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**ENT** | LAWRENCE OTOLARYNGOLOGY  
HEAD & NECK SPECIALISTS

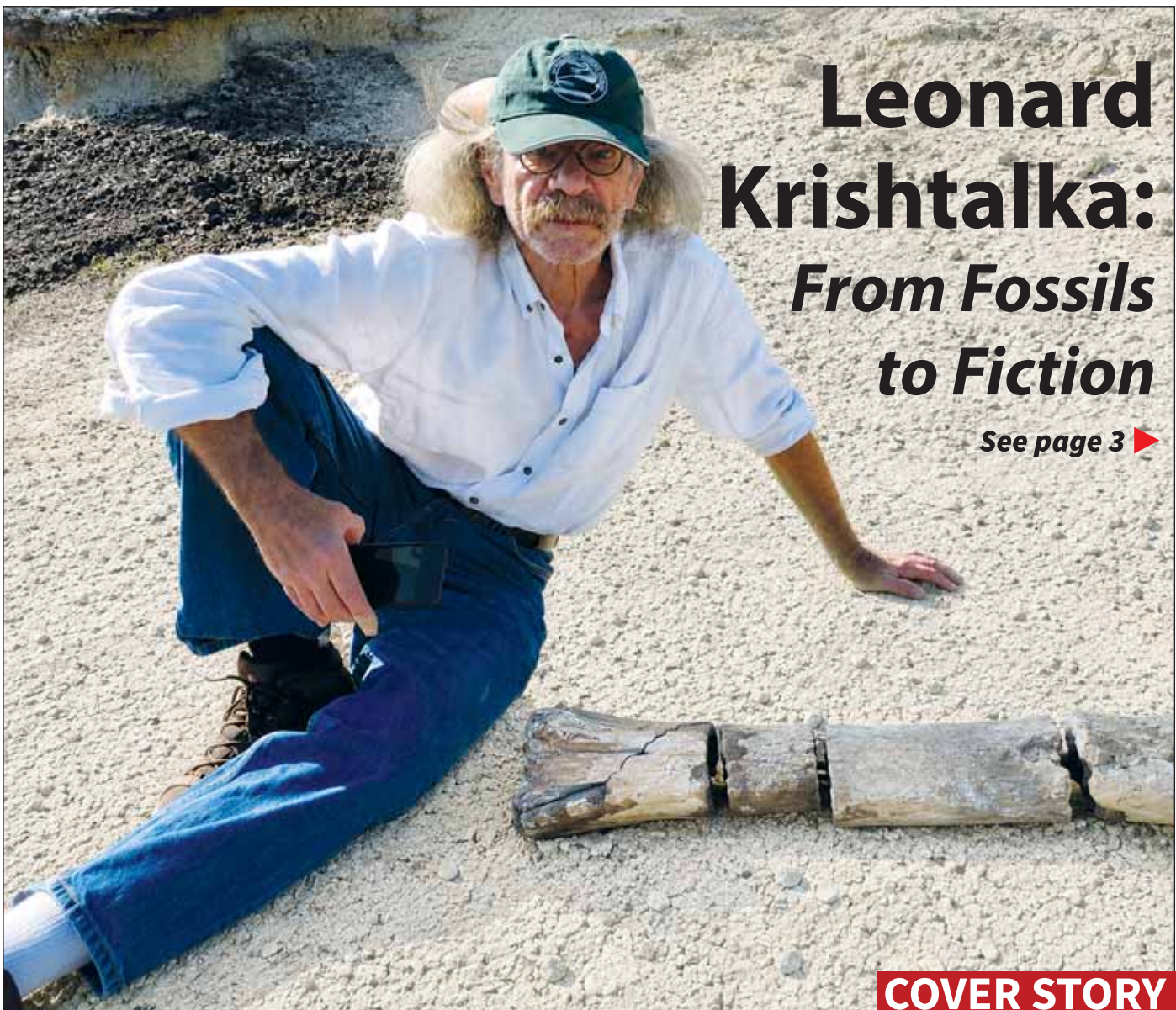
Lawrence Otolaryngology Associates has served the Lawrence community since 1984. The practice remains the city's only otolaryngology practice and locally owned audiology practice. - p. 9

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## Leonard Krishtalka: *From Fossils to Fiction*

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# Paleontologist turns murder mysteries into a second career

By Kevin Groenhagen

Leonard Krishtalka, the former director of the KU Natural History Museum, has gone from excavating fossils to excavating forgotten stories. The paleontologist turned novelist released his new novel, *The Body on the Bricks*, on June 23.

## A Murder Mystery Set in Lawrence's Past

"*The Body on the Bricks* is a historical fiction set in Lawrence in 1873," Krishtalka said. "It is the sequel to *The Body on the Bed*, which is also historical fiction set in Lawrence in 1871. Both books involve murder, the fight for social justice six years and eight years after the Civil War, women and blacks fighting for the vote, and an unpacking of the human condition in Lawrence and Kansas and in the Midwest.

*The Body on the Bed* involves what I would call the trial of the century, which very few Kansans know about. Imagine the O.J. Simpson trial in 1871 in Kansas. Every newspaper in the country sent a reporter to Kansas to cover the trial."

In that trial, a doctor was accused of poisoning his patient. The doctor was having an affair with the patient's wife.

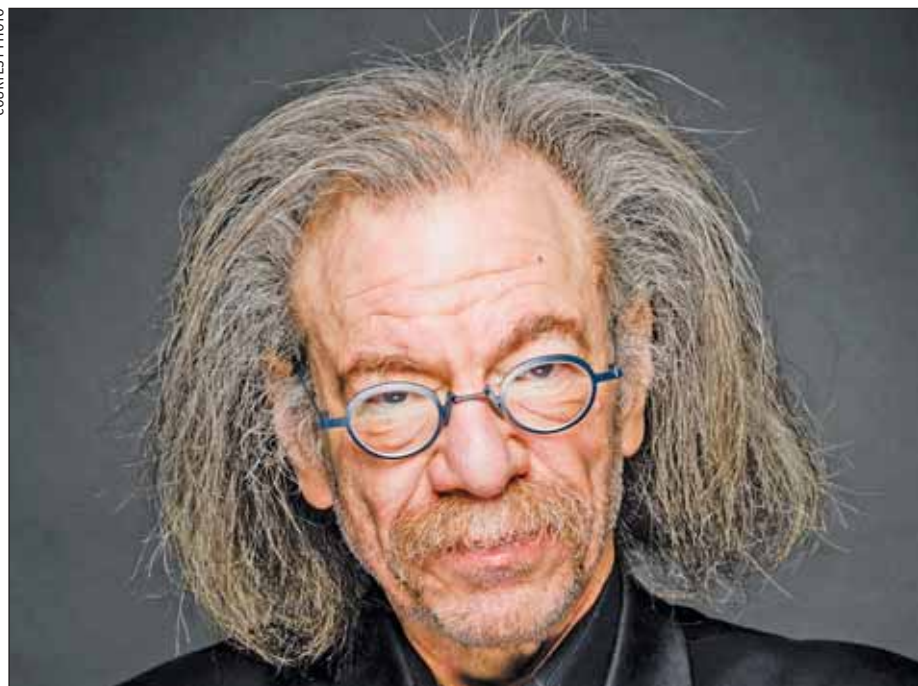
"Mary Fanning convinces the editor of the *Kansas Daily Tribune*, John Speer, who is, of course, a hero of Quantrill's Raid, to appoint her to cover the trial of the century," Krishtalka said.

Fanning is also the protagonist in *The Body on the Bricks*.

"*The Body on the Bricks* tells the story of one day in 1873 in Lawrence, where three murders occurred,"

CONTINUED ON PAGE FOUR

COURTESY PHOTO



**Leonard Krishtalka**, former director of the KU Natural History Museum, has traded fossil hunts for murder mysteries. His latest novel, *The Body on the Bricks*, brings 1873 Lawrence to life through the investigations of pioneering journalist Mary Fanning.



**Kevin L. Groenhagen**

Editor and Publisher

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# Krishtalka

CONTINUED FROM PAGE THREE

Krishtalka said. “The first murder involved a woman, a seamstress, who was living on Massachusetts Street on the second floor in a rooming house, which would now be between 8th and 9th. Her body is discovered in the morning in her bed, and she’s been bludgeoned to death. Her money had been stolen. The second murder occurs shortly after noon. A woman is found standing in the middle of what is now 13th and Vermont Street, holding an axe, saying, ‘I just killed my child.’ And the third murder occurs around 5:30 in the evening, when a lawyer walking home from City Hall, which was then where the public library is now, is approached and shot by a father, who has accused him of despoiling his daughter.”

“None of those murders is what it really appears to be,” Krishtalka continued. “Mary Fanning, the intrepid journalist for the *Kansas Daily Tribune*, covers the three trials and solves the murders.”

All the murders discussed in both novels actually occurred in Lawrence.

“One thing I insist on in my historical fiction novels is that the history is accurate and very deeply researched,” Krishtalka said. “Otherwise, if you fool around with history for dramatic effect, I think the writer is then just a huckster who’s tricking his reader. I don’t believe in that. Of course, parts of my novels have been dramatized.”

## The Real Mary Fanning

Mary Fanning was a real person. In fact, she has a great-granddaughter who lives in Topeka.

“She was the first woman correspondent west of the Mississippi,” Krishtalka said. “There was only one other woman correspondent in the United States at the time working for,

I think, *The New York Herald*. Fanning is a modern woman. She’s tough. She’s independent. She’s smart.”

Krishtalka learned about Fanning while doing research for *Native Blood*, the fourth novel in his Harry Przewalski mystery series, featuring a paleontologist turned private investigator.

“Mary Fanning was not only smart and independent and well-educated, but she also had a very deep

interest in science, in fossils, in biology,” Krishtalka said. “She started her own collection of fossils and anthropological artifacts. Her house became a mini-museum. She was accused of stealing a Clovis spearpoint for her collection. It was found at Twelve Mile Creek along the Smoky Hill River in Logan County, Kansas.”

“In 1895, a KU paleontologist was out collecting at a site, excavating 10 fossilized bison,” Krishtalka con-

tinued. “In one of them, the largest male, as the story goes, he lifted up the shoulder blade, and against it was this spearpoint. It’s a spearpoint made by a human at least 13,000 years ago. In 1895, there was no other evidence of humans having been in the Americas as early as 13,000 years ago. The spearpoint later disappeared.”

Krishtalka was so fascinated by Fanning and the 1871 murder trial

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# Krishtalka

CONTINUED FROM PAGE FOUR

that he put *Native Blood* in abeyance to write *The Body on the Bed*.

## From Montreal to the Fossil Fields

Krishtalka's second career as a novelist was also put in abeyance for several decades. As a boy growing up in Montreal, he was never a dinosaur-obsessed child.

"I was fascinated with mystery and detective stories," he said. "I've always been a fan of literature, especially the best mystery literature. In my estimation, the best mysteries are as good as any of the classic works of literature. Detective mysteries are usually regarded as B literature, C literature. There's a kind of cultural egoism that they don't quite measure up. Well, I disagree. The very best mysteries written by, say, Raymond Chandler, Dashiell Hammett, James Crumley, our own Sara Paretsky, are

as classic as the best books in literature."

So, how did a boy interested in detective mysteries become a paleontologist?

"Paleontology is a detective story," Krishtalka explained. "What lured me to paleontology was that it's one of the fields that asks ultimate questions. The explosions of life and extinctions of species, plants, animals, bacteria, and algae over the past 3.5 billion years. Everything from algae up to the acknowledged king of beasts, Tyrannosaurus rex, that has captured every child's imagination. How did that happen? Why did it happen? What are the patterns?

Why did mammoths and mastodons not survive in the Americas, but their descendants, elephants, are found throughout Africa? Many, many, many questions. These are the kinds of intellectual questions posed by paleontology."

Krishtalka was educated at McGill University in Montreal and the University of Alberta. He came to KU for his Ph.D., but ultimately earned it from Texas Tech University in 1975, specializing in biology and vertebrate paleontology.

"I started my paleontological career at the Carnegie Museum in Pittsburgh in the 70s," he said. "I was fortunate enough and privileged enough to be able to

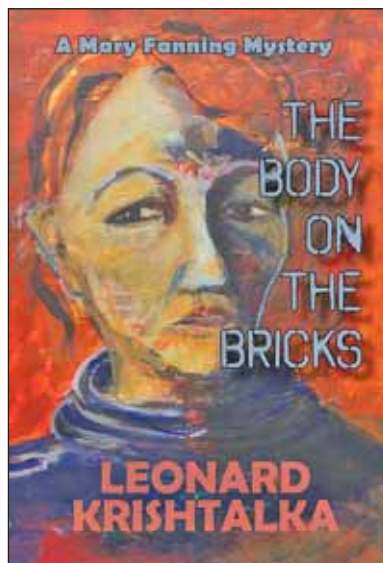
be a part of expeditions and lead paleontological expeditions all over the world in China and Africa and Patagonia and Europe and, of course, across the Canadian and American West."

Krishtalka returned to KU in 1995, where he served as a professor of Ecology and Evolutionary Biology and the director of the KU Natural History Museum.

## A Prolific Second Career as a Novelist

However, Krishtalka never lost his passion for detective mysteries. In fact, he began writing *The Bone Field*, the first novel in his award-winning Harry Przewalski series, about 45 years ago. He put it away for decades and finally published the first edition around 2015. A new edition was published in 2019. Since then, he has been a prolific writer, publishing a book about every year. He is currently working on a seventh

CONTINUED ON PAGE SIX







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# Krishtalka

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novel that is set in central Kansas. This novel will not be connected to either Harry Przewalski or Mary Fanning.

While readers of Krishtalka's novels encounter murder mysteries, they also encounter deeper questions about society and humanity.

"I think it's important for readers to know that the reason to write fiction is to tell the truth, to reveal life's truths," he said. "People think that you can only read nonfiction for that. That's not true. As a matter of fact, I like to say everything is fiction. When people write histories, they write them the way they want to write them, the way they remember them, and the way their political and philosophical leanings and prejudices lead them to reconstruct and tell that history. So, in a sense, everything is fiction, to a greater or lesser extent. But the purpose of writing this is to unravel the human condition, investigate the human condition, the fault lines in the human condition, love and loss, betrayal, lust, greed, hate, joy, and tragedy."

## Advice for Aspiring Writers

Krishtalka offers some advice for anyone who wants to become a writer.

"My advice to them is keep writing," he said. "Take chances. Don't copy anyone else. Write how you want to write. In other words, use your own voice. For me, writing an elegant sentence is literary heaven. Because otherwise, as the famous author William Styron said, 'Let's face it, writing is hell.'"

"My other advice is write what you know," Krishtalka continued. "Of course, I've written in those mysteries a great deal of science and paleontology and so forth. That's what I know. But if you don't know stuff,

research the hell out of it."

"Another reason to write is health," he added. "There's nothing that keeps the mind sharper, focused, than writing. Write, write, write. It is the best exercise for your brain."

Krishtalka also noted that it's never too late to start writing.

"Many of the best books have been written by authors who didn't start writing until they were in their 60s," he said.

## Bicycles, Velocipedes, and a Menace to Society

When he isn't writing, Krishtalka also enjoys cycling. While research-

ing Mary Fanning, he discovered that bicycles were considered a "menace to society" during the 1870s.

"*In The Body on the Bricks*, Mary Fanning rides a bicycle in 1873 through the streets of Lawrence. Bicycles — they called them velocipedes then — had just arrived in Lawrence."

Krishtalka read from *The Commonwealth*, a Topeka newspaper: "A man on a velocipede appeared on the avenue last evening. After a long chase, he was run down and shot in order to prevent this epidemic from breaking out. His velocipede is in the

best of spirits and ready and anxious for the next victim. Yet another man was cavorting around town on his wooden steed last evening. The police gave chase that they might capture him and confine him until he be adjudged insane and sent to the asylum."

## Where to Find His Books

Lawrence's Anamcara Press has published all of Krishtalka's novels and offers them for sale on its website at [anamcara-press.com](http://anamcara-press.com). His books are also available at the Raven Book Store, which is located at 809 Massachusetts Street in Lawrence.

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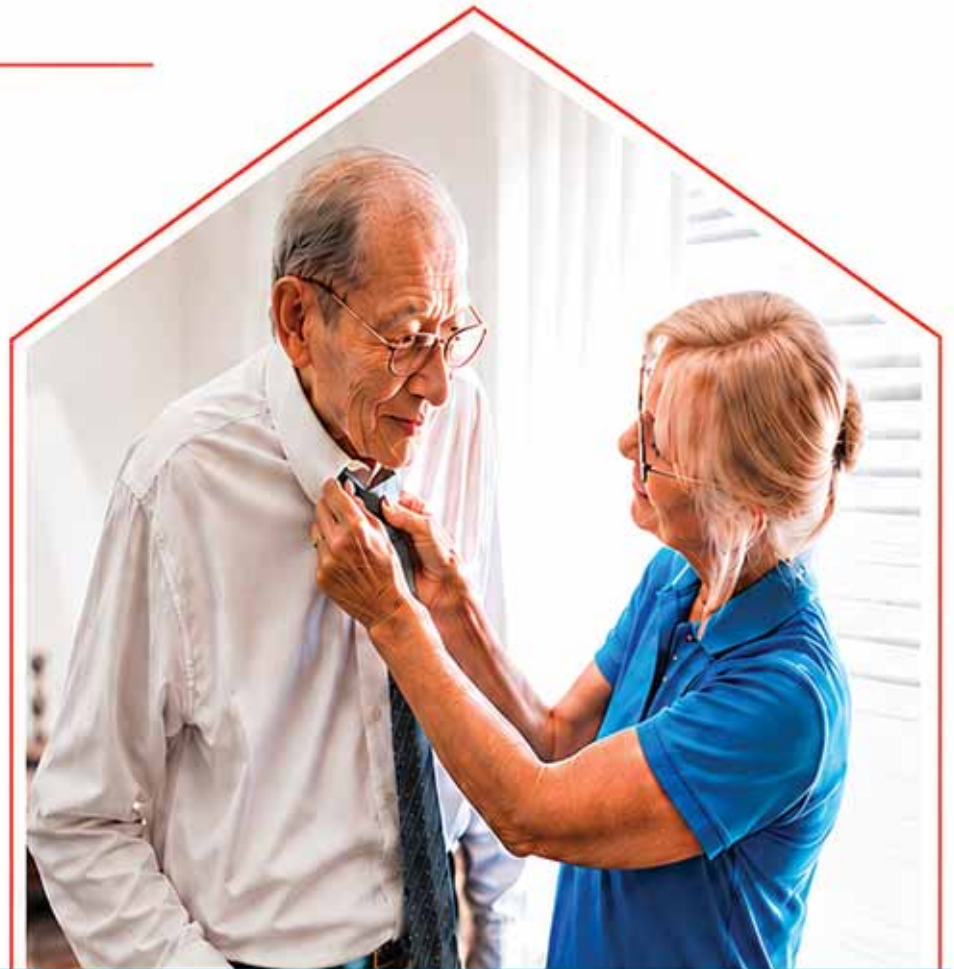


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## Lawrence Disability Pride marks 4th annual celebration at KU's Dole Institute

The Lawrence Disability Pride coalition is gearing up for its 4th Annual ADA Celebration on July 25, and for the first time, the event will be held at the Dole Institute of Politics on the University of Kansas campus — a fitting venue for a gathering rooted in civil rights history.

The annual celebration honors the legacy of the Americans with Disabilities Act while spotlighting disability culture, advocacy, accessibility, and inclusion in Lawrence and the surrounding region. Organizers are working to raise \$5,000 to cover disability accommodations ensuring equitable access, event production and refreshments, and infrastructure for future Lawrence Disability Pride events.

The event has grown steadily since its inception. Last year's third annual celebration was held on July 26, 2025, at the Lawrence Public Library auditorium and commemorated the 35th anniversary of the ADA's signing. Rex Ellebracht, an Independent Living Specialist with Independence Inc. and one of the

event's organizers, said the goal has always been to bring the community together to celebrate all disabilities.

"A Lawrence celebration also aims to generate awareness of progress still needed" in the decades since the ADA became law, Ellebracht noted.

Video from last year's event is available at [www.youtube.com/watch?v=PTzwZEtz6vk](http://www.youtube.com/watch?v=PTzwZEtz6vk).



### How to Help

Donations of any amount are welcome. Checks should be made payable to The Arc of Douglas County with "Lawrence Disability Pride" noted in the memo line, and

mailed or delivered to 2518 Ridge Ct., Ste. 238, Lawrence, KS 66046. Online donations can be made through The Arc of Douglas County's website ([thearcckcs.org](http://thearcckcs.org)); donors should include "Lawrence Disability Pride" in the notes field.

For more information or to get involved, contact the coalition at [lawrencedisabilitypride@gmail.com](mailto:lawrencedisabilitypride@gmail.com) or visit [facebook.com/groups/lawrencedisabilitypride](https://facebook.com/groups/lawrencedisabilitypride).



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# Lawrence Otolaryngology Associates: Caring for hearing, balance, and more since 1984

By Billie David

Many people have never heard the term “otolaryngology,” but as hearing, balance, and swallowing problems become more common with age, it is a specialty many seniors eventually encounter.

Otolaryngologists — often referred to as ENT (ear, nose, and throat) specialists — diagnose and treat conditions affecting the ears, nose, throat, sinuses, head, and neck. The specialty touches nearly every aspect of daily life, from hearing and balance to speech, swallowing, breathing, and cancer care.

Lawrence Otolaryngology Associates has served the Lawrence community since 1984. The practice remains the city’s only otolaryngology practice and locally owned audiology practice.

## Serving Seniors Through Changing Health Needs

While Lawrence Otolaryngology Associates sees patients of all ages, seniors make up a significant portion of the patient population because many conditions treated by ENT specialists become more common later in life.

Among the most frequent concerns is age-related hearing loss. Beyond communication challenges, untreated hearing loss can contribute to social isolation and may affect quality of life by limiting social engagement and independence.

Balance disorders — often referred to as vestibular disorders — are another common issue for older adults, along with tinnitus, chronic sinus problems, and changes in taste and smell.

## Building Long-Term Relationships

For many patients — especially

seniors managing ongoing hearing loss or chronic conditions — seeing familiar faces over time can make care feel more personal and less intimidating.

Long-term staff retention is one characteristic the practice points to as part of its identity.

That continuity is reflected in patient relationships, particularly among older adults who often return for ongoing care.

## Providing Specialized Care

Lawrence Otolaryngology Associates offers comprehensive hearing aid follow-up care, aural rehabilitation and a technology support clinic for patients who need assistance with the advanced features of their hearing devices.

Their physicians and audiology team work closely together, providing both medical and hearing healthcare services in one convenient location.

This integrated approach allows patients to receive diagnosis, treatment, hearing technology, and ongoing support under one roof.

## A Broad Range of Services

Although many people associate ENT specialists primarily with ear infections or sore throats, the field encompasses a much broader range of care.

The practice also evaluates and treats conditions involving the voice, throat, and upper airway, as well as cancers affecting the head and neck.

Lawrence Otolaryngology Associates includes providers and specialists working in areas such as audiology, allergy and immunology, head and neck surgery, oncology, pediatrics, and facial plastic surgery.

Services range from hearing evaluations and treatment for vertigo

COURTESY PHOTO



**Lawrence Otolaryngology Associates' Audiology Team (l-r):** Courtney Youngers, Audiologist; Kay Bassett, Hearing Instrument Specialist; Misti Ranck, Audiologist; Jami Johnson, Audiologist; and Katie Turner, Audiologist.

and tinnitus to allergy testing, speech therapy, cancer diagnosis, and surgical procedures. Care is provided both in the clinic and through surgeries performed at local hospitals and surgical centers.

## Hours and Locations

Lawrence Otolaryngology Associates operates offices in both Law-

rence and Ottawa:

- Lawrence: 1112 West Sixth Street, Suite 216, open Monday-Friday.

- Ottawa: 1302 South Main Street, open Monday-Thursday.

For more information about Lawrence Otolaryngology Associates, please visit [www.lawoto.com](http://www.lawoto.com).

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## HEALTH &amp; WELLNESS



# A Heart for Lawrence

By Jessica Thomas

For LMH Health

Day in and day out, heart care touches nearly every corner at LMH Health. As Dr. Christina Salazar puts it, it “touches the entire health system,” from the Emergency Department to the cath lab and at-home services.

That reach reflects a sobering reality. Heart disease is the leading cause of death in the United States, and our community is not immune to this statistic. Heart failure is the second most common reason for hospitalization, and as the communities LMH Health serves continue to grow and their population ages, the demands on its cardiac care infrastructure will only deepen.

LMH Health has been meeting these demands for years. But meeting them is no longer enough; it is time to get ahead of them.

## What Our Community Already Has and What It Deserves

It would be easier, said Dr. Shelly Kortkamp, president and CEO of LMH Health, to describe what LMH

Health *doesn't* do than what it does. The hospital's cardiac program is already remarkably comprehensive for a community its size.

LMH earned Heart Failure Accreditation from the American College of Cardiology in June 2024, recognizing its commitment to providing high-quality, evidence-based care. Except for open-heart surgery and some vascular procedures, virtually everything a heart patient needs can be found right here at LMH Health, and that volume has been growing steadily.

But growth has a way of exposing limits.

“We’ve honestly outgrown the cardiac clinic space,” said Earl Reine-man, major gifts and planned giving manager for the LMH Health Foundation. “To keep growing and offer the latest, most cutting-edge services, we have to look down the road and take steps now for the better health of the communities we serve.”

Those steps are now well underway. LMH Health is expanding and renovating its Heart Center, a project that will transform how cardiac care

is delivered in the community, not by starting over, but by bringing everything together.

## The Same Great Care, All Under One Roof

The vision for the Heart Center is simple: a patient should be able to receive every aspect of their cardiac care in a single, cohesive, patient-focused space.

Right now, that isn't always the case. Appointments are scattered across departments. Specialists are in different wings. The experience of navigating a health system while you're sick, or scared, or both, can feel like being handed off from one stranger to the next. Dr. Kortkamp describes the goal plainly: patients should be “carried through their needs,” not “dropped and picked up by the next clinic.”

The new Heart Center will make that possible. From routine care and nutrition counseling to cardiac catheterization, everything will occur under one roof. Patients will find their care teams steps apart rather than floors or buildings away. The result, Dr. Kortkamp said, will be “a singular healing environment: full service, full circle.”

For staff, the change is equally meaningful. “A place where colleagues can be found easily,” she explains, “and where that collaborative, united effort can be made.” When you're caring for someone's heart, proximity matters, but addi-

tionally, how a patient feels walking into their care facility is important. And the space itself was designed with that in mind.

Early in the planning process, patients were surveyed about what kind of environment would make them feel at ease. Architects used that input and the result will be a facility built not just for efficiency, but for the emotional reality of what it means to receive cardiac care.

“It matters what patients feel when they come in,” said Dr. Salazar. “The color, the modernization of the space, it affects how we feel walking into an environment. It doesn't change how you are cared for, but it adds to an experience that can be scary or life-altering.”

## Two Cath Labs. One Bigger Impact

Of all the additions the expansion brings, one stands out for its clinical urgency: a second cardiac catheterization lab.

Today, LMH Health operates a single cath lab. On most days, that's enough. But medicine doesn't operate on most days; it operates every day, including the ones that don't go as planned.

“There's always the risk that when one patient is in the cath lab, another patient needs to be,” Dr. Kortkamp explained.

When that happens, the second patient may need to be transferred to

CONTINUED ON PAGE 11



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# Heart Center

CONTINUED FROM PAGE 10

another facility. In cardiac care, that's not merely inconvenient. It's potentially catastrophic.

*"Time equals heart muscle."*

Every minute without intervention is muscle lost. The second cath lab helps reduce risk. It also does something more: it opens the door to procedures and services that a single lab simply cannot accommodate. Longer cases, more complex interventions and expanded subspecialty offerings, including electrophysiology and vascular services, become possible in ways they weren't before.

Rebecca Smith, executive director of the LMH Health Foundation, frames it simply. "Care is better when it's closer to home, and research backs that up."

For patients who currently drive to Kansas City or beyond for specialized cardiac procedures, the expanded Heart Center is an invitation to stay.

## An Experience with You in Mind

There is a unique experience that happens when you walk into a building that was built for you. Dr. Salazar has thought carefully about this.

"You notice how a space feels, whether it's a business or a personal interaction," she said. "It matters to patients how we care about what we are

doing, and that shows in how we invest in our practice and our facilities."

A modern, thoughtfully designed Heart Center does more than improve workflows. It tells every patient who enters that they've chosen care in a health system that takes them seriously. It also sends a signal to the entire medical team that this organization believes in the work you do.

"When a health system invests in itself," Dr. Salazar said, "that is attractive. To providers, to patients and to the community."

## To Our Incredible Donors, Thank You

A project of this scale, \$25 million in total, does not happen without donors who wholeheartedly believe in it. To date, \$8 million has been raised, including a \$5 million landmark gift from Harry and Cindy Herington, the second largest in the history of the LMH Health Foundation and the hospital itself.

"Harry and Cindy felt a personal connection to this project," Reine-man said. "They believe deeply that LMH needs to remain on the cutting edge of cardiac care."

Smith described the impact of that gift in terms that go beyond the dollar amount. "It was the signal that this is different. A \$25 million project is notable. The Herington's gift was huge, and what it said to everyone who *will* be impacted by heart care was, 'this is real, and it's worth believing in.'"

COURTESY PHOTO



Dr. Elizabeth M. Guastello with a patient

Other donors followed, and now a new Heart Center is rising from that belief. Dr. Kortkamp is clear-eyed about what this means.

"The money we have at LMH Health is not our money, it's the community's healthcare dollar. The

stewardship of that trust is not taken lightly, and neither is the gratitude," she said. "Because of the extraordinary generosity of our donors, we can provide this level of service to the communities we serve."

CONTINUED ON PAGE 12



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# Heart Center

CONTINUED FROM PAGE 11

This is not a first for LMH. The LMH Health Cancer Center, a facility offering services rarely found in a hospital of this size, exists for the same reason.

“The generosity of our donors makes great things happen at LMH Health,” Smith said. “The Cancer Center is a powerful proof of that.”

The Heart Center is the next chapter in that story.

## Where to Go While We Grow

There is a practical question behind this ambition: what happens to patients while the renovation is underway? Dr. Kortkamp metaphorically said, “We’re building this plane while flying it.” Services will not stop. Not for a day.

“We liken it to the game of Tetris,” she said, fitting everything just right, moving pieces in the right order, so that care is never disrupted. Physical therapy will relocate to an expanded and renovated space at 6<sup>th</sup> and Maine. Lawrence Endocrinology has moved to a new space at the West Campus. Other departments have shifted to create the space needed for construction to proceed.

During the renovation, the Heart Center will operate out of the Reed Building at 404 Maine, just across the street from the Main Campus, for about one year before returning to the newly completed space.

The commitment is straightforward: same team, same quality, same care. Just a temporary new address.

## Built for Lifelong Care, Close to Home

Each step of this project is an important part of strengthening the health system and advancing care for the communities we serve. On a deeper level, Dr. Salazar shared why cardiovascular care remains so urgent.

“As area communities age and heart disease becomes part of more people’s stories, helping patients stay out of the hospital, remain active and stay stable benefits everyone,” she said.

Not all heart disease is preventable. Some patients arrive with genetics working against them, with conditions diagnosed long before they ever meet a cardiologist at LMH Health. What matters, Dr. Salazar said, is being there for those important moments. Being present. Being ready. That is what the new Heart Center is built to do.

“We have been here for you and

we care,” she said. “That is why we are investing. That is why we continue being here and we want to care for you and your loved ones for generations.”

Our communities are taking this promise seriously and helping fund the future, brick by brick. For more information about the LMH Health Heart Center expansion or to sup-

port the campaign, visit [lmh.org](http://lmh.org)/donate or contact Earl Reineman at the LMH Health Foundation today at 785-505-3317 or by email at [earl.reineman@lmh.org](mailto:earl.reineman@lmh.org).

- Jessica Thomas is a Lawrence-based freelance writer covering health, wellness and community topics for LMH Health.



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Source: Huffington Post, [huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending\\_b\\_6815876.html](http://huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html)

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## NATURAL MEDICINE



## Top 5 medicinal plants for summer health

DR. DEENA BENEDA, N.D.

Summer has arrived in Kansas. The long, warm days bring plenty of outdoor activities, more time in the sun, and, for some of us, vacation or travel. It can also be a time when minor issues such as heat stress, insect bites, skin irritation, digestive upset, and inflammation become more common. Medicinal plants have long been used to support the body through these seasonal challenges. Here are five medicinal plants especially useful for summer health.

**Lemon balm** is a calming herb in the mint family. It is often used to ease stress and promote relaxation. In summer, it is especially valued for its cooling effect and its traditional use in treating heat exhaustion. It can be consumed as a tea, infused

in water, or added to fresh herbal blends. Lemon balm is a useful plant to keep on hand during months of sun exposure and outdoor activity.

**Calendula**, commonly known as marigold, is a popular summer plant often grown in flowerpots. It is also a well-known herb for skin care. Its bright flowers are often made into oils, salves, or creams to soothe sunburn, minor cuts, abrasions, and irritated skin. Because summer often brings more time outdoors, calendula is a popular choice for first-aid support. It is also highly valued for its gentle cleansing and anti-inflammatory properties, which make it a favorite in homemade herbal skin products.

**Yarrow** has a long history of

use as a medicinal plant, especially for fever and wound care. In the summer, it is often used to help the body regulate itself in heat and to recover from minor bleeding or skin injuries. Sometimes yarrow is used to support circulation and calm inflammation. It can be made into a tea or applied externally in herbal preparations, though it should be used with care because some people are sensitive to it.

**Lavender** is widely known for its fragrance, but it also plays a role in summer wellness. It is often used to promote relaxation, ease tension, and support sleep after hot summer days. Lavender oil or dried flowers are also popular for soothing minor skin irritation and calming the mind after sun exposure. Its pleasant scent makes it one of the easiest medicinal plants to incorporate into daily summer routines.

**Plantain** is a common backyard plant with many useful properties. It

is traditionally used for insect bites, stings, scrapes, and other skin problems that tend to occur more often in summer. The leaves can be crushed and applied directly to the skin in an emergency or prepared into salves and infused oils for longer-term use. Plantain is a simple, reliable plant for anyone who spends time gardening, hiking, or camping.

Medicinal plants are not a replacement for standard medical care, but they can be a helpful part of summer self-care. Lemon balm, calendula, yarrow, lavender, and plantain each offer different benefits. These include cooling and calming, skin support, and first aid. Enjoy the summer season and keep these medicinal plants handy to have a healthier, safer, and more comfortable summer.

- 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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## RYAN'S RETIREMENT TIPS



## Tens of millions may be owed an IRS refund

RYAN SHUMAKER

A recent court decision in *Kwong v. United States* held that Internal Revenue Code § 7508A(d) should be applied to the COVID-19 federal disaster period and that most tax penalties or interest paid for the time period should be refunded. So, if you paid IRS penalties or interest on a tax return between January 2020 and July 2023, there's a real chance the government owes you money back. This isn't something that will happen automatically, though, and action is required by July 10.

Tens of millions of taxpayers are impacted by this and should file what is called a protective claim, or their

refund opportunity may be permanently lost. To file a claim, Form 843 must be mailed to the IRS (they do not allow this form to be sent electronically) with a postmark date no later than July 10. You don't even have to know the exact amount you believe you're owed in order to file your claim, though fully filling out the form with this information should speed the refund process along.

It may be a while before any refunds are issued. Currently, the court ruling is under appeal, and that process could easily take a year, potentially more. The IRS is also not currently well-equipped to handle

the time-intensive task of reviewing millions or tens of millions of paper forms and issuing refunds manually.

If you still don't have access to your returns, you can log in to IRS.gov and examine tax transcripts for tax years 2019-2023 to find out how much you may be entitled to or consult your tax preparer.

You'd think, if the IRS owes you money, that they'd be obligated to just give it to you; unfortunately that is not the case. This situation, like many others involving taxes and the US tax code, highlights the difference between the "well advised" and the "unaware" in how much the IRS takes and keeps of one's hard earned dollars. If you'd like to become one of the well-advised, call 785-330-9292 or visit our website at [www.RetireFromTaxes.com](http://www.RetireFromTaxes.com) to schedule a complimentary strategy session with someone on our team at Retirement Portfolios.

- Ryan Shumaker hosts a radio show Saturdays at 7:30 a.m. and Sun-

days at 8 a.m. on FM93.5/AM1440. Listen anytime at [RetireFromTaxes.com/Radio](http://RetireFromTaxes.com/Radio). Other great articles about retirement, investing, and tax reduction are available at [RetireFromTaxes.com/Blog](http://RetireFromTaxes.com/Blog). Material discussed is meant for general/informational purposes and is not intended to be used as the sole basis for any financial decisions, nor be construed as advice to meet your particular needs. Please consult a financial professional for further information. Investment advisory services offered through Retirement Portfolios, LLC.

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## FINANCIAL FOCUS



## Turn your savings into paychecks in retirement

DEREK OSBORN

Margaret had saved diligently for decades. Every paycheck, a portion went toward her retirement account. Then, the day finally came: she retired. Suddenly, the hardest part wasn't the saving. It was learning to spend.

If that sounds familiar, you're not alone. Many retirees find the shift from building savings to living off them emotionally difficult, even when they've planned carefully. Here are smart strategies that can help you feel more confident about what's ahead.

**Give yourself permission to spend conservatively.** Your retirement plan likely assumes a certain annual spending amount, with increases each year to account for inflation. All else being equal, the lower those initial withdrawals, the longer your money will last. A financial advisor can help you set up portfolio withdrawals personalized to your goals and situation. Feel free to give yourself permission to spend those amounts, knowing there's intention behind them.

For many retirees, the challenge isn't math — it's mindset. After years of being rewarded for saving, spending can feel like doing something wrong. It can help to reframe withdrawals as a paycheck you've already earned. For example, using your monthly distribution to cover travel, hobbies or time with family isn't indulgent; it's the purpose of the plan you built. Connecting spending to your values can make it feel more natural and sustainable.

Do be sure to review your spending regularly and don't forget to set

aside funds for annual expenses like taxes and insurance.

**Keep some cash on hand.** A general rule of thumb for retirees is to keep about 12 months' worth of withdrawals in a separate account for spending and another three to five years' worth in short-term, fixed-income investments. This cushion can allow your stock investments time to recover from a market downturn, reducing the need to sell investments when markets are down. That said, holding too much cash carries its own risk, as your portfolio may not grow fast enough to keep pace with inflation. So, while some cash is good, you'll also want to remain invested in assets with more growth potential to help your portfolio last through retirement.

**Review regularly.** Retirement can last 25 years or more, and even the best-laid plans need updating along the way. Review your financial strategy at least once a year or after any major life change.

**Stay flexible.** Even small adjust-

ments to your spending can have a big impact on how long your money lasts. Retirees who hold off on spending increases in years when their portfolio declines are often able to stretch their savings further than those who increase withdrawals each year for inflation regardless of market performance.

Making the switch from saving to spending takes both careful planning and a genuine shift in mindset. A financial advisor can help you build

out an effective approach to switch from saving to spending, and work with you so you can fully enjoy the retirement you worked so hard to reach.

- 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](mailto: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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In 2001, Kevin Groenhagen launched *Kaw Valley Senior Monthly* with six advertisers and a cover story about a runner who hadn't discovered the sport until age 58.

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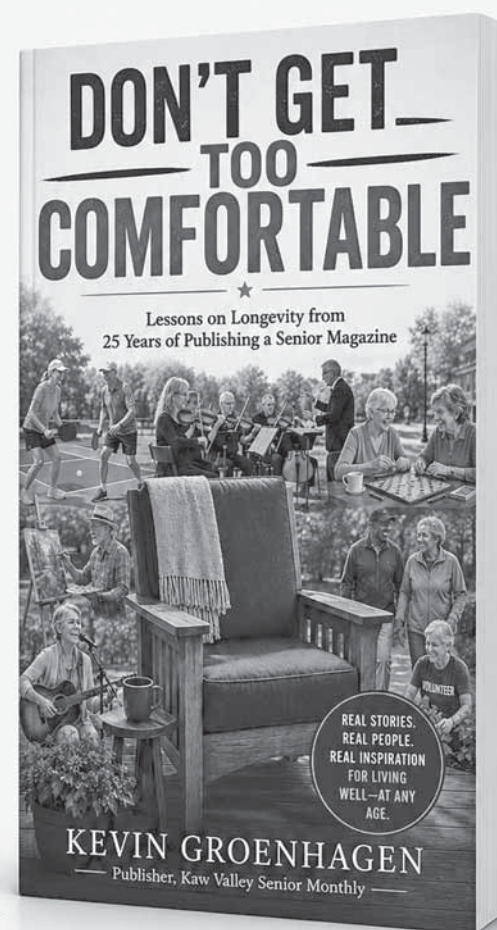
What they had in common wasn't exceptional genes or unusual luck.

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## GUEST COLUMN



## Four fool-proof ways to prevent fraud

AL BONNER

**F**raud prevention does not require being suspicious of everyone. It simply requires having a few simple rules that protect you before a scammer gets the chance to pressure, hurry, confuse, or scare you.

Today's scams arrive by phone, email, text message, online, through the mail, or even at your front door. Some scammers pretend to be from your bank, Medicare, Social Security, a utility company, law enforcement, a charity, or even a family member in trouble. Their strategy is the same for every situation: get you to act quickly before you have time to think or ask someone for help.

The best protection is to avoid engaging with the scammer altogether. Here are four fool-proof habits that can help protect you, your money, and your peace of mind.

### 1. Phone Calls: Don't answer calls from numbers you do not recognize.

The safest rule for your personal phone is simple. Do not answer calls unless you recognize the number. If the call is important, the person will leave a message. Then you can decide whether to call back. Scammers seldom leave a message. In fact,

answering the phone actually makes you a larger target for other scammers.

If you don't already have regular caller names and numbers saved in your phone, ask a trusted family member, friend, caregiver, or neighbor to help you. Save numbers for any family members that call you, doctors, pharmacies, banks, utilities, and other important contacts. That way, when someone legitimately calls, their name will appear on your phone.

Scammers often use urgency. They may say your account has been frozen, your Social Security number has been stolen, or a loved one needs money immediately. Let those calls go to voicemail.

### 2. Email and Text Messages: Don't click anything unexpected.

The safest rule for email and text messages is: do not click on any links in the email or text, open attachments, or reply to unexpected messages.

A scam email or text may appear to be from a bank (even your bank), a delivery company, a streaming service, a government office, or a well-known business. It may say there is

a problem with your account or a package waiting for you. Instead of clicking the link, go directly to the company's official website or call a trusted phone number you already have.

*When in doubt, delete the message.*

### 3. Never Share Personal or Pri-

**ate Information when someone contacts you first.**

I'm sure you've heard it many times before. Right? The safest rule for protecting your private information is to never give your Social Security number, Medicare number, bank information,

CONTINUED ON PAGE 17



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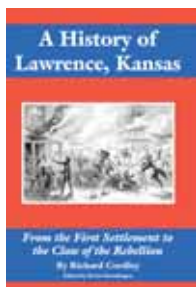
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## Fraud prevention

CONTINUED FROM PAGE 16

passwords, or verification codes to anyone who contacts you unexpectedly. NEVER.

This includes phone calls, emails, texts, pop-up messages, and door-to-door visits. A real bank, government agency, or medical provider will not pressure you to reveal sensitive information out of the blue.

### 4. Front Door: Don't open the door to unexpected visitors.

The safest rule for your front door is: Don't answer it or open the door to unexpected visitors. This includes salespeople, repair workers, charity solicitors, politicians or people claiming to be inspectors.

Don't look out the window. Don't answer the door. They will move on to the next house or apartment. If it is important, they will leave information at the door. You can review

it later and talk with someone you trust. This practice means you don't have to ask for ID, listen to a sales pitch, sign anything, or let anyone into your home.

If you routinely get visits from neighbors or family, tell them to call you ahead of their visit so you know they're coming. Be Safe! A closed door is not rude. It's smart.

- Al Bonner works for Home Instead in Topeka and Lawrence. He

would love to speak about Fraud prevention or Fall prevention to your group. Contact him at 785-272-6101 or [albert.bonner@homeinstead.com](mailto:albert.bonner@homeinstead.com).

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## SAVVY SENIOR



## How to find legal help when you can't afford a lawyer

JIM MILLER

**Dear Savvy Senior:** Can you recommend any programs or organizations that provide free or low-cost legal services to seniors? I believe I need some professional legal help but have limited income and very little savings. - Almost 70

**Dear Almost:** Whether you need help drawing up a will or a contract, or you're facing some sort of legal jeopardy or dilemma, hiring an attorney can be expensive. Most lawyers today charge anywhere between \$100 and \$300 an hour. Fortunately, there are a number of different programs and organizations that offer free legal advice and may help you find a free or low-cost attorney. Here's where look for help in your area.

- **Legal Aid:** Directed by the Legal Services Corporation, legal aid provides free legal assistance to low-income people of all ages. Each community program will differ slightly in the services they offer and income qualifications. Visit [LSC.gov/find-legal-aid](http://LSC.gov/find-legal-aid) to locate a program near you.

- **LawHelp:** Powered by Pro Bono Net, a national nonprofit organization, [LawHelp.org](http://LawHelp.org) is a terrific resource that will help you locate free legal aid near you, get answers to your legal questions and even fill out legal documents. These free services are for people with low to moderate incomes.

- **Free Legal Answers:** This is an online program created by the American Bar Association that matches low-income clients with volunteer lawyers who agree to provide brief answers online for free. This service will not answer criminal law questions and it's not available

in every state. See [ABAFreeLegalAnswers.org](http://ABAFreeLegalAnswers.org) to look for a program in your state.

- **Senior Legal Hotlines:** There are around 30 states that offer senior legal hotlines, where all seniors over age 60 have access to free legal advice over the telephone. To find out if this service is available in your state, go to [ProSeniors.org](http://ProSeniors.org) and click on "Resources," followed by "U.S. Senior Legal Hotline Directory."

- **Senior Legal Services:** Coordinated by the Administration on Aging, this service may offer free or low-cost legal advice, legal assistance or access to legal representation to people over the age of 60. Your Area Agency on Aging can tell you what's available in your community. Call the Eldercare Locator at 800-677-1116 to get your local number.

- **Local Law Schools:** More than 200 university law schools across the country have pro bono programs that offer free legal assistance provided by law students, who are supervised by their professors. See [AmericanBar.org/groups/center-pro-bono](http://AmericanBar.org/groups/center-pro-bono) - scroll down and click

on "Directory of Law School Public Interest and Pro Bono Programs" to locate a program near you.

- **Pension Rights Center:** This is a nonprofit consumer organization that provides free legal assistance for problems with pension, 401(k) or other retirement plans. Go to [PensionRights.org/find-help](http://PensionRights.org/find-help) to search for help in your state.

- **Stateside Legal:** For military members, veterans, and their families, [StatesideLegal.org](http://StatesideLegal.org) provides access to free legal information and legal assistance in your area.

- **National Disability Rights Network:** This is a nonprofit membership organization that provides legal assistance to people with disabilities through their Protection and Advocacy System and Client Assistance Program. If you are disabled, visit [NDRN.org](http://NDRN.org) to find help in your state.

- **Other Options:** If you can't get help from one of these programs, or find that you aren't eligible, another option is to contact your state or local bar association to see if there are any volunteer lawyer projects in your area or if they can refer you to a low-fee lawyer. To contact your state or local bar association, go to [FindLegalHelp.org](http://FindLegalHelp.org).

- Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



## July Birthdays

### 90 Years Old

**July 29,** Elizabeth Dole, U.S. Senator

**July 30,** Buddy Guy, blues singer and guitarist

### 80 Years Old

**July 4,** Michael Milken, American financier

**July 6,** George W. Bush, 43rd President of the United States

**July 6,** Fred Dryer, football defensive end, actor (*Hunter*)

**July 6,** Sylvester Stallone, actor, screenwriter and film director (*Rocky*)

**July 11,** Ed Markey, U.S. Senator

**July 13,** Cheech Marin, actor, comedian

**July 15,** Linda Ronstadt, singer, songwriter

**July 22,** Danny Glover, actor, film director and political activist

### 70 Years Old

**July 1,** Alan Ruck, actor (*Ferris Bueller's Day Off*)

**July 2,** Jerry Hall, model and actress

**July 9,** Tom Hanks, actor and director

**July 11,** Sela Ward, actress (*Sisters*)

**July 13,** Michael Spinks, boxer

**July 26,** Dorothy Hamill, figure skater, Olympic gold medalist

**July 30,** Delta Burke, actress (*Designer Women*)

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# Don't Tell Me You've Got Nothing To Do!

The New Senior Monthly Event Calendar is Now Online

Our online calendar provides the following benefits for readers:



## Events Can Be Updated Instantly.

In print, if an event changes, cancels, or moves locations, the listing is wrong for the entire month. We can also add new events at any time, including those that miss the print deadline.



## We Can List Many More Events.

Our print calendar is limited by page space. Readers will get a much more complete calendar because we can add many additional events, including dozens of events outside our distribution area.



## Events Can Be Searchable and Filtered.

Our online calendar will allow readers to find exactly what they want. Readers can search by city or date, and filter by type (health, music, classes, senior centers).



## Readers Can Add Events to Their Own Calendars

No more circling events on newspaper. Readers can also download an event reminder, which increases the likelihood they will attend.



## Events Can Link to More Information.

Print listings must be very short. Online listings can include full descriptions, links to maps, and registration links. This is especially helpful for classes, health screenings, and trips.



## Mobile Friendly.

A printed calendar is harder to use when someone is already out. With an online calendar, readers can check events on their phones.

Today < > July 2026

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	Jul 1	2	3	4
• Adult Day for Moderate Sta • 7pm Tiles Here to Drink W	• Adult Day for Moderate Sta • 12:30pm Intro to Grou... • 8pm Topeka Needlework C • 8 more	• Wicked in Omaha/Boys Town • 7pm City Band Concert • 9:30 Golf Support (Intro) • 4 more	• Wicked in Omaha/Boys Town • 9:30am Geri-Fit • 3 more	• Adult Day for Moderate Sta • 9:30am Exploring Life's Bi • 8 more	• Adult Day for Moderate Sta • 10:30am Zoomers Geri-Fit • 7pm First Friday Artwalk H • 12 more	• Annual Spirit of Kansas Blue • July 4th Fireworks • 7am Lenexa Freedom Run • 12 more
5	6	7	8	9	10	11
• 9:30am In-Group Ther... • 8pm Her Story, The Wome • 9:30am Story Games • 7:30pm Computer and Ga	• Adult Day for Moderate Sta • 7pm Computing Litera... • 8pm Needle and Ga • 8 more	• 7pm City Band/Boys Town • 7pm Our Mother's Letters • 8pm Dinner and Omelet • 8 more	• 9:30am Geri-Fit • 9:30am Hopkins Summer... • 6 more	• Adult Day for Moderate Sta • 9am One-on-One Basic G • 10:30am Zoomers Geri-Fit • 3 more	• Adult Day for Moderate Sta • 7pm Creative Emotions B... • 9:30am See Photosh... • 7:30pm First Friday Annet... • 12 more	• 9:30am Seneca Car Show • 9:30am Intro to Photosh... • 7:30pm First Friday Annet... • 12 more
12	13	14	15	16	17	18
• 7pm Computer and Gac... • 8pm Cost Registra... • 7pm Cee-ban Social, Coo... • 3 more	• Adult Day for Moderate Sta • 10am Seneca Summer Ga • 8pm Geri-Fit • 8 more	• Adult Day for Moderate Sta • 7pm Our Mother's Letters • 8pm Geri Support Infor... • 8 more	• 9:30am Runner Medica... • 9:30am Geri-Fit • 8 more	• Adult Day for Moderate Sta • 7pm Springs Fair • 9:30am Cover-One O... • 13 more	• Adult Day for Moderate Sta • 9:30am Cover-One O... • 13 more	• Adult Day for Moderate Sta • 9:30am Cover-One O... • 13 more
19	20	21	22	23	24	25
• 7pm Seneca Car Show C... • 7pm Intro to Photosh... • 8 more	• Adult Day for Moderate Sta • 7pm Cookies and Sw... • 7pm Diabetes Support Gr... • 3 more	• 7pm City Band/Boys Town • 9:30am Omaha Goals Soc... • 7pm Seneca Sports Coo... • 8 more	• 9:30am Hopkins Summer... • 9:30am Geri-Fit • 9:30am Hopkins Summer... • 8 more	• Adult Day for Moderate Sta • 9:30am Cover-One O... • 13 more	• Adult Day for Moderate Sta • 9:30am Cover-One O... • 13 more	• Adult Day for Moderate Sta • 9:30am Cover-One O... • 13 more
26	27	28	29	30	31	Aug 1
• Adult Day for Moderate Sta • 12 Nights Denu... • 7pm Seneca Car Show C... • 7pm Intro to Photosh... • 8 more	• Adult Day for Moderate Sta • 3 more	• 7pm City Band/Boys Town • 9:30am Omaha Goals Soc... • 3 more	• 9:30am Geri-Fit • 9:30am Hopkins Summer... • 3 more	• Adult Day for Moderate Sta • 9:30am Cover-One O... • 12 more	• Adult Day for Moderate Sta • 9:30am Cover-One O... • 12 more	• Adult Day for Moderate Sta • 9:30am Cover-One O... • 12 more

Calendar

Click here for a searchable calendar

< > Jul 2026

- 1 JUL, WED
  - 9:30pm City Band Concert (Day 2/2) 3...
  - Wicked in Omaha/Boys Town (Day 1/2) O...
  - 3pm Chicks With Sticks, Textiles Art C...
  - 7pm Game Night Leavenworth Publ...
- 2 JUL, THU
  - Wicked in Omaha/Boys Town (Day 2/2) O...
  - Adult Day for Moderate Stage Dementia C...
  - 4pm Cottin's Hardware Farmers' Mar...
  - 5pm Third Thursdays - Downtown Ot...
  - 6pm Chess Reference
  - 6:30pm Dementia Caregiver Support Gro...
  - 7pm Free Music BINGO 301 S Hicks...
- 3 JUL, FRI
  - Adult Day for Moderate Stage Dementia C...
  - Independence Day (substitute)
  - 7pm First Friday Artwalk in Topeka
- 4 JUL, SAT
  - Independence Day

Kaw Valley Senior Monthly - GMT-05

Visit [seniormonthly.net/calendar](https://seniormonthly.net/calendar) today!



KAW VALLEY  
**SENIOR MONTHLY**

## GOREN ON BRIDGE



# GOAT?

BOB JONES

East-West vulnerable, West deals

## NORTH

♠ A K Q  
♥ K Q J 8 3  
♦ 6  
♣ K 7 5 2

## WEST

♠ 9 6 4 3  
♥ 10 2  
♦ K Q J 9 7  
♣ A 8

## EAST

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

## SOUTH

♠ J 10 8  
♥ A 7 5 4  
♦ A 10 4 2  
♣ J 9

The bidding:

WEST	NORTH	EAST	SOUTH
1♦	Dbl	Pass	2♥
Pass	4♣*	Pass	5♦
Pass	6♥	All pass	

\*Splinter bid, heart raise with shortness in diamonds

Opening lead: Eight of ♣

Both West players in a recent team match opened the West hand one diamond. Is that hand really worth an opening bid at the one level? Two diamonds, anyone?

Underleading an ace on opening lead against a suit contract is very

unusual. To be successful, it needs a specific lie of the cards in the suit led. Dummy must have the king, partner must have the queen, and either dummy or declarer must have the jack. An underlead is more likely to lose the ace than to catch that lie of the cards. When that lie of the cards does exist, the underlead is usually successful. Declarer will not play the opening leader for the ace and will hope, instead, that the opening leader has the queen. Almost always.

South in today's deal was Jeff Meckstroth, one of the greatest players of all time. West underled the ace of clubs and caught the "magic" lie in the club suit. Meckstroth, however, reasoned that West had to have the ace of clubs to have any semblance of an opening bid. He played dummy's king at trick one, winning the trick, and continued the suit. He played carefully, but the 2-2 trump split meant that he could easily ruff two clubs in his hand and make his contract. Nice play!

*(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.)*

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KAW VALLEY  
**SENIOR MONTHLY**

**Boggle**<sup>®</sup>  
BrainBusters!

By David L. Hoyt and Jeff Knurek



11-23-25

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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<sup>®</sup> POINT SCALE

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

YOUR BOGGLE<sup>®</sup> RATING

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

Boggle<sup>®</sup> BrainBusters Bonus

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

Find AT LEAST SIX TYPES OF CHEESE in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## BOOK REVIEW



# A wake-up call you can't afford to ignore

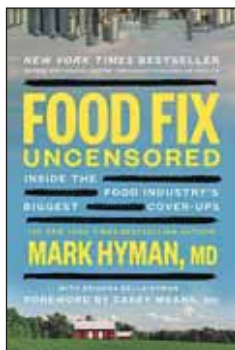
KEVIN GROENHAGEN

*Food Fix Uncensored: Inside the Food Industry's Biggest Cover-Ups* by Dr. Mark Hyman and Brianna Bella-Hyman (Little, Brown Spark, 2026)

If you think your food choices are truly your own, *Food Fix Uncensored* will make you think again. In this fully updated and expanded edition of his 2020 bestseller, Dr. Mark Hyman exposes how the toxic triad of Big Food, Big Agriculture, and Big Pharma keeps us trapped in a cycle of illness and addiction — and offers a blueprint for fighting back.

The statistics Hyman presents are staggering: poor diet is now the single biggest killer on the planet, more than 60% of Americans are living with chronic disease, and one in two Americans has pre-diabetes or type 2 diabetes. These aren't random misfortunes, Hyman argues — they are the predictable consequences of a food system built for profit rather than people.

Hyman and co-author Brianna Bella-Hyman connect the dots between what ends up on our plates and a web of corporate lobbying, captured regulatory agencies, and deliberately addictive food engineering. The authors make a compelling case that chronic disease, obesity, climate change, and food insecurity are not separate crises but symptoms of one broken system — and that understanding the system is the first step toward changing it.



What sets this book apart from similar exposés is its balance. Hyman pairs cutting-edge nutritional science with unflinching journalistic investigation, daring readers not just to eat differently, but to see differently. Each chapter that diagnoses a problem is followed by practical, evidence-based solutions — from individual dietary changes to policy-level reforms. Readers looking for actionable guidance will not be left empty-handed.

The book isn't without its critics. Hyman's functional medicine perspective occasionally leads him to make sweeping claims where the science is still evolving, and some readers may find his tone more prosecutorial than persuasive. Still, even where science is still developing, he brings together evidence and political context with clarity to reveal the commercial and political forces that shape what we eat.

For readers of *Kaw Valley Senior Monthly* and others attentive to healthy aging, *Food Fix Uncensored* is especially relevant. The chronic diseases Hyman targets — diabetes, heart disease, and obesity — are the same conditions that define quality of life in one's later decades. This book won't just change how you shop. It may change how long and how well you live.



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## HUMOR HOTEL



## The 5 stages of grief (when losing an iPhone)

GREG SCHWEM

In my time on Earth, I have lost one parent, four grandparents, a few close friends and one child.

OK, the last one occurred at Target and I found her after a few panicked runs through the aisles but it was both sad and traumatic nonetheless.

During the other times of bereavement, I found myself leaning on the Kubler-Ross model, created in 1969 by Swiss-American psychologist Elisabeth Kubler-Ross to help terminally ill patients and their loved ones accept death. Kubler-Ross breaks the realization of dying into five stages:

Denial, anger, bargaining, depression and acceptance.

I now submit the five stages one endures when losing the most important thing in our lives. And no, it's not our relatives. Some studies show a quarter of us have ceased contact with some, if not all of them. Search "no contact" if you don't believe me.

It's our phones.

Sure, not everyone has lost their phones. But I submit every phone owner has misplaced it, often multiple times a day. Our phones are no longer just a device we carry; they are removable appendages, capable of performing more tasks than anything we were born with. Our legs, for example. Our legs help us stand and walk but they can't contact an Uber for us at 2 a.m.

We can misplace our phones in any room where we live. The same cannot be said of, say, a pizza cutter. Also, we don't take the pizza cutter with us when we leave for the day.

My lost phone saga began when I rented a bicycle outside my condominium complex, unlocking and paying for it using my iPhone of course. Fifteen minutes later, upon inserting the bike at a docking station two miles away, my pants pocket failed to vibrate. Fearing I had locked the bike incorrectly, I reached for my phone to verify I had received an "end ride" text message.

Enter Stage One: Denial. So far, Kubler-Ross and I were in sync.

Denying you have lost your phone means thinking you simply placed it in another pocket, backpack compartment, whatever. Never mind that we always carry our phones in the exact same spot because, as previously mentioned, the phone is an appendage. We don't wake up one morning and switch the locations of our fingers. Ditto for a phone.

In Kubler-Ross' grief model, the denial stage can last weeks or even months before one moves to anger. When losing the phone it takes about 13 seconds. At least in my case. Anyone within a 50-yard radius of the docking station would have been privy to a lengthy stream of profanities uttered at increasing volumes.

Stage three is where Kubler-Ross and I parted ways. Rather than bargaining, phone losers experience helplessness. Call or text whoever you were supposed to meet and explain your predicament? Not gonna happen. Retrace your steps by returning to the starting point? Good luck securing transportation. Go into the nearest bar and order a shot of whiskey to calm your nerves? Let's

hope the bartender accepts something other than Apple Cash and Venmo.

Stage four can best be described as "survival." Phone losers must take stock of what remains on their persons and adapt accordingly. In my case, I had my wallet and credit cards so I could walk to a nearby bus stop and pay for a one way fare back to my condo to begin the retracing process. Luckily the Chicago Transit Authority accepts credit cards because my bus pass resides on... you guessed it.

I also have the advantage of owning an Apple Watch, also known as "iPhone Lite." Unable to perform all of an iPhone's task, the watch at least allowed me to access the "Find My Devices" app. From there I composed a message that would appear on the iPhone in the event a stranger picked it up. Almost laughingly, the app asked what contact number I wished to include so the stranger could contact me.

Uh, the number associated with the phone you are now holding?

I typed in a friend's number and texted her from the watch, letting her know not to "mark as spam" any text stating a phone had been found. She

responded with sympathy but added, "I'd be lost without my phone."

Oh, just you?

Minutes later, I checked "Find My Devices" again and received a message that my phone had not only been found, but turned in at a T-Mobile store two miles away. I took the bus to the store and there it was, safe and still functional. Store personnel would only tell me it was a woman who turned it in. She didn't leave a name.

If that woman reads this column, I can only say "thank you" from the bottom of my heart. For you saved me from entering Stage Five:

A desire to be transported back to the 1800s.

- 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](http://www.gregschwem.com).

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## MY PET WORLD



# Why some dogs react to TV

CATHY M. ROSENTHAL

**Dear Cathy:** Our rescue Jack Russell pup “found us” through a humane shelter on the same day I tested positive for COVID two years ago. We had a few hard weeks, but Barkley fit right in with our other dog and has been the typical fun, high-energy guy we thought we were bringing home.

But a few months later, we began to get concerned. At what seemed like random times, he would hop up from his mat, howl, and jump on me in an anxious fit. When it started happening more often, I took him to the vet. After \$400+ in blood work and tests, my vet could find nothing wrong. “Just watch him,” she said.

Over the next week, I tried to figure out the trigger. Was he in pain? A gut issue? It just didn’t make sense, until one afternoon, while I was watching TV, I noticed that every time a Liberty Mutual insurance commercial came on, the behavior started. I began paying closer attention, and sure enough, every time that commercial — with the little baby in the high-pitched voice saying “Liberty, Liberty, Liberty” — came on, Barkley would go berserk. I can even look at him and sing “Liberty, Liberty, Liberty” and get a reaction, no commercial needed! (I don’t do this often. I’m not trying to tease him or trigger anxiety.)

Unfortunately, this behavior has now branched out to other commercials. We try not to react or give it attention. He has trained us to hit the mute button quickly. It’s not really a problem, except at night. I will be drifting off to sleep with the TV play-

ing softly and Barkley snoring beside me. Then, one of those commercials comes on and he is in full alert mode, howling at the top of his lungs. And just like that, I am wide awake again, waiting for my heart to settle. Any suggestions? — Pam, Greensboro, North Carolina

**Dear Pam:** What you are seeing is more common than people realize. Dogs don’t hear commercials the way we do. They hear high-pitched tones, sudden sound changes, and repetitive jingles that can feel intense or even alarming. That “Liberty, Liberty, Liberty” jingle hits a frequency range he may be especially sensitive to. Once that reaction happened a few times, his brain did what brains do. It linked that sound to a strong emotional response. From there, it generalized to similar sounds in other commercials.

The good news is this doesn’t sound like a medical issue, especially since your veterinarian ruled that

out. It’s more of a learned sound sensitivity, and Barkley has essentially trained himself (and you) to anticipate and react.

You’re already doing something right by not making a big fuss when it happens. That helps prevent reinforcing the behavior. The muting is also a practical solution — and I am sure Barkley appreciates your quick reflexes.

If you want to take it a step further, you can gently help him change how he feels about those sounds. The goal is to pair it with something positive before he escalates. For example, if you catch the start of a triggering sound, toss him a small treat or engage him with something he enjoys before the reaction builds. Over time, the sound can begin to predict something good instead of something

alarming. (You mentioned occasionally singing the jingle, but that can reinforce the association, so it’s best to avoid doing that when possible.)

Another option is to wear headphones (earbuds) at bedtime, so you are the only one hearing the commercials as you drift off to sleep.

In the meantime, you’re not alone. A lot of dogs have strong opinions about commercials, especially since they always seem louder than the shows.

— 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](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.

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## SERIOUSLY SIMPLE



## Roasted shrimp and corn salad, a colorful prelude to summer

DIANE ROSSEN WORTHINGTON

Roasted shrimp and corn make this seafood salad especially fresh and flavorful. Start with raw, peeled, deveined shrimp and roast them with corn kernels until just cooked through; the shrimp stay juicy and the corn turns sweet and tender. These are a far cry from the overcooked rubbery shrimp you will find at the market.

Use any lettuce you like, cut into small pieces. Marinated artichoke hearts pair well with the shrimp. You could substitute hearts of palm for the artichoke hearts if you prefer. Finish with avocado, pistachios and tomato halves, toss with vinaigrette, and serve immediately. Try a chilled sauvignon blanc to accompany and some crisp, warm sourdough bread for a satisfying meal.

### Lemon Mustard Vinaigrette

Makes about 3/4 cup

1 tablespoon Dijon-style mustard  
1 tablespoon red wine vinegar  
3 tablespoons freshly squeezed lemon juice

Freshly ground black pepper, to taste  
Salt, to taste

1/2 cup good-quality mild extra-

virgin olive oil, plus more as desired

1. Whisk mustard, vinegar, lemon juice, pepper and salt together until blended and smooth. Whisk in 1/2 cup of oil in a slow, steady stream until emulsified; add up to 1/4 cup more oil as desired. Taste for seasoning. Reserve.

### Roasted Shrimp and Corn Salad

Serves 4 as main course or 6 as a first course

1 pound shrimp (12 to 15 count), peeled and deveined

Kernels from 1 ear corn (about 1/2 cup)

1 shallot, finely chopped

Zest of 1 lemon

1 tablespoon lemon juice

1 tablespoon olive oil

Seasoning salt, to taste

To finish the salad:

8 cups chopped lettuce (romaine, baby gem, or spring greens)

1 (12-ounce) jar marinated artichoke hearts

1 medium ripe avocado, peeled and diced

3 small tomatoes, halved

DIANE ROSSEN WORTHINGTON/TCA



This salad is sure to be a crowd-pleaser.

1/4 cup roasted pistachios

Lemon mustard vinaigrette

1. Heat the oven to 400 F. Arrange shrimp and corn on a parchment-lined sheet pan. In a small bowl, mix the remaining ingredients, pour over the shrimp and corn, and toss to coat. Spread in a single layer.

2. Roast for 8 to 9 minutes, until the shrimp are pink and opaque and corn is light brown. Do not overcook. Halve the shrimp, transfer shrimp and corn to a dish, cool, and refrigerate until serving.

3. Place the lettuce in a large salad bowl. Spoon the chilled shrimp and corn mixture over the greens in

four sections.

4. Spoon the artichokes between the shrimp sections, creating eight sections total.

5. Arrange the tomato halves around the rim, scatter the avocado on top, and sprinkle the pistachios in the center.


6. Toss with vinaigrette, and serve.

- 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](http://www.seriouslysimple.com).

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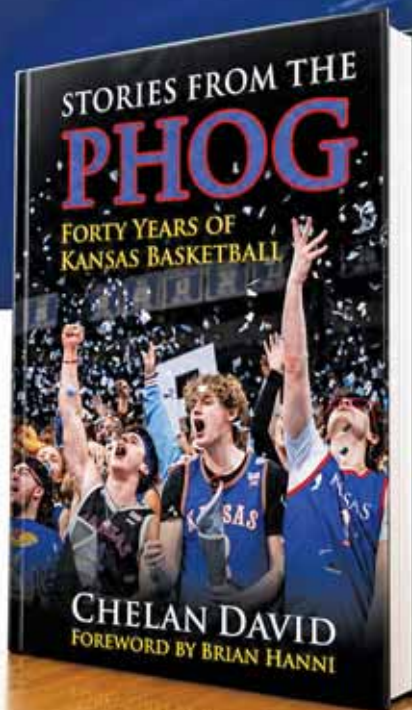
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A must-read for any KU basketball fan, *Stories from the Phog* puts readers in the seats at Allen Fieldhouse as the Beware of the Phog banner is unfurled for the very first time, the Jayhawks score 150 points against Kentucky, and Nick Collison receives a standing ovation from Dick Vitale. Relive the exhilarating come-from-behind victories against Missouri in 2012 and against West Virginia in 2017, a game that set the record for the loudest crowd roar at an indoor sports event.

A native of Lawrence, Kansas, author Chelan David has a unique bond with Kansas basketball. Some of his earliest memories emanate from fabled Allen Fieldhouse, a limestone theater filled with tradition, pageantry, and ghosts of former Jayhawk greats. Visit [cdavidbooks.com](http://cdavidbooks.com) for more information or to order a copy.

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

For more information about this book, email Groenhagen at [groenhagen@sbcglobal.net](mailto:groenhagen@sbcglobal.net).]



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### Lyon brings memorable bites – but no taste of mass tourism

RICK STEVES

Just two hours from Paris by train is Lyon, one of France's culture hubs and a foodie mecca. Straddling the mighty Rhône and Saône rivers between Burgundy, Provence, and the Alps, this city is relaxed, welcoming, and — despite having romantic cobbled alleys, pastel Renaissance mansions, Paris-like shopping streets, evocative museums, and renowned cuisine — surprisingly untouristy.

Lyon's sights are concentrated in three areas: historic Vieux Lyon (the old town, on the bank of the Saône River); the Presqu'île (the peninsula between its two rivers), and Fourvière Hill, with its white Notre-Dame Basilica glimmering above the city.

I like to start my Lyon sight-seeing day with a funicular ride up Fourvière Hill — where the city was founded as "Lugdunum" by the Romans in 43 BC. From the Fourvière terrace, I enjoy a commanding view of Lyon's old town, with its Renaissance roofs sporting uniform

chimneys, and the Presqu'île's elegant 19th-century architecture.

The hill's landmark is the gleaming Notre-Dame Basilica, built in the late 1800s. Inside this ornate neo-Gothic building, everything is covered with elaborate mosaics that tell stories of the Virgin Mary. Next to the basilica, a chapel that predates the church by 500 years is capped by a glorious gold statue of Mary overlooking the city.

A short walk from the basilica is the fine Lugdunum Gallo-Roman Museum, built on the hillside, with views of two Roman theaters. You'll hear the term "Gallo-Roman" a lot in Lyon: As they established their vast empire, the Romans conquered the Gauls (the dominant proto-French tribe) and incorporated them into their culture. For several centuries, this substantial part of the Roman empire was a Gaulish, or Gallo-Roman, civilization. In the museum you'll see Roman artifacts including coins, tools, amphora (jugs), and a

ADDIE MANNAN, RICK STEVES' EUROPE



Lyon offers romantic cobbled alleys, pastel Renaissance mansions, Paris-like shopping streets, evocative museums, and renowned cuisine — with no hint of crass tourism.

tablet inscribed with a speech given by Emperor Claudius in AD 48. Outside the museum are two theaters: A big one that was built under the reign of Emperor Augustus (and is

still used today for concerts), and a smaller one with acoustics ideal for speeches and songs.

Back down the hill, Vieux Lyon

CONTINUED ON PAGE 29

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# Rick Steves

CONTINUED FROM PAGE 28

offers the best concentration of well-preserved Renaissance buildings in France — vestiges of Lyon's Golden Age when it was the center of Europe's silk industry. Pedestrian-friendly lanes — punctuated with picturesque squares and courtyards — are made for ambling, window-shopping, and café lingering. You'll still find local silk here: On Rue du Boeuf, silk purveyor Brochier Soieries displays a silkworm exhibit and a binary “computerized” weaving loom, reminiscent of the early Industrial Revolution.

The many traboules (covered passageways) in Vieux Lyon once protected unfinished silk goods from the elements — but also worked as shortcuts, connecting the old town's three main north-south streets. Today, traboules provide a hide-and-seek opportunity to discover pastel courtyards, lovely loggias, and delicate arches.

After exploring Vieux Lyon, I enjoy poking around the city's fun assortment of museums. In a Renaissance mansion named for a wealthy merchant family, the Gadagne Museums offer two very different exhibits: one on serious city history, and another on puppetry. The Museum of Fine Arts, in a former abbey on the Presqu'île, has an impressive collection, ranging from Egyptian antiquities to Impressionist paintings, and its inner courtyard is a pleasant place to take a peaceful break from city streets. Also on the Presqu'île are the Museums of Textiles and Decorative Arts, filling two buildings that share a courtyard.

On the east bank of the Rhône, the Resistance and Deportation History Center explains the clever strategies Lyon's Resistance members used to fight the Nazis during World

War II — and the Lumière Museum is dedicated to the Lumière brothers' pivotal contribution to film. Nearby, Les Halles market is a food festival — crammed with butchers, fishmongers, pastry specialists, cheese shops, and colorful produce stands, with mini restaurants mixed in.

Dining is one of the premier attractions in Lyon and, compared to Paris, the prices are great. Here, top chefs are more famous than professional soccer players. Lyon's characteristic bouchons are small bistros that evolved from the time when Mama would feed the silk workers

after a long day. The lively pedestrian streets of Vieux Lyon and Rue Mercière on the Presqu'île are bouchon bazaars, worth strolling even if you dine elsewhere. Though food quality may be better away from these popular restaurant rows, you can't beat the atmosphere.


After dinner, I like to go for a stroll to savor the city's famous illuminations. While Paris may call itself the “City of Light,” Lyon is a leader in urban lighting design and hosts conventions on the topic. Each night, more than 200 buildings, sites, and public spaces are gloriously floodlit.

When I travel outside of Paris, I'm struck by all the wonders there are to enjoy in France. Lyon provides an elegant French urban scene — all with no hint of crass tourism.


- Rick Steves ([www.ricksteves.com](http://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](mailto:rick@ricksteves.com) and follow his blog on Facebook.

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## MY ANSWER



# God's love is different from our love

BILLY GRAHAM

**Q:** Loving people is sometimes very hard to do. It is easy to show love to those who are kind and compassionate. But as hard as I try, it is impossible to show love and compassion to a lot of people who are always stirring things up and causing trouble. Yet God loves in a way I can't. Is God's love different from ours? – G.L.

**A:** "Jesus loves me, this I know, for the Bible tells me so." This is a song recognized all over the world, and many who learned it as children still love it in their old age because it reminds them of God's heavenly love.

When Jesus lived on Earth, He showed love for people in many ways. He cried at the tomb of His friend Lazarus. He mourned over the city of Jerusalem because the people had stopped paying attention to God and His Word. When someone asked Him what the most important commandment was, He replied, "Love the Lord your God with all your heart... ? And the second command is like the first: 'Love your neighbor as you love yourself'" (Matthew 22:37, 39, ICB). His great heart was always sensitive to the needs of others.

Jesus' love was more than human compassion. It was godly love,

because Jesus was God. This is the kind of love He calls us to have — and the kind He will give us as we ask Him to help us love others the way He does! The greatest act of love we can ever perform for people is to tell them about God's love for them in Christ, and we must remember to pray for those who are not easy to love.

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

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## JUMBLE ANSWERS

Jumbles: KIOSK, CLONE, MODEST, GYRATE

Answers: The number of people buying fireworks for 4th of July celebrations was -- SKYROCKETING

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## BOGGLE ANSWERS

BRIE, FETA, SWISS, COLBY GOUDA, MUNSTER

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A woman with short grey hair, wearing a red headscarf, glasses, a blue denim jacket over a green floral shirt, dark pants, and black boots with blue accents, is sitting on wooden steps. She is smiling and looking towards the camera. To her left is a small brown goat with a black collar. To her right is a black and white dog. The background shows bare trees and a wooden fence under a clear blue sky.

# Thank you

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