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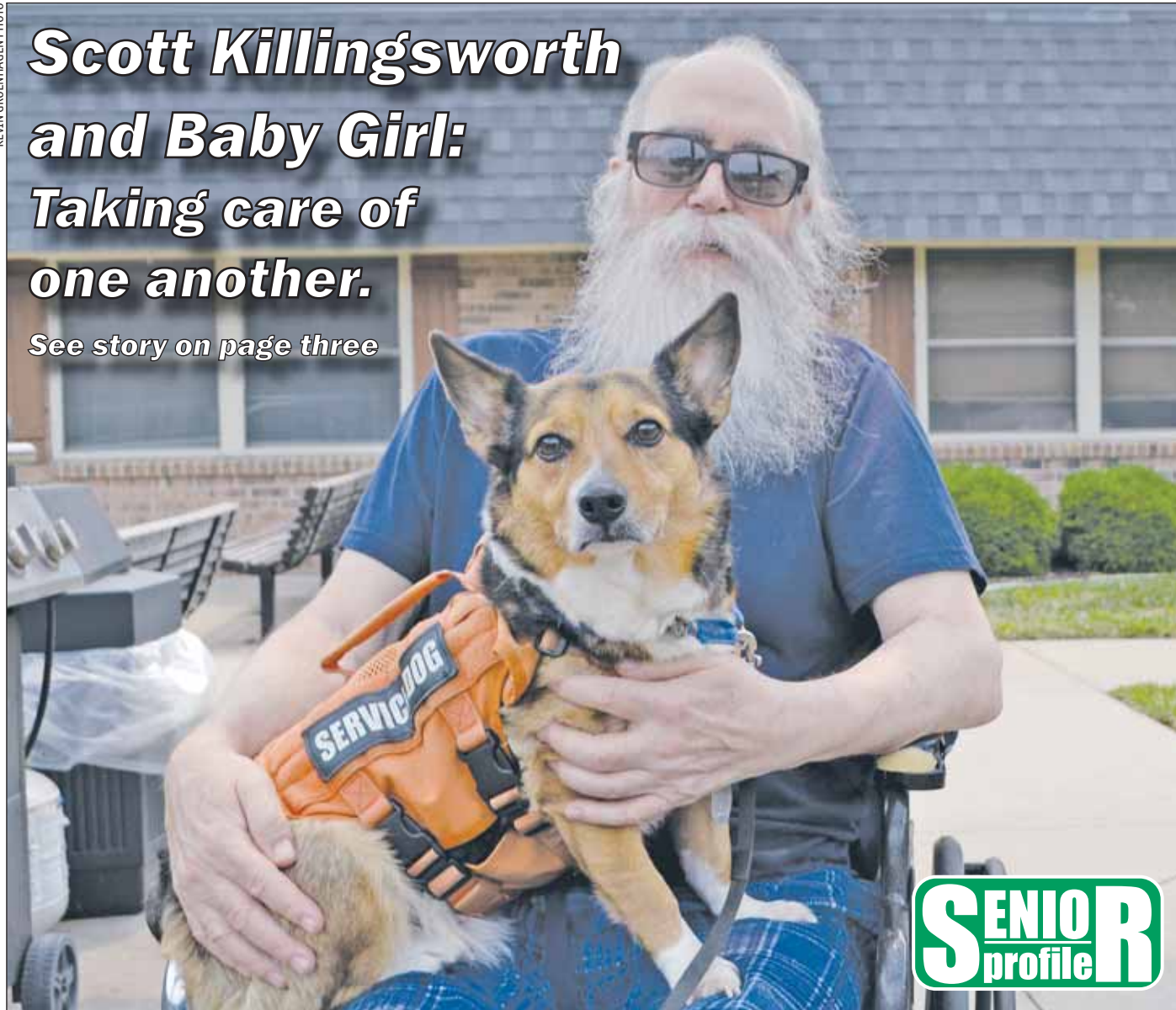
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KEVIN GROENHAGEN PHOTO

Scott Killingsworth and Baby Girl: Taking care of one another.

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Baby Girl joins Killingsworth at Tanglewood Health & Rehab

By Kevin Groenhagen

Earlier this year, Scott Killingsworth was at a bus stop in Topeka when he took an unfortunate step.

"I was wheeling my little rollator," he said. "It's like a walker with wheels on it. I didn't understand that a black curb indicated a step-down curb. If it was red, it meant it was a ramp that you could roll down. I didn't understand that. And there's no signage up that tells you that. I fell and I broke the thigh bone right at the bottom where my implant is."

Angelina Sterrett, the Director of Business Development at Tanglewood Health & Rehabilitation in Topeka, visited Killingsworth in the hospital to see if he could be moved into Tanglewood for rehabilitation and therapy. However, Killingsworth wasn't alone in his hospital room. He had a service dog named Baby Girl.

"Normally, we don't allow animals to stay here at Tanglewood," Sterrett said. "We can have animal visitors.

For example, a family member could bring a dog to visit a loved one. But we have never had an animal on site with someone staying here. When I visited Scott at the hospital, I made sure that we could also accommodate Baby Girl staying at Tanglewood. We took it all the way up to corporate."

Corporate okayed Baby Girl joining Killingsworth at Tanglewood since the Americans with Disabilities Act (ADA) allows registered service animals to accompany their handlers in all public areas, including rehabilitation centers.

There were some concerns about having a dog stay at Tanglewood. However, after being at Tanglewood for two months, Killingsworth and Baby Girl have shown that there was little need for those concerns.

"I'm excited because having Baby Girl here has gone so well," Sterrett said. "She has been very good. She gets a little excited when someone comes in who she doesn't know, but she is always pleasant with people. She is



Scott Killingsworth and Baby Girl

very well-behaved."

Killingsworth is also grateful that Tanglewood has been able to accommodate Baby Girl. They have been

inseparable during the past seven years.

"I got her when she was two," Kill-

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Kevin L. Groenhagen
Editor and Publisher

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Killingsworth

CONTINUED FROM PAGE THREE

ingsworth said. “She was rehomed to me. She had been in a home where they had her as an emotional support dog. I said, well, I have to interview her, so to speak, and see how well she meshes. And she only had a couple of really bad puppy issues that they had not trained her out of. She likes to attack the windshield wipers in the car. And I mean, she goes for them. She could actually cause you to crash your car. Well, I’ve got that straightened out. I tell her to go on the front seat floor, which would also keep her from getting hit by an airbag.”

As one might imagine, Baby Girl has become a bit of a celebrity at Tanglewood.

“She has people who are her regulars, who want to see her, want to pet her, and are lonely, and we go visit them,” Killingsworth said. “So, it’s been a real boon for her and me. The staff told me that a resident named Evelyn wanted Baby Girl and me to come down and visit her. So, I came down there, and while talking, she asked me what my last name was. I said ‘Killingsworth,’ and she said, ‘Well, my husband was in the Air Force with Bill Killingsworth. I said, ‘That had to be my dad. He was out at Forbes. That had to have been my dad!’ She still wants to see Baby, but she wants to see me just as much.”

Per the ADA, Killingsworth is primarily responsible for the care of Baby Girl. That includes feeding, grooming, and other needs, such as taking her outside to do her business.

“I take her out in the morning so she can potty, and then I take her out in the afternoon about two hours after she has eaten, and that’s it for the day,” Killingsworth said. “She will wake me up if she desperately needs to go. I have had to teach her that ‘desperately needs to go’ doesn’t include lizard chasing.”

The lizards Baby Girl likes to chase aren’t native to Kansas. There’s an urban legend that the lizards were either released by the owner of a pet store or escaped from a burning pet store. In truth, the lizards have been traced to a biological supply house called Quivira Specialties, which was

located near S.W. 21st and Gage. It is believed the lizards were set free or escaped from the facility more than 60 years ago. According to a 2011 article in the *Topeka Capital-Journal*, the lizards “spread throughout an area roughly bounded by Gage Park, Shunganunga Creek, S.W. Gage and S.W. Fairlawn.” Tanglewood, located at 5015 S.W. 28th Street, is within those boundaries.

She loves to catch the lizards,” Killingsworth said. “I’ve only let her get one, and I don’t let her eat them because lizards commonly carry salmonella in their skin, and it’ll make them just as sick as salmonella will make a human.”

In addition to allowing Baby Girl to do her business and play a bit, the trips outside benefit Killingsworth.

“It gives me some exercise,” he said. “I was on Ozempic because I’m a diabetic. I lost 45 pounds, but it was almost all muscle. It really distressed me. My arms are skinny compared to what they used to be. I’m working on building my muscle back up. And honestly, a wheelchair is pretty good for me to do that.”

Killingsworth also ensures that Baby Girl is in good shape.

“Regular dog food, if it’s kibble, is not healthy for dogs because they cook all the nutrients out of it. And the reason they do that is that they want it to be that brown color. They claim that it looks tasty to the dogs. Dogs are not carnivores. Dogs are omnivorous just like we humans. And, so, you need to feed them a variety of food. I feed my dog green beans right off my plate. I let her drink the juice. I also buy her a product called Ruff Greens. It’s a product I sprinkle on her food, and it replaces many of the nutrients. It also cleans the tartar from her teeth. I have to take good care of her so she takes care of me. The average Corgi lives to be about 10 years old. And they start slowing down at eight. They’re usually fat before they’re seven. And that’s hard on their joints and everything else. So, it’s important to take good care of your service dogs so they live a long and healthy life and can take care of you better.”

Baby Girl is actually half Cardigan Welsh Corgi and half German Shepherd.

“Her mama got out and met a good

CONTINUED ON PAGE FIVE



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Killingsworth

CONTINUED FROM PAGE FOUR

fence climber,” Killingsworth said with a chuckle. “Her four brothers are all the size of German Shepherds. She’s the only one who came out looking like her mama. She has the gentle nature of a Cardigan Corgi. She likes to hunt like a Corgi and like a German Shepherd. She’s very bright and easy to train. And we call it persistence training. Everybody else calls it stubbornness. But if you get a dog that’s on task, that’s persistence or stubbornness; it’ll stay on task because it knows that’s what it’s supposed to do.”

“Baby Girl provides for a specific need that I have,” Killingsworth continued. “I’m completely deaf in one ear because of a skull fracture I suffered while in high school. She wakes me up. She’ll wake me up if someone comes to my door. If a fire alarm were to go off in here, she’d make sure to wake me up.”

Killingsworth has spent most of his life in Topeka.

“I was born at Forbes Field,” he said. “Mom said she found me underneath the tail of a B-29.”

He spent more than six years as a police officer in Topeka, and then he decided to make a career change.

“I left the police department to go to med school,” Killingsworth said. “I had my path all paved out. I wanted to become a doctor of osteopathic medicine, or DO, rather than an MD. I like their philosophy of healing better. They believe in good food, clean water, and proper exercise. They’re not quick to write a prescription for you. You determine your own health. If you don’t smoke and you don’t drink, you can drink a little bit, not excessively, and don’t lie around all the time, you should have a much longer and healthier life. I planned on going to the Kirksville College of Osteopathic Medicine, which was the first osteopathic college in the United States. And do you know that Mark Twain testified in front of Congress on why osteopaths should be allowed to practice medicine like the MDs? He said, ‘To ask a doctor’s opinion of osteopathy is equivalent to going to Satan for information about

Christianity.’”

Killingsworth’s stay at Tanglewood is expected to end by the time this issue of *Senior Monthly* hits the newsstands.

“I’m gonna get sprung here by the end of this month,” he said. “It’s a matter of letting that big bone heal. And when I went last time for physical therapy, they said I could start a little weight bearing on it.”

“We’re very excited that we’re going to be helping Scott transition into a new home in Lawrence that will also accept his service animal,” Sterrett said. “He could stay here long-term if he wanted to, but he chose to live in an apartment.”

Undoubtedly, long-term residents of

Tanglewood will miss Killingsworth and Baby Girl after they move to their new home.

“We might try to arrange to come back every so often,” Killingsworth said. “That would be nice.”



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Lawrence Chamber of Commerce launches fraud prevention campaign

By Billie David

The Lawrence Chamber of Commerce is launching a campaign focusing on the topic of seniors and fraud, with an emphasis on avoiding financial fraud.

Fraudsters often target seniors because they are seen as having money that they have saved over the years, and they also tend to be more trusting and less familiar with new developments in technology. In addition, it is becoming increasingly difficult to detect scams because the perpetrators are becoming increasingly skilled at what they do.

For example, you might receive a call from a grandchild asking for help. He tells you that he has been in an auto accident and needs money right away, but doesn't want you to tell his parents because he doesn't want to get in trouble. You recognize the voice as that of your grandchild, and you want to help him out, but what you don't know is that AI now has the capability of matching your grandchild's voice from a sample it can garner from social media, and that the call is actually an attempt at scamming you.

Some things to be aware of to protect yourself from fraudsters:

- Be suspicious of calls from relatives, especially grandchildren, asking for help.
- Watch out for people who try to gain the trust of seniors who might be vulnerable because of a desire for companionship, financial security,

or romance. Don't give them money if you haven't met them. If you have questions, consult a trusted friend or family member.

- Beware of people who tell you that you must act quickly or who use scare tactics.
- Do not click on links you find in emails or texts from sources you don't know.
- If you suspect a fraudulent call, tell the caller that you will call them back. If they offer you a phone number, don't use it, but instead look the number up through a reliable source, such as the number on the back of your bank or credit card, if applicable.
- Beware of unexpected messages that look like they might lead to companionship or romance, especially when you are going through a difficult time that leaves you vulnerable.
- Watch out for holiday scams, and if you are purchasing items online, make sure the URL starts with HTTPS. (The S stands for Secure.) And watch out for requests from fake charities, especially during the holidays, and look them up before you donate to them.
- Do not respond to financial alerts that say, "Urgent action required to prevent loss of finances."
- Know that scammers are using cryptocurrency to con seniors, assuming that seniors tend not to be familiar with advanced technology. For example, you may receive a call from a fraudster claiming they are from a government or financial institution and informing you that your account is under attack, and then advising you



to convert your finances through wire transfers into cryptocurrency.

- If you receive an email instructing you to click on a link, go to the website instead.
- Do not give permission to an unknown source to have remote access to your computer.
- Before making a large transaction, consult with someone you trust.
- Use two-factor authentication so that if someone guesses your password, they will still need your phone to log in.
- If a caller claiming to be from the IRS or Social Security threatens you with immediate action, remember that those entities never demand immediate payment; they will send you a letter first, and they won't ask for gift cards or wire transfers.

Ignore pop-ups or phone calls claiming to be from Microsoft or Apple. If your computer has a problem, you should reach out to them instead of the other way around.

- If you get a call from Medicare or your health insurance company saying they need to verify your information, or if they offer you a better plan, remember that neither of these will call and ask you to verify your personal or financial information. Hang up instead and call the number on your insurance card.
- Do not give your personal information to someone who calls you first. Instead, hang up, look up their legitimate phone number, and call them back.
- File your tax return as soon as

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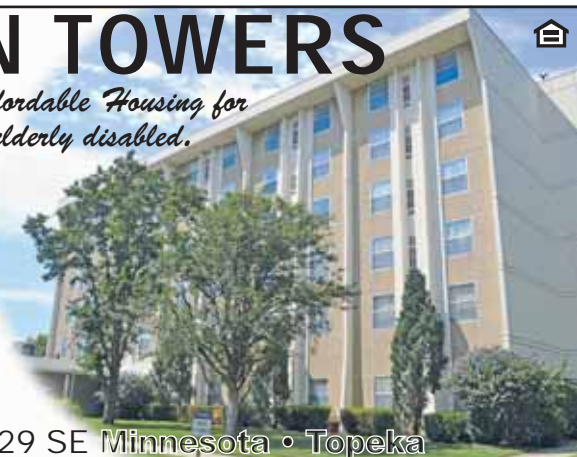
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Fraud prevention

CONTINUED FROM PAGE SIX

possible.

- Guard electronic information by using unique passwords and don't use the same password for other accounts.

- Create online access to your bank and credit cards and check them regularly. If you notice suspicious activity, contact them.

- Don't carry documents and cards that contain your Social Security number with you and don't leave them in places like locked cars.

- If you hear a pause and a click upon answering the phone, and then someone with a heavy accent begins to speak, assume it is a fraud.

- Avoid using Wi-Fi networks and use a PIN or password to protect your information in case your device is lost or stolen.

- Put a freeze on your credit report with TransUnion, Equifax and Experian so that nobody else can open an account in your name.

- Check your credit reports monthly through AnnualCreditReport.com and if you see information such as an unfamiliar account or phone number, contact the three credit bureaus listed above.

- Don't let anyone rush you.

- Trust your gut.

Other things to watch out for:

- Impersonators who say they are

from the IRS and demand payment for unpaid taxes, threatening to arrest you if you do not pay immediately.

- Texts informing you that a package is delayed and telling you to click on an address that takes you to a site that asks you for your personal information.

- Warnings that include urgency and threats with demands for payment through gift cards or cryptocurrency while pressuring you to keep it a secret.

- An email or call from someone telling you that you have won a prize when you didn't enter anything.

If you suspect that you have been scammed, you can call the National Elder Fraud Hotline at 833-372-8311. They can help you by determining what you need and providing information about the next steps you should take.

You can report fraud at www.report-fraud.avtc.gov or chainabuse.com

You can also find excellent additional information at the following addresses and phone numbers:

- fbi.gov/scams
- IdentityTheft.gov
- AARP Fraud Watch Network at 877-908-3360

- Experian's website is Experian.com, and its phone number is 888-397-3742.

- TransUnion's website is TransUnion.com, and its phone number is 800-916-8800

- Equifax's website is Equifax.com, and its phone number is 888-378-4329.

Banks can help seniors avoid financial fraud

By Billie David

In response to questions submitted by this reporter to U.S. Bank concerning how banks can help their customers in cases of fraud, Donna Verdejo, U.S. Bank's district manager covering Kansas, provided the following answers:

Q: Have you personally seen situations where seniors have been defrauded?

A: Yes. Unfortunately, elder fraud is an increasing problem. Any of us can fall victim to fraudulent schemes and scams, but the reality is that elderly individuals are frequently the target of such actions. Reports estimate that financial fraud affecting older adults in the United States totals more than \$3 billion a year.

People can be defrauded by strangers, and, at times, even family and

friends can be the perpetrators.

Q: What, if any, precautions does your bank have in place to prevent fraud?

A: We do have precautions in place. While I can't speak too specifically about them due to security reasons, your money and data are protected by strong security measures at U.S. Bank.

Additionally, there are warning systems in place to help protect your money. For instance, if you have an unusual transaction on your credit and/or debit card, it might be flagged as fraud and your card locked.

Often, falling victim to a fraudulent scheme comes when you least expect it and it's why it's important to remain vigilant. Did you receive notification that you won a sweepstakes you didn't enter and must hand over personal data or money to receive the prize? Per-

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Financial fraud

CONTINUED FROM PAGE SEVEN

haps you received a call from someone claiming to be from the IRS attempting to get you to pay alleged outstanding taxes? These, on the surface, might seem legitimate but unexpected calls, texts, and emails in situations like this should raise a red flag and you should work to confirm that the person on the other end is actually who they say they are.

Q: Have you had any kind of training to spot fraudulent activity?

A: Yes.

Q: If so, what should you do when you spot it?

A: We have a number of protocols in place that, depending on the situation, could lead to additional conversations with clients or their proxies. We also have a team dedicated to helping spot or prevent fraud.

I would like to note that fraud prevention is a partnership. We, at U.S. Bank, work to help spot and prevent fraud, but our clients need to take steps as well. Working together will help us fight these fraudsters and protect your money.

Across the bank, we've seen people fall victim to romance scams—sending money to a person they met online but have never met yet needing funds to pay for rent or a car—as well as investment fraud where elders are tricked into investing in fraudulent companies or cryptocurrency. In some instances, these clients were insistent that their funds be transferred despite the warning signs.

My parting message and best tip for folks is that if it seems too good to be true, it likely is. You should always get a second opinion before sending money to people you don't know or might not know well.

Q: Do you think seniors have been targeted specifically by fraudsters, and if so, why?

A: I do. First, they've had a lifetime to earn and save money. Because of that, many are sitting on a sizeable nest egg that younger people often don't have. It makes them an attractive target for fraudsters.

Second, technology is developing so quickly. Email became common in the 1990s. The first iPhone came in the

2000s. Social media became the “it” thing in the 2010s. Now AI is growing by leaps and bounds every couple of months. While anyone, no matter their age, can fall victim to a scam, it's easier to spot with a healthy dose of skepticism and familiarity with technology.

That means not clicking on links, never giving out personal information to someone you don't know or aren't able to verify first, and never giving someone you do not know remote access to your computer or provide your login credentials. It means using chip-enabled cards or, better yet, contactless payments. When you tap your card to pay, you reduce the risk of skimming (devices that capture card data at check-out) or shimming (a device at a payment terminal that scans your card's microchip and stores information that is later downloaded).

Q: Can you tell me what are some common types of fraud?

A: According to the National Council on Aging, there are a number of common types of elder scams. For instance, imposter scams are really common. Individuals might call you and impersonate others in order to persuade you to send them money. They might say they are from the IRS, local law enforcement, a delivery company, or even your bank. It's okay to gather that person's information, including their work identification information like an agent or badge number, hang up, and call the organization they claim to work at to confirm their identity, or call the number on the back of your card to confirm it was legitimate. To be clear: your bank will **never** call you and ask you to share personal details to confirm your identity.

Robocall scams are also fairly common. Someone may call claiming the person's car warranty is expiring and must pay to renew it or start a call by asking, “Can you hear me?” If you say yes, it can be used to authorize charges on items using a stolen card.

Lastly, fake merchandise pops up quite frequently—especially in the online space. Say you see an ad for a product, you go to the website, and purchase what you think is a legitimate product. However, everything about it is fake. Be sure to do your due diligence before checking out by look-

ing at reviews or finding products at known retailers.

Q: Have you seen occasions where cryptocurrency has been used to fraud seniors? And if so, do you think seniors may be especially vulnerable to this type of fraud?

A: I've not seen this personally, but there is a number of data points out there on how to look out for this.

The FBI, for instance, in their 2024 report showed that seniors were the largest group by age to fall victim to crypto investment fraud. Crypto has also become a preferred way for criminals to get access to money—used in crimes from extortion, investment fraud, tech support fraud and identity theft.

Q: Do you have any advice for seniors to help them avoid fraud?

A: Yes! Please have conversations about new technologies with your bank, a trusted advisor, or other expert.

Additionally, you can reduce risk by naming a financial power of attorney or successor trustee to make financial decisions if the time comes when one is unable to do so.

Also, authorize a trusted contact who can be reached by banks, investment firms and other financial institutions if suspicious activity is detected. The designated individual can be given “view-only” access to the account to help provide additional oversight.

Don't share your passwords to online accounts or other sensitive information such as your Social Security number over the phone or online. Remember, your bank will **never** call you and ask you to share personal details to confirm your identity. Your bank will only do that if **you** call them first.

Before you sign any documents, be sure to consult with a trusted attorney, advisor, or other family member.

Also, it's okay to say “no” to a financial product or new investment relationship. There's rarely a need to rush such decisions.

Lastly, build a relationship with your banker—who can recognize unusual activity that might occur or help you navigate your unique situation.

Q: What should a person do when they realize—or suspect—that they are being scammed?

A: If you think you are a victim of a scam, call your bank using the number on the back of your credit and/or debit card. They'll help you walk through next steps.

You can also report fraud to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud)

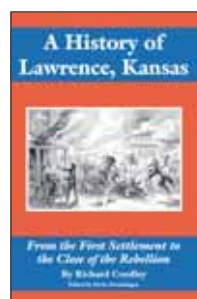
Q: What is the likelihood that victims of fraud can get their money back?

A: It depends on a variety of factors, including the method of payment. For instance, credit cards offer different protections than cash apps. Additionally, crypto payments are typically not reversible as the person who you sent it to has to send it back to you in most cases.

The best thing you can do is call your bank, the company who facilitated any crypto transactions, or whom you bought gift cards from.

Q: Is there anything I haven't asked that you would like to comment on?

A: One final thought, there are no situations where you need to make a decision about your finances—whether it's to move money, invest or something else—immediately or in a short time frame. You should make sure to take time to assess the validity of any request and seek help if you need it.



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KABC to offer free fall prevention training online on September 18

“According to the U.S. Centers for Disease Control and Prevention, 14 million adults aged 65+—about one in four—experience a fall each year,” said Libby Hastings, the communication and public relations coordinator for Kansas Advocates for Better Care (KABC). “Falls remain the leading cause of fatal and non-fatal injuries among older adults, yet many can be prevented with the right strategies and tools.”

To promote fall prevention, KABC has partnered with AskSAMIE to offer a practical, informative session focused on fall prevention and home safety. The free online caregiver training, “Safe at Home: Fall Prevention Strategies for Caregivers,” will be part of KABC’s 2025 Annual Caregiver Training and Membership Meeting on Thursday, September 18, from 12:00–1:30 p.m.

Katie Tipton, a certified occupational therapy assistant and director of business operations at AskSAMIE, will lead the session, sharing practical tips to make homes safer and reduce fall risks so older adults can age in place with confidence. AskSAMIE’s mis-

sion “is to create accessibility in every home by giving everyone the opportunity to know what the best equipment, resources and services are to meet their specific needs for aging in place.”

Those interested in this free caregiver training can register at www.kabc.org/events. The Zoom link will be emailed after registration. If you have questions about the training session, please contact Hastings at lhastings@kabc.org or 785-842-3008.

“Following the training, KABC will hold its annual membership meeting,” Hastings said. “All are welcome to attend, though voting will be limited to members who have contributed monetarily to KABC in the past year. This event is made possible through KABC’s Harriet Nehring Educational Fund.”

Founded in 1975 as Kansans for Improvement of Nursing Homes, KABC’s mission continues to be “Advocating for Quality Long-Term Care for residents of licensed adult care homes.” KABC is a 501(c) (3) non-profit organization, funded by members, contributors, and grants for special purposes.

Books written or reprinted by Kevin Groenhagen:

- ***A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*** by Reverend Richard Cordley (1885, reprint)
- ***Find Your East Frisian Ancestors and Cousins*** by Kevin Groenhagen
- ***Grandma Burright: The Queen of Harness Racing*** by Kevin Groenhagen
- ***Landers & Loomis: Oregon’s Olympians*** by Kevin Groenhagen
- ***The East Frisians in America: An Illustrated History of Their Colonies to the Present Time*** by Pastor George Schnucker (1917, reprint, translated from the original German)

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HEALTH & WELLNESS

Beyond the prescription pad: LMH Health Pain Specialists

By Autumn Bishop

LMH Health

Chronic pain affects millions of Americans, often leaving them with limited treatment options and long wait times. But relief is closer than you think. The team at LMH Health Pain

said that while she cared for a variety of patients, she didn't get to spend time creating relationships. Specializing in pain management gives her the chance to see the progress patients make over time and to get to know them.

Dr. Harper agreed and recalled a pivotal moment with a patient living with pancreatic cancer.

"He was very sensitive to opioid medication, even just the slightest bit and he'd be out of it. He knew he only had a few months left to live, and he wanted to spend it with his family," he shared. "I was able to find the right pain solution for the patient, and he was able to live the last months of his life the way he wanted."

Advanced training

Fellowship training sets these physicians apart. Dr. Colgan completed her

fellowship at the University of Vermont, and Dr. Harper trained at the Mayo Clinic.

"Fellowship is an extra level of training in more advanced procedures, allowing us to more safely and effectively treat your pain," explained Dr. Colgan. "Fellowship allowed me to learn more about the procedures that would benefit my patients, such as using radio frequency ablation to treat arthritic pain."

Traditional pain management approaches often rely on a limited set of options, including trigger point, SI joint or epidural steroid injections. The physicians at LMH Health Pain Specialists offer a broader range of treatments tailored to each patient's needs.

"We spend time reviewing MRIs and X-rays with our patients, explain what's going on, and develop a plan together," Dr. Colgan said. "There may be a procedure that provides a more targeted approach. Sometimes an injection isn't the best option."

A common misconception about managing pain is that the physician's primary role is to prescribe opioids. Patients may hesitate to seek care

because they're afraid that they'll only be offered medication.

"There was a time when the thought was everyone should have an opioid even for a minor injury. My fellowship training took an entirely different approach," Dr. Colgan said.

Dr. Harper had a similar experience.

"I trained during a time when opioid risks were becoming widely recognized," he explained. "We've seen patients who have been on high doses for years, and we've been able to wean them down and off the medication and use other strategies to treat their pain."

Treating the whole person

Pain isn't just physical—it's emotional and psychological too. Dr. Colgan notes that patients often feel anxious when they don't understand the cause.

"Your MRI report will often include words like lumbar spondylosis, and that can sound scary. What that really means is that you have arthritis in your back," she explained. "As we age, we all start to see degenerative changes in our back, and that results in the

CONTINUED ON PAGE 11



Specialists, led by Dr. Amanda Colgan and Dr. Patrick Harper, is transforming pain care with a personalized, patient-first approach.

Both physicians found their passion for pain management during their anesthesia training in residency. Dr. Colgan



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Pain specialists

CONTINUED FROM PAGE 10

changes and pain we experience.”

What can you do to help with age-related pain? Both doctors recommend exercise to strengthen your pelvic floor and core—your stabilizing muscles. Whether it’s physical therapy, Pilates or something else, find exercise you enjoy to help maintain your core stability. Everyone can benefit from that.

There’s also a psychosocial aspect of pain. When you hear this term, it means how things like stress, anxiety, depression, family life and work can affect how you experience pain. Dr. Harper emphasized that doesn’t mean that your pain isn’t real.

“All of these factors can intersect and change your experience of pain. Treating it can involve more than just physical treatments. Things like cognitive behavioral therapy can sometimes really help,” he said.

Expanding access and expertise

Dr. Harper joined LMH Health in 2019 as the sole physician at Lawrence Pain Specialists. Over the last five years, the clinic changed names to LMH Health Pain Specialists and added Dr. Colgan and nurse practitioner Mo Yost. Adding these clinicians has improved access to care.

“Before Dr. Colgan joined, it took two to three months for a new patient to get in to see me. When you’re in pain, that’s unacceptable,” Dr. Harper explained. “It’s also great to have another person to bounce ideas off. We all have different backgrounds, skill sets, strengths and interests, which allows us to make sure patients are getting the best care possible.”

One challenge that many healthcare providers face is prior insurance authorization. The length of time it takes to get that authorization really depends on the kind of insurance you carry.

“About 85% of our patients need

prior authorizations,” Dr. Colgan said. “We can generally proceed with Medicare patients quickly, but Medicare Advantage and other carriers can take up to 15 days. It’s unfortunate but there’s a lot of waiting in the current insurance environment.”

Despite the delays, the team works to get patients seen quickly.

“If we’re able to get that authorization sooner, we’ll work to get you in the clinic as soon as possible,” Dr. Harper said.

Realistic hope

Living with pain can make life difficult. The team at LMH Health Pain Specialists can help you find relief, but Dr. Harper said it’s important to set realistic expectations.

“We have great options for care, but that doesn’t mean that I’m going to make you feel like you’re 20 years old again,” he explained. “I may only be able to reduce your pain by 80%, but hopefully I can make it so that you’re more functional in everyday life.”

If you’re living with pain, contact LMH Health Pain Specialists. They offer treatment and hope, right here in your own backyard.

“We take the time to talk with you, review your images and provide the best options for you,” Dr. Colgan said. “We don’t want you to have to come back endlessly to find relief. Our goal is to get you back to the best physical shape we can.”

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

COURTESY PHOTO



Dr. Amanda Colgan (left), Mo Yost, APRN (center), and Dr. Patrick Harper (right).



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HEALTH & WELLNESS

Leaves of three, let it be

How many of us have heard our parents or grandparents tell us when we were children playing outside, 'If you see a plant with three leaves, leave it alone,' or 'Leaves of Three, Let it Be'? Yes, they were



Dr.
Deena
Beneda

trailing along the ground or climbing on low plants, trees, and poles. Each poison ivy leaf has three glossy leaflets, with smooth or toothed edges. Its leaves are reddish in spring, green in summer, and turn yellow, orange, or red in fall. Poison Ivy may also produce greenish-white flowers and whitish-yellow berries.

The itching, painful, blistering rash can occur after contact with poison ivy. This rash is commonly called contact dermatitis. It is caused by the oil from poison ivy, known as urushiol. Symptoms of poison ivy may appear anywhere from a few hours to several days after exposure to the plant's oil.

Usually, the question is: Is poison ivy contagious? No. Poison ivy rashes cannot be spread from person to person. However, it is possible to get the rash from plant oil that may have adhered

to clothing, garden tools, bike wheels, or other objects that come into contact with these plants. The plant oil stays on most surfaces until it is washed away with water or rubbing alcohol.

The rash will only develop where the plant oil contacts the skin, so a person with poison ivy cannot spread it to other body parts by scratching. It might seem like the rash is spreading if it appears over time instead of all at once. However, this could be because the plant oil is absorbed at different speeds in different areas of the body, or due to repeated exposure to contaminated objects, or because plant oil gets trapped under the fingernails. Even if blisters break, the fluid inside is not plant oil and cannot cause the rash to spread further.


How can you prevent poison ivy? Learn to identify the plant. Regularly wash your garden tools and gloves. If you suspect you're working near poison ivy, wear long sleeves, long pants tucked into boots, and waterproof gloves. Wash your skin with soap and cool water immediately if you come into contact with the plant. The sooner

you wash, the better your chances of removing the plant oil or preventing it from spreading further.

How do you treat poison ivy? Avoid scratching the blisters, as bacteria from under your nails can cause infections. The rash, blisters, and itching usually heal and improve over time. Typically, a urushiol oil rash lasts about five to twelve days, but in severe cases, it can last longer than a month, depending on the treatment received. You can relieve itching by using wet compresses, applying over-the-counter topical corticosteroid preparations, and using skin protectants such as zinc carbonate and calamine lotion, which can help dry the oozing and weeping from poison ivy. Protectants, such as baking soda or colloidal oatmeal, also help soothe minor irritation and itching.

So, when out enjoying the great outdoors this summer, remember "Leaves of Three Let it Be".

- 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

Leg pain? It may be your arteries

By Fahad Shuja, M.B.B.S.

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: I'm 52 years old and enjoy long walks with my husband and our dog. I recently started to experience pain in my left calf during our walks. The leg pain goes away when I rest. Because I have a history of high blood pressure, I went to see my primary care physician and was diagnosed with peripheral artery disease. What is this condition, and what treatments are available? Will I need surgery?

ANSWER: Peripheral artery disease is a common, chronic medical condition that affects circulation in the body due to narrowed arteries. The narrowing of arteries is caused by a buildup of fatty deposits, called plaque, which reduces blood flow from the heart to different regions of the body. This can affect the arms, but most commonly, it is an issue found in the legs.

The risk of developing peripheral artery disease increases with age, particularly for those over 65 or after 50 if you have certain risk factors. Factors that can contribute to your risk include:

- A family history of peripheral artery disease, heart disease or stroke
- High blood pressure
- High cholesterol
- Diabetes
- Chronic kidney disease
- Obesity (a body mass index over 30)
- Smoking tobacco/using tobacco products

Many people with peripheral artery disease have mild or no symptoms, while others experience leg pain when walking or even at rest. The severity of your symptoms and the extent of the blockage are used to categorize the stage of your peripheral artery disease and inform specific treatment options.

There are two stages of peripheral artery disease. The early stage is called claudication, when people experience pain when walking or engaging in activity. In this stage, the pain begins during exercise and ends with rest. It is usually felt in the calves, thighs and buttocks.

The advanced, severe stage of peripheral artery disease is called critical limb threatening ischemia. During this stage, pain is often felt in the feet, even without walking, and is worse during

rest or when lying down. You also may experience open sores or wounds on your limbs or feet that won't heal. Critical limb threatening ischemia may cause tissue death or gangrene on your feet. If this goes untreated, it can lead to leg amputation.

Treatment for peripheral artery disease varies depending on its severity. When it's diagnosed early, lifestyle changes and treatment of underlying medical conditions are often enough to manage symptoms. This may mean taking appropriate medications to control high blood pressure and high cholesterol, controlling blood sugar levels if you have diabetes, quitting smoking, eating a healthier diet with fewer fatty and highly processed foods, and regular exercise or engaging in a walking program.

For more advanced disease, restoration of blood flow is necessary in addition to lifestyle changes. Therefore, the goal of surgery is to restore blood flow and prevent leg amputation.

One treatment option is percutaneous endovascular surgery, a minimally invasive approach. In this operation, the surgeon guides a thin, flexible tube called a catheter through the groin, foot or wrist to the narrowed part of the artery. A tiny balloon is inflated to widen the blocked artery and improve blood flow. A stent, a small wire mesh tube, may also be placed in the artery to keep it open.

The more invasive surgical option

is bypass surgery. The surgeon creates a path around the blocked artery using either a healthy blood vessel from another part of the body or a synthetic one. One end of the healthy vein is connected to the artery above the blockage, and the other is attached below the blockage so that the blood will detour into the bypass.

When diagnosed with peripheral artery disease, it's important to consult a vascular surgeon to determine the best treatment for you. Vascular surgeons can perform both minimally invasive procedures and complex bypass surgery.

By incorporating lifestyle changes and treating any underlying medical conditions early, you can significantly improve your quality of life and prevent progression to more severe stages of disease. Peripheral artery disease is a marker for your overall cardiovascular health, and managing it correctly can lead to a longer, healthier life. — Fahad Shuja, M.B.B.S., Vascular Surgery, Mayo Clinic, Rochester, Minnesota

- 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®

Why rebalancing your portfolio matters — and how to do it

In life, balance is everything — whether it's finding time between work and family or maintaining a healthy diet. The same goes for your investments. Keeping your financial portfolio balanced is a smart way to stay on track toward your long-term goals, even as the markets shift.



*Derek
Osborn*

That's where portfolio rebalancing comes in. Rebalancing is the process of adjusting your investments — like stocks, bonds and cash — so they stay in the right mix for your needs. This mix, known as your asset allocation, is designed to reflect your comfort with risk, your investment goals and how long you have until you'll need to use the money for a major life event like retirement or the purchase of a new home.

For example, let's say your target portfolio is made up of 60% stocks, 30% bonds and 10% cash. Over time, as the value of each investment changes, your portfolio may become unbalanced. If stocks have a great year and rise in value, they could end up

making up 70% of your portfolio. That means you're taking on more risk than you originally intended.

To get back to your 60/30/10 target, you would sell some stocks and possibly buy more bonds or cash investments. This helps bring your portfolio back in line with your goals.

Markets go up and down. That's normal — but it also means your portfolio can shift without your even touching it. If you don't rebalance regularly, you might be taking on too much (or too little) risk.

Rebalancing offers several benefits. It helps keep your investment plan on track and manages your exposure to risk. It also encourages disciplined decision-making, rather than chasing trends.

It might feel strange to sell investments that have been doing well and buy ones that haven't. But this strategy can help you "buy low and sell high," which is one of the key ideas behind successful investing.

You may be wondering how often you should rebalance your portfolio. There really is no one-size-fits-all answer. Some people rebalance once a year. Others do it more frequently based on how far their investments drift from their target percentages.

What's important is that you check your portfolio regularly — at least

annually — and make adjustments when needed. After big market movements, whether up or down, it's a good idea to take a closer look.

Keep in mind that if you rebalance by selling investments in a taxable account, you might owe capital gains taxes. Also, some brokers charge fees for trades. But if you own similar investments in a retirement account like an IRA or 401(k), you can often rebalance without triggering taxes. A financial advisor can help you choose the best approach — and may even be able to help you avoid or reduce costs.

Your ideal investment mix will probably change as your life changes. Younger investors might favor stocks for growth. As you near retirement, you may want to focus more on income and stability. Rebalancing helps you adjust as your goals evolve.

Think of your portfolio like a car on a road trip — regular check-ins and small course corrections will help you stay on the right path. A financial advisor can help you design a strategy that keeps your investments

aligned with your goals every step of the way.

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

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JILL ON MONEY

The burrito barometer

Over the past couple of weeks there has been enormous attention on President Donald Trump's verbal dressing down of Fed Chair Jerome Powell, which will heat up again after the July Fed policy meeting.

Until there is something new to report on the frenemies, I am more focused on understanding what's going on in the economy, which appears to be chugging along. To wit, I offer you "The Burrito Barometer."



*Jill
Schlesinger*

I thought about this after Chipotle Mexican Grill released its second quarterly earnings report. The company said that its same-store sales dropped by 4 percent, which was one of the worst quarterly drops since the COVID shutdown in 2020.

Do these weaker-than-expected results indicate that consumers are under pressure, and cutting back on indulgences like a \$15 fast-casual burrito? If so, does that mean that the economy is weakening and the Fed should cut rates?

I am willing to concede that this might be far-fetched, like the so-called

"Hemline Indicator," a theory that posited that shorter skirts indicated economic booms, while longer hemlines predict downturns. But there is ample evidence that growth is softening, though not collapsing.

As Goldman Sachs chief economist Jan Hatzius notes, "It does seem that growth actually has slowed a substantial amount," and KPMG chief economist Diane Swonk chimes in with data from the Fed's Beige Book for July, which "was not encouraging, as it revealed slowing growth amidst rising cost pressures."

Both Hatzius and Swonk believe that growth this year will come in at around 1.5%, down from 2.5% in 2024, mostly due to the impact of tariffs.

So far, there has not been a big jump in the overall consumer inflation rate, perhaps because so many businesses loaded up on inventory in the first quarter. As those firms sell their existing inventory, they will be faced with much higher tariff rates on new orders, leading to a tick up in inflation.

According to economist (and Nobel Laureate) Paul Krugman, U.S. businesses are already "seeing a sharp rise in costs," but "these costs haven't been fully passed on to consumers, probably in part because businesses have been expecting tariffs to come down. But once businesses see how high tariffs on Japan and Europe are after they've made deals, their willingness to absorb the tariffs rather than passing them on

to consumers will evaporate... U.S. consumers will soon be suffering."

Some tariff-related price increases will be obvious, like when you buy an imported or domestic car, a computer, a new electronic gadget, toys, and furniture. If you are not in the market for those goods, be prepared for stealthier price increases, like those imposed by Amazon.

According to analysis by the Wall Street Journal, the so-called Everything Store "quietly raised prices on low-cost products such as deodorant, protein shakes and pet care items," amounting to a 5.2% bump over the past five months.

Those kinds of increases are going to seem quaint, when compared to the cost of health care coverage in 2026. According to the Peterson-KFF Health System Tracker across 105 Affordable Care Act Marketplace insurers premiums will increase "by

a median of 15%" and many ACA enrollees will see a drop in federal subsidies for their coverage, due to the change in tax policy that was enacted.

Separately, a survey from Mercer found that more than half of large employers (those with 500 or more employees) say they are likely or very likely to make plan design changes in 2026 that would shift more cost to employees, such as raising deductibles or out-of-pocket maximums.

All of those added costs might make you think twice about that Chipotle burrito!

- 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.

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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.

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SIT & STITCH

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

OCT 4 & 5

HASKELL INDIAN ART MARKET

This vibrant event promises an immersive experience, showcasing the incredible talent and cultural significance of Indigenous artists

and performers. Browse through a large array of vendors offering delectable food, exquisite jewelry, pottery, fine art and other handcrafted items. Watch captivating performances as Indigenous dancers showcase their traditional dances. Haskell Indian Nations University, 2535 West Perimeter Rd., 10 a.m.-5 p.m.

LAWRENCE, 785-749-8467

EDUCATION

SEP 2

EXCEL 1

Learn about cells, columns, rows, AutoSum, simple formulas and page setup features. You should take this class if you are comfortable with computers, but new to Excel, 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>

SEP 2

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>

SEP 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>

SEP 4

EXCEL 2

Learn to create field names, sort lists and link worksheets. Familiarity with basic Excel is required for this class. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 10-11 a.m.

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

SEP 5

HEALTHY BLUE KANSAS COMMUNITY PARTNER

Discover available healthcare services, value-added benefits, and how Healthy Blue Kansas supports your whole-person health. Topeka and Shawnee County Public Library - Community Resources Office 120C, 2-4 p.m.

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

SEP 8

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>

SEP 8

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>

SEP 9

FINDING YOUR FAMILY IN VITAL RECORDS

Discover free online resources to help you find your family and learn how to add documents and sources to your build your online family tree. We will also answer your questions about family research. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5-6:30 p.m.

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

SEP 15

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>

SEP 15

NEW TO MEDICARE

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

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

SEP 16

GRAY ANATOMY: HOW TO READ YOUR LAB RESULTS

Learn about what to expect as you age in our popular series with LMH Health. We'll talk about a new health topic each month. Each subject will be presented by our partner LMH Health and a chosen specialist in the medical area under discussion. For September, we'll hear a presentation from Holly Hamilton at the LMH Health Laboratory on reading your lab results. Gray Anatomy is a Zoom only program. You will receive the Zoom link the day before the event.

LAWRENCE

lawrence.bibliocommons.com/events

SEP 17

CREATING ORAL HISTORIES

Learn to use the tools in our Oral History Kits to conduct an interview, use our list of questions to ask the best questions to tell your family's stories, & check out the Kit from the Topeka Room. Topeka and Shawnee County Public Library - Anton Room 202, 6-8 p.m.

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

SEP 17

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>

SEP 18

MICROSOFT WORD BASICS

Learn to create, edit, save, and find documents using Microsoft Word. Attend this class if you are new to word processing or Microsoft Word specifically, or if you 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>

SEP 18

FALL PREVENTION STRATEGIES FOR CAREGIVERS

Join Kansas Advocates for Better Care (KABC) for its 2025 Annual Caregiver Training and Membership Meeting. This year's training will be led by Katie Tipton, a Certified Occupational Therapy Assistant and the Director of Business Operations at askSAMIE. Katie will walk caregivers through practical, effective ways to reduce fall risks in the home. Register online at kabc.org/events. Zoom link will be provided after registering. 12-1:30 p.m.

LAWRENCE, 785-842-3088

SEP 19

GARDENING AS WE AGE

Do you love to work in your garden, but find your stamina and abilities decline a little more as your years increase? Join us for an hour long tutorial with Master Gardener Kevin Nelson as he shows us how to keep on gardening, and get rid of our bad gardening habits as well! This program is live and in person in the library auditorium. Fall gardening is upon us and winter cleanup isn't far behind. Join us for a timely hour of expert information and encouragement. Registration required. Lawrence Public Library, 707 Vermont St., 1-2 p.m.

LAWRENCE, 785-843-3833

lawrence.bibliocommons.com/events

SEP 20

INTRO TO STREAMING

Whether you're looking to build a gaming channel, host live tutorials or just connect with an audience in real time this course will guide you through the essential tools and techniques. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 11 a.m.-12 p.m.

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

SEP 22

ONLINE SAFETY TIPS

Learn how to navigate online safely. We will talk about basic internet safety, passwords, and common online and email scams. Take this class if you are new to computers or want to refresh your skills. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 6-7 p.m.

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

SEP 24

INTRO TO SMARTPHONES: ANDROID

Learn to use your Android Smartphone. Use Gmail and text, get directions using Google Maps, search the internet, download apps, change your settings, and other useful tasks. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 6-7 p.m.

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

Calendar

CONTINUED FROM PAGE 16

SEP 27

INTRO TO SMARTPHONES: IPHONE

Learn to use your iPhone. Use email and text, get directions using Apple Maps, search the internet, download apps, change your settings and explore other useful tasks. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor) 11 a.m.-12 p.m.
TOPEKA, <https://events.tscpl.org/events>

SEP 29

LOCAL TOPEKA ELECTION CANDIDATE MEET AND GREET

Meet the candidates for Topeka Mayor and City Council districts 1, 3, 5, 7 and 9. Volunteers will be available to help find your district and answer questions about the Nov 4 general election. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 5:30-7:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

SEP 30

EXCEL 1

Learn about cells, columns, rows, AutoSum, simple formulas and page setup features. You should take this class if you are comfortable with computers, but new to Excel, 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

SEP 26

4TH FRIDAY FILM - HOW GREEN WAS MY VALLEY

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 - Room 123, 1:30-4 p.m.
TOPEKA, <https://events.tscpl.org/events>

SEP 29

CLASSIC MOVIE MONDAY

Join us every last Monday of the Month (Except May and December) for Classic Movie Night. This is a sponsored free event. Plaza Cinema Movie and Memorabilia Museum 209 S. Main St., 2 p.m. Free.
OTTAWA, 785-242-0777, plaza1907.com

SEP 21

HARPISTS FOR PEACE

Unwind with staff member Jim Mosher and his harping friends. Every year harpists from Kansas and Missouri come together for music, community and peace. Hear solos and ensembles, and join in a sing-along. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 3-5 p.m.
TOPEKA, <https://events.tscpl.org/events>

SEP 27

CLASSIC COUNTRY CONCERT

Jim Winters' Birthday Party with special guests

Leah Sproul and Marvin Gruenbaum. A night of music, fun, and surprises as we celebrate Jim Winters' special day with his friends and bandmates. Tickets online or at the door. Ottawa Memorial Auditorium, 301 S. Hickory St., 3 p.m. Fee.
OTTAWA
jimwintersmusic.com/concert

SEP 28

THE ROMM TRIO

International performing artists Ronald, Avis and Aaron Romm come together in The Romm Trio, a unique two-trumpet-and-piano ensemble that enthralls audiences with their versatile, warm and deeply personal concert experiences. Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/event/romm-trio

SEP 29 & 30

CHARLES GOOLD ENSEMBLE

Charles Goold is one of New York City's hardest working jazz drummers of his generation. Being the son of jazz tenor saxophonist Ned Goold and a Haitian mother, Goold has used both experiences in his upbringing to form a style of jazz blending modern hard-bop stylings with traditional Haitian and Afro-Caribbean rhythms. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/event/charles-goold-ensemble-jfjs-1

OCT 3 & 4

LAUGH LINES IMPROV COMEDY

Come out for a night of fast-paced improvisational comedy that you won't forget! LAUGH LINES is known to pack our theatre and has become a Topeka favorite. Each show is a blend of outrageous comedy sketches and audience participation games. You won't want to miss a single exciting evening with this troupe of sharp-witted comics. Topeka Civic Theatre & Academy 3028 SW 8th Ave., 8 p.m. Fee.
TOPEKA
topekacivictheatre.com/shows/laugh-lines-improv-comedy

EXHIBITS & SHOWS

MAR 7- SEP 27

THE WATKINS AT 50: MAKING HISTORY WITH OUR COMMUNITY

This exhibition is about more than the museum marking 50 years of existence; it is really a celebration of our community's efforts to preserve its heritage. Countless volunteers and community partners in local government, non-profits, and the private sector keep the Watkins anchored at 1047 Massachusetts. Recurring weekly on Tuesday, Wednesday, Thursday, Friday, Saturday 1-4 p.m. Free.
LAWRENCE, 785-841-4109

AUG 23-OCT 5

AMERICANS: SMITHSONIAN EXHIBIT - LAWRENCE

Americans is based on the exhibition of the same name currently on display at the Smithsonian's National Museum of the American Indian (NMAI). Curated by Paul Chaat Smith (Coman-

che) and Cécile R. Ganteaume, the exhibit uncovers the many ways American Indian images, names, and stories have been part of the nation's identity since before the country began. Americans use historical photographs and objects representative of those in the Smithsonian's collection to tell their stories. Watkins Museum of History 1047 Massachusetts St. LAWRENCE, 785-357-0359

SEP 2-14

SEPTEMBER 11, 2001: THE DAY THAT CHANGED THE WORLD

In commemoration of the anniversary of the September 11, 2001, attacks, the Dole Institute will be displaying a special memorial poster exhibit, "September 11, 2001: The Day That Changed the World," developed by the 9/11 Memorial Museum with support from the National Endowment for the Humanities. The exhibit reviews the events of the day, highlights personal experiences, and invites reflections

from all patrons. Guests can also view the Institute's permanent September 11 Memorial in Hansen Hall, featuring two original beams from World Trade Center Tower 1. Robert J. Dole Institute of Politics, 2350 Petefish Dr. LAWRENCE, 785-864-4900

FAIRS & FESTIVALS

SEP 4-6

JOHNSON COUNTY OLD SETTLERS FESTIVAL

The Johnson County Old Settlers Festival is a unique celebration of local heritage, history, and community spirit—uniting families, local businesses, and visitors for a weekend of fun, cultural displays, live entertainment, delicious food, and an unforgettable parade. Downtown Olathe, 9 a.m.-11 p.m.
OLATHE, 913-787-1378
johnsoncountyoldsettlers.com

CONTINUED ON PAGE 18

Jim Winters Presents

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Saturday Matinee! Showtimes 3 pm

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9/27/25 Jim's Birthday Party!
With Special Guests:
Leah Sproul & Marvin Gruenbaum

11/01/25 SEASON FINALE!
Ledgends of the Opry Tribute

www.jimwintersmusic.com/concert

Purchase Online:
Get Tickets Online \$15



Calendar

CONTINUED FROM PAGE 17

SEP 5-14

2025 KANSAS STATE FAIR

Each year over 300,000 people gather from all parts of the state to celebrate all things Kansas. From thrilling rides and delicious fair food to must-see entertainment and agricultural exhibits, there's something for everyone. Kansas State Fairgrounds, 2000 N Poplar. HUTCHINSON, 620-669-3600

SEP 13

LOWRIDER CULTURE FEST/FESTIVAL CULTURAL

Admire unique lowriders from area car, truck and bike owners. Honoring Hispanic Heritage Month. Free admission. Honrar el Mes de la Herencia Hispana. Entrada gratis. Gage Park - Carousel Parking Lot, 11-3 p.m. TOPEKA

SEP 20

KANSAS BOOK FESTIVAL

The Festival is free and open to the general public, both adults and children. Over 45 prominent authors give presentations based on new books in nonfiction, fiction, and poetry, plus picture books and young adult novels. The festival also includes outdoor performances, food trucks, a children's activity tent, and exhibitor tents with publishers, book artists, and literacy nonprofits from the Kansas region. Washburn University, 234 SW Greenwood Ave., 9 a.m.-4 p.m. TOPEKA, 515-953-9720

SEP 27-28

FALL FESTIVAL AND SWAP MEET

Join us as we make and sell apple cider and sorghum, the old-fashioned way. All exhibits will be up and running. We have modern restrooms and full-service kitchen on-site. Meriden Antique Engine and Threshers Association, 8275 K-4 Hwy, 7 a.m.-4 p.m. Fee. MERIDEN, 785-224-4363

FARMERS' MARKETS

MONDAYS

MONDAY FARMERS MARKET

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

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 cottonhardware.com/farmers-market

THURSDAYS

TONGANOXIE FARMERS' MARKET

Every Thursday, Tonganoxie Public Library, 217 E 4th St., 5-8 p.m. TONGANOXIE

APR-OCT

BALDWIN CITY FARMERS' MARKET

Saturdays, High St. (Downtown), 7:30 a.m.-12 p.m. BALDWIN CITY

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 22-SEP 4

GARDNER FARMERS' MARKET

Thursdays (with the exception of July 3 and July 31), 215 N. Center St., Cornerstone Park, 4-7 p.m. GARDNER

JUN-SEP

WELLSVILLE FARMERS' MARKET

The Wellsville Farmers' Market sells fruits and vegetables, flowers and plants, specialty foods, a variety of meats, jams and jellies, and more. Saturdays, 411 Main St., 8-11 a.m. WELLSVILLE

HEALTH & WELLNESS

SEP 3, 10, 17, 24

GERI-FIT - STRENGTHEN FOR FREEDOM

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

SEP 5, 12, 19, 26

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 - Room 123, 10:30-11:30 a.m. TOPEKA, events.tscpl.org/events

SEP 6

LMH ANNUAL HEALTH FAIR

Free health screenings provided by local physicians and practitioners with health & wellness information exhibits & comprehensive blood work for a nominal fee. Registration required. LMH Health Hospital, 325 Maine St., 7:30-10:30 a.m. LAWRENCE, lmh.org/wellness/events

HISTORY & HERITAGE

SEP 5

ONE MAN'S WAR STORY - A KANSAS BOY AT NORMANDY

Learn how small town Kansas boy, Charles Neighbor, became part of the D-Day invasion at Normandy. His son, Chad, will tell how Charles was drafted and became part of the famous 29th Infantry Division. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 5:30-6:30 p.m. TOPEKA, <https://events.tscpl.org/events>

SEP 9

HISTORY OF IMMIGRATION: EXPATS AND GLOBAL POWER DYNAMICS

This series explores the complex history of global immigration. Led by a diverse group of historians and researchers, each session will offer a unique perspective on the ways migration has shaped cultures, identities, and global politics. In this session, we're joined by Sociologist Erin Adamson, who will present her research on the effects of migration flows from global superpowers to so-called "developing countries." Registration encouraged but not required. Lawrence Public Library, 707 Vermont St., 5:30-6:30 p.m. LAWRENCE, 785 843-3833 lawrence.bibliocommons.com/events

SEP 20

TOPEKA'S AFRICAN AMERICAN BURIAL GROUND

Ritchie Cemetery Friends Group will discuss Topeka's African American Burial Ground, the development of the Ritchie Cemetery website, events at the cemetery and future plans. Topeka and Shawnee County Public Library - Learning Center, Virtual Room 02, 3-5 p.m. TOPEKA, <https://events.tscpl.org/events>

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

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

MONDAYS

TOPEKA NEEDLEWORK GUILD

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

SEP 8

CAREGIVER SUPPORT MEETING

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

SEP 12

LIFELINES BRAIN INJURY SUPPORT GROUP

This group is open to people with a brain injury of any kind (TBI, stroke, anoxic injury, etc) as well as their loved ones. Facilitators from LifeStreams are dedicated to creating an open and informative environment, where community members can connect with each other, share resources, and feel encouraged, lifted up, and heard. Lawrence Public Library, 707 Vermont St., 4-6 p.m. LAWRENCE

SEP 18

CAREGIVER SUPPORT MEETING

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

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HUMOR HOTEL

Advice for the Coldplay kiss-cam guy

By Greg Schwem

Tribune Content Agency

By now anybody with a social media presence, even MySpace, is familiar with Andy Byron.

During a Coldplay concert in Massachusetts, the former CEO of New York-based tech firm Astronomer was caught on a “kiss-cam” canoodling with a woman who was not his wife. Instead, it was his company’s HR director.

Within days Byron tendered his resignation, reportedly became a defendant in divorce proceedings and found himself the subject of countless memes, spoof videos and Coldplay song parodies trashing his name and reputation.

Not since Matt Lauer has someone’s personal and professional life exploded in such spectacular and public fashion.

Byron is certainly not the first guy whose indiscretions were discovered. The National Institutes of Health report 88.8% of divorced couples cite infidelity as the reason for ending their marriages. However, Byron may be the first, indeed the ONLY husband whose downfall was caused by a Jumbotron and accompanying commentary from a rock band’s lead singer.

“Either they’re having an affair or they’re very shy,” said Coldplay frontman Chris Martin, as Byron ducked out of frame and his companion covered her face.

So where does Byron go from here? Undoubtedly he has divorced friends. I’m not his friend, but I’d be happy to step into that role if he called. I am recently divorced and could offer him comfort and support, just as my divorced friends did during my most difficult moments. I had questions; they had answers.

However, I didn’t begin my queries with, “Hey guys, what do I do now that my kiss cam mug has been shared millions of times?”

“Can’t help you there, dude,” would have certainly been the response. They might have added, “Cheer up, Greg. At least ‘Saturday Night Live’ is on hiatus.”

Byron, unfortunately, is in uncharted waters. He can’t turn to support groups for his issues, because there are none. At least not according to ChatGPT and Google, both of which came up empty when I searched, “Are there support groups for men whose marriages have ended because of a Coldplay kiss-cam?” To its credit, ChatGPT suggested MensGroup.com, which offers “structured infidelity support programs and group discussions in a private, judgment-free environment.”

Google just spit out news clippings, pics and memes of Byron’s indiscretion. No doubt he’s already seen those.

I think Byron should embrace the “When one door closes, another opens” school of thinking. He’s obviously a savvy businessman, as evidenced by the CEO title. Perhaps it’s time to launch a new business: KissCamKiller.com

Guys (and girls), has your ill-timed behavior ever been broadcast on a massive screen at a sporting event or concert? We’ve all seen clips of the guy on his cellphone, waving off his partner who wanted a smooch. Or the guy who was a little, um, overly aggressive when kissing his mate, leading to what was surely an icy car ride home that evening.

If this is you, Andy Byron can help!

Expect to pay handsomely for his services. No need to explain why. But in return, you will get honest advice from someone “who knows what it’s like to be you!” Over Zoom Byron and you will brainstorm your next career move. Suing a famous rock band is probably out of the question, but what about starting a podcast? Interview other kiss-cam victims for a “Where are they now?” segment.

Think about merchandise. Cups or

T-shirts proclaiming, “Yeah, that was me!” could be big sellers. Give the gang at ‘Shark Tank’ a taste of your venture. You never know. Andy, if you’re reading this, I understand your exuberance.

If you choose to move forward, I suggest you headquarter KissCamKiller.com in my hometown of Chicago. We know it’s a great business city, sporting the headquarters of Fortune 500 heavyweights like McDonald’s and Motorola. But there is another reason to fall in love with the location:

Coldplay skipped Chicago on its

2025 tour.

- Greg Schwem is a veteran comedian, motivational speaker and humor specialist known for blending business insights with standup comedy. He is also the author of three Amazon bestsellers. His latest, “Turning Gut Punches into Punch Lines: A Comedian’s Journey Through Cancer, Divorce and Other Hilarious Stuff,” was released in September 2024. Visit Greg on the web at www.gregschwem.com.

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Calendar

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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 uuclds.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

SEP 5, 12, 19

COFFEE BREAK

Join us for our weekly RetroActive coffee group via Zoom. There is no agenda, so topics can range from favorite movies to garden gnomes. It’s a great place to get local suggestions and meet new friends. Sign up by emailing retirement@lplks.org. 10-11 a.m. LAWRENCE

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♠ Q
♦ A K 10 2
♥ A 7 6
♣ A K Q 10 6

WEST

♠ A K 7 6 2
♥ Q 5
♦ Q 10 9 8
♣ J 2

EAST

♠ J 10 3
♥ 9 8 6 3
♦ K J 2
♣ 8 7 3

SOUTH

♠ 9 8 5 4
♥ J 7 4
♦ 5 4 3
♣ 9 5 4

The bidding:

WEST	NORTH	EAST	SOUTH
1♠	Dbl	2♠	Pass
Pass	Dbl	Pass	2NT
Pass	3♠	Pass	4♣
Pass	5♣	All pass	

Opening lead: Two of ♣

We can't imagine that South enjoyed himself very much during this auction. His two no trump bid was an artificial weak bid, warning his partner to go gently in the auction.

North, instead, went full commando. He forced South to pick a suit and then raised him to game. What was worse, South thought, was that if he failed in five clubs, he would be the butt of non-serious ribbing for not bidding three no trump when he had the chance. South's spade holding would have held up as a stopper.

South won the opening club lead in dummy and led a low diamond. East hopped up with his king to lead another club. South won in dummy and, with nothing better to do, cashed the ace and king of hearts. A miracle! The queen fell.

South led a heart to his jack and crossed back to dummy with the ace of diamonds. He discarded his remaining diamond on the 10 of hearts and ruffed a diamond in his hand. He led a spade and eventually drew the last trump and claimed his contract. "I knew you could do it!" said North.

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

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By David L. Hoyt and Jeff Knurek



1-19-25

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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

Boggle BrainBusters Bonus

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

Find AT LEAST EIGHT U.S. PRESIDENTS (LAST NAMES) in the grid of letters.

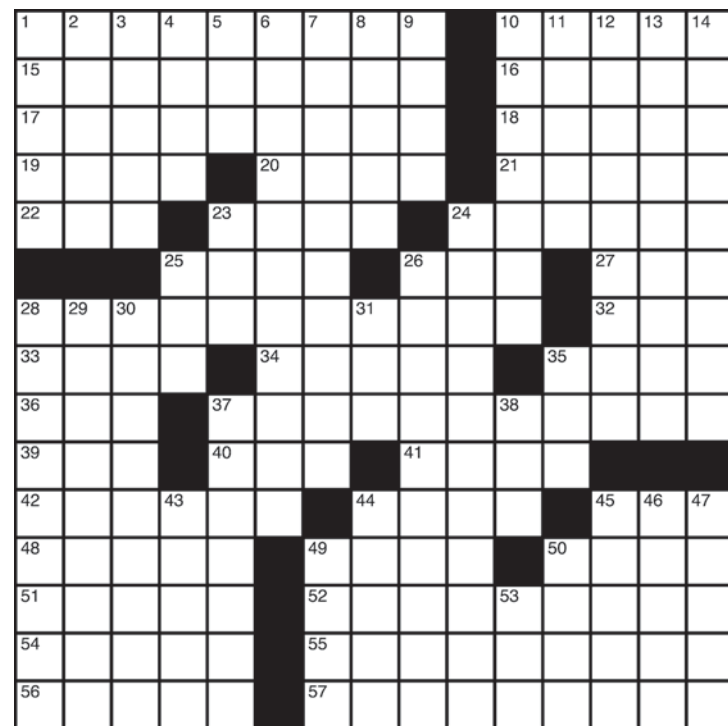
_____	_____
_____	_____
_____	_____
_____	_____

CROSSWORD

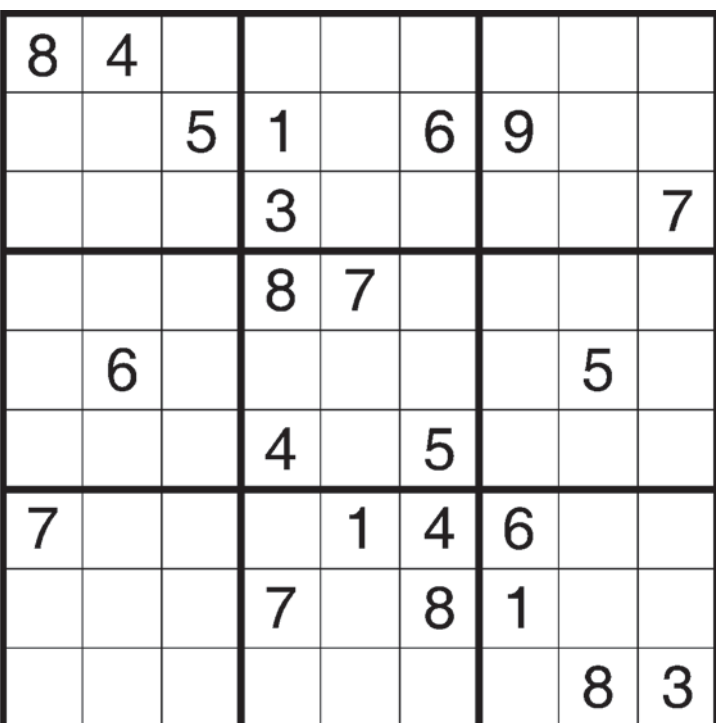
1 Results of unpredictable user behavior, perhaps
10 Older daughter of Winterfell
15 Unhurried
16 Patent ____
17 Branch location?
18 Did a dress rehearsal
19 Sets (up)
20 Off-target, in a way
21 Domicile
22 See 27-Across
23 ____ splicing
24 Many a bridesmaid
25 Tax law pros
26 Mild rebuke
27 With 22-Across, message before credits
28 Hot shots?
32 Whole ____
33 Optimistic
34 English scientist who coined the term "cell" in his 1665 work "Micrographia"

35 Pattern that's often
36 pixelated, for short
37 Singer Garfunkel
38 In-person appointments
39 that require an online
40 application?
41 See to one's seat,
42 slangily
43 WSW opposite
44 "Cut that out!"
45 Riffing on, online
46 College figs.
47 Knicks spot, briefly
48 Flowering plants native
49 to the Mediterranean
50 Slicks back, maybe
51 Fabrication specialist?
52 "For the love of good
53 food" cereal brand
54 Dazed
55 "You should get a cold
56 pack on that sprain"
57 Ingratiatingly friendly
58 Short-tempered
59 Come to one's senses

1 Absolutely delight
2 “Meshes of the After-
3 noon” director Maya
4 Called mean names,
5 say
6 Spanish “those”
7 Mutt
8 Defining question?
9 Unchangeable
10 Get around
11 Culture writer Rachel
12 Narrow channels
13 Many Maghrebis
14 “Anything but!”
23 Dirty a plate?
24 Extra lives?
25 Rte. finder
26 One with many good
27 buds
28 Shout
29 Occurs
30 First responder’s pack
31 Derby, e.g.
32 Landmasses with two
33 coasts
34 Dowsing tool
35 Limit
36 Stretched-ness
37 Bobs and weaves
43 “They got me!”



44	“Aladdin” figure	50	“Summertime
45	“The Italian Job”		Sadness” singer Del
	vehicles		Rey
46	Anarchist convicted	53	“Pastrami bread“
	with Vanzetti in a 1921		© 2025 Tribune Content Agency, LLC
	murder trial		
47	Not yet ripe, maybe		
49	Stirs (up)		



THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

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



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Answer “here:

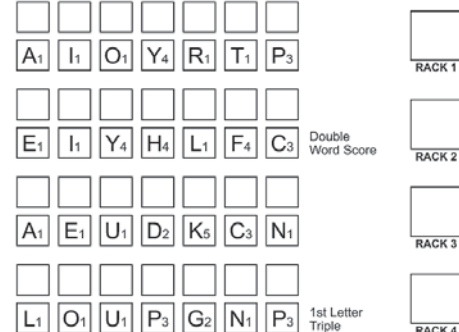


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



SCRABBLE Official **G₂ R₁ A₁ M₃ S₁**

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PAR SCORE 155-165
BEST SCORE 229

**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 scrgrams@gmail.com

10-31

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MY PET WORLD

Dachshunds who won't go potty outside

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: Some friends of mine have two dachshunds. They are no longer puppies and still potty in the house. The owners say dachshunds cannot be trained. I don't believe it. What recommendation do you have for this situation? - Colleen, Missoula, Montana

Dear Colleen: Well, I have heard this many times from dachshund owners over the years: "They just can't be potty trained." But let's set the record straight—dachshunds can be trained. They're intelligent, but also stubborn and strong-willed, which can make the house-training process more challenging. That doesn't mean they're untrainable; it just means they may need more training than another breed.

House training issues with dachshunds often stem from inconsistent routines, being given too much freedom in the house too soon, or a lack of understanding when it comes to their signals. Small breeds like dachshunds

also tend to have smaller bladders and higher metabolisms, which means they need more frequent potty breaks.

The key is to go back to basics: Create a consistent schedule for meals

and potty times, limit unsupervised indoor time using crates or small, easy-to-clean rooms, and reward the dogs immediately for going outside. If an accident happens indoors, it's important to clean it thoroughly with an enzymatic cleaner to remove all scent traces, which helps prevent repeated incidents.

If your friends have tried these steps and are still struggling, they might want to rule out medical issues such as urinary tract infections or incontinence. It can also be helpful to work with a professional trainer who uses positive

reinforcement and has experience with small breed dogs.

Dachshunds are independent thinkers, but with structure, consistency, and the right approach, they can absolutely learn the rules of the house.

- *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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SAVVY SENIOR

How to get help with your Medicare costs

By Jim Miller

Dear Savvy Senior: Does Medicare offer any financial assistance for struggling seniors? My mom lives primarily on her Social Security survivor benefit and is having a hard time paying her Medicare costs. - Need Assistance



Dear Need: There are actually several different financial assistance programs that can help Medicare beneficiaries who are having a difficult time paying their out-of-pocket health care costs. Here's what's available, along with the eligibility requirements and how to apply.

Medicare Savings Programs

Let's start with a program that helps pay premiums and out-of-pocket costs for Medicare Parts A and B. It's called the "Medicare Savings Program," and it has several different benefit levels for people based on their income and asset level. At its most generous the program will pay your Part A and B

premiums and pretty much all your Medicare deductibles, coinsurance and copayments. At its least generous the program will pay just your Part B premium.

To qualify for a Medicare Savings Program, the minimum standard set by Medicare is an income under 135 percent of the federal poverty level, which at the moment works out to around \$1,715 a month for individuals (or \$2,320 for married couples). Everything counts towards income, including payouts from 401(k) plans, pensions, Social Security, and help from family members.

Medicare also allows states to impose an asset test, which can be as little as \$9,430 per individual (\$14,130 for married couples), not counting your house, car or personal belongs, but counting retirement savings and bank accounts.

But some states have made their Medicare Savings Programs a lot more generous, with much higher income limits and in some cases no asset tests at all. And the program may be called something else in your state. To find out if you qualify or to apply, contact your state Medicaid program. Visit Medicaid.gov or call all 800-633-4227 for contact information.

Medication Assistance

For help with Medicare (Part D) prescription drug plan costs, there is another completely separate low-income subsidy program she may be eligible for called "Extra Help." To get it, your mom will need to apply through her Social Security office.

Depending on your mother's income level, this program will pay part or all of her Part D prescription drug plan's monthly premiums, annual deductibles and prescription co-payments. In 2025, individuals with a yearly income below \$23,475 (\$31,725 for a married couple), and assets under \$17,600 (\$35,130 for a married couple) can qualify for Extra Help.

If she's eligible to be in a Medicare Savings Program, she will automatically qualify for Extra Help. But because the requirements are slightly different, even if she doesn't qualify for a Medicare Savings Program for Part B, she might be able to get Extra Help for Part D. For more information or to apply, visit SSA.gov/medicare/part-d-extra-help or call Social Security at 800-772-1213.

Other Programs

Depending on your mom's income level, needs and location there are many other financial assistance programs that can help like Medicaid, SSI (Supplemental Security Income), PACE (Program of All-inclusive Care for the Elderly), SNAP (Supplemental Nutrition Assistance Program), (LIHEAP) Low Income Home Energy Assistance Program and many others.

To help you find out what types of assistance programs she may be eligible for, and learn how to apply for them, go to BenefitsCheckUp.org. This is a free, confidential website designed for people age 55 and older that contains more than 2,500 programs.

It's also possible to get help in person at one of the 87 Benefits Enrollment Centers scattered across 38 states. Visit NCOA.org/article/meet-our-benefits-enrollment-centers locate a center in your area. Or call their helpline at 800-794-6559.

- Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

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NOVEL OPENINGS

The Old Man and the Sea

By Tom Mach

Here are the opening lines for *The Old Man and the Sea*:

"He was an old man who fished along in a skiff in the Gulf Stream and he had gone eighty-four days without taking a fish."

What the novel is about:

This is a novella by Ernest Hemingway about Santiago, an aging Cuban fisherman who endures an epic struggle to catch a giant marlin. After 84 days without a catch, Santiago finally hooks a powerful fish, battling it for three days and nights. He succeeds in killing it but loses most of it to sharks on his way back. This story explores themes of perseverance, dignity, and man's relationship to nature. It is a meditation on courage in the face of defeat and is widely regarded as one of Hemingway's finest works.

About the author:

Ernest Hemingway (1899-1961) was an American novelist, short story writer, and journalist known for his terse, economical prose and adventurous life. Born in Oak Park, Illinois, he served as an ambulance driver in World War I, experiences that

shaped much of his later work. He was also a cub reporter for the *Kansas City Star*. Hemingway became part of the "Lost Generation" of expatriate writers in 1920s Paris and gained fame for works such as *The Sun Also Rises*, *A Farewell to Arms*, and *For Whom the Bell Tolls*. He won the

Pulitzer Prize for *The Old Man and the Sea* in 1953 and the Nobel Prize in Literature in 1954. Hemingway struggled with health issues and depression, committing suicide in 1962. His legacy endures as one of the most influential writers of the 20th century.

What I think of the novel's opening:

From the opening line, the reader knows that this novel will be about an aging fisherman looking for his first

big catch. What grabs the reader is the possibility that the man may die before he reaches his goal, but he is too persistent to worry about it. Since he is still trying after 84 days, he is probably not going to quit. The reader probably feels he will succeed, but what will happen then?

- 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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SERIOUSLY SIMPLE

A fresh take on summer tomato salad

By Diane Rossen Worthington

Entrée

This new spin on the classic tomato mozzarella salad is inspired from an East Hampton restaurant, where I enjoyed a version of a tomato and watermelon salad. My adaptation includes crisp cucumber, juicy watermelon, crumbled feta cheese, fresh mint and basil as a topping.

Pick the freshest, ripe tomatoes you can find. Sometimes I go for slices of heirlooms that are as colorful as they are sweet and delicious. Beefsteak tomatoes are also good here. The tomatoes are the star component, so it's worth extra time to select the perfectly ripe ones for this recipe.

Arrange mixed greens on a large round platter and lay overlapping tomato slices on top of the greens. The colorful, refreshing and textural pleasing relish is dolloped on top of each tomato slice. You'll find the red wine vinaigrette just the thing to dress the relish and give it a little extra kick.

Beautiful on a buffet table, this tomato salad variation is a welcome surprise. Make sure to have a couple of large spoons for ease in serving. This is also excellent to serve as a first course on individual salad plates. You'll want

to serve this with some crusty country bread or slices of a French baguette to soak up the tasty juices.

If you prefer, you can substitute tiny balls of fresh mozzarella or crumbled goat cheese for the feta cheese. For a different presentation, you can make these into towers. Place a slice of tomato on the bottom of a salad plate and then a dollop of relish. Repeat one more time.

Summer Tomato Salad with Watermelon, Cucumber and Feta Relish

Serves 6 to 8

For the relish:

1 1/2 cups 1/2-inch diced seedless yellow or red watermelon

1 1/2 cups 1/2-inch diced European cucumber

3/4 cup crumbled feta cheese

2 tablespoons fresh basil leaves, finely chopped

1 tablespoon fresh mint leaves, finely chopped

For the dressing:

1/4 cup red wine vinegar

1/2 cup extra-virgin olive oil

2 tablespoons finely chopped chives

Salt and freshly ground black pepper to taste

For the salad:



Feta, cucumber and watermelon relish add pizzazz.

2 cups mixed greens like spring greens or arugula or mache

6 large ripe heirloom or beefsteak tomatoes

1. Combine all the relish ingredients in a medium bowl carefully, making sure to not break the watermelon into smaller pieces. Mix carefully and reserve.

2. In a small bowl, add the red wine vinegar. Whisk in the olive oil and continue whisking until the dressing is blended. Add the chives and season with salt and pepper. Taste for seasoning.

3. Just before serving. Arrange the mixed greens in the center of a large circular platter. Cut the tomatoes into 1 1/2-inch slices and arrange on a platter

in a circular overlapping pattern.

4. Pour about half of the dressing over the relish and mix to combine. Taste for seasoning. Place a dollop of relish on each tomato slice. Drizzle with remaining dressing and serve immediately.


Make ahead: Relish and dressing may be made up to 2 hours ahead, covered and kept at room temperature. It is best to finish this just before serving.

- Diane Rossen Worthington is an authority on new American cooking. She is the author of 18 cookbooks, including "Seriously Simple Parties," and a James Beard Award-winning radio show host. You can contact her at www.seriouslysimple.com.

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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

Hamburg: Germany's alluring second city

By Rick Steves

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Hamburg is Germany's second-largest city and its most important port. Like other great European "second cities"—such as Marseille, Glasgow,



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and Antwerp—this northern port city has a special pride. Popular with Germans (but a rare stop for Americans), Hamburg feels real and has an edgy charm. Visiting, you sense it knows where it came from and where it's going.

Travelers looking for quaint, Old World Europe won't find it in Ham-

burg. The city's medieval center was virtually leveled by a huge fire in 1842, and World War II bombing decimated the rest. Today's city center is a soulless mixture of office buildings and brand-name chain shops.

Instead, Hamburg's allure is around the edges, showcasing reminders of Germany's industrial prosperity. A century ago, Hamburg's port was the world's third largest, and between 1850 and 1930, more than five million Germans emigrated to the US from here. These days, the city's fishy maritime atmosphere—with a constant breeze and the evocative cry of seagulls—gives Hamburg an almost Scandinavian feel that's worlds away from the sun-drenched, Baroque joviality of Bavaria.

One city-center sight that's worth visiting is the magnificent 600-room City Hall. After the previous City Hall burned down in the fire, the city constructed the current building to

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Speicherstadt, Hamburg's old red-brick warehouse district on the Elbe River, now houses museums and other attractions.

highlight the wealth and grandeur of turn-of-the-20th-century imperial Germany. It shows off Neo-Renaissance, Neo-Gothic, and other Historicist styles popular around the year 1900.

From City Hall, a short walk north leads to Binnenalster, the smaller of Hamburg's two delightful lakes. Lining the lake is the Jungfernstieg, the city's most elegant promenade boasting top-

of-the-line shops. Year-round, canal boats take visitors on a sleepy one-hour tour around the lake.

Just above Binnenalster is the larger lake, Aussenalster. In the past, private gardens tumbled down from mansions lining the lake. But a 1953 law guaranteed public lake access for everyone, and walking and biking paths now

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CONTINUED FROM PAGE 28

parallel its shore, providing Hamburg—one of Germany's greenest cities—with a sprawling parkland.

Cradling the city to the south is another body of water: the Elbe River, site of the city's former docklands. With the advent of modern container ships that required more space than Hamburg's industrial zone could accommodate, most shipping business shifted to a larger port nearby—and all this prime real estate (just a half-mile from City Hall) suddenly became available. Now this area—like the former docklands areas in London, Barcelona, and Oslo—is being gentrified. The result: HafenCity, long Europe's biggest urban development project. When it's done, downtown Hamburg will be 40 percent bigger.

The centerpiece of HafenCity is the Elbphilharmonie Concert Hall, a towering and wildly beautiful piece of architecture. Inaugurated in 2017, it's a combination concert hall, hotel, and apartment complex that welcomes visitors to ride its escalator to a spectacular city and Elbe River view.

The northern part of HafenCity is occupied by Speicherstadt, the old warehouse district. The city preserved the area's massive red-brick riverside warehouses as part of the urban landscape, and some of them now house museums, including the International Maritime Museum and Miniatur Wunderland—one of Germany's most visited attractions featuring a sprawling model railway and miniature versions of the Alps, Scandinavia, Italy, and the US.

Downriver from HafenCity is the St. Pauli Landungsbrücken harborfront area, which locals call "the Balcony of Hamburg." One of my favorite sightseeing experiences in Hamburg is to hop a harbor cruise and gape at the mighty port. The massive ships, container cranes, and dry and wet docks are breathtaking.

An interesting place to cap your day is the Reeperbahn, named after the rope makers who once labored here to supply Hamburg's shipping industry. Home to many of Hamburg's Broadway-style musical theaters and strip clubs, this neighborhood is where the Beatles got their start.

The Reeperbahn also contains the tawdry red-light sailors' quarter. But thanks to a rising tide of affluence, the red-light district is shrinking, and these days, it's confined to one small lane, defined by metal modesty walls erected during Hitler's rule. Back then, German society didn't admit to having prostitutes, but an exception was made for lonely sailors on shore leave.

After being surrounded by the seediness of the Reeperbahn, the nearby Shoulderblade district provides a wonderful breath

of fresh cultural air. This trendy neighborhood hosts a squatter-building-turned-arts-venue and a strip with so many cafés it's nicknamed "Latte Macchiato Boulevard." An edgy-yet-charming park has one of the few reminders I saw of World War II in Hamburg—a bunker that's now a climbing wall covered with street art.

Districts like the Shoulderblade and HafenCity show off modern-day Hamburg at its finest. No longer content to be famous merely for its lusty sailors' quarter and as the Beatles' spring-

board to stardom, the new Hamburg is evolving into a cultural capital moving boldly into a promising future.

- 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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MY ANSWER

We must submit every area of life to Christ's authority

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I admit that I am a stubborn person (my husband reminds me of it every day). I'm a Christian psychologist so I know that at the heart of being stubborn reveals having issues with authority. I even loathe myself sometimes when I display emotions of stubbornness, but had it not been for my stubbornness, I may not have achieved what I have achieved in life. So in this case, is stubbornness sinful? – S.S.

A: The human race is barraged with all kinds of bad behavior, but the underlying problem is sin. We have failed to submit to the daily authority of Jesus. There isn't much said anymore about

the lordship of Christ, but the Bible has plenty to say about it.

We must not take lightly what it means to submit every area of life to Christ's authority. We try to change our lives in our own strength instead of seeking God's help—but whatever the reason, we have not turned every part of our lives over to Him. And when we fail to do that, we block the life-changing work of the Holy Spirit.

For example, God gave us bodies to care for, but do we allow fleshly

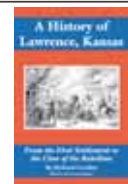
desires to control us? Or what about our minds? Every day we are besieged with ideas and images that dishonor God – but do we allow them to saturate our thinking and influence our behavior? What about our motives? Do selfish goals and priorities set the agenda for our daily life? Would the Lord be pleased with our inner thoughts and our language? The list can go on and on to include our relationships, our finances, our attitude toward those of other races, etc.

We can only become more like Christ as we submit every area of our lives to His authority. He reveals this to us in His Word.

- 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

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