoon salt, and pinch of cayenne; whisk until combined. Add pecans and stir to evenly coat.

2. Spread pecans on prepared sheet in a single layer and bake until deeply browned and fragrant, 20 to 25 minutes, stirring halfway through baking. Transfer sheet to wire rack and let cool completely, about 20 minutes. Transfer pecans to a cutting board and chop into 1/2-inch pieces. (Pecans can be stored at room temperature for up to one week.)

3. Meanwhile, whisk 3 tablespoons each oil, vinegar, 1/4 teaspoon pepper, remaining 1 teaspoon cumin, and remaining 1 teaspoon salt together in a small bowl. Cut away peel and pith from oranges. Quarter oranges, then slice crosswise 1/4-inch thick.

4. Combine kale and remaining 1

ELIZABETH FULLER/TCA



Hearty kale can be dressed and ready hours ahead.

tablespoon oil in a large bowl. Gently knead and squeeze kale until leaves are evenly coated, have started to soften, and are slightly wilted, about 1 minute. Add oranges, pecans, frisee, kohlrabi, and vinaigrette and toss until well combined. Transfer salad to platter and serve.

Recipe note: Salad can be stored at room temperature for up to three hours or refrigerated for up to two days; if refrigerating, add pecans just before serving.

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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

Barcelona's best day trips: Monasteries, beaches and Dalí sights

By Rick Steves

Tribune Content Agency

It's hard to top Barcelona, Spain's most cosmopolitan and fun city. But if you want a break from the crowds, several day trips from Barcelona are tempting scene-changers: the mountaintop monastery of Montserrat, the Salvador Dalí museum at Figueres, and the seaside towns of Cadaqués and Sitges.



Rick Steves

For almost a thousand years, Benedictine monks have lived atop Montserrat—the “serrated mountain”—which dramatically rockets up from the valley floor northwest of Barcelona. With its unique rock formations and dramatic cliff-clinging monastery, this is an inviting excursion for pilgrims with (or without) hiking boots. A one-hour train ride from Barcelona links up with a rack railway or a cable car to get you to the lofty site. Serious pilgrims walk up.

Legend has it that in medieval times, shepherd children saw lights and heard songs coming from the mountain. They traced the activity to a cave, where they found a statue dubbed La Moreneta, the Black Virgin. The monastery quickly became a pilgrim magnet. The small wooden Mary is now behind protective glass in the Montserrat basilica, but the royal orb she cradles in her hand is exposed, ready to receive the venerating touch of the faithful. Newlyweds, in particular, seek this Mary's blessing.

For hikers and nature lovers, a funicular climbs nearly a thousand feet above the monastery. Up top, the air is fresh and the views are spectacular, sweeping (on the clearest days) from

the Mediterranean to the Pyrenees. From the trailhead here, well-sign-posted hikes radiate out.

If you're a Dalí devotee, head to Figueres (two hours north of Barcelona) and the strange, fanciful Dalí Theater-Museum. From the Figueres train station, it's an easy 15-minute walk to the museum. You can't miss it: It's painted pink, studded with golden loaves of bread, and topped with monumental eggs and a geodesic dome. For fans of Surrealism and Dalí, it's one of Europe's most enjoyable museums.

Wandering around the building (a former theater), I can't help but wonder: Am I crazy, or is it Dalí? Pop a coin into Dalí's personal 1941 Cadillac, and it rains inside the car; peek into the Mae West room to see that the sofa lips, fireplace nostrils, painting eyes,

CAMERON HEWITT, RICK STEVES' EUROPE



The Dalí Theater-Museum is a treasure trove for fans of Surrealism.

and drapery hair come together to make the face of the sultry actress. And Dalí himself is entombed in a crypt below center stage.

Nearby Cadaqués is a seaside gem at the easternmost tip of Spain. With whitewashed buildings and dreamy bay views, Cadaqués is idyllic and remote-feeling. It offers little in the way of sights, but the old town is remarkably


characteristic; I love to stroll along the waterfront or climb to the Church of Santa Maria for commanding views from the top of town.

Most travelers in Cadaqués are here to see the home that Dalí shared with his wife (and muse) Gala. Together they converted a fisherman's home—about a 20-minute walk from the city

CONTINUED ON PAGE 29


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Rick Steves

CONTINUED FROM PAGE 28

center—into their semipermanent residence. It was here that Dalí did his best work, and I consider it the most interesting home of a deceased personality in all of Europe. Though Dalí was raised in Figueres, he spent childhood summers in a family cabin here in Cadaqués, where he was fascinated by the rocky landscape that would later be the backdrop for many Surrealist canvases.

If you simply want to kick back without an agenda, take the frequent 35-minute train service from Barcelona to welcoming Sitges. With a much slower pulse than Barcelona, this resort town southwest of the city is a perfect break from sightseeing. Sitges has jet-set status, but it's hung on to its Old World charm while managing to be both family- and gay-friendly.

There are Modernista-style mansions here and a few worthy little museums, but I recommend just

poking around the old town's white-washed streets, crammed with cafés and boutiques. Then head for the water to soak up the sun, sea, and sand on one of nine beaches that extend southward. Along the way, you have your choice of restaurants and chiringuitos (beachfront bars) for tapas, paella, and drinks.

If you happen to visit during one of Sitges' two big festivals (St. Bartholomew in late August and St. Tecla in late September), you may see

teams of castellers competing to build human pyramids up to 60 feet high. Balancing on the shoulders of the people below, the castellers are judged by how quickly they can assemble and take down their sky-scraping people towers. No one is really sure how this quirky tradition got its start, but it's a perfect reflection of the region's team-building bent.

Skipping out of Barcelona for the day is easy. Whether you experience the sacred, the surreal, or the seaside,

you'll return to the city recharged and ready for whatever it has in store.

- Rick Steves (www.ricksteves.com) writes European guidebooks, hosts travel shows on public TV and radio, and organizes European tours. This column revisits some of Rick's favorite places over the past two decades. You can email Rick at rick@ricksteves.com and follow his blog on Facebook.

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

SCRABBLE G.R.A.M.S. SOLUTION									
B ₃	I ₁	M ₃	E ₁	T ₁	A ₁	L ₁	RACK 1 =	<u>67</u>	
D ₂	I ₁	A ₁	M ₃	O ₁	N ₁	D ₂	RACK 2 =	<u>61</u>	
M ₃	E ₁	L ₁	O ₁	D ₂	I ₁	C ₃	RACK 3 =	<u>74</u>	
F ₄	R ₁	O ₁	Z ₁₀	E ₁	N ₁		RACK 4 =	<u>18</u>	
PAR SCORE 155-165							TOTAL	<u>220</u>	
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JUMBLE ANSWERS

Jumbles: PRONG, MOMMY, EXCEED, HYMNAL

Answer: When the U.S. Mint asked its employees to work overtime, they -- MADE MORE MONEY

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BOGGLE ANSWERS

FIG, DATE, LIME, PEAR, PEACH, APPLE, MANGO, ORANGE, APRICOT

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MY ANSWER

When retirement comes, it is good to stay active

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: Retirement is looming over my wife and me, and I wonder how we'll manage this new experience, since she's not accustomed to me being home all the time. Vacationing the rest of our lives isn't one of our goals. — R.C.

A: Life is full of changes, but one of the greatest comes with retirement. Many look forward to it; others dread it. Sooner or later almost everyone who lives long enough will experience it. A rather new phenomenon is to hear couples in their 30s anticipating and even planning for their retirement years.

Reactions are varied because people

are different; however, for most people the end of their careers is truly a watershed event — a major milestone — marking the beginning of growing older. It is only one of the changes most will encounter as retirement approaches — but it is a huge one. Even if spouses haven't worked outside the home, the transition may be just as jarring for them.

We may picture the years following retirement as a time of rest and relaxation, and to some extent, it is

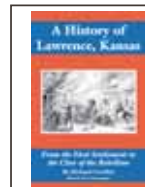
true. But growing older is also filled with changes and transitions that we may not easily welcome: adjusting to a different daily routine, declining health, the loss of a spouse, the need to downsize living space, increasing dependence on others. These and other events during retirement years bring their own difficulties.

Working as long as possible is often good advice. When retirement comes, it is good to stay active and be aggressive in looking for new opportunities to serve and encourage others, and do everything to the glory of God. "When you eat the labor of your hands, you shall be happy" (Psalm 128:2, NKJV).

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

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A History of Lawrence, Kansas

By Richard Cordley

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

“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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Bridge Haven is a
wonderful home
with a family
atmosphere.
Heather Bravence*

*The upbeat and
friendly atmosphere
at Bridge Haven made
all the difference to
Joe and us, so
thank you.
Jill & Phillip Baringer*

*Very satisfied
in all areas.
All 5s out of 5.
Norma Rose*

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