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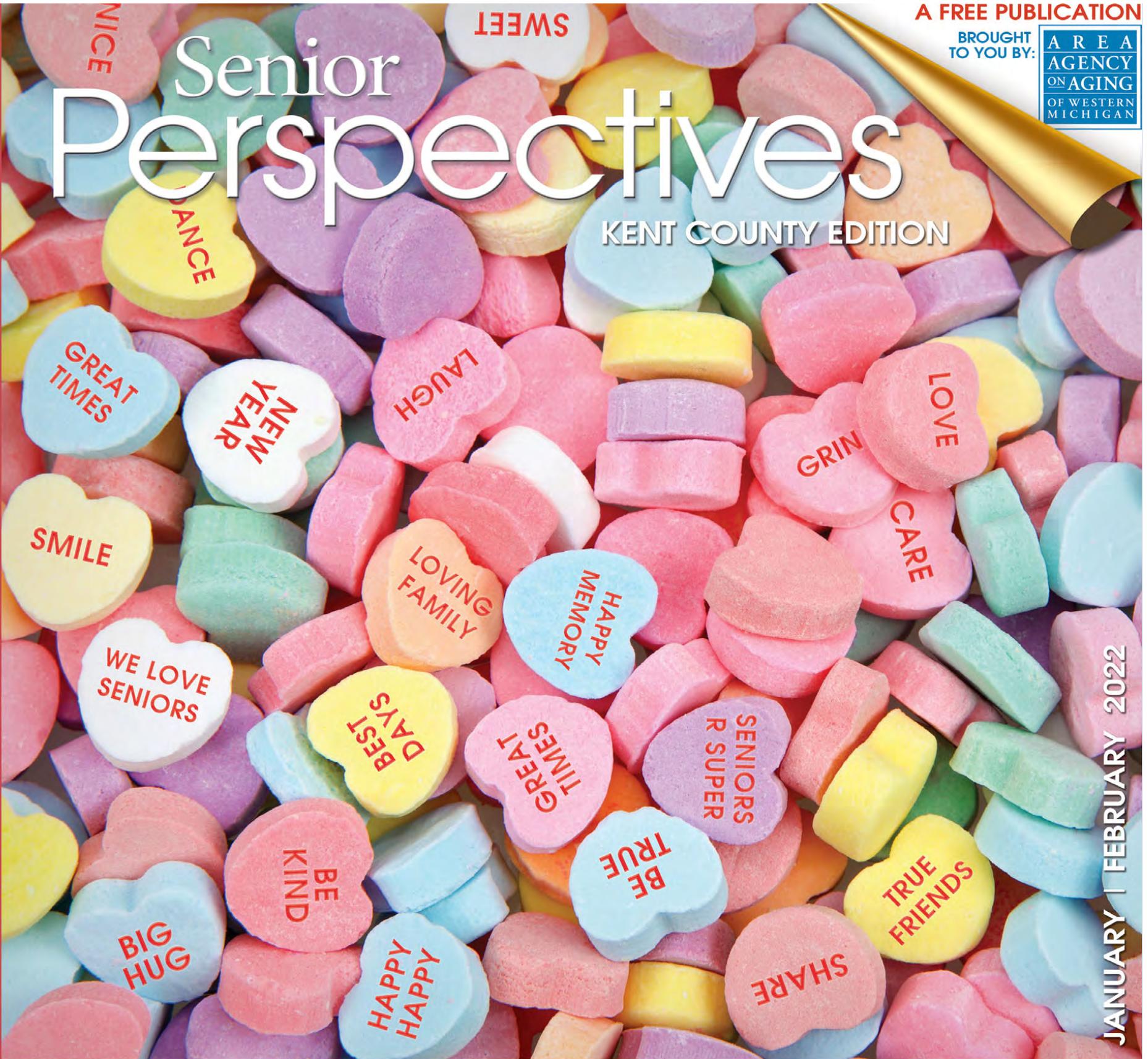
Senior Perspectives

KENT COUNTY EDITION

A FREE PUBLICATION

BROUGHT TO YOU BY:

AREA AGENCY ON AGING OF WESTERN MICHIGAN



JANUARY | FEBRUARY 2022

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Mission:

Area Agency on Aging of Western Michigan's mission is to provide older persons and persons with a disability an array of services designed to promote independence and dignity in their homes and their communities.

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Jackie O'Connor,
Executive Director

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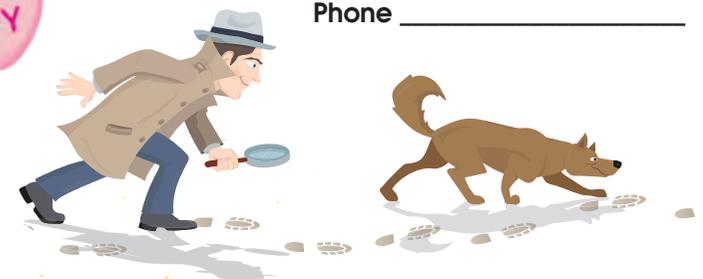
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NOV/DEC WINNER: THERESA BEDUHN OF GRAND RAPIDS
The Santa cookie was found in the NAMPA in California story on page 5.



Letter from the Editor



BY
MICHELLE
FIELDS

Awards, Awards and more Awards

The North American Mature Publishers Association (NAMPA) announced their 2021 Awards in Excellence winners this past October. The NAMPA entries were independently judged by the prestigious University of Missouri's School of Journalism, widely considered one of the top journalism schools in the country. Awards were given in a wide variety of categories, including general excellence, writing/editing, design, content, concept, photography, and website excellence. Due to our increased circulation, Senior Perspectives newspapers were bumped up a division to reflect our growth over the last year. Senior Perspectives won 13 awards this year. In November, we were able to get together and present awards to this year's winners.



1st Place Lisa Tyler (right) for *"Understanding Ageism is the Key to Combatting It"* and 2nd Place Michelle Fields (left) for *"It's Awards Time"*



1st Place Holly Lookabaugh-Deur (center) for *"Complete Recovery from COVID-19"*



1st Place Cindy Hogg (Kent) for *"Family Legacy"* and *"Great State of MI"*



2nd Place Emily Armstrong (Kent) for *"Going Virtual"*



2nd Place Jay Newmarch Overall Design



2nd Place Bonnie Borgeson Table of Contents

2nd Place Best Use of Color

Advertising and Self Promotion Categories:

1st Place Black & White Ad *"9 Out of 10 Seniors Prefer Senior Perspectives Over Lima Beans"*

2nd Place – Best Single Ad-Color *"Women with Dog-Beacon Hill at Eastgate"* - Ashley Edwards

2nd Place Self-Promotional Ad- *"9 Out of 10 Seniors Prefer Senior Perspectives Over Skinny Dipping"*



1st Place Lousie Matz (center) for *"Winter Wonderland"* and *"Fishing for Seniors"*



Mary Lou, Glenn and daughter Rachel



Suzette and Jerry



Mike Fields, Michelle and Pam Curtis



Louise, Michelle, Copy Editor-Bonnie and Jackie



2nd Place Glenn Rutgers- Best Use of Photography



Joel & Merijo and Jerry & Suzette



BY
DAVE
KAMPFSCHULTE

A Little Bit of Soul

Soul man, soul food, soul music, old soul, good soul, and selling our souls are terms that are sprinkled throughout our language. While soul is a frequently used term, upon deeper reflection it becomes a challenge to define it. Does it differ from spirit, psyche, angels, and intuition or are they all terms for the same thing? I experienced this personally recently when a discussion group I belong to set out to do just that.

At first glance it seemed easy, as one of the main precepts for most religions is that upon death the soul goes to an afterlife. After that, things got a little hazy as we attempted to define what we mean by the term "soul." In our discussion, we quickly hit a fork in the road. There was the before-mentioned "spiritual immortal soul" and the more secular version as exhibited in terms like soul music.

Humans have a great need to make sense of the world. Not being able to define something creates anxiety, because at that point it falls under the realm of that scary term "unknown." It is like the old sea charts that showed fire-breathing dragons in unexplored areas, along with terms like "Terra Incognita." The message was: Don't go there! When in doubt, we tend to create something that satisfies our urge to have a concrete explanation. Soul is one of those terms that lends itself to our creative imagination as found often in myths.

Listen to singers like Otis Redding and Aretha Franklin, aptly named the "Queen of Soul." These songs are sung with deep feeling and, at the same time,

elicit a deep feeling from the person listening to them. This description is not limited to Black artists. The Righteous Brothers songs were known as "blue eyed soul." On the other hand, Steve Martin in the movie *The Jerk* lacked soul, as exhibited by his dancing attempts.

This idea of tapping into our emotions is where our search for soul leads us. The ancient Greeks, Romans, and others were onto something with their multitude of gods. It seems like they had a god for every emotion and course of action in life. Cupid, Apollo, and Aphrodite were daily examples, embellished in myth and statues that put people in easy touch with their emotions

Modern humans, on the other hand, tend to hide, deny, and be unwilling to confront our emotions because we have moved away from polyethnic gods to a monolithic one. The result is that we do not have such easy access to them. Instead, we are taught early on to "hold our cards (emotions) close to our chest." As Carl Jung famously said, "Our gods have now become our (mental) diseases."

Our concept of soul believes that it lies deep within us. The ancients did too, and the only way to access them was to make a metaphoric trip to the underworld. Today, we tend to think of the underworld as only death-related. Ancients thought it as a place where one journeyed to confront your deepest

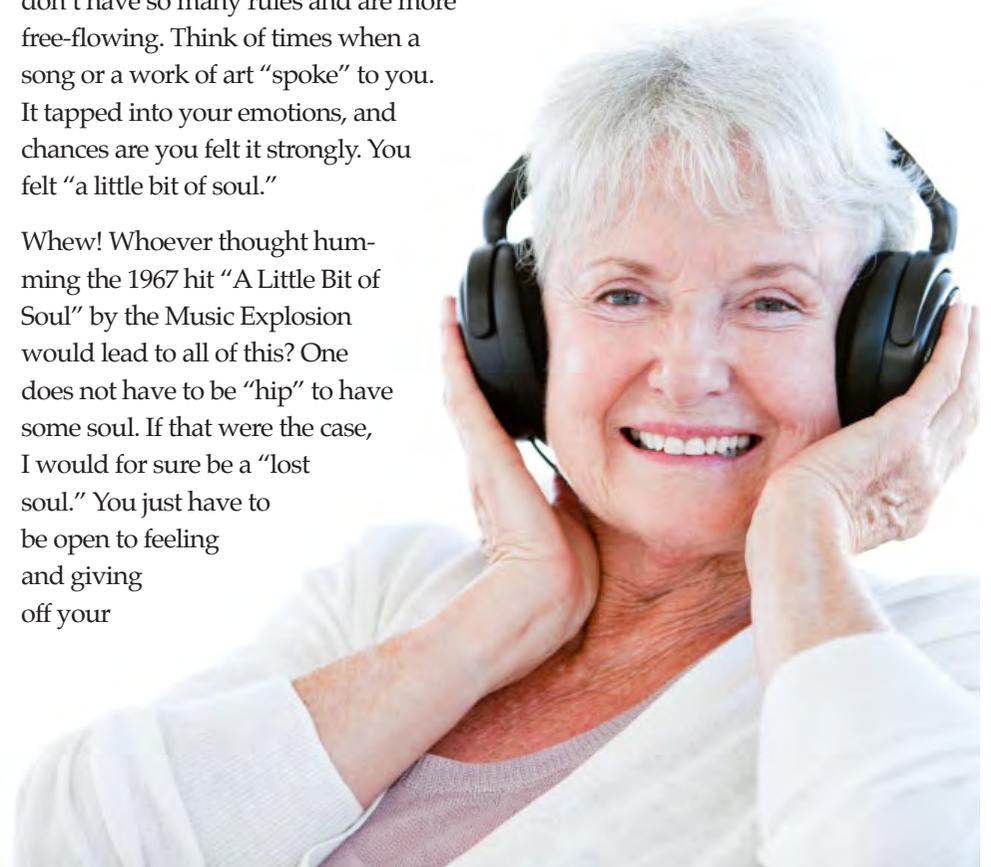
emotions and beliefs about yourself and the world. It was often a journey fraught with peril, as it is today, because we are confronting not dragons, but ourselves. The journey was known as a Hero Quest.

Soul lives in the grey areas of the underworld. We tend to live in black and white areas of everyday life. It is difficult to access soul through normal language. Instead, we can access our emotions through mediums like art, music, and poetry – the language of soul. They don't have so many rules and are more free-flowing. Think of times when a song or a work of art "spoke" to you. It tapped into your emotions, and chances are you felt it strongly. You felt "a little bit of soul."

Whew! Whoever thought humming the 1967 hit "A Little Bit of Soul" by the Music Explosion would lead to all of this? One does not have to be "hip" to have some soul. If that were the case, I would for sure be a "lost soul." You just have to be open to feeling and giving off your

emotions, like the Beatles sang in "Hey Jude" – "Let it out and let it in." It doesn't take much to get that little bit of soul!

Dave Kampfschulte has been a hospice volunteer for 32 years. He is the founder and Director of Amazing Circle Workshops and is the author of I'm Dying to Talk with You: 25 years of end of life conversations. He can be reached at dave@amazingcircles.net





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BY
VONDA
VANTIL

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- Get a benefit verification or proof of income letter.
- Set up or change your direct deposit.
- Change your address.
- Request a replacement Medicare card.
- Get a Social Security 1099 form (SSA-1099).

You can even use your *my* Social Security account to opt out of receiving certain notices by mail, including the annual cost-of-living adjustments notice and the income-related monthly adjustment amount notice. These notices are now available in your Message Center when you sign in to your account. We will send you an email that a new message is waiting for you, so you never miss an important update.

It's easy to sign up for a *my* Social Security account. Please let your friends and family know that they can create their own *my* Social Security account today at



www.ssa.gov/myaccount.

Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.

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BY
CINDY
HOGG

WE GOT OUR KICKS

On Route 66!

What Baby Boomer doesn't know at least the refrain from Nat King Cole's rendition of "Get Your Kicks on Route 66"?

Route 66. The "Mother Road." Neon signs, motels, offbeat and over-sized roadside attractions.

Growing up in the '50s and '60s, I crisscrossed the USA on summer vacations with my family and we traveled along several sections of "America's Highway." I remember seeing the signs for Meramec Caverns painted on the sides of barns, clustering ever thicker the closer we got. During our trips we shared the road with hundreds, perhaps thousands, of similar families, young parents proud of their shiny station wagons filled with their personal contribution to the post-war Baby Boom.

Perhaps in the midst of the present craziness, a desire to return to simpler times is understandable. Maybe nostalgia is unavoidable at my age. All I know is



when I turned 66 last spring, I experienced a sudden desire to travel Route 66. It had to be this year. After all, not only was I 66, but my granddaughter (named after my mother, the great master planner of all those long-ago summer vacations) was six. Would her parents let me take her on a slightly crazy 4-day road trip? Why yes, they would!

I did realize I couldn't pack up a six-year-old child and drive 2,448 miles from Chicago to LA – and then back again – so I decided we would do 1/6 of Route 66. I calculated that to be about 408 miles, which seemed very doable. Having no desire to start at the very beginning in downtown Chicago (I don't drive in Chicago if I can help it), we picked Joliet, Illinois, as our starting point. 408 miles would take us roughly to Devil's Elbow, Missouri.

I say "roughly" because traveling Route 66 ain't easy, folks! I had no idea. The original two-lane highway was commissioned in 1926 and wasn't completely paved from end to end until 1938. It was officially decommissioned in 1984 but even before then, large sections of it had been abandoned in favor of new routes. Turns out Route 66 never was one completely straightforward path from Chicago to LA anyway. New alignments were constantly popping up. On our trip I would find myself on the 1926-1930 section, and then a 1930-1940 section, and then a 1945 section. I bought a Route 66 spiral-bound guidebook and consulted it constantly to make sure I was staying on the right road. Sometimes Route 66 joined a modern divided highway. Hallelujah! I could make up some of the time I lost from all the wrong turns I

made on the country roads, and it didn't feel like cheating!

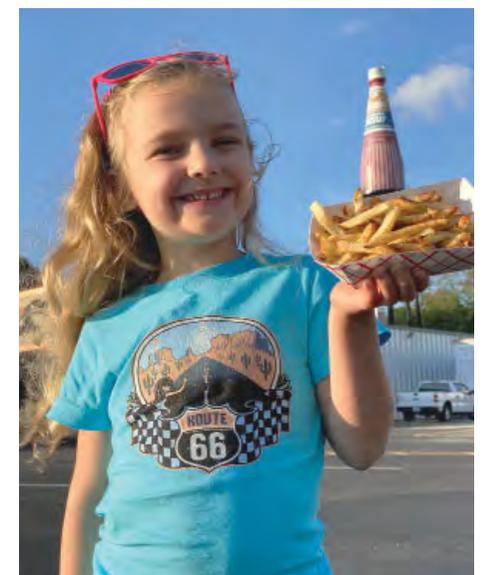
The Blues Brothers on the roof of the Rich & Creamy Ice Cream Shop in Joliet saluted us as we set off. We started by making a wrong turn out of the parking lot of Rich & Creamy and lost about 20 minutes right from the get-go. Ha! This didn't bode well for our trip, so I made up my mind that while we'd do our best to follow this crazy, mixed-up piece of nostalgia for four days, if we occasionally got lost, who cares? We'd still be having fun because we'd be together. And it was an adventure!



My granddaughter was immediately captivated by the kitschy roadside attractions, as our first stop after leaving Joliet was the Launching Pad drive-in with its "Gemini Giant," the first of many larger-than-life attractions we saw along the way, including a huge covered wagon with a massive Abraham Lincoln, a giant rocking chair, and a 40-foot bottle of ketchup. Simply not the sights typically seen when zipping along a modern freeway! My granddaughter kept a lookout for the Route 66 road markers along the route. She loved this – and it turned out to be a very important job!



We tried to hit authentic-from-the-era restaurants. Our favorite was the "Cozy Dog" in Springfield IL – home of the original corn dog on a stick. We saved our French fries from the Cozy Dog for a photo-op with the 40-foot ketchup bottle later in the day. Fun! Another favorite meal was breakfast at Shelly's Rt. 66 Café in quaint Cuba, Missouri.





I knew I also wanted to stay in authentic-from-the-era motels. On our second night, we hit the jackpot with the Wagon Wheel Motel, the longest continuously-run motel along the entire route, wonderfully kept up and restored. On our last night, we stayed in the Carlin Villa in Carlinville IL – a typical bare bones motel from the era. Nothing fancy, no indoor pool or exercise room, but the room was spacious and there was a mini fridge. A bonus along the way? Meeting other people making a similar trek. Turns out that traveling Route 66 when turning 66 is a rite of passage for many Baby Boomers. Who knew? I thought I had dreamed up the idea all by myself! All the volunteers we met at the various museums were so knowledgeable and eager to



share. All along the way, I got the sense that the locals were quite proud of their part in the past and present history of the Route 66 saga.

By the end of our travels, we were definitely tired. We had traveled nearly 1300 miles in 3½ days. My brain hurt from all the navigating, but my heart was full. I know this is a trip my granddaughter will remember her whole life.



Now my other grandchildren are jealous and want their turn to travel Route 66. Hmm. I have 10 grandchildren and 5/6 of the route still unfinished. I just might be able to complete the whole thing! With a grandchild or two in tow, who says Route 66 wouldn't be just as much fun at age 67, 70 or even 75?

Cynthia Hogg, LBSW, is the Care Counselor for the Alzheimer's Association's Dementia Support Program. She is a freelance writer whose passion is travel, especially with her grandchildren. She is the founder of the blog skipgentravelguru.com.

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Walking In a Winter Wonderland:

Resources to Make the Most of the Winter Season



BY
EMILY
ARMSTRONG

By the time January rolls around, we're all tired of the winter. The holidays are over, the days are shorter and darker, and the snow and cold weather likely have us hesitant to spend time outside. The winter can be especially hard for older adults. Ice and snow can increase the likelihood of dangerous falls, and extreme cold weather can even lead to hypothermia after long exposure.

We want older adults to feel safe in their homes and their communities in the winter months. Falls increase outdoors due to the slippery conditions, and older adults who try to do their own shoveling and salt spreading can be more likely to fall. When their bodies are cold, older adults could have reduced mobility and balance, leading to a fall indoors as well. Common injuries include hip and wrist fractures, head trauma, and major lacerations. While younger people are able to recover fairly quickly from these types of injuries, older adults can have major complications. Getting assistance with these tasks is an important first step to a safe winter season. You could ask a neighbor or family member; however, organizations exist to help with these tasks as well.

Some resources that are available in the community are as follows:

Home Repairs: repairs to increase safety in the home for older adults through the construction of wheelchair ramps, furnace replacements, plumbing repairs, and accessible doorways.

Winter Snow Removal: for older adults who cannot remove their own snow, crews can come out to help make walkways safe

Home Assessments: these assessments help to identify barriers to accessibility, safety, and independent living. Safety improvements could include the installation of handrails and grab bars

Transportation: driving in slick conditions can also deter seniors in the winter. Relying on transportation resources can help relieve some of this burden and get you where you want to be safely.

Healthy Aging Classes: a large factor in reducing falls is to increase mobility and balance. Evidence-based classes are available that not only increase this strength, but if you do happen to fall, you'll have the ability to get up safely.

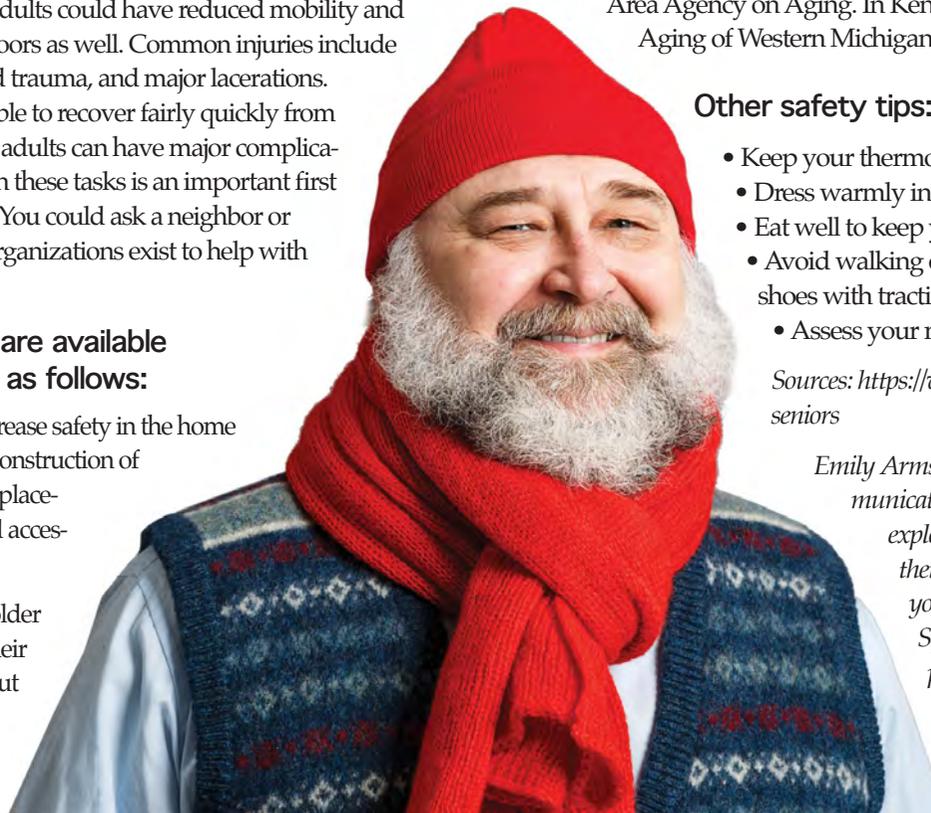
To get connected to the resources mentioned above, you call your local Area Agency on Aging. In Kent County, this is the Area Agency on Aging of Western Michigan at (616) 456-5664.

Other safety tips:

- Keep your thermostat set between 68 and 70
- Dress warmly in layers
- Eat well to keep your weight up
- Avoid walking on icy or snowy sidewalks and wear shoes with traction
 - Assess your mobility equipment

Sources: <https://www.care.com/c/winter-safety-tips-for-seniors>

Emily Armstrong is the Public Relations and Communications Specialist at AAAWM. She enjoys exploring Michigan with her husband and their labradoodle, Moose. On the weekends you can usually find her cheering on the Spartans, camping, practicing photography, or reading.





BY
LIZ
BARNETT

It has been almost two full years since we heard the term “COVID-19” and I think we can all agree that life has been challenging! We have experienced continuous change, intermittent fear, and compounded loss. If you have found yourself wondering how we will

recover as a world, a nation, a community, and as individuals, you are not alone.

These thoughts lead me to ask questions about **resiliency**. What does it mean to be resilient—to bounce back or even bounce forward? I recently heard Bob VanderPol, executive director of Pine Rest Christian Services*, share his thoughts about resiliency. As he was speaking, I found myself feverishly taking notes and wishing everyone could hear his words of encouragement. Bob shared that the definition of *resilience* is “The intentional practices that help us prepare, adapt, and grow through stress.” What I like about this definition is that it requires growth! With practice and intentionality, I will become a more resilient person, even if I don’t feel like it at the moment.

Are you a resilient person? One special characteristic of someone who is resilient is their ability to focus on the present AND the future. A funny example would be, “There is a spider crawling in my car as I am driving (which is a challenging situation!) but I can’t lose sight of the truck stopping in front of me because of the small

spider crawling on my dashboard!” A person of resilience can focus on the current challenge, but also keep a hopeful eye on the future knowing things will not always stay “this hard.”

How do you respond to stress? I have seen some play the victim. I have seen others survive but struggle to grow, and I have watched resilient individuals thrive. Bob VanderPol nicknamed those that thrive: *SurThrivors*. They lean into the pain and do the hard work in order to grow.

So how do we become a “SurThrivor?” According to Bob, there are some things that you can do to strengthen your resilience muscles. Believe in a cause bigger than yourself. Lean into your positive social support network. Regularly practice healthy coping skills and activities before challenging situations arise. Know and believe that you are strong by recognizing that challenges often lead to new possibilities and paths for life.

Here we are almost two years later, and I am proud to say that if you have read this to the end you are a *SurThrivor*. Here’s to resilience and hope in this new year!

Hi! I’m Liz Barnett, the new Outreach Specialist at the Area Agency on Aging of Western Michigan. I am privileged to be the mom of three adult children and am a new Grandma this year! In my free time I enjoy hiking and home projects.

* Webinar: The Effects of COVID-19 on Healthcare at the End of Life. Took place: Thursday, October 21, 2021. Speaker: Bob VanerPol, Executive Director of Pine Rest, “Bouncing Forward,” www.pinerest.org

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BY
STACI
GERKEN

AAAWM Eats



One-Pan Salmon and Veggies

Ingredients:

- 12-16 ounces of salmon
- 1 red pepper
- 1-2 heads of broccoli
- 2-4 Tbs of olive oil
- 1/2 of a lemon (optional)
- Black pepper
- Garlic powder
- Salt
- Crushed red pepper seasoning or flakes (optional)

Directions:

1. Preheat oven to 400°F
2. Spray bottom of casserole pan with non-stick cooking spray or drizzle with olive oil to prevent the fish from sticking to the bottom. Place fish on one side of the pan and wash your hands.
3. Wash veggies. Cut broccoli into chunks and the red pepper into strips or chunks. Place them on the other side of the pan.

4. Drizzle veggies and salmon with olive oil and lemon juice, and sprinkle with desired spices. I typically use the black pepper, garlic powder, salt, and the crushed red pepper flakes above.
5. Cook for 20-25 min., stirring the veggies half-way through, or until the salmon reaches 145°F internal temperature. Another way to tell when salmon is done cooking is when it flakes and the middle has turned from red to pink.
6. Serve with rice and enjoy!

Staci Gerken is a Registered Dietitian and the Nutrition Contract Administrator at the Area Agency on Aging of Western Michigan where she works with congregate and home delivered meal partners in a nine-county region.



BY
CATHAY
THIBDAUE

Cathay's Cooking Corner

Grandma's Vinegar Pie

Ingredients:

- 2 cups sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon vanilla
- 1/2 teaspoon ground nutmeg
- 1/2 cup butter, cubed
- 2/3 cup cider vinegar
- 4 cups of hot water
- Pastry for double-crust pie

Directions:

Preheat oven to 450°. Whisk together sugar, flour and nutmeg; set aside. On a lightly floured surface, roll one-third of pie dough to a 1/8-in.-thick circle; cut into 2x1-in. rectangular strips. Evenly scatter a deep 12-in. ovenproof casserole with half the strips, sprinkle with half the sugar mixture. Dot with half the butter. Repeat with second half of strips, sugar and butter.

Roll remaining two-thirds of pie dough to a 1/8-in.-thick circle. Place over filling, pressing against sides of skillet or casserole. Cut a slit in top. Add vinegar to hot water; slowly pour vinegar mixture through slit. Liquid may bubble up through crust; this is normal. To catch spills, line oven rack with foil.



Bake until crust is golden brown, about 1 hour. Cover edge loosely with foil during the last 15-20 minutes if needed to prevent overbrowning. Remove foil. Cool on a wire rack.

Cathay is the Network Manager, Certified HIPAA Security Professional, Certified Medical Practice Security Professional, Certified PCI-DSS Security Compliance Professional, Certified Healthcare Cybersecurity Professional, and has a Certificate of Leadership in Healthcare Management Proficiency at Senior Resources of West Michigan. She also enjoys boating, fishing, and spending time with her family.

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Staying Healthy This Flu Season with a Nurse



BY
BETHANY
DUYSER, RN

It's that time of the year again! The leaves are gone, the days are short, and my children have already lost numerous mittens. It's also time to talk about influenza (flu) vaccination. Here are some frequently asked

questions nurses like me are happy to answer each year:

1. Who needs a flu shot?

The Centers for Disease Control (CDC) recommends everyone over the age of 6 months get a flu vaccine every year. Those particularly at high risk for flu include adults 65 or older and those with chronic illnesses¹.

2. Can I get the flu from the flu shot?

You cannot get sick with the flu from a flu shot. The flu shot is made from an inactivated virus that can't cause illness.²

3. When is the best time to get a flu shot?

According to the CDC, ideally vaccination would not be so early that protection wanes at the end of winter, but early enough to ensure protection for the entirety of flu season which starts in October.³ If early fall passes you by, however, it is still worthwhile to get protection for the later part of the winter.

4. I'm afraid of needles, do I really have to get a flu shot?

I have given lots of shots and being apprehensive about needles is very common. Unfortunately, adults afraid of needles might avoid the flu vaccine altogether.⁴ I would encourage you to talk to your doctor or nurse about strategies for managing pain and anxiety during vaccinations. They can help make a plan to ease your concerns.

5. What should I know about flu infections?

Flu is a virus transmitted through the respiratory system. Influenza vaccination

is the best way to prevent the spread of flu this winter. According to infectious disease experts, last flu season rates of flu infections decreased because many of the COVID-19 prevention strategies also reduce the transmission of other viruses.⁵ It is helpful to use good hand-washing, stay home while sick, and cover coughs and sneezes with your elbow rather than your hand.

Symptoms of the flu include sudden onset fever, chills, cough, body aches, and nasal congestion. Treatments are generally supportive, like getting adequate fluids and fever-reducing medicines. The flu virus usually resolves within a week or two, but unfortunately some people will experience serious complications. If you think you have the flu, contact your healthcare provider when symptoms start to find out if a flu test or medications that can lessen the symptoms might benefit you.⁶

I love this time of year, and I can't wait to enjoy beautiful West Michigan snowy days with my family, even if I never find all the mittens. I'll be getting a vaccine to keep the flu from getting in my way!

¹ Centers for Disease Control and Prevention. (2021, June 11). Who needs a flu vaccine and when. <https://www.cdc.gov/flu/prevent/vaccinations.htm>

² Centers for Disease Control and Prevention. (2021, June 1). Misconceptions about seasonal flu and flu vaccines. <https://www.cdc.gov/flu/prevent/misconceptions.htm>

³ Centers for Disease Control and Prevention. (2021, June 11). Who needs a flu vaccine and when. <https://www.cdc.gov/flu/prevent/vaccinations.htm>

⁴ McLendon, J., & Rogers, M. A. M. (2019). The fear of needles: A systematic review and meta-analysis. *Journal of Advanced Nursing*, 75, 30-42. <https://doi.org/10.1111/jan.13818>

⁵ Harvard T. H. Chan School of Public Health. (2021, February 16). A sharp drop in flu cases during COVID-19 pandemic. <https://www.hsph.harvard.edu/news/hsph-in-the-news/a-sharp-drop-in-flu-cases-during-covid-19-pandemic/>

⁶ Centers for Disease Control and Prevention. (2021, January 25). What to do if you get sick. <https://www.cdc.gov/flu/treatment/whatyoushould.htm>

Bethany Duyser has been a registered nurse since 2008. She lives in Grand Rapids with her husband and children.



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BY
TRICIA
McDONALD

Authors of West Michigan History Lessons

What is passion? According to the Merriam-Webster dictionary, it is a strong feeling of enthusiasm or excitement for something. According to author Jules Nelson, passion is history. Not the kind you learn in history class by memorizing dates and names, but the history that brought our ancestors to where we are today. She questions what the pioneers had to deal with on their journey out west. What were the hardships they had to deal with in food choices, the changing of seasons, and even clothing?

Jules believes stories filled with this history can teach us so much more than just classroom information. "And if those histories are written into a novel that is too good to put down?" she asks. "Then so much the better for all of us."

Her passion for history was the basis for Jules' *Shadows of Home* series. *Shadows* is the first book in the series, and *Road Home* is the second. She is working on the final book in the series where the protagonist, Emma, is left behind to care for her farm and young family while the menfolk go off to war.

Infusing history into her stories is a way to illustrate to her daughter, nieces, and other young women the importance of women in history. "History books are full of what men were doing throughout history," Jules says. "But who was taking care of family and farm while the menfolk were exploring and protecting the country while at war?" Her novels show what life was like for the women left behind. "What would the world look like today if the women weren't working hard behind the scenes of history?"

When creating her stories, Jules thinks about how people would have felt in a particular place. "Every old barn I pass, every passage in a history book, would have me imagining people and places. Before I realized it, I had a whole new story born."

While working on the last book in the *Shadows of Home* series, Jules is also working on a new series she calls speculative fiction, or how she perceives the future. "For me, it is the flip side of historical fiction." In this series, she is applying history to the future and how she thinks it will turn out if we don't teach history to future generations.

Jules' own history involves marrying her husband, Chad, twenty-four years ago. They lived in Holland before moving to Missouri for work. Ten years later, they moved back. "Michigan is just home for us." With their two children, they spend their time swimming, hiking, camping, and kayaking. "We are outdoor people." When they're not outside, they are creators. Chad and their son create furniture, while Jules and their daughter love to make blankets and costumes.

Not to worry, Jules will also continue creating books. "The world is full of storylines," she says. "You simply have to rein them in and put them to paper."

Tricia L. McDonald is an internationally published author, public speaker, and writing coach. Her middle-grade book, The Sally Squad: Pals to the Rescue, was published in 2020. Her Life With Sally series (four books) is a compilation of stories chronicling life with her miniature bull terrier, Sally. Quit Whining Start Writing is a guide to help writers put away the excuses and get the writing done.

The Bookman is excited to continue featuring authors living in Western Michigan. Contact The Bookman to purchase and read this author's book.





Try This

Colors in colors

How to take apart the colors used in candy.

You'll need

- Pieces of candy that come in different colors (one of each color)
- Coffee filter paper
- Scissors
- Pencil
- 6 toothpicks
- Salt
- Tall glass
- Spoon
- Aluminum foil

- 1** Cut paper into a square; draw six dots 1/2 in. (1 cm) from edge
- 2** Put six drops of water on piece of foil; put piece of candy touching each drop; leave until color dissolves into water
- 3** Use toothpick to transfer small drops of water from foil to dots on paper; use clean toothpick for each color; repeat three times for each color; let dry
- 4** Stir pinch of salt into half a glass of water; pour out all but 1/4 in. (5 mm)
- 5** Fold paper and stand it in water; do not let water touch dots

What happened?

Salt water climbs the paper, and dots of color spread upward with it

Colors like orange and green may separate into the colors they are made of (yellow, red and blue)

Graphic: Staff, Tribune News Service

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□	□	□	□	□	□	□	□
A ₁	E ₁	I ₁	L ₁	G ₂	R ₁	F ₄	RACK 1
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A ₁	I ₁	U ₁	C ₃	L ₁	N ₁	T ₁	RACK 2
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A ₁	E ₁	O ₁	H ₄	K ₅	T ₁	C ₃	RACK 3
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E ₁	E ₁	I ₁	L ₁	T ₁	S ₁	P ₃	RACK 4
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U ₁	U ₁	F ₄	L ₁	G ₂	L ₁	N ₁	RACK 5

PAR SCORE 255-265
BEST SCORE 341

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. **SOLUTION TOMORROW**

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06-20

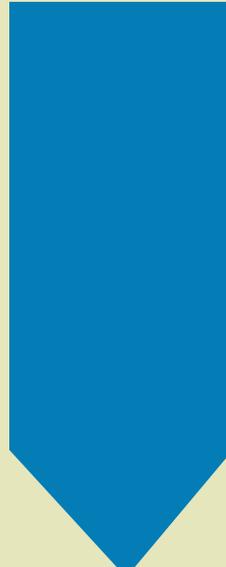
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	7					2	9
8				2		5	
			6				3
	4		8		7		1
7					3		
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Senior Perspectives

G	□
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		2	7	5		9		
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	3						1	
1						8		
5			3		9			
8				7			5	9
		3		4	5	2		

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Game Page
Answers
on Page 23

Boggle® BrainBusters!



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	YOUR BOGGLE RATING
3 letters = 1 point	151+ = Champ
4 letters = 2 points	101-150 = Expert
5 letters = 3 points	61 - 100 = Pro
6 letters = 4 points	31 - 60 = Gamer
7 letters = 6 points	21 - 30 = Rookie
8 letters = 10 points	11 - 20 = Amateur
9+ letters = 15 points	0 - 10 = Try again

By David L. Hoyt and Jeff Knurek

A	E	G	O	B
G	L	R	I	D
Q	U	E	N	H
M	T	V	O	E
Y	E	C	A	R

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2-28-21

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JUMBLE

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

CIPYK
 ○ ○ ○ ○

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ROGPU
 ○ ○ ○ ○

SMULSE
 ○ ○ ○ ○

MENOYK
 ○ ○ ○ ○

Answer here:

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Check out the new, free JUST JUMBLE app

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

JUMBLE

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COTKEL
 ○ ○ ○ ○

COSLIA
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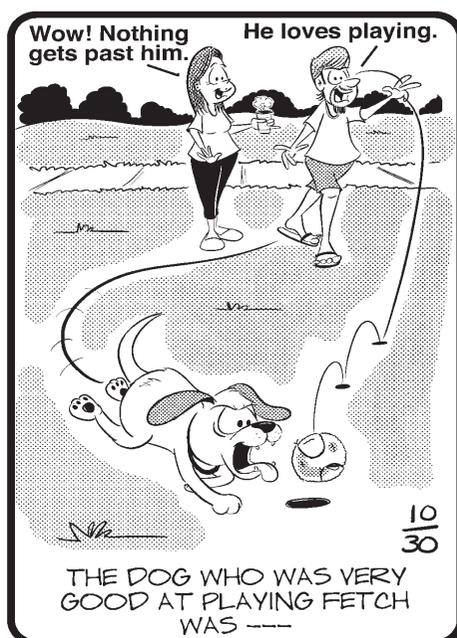
Answer here:

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

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The Other Side of the Fence



at the sight of two palm trees that reached above the fence that separated our suburban Maryland back yard from Bob and Karen's yard. In normal circumstances, if such a thing as this new aberration appeared, I would have thought, "Those can't be real." After living there for a few years, we learned to expect otherwise.



BY
JOEL
DULYEA

There was October with Halloween and its antics. Karen provided candy for all costumed visitors who dared approach the front door to request, "Trick or treat." Bob, on the other hand, provided the tricks. He hid beneath a card table next to the sidewalk. The table was draped with black, orange, and white tablecloths that dressed it to the ground.

Unknown to the candy seekers, there also was a hole in the middle of the table through which Bob's head waited beneath the cover of a serving dish. Next to the cover a sign read, "Help Yourself." There were screams, as expected, but no loss of sleep. It was another year's Halloween night, so we didn't wonder about the sound of a chainsaw coming from the woods behind our houses. That was the night his teenage daughter and her girlfriends camped in a tent behind our back yards, in the woods. Bob cut short the girls' sleepover with an appearance straight from a horror movie.

There was that New Year's Eve party for which he fabricated a skeletal wooden frame covered with sheets of plastic to enclose and heat their backyard pool. A hot tub, framed nicely with a designed stone wall, was installed during the summer. The imported beach sand was an unexpected addition for that back corner. With tiki lights added, it made

a smaller version of Jimmy Buffet's Margaritaville. The lingering Christmas lights seemed at home. Elvis sang "Blue Christmas" on the boom box.

And then there was that fall of 2006. I stood in wonder at the sight that was stealthily built in the back yard. It was unexpected. We had been absent from home and missed the hammers and voices of another project. What now stood in the back yard was the answer to what I wondered back in July, "How are those palm trees going to survive winter?"

Bob's wife Karen had left with her mother for the weekend to attend a craft fair. She expected Bob would have installed a new storm door by the time she returned. Bob enlisted his son's help to build an enclosure for the palm trees, a plywood treehouse. They would use a space heater to keep them warm. Bob said, "When Karen called to see how the storm door project was going, she could hear the pounding of hammers in the background. I told her things were going well. When she came home, there was a storm – but no door."

Yesterday I called Bob to get more details for this story. Before we disconnected, he told me, "The stupidity continues. Can you believe this? We have two palm trees again. They are in big ceramic pots. We're going to lay them down in the garage to try and get them through the winter."

I hope Karen's car isn't parked in that garage.

Joel Dulyea is a United States Army retiree who loves to sing with his wife Merijo, spend time with his daughter and son-in-law, dote on his granddaughter and spoil his wire-haired dachshund, Heidi.

In the November/December issue of *Senior Perspectives*, you might have read about our former neighbors, the family that lived next door in the house with infinite Christmas decorations. Preparations for the holiday seasons were not the only time of the year that unusual activities occurred on the other side of the fence.

There was that summer of 2006. I stood in wonder



Dementia Friends Michigan



BY
BRANDON
BECK

More than 6 million Americans are living with Alzheimer's -- our family members, our friends, and our neighbors. Join us in becoming a Dementia Friend, and take a step towards making our community more Dementia Friendly.

Dementia Friends is a global social movement that focuses on five simple key messages. The goal is to change the way people think, act, and talk about dementia. By incorporating Dementia Friends into open, accessible communities,

we enable those living with dementia and those who care for them to be active participants in their well-being.

The content is presented as a one-hour informational session where you will learn how to recognize signs of dementia, how to effectively communicate with people living with dementia, and simple actions you can take to make our community more supportive for those with dementia. The information is meant to be helpful no matter how you interact with people with dementia -- whether you are a caregiver, a professional, a local business owner, or a family member simply looking for support.

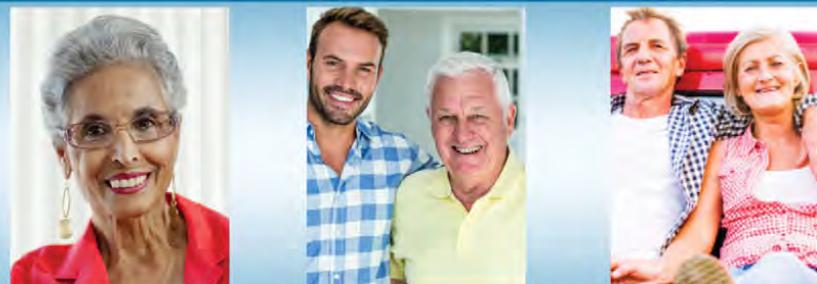
More information can be found at www.aaawm.org/dfmi, including upcoming sessions, how to request a session for your organization, and other ways to get involved. Sessions are currently being offered virtually via Zoom, so it's never been easier for you or your organization to participate. Sessions can also be hosted in-person for your agency if requested. We are also available by phone at (616) 456-5664.

Brandon Beck is a Contract Administrator with the Area Agency on Aging of Western Michigan, the state lead for Dementia Friends. When he's not at work he enjoys reading, woodworking and spending time outdoors with his wife and two dogs.

Source: [alzheimers-facts-and-figures-infographic.pdf](#)



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Martin's Meanderings On the Radio



BY
CLIF
MARTIN

This one is for our readers who are well-seasoned enough to remember when radio was a big thing. A big piece of furniture in every living room. It might even interest the younger folks who ask "What did you look at while you listened to the radio?"

Radio's highest ratings were in the 1947-48 season, just before TV came along. Radio stars and their sponsors moved to the new medium, leaving radio to reinvent itself. Here are the shows that grabbed those ratings.

On Monday night the *Lux Radio Theater* had the

best ratings. You ask, "You listened to movies on the radio?" We did. It was on radio from 1934 to 1955 with radio versions of all the great films. It often ended with one of the female stars letting us know it was Lux Soap that kept her skin looking so radiant.

Fibber McGee and Molly kept us laughing for decades every time a ton of junk fell out of the hall closet. We knew it was coming but it was still funny. Bob Hope followed Fibber and Molly on Tuesday night.

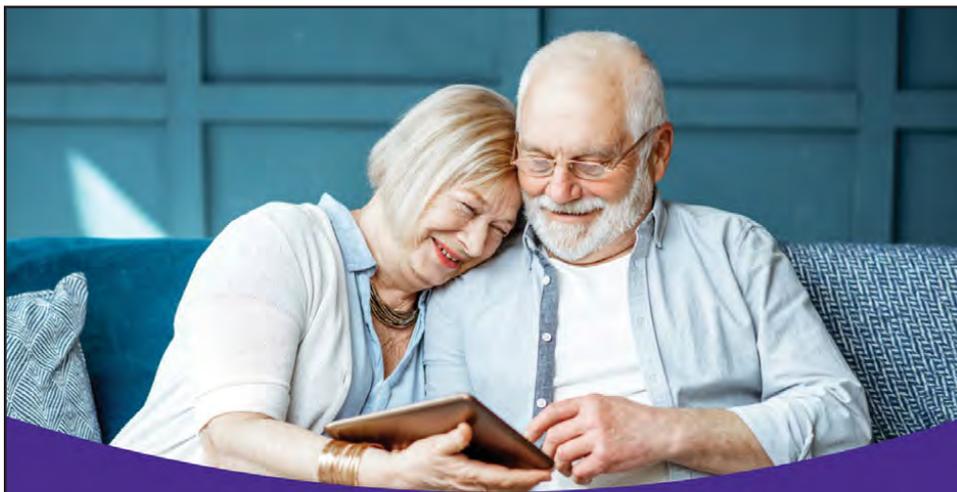
We loved Edgar Bergen and Charlie McCarthy. I have heard those who grew up with TV say that Edgar was not a great ventriloquist because he moved his lips. Wrong! He knew how to use radio to create a real, live character. Nobody has done it better. Charlie wasn't a wooden dummy when we listened. He was a real, smart-alec kid, determined to give Bergen a bad time.

Jack Benny still has an active online fan club. His

famous fake feud with Fred Allen was great fun. Allen wasn't exactly a comedian. It was his wit and his cast of characters that made us laugh. He took us down "Allen's Alley" to chat with Titus Moody, the perfect New Englander, Pansy Nussbaum, the Brooklyn Housewife and Irish Ajax Cassidy, who complained that he was not long for this world. There's one resident of that alley who lives forever with a different name. The blustering Southern Senator Beauregard J. Claghorn invented the phrase "That's a joke, son." The character was so popular that Warner Brothers turned him into Foghorn Leghorn.

I'll save other big radio stars for another time. There's good news for you if you're thinking it might be fun to hear some of those old shows. It's easy to find them on the internet.

Clif says he will be a happy old man if even one person shares his appreciation for Irving Berlin.



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Question: I'm 65, not ready to retire, but I want to apply for my Medicare coverage. How can I do that?

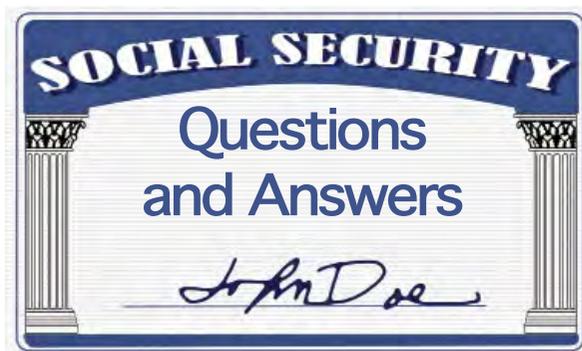
Answer: The easiest and most convenient way is to apply online. Use our online application to sign up for Medicare. It takes less than 10 minutes. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if we need more information. You'll receive your Medicare card in the mail. It's convenient, quick, and easy. There's no need to drive to a local Social Security office or wait for an appointment with a Social Security representative. Get started today at www.ssa.gov/benefits/medicare.

Question: When a person who has worked and paid Social Security taxes dies, are benefits payable on that person's record?

Answer: Social Security survivors benefits can be paid to:

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- A disabled widow or widower—as early as age 50.
- A widow or widower at any age if he or she takes care of the deceased's child who is under age 16 or disabled, and receiving Social Security benefits.
- Unmarried children under 18 or up to age 19 if they are attending high school full time. Under certain circumstances, benefits can be paid to stepchildren, grandchildren, or adopted children.
- Children at any age who were disabled before age 22 and remain disabled.
- Dependent parents age 62 or older. Even if you are divorced, you still may qualify for survivors benefits. For more information, go to www.ssa.gov.

Question: I lost my Medicare card. How can I get replacement?



Answer: The easiest and newest way to get a replacement Medicare card is by using your my Social Security account. Go to www.ssa.gov/myaccount for more information on how to create an account. You also can get a replacement Medicare card by calling us toll-free at 1-800-772-1213 (TTY 1-800-325-0778). Keep your card in a safe place. You don't want anyone getting hold of your Social Security number. They could steal your identity.

Question: I am receiving Social Security retirement benefits and I recently went back to work. Do I have to pay Social Security (FICA) taxes on my income?

Answer: Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and, if your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question: How are my retirement benefits calculated?

Answer: Your Social Security benefits are based on earnings averaged over your lifetime. Your actual earnings are first adjusted or "indexed" to account for changes in average wages since the year the earnings were received. Then



BY
VONDA
VANTIL

we calculate your average monthly indexed earnings during the 35 years in which you earned the most. We apply a formula to these earnings and arrive at your basic benefit. This is the amount you would receive at your full retirement age. You may be able to estimate your benefit by using our Retirement Estimator, which offers estimates based on your Social Security earnings. You can find the Retirement Estimator at www.ssa.gov/estimator.

Question: I'm trying to figure out how much I need to save for my retirement. Does the government offer any help with financial education?

Answer: Yes. For starters, you may want to find out what you can expect from Social Security with a visit to Social Security's Retirement Estimator at www.socialsecurity.gov/estimator. The Financial Literacy and Education Commission has a website that can help you with the basics of financial education: www.mymoney.gov. Finally, you'll want to check out the Consumer Financial Protection Bureau, which offers educational information on a number of financial matters, including mortgages, credit cards, retirement, and other big decisions. Visit the Consumer Financial Protection Bureau at www.consumerfinance.gov.

Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.

An advertisement for 'Advocates for Senior Issues'. The top half shows a photograph of a grand building with columns. Overlaid on the photo is the text 'ADVOCATES for Senior Issues' in large, bold letters. Below that, a blue box contains the text: 'Advocates for Senior Issues is a non-partisan group empowering seniors through education and advocacy. The group meets regularly to advocate, learn, and socialize.' Below the blue box is the text 'Join us!' in a stylized font. The bottom half of the ad is a solid orange color with white text. It lists 'Upcoming 2022 Meetings:' followed by three dates: 'Friday, January 21', 'Friday, February 17', and 'Friday, March 18'. Below the dates is the time '10:00 am - 12:00 pm' and the location 'Location: The Salvation Army Kroc Center'. At the bottom, it says 'Questions? (616) 222-7015' and 'Or visit www.aaawm.org/afsi'. In the bottom right corner of the photo area, there is a small logo for 'AREA AGENCY ON AGING OF WESTERN MICHIGAN'.

Nine years without a cold?



BY
DOUG
CORNELL

Scientists have discovered a natural way to kill germs fast.

Now thousands of people are using it against unwanted viruses and bacteria in the nose.

Germs, such as viruses and bacteria, can multiply fast. When unwanted germs get in your nose they can spread and cause misery unless you stop them early.

In the last 20 years, hundreds of studies by government and university scientists show the natural element copper kills germs just by touch.

The EPA officially declared copper to be antimicrobial, which means it kills microbes, including viruses, bacteria, and fungus.

The National Institutes of Health says, "The antimicrobial activity of copper is now well established."

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell by touch and destroys it in seconds.

Some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA, and other illnesses, by over half and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe with a tip to fit in the bottom of his nose.

The next time he felt a tickle in his nose that felt like a cold about to start, he rubbed the copper gently in his nose for 60 seconds.

"The cold never got going," he exclaimed. "That was September 2012. I use copper in the nose every time and I have not had a single cold since then."

"We don't make product health claims," he said, "so I can't say cause and effect. But we know copper is antimicrobial."

He asked relatives and friends to try it. They reported the same thing, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. The feedback was 99% positive

(paid advertisement)

if they used the copper within 3 hours after the first sign of unwanted germs, like a tickle in the nose or a scratchy throat.

Early user Mary Pickrell said, "I can't believe how good my nose feels."

"What a wonderful thing!" exclaimed Physician's Assistant Julie. Another customer asked, "Is it supposed to work that fast?"

Pat McAllister, 70, received one for Christmas and called it "one of the



Copper can stop germs before they spread.

best presents ever. This little jewel really works."

Frequent flier Karen Gauci used to suffer after crowded flights. Though skeptical, she tried copper on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people around her show signs of unwanted germs, she uses copper morning and night. "It saved me last holidays," she said. "The kids had crud going around, but not me."

Attorney Donna Blight tried copper for her sinus. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

A man with trouble breathing through his nose at night tried copper just before bed. "Best sleep I've had in years!" he said.

In a lab test, technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Made in America of pure copper. 90-day full money back guarantee. Price \$79.95. Get \$10 off each CopperZap with code **MiSP7**.

See www.CopperZap.com or call toll-free 1-888-411-6114.

Buy once, use forever.

Statements not intended as product health claims and have not been evaluated by the FDA. Not claimed to diagnose, treat, cure, or prevent any disease.

Traveling when you are disabled



BY
CHRISTINE
WISTROM

Having a disability doesn't mean staying behind when it comes to going on vacation; with a little extra preparation, you should be good to go. The Americans with Disabilities Act laws aren't necessarily observed in other countries. Hotels in the U.S. are required to be ADA compliant, but that doesn't mean other destinations are. Be sure to check ahead and see what you're dealing with and what accommodations can be made if you need them.

If you need assistance, ask for it! Don't assume that others will understand your needs simply by looking at you. You may want to book your reservations over the phone rather than online as you'll be able to explain your needs directly rather than letting the person on the other end guess what you need. If you are blind, the airport will provide a guide to take you to your destination, or if you have mobility issues, they'll arrange for transportation to the aircraft, but they have to know you need it. They will also help out at the ticket counter, or in the baggage check area if needed.

Laws have recently changed that govern traveling with your service dog, so be sure to read through the U.S. Air Carrier Access Act. Recent law changes

allow airlines to ban dogs that bark from riding...ever!

If you are traveling with a wheelchair on an airplane, let the cabin crew purser know prior to landing that you'll need your wheelchair to be waiting for you when you arrive. Check to see if an airport shuttle is available to take you from airport to hotel, and if it's capable of handling any equipment you're traveling with.

Bring extra medications along on your trip, as sometimes the physical stress of traveling can cause pain or discomfort. Include a copy of your prescriptions, and don't send your meds in your luggage; carry them with you. Keep meds in their original packaging and make sure they are clearly labeled to avoid problems at the gate. Bring the manufacturer's instruction sheet, too, as it lists ingredients and dosage. You may be required to prove the necessity of taking the drug, and the prescription label should suffice. If you must carry a liquid medication, be sure to follow the TSA rule limiting fluids to 3 ounces.

If you need to use a wheelchair, walker, cane, or other equipment, please do so! Often, people won't use assistive devices because they think it makes them look old. What really makes you look old is when you can't keep up with the rest of your group. Use your technology aids and enjoy yourself!

Traveling with a disability might pose a few challenges, but with a little forethought you'll be good to go. Remember, problems can arise on any trip. Prepare ahead of time to avoid as many as you can, then accept that some things are out of your control. With a little advanced planning, you should be able to avoid most problems and have a great time. Bon Voyage!

Chris is an Independent Living Specialist at Disability Network/Lakeshore in Holland, Michigan. Current interests include assistive technology, veterans' issues, emergency preparedness planning and service dog training.

Ride link

Taking Seniors Where They Want to Go in Kent County

www.ridelinkkent.org
(616) 774-1288

Kent County Senior Millage

**ANSWERS
FOR
GAMES
ON
PAGES
16 & 17**

Answers - Boggle Game:

EMU ROBIN EAGLE EGRET RAVEN HERON CONDOR

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

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

SCRABBLE G R A M S								SOLUTION	
F ₄	R ₁	A ₁	G ₂	I ₁	L ₁	E ₁	RACK 1 =	<u>61</u>	
L ₁	U ₁	N ₁	A ₁	T ₁	I ₁	C ₃	RACK 2 =	<u>59</u>	
H ₄	O ₁	T ₁	C ₃	A ₁	K ₅	E ₁	RACK 3 =	<u>98</u>	
E ₁	P ₃	I ₁	S ₁	T ₁	L ₁	E ₁	RACK 4 =	<u>62</u>	
L ₁	U ₁	N ₁	G ₂	F ₄	U ₁	L ₁	RACK 5 =	<u>61</u>	
PAR SCORE 255-265								TOTAL	341

ANSWER - JUMBLE PUZZLE #1:
PICKY GROUP MUSSEL MONKEY
As more telescopes were purchased, the telescope-maker's business was — **LOOKING UP**

ANSWER - JUMBLE PUZZLE #2:
HONEY BUNNY LOCKET SOCIAL
The dog who was very good at playing fetch was — **ON THE BALL**

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