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February 2023

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Vol. 22, No. 8

INSIDE



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The Legacy of Alfred H. Bromelsick

See story on page three



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Bromelsick's trust continues to benefit youths

By Kevin Groenhagen

A *Senior Monthly* reader called a few months ago and suggested that we do an article about Alfred H. Bromelsick. She knew that his will created a trust for the benefit of the Girl Scouts of Lawrence, the 4-H Club, and the Boy Scouts of Lawrence. However, she said she knew nothing about his background or how he accumulated his wealth.

After doing a little research and finding that Bromelsick's trust has benefitted thousands of youths in Douglas County, we decided to depart from our usual practice of profiling a living senior each month and instead profile Bromelsick, who died nearly 75 years ago.

Bromelsick's grandparents, Johann August Broemmelsiek (1803-1893) and Franziska Charlotte Voss (1809-1890) were both born in Prussia. They married in Borgholzhausen, which is in North Rhine-Westphalia, Germany, in 1833. It's not clear when August and Franziska came to the United States,

but the 1840 census shows they were living in Boeff, Franklin County, Missouri, with three children under the age of five (the 1840 census did not list names of children). According to Wikipedia, "In 1833 substantial numbers of German immigrant families began settling in the [Franklin County] area, and soon they outnumbered the slave owners in the county. The German newcomers were opposed to slavery, and their sons would become Union supporters during the U.S. Civil War."

The 1850 census shows the Bromelsick family still living in Franklin County, Missouri. Four children are listed: Henry (15); "Minken" (12); Charlotte (10); and Ann (4). Henry's obituary says that he "came to this country when quite young," which suggests August and Franziska came to the U.S. between 1835 and 1840.

The 1860 census shows August, a farmer, and Franziska living in Lexington, Johnson, Kansas Territory, with Ann and eight-year-old William. Lexington Township is now located just to the east of Eudora, which is part of Douglas County. August also lived near Hesper, which was founded in 1858 by Quakers wanting to lend support to the free-state cause.

According to the Eudora Area Historical Society, "On August 21st, 1863, William Quantrill and his pro-Confederate Raiders from Missouri made a stop in Hesper while they were traveling to Lawrence. Hesper, as an anti-slavery community, was targeted by Quant-



Mrs. W. M. Newmark donated this 1899 cabinet card by Lawrence photographer Elmer Willis to the Watkins Museum of History. It shows players of the Merchants Athletic Association team, whose members Mrs. Newmark identified as follows: **Back row:** George Kuhne, Win Newmark, unknown, Elmer Pierson. **Center row:** Otto Fischer, Fred Soxman, Hobert Wheeler. **Front row:** Al Bromelsick, Carl Rarick. (Colorized)

rill and his men. In Hesper, Quantrill and his men shot two Union soldiers, one survived and one was killed. In Hesper they also searched for August Bromelsick, a Quaker with strong anti-slavery views. Bromelsick managed to

escape his captors by blowing out the home's only candle and escaping into a cornfield."

The 1870 census shows William, now a young man, living in Lawrence

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Editor and Publisher

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Bromelsick

■ CONTINUED FROM PAGE THREE

and working as a clerk in a store (probably M. Newmark & Co.). In 1874, William entered a partnership with H. A. Kendall. Lawrence's Kendall & Bromelsick had a stock of hats, caps, furs, and "gents' furnishing goods." In addition to beginning a business partnership in 1874, William also married Louisa P. Eisenmayer in Clinton County, Illinois, that same year. It's not clear how William and Louisa met. Louisa's father, John Conrad Eisenmayer, worked in his family's milling business until 1886 and then established the Trenton Bank in Trenton, Illinois, in 1890.

By 1878, Kendall & Bromelsick was known merely as "Bromelsick's." Apparently, William had bought out his business partner. A November 28, 1880, item in the *Lawrence Daily Journal* noted that "Billy" Bromelsick had fur caps, gent's underwear, gloves, mittens, and other items that would "make a man comfortable and well-dressed, save his coat and pants."

The 1880 census shows William and Louisa living on Tennessee Street in Lawrence with two sons, Walter (5) and Alfred (2). The 1880 census says that Alfred was born in Kansas. However, when Alfred died in 1950, *The Kansas City Times* reported that he was born in Trenton, Illinois, and moved to Lawrence about 65 years before he died, which would have been about 1885. Trenton is in Clinton County, where William's mother was from. However, it doesn't appear that the Bromelsick family ever lived in Illinois.

Because of a fire at the U.S. Department of Commerce in 1921, 1890 census information concerning the Bromelsicks is not available.

The August 10, 1894, issue of the *Lawrence Daily Journal* reported that Alfred, now in high school, had already taken an interest in sports, having won a half-mile race. He later became involved in the Merchants Athletic Association (MAA) in Lawrence. MMA was as much a social club as it was an athletic club. The association had its own clubhouse where members and their wives met for meals, dancing, and entertainment.

In addition to playing shortstop on the MMA baseball team, Alfred was an avid bowler. In fact, Alfred travelled to Chicago in 1901 to participate in the annual tournament of the American Bowling Congress. He also enjoyed playing golf.

August Bromelsick died in 1895 and was buried in the Oak Hill Cemetery next to his wife, who died in 1890. Even after living in the U.S. for nearly 60 years, the inscription on their gravestone, including 2 Corinthians 5:1, is in German.

In 1901, Alfred's older brother, Walter, who was just 26 at the time, bought the Eudora Mill. Walter had started as a sweeper at the Pierson mill in Lawrence and worked his way up to becoming the secretary of the largest flouring mill in Springfield, Missouri.

On May 20, 1903, the *Lawrence Daily Journal* reported that Alfred left for Phoenix, Arizona, and would be away for an indefinite length of time. We know he was still in Arizona several months later because, on February 8, 1904, the *Lawrence Daily Journal* reported that Mr. and Mrs. William

Bromelsick were set to leave the next day to visit their son in Phoenix. Later in 1904, the directors of the Lawrence Home Telephone Company agreed that William should be president of the company.

On December 28, 1905, the *Lawrence Daily Journal* reported that William and several other stockholders would open Lawrence's fourth bank, Peoples State Bank, on January 2, 1906. William would also be one of the directors and president of the bank, which was located in the Poehler building.

According to *The Daily Gazette* of Lawrence, Walter Bromelsick traveled to Artesia, New Mexico, on January 16, 1906, to spend a couple of weeks with Alfred.

The Santa Fe New Mexican reported on May 7, 1906, that Alfred, now living in McIntosh, New Mexico, was visiting Santa Fe "on business connected with immigration work." Eleven days later, the *Albuquerque Journal* reported that Alfred was one of several incorporators of the Estancia Valley Township and Development Company. The com-

pany was incorporated "for the purpose of locating persons or families on lands and in homes either in colonies or otherwise, and to carry on a real estate business." A post office opened in McIntosh on August 28, 1906.

On March 31, 1907, *The Wichita Eagle* reported that Mrs. J. G. Osburn of Wichita had visited New Mexico as part of a 700-mile horseback ride. "We stopped at McIntosh as we came through and took dinner with Mr. A. H. Bromelsick, formerly of Lawrence, Kan.," she said. "He and J. C. Maxwell, of Wichita, are building and booming the town. We had known the boys in Artesia [New Mexico], you know, and enjoyed a visit with them. McIntosh is really in the heart of the valley, and has by far the best location of any town in it, if the prospects of the Estancia country never materialize. This Estancia valley to which there is such an immigration now, is hardly as large as our own Pecos."

Why the use of the word "immigration"? New Mexico was an organized

■ CONTINUED ON PAGE FIVE

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Bromelsick

■ CONTINUED FROM PAGE FOUR

incorporated territory of the United States from 1850 until 1912, when it became the 47th state.

The Estancia News on May 16, 1907, reported that Mayor A. H. Bromelsick of McIntosh and a few of the alderman had “spent a few hours as well as a little cash in Estancia Saturday.” On September 6, 1907, the same newspaper reported that Alfred and a Mr. Elliott were owners of the Estancia Valley Townsite Company and were in Estancia “attending business connected with that thriving burg.”

The Estancia News on January 10, 1908, reported that Alfred was expected home from his visit to Kansas. However, the January 24, 1908, issue of the *Lawrence Daily Journal* reported that Alfred went to Kansas City that morning.

Alfred must have stayed in Lawrence for several months. On August 13, 1908, *The Daily Gazette* reported that Alfred and Mr. Broer G. Gustafson headed to Denver on August 10 in Alfred’s car and had just arrived around noon on August 13. According to the newspaper, from Salina west the roads were like a race track and they made bursts of speed equal to 40 and 50 miles per hour. The *Lawrence Daily Journal* also reported on the Denver trip on August 14. This newspaper reported that the only trouble the “Buick machine” had on the trip was a broken bolt on one of the fenders.

The Jeffersonian Gazette of Lawrence reported on February 8, 1911, that Alfred had left in the company of his aunt, Miss Amelia Eisenmayer of

St. Louis, for a two or three months’ stay in Arizona. On November 27, 1912, *The Daily Gazette* reported that Alfred had returned to Lawrence after a stay of almost two years in California, where he went for his health. En route to Lawrence, he spent a few days in Artesia, New Mexico, where he was interested in real estate.

The 1920 census shows Alfred and his brother, Walter, living with their parents at 923 Rhode Island Street in Lawrence. Their house would have been across the street from where the Lawrence Turnhalle was located. According to the Lawrence Preservation Alliance, the Turnhalle, built in 1869, “served as the center of German-American life in Lawrence until the outbreak of World War I.” In 1920, both sons are in their 40s and single.

The 1930 shows Alfred living with his mother in Lawrence. William died in 1929. Walter is now a grain dealer in Oklahoma. Walter died in 1933 at the age of 58 and never married.

At some point after William died, Alfred became one of Peoples State Bank’s directors. The other directors included T. J. Sweeney, Jr., C. E. Friend, Hugh Means, and W. C. Simons. Simons was also president of The World Company, which published the *Lawrence Daily Journal-World*.

On May 15, 1941, *The Lawrence Democrat* reported that the Peoples State Bank had passed into the control of the Merchants Bank of Kansas City, whose officers had purchased the majority of the stock of the bank. Two weeks later, *The Lawrence Democrat* reported that Julius Marks and Alfred bought the 233-acre Johnson farm in

■ CONTINUED ON PAGE SIX



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Bromelsick

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the Wakarusa bottom 2 ½ miles north-east of Clinton, Kansas. Julius was the son of Sol Marks, who began operating Marks Bros. Jewelers in Lawrence with his brother, Alex, during the early 1880s. Julius assumed ownership of the store when Sol died in 1933. In 1961, Delbert Eisele, the watchmaker who worked for both Sol and Julius, bought the business from Julius after he retired. Marks Jewelers continues to be in business in downtown Lawrence.

Alfred registered for the draft on April 25, 1942. His draft card notes that the 64-year-old Alfred was a retiree and that he was 6' 8" and 145 pounds. It is likely that this should have read 5' 8" since his World War I draft card notes that he was of "medium" height.

Alfred's mother, Louise, died in 1946 and, like her husband, is buried in the Oak Hill Cemetery.

Interestingly, I could find no reference concerning Alfred in newspapers from the time he bought the Johnson farm until he died at Lawrence Memorial Hospital on April 4, 1950. *The Kansas City Times* on April 8, 1950, reported that Alfred, a bachelor who owned farm property in Douglas County and business property in downtown Lawrence, had left most of his \$100,000 estate to create a trust to benefit the Boy Scouts and Girl Scouts of Lawrence and 4-H Club members of Douglas County. That \$100,000 would be the equivalent of more than \$1,250,000 today. Officials estimated that the groups would share about \$6,000 annually. The only other bequest in his will gave his housekeeper, Mayme Harris, the home in which she lived on Rhode Island Street.

The Bromelsick Trust Fund in 1956 purchased 20 acres and then bought another 20 acres three years later. These acres became the Lawrence

Hidden Valley Camp, which is for the use of Girl Scouts

In 1961, the Bromelsick Trust Fund purchased a 160-acre tract to the north-east of Clinton Lake for the use of Boy Scouts. This tract became Camp Bromelsick.

The Bromelsick Trust Fund also provided funds for the annual 4-H Fair, sent delegates to the State Fair and State Camp, and paid bus fares to Rock Springs, the 4-H camp.

Finally, Bromelsick's will stipulated

that the Boy Scouts, Girls Scouts, and 4-H Club members plan and hold an annual Christmas Party. Area youths held the 71st Annual Bromelsick Christmas Party on December 4, 2022.

Readers might wonder if the Murphy-Bromelsick House is connected to Alfred Bromelsick. This house, which was originally located at 909 Pennsylvania Street, was owned by Frederick Bromelsick, a teamster, and his wife, Katherine. There was a Johann Friedrich Brommelsick baptized in Borghol-

zhausen on August 1, 1819. His parents are listed as being Henrich Matthias Brommelsick and Anna Maria Brokmann. August Bromelsick's baptismal record notes that his parents were Heinrich Broemmelsieck and Marie Elisabeth Brockmann. It appears that August and Frederick were brothers.

The Murphy-Bromelsick House was relocated to Hobbs Park in Lawrence in 2000. This site was once owned by abolitionist newspaper publisher John Speer.

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EQUAL HOUSING OPPORTUNITY

Brandon Woods offers more personalized care

By Billie David

Administrators at Brandon Woods at Alvamar, a continuing-care retirement community in Lawrence, have been studying the impact that the COVID pandemic has had on their organization. That's because, like other senior living communities across the nation, Brandon Woods has experienced a serious worker shortage that could negatively affect the residents' quality of care if not appropriately addressed.

Consequently, and analogous to many other senior living communities that have felt the negative impact that this shortage of workers has had on the increasing demands of a growing senior demographic, Brandon Woods has been carefully searching for a solution that will best address the needs of the senior population, both now and in the future.

"People are using work alternatives," said Donna Bell, Brandon Woods' executive director, referring to workers who, because of COVID, have preferred to work from home and are now finding that they still prefer that alternative, and that many are now reluctant to reenter the conventional workforce.

As a result, Brandon Woods leaders have decided to adjust to the changing situation by discontinuing the nursing home component while keeping the independent and assisted living elements.

This change has been occurring on a national scale, Bell observed.

"There are a lot of stand-alone assisted living centers now," she said. "It's a national trend. Assisted living is growing up and offering more services and more care, allowing residents to age in place."

Thanks to a growing preference among both employees and consumers

for an environment that is less institutionalized and more personalized, they have opted for more assisted living communities.

"It's hard working in large healthcare environments," Bell said of the changes they have observed, "and it was worse with COVID. People have found ways to make a living at home, and they are slower to reenter the workforce.

Assisted living has become a much bigger player, and more people are choosing to work in assisted living."

This does not mean that consumers are losing the choice of aging in place, however.

"Some people thought when we closed skilled nursing operations that we were closing assisted living and memory care, too," Bell said. "So, we are trying to explain to people the positive aspect—that they will be receiving more personalized care. We want to make the environment smaller, so it is more possible to personalize care. When the staff have the time to get to know their residents, we see the care improve."

"We are not losing something," added Taira Metcalf, sales director at Brandon Woods. "We're working to change the face of senior living."

In order to retain the age-in-place concept, Brandon Woods is partnering with other local organizations, such as Visiting Nurses and Hospice.

"We have solidified a lot of healthcare partnerships in the community to provide all those services in addition to what we already have," Bell said. "Along with the change to independent and assisted living, we are working on other improvements as well, including

the lifestyle programs—the physical, intellectual, emotional, and spiritual programs—to address the needs of the whole individual."

Brandon Woods has been serving Lawrence since 1987, the year that they first offered apartments. In 1988 they added healthcare, in 1995 they partnered with Douglas County to take in residents who were living in a nursing home that was built in the 1960s, and Five Star Living assumed management of Brandon Woods in 2009.

"They provide a lot of general oversight and consultative services," Bell said. "It's been fabulous to be part of an organization that provides services to us—state-of-the-art services, experience, and resources."

One of the things Bell likes most, however, is the Brandon Woods dining program.

"We provide a lot of choice to the residents," she said. "We have a restaurant-quality menu."

Her favorite part, however, is the social opportunities that the main dining area encourages.

"It's the social spot," she said. "Breakfast, lunch, dinner—they like to linger and talk afterwards. I love the sound of people laughing and talking after meals."

For Metcalf, one of her favorite things is the diversity.

"I like the fact that every resident is different, and their needs are different," she said. "Meeting their families and their different needs is very satisfying. My favorite things are the bonds that I've created with a lot of residents. They have taught me a lot of things; I have grown a lot since I've been here."

For more information about Brandon Woods at Alvamar, please visit www.fivestarseniorliving.com/communities/ks/lawrence/brandon-woods-at-alvamar or call (785) 838-8000.

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SAVVY SENIOR

How much do you have to make to file taxes?

By Jim Miller

Dear Savvy Senior: What are the IRS income tax filing requirements for retirees this tax season? My income dropped way down when I retired in 2022, so I'm wondering if I need



to even file a tax return this year. - Recently Retired

Dear Recently: Whether or not you are required to file a federal income tax return this year will depend on how much

you earned last year, as well as the source of the income, your age and filing status.

Here's a rundown of this tax season's IRS tax filing requirement thresholds.

For most people, this is pretty straightforward. If your 2022 gross income—which includes all taxable income, not counting your Social Security benefits, unless you are married and filing separately—was below the threshold for your filing status and age, you may not have to file. But if it's over, you will.

- **Single:** \$12,950 (\$14,700 if you're 65 or older by Jan. 1, 2022).

- **Married filing jointly:** \$25,900 (\$27,300 if you or your spouse is 65 or older; or \$28,700 if you're both over 65).

- **Married filing separately:** \$5 at any age.

- **Head of household:** \$19,400 (\$21,150 if 65 or older).

- **Qualifying widow(er) with dependent child:** \$25,900 (\$27,300 if 65 or older).

To get a detailed breakdown on federal filing requirements, along with information on taxable and nontaxable income, call the IRS at 800-829-3676 and ask them to mail you a free copy of the "1040 and 1040-SR Instructions for Tax Year 2022," or you can see it

online at [IRS.gov/pub/irs-pdf/i1040gi.pdf](https://www.irs.gov/pub/irs-pdf/i1040gi.pdf).

Check Here Too

Be aware that there are other financial situations that can require you to file a tax return, even if your gross income falls below the IRS filing requirements. For example, if you earned more than \$400 from self-employment in 2022, owe any special taxes like an alternative minimum tax, or get premium tax credits

■ CONTINUED ON PAGE NINE



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because you, your spouse or a dependent is enrolled in a Health Insurance Marketplace plan, you'll need to file.

You'll also need to file if you're receiving Social Security benefits, and one-half of your benefits plus your other gross income and any tax-exempt interest exceeds \$25,000, or \$32,000 if you're married and filing jointly.

To figure all this out, the IRS offers an online tax tool that asks a series of questions that will help you determine if you're required to file, or if you should file because you're due a refund. It takes less than 15 minutes to complete.

You can access this tool at [IRS.gov/Help/ITA](https://www.irs.gov/Help/ITA)—click on “Do I Need to File a Tax Return?” Or you can get assistance over the phone by calling the IRS helpline at 800-829-1040.

Check Your State

Even if you're not required to file a federal tax return this year, don't assume that you're also excused from

filing state income taxes. The rules for your state might be very different. Check with your state tax agency before concluding that you're entirely in the clear. For links to state tax agencies see [Taxadmin.org/state-tax-agencies](https://www.taxadmin.org/state-tax-agencies).

Tax Preparation Help

If you find that you do need to file a tax return this year, you can free file through the IRS at [IRS.gov/FreeFile](https://www.irs.gov/FreeFile) if your 2022 adjusted gross income was below \$73,000.

Or, if you need some help, contact the Tax Counseling for the Elderly (or TCE) program. Sponsored by the IRS, TCE provides free tax preparation and counseling to middle and low-income taxpayers, age 60 and older. Call 800-

906-9887 or visit [IRS.treasury.gov/freetaxprep](https://www.irs.treasury.gov/freetaxprep) to locate services near you.

You can also get tax preparation assistance through the AARP Foundation Tax-Aide service. Call 888-227-7669 or visit [AARP.org/findtaxhelp](https://www.aarp.org/findtaxhelp) for more information. You don't have to be

an AARP member to use this service.

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What are the benefits of yoga?

By Mayo Clinic Staff

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: I am a mother of two, work full time and am also a breast cancer survivor. I know physical exercise is important, so I try to visit the gym a few times a week for weight training and to walk. A friend recently invited me to a yoga class. I have never thought about adding yoga to my fitness routine. What are the benefits, and how would I get started?

ANSWER: Yoga is a wonderful form of exercise that provides benefits that walking and strength training do not provide. In Eastern cultures, yoga is not seen as exercise, but rather “a moving meditation.” In the Western world, many people know power yoga or vinyasa yoga, which are classified as exercise.

Regardless of the type, the practice of yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind, relax, and manage the stress and anxiety associated with being a busy mom and living with cancer.

Yoga can provide three primary benefits that a typical gym routine may not provide: improved nervous system function, improved joint range of motion and improved dynamic balance.

Improved nervous system function

Since yoga is based on breathing, parts of the nervous system are affected when you lengthen the amount of time you exhale, and control your breathing. This is cued throughout particular yoga sequences. Specifically, yoga can help lower the fight-or-flight response and improve the body’s “rest-and-digest” response.

Practicing slow, controlled breathing stimulates the body’s vagus nerve, which takes information about the current state of relaxation and relays it to the rest of the body, including the brain. One area affected when the vagal nerve is stimulated is the parasympathic ner-

vous system, which controls the body’s rest and digestion functions.

The mindful breathing practiced in yoga increases the activity of the parasympathic nervous system. As a result, yoga lowers the heart rate, improves digestion and quality of sleep, and strengthens the immune system. Another benefit is reduced stress.

Improved joint range of motion

The difference between flexibility and active range of motion is important. Think of flexibility as how much a muscle can be passively stretched. In contrast, range of motion is how much muscles can be used to control a joint’s movement.

It is not uncommon these days for people to report neck and back pain, and poor range of motion in their thoracic spine due to constant sitting, typing on computers and looking down at cellphones. Yoga is excellent in improving thoracic range of motion because many poses involve extending the body through the rib cage and using strength to hold these postures.

Yoga incorporates all four motions of the spine: flexion, extension, rotation and side-bending. Therefore, yoga can prevent stiffness and disuse that also can occur with age. Being able to control the available range of motion in joints is crucial to good posture and decreasing the risk of injury.

Improved dynamic balance

Think of balance like a muscle. By working hard at different exercises, balance can improve. This is similar to improved strength by lifting weights.

Balance is a complex system, requiring three parts: the sensation of the foot on the ground, or proprioception; vision; and the inner ear, or vestibular system. These three parts tell the brain where the head is in space. These three components work together to control both static and dynamic balance.

Yoga trains the proprioception and visual systems to improve balance. Depending on the pose, cues are sent to focus, for instance, on the foot rooted to the ground. By concentrating in an

attempt to maintain contact, the big toe, little toe and heel form a tripod of sorts, which in turn helps focus the proprioception portion of balance.

In yoga, you may hear the term “drishti,” which refers to obtaining a focused gaze or focus in the mind. The concept comes into play as people aim to hold a pose with their eyes closed. Certain poses become more challenging with eyes closed, which improves the visual part of balance.

Also, moving back and forth between poses without fully touching a limb to the ground can increase the ability to dynamically move and not lose balance. Over time, this will reduce the risk of falling while walking on uneven ground or turning quickly.

Is yoga right for you?

If you choose to try yoga, go slow and try different kinds to find what works for you. Although you can learn yoga from books and videos, beginners usually find it helpful to learn with an instructor. Visiting a class with your friend may be more enjoyable in that it will offer support to you and time together, which is just as important to

overall well-being as fitness.

When you find a class that sounds interesting, talk with the instructor so that you know what to expect. You may want to speak to the instructor in advance about expectations for the class. And remember, you don’t have to do every pose. If a pose is uncomfortable or you can’t hold it as long as the instructor requests, don’t do it. Good instructors will understand and encourage you to explore—but not exceed—your personal limits.

While it may be hard to add one more thing to your busy life routine, incorporating yoga into your fitness routine can benefit your stress level, mobility and balance in ways that may not be achieved from your regular gym routine. -- Compiled by Mayo Clinic staff

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

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HEALTH & WELLNESS

Medicinal plants found in your kitchen

The use of medicinal plants dates back centuries, with many of them being used in the kitchen. The medicinal importance of these herbs developed outside the kitchen with their increasing effectiveness in treating various ailments. This column will



Dr.
Deena
Beneda

discuss these culinary herbs that taste great and also have powerful medicinal benefits.

Cinnamon is a well-known spice. It is found in all sorts of recipes from main cuisines to desserts. The main ingredient in cinnamon is a chemical called cinnamaldehyde, which is responsible for the many medical benefits of this plant. The chemical ingredient cinnamaldehyde can lower blood sugar levels and improve insulin sensitivity in the body. Cinnamon has powerful antioxidant activity that helps fight inflammation and lower lipid levels in the body. Research has shown that cinnamon may be effective in fighting tooth decay and bad breath. Finally, cinnamon may help fight various infections, including upper respiratory infections.

Peppermint is another robust herb used in cuisines and has many medicinal properties. Peppermint can be found in desserts, drinks, main dishes, and candy. The ancient Romans often used peppermint to flavor special dishes, sauces, and wines. Studies have shown that peppermint oil can improve pain management in irritable bowel syndrome. Therapeutically, peppermint works by relaxing the colon's smooth muscles, relieving pain, and reducing abdominal bloating.

Turmeric is a very common spice that is often found in curry dishes. Turmeric gives curry its yellow color. Turmeric has several compounds in it that have medicinal properties, but the most important is curcumin. Curcumin is a remarkable antioxidant, anti-inflammatory, and antimicrobial. Studies suggest that it can improve brain function, reduce the risk of heart disease, and lower cholesterol. Curcumin is a strong antimicrobial and can be found in many supplements to boost the immune system.

Sage is often used in main dishes, especially in the fall and winter months. It is well-known in history for its healing properties, especially during the Middle Ages, to help prevent and treat the plague and also to cleanse the body of venom. Some research suggests that it may improve brain function and memory.

Cayenne pepper is a type of chili pepper used to prepare spicy dishes. Its active ingredient is called capsaicin, which reduces appetite and increases fat burning in many studies. Due to its fat-burning properties, it is a common ingredient in many weight-loss formulas.

Finally, ginger is a popular spice found in many types of cuisines, beverages, baked items, and even candy. Ginger has been used to treat nausea associated with morning sickness, sea sickness, and chemotherapy. It is a strong anti-inflammatory and can manage pain. It is especially effective in calming an upset stomach.

Mentioned above are a group of medicinal plants that can be found in the kitchen. If you are thinking of using a medicinal plant or starting any new therapies, it is always advisable to check with your health provider.

- 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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HEALTH & WELLNESS

Knowing symptoms is key to surviving cardiac arrest

By Autumn Bishop,

LMH Health

Donna Oleson has always been a woman on the go. She began taking an aerobics class in 1976 from the physical education teacher at Eudora High School, with the soundtrack provided by an old record player. When the instructor left her position, she asked Oleson if she'd be interested in teaching.



"That's how I became a rhythmic aerobics instructor," she quipped. "I had 60 women in my first class and went on to teach two to three days a week for 17 years. I even had two men in the class, which was pretty rare back then."

Oleson has worn a number of other hats over the years. She spent 25 years working as the Eudora City Clerk before retiring a decade ago. She then took on a role as an administrative assistant at Bert Nash Community Mental Health Center and planned to only be there for a year or two, but somehow stretched it into another 10-year career.

"I decided to retire from Bert Nash in September 2022 because I was turning 70. If I didn't do it then, I wouldn't do it at all," she said.

But she didn't sit still for long. Oleson took on another challenge, working as a paraprofessional at Eudora Elementary School. She'd only been working there for a couple of weeks before catching the COVID-19 virus. Once she recovered, she headed back to work.

It was no wonder that she was tired due to her busy lifestyle and recent bout with the virus, but it seemed that she was tired all the time. Oleson mentioned the exhaustion to her doctor but since she wasn't having any other symptoms, they chalked it up to being an active 70-year-old. That all changed on a Saturday afternoon in September.

"I'd been cleaning the living room, and I remember thinking I was tired, and I should sit down," she said. "I dozed off, and when I woke, I knew something wasn't quite right."

Be on the lookout

According to the Centers for Disease Control (CDC), heart disease is the leading cause of death for both men and women in the United States. One person dies every 34 seconds from the disease.

The most common symptoms of a heart attack are:

- Chest pain or discomfort

- Feeling weak, lightheaded or faint
- Pain in the jaw, neck or back
- Pain or discomfort in one or both arms or shoulders
- Shortness of breath

Elizabeth Guastello, MD, a cardiologist with Cardiovascular Specialists of Lawrence, said that other symptoms can occur in both women and men, such as nausea, vomiting, sweating or feeling like you just have the flu. If there's a weird presentation, nine times out of 10, it will occur in a woman.

"If you feel like you've got an elephant sitting on your chest, pain radiating down your arm or jaw pain, it's vital that you get checked out immediately," she said. "Call 911 and get to the emergency room. Time is heart muscle."

What if your only symptom is arm pain? How do you know if it's something to be concerned about? Guastello explained that some people simply have arm pain or heaviness as their main symptom.

"If our heart is unhappy and isn't getting enough oxygenated blood, it's trying to communicate that to us,"

she said. "What I'm looking for is arm heaviness or chest pressure when you're walking or doing something that requires exertion. If you're having shoulder or arm pain that hurts when you're just rotating it around, that's just your arm."

Oleson has long been active with the American Heart Association and Go Red for Women, so when she began to vomit and felt intense heart pain, she knew something was wrong. She

began to bang on the wall to get her granddaughter's attention and told her she thought she was having a heart attack. They called 911 and when the paramedics arrived, they told Oleson she was right.

"They loaded me in the ambulance and put nitroglycerin under my tongue," she said.

"I remember telling them that it hurt so badly, but that's it until I got to the hospital and found out I'd flat-lined, and they had to perform CPR."

Family history plays a role

From the outside looking in, you wouldn't think Oleson was someone



Donna Oleson

JEFF BURKHEAD PHOTO

■ CONTINUED ON PAGE 13

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Cardiac arrest

■ CONTINUED FROM PAGE 12

who might be susceptible to a heart attack. She never drank or smoked and made sure to exercise regularly. There was one thing she had stacking the odds against her—family history.

“I come from a family of six—five girls and a boy,” she said. “Both of my parents died from heart issues. My mom passed within the week of her 66th birthday and my dad when he was 68. Both of them had previously had bypass surgery.”

Family history and genetics can play a significant role in your potential for developing heart disease or having a heart attack. Guastello said that while not everyone who has a family history of cardiac issues develops problems, it can be more likely.

“We see other people who don’t have any risk factors. If your father had a heart attack at 45, it can be a strong indicator for you as well,” she explained. “It’s important to remember that just because it happened to them doesn’t mean that it will happen to you.”

If you have concerns about your heart health, Guastello said that knowledge is power. It’s important to know your weight, cholesterol level, blood pressure and whether or not you have diabetes. Having high numbers can lead to increased plaque in your cardiovascular system which, in turn can lead to heart disease and heart attack.

“If you have risk factors, it’s important to see your doctor. Your primary care provider can help you get those numbers where they need to be,” she said.

Prevention is key

Knowing your risk is key to preventing heart disease. Once you’ve made an assessment, it’s important to create a prevention plan. Guastello said there are a number of steps you can take to improve your health.

“It’s important to be physically active and move more,” she said. “Staying at a healthy weight and eating a healthy diet will also help to reduce your risk. And if you smoke, now is the time to quit.”

If you do have family or lifestyle risk

factors, you’re not alone. Making small changes can make a huge difference. Talk with your healthcare provider to find out what you can do now to lower your future risk.

Know your score

Another tool available to help determine your heart health is a coronary calcium score. Guastello said that during this simple imaging procedure, patients undergo a CT scan that looks for calcium in the arteries.

“If you score a zero on the test, there isn’t any plaque present, and that can provide you with peace of mind,” she explained. “Scores of one or greater indicate that you’ve got coronary artery disease, and then we can begin treating you appropriately.”

Coronary calcium scores are done on a regular basis at both the LMH Health Main Campus and West Campus. The test costs about \$60 and isn’t usually covered by insurance. While a referral isn’t required, Guastello recommends asking your primary care provider to order the test so they can receive the results. If cost is a factor, the LMH Health Foundation may be able to assist.

In the end

Oleson’s decision to call paramedics—instead of having her granddaughter drive to the hospital—saved her life. Not only had she flat-lined in the ambulance, Oleson had a total blockage of one artery and another was 90% occluded.

“Donna had what you might know as a widow maker,” Guastello said. “The proximal left anterior descending artery supplies blood to the front of the heart. In the past—before coronary intervention—someone would usually die, which is how it got the name.”

Interventional cardiologist Alan Berger, MD, placed a stent in one artery immediately, followed by a second one three days later. After spending a few days in the hospital, Oleson went home to begin outpatient treatment and rehab.

“It’s been quite a year—it was a heck of a way to celebrate my birthday,” Oleson said. “I’m so lucky to have survived and to have received the outstanding care that I did at LMH Health. They took great care of me.”

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

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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 event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417 or email kevin@seniormonthly.net. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

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

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

LAWRENCE, 785-842-3883

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EDUCATION

FEB 2

INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m. TOPEKA, <https://events.tscpl.org/events>

FEB 9

INTERNET GENEALOGY 2

Learn more about researching your family with this interactive class. You will learn how to find local resources online and from libraries and repositories. Register for Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

TOPEKA

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

FEB 9

SPRING LAWN CARE

Shawnee County Master Gardeners Presentation. Learn how and when to overseed, fertilize, control weeds and mow for best results with your spring lawn care. Presented by Kevin Siek. Topeka and Shawnee County Public Library - Marvin Auditorium 101BC, 7-8:30 p.m. TOPEKA, <https://events.tscpl.org/events>

FEB 18

PHOTOSHOP FOR BEGINNERS - LEVEL 2 TECH CENTER

Learn to crop, edit, resize & change background of photos to improve the quality of your images after the photo has been taken. This is for people who have never worked in Photoshop. Topeka and Shawnee County Public Library - Digital Arts Studio, 1-2 p.m. TOPEKA, <https://events.tscpl.org/events>

FEB 23

PHOTOSHOP FOR BEGINNERS - LEVEL 2 TECH CENTER

Learn to crop, edit, resize and change background of photos to improve the quality of your images after the photo has been taken. This is for people who have never worked in Photoshop. Topeka and Shawnee County Public Library - Digital Arts Studio, 6-7 p.m. TOPEKA, <https://events.tscpl.org/events>

FEB 25

PHOTOSHOP FOR BEGINNERS - LEVEL 2 TECH CENTER

Learn to crop, edit, resize and change background of photos to improve the quality of your images after the photo has been taken. This is for people who have never worked in Photoshop. Topeka and Shawnee County Public Library - Digital Arts Studio, 10:30-11:30 a.m. TOPEKA, <https://events.tscpl.org/events>

FEB 27

MEDICARE PART D

Jayhawk Area Agency on Aging staff will help you navigate Medicare Part D to make sure you are getting the best prices for your medication. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m. TOPEKA, <https://events.tscpl.org/events>

FEB 28

PHOTOSHOP FOR BEGINNERS - LEVEL 2 TECH CENTER

Learn to crop, edit, resize and change background of photos to improve the quality of your images after the photo has been taken. This is for people who have never worked in Photoshop. Topeka and Shawnee County Public Library - Digital Arts Studio, 6:30-7:30 p.m. TOPEKA, <https://events.tscpl.org/events>

MAR 2

INTERNET GENEALOGY FOR BEGINNERS

Get started in genealogy and learn how to build your family tree online using the print and

online resources your library offers. Register to receive the Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 10-11:30 a.m.

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

ENTERTAINMENT

SECOND & FOURTH SATURDAYS OF THE MONTH GRAND OTTAWA OPRY

Enjoy our live Branson-style Old Country music shows! Ottawa Memorial Auditorium, 301 S. Hickory. The doors open at 4:30 p.m., the pre-show performance starts at 5:30 p.m., and the Grand Ottawa Opry begins at 6 p.m. Call for more info! Fee. Tickets available at the door. OTTAWA, 785-241-6762

FEB 2

HAIRSPRAY

You Can't Stop the Beat! *Hairspray*, Broadway's Tony Award-winning musical comedy phenomenon is back on tour! Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

FEB 10

FREESTATE STORY SLAM | DISTANCE

Real stories, live and uncensored. Stories are told live, MOTH-style, with a new theme each month. Never the same story or evening. Live music and social hour at 7 p.m. Slam begins at 7:30 p.m. Free. \$10 Suggested donation. Ages 18+ recommended. 10th & Mass Studios, 1000 Mass St. LAWRENCE, 785-843-2787 lawrenceartscenter.org/event

FEB 11

BAROQUE BY CANDLELIGHT

Lawrence Community Orchestra performance. Plymouth Congregational Church, 925 Vermont Street, 7:30 p.m. Fee. LAWRENCE

FEB 14

BLUE MAN GROUP

More than 50 million people around the world have experienced the smash hit phenomenon that is BLUE MAN GROUP, and now it's your turn! BLUE MAN GROUP returns to the Lied Center for a limited engagement on their new North American tour. It's everything you know and love about BLUE MAN GROUP—signature drumming, colorful moments of creativity and quirky comedy—the men are still blue, but the rest is all new! Featuring pulsing and original music, custom-made instruments, surprise audience interaction and hilarious absurdity, join the Blue Men in a joyful experience that unites audiences of all ages. Lied Center of Kansas 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/?event=bluemangroup-2023-1

FEB 17

EARTH, WIND AND FIRE LEGACY REUNION

Legacy Reunion reunites Earth, Wind & Fire

alumni for an evening of monster grooves, high energy and dance-able hits. Get swept up in the musical whirlwind & relive the glory days with some of the greatest musicians in the world performing the hit songs that combine jazz, R&B, disco, and soul into the perfect pop storm that dominated the 1970s, garnered 20 GRAMMY Award nominations and spanned five decades of popularity. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.

TOPEKA, 785-234-2787

topekaperformingarts.org/events

FEB 19

CHAEYOUNG PARK, PIANO

Chaeyoung Park has been praised as a passionate pianist who “does not play a single note without thought or feeling” (*New York Concert Review*). Embracing a broad range of classical music literature, her programs feature works ranging from the early French Baroque by Rameau to Beethoven sonatas as well as new music by living composers, including South Korean classical composer Unsuk Chin. Lied Center of Kansas, 1600 Stewart Drive, 2 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/?event=chaeyoung-park-2023

FEB 24 & 25, MAR 3 & 4

SCHOOL OF ROCK THE MUSICAL

Based on the cult film with a rocking new score from Andrew Lloyd Webber, *School of Rock* follows slacker Dewey Finn as he turns a class of straight-A students into an ear-popping, riff-scorching, all-conquering rock band! Lawrence Arts Center, 940 New Hampshire St. February 24 and March 3, 7 p.m.; February 25 and March 4, 2 and 7 p.m. Fee. LAWRENCE, 785-843-2787 lawrenceartscenter.org/event/school-of-rock-the-musical

FEB 27

LVIV NATIONAL PHILHARMONIC ORCHESTRA OF UKRAINE

The Lviv National Philharmonic Orchestra of Ukraine, from the medieval city of Lviv, was officially established in 1902. During its first season, the orchestra performed nearly 115 concerts, featuring the symphonies of Ludwig van Beethoven, symphonic works by Felix Mendelssohn, Wolfgang Amadeus Mozart, Franz Schubert, Robert Schumann, Franz Liszt, Antonin Dvorak, Anton Bruckner, Gustav Mahler, Camille Saint-Saëns and Pyotr Tchaikovsky. Richard Strauss, Gustav Mahler, Ruggero Leoncavallo and Mieczyslaw Karłowicz performed as invited conductors with the Lviv orchestra during its first season. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/?event=ukraine-orchestra

MAR 5

BLACK VIOLIN

This Lied Center favorite is back. Black Violin is led by classically trained string players Wil B. (viola) and Kev Marcus (violin). Joining them onstage are DJ SPS and drummer Nat Stokes. The band uses their unique blend of classical and hip-hop music, often described as “classical boom,” to overcome stereotypes

■ CONTINUED FROM PAGE 14

and encourage people of all ages, races, and economic backgrounds to join together to break down cultural barriers. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/?event=black-violin-2023

EXHIBITS & SHOWS

OCT 1-FEB 18

THE ORIGINAL KANSAS CITY, KANSAS

On October 22, 1872, Kansas City, Kansas was formally incorporated, but at that time it was far from the KCK we think of today. At the museum, we get many questions about our early maps and how the city evolved. The 150th Anniversary of KCK provides a great opportunity to share the story of "The Original Kansas City, Kansas" with the community. This exhibit will feature a series of early maps, facts, and images from the city's earliest years. Wyandotte County Historical Society and Museum 631 North 126th, 9 a.m.-4 p.m. Free.
 BONNER SPRINGS, 913-573-5002

DEC 20-APR 29

FROM THEN TO NOW: A STUDENT HISTORY OF HASKELL INDIAN NATIONS UNIVERSITY

In 1884, the Indian Industrial Training School, as it was then called, opened in Lawrence under control of the federal government. Over time, the same school, under the same government, has adapted and evolved into an institution of higher education that encourages and celebrates the cultures it was established to eradicate. Recurring weekly on Tuesday, Wednesday, Thursday, Friday, Saturday. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-4 p.m. LAWRENCE, 785-841-4109
watkinsmuseum.org

FARMERS' MARKET

THURSDAYS

COTTIN'S HARDWARE FARMERS' MARKET

April-September (Outdoors) Every Thursday from 4-6:30 p.m. The outdoor market has 15+ local vendors, live music, a hot food vendor, and Free State Beer each week. October-March (Indoors) Every Thursday from 4-6 p.m. The indoor market is located inside the store and has up to six vendors each week. Cottin's Hardware, 1832 Massachusetts St. LAWRENCE
cottinshardware.com/farmers-market

HEALTH & FITNESS

FEB 1, 8, 15, 22 & MAR 1

POWER YOGA

A challenging mixed flow class for most yoga levels. You need to be able to get down on your belly, hands & knees but no arm balances or inversions. Join in person or click title for Zoom link. Topeka and Shawnee County Public Library, Learning Center, 1515 SW 10th Ave., 5:30-6:20 p.m. TOPEKA, 785-580-4400
<https://events.tscpl.org/events>

HISTORY & HERITAGE

FEB 6

AFRICAN AMERICANS IN MANHATTAN, KANSAS

Kansas Afro-American Historical and Genealogical Society meeting. David Baker will tell his story through the lens of historic Manhattan, Kansas, and Yuma Street, where he grew up. Yuma Street is registered as a historic district in Manhattan. Register for Zoom link. Topeka and Shawnee County Public Library - Virtual Room 02, 6-7 p.m. TOPEKA, 785-580-4400
<https://events.tscpl.org/events>

FEB 11

CLASS: RESEARCHING YOUR GERMAN ANCESTORS - PART 1

German genealogy research is so complicated, expert researcher Alisa Branham will cover this topic in multiple classes. This introductory class will cover basics and the particular challenges of German history and genealogy record such as locating your ancestors, changing political boundaries, terminology, and reading old German script. A useful handout (or two!) will be provided to you can continue learning after the class. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-12 p.m. Fee. LAWRENCE, 785-841-4109
watkinsmuseum.org

FEB 23

GENEALOGICAL RESEARCH IN THE KANSAS STATE ARCHIVES

Topeka Genealogical Society Monthly Meeting. Lauren Gray will discuss collections of interest to family historians from the Kansas State Historical Society archives. She'll also provide tips to maximize your visit to the archives. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m. TOPEKA
<https://events.tscpl.org/events>

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

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

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

SECOND MONDAY OF THE MONTH KLAH FUN LUNCHEON

Keep Living at Home is hosting a fun senior event every second Monday at 2 p.m. at Brandon Woods Independent Living, 1501 Inverness.

KLAH will provide appetizers and wine. Call for more information or to sign up. LAWRENCE, 785-294-5867

SECOND TUESDAY OF THE MONTH

NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

Meets at Grace Episcopal Church, 701 SW 8th Ave. (enter on NW corner), at 9:30 a.m. TOPEKA

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

FEB 6

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, 1515 SW 10th Ave., 2-3 p.m. TOPEKA, <https://events.tscpl.org/events>

FEB 13

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, 1515 SW 10th Ave., 3:30-4:30 p.m. TOPEKA, <https://events.tscpl.org/events>

FEB 15

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Perkins Room 201, 1515 SW 10th Ave., 2-3 p.m. TOPEKA, <https://events.tscpl.org/events>

MISCELLANEOUS

SECOND AND FOURTH THURSDAYS

PITCH PALS

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

FEB 4

SOUPER BOWL

The Lawrence Arts Center's annual Souper Bowl Saturday is on its way again! We are gearing up for the event by making lots of beautiful ceramic bowls for you to choose from. This community event raises funds through the sale of handmade bowls and donated soups and bread. The bowls, \$10 and up, come with complimentary soup and bread and the proceeds benefit the Arts Center's visual arts education programs. Lawrence Arts Center, 940 New Hampshire, 10 a.m.-2 p.m. LAWRENCE

FEB 17

CHILI & SOUP SUPPER

Chili or vegetable beef soup (all you can eat), plus cornbread, crackers, relishes, dessert & drink. Dine in or carry out. Hot dogs and chili dogs also available. Community invited. Kansas Avenue United Methodist Church, 1029 N. Kansas Ave., 4:30 p.m.-6:30 p.m. Fee. TOPEKA

FEB 18

SEED LIBRARY LAUNCH

Spring is just around the corner. Get ready for the growing season by picking up some seeds from our Seed Library. Choose up to five varieties of fruit, vegetable, and flower seeds. Be sure to check out our gardening resources while you're here. Lawrence Public Library, 707 Vermont St., 10 a.m.-6 p.m. LAWRENCE, twinters@lplks.org



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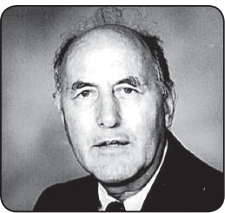


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HUMOR

Back to Basque Country

Brett Edwards was adopted as a baby by Basque-speaking parents who loved him dearly, but they didn't want to burden him with a Basque name that no one could pronounce, so they kept his birth name. He grew up speaking accent-free Basque and English.



Larry
Day

Years ago we told a story about Brett and some crooked Basques who had immigrated to the United States. At his bank Brett had gathered up a batch of expired bonds that he intended to take to the firm that did his taxes. As he came out of the bank with the bundle of worthless, but impressive-looking documents a couple of Basque hoods were parked in front.

"Whoa," said one of the crooks, "Look at that chicken."

"Let's pluck him," said the other.

They pulled their guns and jumped out of the car.

"Where you nitwits been?" Bret asked in perfectly accented Basque. "Take these to your boss and tell him that's all he's getting from me."

"Who's..." the less bright one started to ask.

The brighter one shushed him. "Sure, sure. We'll take care of it. Gimme 'em."

The crooks took the bundle and drove rapidly away.

Brett knew that as soon as the boss looked at the documents he would realize they were worthless, and punish the two severely.

The brighter thug realized that they had goofed, and they fled before the boss could catch them.

One of the miscreants had a cousin who worked at a bank in Letongaloosa. They had spoken by telephone—in Basque—about robbing the bank with the cousin's help. The police, to protect

the bank, got judicial permission to tap the bank's telephone calls.

Their problem became apparent immediately. The phone calls were in Basque.

The police contacted Brett. "You're Basque, aren't you?"

"Yes, I am."

"We have a phone tap, but they're speaking Basque."

"Put me on the line with you," said Brett.

"Can you understand that?" one of the officers asked.

"Yes, of course. They're a couple of Basque thugs who robbed me of a bundle of worthless bonds months ago. They must have escaped before their boss could have them rubbed out. Their cousin is a bank teller. They're planning a heist with his help."

"Let's take this to the chief," said one

of the officers.

The group, including Brett, met with the Letongaloosa police chief.

"Brett," asked the chief, "Will you help us nail these crooks?"

"Of course," said Brett. "They are dim bulbs. It's embarrassing."

With phone taps and Brett's translations, the authorities set up a sting.

Information was "leaked" to the effect that a large cash payroll was coming to Letongaloosa on an armored truck. The time of the truck's arrival, supposedly super-secret, was also "leaked."

The police rented an armored truck and put half a dozen officer—no cash—aboard.

The perps planned the heist as carefully as their limited intelligence permitted. That left plenty of room for the sting.

On "B" (bank) Day, the hoods parked half a block from the bank in an untraceable vehicle. They waited until the armored car drove—front first—up to the entrance to the bank.

A bank employee unlocked the door and the lone security officer stepped back.

The hoodlums jumped out and

sprinted toward the bank.

The heavily armed police opened the truck's door and ordered the hoods to put up their hands and surrender. They did so very meekly.

Bret approached.

"Hey, fellows," he said in English. "What happened to that package of worthless bonds you stole from me?"

"It's the Pigeon," said the brighter one, in Basque.

"It is," said Brett in perfectly accented Basque.

"He speaks Basque," said the slower one.

"I do. Too bad for you," said Brett. "We'll see you all in about 20 years."

There's a kind of happy ending to the story. The less bright perp "got religion" while he was in prison, and came back to Letongaloosa. Brett found him a church and helped him get a job.

"You're really a great guy," said the guy one day.

"For a pigeon," said Brett.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.



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PAINTING WITH WORDS

1915: February

Born in 1885 in a small Idaho town, Ezra Pound moved to Philadelphia when his father became an assistant assayer with the United States Mint. Ezra attended the University of Pennsylvania, but went to Hamilton College where he received his B.A. in philosophy. After a brief stint at col-



Tom
Mach

lege teaching, he traveled to Europe, where he became the literary executor of the scholar Ernest Fenellosa. He became interested in Japanese and Chinese poetry. After becoming the London editor of the "Little Review" in 1917, he began exchanging ideas for literature between British and American writers. In the process he helped advance the works of several of his contemporaries, such as Robert Frost, James Joyce, Yeats, and T. S. Eliot. Pound is widely considered one of the most influential and most difficult poets of the 20th century; his contributions to Modernist poetry are enormous. (Modernist poets re-evaluated the assumptions of previous poets.)

Pound spent three winters during 1913-1916 living with William Butler Yeats at Stone Cottage near the village of Coleman's Hatch in Sussex. It was then that he wrote "1915: February," during which time he sat in the second floor of the cottage, hearing Yeats chant his poetry in the room below. The poem titled "1915: February" reveals Pound's conflict: on the one hand, he wanted to say that as a poet the war does not concern him; on the other hand, his anger pushes the poem into a violent, public rhetoric, and only the final couplet (a song of praise to the seclusion of Stone Cot-

tage itself) retains the sudden stillness of his earlier verse: "We have about us only the unseen country road, / The unseen twigs, breaking their tips with blossom."

In the fourth line of his poem, Pound describes the bitterness of war by mentioning mythological figures like Grettir (a bellicose Icelandic outlaw) and Skarpheddin (a large fighting man). To the poet, war makes no sense; it's just a cruel fight performed on a large scale. Pound further contends that the over-educated, store-bred realists and novelists simply go with the flow and divest themselves of any interest in the conflict by saying "He goes, and I go. He stays and I stay. He is mankind and I am the arts... This war is not my war." He describes the participants in the war as "whores, apes, and Flagellants." (In the Middle Ages, Flagellants were those who demonstrated their religious fervor and sought atonement for their sins by vigorously whipping themselves in public displays of penance.) Nonetheless, the poet contends, these people who accepted the war and didn't demonstrate against it were as "black as the dies irae"—in other words in the day of judgement they will be found to be evil. He does end his poem with hope, however, by mentioning "unseen twigs" that break "their tips with blossom, pulling us to His unstoppable love."

Over the next few years, Pound came close to publishing "1915: February" on several occasions, but each time it was scheduled to go to press, he retreated, calling the poem "too rhetorical" or "damn'd talk."

In 1924, Pound moved to Italy to live a life of seclusion. But during this time, he became involved in Fascist politics, and waited until World War II was over before returning to the United States. There, he was arrested on charges of treason for broadcasting Fascist propaganda by radio to the United States during World War II. In 1946, he was

acquitted, but was declared mentally ill and was ordered to be confined to St. Elizabeth's Hospital in Washington, D.C. During his incarceration, the jury of the Bollingen Prize for Poetry (which included a number of the most eminent writers of the time), decided to overlook Pound's political career and recognized his poetic achievements, awarding him the prize for the Pisan Cantos (New Directions, 1948). Fellow writers continued to appeal for Pound's release, so that in 1958 he was allowed to leave the hospital. He eventually settled in Venice, Italy, where he lived as a semi-recluse until his death in 1972.

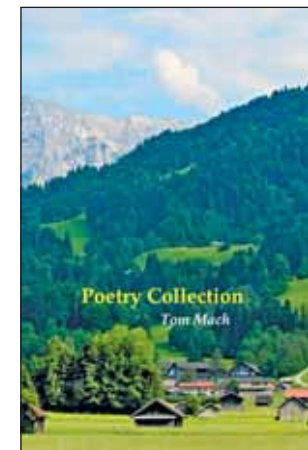
Here, then, is Ezra Pounds's poem:

1915: FEBRUARY

*The smeared, leather-coated, leather-greaved engineer
Walks in front of his traction-engine
Like some figure out of the sagas,
Like Grettir or like Skarpheddin,
With a sort of majestic swagger.
And his machine lumbers after him
Like some mythological beast,
Like Grendel bewitched and in chains,
But his ill luck will make me no sagas,
Nor will you crack the riddle of his skull,
O you over-educated, over-refined literati!
Nor yet you, store-bred realists,
You multipliers of novels!
He goes, and I go.
He stays and I stay.
He is mankind and I am the arts.
We are outlaws.
This war is not our war,*

*Neither side is on our side:
A vicious mediaevalism,
A belly-fat commerce,
Neither is on our side:
Whores, apes, rhetoricians,
Flagellants! in a year
Black as the dies irae.
We have about us only the unseen country road,
The unseen twigs, breaking their tips with blossom.*

If you enjoyed the poems analyzed in this column, you will also enjoy Tom's latest book, *Collected Poems* by Tom Mach. Many of his poems were previously published and some have even been honored by awards. These poems will give you a lot to think about and they are well worth reading. One of them, called "A Different



Season" begins with a person getting older. "I once carried summer in my sandals and winter in my boots". This poem ends with the person dying: "I hear a gentle voice of welcome and the sweet music of violins and cellos," while another begins with "Love is like a kiss that never ends."

This is available on Amazon, either as a paperback or as a Kindle version. Visit Amazon to read a free sample.

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PUZZLES & GAMES

CROSSWORD

Across

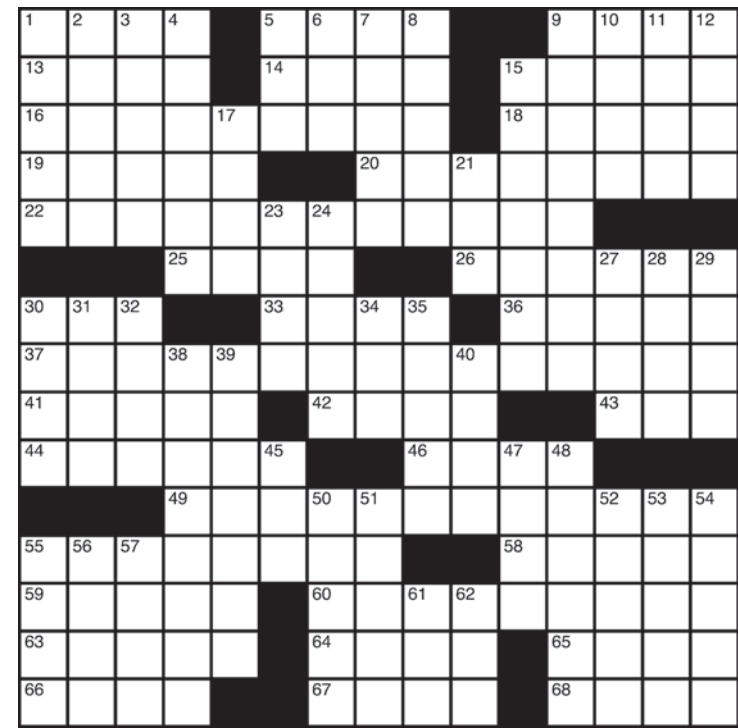
- 1 Go __: hit to right field batting right-handed, say, in baseball lingo
- 5 Trying to block
- 9 Performs like Missy Elliott
- 13 Ruckus
- 14 Eve's opposite
- 15 Sun: Pref.
- 16 *Second Commandment prohibition
- 18 Heroic sagas
- 19 "Awake and Sing!" dramatist
- 20 South Carolina state tree
- 22 *Old-fashioned parting words
- 25 See stars
- 26 Widen, as pupils
- 30 Fri. preceder
- 33 "Oh dear!"
- 36 Sherpa's home
- 37 **"Cheese stands alone" kids' song title guy
- 41 When some dinners

- are served
- 42 Delhi wrap
- 43 "Narcos" org.
- 44 Certain Tibetan
- 46 Sounds of disgust
- 49 *Metaphorical insect observer
- 55 "Yada, yada, yada"
- 58 Old copy
- 59 Little pigs number
- 60 Go to pieces, or what's literally hidden in the answers to starred clues
- 63 Tally again
- 64 Skeleton prefix
- 65 Grandson of Eve
- 66 Geologic spans
- 67 __ buco
- 68 "The Banana Boat Song" opener

Down

- 1 No longer using
- 2 Designer bag brand
- 3 Not as bright
- 4 Raw bar mollusk

- 5 "__ imagining things?"
- 6 Doze
- 7 Figurative expression
- 8 Eloper's acquisition
- 9 Drove back
- 10 Came down
- 11 Early Briton
- 12 Just okay
- 15 Fashion variable
- 17 Sunrise direcci—n
- 21 Was ahead
- 23 Get wind of
- 24 MLB pitcher Dock profiled in the 2014 film "No No: A Dockumentary"
- 27 Parroted
- 28 One shared at a campfire
- 29 Jazz legend Fitzgerald
- 30 Maker of nonstick cookware
- 31 Doth possess
- 32 Constellation bear
- 34 Political commentator Navarro
- 35 Walk with a swagger
- 38 Many printer jams
- 39 Praised highly
- 40 Elevation word
- 45 "Science Guy" Bill
- 47 Blood: Pref.



- 48 Ran through a reader
- 50 Lover of Euridice, in a Monteverdi work
- 51 Tandoori breads
- 52 Maytag rival
- 53 "Bad, Bad" Brown of song
- 54 Bear voiced by Ned Beatty in "Toy Story 3"
- 55 Basic French verb
- 56 "Sons of Anarchy" actor Rossi
- 57 Fruit drink prefix
- 61 Mormons' gp.
- 62 Bath bathroom

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

JUMBLE

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

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

LIYSK

○ ○ ○ ○ ○

OLIOG

○ ○ ○ ○ ○

TMRETA

○ ○ ○ ○ ○

NESYRT

○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Judging by the files, we're going to be here for a while.

I'm going to let my wife know I'll be late tonight.

My fingers are numb.

12/9

WITH SO MANY CASES ON THE DOCKET, THE COURT SYSTEM WAS EXPERIENCING ---

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

SCRABBLE GRAMS

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A₁ E₁ Y₄ C₃ N₁ T₁ N₁

A₁ I₁ H₄ N₁ F₄ S₁ P₃

A₁ I₁ I₁ Y₄ F₄ D₂ C₃

A₁ O₁ O₁ Y₄ M₃ R₁ D₂

A₁ I₁ O₁ U₁ L₁ T₁ B₃

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 270-280
BEST SCORE 336

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 26

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

GOREN ON BRIDGE

WITH BOB JONES

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ELEGANT ENDING

Both vulnerable, South deals

NORTH
 ♠ A J 9 7 6 5
 ♥ 10 8 6 4
 ♦ J 5 2
 ♣ Void

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

EAST
 ♠ Q 8 2
 ♥ 9 7 5
 ♦ 9 8 7 4 3
 ♣ J 2

SOUTH
 ♠ K 10 3
 ♥ K 3
 ♦ A 10
 ♣ A Q 10 7 6 5

followed by the 10 of diamonds. West won with his queen and led a low diamond to dummy's jack as declarer discarded a club. A spade to the king drew East's last trump and left this position:

NORTH
 ♠ A 9
 ♥ 10 8 6 4
 ♦ Void
 ♣ Void

WEST
 ♠ Void
 ♥ A Q J
 ♦ Void
 ♣ K 9 8

EAST
 ♠ Void
 ♥ 9 7 5
 ♦ 9 8
 ♣ J

SOUTH
 ♠ Void
 ♥ K 3
 ♦ Void
 ♣ A Q 10 7

The bidding:
 SOUTH WEST NORTH EAST
 INT 2♣* 4♦** Pass
 4♠ All pass
 *Clubs and a major
 **Transfer to spades

Opening lead: King of ♦

South in today's deal was young Swedish expert Simon Hult, fresh out of the junior ranks and now trying to earn a place on the Swedish National Team.

Hult won the king of diamonds lead with his ace, ruffed a club in dummy, and successfully ran the jack of spades. A spade to the 10 was

Hult exited brilliantly with the queen of clubs! West won with his king as dummy shed a heart, but West then had to give South two more tricks with any return. A beautiful play! Note that the position of the jack of clubs was not relevant. All that mattered was for West, who bid the suit, to hold the king.

(Bob Jones welcomes readers' e-mails: tcaeditors@tribpub.com)



By David L. Hoyt and Jeff Knurek



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

BOGGLE POINT SCALE
 3 letters = 1 point
 4 letters = 2 points
 5 letters = 3 points
 6 letters = 4 points
 7 letters = 6 points
 8 letters = 10 points
 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 FRUITS in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters:
 TOGO SPAIN GABON BRAZIL FRANCE ICELAND IRELAND

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AMERICA'S TEST KITCHEN

A burger with the cheese on the inside! What's not to love?

By America's Test Kitchen
Tribune Media Content

This recipe is a great way to start out the new year. But keep in mind: Turkey burgers can be delicious as long as they aren't too dry. Be sure to buy 93% lean ground turkey (99% fat-free ground turkey breast will be very dry). Also, mixing the cheese right into the burgers helps keep the meat moist. The panko bread crumbs (crispy Japanese-style bread crumbs) and a little bit of mayonnaise lighten up the burgers and hold the patties together.

Turkey Burgers

Serves 4

1 pound 93% lean ground turkey
1 cup panko bread crumbs
1/2 cup shredded Monterey Jack cheese
1/4 cup mayonnaise
Salt and pepper
1 tablespoon vegetable oil
4 hamburger buns

1. In a large bowl, use your hands to gently mix together turkey, panko, cheese, mayonnaise, 1/4 teaspoon salt, and 1/8 teaspoon pepper.

2. Use your hands to divide turkey mixture into 4 lightly packed balls. Gently flatten each ball into a circle that measures 4 inches across. Place patties on a large plate.

3. In a 12-inch nonstick skillet, heat oil over medium heat for 1 minute (oil should be hot but not smoking). Tilt and swirl skillet to coat evenly with oil.

4. Use a spatula to carefully place patties in the skillet. Cook, without moving patties, until well browned on the first side, about 5 minutes. Gently flip patties. Cook until burgers register 165 degrees on instant-read thermometer, about 5 minutes.

5. Turn off heat. Use a clean spatula to transfer burgers to hamburger buns. Add your favorite burger toppings and serve.

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Restaurant Guide



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MY PET WORLD

Quality of life for chronically ill pets is a balancing act

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I am writing about our beloved 15 1/2-year-old cat who was diagnosed with hypertrophic cardiomyopathy in 2015. Over the past seven years, we have given him 1/4 of an atenolol pill twice a day and an aspirin every third day, hiding the meds in his treats.

Unfortunately, he has been giving us a tough time about the aspirin for the past few months. He sniffs the treats and refuses to take them, even going so far as to turn up his nose up at the treats containing the atenolol. This situation has stressed him and us out, so we decided a couple of weeks ago to stop giving him the aspirin.

Is that a terrible decision? Does he really need it? He seems much happier now. He takes the other medication without any problem, so I wonder if the aspirin might have been upsetting his stomach. We also don't want to alienate him in his senior years. It's a quality-of-life issue. We would be grateful for your perspective. -- Stacy, Cambridge, Massachusetts

Dear Stacy: I am not a veterinarian, so I couldn't tell you the health risks of his not taking the aspirin. But a 15-year-old cat's quality of life is certainly something to consider. When people are in hospice, they don't receive medication for their illnesses

anymore. It's just palliative care. Certainly, you could do that if you felt your cat was at the end of his life.

I would take him to your vet, though, to get checked out. Whenever there are behavior changes, it could indicate a new health problem. The vet may recommend another medication or, at the very least, tell you what could happen to your cat as a result of discontinuing the aspirin. Then you can make an informed decision about how to care for your beloved kitty.

- *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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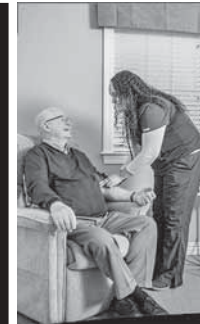
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RICK STEVES' EUROPE

A double date with Paris

By Rick Steves

Tribune Content Agency

There's a spot in Paris where I like to share my macarons. Pulling the ribbon on the tiny box—gilded with tradition and a flair for good living—and sharing them here is the perfect start for a double date with my favorite travel partner and my favorite city.



Rick Steves

Nibbling together our pastel macarons—rose, lavender, peach, and pistachio—we dangle our legs over the tip of the island that splits the Seine River

and the city—one bank on the left, the other on the right. Behind us towers Notre Dame—its rebuilding after a tragic fire is a testimony to the city's embrace of its heritage. And ahead of us are bridges, celebrating kings and emperors with medallions—also gilded—glinting in the morning sun.

Paris is a city for walking, hand in hand, with just the right travel partner. And it's a city for being in the moment. In a tiny park on that same island, we get sensual: We listen like a poet...as petanque balls crack against each other and old-timers cackle. We see like an artist. Finding a pond with water lilies and children pushing tiny boats with sticks...we share a Monet moment.

Celebrating the chance to become temporary Parisians, we vow to be cultural chameleons, to blend in...to join in. We relish the differences (like pool-doles actually sitting on chairs in cafes).



CAMERON HEWITT, RICK STEVES' EUROPE

A sunset stroll along the Seine River is one of Paris' most romantic experiences.

We find comfort in the similarities (like children working on their social skills in the sandbox at the Place des Vosges).

We mimic the relaxed sidewalk dance of couples, old as our parents and still in love—with each other and the city they've called home all their lives. At a market street, we're reminded how the city, while grand, is really a collection of neighborhoods. We give

strawberries in the market the sniff test like locals do. We covet the countless goat cheeses spilling from the fromagerie onto sidewalk racks. We watch, happily ignored, as chance meetings of friends are followed by the sweet little popping sound of two air kisses just beyond each cheek—or four if it's been a long time.

■ CONTINUED ON PAGE 25



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Rick Steves

■ CONTINUED FROM PAGE 24

Even though we're not really hungry, two rattan chairs and a rickety table at the corner bistro are just too inviting to ignore. Settling in, we celebrate the unfamiliar—thankful that we really do like snails...if they come with enough garlic. With the curiously appetizing sound of the knife slicing the crusty baguette, we know another woven basket piled with crunchy bread is on the way...the better to soak up every bit of that buttery sauce. As we enjoy a glass of wine, we ponder the countless love affairs that can be blamed on Paris, pretending to turn down past Parisian romantics—from Frederic Chopin to Edith Piaf to Ernest Hemingway—for each other. With tandem anticipation, we cock our ears to enjoy the mouth-watering sound of the little spoon cracking through the creme brulee. And then, we nibble it slowly.

A dainty bird lights on the adjacent chair, taking a sweet break from her

daily chores. She cocks her little head at us and blinks—as if reminding us of our mantra in Paris: There's more to life than increasing its speed. As we experience new things, we pause...we reflect...settling ever deeper into our wicker chairs, we sip a pastis, that anise-flavored liqueur that demands you just sit and let the experience breathe...so Parisian.

Climbing the steps of Montmartre, we grab a perch at the top. From here, we survey the city as it sprawls before us. France, like every country, has a soul...and a combination of the art, the history, the people, and their struggles creates that soul. We ponder how, for generations, it's been the fringe of Parisian society who've enjoyed this

perch—the bohemians of each age. We celebrate the edginess.

There's a kind of communion here, on the romantic steps of Montmartre. As we snuggle, strangers around us cuddle too. They may be of a different generation, a different nationality, speak a different language...but there's a oneness. It's a kind of intimacy—surrounded by strangers also on a double date with Paris—that makes this shared travel experience even richer.

Looking out over the grandest city in Europe, the sun sets, and the "City of Light" starts to turn itself on. District by district, neighborhoods are illuminated, the monuments slowly glowing brighter in their floodlighting. And then, at the top of the hour, the Eiffel

Tower—like a constellation in the Parisian sky—twinkles. It's Paris—a city we love and a city for love.

Putting our phones away, thankful we have nothing scheduled but time together, we've created a memory we will forever share. It's a moment when we connect—with the past, with the culture, and with each other.

- Rick Steves (www.ricksteves.com) writes European guidebooks, hosts travel shows on public TV and radio, and organizes European tours. This article was adapted from his new book, For the Love of Europe. You can email Rick at rick@ricksteves.com and follow his blog on Facebook.

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MY ANSWER

‘In the beginning God created the heavens and the earth’

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I’m studying the scientific formulas and the motion of astronomical bodies with the hopes of becoming a doctor of science in order to serve mankind in a good way. I grew up in church but have come to doubt much of what I heard as a child. It seems unreasonable to me that one creator could put the world in place. The Big Bang theory seems more plausible. Why do intelligent people believe religion over science? - S.S.

A: “In the beginning God created the heavens and the earth” (Genesis 1:1). Everything in the universe—absolutely everything—owes its existence to God. Look up on a starry night and you will see the majesty and power of an infinite Creator. What astronomers and scientists have discovered about space show the mighty works of Almighty God. The psalmist wrote, “The heavens declare the glory of God; the skies proclaim the work of his hands” (Psalm 19:1, NIV).

Astronomers tell us that every star moves with precision along its cele-

tial path. To ignore the detailed rules of the universe would spell ruin to a star. The laws of nature are fixed, and for a star to ignore those laws would be folly—if it were even possible. If the laws in His material realm are so fixed and exact, would God be haphazard in the spiritual realm, where the eternal destinies of billions of people are at stake? No! Just as God has equations and rules in the material realm, He also has equations and rules in the spiritual realm.

God’s formula for the human race is to accept His Son, Jesus Christ, as “the way, the truth, and the life” (John 14:6). Without faith, the Bible says, “it is impossible to please Him, for he who comes to God must

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

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FINANCIAL FOCUS

Don't let fear drive investment decisions

In the past year, we've seen some big swings in the financial markets. This volatility may make you feel as if you have little control over your investment success. But the truth is, you do have more control than you might think — as long as you don't let fear guide your decisions.

Investment-related fear can manifest itself in a few different ways:



Derek
Osborn

- **Fear of loss** – Some investors may emphasize avoiding losses more than achieving gains. Consequently, they might build portfolios they consider very low in risk, possibly containing a high percentage of certificates of deposit (CDs) and U.S. Treasury securities. Yet, a highly conservative approach carries its own risk — the risk of not achieving enough growth to stay ahead of inflation, much less meet long-term goals such as a comfortable retirement. To reach these goals, you'll want to construct a diversified portfolio containing different types of assets and investments — each of which may perform differently at different times. Your objective shouldn't be to avoid all risk — which is impossible — but to create an investment strategy that accommodates your personal risk tolerance and time horizon.

- **Fear of missing out** – You're probably familiar with the term "herd mentality" — the idea that people will follow the lead of others for fear of missing out on something. This behavior is responsible for fads or the sudden emergence of "hot" products, and it's also relevant to investing. In fact, herd mentality may contribute to sharp jumps in the financial markets as investors drive up prices by buying stocks to avoid being left behind. And the same may be true in reverse — when the market starts dropping,

skittish investors may accelerate the decline by selling stocks so they, too, can get out before it's too late. Buying or selling investments should be considered as needed to help advance your long-term financial strategy — not in response to what others are doing.

- **Fear of the unknown** – Some investors fall victim to "familiarity bias" — the tendency to invest only in what they know, such as local or domestic companies. But this behavior can lead to under-diversified portfolios. If your portfolio is dominated by just a few investments, and these investments are fairly similar to each other, you could experience some losses when the inevitable market downturn occurs. To help reduce the impact of market volatility, it's a good idea to spread your investment dollars across large and small companies in a range of industries and geographical regions. And that's just on the equities side — it's also wise to consider further diversifying your portfolio by owning bonds and government securities. (Keep in mind, though, that diversification can't guarantee profits or protect against all losses.)

- **Fear of admitting failure** – Some individuals don't like to admit when they've been wrong about something, and they may continue the same failed activities, hoping for eventual success. This behavior can be costly in the investment arena. Sometimes, a particular investment, or even an investment strategy, just doesn't work out, but an investor is determined to stick with it — even if it ultimately means considerable financial loss. Don't let this happen to you — if it becomes apparent you need to change your investment approach, move on to something better.

Fear can hold us back in many walks of life — but don't let it keep you from making appropriate investment moves.

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



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