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Vol. 24, No. 11

INSIDE

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*Jim Winters:
Performing
country music
for 50 years.*

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Winters to perform at Ottawa Memorial Auditorium

By Kevin Groenhagen

Jim Winters of Bonner Springs grew up watching *Hee Haw*, the *Grand Ole Opry*, and other country music shows on television. His father was a honky-tonk singer during the 1950s and early 1960s. He started singing at a young age and was a choir member at Highland Junior High School and Turner High School in Kansas City, Kansas.

“My heart is with the old country and western music you heard on the radio during the 1960s,” Winters said. “I grew up riding in a pickup truck with my dad, listening to the local country radio station. It was Carl Smith, George Jones, Merle Haggard, Faron Young, Johnny Cash, Lefty Frizzell, Johnny Bush, Ray Price, Charley Pride, and Mel Tillis. It was that time when they started leaning hard in on the steel guitars and fiddles. It was becoming orchestrated to some degree. It wasn’t just a guitar and upright bass anymore. It was the Nashville sound,

so to speak, that Chet Atkins probably had as much influence on as anyone when he started producing all those guys. It’s what I call classic-era honky-tonk music.”

Given his love for country music and singing, it’s no surprise that he became a country music singer. However, it was a bit of a surprise when, in 1975, he was offered a job as a singer.

“I entered a talent contest at the Indian Springs Mall in Kansas City, Kansas, when I was 14 and actually won it,” Winters said. “I think the song I won the contest with on the finals night was a tune by Dave Dudley called ‘Six Days on the Road,’ a truck driving song. That song is still in my repertoire. There was a lady, Jeanie Holloway, in the audience who ran a show every week and invited me to perform during the show every other week.”

Holloway was a country and western performer and owner of Jeanie’s Midwest Jamboree, which performed at the Hollywood Theater in Leavenworth, Kansas.

While at Turner High School, Winters met and started dating Lesia Turley. Lesia was also a choir member but was more of a rock ‘n’ roller. They married in 1981. Over the decades, they came to appreciate each other’s musical tastes.

“Any good music is acceptable to me,” Winters said. “The only thing I can’t tolerate is music that makes me feel like I’m being abused while I’m

COURTESY PHOTO



The brothers Roger (left) and Leo (right) Eilts and Jim Winters (center) make up 3 Trails West, a group that has received several awards from the International Western Music Association.

listening to it. I listen to blues, jazz, rock ‘n’ roll, rockabilly. I can listen to any good music that has a good rhythm. I don’t like profane music with explicit lyrics. I don’t believe that should be on the public airwaves.”

Of course, profane music isn’t a modern phenomenon. Even Mozart had at least one canon with a vulgar title and explicit lyrics, but it is believed he wrote it as a party piece for his friends.

After attending an area vocational technical school, Winters found a job in the industrial battery field. He also continued performing as a singer.

“I performed at the KC Opry in Independence, Missouri,” Winters said. “I then went to the Lake of the Ozarks in 1983 and played for an established opry show, Lee Mace’s Ozark Opry, down there. Branson hadn’t even been

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Jim Winters

CONTINUED FROM PAGE THREE

thought about when Lee Mace started his show on the Casino Pier at the Bag-nell Dam in 1952.”

“Tuffy Williams had the KC Opry in Independence, and Byron Jones had the Northtown Opry in North Kansas City,” Winters continued. “They would bring in guest artists from Nashville like Hank Thompson, Jim Ed Brown, Charley Pride, Tom T. Hall, Kitty Wells, Loretta Lynn, and Conway Twitty. Williams and Jones would open their shows with their house bands and often call me to sit in with them to open those shows as a guest vocalist. So, I got to open for a lot of big country stars. I maybe sang two songs, but it was part of the production that led up to the introduction of the headliners.”

In 1994, Winters was invited to be the master of ceremonies and lead male vocalist at a new venue in Tonganoxie, Kansas.

“A buddy of mine, Glen Smith, and his wife, Jane, bought the former Shoemaker’s Auction Barn, renovated it, and opened Glen’s Opry,” he said.

About 10 years after the Smiths opened Glen’s Opry, they sold it to Terry and Annie Dunavin, and it became Annie’s Country Jubilee. Annie’s Country Jubilee retained all the cast from Glen’s Opry.

“We had some big names perform there, including John Conlee, Moe Bandy, Connie Smith, Jack Green, and Johnny Lee,” Winters said. “There were many years when there were 200 to 300 people at Annie’s Country Jubilee every Saturday night.”

“I was the emcee for both shows in Tonganoxie for nearly 17 years,” Winters continued. “Every Saturday night, I would greet folks in the audience with ‘Welcome to Glen’s Opry,’ and, later, Annie’s Country Jubilee, ‘in beautiful and tropical downtown,’ and I’d hold my arms out and they would holler, ‘Tonganoxie, Kansas!’”

Annie’s Country Jubilee closed in 2011.

“The band at Annie’s Country Jubilee wasn’t ready to stop playing, so we loosely held it together for a few years as The Wild Hayride Band,” Winters said. “I’m still playing music with Fred Uzzell, who plays steel guitar and was one of the original members. Steve Straub, who plays drums for me, was one of the early members. Steve and I actually met in grade school when we were 10 years old. I’ve been playing music with those guys for over 30 years.”

Winters and his wife also leased the building that formerly housed Annie’s Country Jubilee and did shows there one weekend a month from April to November for three or four years. In addition, Winters teamed up with Roger and Leo Eilts in a band called 3 Trails West.

“The Eilts brothers were members of a group in Kansas City back in the 1980s called Spontaneous Combustion,” Winters said. “That group was together for 21 years. They were a progressive bluegrass group. The music was also called ‘bluerock’ and ‘rocky grass.’ The Eilts brothers grew up in west-central Kansas and grew up on western music, such as that of the Sons of the Pioneers. 3 Trails West won the Liz Masterson Crescendo Award in 2011 and Group of the Year from

CONTINUED ON PAGE FIVE

ASHLEIGH MCDANIEL PHOTO



Jim Winters performing at Ottawa Memorial Auditorium on April 12.

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Jim Winters

CONTINUED FROM PAGE FOUR

the International Western Music Association in 2016 and 2024. I started with them around 2013 or 2014.”

The Liz Masterson Award “is for a group or individual, new to the national or international Western scene, having made considerable advances artistically and/or commercially during the

eligibility period.”

Winters also won first place in the “International Male Vocalist” category at the South Texas Music Festival. In addition, while he was with Glen’s Opry and Annie’s Country Jubilee, he received recognition in the Best Male Vocalist, Best Vocal Group, Best Opry Band, and Best Regional Opry categories from the Central Country Music News Association.

CONTINUED ON PAGE 27



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Michael Jilka provides legal services for seniors

By Billie David

Lawrence attorney Michael Jilka of Graves & Jilka, P.C. is quick to give credit where credit is due, and one of the first people on his list for this is his father, Bernard “Bud” Jilka.

Jilka’s father grew up in Salina, Kansas, and attended Kansas State University, where he was a standout basketball player. He later returned to Salina to take over the family business, Jilka Furniture.

As he grew up in Salina, Jilka was surrounded by a large extended family that included an older brother and younger sister. The siblings all helped in the family business.

“I learned a lot of life’s lessons working in the furniture store, watching how my father worked with people,” Jilka said. “Dad ran the store until he was 89 years old. He was very influential in my life, and he encouraged me in my line of work to help people out of difficult situations.”

After graduating from high school, Jilka studied pre-law at Fort Hays State University and then moved to Lawrence, where he studied at the University of Kansas School of Law, graduating in 1988. Looking back on his years between graduation and his current partnership with Darryl Graves, Jilka said, “Since 1988, I’ve grown by leaps and bounds. I started at the ground floor, and since that time I’ve developed this practice.”

The ground floor that Jilka referred to was his clerkship, where he began his career in 1988 as a staff attorney for the Kansas Court of Appeals and for former Kansas Attorney General Robert Stephan.

During that time, he also had the opportunity to work with U.S. District Judge Monti Belot, whom he remembers as a great source of inspiration.

“He was the greatest boss I ever had,” Jilka remembered. “He was the most important figure in my career. It was exciting and challenging.”

After that, in 1994, he worked in private practice, moving to Overland Park, where he worked for two different law firms.

“One of the things I recall is the people I worked with,” Jilka said. “They helped me practice law, and we became good friends.”

Again, giving credit where credit is due, Jilka said, “I think I’ve gotten some really big breaks. I had an association with my late law partner, Mike Nichols, who asked me to help work on a case with him, and we became law partners. I learned a lot about the fields of wills and trusts.”



Michael Jilka

Jilka then formed a partnership with Lawrence Attorney Darryl Graves.

“He has practiced law since the 1980s and has social skills and common sense,” he said. “He’s a real source of wisdom and counsel to me.”

Jilka also has words of praise for his secretary, Laura Wilson, who has worked with the firm for 30 years.

As for himself, Jilka said, “I am proud of my career. I feel like I’ve made a positive impact on the people I

had the opportunity to represent.”

Graves & Jilka, P.C. focuses primarily on landlord and tenant law, wills and trusts, probate debt collection, and appellate litigation.

As a partner in Graves & Jilka, P.C., one of Jilka’s primary focuses is estate planning and probate, so he has had numerous opportunities to work with the senior population.

“I’ve had quite a few senior clients,” he said. “One was 98 years old.”

Jilka advises seniors to seek legal assistance for getting their affairs in

CONTINUED ON PAGE SEVEN



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Michael Jilka

CONTINUED FROM PAGE SIX

order if they haven't already done so.

"This will save you a lot of heart-break and confusion," he said. "I have had to deal with persons who do not make plans, and I have seen people's worst impulses come out in legal proceedings. This could have been avoided if they just saw a lawyer.

"About half of all Americans don't make estate plans, and then lawyers deal with the consequences, and sometimes they can be very ugly," Jilka noted. "Two times in the past two years, I have had clients involved in precisely that scenario."

"Wills, trusts, guardianships, conservatorships, durable powers of attorney, proper retitling of assets—it's better to make those decisions now rather than have a judge make them, although none of us likes to think about dying and incapacity," Jilka advised. "It is important to have estate plans in place to address issues such as who gets what property, naming people to serve in various roles, or if a person is inclined to make charitable bequests, to ensure that those requests become actions. There are dozens and dozens of very worthy organizations out there, and it is important to make provisions for them."

As for the problem of elder abuse, Jilka said he is very aware of it because he has dealt with exploitation, especially the financial type.

"I have seen situations where there are family members trying to exploit a relative, and I have simply refused to go along with it. Do not delay in doing this, because you just never know and people can lose capacity almost overnight, so it is good to make plans while you are still in good enough condition to do it. It requires individualized decision making. It's not a cookie-cutter business."

For long-term care considerations, Jilka advises that it is wise to set up guardianships and conservatorships to manage your property wisely, so that you will have finances available for long-term care directives, and living wills are also important to consider.

By way of example, Jilka mentioned a young woman who had a condition that resulted in her being in a persistent vegetative state.

"You can live several years in that condition, and it is very expensive and emotionally draining," he said. "In this case, the family had to call in doctors for a hearing to remove life support, which could have been avoided if the person had a life directive in place. Sometimes the consequences of not having a life directive in place can be pretty ugly. For financial and health care decisions, it is wise to have power of attorney in place, so you don't have to do a conservatorship or guardianship, which is much more expensive. It's better that you do the picking rather than the judge."

Graves & Jilka, P.C.'s website is gravesjilka.com and the law firm's phone number is (785) 843-8117.



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HEALTH & WELLNESS

Coming soon: LMH Health Cancer Center

By Autumn Bishop

LMH Health

You've heard the saying that good things are worth waiting for. When it comes to the renovation and expansion of the LMH Health Cancer Center, you won't have to wait much



longer. After nearly a year of construction, LMH Health will open the Cancer Center's doors to welcome members of the public for an open house and tours on June 21.

The renovation and expansion

answered the increasing need for cancer care in the community. LMH Health oncologists and hematologists support more than 19,000 patient encounters each year, yet their current space was built to serve 2,400 patients in 2001.

"We want to provide a pleasant, low-stress environment that's conducive to healing throughout the entire cancer journey," said hematologist Dr. Jodi Palmer. "Our facility was great, but the needs of our patients simply outgrew our space."

Improvements to the clinic include:

- More treatment and exam rooms
- Larger waiting room with a respite area for families
- Two laboratory areas

Patient education and consultation rooms



LMH Health will open the Cancer Center's doors to welcome members of the public for an open house and tours on June 21.

- Natural lighting for patient and family comfort
- New areas to support physician and staff working with clinical trials
- Modern pharmacy space to support complex infusion medications

During renovations, the Cancer Center and all oncology services relocated to the third floor of the hospital from June through October 2024. The respiratory illness season in November

CONTINUED ON PAGE NINE



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Cancer Center

CONTINUED FROM PAGE EIGHT

ber meant the rooms on third floor north were needed for flu and COVID patients. Luckily, that coincided with the completion of renovations on the second floor of the Anderson Health Plaza. It's been confusing for patients and providers alike.

"We've moved twice during construction, which wasn't ideal, but it's what worked best to care for hospital and cancer center patients," Dr. Palmer said. "We're ready to move into our new, permanent home."

Donor support plays vital role

While renovations on the Cancer Center began in 2024, planning started much earlier. The LMH Health Foundation began a major fundraising initiative in early 2021, and to date more than \$7.2 million has been contributed by generous donors.

"As a not-for-profit, safety-net community hospital that treats all who come in need – regardless of ability to pay – philanthropic support has been vital in turning vision into reality," said Rebecca Smith, LMH Health Foundation executive director and LMH Health vice president of strategy and communications. "This expansion ensures our facilities reflect the extraordinarily high level of care provided here. LMH Health is not taxpayer funded and provides more than \$40 million in charitable care each year. We're grateful for the community's support of this initiative and what it means for patients with cancer across the region."

World class care, close to home

The Cancer Center is home to National Cancer Institute (NCI) trained physicians who have extensive experience in treating a wide range of cancer types, including solid tumors, hematological cancers and benign blood disorders.

"The LMH Health Cancer Center led by our physicians provides world class care, close to home," said Russ Johnson, LMH Health President and CEO. "Many patients can complete all of their care at LMH Health, with access to leading-edge clinical trials, genetic testing, comprehensive support programs, lifelong survivorship resources,

and nurse navigators to walk with them through the process."

The hospital is a member of the Masonic Cancer Alliance, which provides patients with access to clinical trials and the latest advancements. The Cancer Center currently offers 27 clinical trials for cancer patients.

"Too often, cancer patients have to travel long distances to participate in clinical trials," said oncologist Dr. Sherri Soule. "Our partnership with the MCA brings access to those trials closer to home. Patients also benefit from our strategic clinical relationship with The University of Kansas Health System, a collaboration that provides patients with additional access to specialized care and more easily gain

access to subspecialty services before returning to complete their course of treatment close to home."

The LMH Health Cancer Center is accredited by the American College of Surgeons Commission on Cancer (CoC), a recognition only awarded to institutions meeting rigorous standards for comprehensive, multidisciplinary cancer treatment. While only 24% of U.S. hospitals have this level of accreditation, they provide more than 70% of cancer care. LMH is one of just ten accredited hospitals in Kansas.

"We have recently and successfully completed another accreditation cycle, ensuring that LMH Health continues to comply with dozens of rigorous requirements established by

the Commission on Cancer," said Dr. Chad Tate, surgeon at LMH Health and chairman of the cancer accreditation committee. "These standards demand detailed record keeping that fuels ongoing cancer research and makes certain our care rivals all other prestigious medical centers. Several standards demand constant quality improvement and eliminating barriers to appropriate cancer treatment. CoC accreditation and the new LMH Health Cancer Center significantly expand the mission to provide modern, evidenced-based cancer care to our community while staying close to home."

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



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Pomegranates are opened by breaking the shell, separating the seeds from the internal white pulp membranes. Separating the seeds from the pulp is easier in a water bowl because the seeds sink while the inedible pulp floats to the top of the bowl. Pomegranates are used in baking, cooking, juices, smoothies, meal garnishes, and wine. Pomegranate juice can be sweet

or sour and has long been a popular drink in the Middle East; it is now distributed in the United States. In Iran, pomegranates are still used in many traditional recipes, such as fesenjan, a thick sauce made from pomegranate juice and ground walnuts, served with chicken over rice. Additionally, in Iran, the skins of the pomegranate may be used to stain wool and silk. The Pomegranate Festival is an annual event in October in Tehran that showcases pomegranate produce.

Currently, pomegranates are being used for various medical reasons. Pomegranates are well known for their antioxidant properties. Studies show pomegranates are more powerful than other antioxidant foods, such as berries, wine, and green tea. They could be considered more effective than antioxidants like vitamins A, C, and E. The antioxidant properties of pomegranates are attributed to their high content of soluble polyphenols, specifically punicalagin. Punicalagins are a significant component of pomegranate juice. Current research indicates that pomegranates can address several aspects

of heart disease, including atherosclerosis, hypercholesterolemia, and high blood pressure. Laboratory research suggests they may also be effective in osteoarthritis and diabetes as antibacterial and antiviral agents. These studies indicate that pomegranates offer significant health benefits for people at risk for heart disease and may be a tool for preventing cardiac issues such as heart attacks and strokes. Furthermore, studies show that pomegranates improve immune function and protect against herpes infections. Researchers have identified two anti-dementia components in pomegranate juice. Research and human experience suggest that pomegranate extracts may also provide numerous benefits for neurological health, in addition to cardiovascular disease and osteoarthritis.

So, as you sit down to enjoy your evening, why not pour yourself a glass of pomegranate juice? It is not only good for you but also tastes great!

- 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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By **Melissa Myers M.D.**

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: My 86-year-old father was recently hospitalized with a severe infection. We were told he's at an increased risk for sepsis because of his age and medical history. What are the signs of sepsis to watch for now that he's returned home?

ANSWER: Nearly 270,000 people in the U.S. die annually because of sepsis — more than the number of people who die from prostate cancer, breast cancer and AIDS combined. Yet more than 40% of adults are unfamiliar with the danger of sepsis.

Sepsis occurs from an infection and can quickly become life-threatening. When your body has an infection, the natural response is for the immune system to fight the infection. If the body creates too much of a response to the infection, inflammation can develop, triggering sepsis.

Any type of infection that occurs anywhere in the body can lead to sepsis.

Infections that lead to sepsis most commonly occur in these parts of the body:

- Bladder and urinary tract

- Gallbladder and biliary tract, which includes organs and ducts that make and store bile

- Lungs
- Skin
- Soft tissues like fat or muscles

There is a myth that only people who have been hospitalized are at risk of developing sepsis. In fact, 87% of cases originate outside of the hospital setting. Another myth is that sepsis is rare and only affects people with pre-existing conditions.

Anyone can develop sepsis, but those at higher risk are:

- Adults 65 or older.
- Children under 12 months.
- People with weakened immune systems.
- People with chronic medical conditions, such as diabetes, lung disease, cancer and kidney disease.
- People who have had a recent hospitalization.
- People who previously have had sepsis.

Symptoms of early sepsis can appear similar to other conditions, and survival depends on pinpointing the source of infection. Blood and urine tests and imaging scans may help identify the type and location of infection.

People at risk of sepsis or who previously have had sepsis should be pro-

active in talking with their healthcare team about the possibility of sepsis when they are feeling ill.

The acronym TIME is a helpful tool for recognizing and remembering the signs and symptoms of sepsis:

- T: Temperature — higher or lower than usual
- I: Infection — signs and symptoms of an infection
- M: Mental decline — sleepy, difficult to rouse, confused
- E: Extremely ill — severe pain, discomfort, shortness of breath

Suspected sepsis should be handled as an emergency by calling 911 and going to a hospital, like you would do with a suspected heart attack or stroke. Urgent response and rapid, aggressive treatment increase the rate of survival.

Treating sepsis as early as possible is crucial to prevent it from worsening. Determining where the infection is and eliminating it is vital to keeping sepsis from progressing to severe sepsis or septic shock. Even with treatment, sepsis can progress to severe sepsis or septic shock, causing organ damage.

Close monitoring and treatment for sepsis occur in the hospital setting, typically with a combination of antibiotics, intravenous fluids and other medications, including vasopressors, corticosteroids or pain relievers. Supportive therapy, such as oxygen, kidney dialysis or mechanical ventilation and surgery may be needed to drain or remove the infection.

Many people who recover from sepsis return to the same level of activity they had before their bout with sepsis. Some people, especially those with weakened immune systems or chronic illnesses, may experience long-term effects.

Talk with your primary care clinician to determine if you're at increased risk of developing sepsis.

Take these steps to reduce your risk:

- **Prevent infections.** If you have chronic conditions, follow your healthcare team's directions to manage the conditions. Get recommended vaccines.

- **Practice good hygiene.** Wash your hands regularly with soap and water or an alcohol-based hand sanitizer. Clean and cover cuts until they're entirely healed.

- **Know the signs and symptoms.** Temperature, infection, mental decline and an extremely ill feeling — TIME — are reasons to suspect sepsis and get help fast. - Melissa Myers, M.D., Intensive Care, Mayo Clinic Health System, La Crosse, Wisconsin

- *Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. This Mayo Clinic Q&A represents inquiries this healthcare expert has received from patients. For more information, visit www.mayoclinic.org.*

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FINANCIAL FOCUS®

How is your retirement income taxed?

Once you're retired, you will likely need to draw on several types of income for your living expenses. You'll need to know where these funds are coming from and how much you can count on, but you should also be aware of how this money is taxed — because this knowledge can help you plan and budget for your retirement years.



Derek Osborn

Here's the basic tax information on some key sources of retirement income:

- **Social Security** – Many people don't realize they may have to pay taxes on their Social Security benefits. Whether your benefits will be taxed depends on how much other taxable income you receive from various sources, such as self-employment,

stock dividends and interest payments. You'll want to check with your tax advisor to determine whether your income reaches the threshold where your Social Security benefits will be taxed. The lower your total taxable income, the lower the taxes will be on your benefits. The Social Security Administration will not automatically take out taxes from your monthly checks — to have taxes withheld, you will need to fill out Form W-4V (Voluntary Withholding Request). Again, your tax advisor can help you determine the percentage of your benefits you should withhold.

- **Retirement accounts** – During your working years, you may have contributed to two basic retirement accounts: an IRA and a 401(k) or similar plan (such as a 457(b) plan for state and local government employees or a 403(b) plan for educators and employees of some nonprofits). If you invested in a "traditional" IRA or 401(k) or similar plan, your contributions may have been partially or completely deductible and your earnings grew on a tax-deferred basis. But

when you start taking withdrawals from your traditional IRA or 401(k), the money is considered taxable at your normal income tax rate. However, if you chose the "Roth" option (when available), your contributions were not deductible, but your earnings and withdrawals are tax-free, provided you meet certain conditions.

- **Annuities** – Many investors use annuities to supplement their retirement income. An annuity is essentially a contract between you and an insurance company in which the insurer pays you an income stream for a given number of years, or for life, in exchange for the premiums you paid. You typically purchase a "qualified" annuity with pre-tax dollars, possibly within a traditional IRA or 401(k), so your premiums may be deductible, and your earnings can grow tax deferred. Once you start taking payouts, the entire amount — your contributions and earnings — are taxable at your individual tax rate. On the other hand, you purchase "non-qualified" annuities with after-tax dollars, so your pre-

miums aren't deductible, but just like qualified annuities, your earnings grow on a tax-deferred basis. When you take payments, you won't pay taxes on the principal amounts you invested but the earnings will be taxed as ordinary income.

We've looked at some general rules governing different sources of income, but you should consult your tax professional about your specific situation. Ultimately, factors such as your goals, lifestyle and time horizon should drive the decisions you make for your retirement income. Nonetheless, you may want to look for ways to control the taxes that result from your various income pools. And the more you know about how your income is taxed, the fewer unpleasant surprises you may experience.

- 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.

ENT

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JILL ON MONEY

Renovations that pay off

There was an upside surprise in the February Existing Home Sales report, as sales increased by more than expected and inventory climbed.

Of course, one month does not change the fact that housing affordability is still tough, and there are many homeowners who are unwilling to give



Jill
Schlesinger

up those ultra-low mortgage interest rates that they locked in a few years ago. As of the end of last year, the percentage of outstanding loans under 4 percent was 55.2%.

As a result, many are gearing up for spring home improvement projects. Before you start the process, it is worth considering which renovations pay back the biggest dividends when you ultimately sell the property.

The Journal of Light Construction's Cost vs. Value analysis provides insights that might surprise you. (That said, maybe you don't care about recouping your investment, which is certainly understandable. Sometimes you are willing to throw money

towards enhancing your living space. As long as doing so doesn't derail your other financial goals, then go for it!)

Biggest bang for the buck

For those who would like to maximize their investment and might sell their home within the next couple of years, the good news is that you don't have to spend tens of thousands of dollars.

Some projects like a new garage or steel entry door cost less than \$5,000 each, but upon sale, you can recoup the cost of those upgrades—and then some—those who replaced garage doors recouped 193.9% back at sale, almost doubling their money, and the entry door was 188%.

If you don't want to pay someone to stage your house in preparation for a sale, consider making minor repairs like touch-ups on paint, replacement of broken windows, cleaning or replacing

old carpets, fixing leaky faucets and re-caulking the showers and tubs. For the outside, cut the lawn, plant flowers and tend to the garden. These cosmetic improvements can increase your chances of selling the home quicker.

Big projects, small returns

People are staying in their homes an average of 8.18 years, the longest tenure since at least 2000, according to data analytics firm Attom. Some of these owners have been waiting to upgrade everything from a kitchen to a bathroom to an office. Before you shell out big bucks, consider a cheaper, more efficient solution.

For example, if you want a brand-new kitchen, know that a minor remodel recoups almost all of your investment, mid-range will get about half of your money back upon sale, and the high-end major kitchen upgrade will only get you about 40% of what you spend.

There are similar returns on the investment of a bathroom upgrade, so maybe slow your roll on the new Jacuzzi and stick to the basics that will make a difference—or add living space, which can increase your home's value.

Paying for the project

Finally, paying for the work is an obvious consideration. The best way to do so is to save in advance for the project. For money that will be spent within the next 12 months, use a high yield savings or money market account.

If you have an investment account, feel free to tap it, even if you have to pay capital gains taxes. If you are looking at financing the improvements, don't give up that ultra-low mortgage rate by refinancing; instead, consider a home equity line of credit ("HELOC") or a home equity loan.


You should also check out whether your project qualifies for a government Title 1 or 203 (k) loan, which are geared to low-moderate income homeowners. The loans are backed by the FHA but are issued through private lenders.

- 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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Aldersgate Village

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Applications being accepted.

Senior Community at 2930 Peterson Road in Lawrence. 2 bedroom duplexes with handicap accessibility, W/D hookups, emergency maintenance and resident service program. Applicants must be 50 years of age or older. One pet allowed. 842-8358 or www.ldcha.org.



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

MAY 3

SPRING ARTISAN FAIR

Showcase of the finest handmade goods from local artisans. This show highlights unique creations from local artisans, including jewelry, paintings, textiles, pottery, home décor, and more from community entrepreneurs. Holcom Park Recreation Center, 2700 W. 27th St., 9 a.m.-4 p.m. Free admission.

LAWRENCE, 785-832-3461

MAY 19

STITCH & B*TCH

Calling all knitters, crocheters, hand sewers, cross-stitchers, and needle pointers. We're gathering at Meeting Room C in the lower level of the library to do some needle work, learn from each other, and discuss and solve the weighty issues of the world. You will be joined by library staff. Registration is not required but we

hope that you do so we can get a handle on the numbers attending and can email you if there is any change. Lawrence Public Library, Meeting Room C, 707 Vermont St., 2-3 p.m.

LAWRENCE

EDUCATION

MAY 5

NEW TO MEDICARE

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

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

MAY 6

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>

MAY 6

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>

MAY 12

GOOGLE DOCS

Learn to create, edit, save and find documents using Google Docs. Attend this class if you are new to word processing or Google Docs specifically, or if you want to refresh your skills.

Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 1-2 p.m.

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

MAY 13

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. We will answer questions about finding and documenting your family. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5-6:30 p.m.

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

MAY 13

CONVERT ANALOG MEDIA TO DIGITAL

Learn about the hardware & software to convert your analog media files to digital. This will cover vinyl players, cassette players and VHS tape conversion using either Elgato software or Audacity. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 7-8 p.m.

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

MAY 14

INTERNET INTRODUCTION

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>

MAY 19

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>

MAY 20

GRAY ANATOMY: EXERCISE & MOBILITY

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

MAY 27

ZOOM FOR BEGINNERS

Learn how to use Zoom tools to attend, participate and start online meetings. Attend this class if you are comfortable with computers, but new to video conferencing or Zoom specifically.

Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 1-2 p.m.

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

JUN 2

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Hughes Room 205, 1-2 p.m.

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

JUN 3

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>

JUN 4

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>

JUN 5

INTERNET INTRODUCTION

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>

ENTERTAINMENT

MAY 7

BLACK VIOLIN

Black Violin is composed of classically trained violist and violinist Wil Baptiste and Kev Marcus, who combine their classical training and hip-hop influences to create a distinctive multi-genre sound that is often described as "classical boom." The band released their major label debut, Stereotypes (featuring Black Thought of The Roots and MC Pharoahe Monch), on Universal Music, which debuted at #1 on the Billboard Classical Crossover Chart and #4 on the Billboard R&B Chart. NPR took note and declared "their music will keep classical music alive for the next generation." Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

MAY 9

STORY SLAM | GRAND SLAM

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 Street. \$10 suggested donation.

LAWRENCE, 785-843-2787

MAY 10

CLASSIC COUNTRY CONCERT

Jim Winters presents the Classic Country Music Matinee Series at the Ottawa Memorial Auditorium. We are bringing award-winning entertainers to the OMA! Join us for live music, poetry, comedy and fun. The May 10 show will feature an evening of powerful duets featuring Jill Warren (from Nashville) and her special guests. Some of your favorite local entertainers will be appearing with Jim and his band, for a variety of talent and entertainment that is sure to please. If you love Country Music from the 50's to the 90's, this is the show you don't want to miss. Ottawa Memorial Auditorium, 301 S. Hickory St., 3 p.m.

OTTAWA

jimwintersmusic.com/concert

MAY 23

4TH FRIDAY FILM - CLASSIC MOVIES

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>

FAIRS & FESTIVALS

MAY 23-25

LAWRENCE BUSKER FESTIVAL

The Busker Festival is on. It's a once-a-year-get-weird-weekend where you will find unusual entertainment all over historic downtown

Calendar

CONTINUED FROM PAGE 14

Lawrence. Join us as we celebrate with a roster of street performers from all around the world. Come and see professional magicians, jugglers, musicians, acrobats, and other performers. It's a full-on festival with food, libations, and fun around every corner. Downtown Lawrence, 5-11 p.m.

LAWRENCE, 913-634-1711

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

APR-OCT

TOPEKA FARMERS' MARKET

Vibrant with color, lively chatter and friendly faces, the Topeka Farmers' Market attracts hundreds of Topeka residents and out of town visitors each Saturday. SW 6th Ave. & SW Harrison St., 7:30 a.m.-12 p.m.

TOPEKA, 785-249-4704

https://www.topekafarmersmarket.com/

APR 12-NOV 22

LAWRENCE FARMERS' MARKET

Opening day is April 12. Buy directly from farmers, chefs, and artisans within 50 miles of Lawrence. Saturdays, 824 New Hampshire St., 7:30-11:30 a.m.

LAWRENCE, 785-505-0117

https://www.lawrencefarmersmarket.org

MAY 12, 19, JUN 2

MONDAY FARMERS MARKET

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

TOPEKA, https://events.tsopl.org/event

HEALTH & WELLNESS

MAY 2, 9, 16, 23, 30

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.tsopl.org/events

MAY 7, 14, 21, JUN 4

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.tsopl.org/events

HISTORY & HERITAGE

MAY 7

THE BRAIN OF THE CARRIER GROUP: THE COMBAT INFORMATION CENTER

Presented by Dr. John T. Kuehn, professor of Military History at the U.S. Army Command and General Staff College. This lecture will begin with the genesis of the shipboard combat information center (CIC) in World War II from the Guadalcanal campaign (1942) up through that at Okinawa (1945). From there it will move to a discussion of the development of the CIC on aircraft carriers through the Cold War and its current incarnation as the Combat Direction Center about US carriers (CVNs). Dr. Kuehn author served as a CDC officer from 1998-2000 aboard the aircraft carrier USS John C. Stennis. The Dole Institute of Politics, 2350 Petefish Dr., 3-4:15 p.m. Hybrid event.

LAWRENCE, 785-864-4900

youtube.com/watch?v=GMrDSqjyGLM

MAY 17

ANNIVERSARY OF THE BROWN V. BOARD SUPREME COURT DECISION

Anniversary of the Supreme Court decision, Brown v. Board of Education. Anniversary events celebrated at the National Historic Site are centered on the weekend closest to May 17th. Check the park website/social media for details, www.nps.gov/brvb (BrownvboardNPS). TOPEKA, 785-354-4273

MAY 19

INTRODUCING MR. GAGE

Discover the story of the man Gage Park is named after. Shawnee North Community Center's Devin Cooper will introduce us to Guilford Gage, who snuck into Topeka via the "Underground Way" in 1856. Topeka and Shawnee County Public Library - Learning Center, 6-7 p.m.

TOPEKA, https://events.tsopl.org/event

MAY 22

SCHOOLHOUSE SURVIVORS OF SHAWNEE COUNTY

Topeka Genealogical Society Monthly Meeting. Robert Chitwood will provide a wonderful presentation of photos and history of the 103 rural schools that were used to educate children in our county. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.

TOPEKA, https://events.tsopl.org/event

JUN 4

BEYOND LEND-LEASE: THE AMERICAN MILITARY MISSION TO CHINA, 1941-1945

Presented by Dr. Geoff Babb, who was commissioned from Bowdoin College in Brunswick, Maine, in 1973 as a U.S. Army Military Intelligence Officer. China's War with Japan began in 1937 with the Marco Polo Bridge Incident near Beijing. While diplomatic and economic means were used to support the Chinese for several years, it was not until the 10th of October 1941 that an American military mission to support

Generalissimo Chiang Kai-shek (Jiang Jieshi) was established. Brigadier General John M. Magruder, an officer with significant experience in China, led a small team of U.S. Army specialists in coordinating the delivery, onward movement, and utilization of military supplies and equipment provided under the Lend Lease program. This effort preceded the official declaration of war against Japan by the United States. This vital mission was a precursor to General Joseph S. Stilwell's assignment as chief of staff to Chiang, commander of all US forces, and the establishment of the China-Burma-India Theater. The Dole Institute of Politics, 2350 Petefish Dr., 3-4:15 p.m.

LAWRENCE, 785-864-4900

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

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

TOPEKA, 785-232-2044

MONDAYS

TOPEKA NEEDLEWORK GUILD

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

TOPEKA, 785-207-1165

FIRST WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

BALDWIN CITY

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

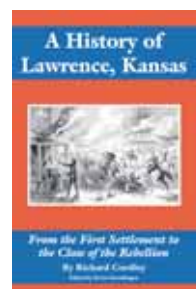
MAY 5

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation.

CONTINUED ON PAGE 18

Like to advertise in Senior Monthly? Our rate card is available at seniormonthly.net or scan in the QR code in this ad.



A History of Lawrence, Kansas
by Richard Cordley
Available at the Watkins Museum of History, 1047 Massachusetts St.,
Downtown Lawrence.

SAVVY SENIOR

Does Medicare cover vision care and eye exams?

By Jim Miller

Dear Savvy Senior: What all does Medicare cover when it comes to vision care? I currently have good vision insurance through my employer but will lose it when I retire. - Almost 65

Dear Almost: Many soon-to-be retirees are a bit blurry with what Medicare does and doesn't cover when it comes to vision care. The good news



is that Medicare covers most medical issues like cataract surgery, treatment of eye diseases and medical emergencies. But unfortunately, routine care like eye exams and eyeglasses are usually the beneficiary's responsibility. Here's a breakdown of what is and isn't covered.

Eye exams and treatments: Medicare does not cover routine eye exams that test for eyeglasses or contact lenses, but they do cover yearly medical eye exams if you have diabetes or are at high risk for glaucoma. They will also pay for exams to test and treat medical eye diseases if you're having vision

problems that indicate a serious eye problem like macular degeneration, dry eye syndrome, glaucoma, eye infections or if you get something in your eye.

Eye surgeries: Medicare will cover most eye surgeries that help repair the eye function, including cataract surgery to remove cataracts and insert standard intraocular lenses to replace your own. Medicare will not, however, pick up the extra cost if you choose a premium multifocal lens that restores full range of vision, thereby reducing your need for glasses after cataract surgery. The extra cost for a premium lens can run \$1,500 to \$4,000 per eye.

Eye surgeries that are usually not covered by Medicare include refractive (LASIK) surgery and cosmetic eye surgery that are not considered medically necessary.

Eyeglasses and contact lenses: Medicare will not pay for eyeglasses or contact lenses, with one exception: If you have had a conventional intraocular lens inserted during cataract surgery, Medicare will pay for eyeglasses or contact lenses following the operation.

Ways to Save

Although original Medicare's vision coverage is limited to medical issues, there are ways you can save on routine care. Here are several to check into.

Medicare Advantage plans: Many of these plans, which are alternatives to original Medicare and sold through

private insurance companies, cover routine eye exams and eyeglasses, but coverage is limited so be sure you understand the specifics.

While I don't recommend enrolling in an Advantage plan just to get vision coverage it is an option you should know about. To locate Advantage plans in your area that provide vision coverage, go to Medicare.gov/plan-compare or call 800-633-4227.

Purchase vision insurance: If you get routine eye exams and purchase new eyeglasses annually, a vision insurance plan may be worth the costs. These policies typically range between \$5 and \$30 per month. Most plans will also have copays or deductibles you'll be responsible for.

Check veterans' benefits: If you're a veteran and qualify for VA health care benefits, you may be able to get some or

all of your routine vision care through VA. Go to VA.gov/health-care/about-va-health-benefits/vision-care to learn more.

Find cheaper shopping options: Many retailers provide discounts—between 10 and 50 percent—on eye exams and eyeglasses if you belong to a membership group like AARP or AAA.

You can also save by shopping at discount retailers like Costco Optical, Sam's Club Optical or Target Optical, which are all recommended by Consumer Reports. Or consider buying your glasses online at retailers like ZenniOptical.com, Eye-BuyDirect.com or GlassesUSA.com which offer big savings.

- 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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NOVEL OPENINGS

Conclave

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 are the opening lines for *Conclave* by Robert Harris

Cardinal Lomeli left his apartment in the Palace of the Holy Office shortly before two in the morning and hurried through the darkened cloisters of the Vatican towards

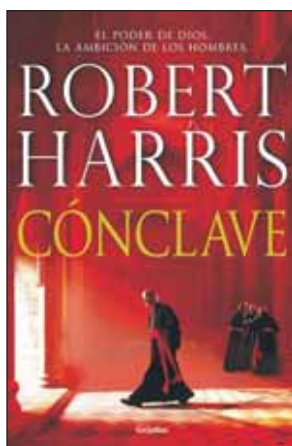
the bedroom of the Pope.

He was praying.: "O Lord, he still has so much to do, whereas all my useful work in Your service is completed.

He is beloved, while I am forgotten. Spare him, Lord. Spare him. Take me instead."

What the novel is about

After the death of an unnamed pope, Cardinal Lomeli, the Dean of the College of Cardinals, oversees a conclave of cardinals to elect the next pontiff. During a prolonged voting period of many ballots, the conclave exposes the failings and sins of each frontrunner, paving the way for a myste-



rious newcomer named Cardinal Benitez to shake the foundations of the Roman Catholic Church. The conclave becomes a battleground of political maneuvering and personal ambition. In the end, Lomeli finally decides to do something drastic, and what will happen after the last conclave is called? The surprise ending is sure to captivate the reader.

About the author

Born in England in 1957, Harris joined BBC to work on news and current affairs reporting. At 30, he became the political editor for The Observer and wrote columns for The Daily Telegraph. His first novel *Fatherland* became a huge bestseller. He wrote other historical fiction, with his latest being *Conclave*. Several of his

novels, including *Conclave*, became a TV series or a movie. Harris currently lives with his wife near Berkshire in England.

What I think of the novel's opening

The idea of a cardinal rushing in the darkness of the Vatican to see a dying pope raised questions to me: Why is he hurrying? What did he want to tell the Pontiff? What is the cardinal afraid of if the pope dies? The word "darkness" in the opening line suggests not only the darkness of the night but a darkness concerning the upcoming conclave.

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

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GOREN ON BRIDGE

WITH BOB JONES

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TOUGH DECISION OR NAP TIME?

Neither vulnerable, East deals

NORTH

♠ A K 5
♥ Q 10 9 7
♦ A 8 5 2
♣ 9 6

WEST

♠ Q 8 7 6
♥ K 5 2
♦ Q 10 6 4
♣ A 2

EAST

♠ J 4 3 2
♥ 6
♦ 9 7
♣ K J 10 7 4 3

SOUTH

♠ 10 9
♥ A J 8 4 3
♦ K J 3
♣ Q 8 5

The bidding:

EAST	SOUTH	WEST	NORTH
3♣	Pass	Pass	Dbl
Pass	4♥	All pass	

Opening lead: Ace of ♣

East's non-vulnerable pre-empt jockeyed North-South into a contract that seemed doomed to fail. South was Swedish expert Peter Fredin, who showed that failure might not be a sure thing.

West's ace of clubs lead was followed by a club to the king. East continued with the jack of clubs to South's queen and a low trump from West. Fredin over-ruffed in dummy

and led the queen of hearts. Low from East and the moment of truth had arrived. Fredin judged it unlikely that the pre-emptor held the king of hearts, so he rose with his ace. He cashed dummy's two high spades, ruffed a spade, and exited with a heart to West's king. West had to lead a diamond or yield a ruff-sluff and the contract came sailing home.

Keen-eyed readers will no doubt have noticed that West could have defeated the contract by ruffing the third club with the king of hearts, or by not ruffing at all. This would have been an elegant defense against this lie of the cards but would have looked foolish if South had started with three low spades and the king doubleton of diamonds.

We would like to report that West considered the position long and hard before deciding what to do at trick three, but in fact, he ruffed low without a care in the world. We hate looking back on a deal and seeing how much better we might have done with a little more effort.

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

Calendar

CONTINUED FROM PAGE 15

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>

MAY 12

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>

MAY 15

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>

JUN 2

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jay-

hawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Anton Room 202, 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

MISCELLANEOUS

MOST SUNDAYS

EXPLORING LIFE'S BIG QUESTIONS

These Unitarian Universalist programs, which are open to the public, are hybrid so you can join in person at 1263 N. 1100 Rd., south of Lawrence, west off Highway 59 or via zoom. Please visit uucpls.org to confirm weekly programs and access the link to join live via zoom. The Unitarian Universalist Congregation of Lawrence (UUC) 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

MAY 2, 9, 16, 23

COFFEE BREAK

Join us online for a cup of coffee and conversation with fellow Retirees. To get on the list, email Lorel at retirement@lplks.org. 9-10 a.m.
LAWRENCE

MAY 17

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



By David L. Hoyt and Jeff Knurek



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

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MY PET WORLD

To take or not to take the dog? How to travel with some peace of mind

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: My wife and I are both retired and are able to begin traveling—something we were never able to do very much due to our work schedules. We are also the proud parents of a five-year-old Golden Retriever named Murphy. He is the love of our lives.

We do not like to be away from him even for one overnight. When we are away, we do not board him but rather have my sister come and stay with him. We know we could take him with us but know that this is not always feasible, especially since some places we visit do not allow dogs except for service animals. Taking him would also result in leaving him in a hotel room—something we are not comfortable with, and neither is he. How can we get beyond this hurdle? - Mark, Cockeysville, Maryland

Dear Mark: I understand how hard it can be to leave Murphy behind—he's part of your family, and the idea of being apart, even briefly, is tough. Having a trusted family member, like your sister, stay with him when you travel is a huge gift, ensuring he stays in a familiar environment with some-

one who cares about him.

Since boarding isn't an option, your best choices are to leave Murphy with your sister or consider an overnight pet sitter who stays in your home. There are also sitters who host dogs in their own homes. Your sister sounds like the best option, but if you feel like you're imposing too much on her, a professional pet sitter—either at your home or theirs—could be a good backup plan.

If Murphy enjoys socializing, doggie daycare with overnight boarding may also be an option. Many facilities offer an open-play environment, allowing dogs to interact during the day instead of being in a kennel. You could try daycare once a week to see how he enjoys it.

If traveling with Murphy is something you would like to explore, look for pet-friendly destinations where he can be part of the adventure rather than staying behind in a hotel room. Many hotels, vacation rentals, and even some cruise lines cater to pets. Pet parents who travel with their dogs train them to be comfortable in hotel rooms, so they can step out for dinner or visit attractions. You can practice this at home by putting Murphy in a quiet room with a treat for short periods, gradually

increasing the time.

Another option while traveling is hiring a local pet walker or sitter at your destination. Some hotels and resorts offer pet-sitting services, and apps, like Rover, can help you find a trusted walker nearby.

Some trips may be perfect for Murphy to join, while others might be better suited for leaving him in trusted care at home. By balancing pet-friendly travel with getaways where he stays behind, you'll have the freedom to explore without guilt, knowing Murphy is safe and happy.

Dear Cathy: Our six-month-old mixed small breed dog has a small toy that she loves to play with. Recently, she has started picking it up very carefully, folding it in half and carrying it around whimpering and crying. Then she tries to hide it. If she gets too upset, I pick it up and put it out of sight. She seems fine with that until the next time. Do you have any insight into this behavior and what should be our appropriate response? - Sharon, St. Charles Missouri

Dear Sharon: Your dog's behavior—carrying the toy gently, whimpering, and trying to hide it—could be a sign of a false pregnancy, also known as a pseudopregnancy. This condition can occur in unspayed female dogs after their heat cycle, even if they were never bred. Their body reacts as if they are pregnant, leading to nesting behaviors, mothering of objects (like her toy skunk), and even physical changes such as swollen mammary glands or

lactation.

The good news is that a false pregnancy usually resolves on its own within a few weeks, but if her behavior becomes distressing or persistent, spaying is the best way to prevent future episodes.

If she is already spayed, this behavior could simply be a form of comfort-seeking or obsessive attachment to the toy, similar to how some dogs become fixated on a favorite object.

In this case, gently distracting her with playtime or swapping the toy out for another one may help break the cycle. Since she seems relieved when you put the toy away, she may not mind a little help moving on from it.

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

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AMERICA'S TEST KITCHEN

Restaurant-worthy rib-eye steaks at home? Yes, it's possible

By Matthew Fairman

Tribune Content Agency

With beefy rib-eye steaks, a solid cast-iron skillet, and a few simple techniques, you can make a truly superlative main course. Spoon an easy browned butter sauce with garlic and herbs over the top, and your diners might start addressing you as “Chef.”

Dry-brining (salting in advance) these thick steaks not only seasoned their interiors but also resulted in more tender, juicy beef. Drying the steaks on a rack and thoroughly heating the heavy cast-iron skillet removed any potential for cold zones and ensured that the steaks built a flavorful, seared-on crust. Flipping them often in the skillet and reducing the heat after the first two flips reduced any overcooked gray band, leaving the rib eyes' interior pink and juicy.

Finally, sizzling butter, whole herb sprigs, garlic cloves, and shallots together in the fat left in the skillet created a deeply aromatic sauce that we poured over the steaks as they rested.

Cast-Iron Seared Rib-Eye Steaks

Serves 4 to 6

2 (1- to 1 1/2-pound) boneless rib-eye steaks, about 1 1/2 inches thick, trimmed

2 to 3 teaspoons kosher salt

1 1/2 teaspoons pepper

1 tablespoon vegetable oil

6 tablespoons unsalted butter

2 small shallots, peeled and quartered through root end

3 garlic cloves, lightly crushed and peeled

5 sprigs fresh thyme

2 sprigs fresh rosemary

2 teaspoons grated lemon zest

1/2 teaspoon flake sea salt

1. Sprinkle steaks evenly on both sides with kosher salt and place on a wire rack set in a rimmed baking sheet. Refrigerate, uncovered, for at least 1 hour or up to 24 hours.

2. Pat steaks dry with paper towels and sprinkle with pepper. Heat a 12-inch cast-iron skillet over medium-high heat for 5 minutes. Add oil to skillet and heat until just smoking. Place steaks in skillet and cook, pressing on tops with tongs occasionally to ensure even contact with pan, until lightly browned on first side, about 2 minutes. Flip steaks and cook until lightly browned on second side, about

3. Flip steaks again, reduce heat to medium-low, and cook, flipping every 2 minutes, until steaks are well browned and meat registers 115 to 120 degrees (for medium-rare), 7 to 12 minutes. Transfer steaks to a 13-by-9-inch baking dish and tent with aluminum foil.

4. Add butter to fat left in skillet and melt over medium heat. Add shallots, garlic, thyme sprigs, and rosemary sprigs and cook, stirring often, until browned butter solids cling to edges of garlic and shallots are deep golden brown, 2 to 4 minutes. Remove skillet from heat and spoon butter sauce and aromatics over steak; tent with foil and let rest for 10 minutes (do not wash skillet; set skillet on cool heatproof surface).

5. Transfer steaks to a cutting board, then return sauce and aromatics, along with any accumulated juices, to now-empty skillet. Slice steaks on slight bias. Return steaks to skillet, arranging aromatics around slices. Sprinkle steaks with lemon zest and flake sea salt. Serve.

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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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Larry Day's *Day Dreaming* features humorous short stories, which have disparate plots, topics and characters. This book is divided into the following theme sections: Media Marvels, Weird Rich Folks, Clueless, Alien Encounters, Marital Blitz, Hilarious Higher Ed, Home Town Folks, Fairy Tales Redus, Luv a Guvmint. Available at Amazon.com.

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RICK STEVES' EUROPE

Germany's Rothenburg keeps its medieval charm alive

By Rick Steves

Tribune Content Agency

As a young backpacker, I fell in love with the picturesque village of Rothenburg, in Germany's Franconian heartland. At that time, the town still fed a few farm animals within its medieval walls. Today its barns are hotels, its livestock are tourists, and Rothenburg is well on its way to becoming a medieval theme park.



Rick Steves

But Rothenburg is still Germany's best-preserved walled town. Countless travelers have searched for the elusive "untouristy Rothenburg." There are many contenders (such as Michelstadt, Miltenberg, Bamberg, Bad Windsheim, and Dinkelsbühl), but none holds a candle to the king of medieval German cuteness. Even with crowds, overpriced souvenirs, and a nearly inedible pastry specialty (a fried ball of pie crust called a Schneeball ("snowball")), Rothenburg is still the best. Save time and mileage and be satisfied with the winner.

By the way, there are several "Rothenburgs" in Germany. Make sure you are going to Rothenburg ob der Tauber (on the Tauber River); people really do sometimes drive or ride the train to other, nondescript Rothenburgs by accident.

In the Middle Ages, when Berlin and Munich were just wide spots in the road, Rothenburg was Germany's second-largest city, with a whopping population of 6,000. Today, it's the country's most exciting medieval town, enjoying tremendous popularity with tourists without losing its charm. There's a thousand years of history packed between its cobbles.

To avoid the hordes of day-trippers, I like to spend the night. Except for the rare Saturday night and during festivals, finding a room is easy. Rothenburg feels all mine after dark. In the deserted moonlit streets, the sounds of the Thirty Years' War still echo through turrets and clock towers.

A walking tour helps bring the ramshackle parts alive. For the serious side of Rothenburg's history, you can take the tour offered by the town's tourist office (or simply follow my guided walk on my free Rick Steves Audio Europe app). But for a thoroughly fun hour of medieval wonderment, take the Night Watchman's Tour. The watchman jokes like a medieval Jerry Seinfeld as he stokes his lamp and takes tourists on

DOMINIC ARIZONA BONLUCELLI, RICK STEVES' EUROPE



Rothenburg ob der Tauber, Germany's best-preserved walled town, is the king of medieval cuteness.

his rounds, while telling slice-of-gritty-life tales.

For the best view of the town and surrounding countryside, climb the Town Hall tower. For more views, walk the wall that surrounds the old town – a 1.5-mile stroll that's at its most medieval before breakfast or at sunset.

Rothenburg's Medieval Crime and Punishment Museum, all explained in

English, is full of diabolical instruments of punishment and torture. Some visitors react with horror, others wish for a gift shop.

St. Jakob's Church contains the one must-see art treasure in town: a glorious 500-year-old altarpiece by Tilman Riemenschneider, the Michelangelo of German woodcarvers. For a closer

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view of this realistic commotion of Bible scenes, climb the stairs behind the organ. It's Germany's greatest piece of woodcarving.

Warning: Rothenburg is one of Germany's best shopping towns. Do it here, mail it home, and be done with it. Lovely prints, carvings, wine glasses, Christmas-tree ornaments, and beer steins are popular. (OK, I admit it, my Christmas tree sports a few ornaments from Rothenburg.)

The biggest of the ornament shops has an excellent little German Christmas Museum upstairs. Its unique collection is much more than a ploy to get you to spend more money. You'll get a look at tree decorations through the ages, Christmas-tree stands, mini-trees sent in boxes to WWI soldiers at the front, early Advent calendars, and old-time Christmas cards, all thoughtfully arranged and described.

To hear the birds and smell the cows, take a walk into the Tauber Valley. A trail leads downhill from Rothenburg's idyllic castle gardens to the cute, skinny, 600-year-old Toppler Castle, the summer home of the town's mayor in the 15th century, Mayor Toppler. While called a castle, the floor plan is

more like a four-story treehouse. The mayor built it in an attempt to demonstrate to townsfolk that it was safe to live outside the ramparts of the densely populated walled town.

From the mayor's house, the trail continues downstream along the trout-filled Tauber River to the sleepy village of Detwang. It's actually older than Rothenburg and has a church with another impressive Riemenschneider altarpiece. To see more of the rural countryside (old mills, apple trees, and

chickens), rent a bike for a breezy half-day pedal around the river valley.

In the night, I'm happy to find myself alone with Rothenburg. Sitting in a mossy niche in the town wall, I finger the medieval stonework and ponder how centuries of hard-working horse carts wore grooves in the cobbles while the winds of history polished half-timbered gables. Notching my imaginary crossbow, I aim an arrow into the dark forest that surrounds the city. (Sorry, Herr Mayor.) Even now, it feels good to

be within these protective walls, where modern-day travelers meet medieval wayfarers.

- 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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JUMBLE ANSWERS

Jumbles: CHUNK, ONION, BEHOLD, PARDON

Answers: When the author answered every question asked, she was being -- AN OPEN BOOK

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MY ANSWER

Why can't spouses seem to get along?

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I'm despondent because my marriage is going down the wrong track and I don't know what to do about it. I tried talking to my pastor but he told me to read the Bible. I've tried but really don't know where to find something that will give me direction. My wife is being completely unreasonable. She says the same about me. She resents me for enjoying sports, and I resent her for her constant aggravation, which leads to bickering. Neither one of us, I guess, is willing to bend. Maybe it is time to go our separate ways. – C.D.

A: "I can't live with him, but I can't seem to live without him either," a woman wrote in desperation. She added that she had moved out of their house three times but still kept coming back. With minor variations, her story could be repeated thousands of times every day.

Each marriage is different, and we mustn't oversimplify or overlook the uniqueness of every relationship. But what is the problem? Why can't spouses seem to get along?

Let's ask another question: What is the opposite of love? It isn't hate (although it may take that form). The opposite of love is selfishness. When a husband and wife are concerned only about their own individual desires, the

stage is set for conflict.

The Bible gives us another way – the way of Christ. True love, it says, is self-giving, not self-seeking. True love puts the needs of others first. This is what Christ did when He left Heaven's glory and came down to Earth to show us how we should live. Begin a new page in your marriage by asking Christ to become the center of your life – and your marriage.

"Love ... is kind; love does not envy; ... does not behave rudely, does not seek its own, is not provoked, thinks no evil. ... Love never fails" (1 Corinthians 13:4–8, NKJV).

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

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Jim Winters

CONTINUED FROM PAGE FIVE

During the COVID pandemic, Winters produced a CD project called *Yearnin'*, which he released in 2021. He wrote three of the 11 tracks on the album, which the International Western Music Association named "Cowboy/Western Swing Album of the Year" in 2022.

After 42 years in the industrial battery industry, Winters retired in January 2024 at a relatively young age.

"I retired at 62 because I didn't want to wait until I was 67 or 70 and die three years later," he explained. "How much time do we have? I had cancer twice before I was 50. When your mortality is on your mind, it makes you think about having the time to do the things you want before you can't do them anymore. The opportunity to play music with my friends is one thing I live for."

More recently, Tiffany Evans, the director of the Ottawa Memorial Auditorium (OMA) in Ottawa, Kansas, contacted Winters and asked if he could help OMA fill some open dates.

"She started by asking if we could do three or four shows," Winters said. "We looked at the calendar, tried to avoid dates with big, local events, and came up with dates for six shows for the Jim Winters' Classic Country Concert Series."

The first show was held on April 12, and the remaining five will be held on May 10, July 26, August 30, September 27, and November 1. All the shows will begin at 3 p.m. at OMA, 301 S. South Hickory Street. Tickets are available at Winters' website, JimWintersMusic.com.

"It's a family-friendly show," Winters said. "It's good, wholesome entertainment. I don't want anyone leaving

having to explain things to their kids." In addition to his website, Winters

also has a Facebook page at facebook.com/JimWintersMusic.

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