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*Somewhere,
My Love*

by Roger Wisegarver

February has a special day set aside to honor that warm and endearing feeling couples call *romance*. Whether grade school children or married couples celebrating over 60 years together, every generation celebrates Valentine's Day.

In keeping with this tradition of love, my wife Audrey suggested I write about her grandmother's favorite song, *Somewhere, My Love*, originally an instrumental. Maurice Jarre (*pronounced Jar*) wrote the world-renowned movie theme song for movie director David Lean's landmark 1965 film, *Doctor Zhivago*. Throughout the epic film's 3½ hours, the piece's stirring, swirling, haunting background provides drama and romance to Lean's portrayal of the 1917 Russian Revolution.

Musician and composer Maurice Jarre was born in Lyon, France, in 1924. Unlike many musicians who learned music in their childhood, Maurice was in his late teens before he discovered music and decided to make a career in that field, instead of in engineering. Against his father's will, Jarre enrolled at the Conservatoire de Paris, where he studied percussion, composition, and harmony.

After Jarre left the Conservatoire in 1950, a film director asked him to write his first musical score for *The Princess of Homburg*. After that success,

Jarre spent the next 10 years writing music for four other French films.

Jarre's career took a spectacular turn in 1961, when producer Sam Spiegel asked him to work on David Lean's *Lawrence of Arabia*, to be released in 1962. Jarre wrote all the music himself, winning his first Oscar.

His second collaboration with David Lean, on *Doctor Zhivago*, earned Jarre another Oscar, granting him an early level of success rarely attained by writing a film score. For the *Doctor Zhivago* score, Maurice also received his only Grammy Award. His was one of only a handful of all-instrumental recordings of movie scores to hit number one on the charts. Over the following 10 years, Jarre collaborated with Lean on three additional films, eventually receiving nine Academy Awards for musical scores.

Working under tight time constraints, Director Lean gave Jarre ten weeks to complete the score for *Dr. Zhivago*. Though Lean liked several of the themes Jarre wrote for the film, he was dissatisfied with Lara's theme.

Lean suggested that, rather than thinking about *Zhivago* or Russia, Jarre should go to the mountains with his girlfriend and write a love theme for her. He said the song shouldn't be specifically about Russia:

rather, it should have a universal theme. Jarre spent the weekend in the mountains above Los Angeles. By Monday, he had written *Lara's Theme*, while composing for an hour at the piano.

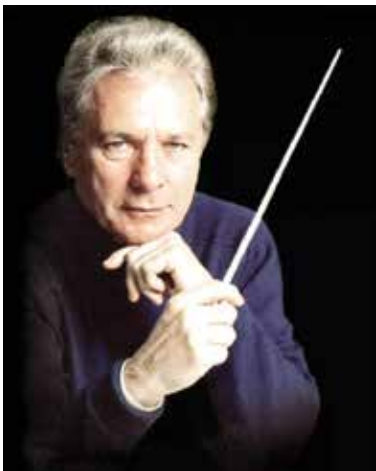
Jarre's wistful instrumental, *Lara's Theme*, got lyrics in 1966, when Paul Francis Webster wrote the words to *Somewhere, My Love*.

Numerous versions have been recorded, both orchestral and vocal. Among the most popular was the version by the Ray Conniff Singers, which, in 1966, reached number 9 on the *Billboard* Hot 100 Chart. It topped the U.S. Easy Listening Chart for four weeks and earned a Gold record in distribution. The song became so well recognized and romanticized that it was used in porcelain figurines and in wind-up music boxes in jewelry cases.

From the 1960s through the 1990s, Jarre worked for six other Oscar-winning directors, including Franco Zeffirelli, in his 1977 TV hit miniseries, *Jesus of Nazareth*.

In 1994, Jarre was awarded a star on the Hollywood Walk of Fame, at 6505 Hollywood Boulevard: over five decades, he had written or contributed to the music scores of over 150 films. In 2009, at age 84, Maurice Jarre died of cancer in Malibu, California. His orchestral scores have been described as "majestic, full-bodied, soaring, rich, and lyrical." ♦

Monticello, Illinois, resident Roger combines his interest in music and history: roger_wisegarver@msn.com.



Maurice Jarre, Composer-Director



February, bending from Heaven. In azure mirth, it kissed the forehead of the earth and smiled upon the silent sea, and bade the frozen streams be free, and waked to music all their fountains, and breathed upon the frozen mountains.

—Percy Bysshe Shelley

PEOPLE & PLACES

Major Martin R. Delany

by Rob Siedenburg

Once let the black man get upon his person the brass letters “U.S.,” let him get an eagle on his button, and a musket on his shoulder, and bullets in his pocket: there is no power on earth that can deny that he has earned the right to citizenship.

—Frederick Douglass

Martin Robison Delany, African American abolitionist and newspaper correspondent, became the first African American U.S. Army field-grade officer. An early proponent of returning African Americans to Africa, Delaney spent his life working to end slavery.

Born May 6, 1812, in Charles Town, Virginia (now West Virginia), to a slave father and free mother, ten-year-old Delany moved to Pennsylvania with his mother and siblings in 1822. His mother had two reasons for this move:

First, her children, though born free, could have been sold into slavery. Free Blacks from New England and Virginia were being kidnapped and sold into slavery in the South. Delany’s mom wanted no chance of that happening to her children.

Second, she had suffered severe persecution for teaching her children to read and write. Until after the Civil War, Virginia legally forbade teaching Blacks to read.

A highly literate, well-read, articulate scholar, Delaney published his 1825 book, *The Condition, Elevation, Emigration, and Destiny of the Colored People of the United States, Politically Considered*. His argument was that even white abolitionists would never “accept Blacks as equals.” His solution to the “black

condition” was to encourage African Americans to migrate to Africa.

In 1833, at 21, Delany apprenticed himself to a Pittsburgh physician. He soon hung out his own shingle and started a successful medical practice (medical licensing began in 1850).

In 1843, Delany founded his successful Pittsburgh newspaper, *The Mystery*. Later, with Frederick Douglass, he published *The North Star* in Rochester, New York.

In 1850, Delany and two fellow Blacks entered Harvard Medical School. After just three weeks of classes, a group of influential white students petitioned the school to eliminate the Blacks, and all of them were summarily expelled. Delany continued his medical training with several leading Pennsylvania physicians.

In 1856, Delaney moved to Canada, where he practiced medicine and wrote for the *Provincial Freeman*. In 1859, he led an emigration commission to West Africa to explore sites for a new black nation along the Niger River.

In December 1859, Delany signed a treaty with the Alake [*paramount king*] of Abeokuta. Egba chief, Sodeke, had founded Abeokuta [*Refuge in the Rocks*] in 1830 for refugees from the collapsed Oyo Kingdom. Today, the name lives on in Abeokuta City, Nigeria’s Ogun State capital.

Delany toured Britain to raise money for his project. He participated in London’s 1860 International Statistical Congress, highlighting the plight of African Amer-



Major Martin R. Delany (1812–1885)

ican slaves. He had just published his serialized novel, *Blake, or The Huts of America*.

The Civil War broke out (1861), and Delany returned home. In February 1865, Delaney persuaded President Lincoln to form an all-Black corps, led by African American officers; he recruited thousands of Blacks. (All other African American units had white officers.) Delany was the only Black to hold the rank of Major during the war.

At least 179,000 Blacks served as Union soldiers, and another 19,000 served in the Navy. Nearly 40,000 Blacks died in Union service during the war, double the percentage of Blacks in the Union forces (Ten percent of union forces were Black). Over 20% (nearly 40,000) of all Black in the Union military died during the war, about 30,000 of them from disease or unsanitary conditions, which also killed many white soldiers and sailors. Sixteen black soldiers received the *Medal of Honor*.

Over 2% of the American population died during that brutal war. Historian J. David Hacker suggests a much higher military death rate than previously estimated, suggesting that as many as 750,000 Union soldiers died. At least 258,000 Confederate soldiers also died.

Lincoln’s Emancipation Proclamation gave Delaney hope that black emigration *might* be unnecessary. Until 1877, he self-identified as an integra-

Please see Delany on A-16

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PEOPLE & PLACES

“The Way We Were”
Barbra Streisand

by Randal C. Hill

At the age of 20, Marvin Hamlisch used to utter an unusual prayer: “Please, God, let Barbra Streisand sing one of my songs.”

A piano-playing prodigy from age five, Hamlisch graduated from New York’s Queens College in 1967. The first job he landed was as a rehearsal pianist for “Funny Girl,” with, of all people, Barbra Streisand.

Years later, Marvin got a phone call from a friend about possibly writing a song for a film that would star Robert Redford and Barbra Streisand. Thrilled by the possibility, Hamlisch resolved to capture the movie script in a single song. “I wanted to reflect all of the sorrow and despondency and pain of their relationship, the star-crossed nature of it,” he explained later.

But knowing that his tune would be custom created for Streisand gave Marvin pause. “No matter what I was doing, I could hear Barbra’s voice in my head and recall how wonderful she sounds when she holds certain notes. I wanted to let her soar. I was determined not to write something drippingly sentimental.”

Hamlisch eventually came up with what was, to him, a perfect composition: “I’d been trying minor key melodies but thought they might have told you too much in advance that Streisand and Redford were



never going to get together. So, I wrote a major key melody that was sad but also had a great deal of hope in it.”

Enter the lyric-writing couple Alan and Marilyn Bergman, who, a few years earlier, had garnered an Academy Award for penning the words to “The Windmills of Your Mind” from the film *The Thomas Crown Affair*. As a fitting complement to Marvin’s work, the duo created poignant word images that succinctly captured the essence of the Redford-Streisand tale:

Memories light the corners of my mind
Misty watercolor memories of the way we were
Scattered pictures of the smiles we left behind
Smiles we gave to one another for the way we were

Hamlisch and the Bergmans performed the song for Barbra at her home. Although at first reluctant—she initially proclaimed it too sentimental—Streisand finally agreed to record what would become the Academy Award-winning classic for Columbia Records.

But all of Marvin’s hard work almost didn’t matter, as Streisand’s song was omitted from the original version of the *The Way We Were*. The determined Hamlisch, however, convinced Columbia’s studio moguls to hold two test screenings.

The first audience sat unmoved by the final scene (with no song), where Streisand and Redford realize they have no future together. The next screening included Barbra’s tune. Hamlisch recalled, “I heard a woman start to cry. And then another. And within minutes, there wasn’t a dry eye left. I knew I was right.”

One assumes that Marvin Hamlisch soon became a proponent of prayer. ♦

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Randal writes at his Bandon, Oregon, home. He welcomes emailed questions and comments at wryter-hill@msn.com.

SKYWATCHER

February’s full moon, the *Snow Moon*, occurs on the evening of the **fifth**. Then, on the **twenty-second**, Venus and Mars have a conjunction. Venus is the brightest planet in the sky because its atmosphere has thick clouds that store heat and light. Mars (the *red planet*), though not quite as bright as Venus, is still easy to see with the naked eye.

On **February 26**, you can observe the *zodiacal light*, also called a *false dawn*, just after astronomical twilight, about 5:38–6:11 p.m. (6:38–7:11 p.m. in Indiana), and the following morning (**February 27**), about 6:35–7:08 a.m. (7:35–8:08 a.m. in Indiana). Scientists believe sunlight reflects from dust clouds held by Earth’s gravity. A dark sky, free of city light pollution, is best.

Zodiacal light is best observed in the western sky in the spring, after evening twilight has completely disappeared, or in the eastern sky in the autumn just before morning twilight appears. The zodiacal light appears as a column or cone, brighter at the horizon and tilted at a 23.44° angle from vertical. ♦

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The Long Walk Home

In 1986, we bought a little farm near Carthage, Illinois. At the same time, I closed my VW repair shop and returned to college to get my teaching certification.

I had bought an old VW beetle with a bad engine, a lovely little car a young lady had driven from Oregon when she moved home to Illinois. She had no further use for it because the engine had a loud knock. I paid her \$200 and drove the car slowly to my repair shop, where I put together an engine, mostly of used parts from salvaged engines.

This was my commuting car to attend classes as a student at Macomb’s Western Illinois University. It was 45 miles each way, but gas was much less expensive then (eighty-six cents a gallon!). The little car was a success, getting 35 miles per gallon.

After we bought the little farm, I moved our numerous rabbit hutches (full of bunnies) there, and we moved our small dairy goat herd there, too. We had five of those lively critters—though our herd would eventually grow to over 140 head.

We still lived in town at the time, so I stopped off at the farm, both going to school and returning home. There, I fed and watered animals and generally ensured their welfare. I had to study a lot, so on Sundays, after church service and a good noon meal, I headed to the farm. If it was cold, I lit a woodfire in the big living room stove, then went out to tend animals while my study room warmed up.

After chores, I settled in a big easy chair the previous owners left behind, with a lamp to provide light. I merged class lecture notes and notes from textbook chapters I had read. For seminars, I did copious reading and prepared lots of presentations.

One Saturday morning in late February, we awoke in town to a foot-deep snowfall. Hmm. It would be interesting getting out to the farm, but

needs must, as the old timers said. Our animals needed feed and water.

My wife graciously offered to go along, and off we went. I had tossed a scoop shovel into the VW van we were driving, but I was sure hoping the road commissioner would have the road to our little place cleared. He didn’t.

I put tire chains on the van’s rear tires, grabbed the shovel, and relinquished the steering wheel to my wife. Today, I can hardly believe this story, but fortunately I was there, so I know it’s true.

I walked ahead of the van, shoveling out a path for right and left wheels. I’d jog forward about twenty feet, clearing one side, jog back to the front of the van, then clear the wheel track on the other side. No one had been down that road all night.

Over an hour of hard work got the van, us, and a couple bags of grain two miles down the township road to the farm. I started a woodfire in the house stove, so we could warm up occasionally, and we started our animal rounds. After ensuring adequate shelter, feed, and water, I looked back out at the township road. Another six inches of snow had already fallen.

Well, there was nothing for it but to start shoveling in the opposite direction, so we could get back home. That’s what I did. Today, I wouldn’t think of embarking on such a strenuous adventure, but I was young, in good condition, and, most likely, foolish. After two more miles of clearing snow, we intersected a cleared road that led to the highway.

It was good to be back home in town, where the kids proudly showed us how well they had cleared our driveway and walks. I was proud of them. I thought it best not to brag about the miles of shoveling I had done.

In the dining room, a fire crackling in the corner fireplace, we all sat down to some fresh, hot, whole-wheat cinnamon rolls the kids had baked in our absence. We washed them down with big mugs of hot cocoa. I, for one, was delighted to be in out of the cold and wind, with a chance to rest my weary muscles. ♦

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Presidents Trivia

1. Which U.S. President ran for office with this slogan, “A chicken in every pot and a car in every garage”?

2. Which was the only U.S. president so far to serve two nonconsecutive terms of office (i.e., two separate presidencies)?

3. Who was the youngest person ever elected president?

4. Who was the oldest person ever elected president?

5. Whose presidential term was shortest?

6. Whose presidential service was the longest?

Presidents’ Day,

February 19, 2024

Presidents Trivia Quiz Answers

1. During his 1928 presidential campaign, Herbert Hoover promised “a chicken in every pot and a car in every garage,” if he won. Tragically, the great stock market crash of 1929 occurred less than a year into his term of office, ushering in the Great Depression.

2. Grover Cleveland served two nonconsecutive terms of office.

3. The youngest person ever to assume the presidency was Theodore Roosevelt, at age 42. He replaced William McKinley, who had been assassinated while in office. John F. Kennedy, at 43, was the youngest person elected president.

4. The oldest person ever elected president was Joe Biden, 77 when elected and 78 when sworn into office.

5. William Henry Harrison, politician and former military officer, was our ninth president. Harrison died of complications of pneumonia, just 31 days after his 1841 inauguration, making his the shortest U.S. presidency.

6. Franklin Delano Roosevelt served as U.S. president for more than three full terms. He served a little over 12 years (4,422 days, 1933–1945) before dying in office. No other president has served more than two terms. The Constitution now has a two-term limit on presidential service.

HEALTH & WELLNESS

Comprehensive Guide on Charity Care from Medical Providers

by Sunni Patterson

Welcome back to our follow-up to January’s article on obtaining financial medical assistance. In this final article, we look at the application process and steps to take if your outstanding balance is already in collection, or your application is denied.

Applying for Charity Financial Assistance

Applying for charity financial assistance can vary, depending on the specific hospital or health-care facility. However, there are general steps you should take to initiate the process:

Contact the hospital’s financial assistance department or visit the hospital’s Web site. Patients can reach out to the hospital’s financial assistance department to inquire about charity care programs and to request an application form. Patients can also access a hospital’s financial application form online. It is generally located under the billing and financial section. Along with the application, eligibility guidelines are provided.

Gather necessary documentation. Patients are typically required to provide documents, such as proof of income, tax returns, bank statements, and medical bills. These documents help determine the patient’s financial need and eligibility for charity care.

Complete and submit the application. An incomplete application will delay the evaluation process and ultimately your discount decision.

Follow up with the hospital. The hospital’s financial assistance department will review the application to assess the patient’s eligibility. Some patients apply but do not receive a response. So, your responsibility at this point is to follow up on a regular basis until you have a decision in hand.

Notification of approval. After the evaluation, patients receive a notification regarding their application status. If your application is approved, details about the level of financial assistance and any required copays or deductibles will be communicated.

Send documentation to all providers who treated you. When you receive the hospital’s approval decision letter, provide this proof to the other medical providers who treated you during the same timeframe. They will often consider the circumstances and work with you on negotiating outstanding balances and creating a budget-friendly payment plan.

Responding to a Patient Bill Sent to Collections Before Approval

Situations where a patient’s bill has already been sent to collections before being approved for charity care can understandably cause additional stress and confusion. It is important to know that there are potential solutions available:

Contact the Collection Agency. A patient should reach out to the collection agency handling the account and inform the agency about having applied for charity financial assistance. Provide the agency documentation or proof that your application has been submitted.

Request a Temporary Hold. A patient can request a temporary hold on an account while an application for charity care is being reviewed. This will prevent further collection actions from taking place, until the financial assistance department makes a determination.

Advocate for Approval. Patients can communicate with the hospital’s financial assistance department and explain the situation regarding the bill being sent to collections. She or he can provide any

additional details or evidence that might support eligibility for charity care.

Responding to a Denial for Charity Financial Assistance

In the event of denial, a patient can appeal the decision or explore further options for financial assistance:

Appeal or negotiate. If the patient’s application for charity care is initially denied, explore the possibility of appealing the decision. Patients can also negotiate with the collections agency and the hospital to set up a payment plan or to seek a reduction in the outstanding balance based on financial need.

Seek legal assistance. In cases where a patient faces challenges in resolving a medical bill and securing charity financial assistance, seeking legal advice from healthcare law professionals can be beneficial. Such professionals can provide guidance in navigating the complex legal landscape and help protect the patient’s rights.

Stay proactive. It is crucial for you to take proactive steps and communicate openly with both the collection agency and the hospital’s financial assistance department to find a resolution that addresses your financial situation.

Conclusion

By understanding the process of accessing and applying for charity care, you can confidently navigate the financial challenges associated with healthcare expenses and ensure that you receive the vital medical treatment you need, regardless of your financial circumstances. ♦

Sunni Patterson, a board-certified patient advocate, is based in Danville. For help or further information, please visit www.medicalbillandclaimresolution.com.

LEAP YEAR!

PLT staff writer

Welcome to *leap year* 2024 (an *intercalary*, or *bissextile*, year). Leap year has 366 days. (With a lunar or lunisolar calendar system, a thirteenth month is added instead.) Our three hundred sixty-sixth day (or thirteenth month) is added to keep the calendar year synchronized with the astronomical year, which keeps months aligned to the four seasons.

Astronomical events and seasons don’t match up with a whole number of Earth days, so calendars with the same quantity of days per year gradually move the dates of seasons. The additional day (*leap day*) or month (*leap month*) keeps solstices and equinoxes on about the same dates, year after year, so that certain calendar months are always associated with certain seasons.

A true astronomical year is slightly less than 365¼ calendar days. Our calendar has three common years of 365 days each, followed by a leap year of 366 days, extending February to 29 days. Thus, every fourth year has 366 days instead of 365. To keep from introducing our own error into the calendar, a *leap year* occurs in every year whose number is a multiple of 4, except for any year divisible by 100 but not by 400. Thus 2000 was a leap year, but 2100 will not be.

The lunisolar Hebrew calendar usually has twelve lunar months, but adds Adar Aleph as a thirteenth lunar month seven times every 19 years to keep that calendar year from changing relative to the seasons. The Solar Hijri (Arabic) and Bahá’í calendars add a leap day as needed to ensure that the following year begins on the March equinox.

In our calendar, the official length of a day is occasionally corrected by inserting a *leap second* into Universal Coordinated Time (UTC) to compensate for variations in Earth’s period of rotation. These *leap seconds* are not introduced on a regular schedule, but only as needed, because length-of-day variations are unpredictable. ♦

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LIFESTYLES

Determining What's
HIS, HERS,
and THEIRS

by Lori Borgman

We've been having issues with possessive pronouns lately. Forty-five years of marriage—and we're still carving out our turf.

A green light on the refrigerator door indicates it is time to order a new water filter. The reminder has been glowing green for more than a week, yet I have successfully managed to ignore it. I file the little green light under the category of *nagging*.

Yesterday, my husband says, "Have you ordered a replacement for your water filter for the 'fridge yet?"

Did you catch that? "Your" water filter.

Why does the water filter belong to me? I didn't birth it or potty train it. I've never even unboxed one, let alone removed an old one or installed a new one.

I am the one who orders the hard-to-find rascals, so I suppose that technically makes them *mine*.

I began thinking about other things he might think are *mine*. The kitchen comes to mind. I'll take that. The kitchen is *mine*, but the garbage disposal is *his*, as in, "*Your* garbage disposal is acting up again."

The lawnmower has never been *yours*, or *mine*, or even *ours*. It's always been "the" mower. I would like to take this opportunity to officially make it *his*.

Glad that one is settled. He can thank me later.

The garden is *mine*—most of the time—but, sometimes, it is *ours*. The gutters are *his*. So is the roof.

"How is *your* roof today?"

The leaf blower and small power tools are *ours*. We both use them, though I am usually the one who knows where to find them.

I have no desire to make the chainsaw *mine* or even *ours*. No contest; he can have it. I hereby yield the chainsaw.

We used to have *his* car and *her* car, otherwise known as *your* car and *my* car, until he retired. *His* car became "the" car because it is newer and gets better mileage. Whew. A definite article saves the day.

We share a bathroom, but it is "the" bathroom, not *yours* or *mine*. Neither one of us wants exclusive rights because we both know that to own it is to clean it.

We share "the" hairbrush (mainly because I have three other ones in another drawer), but it is *my* blow-dryer. What hair he has left can air dry.

I am eyeing the washer and dryer and realize they have never, ever in the history of us been assigned a possessive pronoun.

He's a smart man. He wouldn't dare. ♦

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Movie Reviews

FRONT ROW SEAT

by Larry Stephens



Marty (1955)

Directed by Delbert Mann
Starring Ernest Borgnine, Betsy Blair
Runtime 1hr 30 min
Available on Blu-ray, DVD, Amazon Prime, Apple TV, Vudu, Tubi, Pluto TV



Ernest Borgnine & Betsy Blair

Marty is a movie that's been on my radar for a long time. It's a story about a lonely bachelor in his mid-thirties, who has all but given up on the hope of getting married. When I first heard about this film, I, too, was a lonely bachelor in my midthirties, who had all but given up on the hope of getting married. I knew it was a classic, but I had no desire to see it. The whole premise struck too close to home.

Fast forward to today. This month, I'm celebrating eighteen years of marriage to my beautiful bride, Laurie. We have two sons. By God's grace alone, I am a million miles from where I was. So, when this movie popped up in my Amazon feed, I felt like I was finally ready to watch it. Glad I did.

Ernest Borgnine stars as the title character, Marty Pilletti. Marty is a great guy with a big heart, but none of his dates sticks around long enough to find that out. Mainly because he's a big man, works in a meat shop, and isn't terribly handsome. Rather than complain about it, Marty simply tries to get comfortable with the idea that marriage isn't for him. The problem is that none of his friends or family will let him.

One night, Marty and his best friend go to a local dancehall where he witnesses another lonely soul, Clara (Betsy Blair), getting dumped by her blind date. Marty, knowing what she's going through, follows Clara when she flees the ballroom and tries to offer what comfort he can. It's this encounter that makes up most of the movie, as Marty and Clara stroll together through the streets of Manhattan, sharing their sorrows and talking about their dreams.

Although this sort of story isn't all that unique among romance movies, the unvarnished honesty that both leads bring to their performances is what makes this movie stand out from others. In fact, it was this movie that made Ernest Borgnine a star and earned him his first, and only, Oscar for Best Actor. His co-star, Betsy Blair, was nominated for Best Supporting Actress. The movie itself won several other Oscars, including Best Picture, Best Director, and Best Adapted Screenplay. Do give it a look. ♦

When Larry isn't sweating a deadline or fending off humorless grammarians, he likes to unwind with a good movie. If you have comments about this movie review or a suggestion for his next one, email him at larryav8r@gmail.com. You can also reach him through his personal Web site at chewytype.com.



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NEWS & VIEWS

New Illinois Laws for 2024

The Illinois legislature passed 150 new laws last year. Here are twelve of them:

Illinois minimum wage increase. The hourly minimum wage for non-tipped employees increases from \$13 to \$14 per hour, and the minimum wage for tipped employees increases from \$7.80 to \$8.40 per hour.

Noncitizen police applicants. Any individual not a citizen who is legally authorized to work in the United States under federal law is authorized to become a police officer, subject to all other requirements and limitations.

Assault weapons ban registry. Gun owners must register banned weapons with the Illinois State Police by January 1, 2024. After New Year’s Eve, assault weapons owners failing to register such weapons in their possession face criminal charges ranging from a Class A misdemeanor for a first offense up to a Class 3 felony, punishable by 5–10 years in prison.

Indoor public vaping ban. Illinoisans vaping indoors in public spaces face penalties up to \$250.

Youth life sentences abolished. Youthful offenders under 21 can no longer receive a life sentence without the possibility of parole. This law applies retroactively to those currently incarcerated who were sentenced before the age of 21.

Parole for life sentences. Anyone sentenced to life in prison who serves 40 years or more becomes eligible for parole.

Police surveillance drones. Law enforcement is permitted to monitor special events and parades with surveillance drones, but those drones may not carry weapons or use facial recognition software.

Noncitizen driver licenses. Noncitizens can get standard driver licenses to replace their current temporary visitor driver licenses.

Renting and selling to migrants. Landlords are required to rent or sell property to noncitizen migrants. This law adds immigration status as a protected class.

Defunding libraries. Illinois public or school libraries that remove from their shelves books deemed controversial or that fail to issue a statement against banning books will no longer receive state funding.

Electric charging outlets. Newly constructed Illinois homes and residential buildings must provide a vehicle-capable electrical outlet in a parking space for each residential unit.

No fines or fees for minors. Illinoisans under age 18 can no longer be assessed fines or fees except for traffic violations, municipal ordinance violations, or boating or fishing violations. ♦



New Indiana Laws for 2024

New Indiana laws take effect on July 1 of the year they are passed. Because the legislature will be meeting before that time, some of these laws might not take effect.

Firearms transfer. Selling, trading, and transferring a firearm to another person must occur through a licensed firearms dealer.

Proof of insurance and license suspension. The bureau of motor vehicles must send a copy of a request for proof of financial responsibility to the insurance carrier identified in the most recent registration for a vehicle involved in an accident. The vehicle owner must respond within a set time period. A hearing must be held before a vehicle owner’s license can be suspended.

Minimum handgun carry age. The new minimum age to carry a handgun in Indiana is 21 years.

Prohibition of firearms at polling places. A person may not carry a firearm near any voting place.

Local firearms regulation. Local counties, municipalities, or townships may regulate firearms, ammunition, and firearm accessories in a manner more restrictive than Indiana law, providing such regulation complies with the Indiana and U.S. constitutions.

Driver instructions about law enforcement procedures. Driver education curricula must include procedures of a law enforcement officer during a traffic stop, actions a driver should take during a traffic stop, and appropriate interaction with a law enforcement officer.

Chaplains in public schools. Permits public school principals or superintendents to employ, or approve as a volunteer, a school chaplain, if certain requirements are met. A school chaplain may provide only secular support to a student or school employee, unless the employee, the student, or the student’s parent or guardian gives permission for nonsecular support. Under certain circumstances, a school chaplain is not required to divulge privileged or confidential communications with a student.

Designation of June Thirteenth as a state holiday. Establishes *Juneteenth* as a state holiday.

Child-operated refreshment stands. A food or nonalcoholic beverage stand operated by a person under 18 years old is not to be considered a food establishment and does not require a certified food protection manager. Such stands are not to be regulated by health departments or homeowners associations.

Qualified veteran property tax exemption. Provides a property tax deduction for an individual or surviving spouse of a veteran who has been rated by the United States Department of Veterans Affairs as individually unemployable. ♦



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See Answers on A-15.

JUMBLE

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

FSOLS

ZRAYC

KAITNE

COETNA

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THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

Whoa! Did you not see the window?

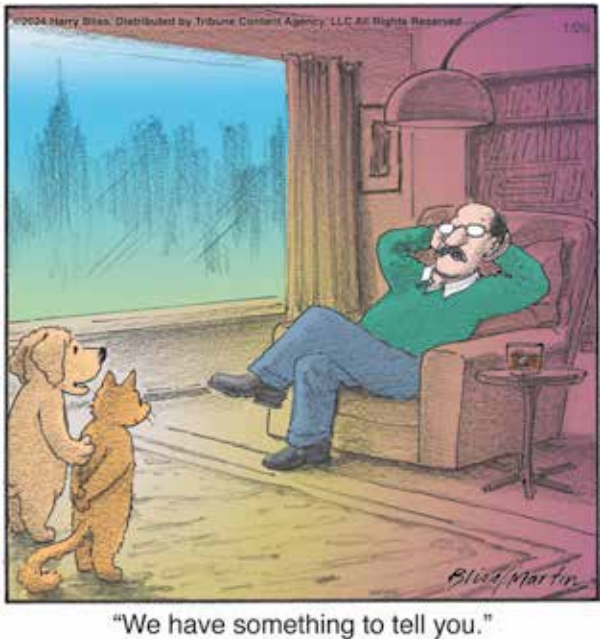
Is he OK?

You did such a good job! I thought the glass was gone.

THE BIRD HAD TROUBLE SEEING THE WINDOW AND WOULD TRY TO REMEMBER TO ---

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

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LIFESTYLES

PrimeLife Poets

Only One Rose

by Rob Siedenburg (1945–)

Only one rose—and it won’t last;
Petals will fall, and its beauty will pass.
But it’s a reminder on this special day
That my love for you won’t fade away.

Stronger and purer as days go by
Is the love I bear in this heart of mine.
My affections for you will grow and gain
As we share in friendship and work and pain.

Valentine’s Day will go away
But morning comes every day.
I look into your eyes and am very sure
That the love we share will long endure.

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A Red, Red Rose

by Robbie Burns (1759–1796)

O my Luve is like a red, red rose
That’s newly sprung in June;
O my Luve is like the melody
That’s sweetly played in tune.

So fair art thou, my bonnie lass,
So deep in luve am I;
And I will luve thee still, my dear,
Till a’ the seas gang dry.

Till a’ the seas gang dry, my dear,
And the rocks melt wi’ the sun;
I will love thee still, my dear,
While the sands o’ life shall run.

And fare thee weel, my only luve!
And fare thee weel awhile!
And I will come again, my luve,
Though it were ten thousand mile.

Shall I Compare Thee to a Summer’s Day?

by William Shakespeare (1564–1616)

Shall I compare thee to a summer’s day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And summer’s lease hath all too short a date.

Sometime too hot the eye of heaven shines,
And often is his gold complexion dimm’d;
And every fair from fair sometime declines,
By chance or nature’s changing course untrimm’d;

But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow’st;
Nor shall death brag thou wander’st in his shade,
When in eternal lines to time thou grow’st:

So long as men can breathe or eyes can see,
So long lives this, and this gives life to thee.

Today is the first of February, snowy, brilliant, but dripping with the sound of spring wherever the sun lies warm, and calling with the heart of spring yonder where the crows are assembling. There is spring in the talk of the chickadees outside my window, and in the cheerful bluster of a red squirrel in the hickory.

—Dallas Lore Sharp

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LIFESTYLES

A Brief History of Valentine’s Day

Valentine’s Day, a day to celebrate love, is named for a fifth-century Christian martyr. A compelling story, possibly true, says a jailer’s daughter provided Valentine with food and other necessities during his incarceration. Just before his execution, he penned a thank you note to this kind young lady and signed it, “Your Valentine.”



Or, was our St. Valentine a third-century Christian martyr, executed for performing Christian marriages against Roman Emperor Claudius II’s express order? Claudius outlawed marriage for young men because single men made better soldiers.

The Roman Catholic Church has canonized three individuals named *Valentine*, all martyred for their faith. Two were executed in the third century, on February 14 of separate years.

The Norman-French celebrated the Nordic *Galatin’s Day* (Galatin = lover of women), taking their tradition to England (1066). Soon that celebration was incorporated into Valentine’s Day, which quickly found its way back across the Channel to France. The French sent *tokens-du-jour* (hand-made paper cards, in France and England), among the earliest Valentine’s Day cards. Chaucer and Shakespeare popularized Valentine’s Day in Britain.

In the United States, artist and graphic designer Esther Howland (1828–1904) popularized Valentine’s Day with her intricate hand-made cards. In her first year of production, she sold \$5,000 worth. She hired women to work at home and built a thriving business in her dad’s Worcester, Massachusetts, home. Hers were the first commercially produced Valentines.

In 1913, the Hallmark Greeting Card Company of Kansas City, Missouri, began mass-producing Valentines. They were an instant hit. Today, Americans now buy 145 million Valentine’s Day cards per year.

In 2023, American men spent \$25.9 billion on Valentine’s Day gifts and cards, up from 2022’s \$23.9 billion. Men average \$235 per year on gifts and cards for the special day; women, who buy 85% of Valentine’s Day cards, average \$119 in annual Valentine’s Day spending (about half what men spend on average); 60% of cards are sold in the last 6 days before Valentine’s Day, and schoolteachers get more cards than do any others.

This year, Americans plan to spend about \$2.14 billion on Valentine’s Day cards and gifts for their cats and dogs. That’s more than double what pet-owners spent in 2023. ♦

thoughts to ponder

by Tim Barber

All seems anticlimactic. The holidays are brilliant and exciting, lasting a while but fading through January. And then comes February, the shortest and the longest month. Bleak. Tax preparation. Cold and windy.

It’s at these times that I think of that popular sentence, “Then God showed up!”

Really? Where was he? Is he “visible” only in those spectacular moments when incredibly good things happen? Or are you waiting for him to “show up,” even in February?

Each year we set up a Nativity scene in our yard with a spotlight on a wooden cutout of Mary, Joseph, and the Christ child, a little stable with a star on the roof, and a couple of sheep. One year a donkey was supposed to show up—but he was miles away, gracing another manger scene.

Then, a February idea came to mind. I took down the spotlight, the star, and the silhouettes of Mary, Joseph, and the Christ child. The sheep could stay. The stable remained with no special effects. It looked ordinary. Was God gone? No, God had always been there, just as he is always where you are, no matter where you go. Our eyes need to be attuned to his spectacular presence in other ways.

In Jesus’s Sermon on the Mount, we hear: “Blessed are the pure in heart, for they shall see God” (Matthew 5:8). I think that applies to our lives right now as well. God is at work all over the place, even in February.

May we see him in a million ordinary ways, giving good gifts, showering us all with his love, forgiving all who seek him, and seeking all who have gone astray. ♦

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LIFESTYLES

SEVENTIES FLASHBACK

“Maybe It Will Grow on Me.”

by Randal C. Hill

The Nike “Swoosh” symbol is so well recognized worldwide that it can stand alone without naming the Oregon sports-apparel empire. The iconic logo was the brainchild of Carolyn Davidson, a now—comfortably retired graphic designer (primary emphasis on comfortably). In 1969, Davidson studied graphic design at Portland State University. There she met future business kingpin Phil Knight, who was teaching accounting. As Knight passed Carolyn in a hallway one day, he overheard her telling some friends that she wanted to take an oil painting class but couldn’t afford the paints. The next time Phil saw her, he said, “Excuse me, are you the one who can’t afford to take oil painting?” Knight told Davidson he needed a part-time graphic artist to create charts and graphs for his business meetings. (Since 1964, Phil and partner Bill Bowerman had had a side job running Blue Ribbon Sports, the West Coast distributor for Tiger shoes from Japan’s Onitsuka Company.) Knight

offered to pay her two dollars an hour for her work, and she readily accepted. Carolyn completed every project Knight brought her. In 1971, Phil proposed something new: an assignment for a logo. Citing hassles from Onitsuka, he and Bowerman had decided to strike out on their own and offer a new line of cleated shoes. Their company would be called Nike, in Greek mythology, the winged goddess of victory. A factory in Mexico was ready to begin shoe production, and Knight and Bowerman wanted a logo that conveyed motion and speed for their fledgling footwear. After 17.5 hours on the project, Davidson submitted a bill to Knight for \$35 (equal to about \$250 now) and showed him five potential designs, each drawn on tracing paper and laid over the side outline of a shoe. Not enthused about any of the five, Phil chose the wing-like Swoosh. “Well, I don’t love it,” he grumbled, “but maybe it will grow on me.” Later that year, Blue Ribbon Sports became Nike, and the Swoosh was on its way to becoming one of the world’s best-known images. Carolyn earned her PSU degree in graphic de-



The original Nike logo created by Carolyn Davidson in 1971

sign and stayed with Nike through 1975, when she decided to freelance and do charity volunteer work from home. In September 1983, Knight invited Davidson to have lunch at the Nike headquarters. That luncheon turned out to be a surprise party for her. After multibillionaire Knight told Carolyn he was glad his \$35 check hadn’t bounced 12 years earlier, he presented her with a box of chocolate Swooshes, a Swoosh-shaped gold ring, and 500 shares of Nike stock. Over four decades, and numerous stock splits later, Carolyn’s Nike holdings would now total about 32,000 shares and be worth around \$4 million. Ms. Davidson has apparently never sold a single share. ♦ Copyright © Randal C. Hill. Used by permission. Randal writes at his Bandon, Oregon, home. Email him at wryterhill@msn.com.

While it is February, one can taste the full joys of anticipation. Spring stands at the gate, with her finger on the latch.
—Patience Strong

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HEALTH & WELLNESS

Maintaining a Positive Mental Attitude

by Jim Russell

Developing a positive outlook on life is powerful enough to transform our physical and mental health, no matter your current stage of life. But how do you change your outlook? Here are eight ways:

1. Focus on the present. Mark Twain purportedly said, “I’ve been through terrible things in my life, some of which actually happened.” Twain knew that we often add to our problems by building them up in our minds. How often do the things you worry about for days end up not happening at all, or not being as big a problem as you thought? By focusing on the present as much as possible, you can minimize the worries and fears that lead to negative emotions.

2. Use positive language. How often is your speech negative? It could be more often than you think. Some people constantly complain about the weather, work, spouse, neighbors, and any number of other things. We all do it from time to time. However, it’s good to remind ourselves that our words are shaped by our thoughts, and the more we can look for positive things to say, the more positive our thoughts will become.

Willie Nelson said it well, “Once you replace negative thoughts with positive ones, you’ll start having positive results.” Make it your endeavor to commit to positive thinking. So, each day when you wake up, give yourself a mini-pep talk: What do you want to achieve? How will you react to trying situations? How will you avoid negative thoughts? Remember, thinking positive is a habit, which means it’s possible to learn how to do it.

3. Accept when things aren’t perfect. It can be difficult to let go of the need for perfection and control in your life, but sometimes it’s very liberating to simply accept that things will not always go the way you hoped—and that’s okay. Remember, most things pass with time.

4. Mix with positive people. It’s a fact of human nature that we tend to mimic the people we spend the most time with. Think of how teenagers tend to conform to the social code of their friends. It’s the same for everyone else, too. So, the more frequently you spend time with positive-thinking people, the more likely it is that you will begin to think and act in a similar fashion.

5. Contribute in a meaningful way. One of the best ways to feel more positive is to contribute to your community in some way. It can be tremendously uplifting to help others, whether through use of your time, your skills, or your financial contributions. In addition to the good feelings that come with making a difference in someone’s life, contributing your time and effort to a cause allows you a brief escape from your current problems, and might even allow you to see your troubles in a different light. You might not be able to do as much as you once could, but that does not mean you are unable to serve in a meaningful way.

6. Keep learning. Develop a curiosity about the world around you and the people in it. No matter what situation you’re in right now, there is always something we can learn from it. Taking a real interest in life gives you energy; it helps create new ideas



in your mind and provides a new perspective on your potential impact.

7. Be grateful. Spend a little time each day thinking of things you are truly thankful for in your life. Being thankful will often turn initial anger or frustration into something more positive. Remember, we all have weaknesses, but focusing on your strengths

prevents them from getting the better of us. A good practice to foster a good attitude is that of keeping a gratitude journal. In this journal, make a note of at least five things that make you happy or thankful each day.

8. Laugh. Don’t underestimate the power of laughing; it has a wonderful way of reducing stress, connecting you with those around you, and generally making you feel better. I whole-heartedly agree with William James, when he said, “We don’t laugh because we’re happy; we’re happy because we laugh.”

Finally, keep in mind that how you view your life is *your choice*. No one is forcing you to have a negative attitude. So, take control and exchange your negative attitude for a happier, more energetic, and more enthusiastic life.

Reading these articles will not make you an expert, nor are they a substitute for care from your physician or mental health professional. They provide basic information about the issues addressed. This information comes from a variety of sources and is not all original with this writer. ♦

Jim Russell, MS, LCPC, is executive director of the Vermilion County Mental 708 Board.

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MONEY MATTERS

Where Will You Live as You Age?

by Debra L. Karplus

Your house was perfect for you, your spouse, and your children—many years ago. But things in life change, for any number of reasons. Maybe your current living situation no longer provides a safe place to live because of stairs or a lack of accessibility to the bathroom, kitchen, garage, or driveway. Possibly you’ve already downsized to a ranch home. You have great accessibility, but you feel socially isolated. It might be time to explore senior-friendly places.

With so many baby boomers in their 70s and older, our country is developing many senior retirement communities. These are geared for active, healthy people 55 and older, and they often provide such activities as golf, swimming, and more. Many are even building pickleball courts. There are options to own, but if you feel as if you’ve had your share of taking care of a home, many places, such as the Landing at Legends, now being built on the west edge of Champaign, Illinois, have options to rent, with a renewable yearly lease.

These are individual apartments with kitchens and, typically, washers and dryers, quite different from assisted living or a memory-care facility. There are no planned activities, help with daily tasks, or meals provided, so you might not feel a sense of community, if that’s what you’re seeking. Rents cover such basic amenities as utilities, cable TV, a garage, and storage space, with an indoor swimming pool and clubhouse.

Places such as the Windsor of Savoy provide the convenience of care-free senior living, individual apartments with washers and dryers, assisted living, and memory care—with many meals served, a transport van for outings and appointments, and 7-day-a-week scheduled activities in the building, including exercise classes, guest speakers, and movies.

You can rent garage space for your car. It might be cold and snowy outside, but you don’t have to leave the building to have a vibrant social life and savory meals someone else prepares. Fill out an application and make a deposit by check. That way you can stay on the waiting list until you’re ready to move in.

Luther Oaks, in Bloomington, Illinois, is a Continuing Care Retirement Community.

Residents and their families give Luther Oaks high praise. Since 2007, this beautiful facility has offered both independent and assisted living. Luther Oaks will even take care of the logistics of the move from your current residence. According to the adult daughter of one of Luther Oaks’ newer assisted-living residents, this was “surprisingly helpful.”

An entrance fee (initial investment), based on the size and floor plan of the apartment or villa you desire, is your first step after deciding to move into Urbana’s ClarkLindsey Village. That and the additional monthly service fee buys you a lifetime of care.

Residents have access to numerous amenities, including sumptuous daily dinners from a menu that accommodates dietary preferences and needs. There are medical professionals within the facility, and residents have unlimited access to the wellness center, with heated indoor swimming pool, fitness center, and a wide variety of exercise classes, led by certified fitness instructors. The transport van can take you to medical and financial appointments and on scheduled group outings.

Search online for “retirement community” or “55-plus community.” You’ll find numerous places with high customer satisfaction in central Illinois and west-central Indiana. Some have several locations with familiar names, such as Carriage Crossing, Brookdale, Brookstone, and Sunrise.

So, how do you embark on this next step of your life? Figure out whether you want to remain in your current area, or perhaps move to a location closer to family—especially grandchildren. Explore available options. Calculate living space requirements, including storage for belongings and how many bedrooms and bathrooms you need. If you have out-of-town guests, will they stay at your place, or will you put them up at a nearby hotel or Airbnb? Will you need a place to park your car? Will your pet move in with you?

Sit down and talk with your spouse, adult children, and other family members to develop a plan for the living situation that best meets your needs as you age. ♦

Champaign freelance writer and retired occupational therapist Debra Karplus contributes frequently to these pages: debrakarplus.blogspot.com.



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You are invited to Money Basics, a monthly series of six free webinars that focus on improving your financial well-being. Struggling financially can negatively impact your physical and mental health. This webinar series provides simple tools for participants to use in everyday life that will support their financial wellness.

These sessions are *free*, but registration is required. All sessions are offered via Zoom, monthly on Wednesdays, at 11 a.m. (CST) from February 14–July 10. Here are the topics covered for each week:

Psychology of money. (February 14, 2024 @ 11 a.m.) Have you ever stopped to think about why you make the money decisions you do? Exploring the psychology of money will help you gain a better understanding of this and of how our own personalities impact our finances.

The price of debt: how much is too much? (March 13, 2024 @ 11 a.m.) Borrowing money can be an option to support your financial goals, but it can become overwhelming if you don’t know where to start. Learn some factors that go into borrowing money and determine how it can fit your own values.

Understanding credit. (April 10, 2024 @ 11 a.m.) What is credit, and why is it so important to have good credit? Let’s demystify credit reports and credit scores together!

Strategies for debt repayment. (May 8, 2024 @ 11 a.m.) Debt can be distressing. If you have debt or are planning on taking on debt, do you have a plan on how to pay the money back? Explore some different strategies for prioritizing debt repayment.

Smart saving strategies (June 12, 2024 @ 11 a.m.) Building healthy, sustainable savings habits can be extremely overwhelming when starting from scratch. We will come together and talk about some simple strategies that can help improve your financial future.

Keys to financial security. (July 10, 2024 @ 11 a.m.) Do you feel your financial plan needs a refresh? Financial planning can be short-term, long-term, or, ideally, both. Discover steps toward financial security.

Register at <https://forms.illinois.edu/sec/1175903445>. ♦

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MONEY MATTERS

Track Your Expenses in 2024

by Emily Harmon

Have you heard the news? Do you use the Mint app to track your spending? This very popular budgeting app, launched in 2009, is phasing out to become integrated into the Intuit-owned app, Credit Karma. The Mint app will no longer be available, starting at the end of March 2024. Don't freak out if you are a dedicated Mint user, there are other options! Let's explore them together. Also, if you are a dedicated Mint user, you can find information to download your Mint data from their Web site.

Explore various budgeting methods. There are endless options to budget or track your spending. It can seem very overwhelming—or it might bring out some excitement for you. Whether you are brand new to tracking your expenses or having to find a new option because of Mint phasing out, it's always good to explore your options. Here are some things to think about when looking at different methods:

Are you a low technology person? If you are, then maybe a phone app or computer-based method isn't for you. You can narrow down your search!

Do you want to hit the easy button? Some people know they should be tracking their expenses to see where their money is going, but they might find it hard to commit the time. Did you know some financial institutions integrate a tracking system in their apps or computer programs? Check with your local bank or credit union to see whether such tracking is an option for you!

Are you willing to pay for a service? Before



deciding to pay for an app, use the free trial. That is a great way to test something out, without being financially committed to anything.

Looking for more features than just tracking expenses? Some methods offer education, financial planning, community forums, etc. For example, one method might offer financial planning tools to help you plan for your financial future.

These four tips should offer you a good starting point to make the best decision for yourself.

Make it work for you. I'll be the first to admit that I don't *always* stick to even my best intentions. So, I understand if tracking expenses is a challenge for you.

If tracking expenses is second nature, I applaud you. For those who are just starting, my first piece of advice is, no matter what method you choose, make it work for you! If tracking every single one of your expenses and categorizing them sounds like a lot, start with one expense—like groceries or eating out. If the method you are choosing al-

lows for customization of categories or other features, explore those options.

Set goals. Research tells us we are more likely to achieve something when we are intentional with ourselves and write down our goals. Whether physically or digitally, it's important to choose a goal, set it, and achieve it! Here at Illinois Extension, we like using the **SMART** Goal method. This goal method stands for Specific, Measurable, Agreed-on, Realistic, and Timed. Let's examine each step:

Specific. This is the "Who? What? When? Where? How?" part of your goal. The more details you put into your plan to accomplish this goal, the easier it can be to achieve it.

Measurable. With finances, this is easy. This part of your goal is usually associated with a dollar amount.

Agreed-on. If you are working with others to achieve this goal, make sure you all agree on it.

Realistic. Think about what you want to achieve. Are your goals realistic with your time and resources? Try to anticipate challenges. Then decide and reevaluate, if needed.

Timely. This is the time part of your goal! Give yourself a due date for what you want to accomplish.

Always remember that it's okay to re-evaluate your goals, push back a due date, or modify a goal. Nothing is set in stone. I have said it once, and I will say it again. *Make it work for you!* ♦

Emily Harmon, family finance educator at University of Illinois Extension, serves Champaign, Ford, Iroquois, and Vermilion counties in Illinois: ebaine@illinois.edu.

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A map of Central Illinois with various cities labeled. A large blue shaded area covers the central part of the state, indicating the primary coverage area. Other cities shown include GALENA, ROCKFORD, DEKALB, EVANSTON, CHICAGO, AURORA, JOLIET, KANKAKEE, STREATOR, PONTIAC, FAIRBURY, WATSEKA, LAFAYETTE, COVINGTON, CRAWFORDSVILLE, ROCKVILLE, GREENCASTLE, TERRE HAUTE, MARSHALL, CHARLESTON, MATTOON, SULLIVAN, TUSCOLA, DANVILLE, CHAMPAIGN, URBANA, CLINTON, BLOOMINGTON, PEORIA, ABINGDON, GALESBURG, DAVENPORT, MACOMB, CANTON, PEKIN, LE ROY, LINCOLN, PETERSBURG, SPRINGFIELD, JACKSONVILLE, BEARDSTOWN, QUINCY, PITTSFIELD, WHITE HALL, CARLINVILLE, TAYLORVILLE, LITCHFIELD, JERSEYVILLE, VANDALIA, ST. LOUIS, MT. VERNON, and CARBONDALE.

LIFESTYLES

Laughing Matters

A little boy told his mom, “When I grow up, I’m going to marry you, Mommy.” “You can’t marry your own mother,” said his older sister. “Then I’ll marry you.” “You can’t marry me either.” The boy seemed confused, so his mom explained, “You can’t marry someone in your own family.” “You mean I have to marry a total stranger?” he asked.

Those two parallel lines have so much in common! It’s a shame they’ll never meet.

This past weekend, my wife and I attended a wedding. Two satellite dishes got married. The ceremony was nothing to write home about, but the reception was terrific.

I was standing in front of the bathroom mirror one evening, admiring my reflection, when I posed this question to my wife of 30 years: “Will you still love me when I’m old, fat, and balding?” She answered, “I do.”

WORDSMITH’S WORKSHOP

by Rob Siedenburg

Smarter Words and Ole Fred

An author recently posted an article online, suggesting we use smarter words to sound, well—smarter. Here is his list.

Utilize instead of use. I utilized my wife’s cell phone to take this photo. The word utilize, he says, “conveys a sense of intentionality and purpose, making the statement sound more thoughtful and deliberate.” Hmm.

Nevertheless. Instead of saying, “But, it was raining,” we should say, “Nevertheless, it was raining,” to “demonstrate a higher level of linguistic skill and showcase [our] ability to navigate complex thoughts.” I wouldn’t use nevertheless there, but it was his article, not mine.

Eloquent. If we want to sound smarter (I’m not sure I do), we should start using eloquent “to describe someone who speaks or writes in a fluent, persuasive, and articulate manner.” For example, instead of saying “She is a good speaker,” we could say “She is an eloquent speaker.” Yes, we could, but a good (even an effective) speaker isn’t always eloquent, in my experience.

Furthermore. The author suggests that using furthermore “demonstrates [our] ability to build logical connections between ideas.” It’s a “more sophisticated alternative to also or in addition [to],” and he suggests that one might improve on “I have a dog. Also, I have a cat,” with “I have a dog. Furthermore, I have a cat.” Such usage, he maintains, “enhances the flow and coherence of [our] speech

or writing, making [us] sound more polished and intelligent.” Maybe.

Acquire. Instead of the common word get, we should substitute acquire “to sound smarter.” “Acquire,” he says, “implies gaining possession or obtaining

something through effort or intention.” Instead of “I got a new job,” we could say, “I acquired a new job,” to convey a “sense of intentionality and highlight [our] proactive approach to achieving [our] goals.” Using these five words, he avers, lets us “showcase [our] intelligence and sophistication.” Could be.

Or we can do as ole Fred did. Fred, a hard-working construction man, said what he meant and meant what he said. He did not mince words and used no big words. His English teacher wife Samantha often quibbled about his word choice.

One evening, Fred started telling Samantha a story, as they prepared for bed. He didn’t get far before she began “refining his vocabulary,” as she called it, an activity among her favorite pastimes.

“Do you remember ole Billy from work?” he asked. “Say ‘William,’” she replied. Of course he had to start over—and he did. “William from work told me a tale today.”

“Say anecdote,” retorted his wife. He continued the story but finally gave up and said, “Well, I guess I’ll put out the light for the night.”

“Say extinguish,” said his wife, as she rolled over to go to sleep.

In the middle of the night, there was a terrible clatter downstairs. Samantha woke Fred. “Fred,” she shouted. “Proceed downstairs immediately and determine the cause of that loud noise! Then deal with it.” The racket was ongoing.

Fred turned on the light, got up, and hustled downstairs into their living room. Minutes later, Samantha heard the patio door close and the lock slip into place. There was no more racket. Soon Fred returned to the bedroom. Without a word, he turned out the light and got back into bed.

After about 10 minutes, Samantha couldn’t stand the suspense. “Well?” she asked.

Fred replied, “It was a William goat, which I seized by his anecdote, and extinguished.” ♦

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Puzzle Answers

D	A	D	A		E	B	A	N			A	B	B	I	E		
E	P	I	C		G	I	L	A			L	A	U	R	A		
T	I	G	H	T	G	A	M	E			C	E	N	T	E	R	
A	A	S		A	W	L	S		R	A	P	A	T				
C	R	U	N	C	H	Y		H	I	G	H	N	O	T	E		
H	Y	P	O		I	S	D	O	N	E		A	N	E	W		
				T	O	T	E	L	K		S	P	I	N	E		
				M	A	K	E	E	N	D	S	M	E	E	T		
A	R	A	B	S		V	I	E		A	W	E					
N	O	L	A		L	E	S	M	I	Z		L	A	P	S		
D	E	A	D	Z	O	N	E		T	E	N	S	E	L	Y		
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A	M	I	D	S	T				W	E	S	T	P	O	I	N	T
C	A	D	E	T					A	N	N	O		R	A	G	A
A	R	E	A	S					H	D	T	V		A	L	E	X

Crossword puzzle on A-6

Jumble on A-8

Jumbles: BASIC WRING ONWARD SPEEDY

Answers: The hug fossilized skull found in the desert was — DRY AS A BONE

Sudoku on A-8

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

Scrabble Grams on A-6

SCRABBLE GRAMS SOLUTION											
E ₁	R ₁	U ₁	D ₂	I ₁	T ₁	E ₁	RACK 1 =	58			
D ₂	E ₁	F ₄	L ₁	A ₁	T ₁	E ₁	RACK 2 =	61			
P ₃	E ₁	E ₁	V ₄	I ₁	S ₁	H ₄	RACK 3 =	95			
G ₂	E ₁	O ₁	L ₁	O ₁	G ₂	Y ₄	RACK 4 =	62			
M ₃	O ₁	N ₁	E ₁	Y ₄	E ₁	D ₂	RACK 5 =	66			
PAR SCORE 260-270							TOTAL 342				
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LIFESTYLES

Delany

continued from A-2

tionist U.S. nationalist. After the war, he was appointed an officer of the Freedmen’s Bureau in South Carolina, where he labored through the late 1870s to make Reconstruction work. In 1874, he ran for lieutenant governor on the Independent Republican slate. Defeated, he began helping southern Blacks emigrate to the newly founded Liberia, in West Africa.

In 1879, Delany unsuccessfully requested a federal appointment, hoping to earn enough to fund his own emigration to Africa. He published *Principia of Ethnology: The Origin of Races and Color* (1880), an ethnographic study. Like his earlier (1853) book, *Origin and Objects of Ancient Freemasonry*, it expressed Pan-African pride in black racial, cultural, and historic ties to Africa.

Delaney, known as “the father of black nationalism,” worked unsuccessfully to found a second West African nation with expatriate American slaves. This brave American soldier died in Xenia, Ohio, on January 12, 1885.

On August 1, 1999, Charles Town, West Virginia, placed a Martin Robison Delany marker near Jefferson County Court House. On May 5, 2001, a Charles Town street was subnamed *Martin Delany Way*. In May, 2012, Philadelphia observed Delany’s two-hundredth birthday with a ten-day celebration. This early African American military hero had finally received some long-overdue recognition from his fellow Americans. ♦

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Sharing is Caring.

by Sherry Gordon-Harris

At least twice a month, I do my family’s household grocery shopping. The grocery store parking lot has multiple differently designated parking spaces. The most common is the disability-accessible parking space. Nowadays, I also see spaces for expectant mothers and even veterans. These people are all worthy of closer spots.

Besides these specially designated spaces at the grocery store, I’ve observed something else. I see older adults or those with a disability receiving help with the activity of grocery shopping from those who appear to be personal assistants, family, or friends.

This is love in action. Love is more than a four-letter word. Many daughters, sons, other relatives, and friends are caregivers for their loved ones. Often, they do this without payment. They provide care and share their time out of love and a kind heart. Caregivers help with various daily activities, such as meal preparation, medication reminders, and driving loved ones to medical appointments.

Even though these things are done out of love, it doesn’t mean doing them isn’t a sacrifice or isn’t exhausting. Caregivers often put the needs of their loved ones ahead of their own.

National Caregivers Day, on the third Friday of February (the 16th this year), is a day to honor individuals who selflessly provide personal care. I am so glad this often-overlooked national day was created.

We can celebrate National Caregivers Day in many ways. Consider giving a gift to a caregiver in your life:

- An encouraging note or card tells your caregiver you notice the hard work she or he does for others.
- A gift card for a local coffee shop lets a care-



giver pick up a favorite treat.
• A subscription to a meal delivery service could be a real blessing.
• A gift card to a local spa for a haircut, massage, or facial would say “thank you” with style.
Consider contacting local agencies that have caregiver support programs, such as respite care, in-home care assessments, support groups, insurance counseling, and more.

Some national agencies include the following:
• Area Agency on Aging (AAA) (sometimes called County Office on Aging). Find your local AAA at www.eldercare.acl.gov.
• Alzheimer’s Association at www.alz.org.
• Veterans Affairs Program of Comprehensive Assistance for Family Caregivers (PCAFC) at www.caregiver.va.gov.

Health Alliance commends all you amazing caregivers who dedicate your time and energy to taking care of others. Your efforts well deserve special parking spaces and other helpful resources. Of course, though the recognition, honor, and attention of a special parking space would be great, you caregivers offer far more than such an honor could ever repay. ♦
Sherry Gordon-Harris, a Health Alliance community liaison, is a wife and the mother of two boys. She enjoys traveling, collecting dolls, and hosting princess parties and pageants. Respond to Outreach@HealthAlliance.org.



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