Snatched from the Jaws of Defeat

See page A-14



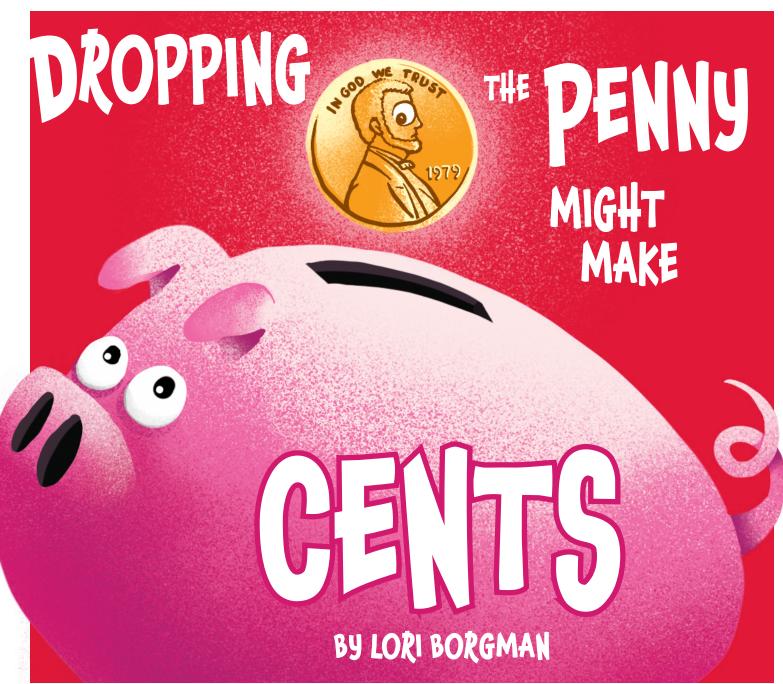
www.PrimeLifeTimes.com

May 2025 Volume 9 Issue 5

FREE PrimeL

Informative . Engaging . Positive

For Active Lifestyles



can't call heads or tails on whether we should stop minting the penny. There are two sides to every coin, right?

It's hard to imagine life without pennies, though. Stale mints and wadded up receipts in the bottom of my purse, all alone with no pennies? Ketchup packets, napkins, and insurance cards crammed in the glove box—but no pennies?

What about the children? What about all the piggy banks—and penny banks? Then again, most of those children probably already have Venmo accounts.

Penny gumball machines faded into the past long ago. They were simple fun—dropping in a penny, turning the knob, and hearing a gumball rattle down the chute.

A long time ago, a shiny penny was a decent bribe for a kid. I suppose now it would take something along the lines of a ten or twenty.

Not to carbon date myself, but I put pennies in my penny loafers as a girl. You can't size up to a nickel in a penny loafer, you'd have to size down. But the term dime loafers has no ring to it whatsoever.

Ask Canada (if they're still speaking to us) what happens to prices when pennies are discontinued. Most prices were rounded up when our neighbors to the north discontinued pennies over a decade ago. Without pennies, the cost of everything must end in a *five* or a zero.

So much for "Every penny counts."

Would a penny for your thoughts retain any value? Would it remain a question of endearment—or become

What happens to all the penny-pinchers? Do they become plain old misers?

If the penny goes, will all the penny riddles grandkids lob our way disappear as well?

What is a penny's favorite ice cream? Mint.

In the final analysis, we tilt pro-penny as evidenced by the vintage five-gallon glass jar in the entryway, which has accumulated pennies for years.

Nearly every child who has passed through has loved dropping pennies in, hearing the clink, and seeing where they fall.

Estimates on how many pennies are in circulation in the United States range from 100 billion to 200 billion or more. The humble penny will not disappear anytime

Maybe it is time for change.

Now, for the really bad news: It costs nearly 14 cents to make a nickel! •

Copyright © Lori Borgman; used by permission. Newspaper columnist Lori, author of eight books, is an engaging, entertaining speaker, whose articles appear in over 400 newspapers: https://loriborgman.com/.

Blast from the Past!

"I Can Help," by Billy Swan

by Randal C. Hill

illy Swan always maintained his best songs came easlily and fast. Case in point: In 1962, at age 20, Swan struck recording gold when a poem he wrote in a high school English class years before morphed into the lyrics of a hastily composed ditty he called "Lover Please." It became the last Top 10 hit for rhythm-and-blues legend Clyde McPhatter.

A dozen years later, Billy entered Tennessee record producer Chip Young'Un's Sound Studio, and, in two takes, he recorded a chart-topping tune that had taken him twenty minutes to write. Music critics pronounced "I Can Help" a neo-rockabilly shuffle, fueled by an irresistible electric organ line; Swan, though, saw it as an up-tempo blues song. Either way, it became a smash on both sides of the Atlantic.

Born in Missouri, Billy grew up influenced by country artists and such rock 'n' roll pioneers as Elvis Presley and Buddy Holly. By age fourteen, Swan was drumming in local beer joints, while teaching himself to play rhythm guitar and keyboard. He eventually moved to Memphis, where he wrote several songs for established country artists and, in time, cut his record-production teeth on Tony Joe White's classic ditty "Polk Salad Annie."

Billy signed to record for Nashville's Monument Records. He composed "I Can Help" in the music room his wife, Marlu, had converted from a closet, inside the small duplex they shared. Those cramped quarters held an electric organ, an amplifier, and a Rhythm Master drum machine. "That Rhythm Master had something like 10 preset sounds," recalls Swan. "It had mambo, cha-cha, bossa nova, Rock 1, and Rock 2. I used one of those rock settings when I wrote 'I Can Help."

Young'Un Sound was in a tworoom log house in Murfreesboro, Tennessee, about thirty-five miles southeast of Nashville. To record his

Please see I Can Help on A-16

"Only

by Esther Aardsma

Tilliam, don't kick your sister!" I pleaded with my three-year-old in the shopping cart seat.

"Adaline, do not walk right in front of the cart!" I yelped as her foot got caught accidentally under the front wheel.

"I need you two to be helpers, *not* goofing off!" I reminded my two biggest as they giggled and pushed each other into the fruit display.

Inwardly I groaned. What ridiculous, wayward thought had possessed me to bring all five of my children into Aldi, at the end of an already exhausting day?

"It would be a quick stop," I had thought.

"I will do it on the way home from my other errands and save a trip later."

"I'll be so productive and efficient!"

Thoughts I regretted now, as all six of us spiraled toward spontaneous combustion.

"You sure got your hands full!" A fellow shopper commented, breezing past with her conspicuously child-free cart and half a dozen groceries in the

I managed a half-hearted smile in response, my cheeks burning probably a warning sign of the oncoming combustion.

I paused at the dairy section. "Okay, kids," I said, looking at my list. "We need eight gallons of milk."

Five scrambling bodies swarmed toward the milk coolers. I grabbed at my youngest's leg as he swung it over the edge of the cart to get down. "Not



Five?"

you," I said. "You sit back down."

"What about eggs, Mom?" my oldest daughter piped up as she *thunked* a jug into the cart.

I turned toward the egg cooler, conscious now of the two customers our circus was preventing from reaching the dairy section. "Yeah, we need—" I turned back to see my three-year-old completing his escape from the seat of the cart. I sighed in defeat as he determinedly grabbed his own jug of milk and proudly carried it over to the cart with his older

Exhausted and completely overstimulated, I looked up to see an older gentleman watching us, glancing from child to chaotic child, obviously silently counting

I steeled myself, bracing for the thinly veiled, judgmental comment that was sure to come next.

How many kids do you need?

Don't you know how this happens?

How many more are you planning to have?

Better you than me!

But then he looked up at me, mischief glinting in his friendly eyes, and said, "Only five?"

And as he ducked past our swirling noise, my pleasantly surprised laughter now added, to grab his half gallon of two percent, he admitted, "We had seven. I miss those days." •

Copyright © Esther Aardsma. Esther resides in Thomasboro, Illinois, where she fills her days with homeschooling her five kids and her love of all things creative, especially story. Email her at eaardsma@protonmail.com.

May, queen of blossoms, and fulfilling flowers, with what pretty music shall we charm the hours? —Lord Edward Thurlow



WEALTH ADVISORS, INC. Integrity. Wisdom. Thrift.

For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope."

Jeremiah 29:11 ESV

Let us help you discover and implement the LORD's plans for you.

Serving Clients Seeking Temporal Relevance & Eternal Significance

TIM FRANKLIN CFP°, CWS°, AIF°, CKA° BEN FRANKLIN CFP°, RCPA, CWS°, EA, AIF°, MPAS°, CKA°



(217) 337-7526

website: franklinwealthadvisors.com email: tim@franklinwa.com

Registered Representative offering securities through CFD Investments, Inc. A Registered Broker/Dealer Member FINRA/SIPC Investment Advisor Representative offering Advisory services through Creative Financial Designs, Inc., A Registered Investment Advisor. Franklin Wealth Advisors is not affiliated with CFD Companies.

Meditation on Psalm 107

by Greg Williams

give thanks unto the Lord, for he is good: for his mercy endureth forever. Let the redeemed of the Lord say so. . . . (verses 1–2).

Has someone ever nudged you? Many of us have experienced this, maybe in a busy social setting or even in a quiet environment, when someone nearby suddenly pressed an elbow against us and gave us a look that suggested there was something we should be aware of at that moment. A nudge is typically followed by a tilt of the head or movement of the nudger's eyes to signal a particular direction.

This psalm suggests that God often nudges us to grab our attention. Our heavenly Father is very interested in our having a meaningful relationship with him. Sometimes, when we get distracted by our busy lives or caught away by different interests, he finds ways to remind us to focus on what is most important. At the end of the passage, the psalmist says, *Whoso is wise, and will observe these things, even they shall understand the lovingkindness of the Lord* (verse 43).

Our God wants us to know he extends his lovingkindness to us. He persistently reminds us that this is true in every situation. Throughout the passage, the psalmist provides a variety of circumstances where we might find ourselves—and we are encouraged to praise God for his acts of mercy in each situation This message of recognizing God in our circumstances is so important that the psalmist urges us several times in the passage to praise God (verses 8, 15, 21, 31).

Regardless of how we feel during the trials we face, God assures us, and life serves to remind us, that our God is always present and full of mercy, revealing his love for us.

Let's review some circumstances outlined by the psalmist in which God often nudges us to remind us of his constant presence in our lives:

- **1. In our deepest needs (verse 9).** For he satisfieth the longing soul, and filleth the hungry soul with goodness.
- 2. In our wanderings and uncertainties (verse 4). From those that wander in the desert.
- 3. In homelessness and isolation (verse 4). They found no city to dwell in.
- **4. In captivity or prison (verse 10).** Such as sit in darkness and in the shadow of death, Please see Psalm 107 on A-16

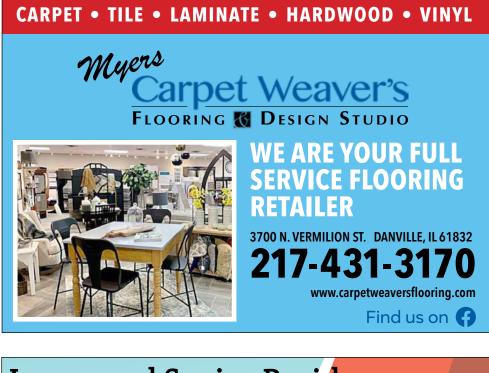
MAY TRIVIA

May Day, the first of May, was long celebrated throughout the United States, with maypoles, a May queen, and the hanging of May baskets (flowers and treats) on the doorknobs of elderly people and friends, anonymously, of course. The imposing military parades of the Soviet Union on that date frightened many Americans (silly, I know) into a total cessation of such celebrations.

The birth flowers for those born in May are the lily of the valley and the hawthorn. Both symbolize sweetness and purity. Those born in May have two birthstones: the emerald and the agate. The emerald symbolizes new beginnings, rebirth, growth, hope, and prosperity, often associated with spring and renewal. The agate symbolizes balance, harmony, inner stability, and protection, physically and spiritually. In ancient times, the agate was thought to enhance the wearer's mental clarity and concentration. •

May, more than any other month, wants us to feel most alive. —Fennel Hudson

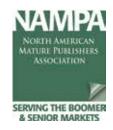






Index of Advertise	rs
--------------------	----

Aquality Solutions, LLC
Cinric Painting
Creekside Terrace
Edward Jones
EuroMotors
Franklin Wealth Advisors
Great News Media
Health Alliance
Immanuel Senior Residences
Inogen A-5
Insurance Partners, Inc
Market Place Shopping Center
Myers Carpet Weaver's
Physicians Mutual Dental InsuranceA-12
Prairie Winds
Rossville Family Restaurant
Sunset Funeral Home
Watch Me Grow



The PrimeLife Times

a publication of the Great News Media Group

Proud member of NAMPA www.maturepublishers.com

Publisher Mark Burns mark@primelifetimes.com

Editor in Chief Nick Brzozowski nick@primelifetimes.com

Copyeditor
Rob Siedenburg
rob@primelifetimes.com

rob@primelifetimes.com **Graphic Design** Kelli Roos

kelli.roos@gmail.com

Account Representative
Richard Birkey

richard@primelifetimes.com

Account Representative Holly Burns

holly@primelifetimes.com

Proofreader
Jim Miller

jpmiller61874@yahoo.com Office Manager Karen Harrison

staff@primelifetimes.com **Webmaster** Noah Nielsen noah@primelifetimes.com

Editorial Intern Samuel Carroll scarroll@isionline.org

Editorial Intern Esther Aardsma eaardsma@proton.me



Find us on Facebook www.facebook.com/PrimeLifeTimes

Content in this newspaper may not be used or republished without consent of either the author or the PrimeLife Times.

PrimeLife Times is published by the Great News Media Group and is freely distributed at the end of each month to grocery stores, banks, hospitals, doctors' offices, restaurants, pharmacies, and various other businesses.

If you prefer a subscription, go to primelifetimes.com/subscribe/ to request a yearly subscription.

Neither the advertiser nor the publisher is responsible or liable for misinformation, misprints, typographical errors, etc., contained herein. PrimeLife Times reserves the right to accept or reject all news and advertising copy which, in the sole judgement and discretion of the publisher and/or editor, is not suitable or deemed appropriate for publication. Articles and monthly column titles belong to the authors.

Office

Great News Radio/Media/PrimeLife Times PO Box 550 Fisher IL, 61843 (217) 367-7777 www.primelifetimes.com www.greatnewsradio.org



A Personal Posthurricane Journey

by Jan Mathew

ur 1,200-mile, two-day drive, starting in Forsyth, Illinois, and spanning sections of Kentucky, Tennessee, and Georgia, had been a series of construction zones, long stretches of stubborn bumper-to-bumper traffic—and hours of incessant rain.

Near the Florida state line, my husband Rick and I finally glimpse our reward: sunshine.

As we drive the final miles into Fort Myers Beach from the south, across the Big Carlos Pass Bridge, I remind myself—again—that everything about our ten-day stay will be much different from what I've experienced here for many of the past twenty-plus years.

Although I coax myself to accept the changes, I still seek—and anticipate—familiar sights.

For starters, I already miss the panoramic view of Estero Island that fans out from the top of the north end's Matanzas Pass Bridge. In the past, this familiar route always afforded my first look at the Gulf and the Island's white sand beaches. I'd embrace the expanse with deep breaths, broad smiles, and grateful, whispered prayers.

But Ian, a catastrophic Category 4 hurricane, which made landfall here on Wednesday, September 28, 2022, completely rearranged the landscape. Damage in the storm's wake was unprecedented, ripple effects exponential. Among them, a small but very personal wave: Two and a half years post-Ian, the north end's Gateway Villas and Unit 699, which my family rented annually for many years and dubbed our "cozy condo," remained under reconstruction and uninhabitable. Returning for the first time since Ian, we're staying about six miles south of "cozy."

Palm trees are among the sorry remnants of Ian's wrath. I see dozens that still lie exactly where they landed, uprooted, or overturned by maximum sustained winds of 155 miles per hour. Of those that remain rooted, many are harshly sheared, long, feathered crowns gone, only greyish trunks still standing.

We rent beach bikes, and by day three, I'm ready for the six-mile ride north and my first look at our "cozy condo." I brace myself emotionally for memories that will ride along with me: beach runs with my dad, long before his ALS (Amyo-

trophic Lateral Sclerosis, or Lou Gehrig's Disease) diagnosis, serene sunrise and sunset views from "cozy's" sixth floor balcony, beachfront hours spent watching waves, gulls, dolphins—any gift the ocean offered.

Buffeted by a strong north wind, I progress slowly on my clumsy beach cruiser. But the pace lets me acknowledge another rearranged view: empty beachfront lots where restaurants, hotels, and homes once stood. Properties still under reconstruction are partially blocked by cranes and trucks.

We stop a few times to walk our bikes over wide, raised metal tubes, connected to barges several miles away. Sand from the ocean's floor is being funneled through these cylinders, mixed with water, and sprayed onto the beach, replacing over 220,000 cubic yards of eroded sand.

Sad, vacant—two unwelcome words that race to mind when I finally lumber my bike through thick, loose sand to the Gateway Villas building. A high "no trespassing" chain-link fence surrounds the property, and several cranes stretch to Gateway's top floors. Balcony screens are gone; sand and debris still litter the front parking lot.

I blink back tears as I look up at what was once our sixth-floor unit. "Cozy" was always Dad's favorite corner of the world. Mine, too. And every time I've returned since he was last here, in winter 2013, I've felt a sense of Dad's presence and peace the moment I opened the door to Unit 699. Now, seeing construction crews reinforce concrete balconies and hearing loud rap music override machinery noise, I wonder whether Dad will ever be here for me again.

Initial shock settles throughout the week, and I try to shift my view, and my thoughts, from destruction to beauty: What is God teaching me here? What does **He** want me to see?

We leave very early on a Sunday morning. This time, our exit route takes us the *old* way—north and across the Matanzas Pass Bridge. I look back at the view that will always live in my heart. As I do, I *hear* God's answers: What man builds can be damaged and even destroyed beyond repair.

But what God creates and sustains is indestructible and eternal—oceans, tides, sunrises and sunsets, naturally miraculous views—gifts that will always await me here.

Author of Surrounded by Love: My Family's Journey Through ALS, Jan Mathew writes from her home in Forsyth. You can reach Jan by email at Jan.Mathew@comcast.net.





401K . Roth/IRA . Life . Auto. Home . Business . Annuities

901 S Spring St. Springfield, IL 62704 217-544-8644 www.best-coverage.com



"Philadelphia Freedom" - Elton John

by Randal C. Hill

recording superstar + an iconic athlete = a million-selling song that made no sense.

Huh?

In early 1975, Elton John had personal reasons for wanting to create what would become his fourth chart-topping disc. A couple of years earlier, at a party in California, he had met Billie Jean King, who at the time was busy becoming a feminist hero. Shortly after meeting Elton, Billie Jean—arguably the best woman tennis player in the world—decimated Bobby Riggs in the well-hyped 1973 "Battle of the Sexes" match at the Houston Astrodome. While King destroyed Riggs in three consecutive sets, Elton, who watched the match from a hotel room, screamed so loudly that he lost his voice.

The John–King friendship grew over time. Billie Jean collected his albums, and Elton often cheered at King's matches. In gratitude, she had a custom tracksuit uniform made for the British superstar. He would eventually find his own way of returning the favor.

One day, John told King he wanted to write a song for her. Billie Jean thought he was kidding and later recalled, "I didn't think I heard him right. I turned scarlet red." But Elton assured her that he was on the up-and-up and could create a hit song with her in mind.

"What are we going to call it?" he asked Billie Jean, who at the time was the player/coach for the [World Team Tennis] Philadelphia Freedoms. He answered his own question with "How about, 'Philadelphia Freedom'?" Thus was born the title of what would become Elton's next journey to the top of Billboard's Hot 100 chart.

In the King-oriented creation came a rare moment in which John gave his lyric writer Bernie Taupin an unusual assignment: Elton wanted a song called "Philadelphia Freedom," and Taupin needed to come up with . . . well, something. Later, Bernie admitted that his words had nothing to do with tennis and really, meant nothing in particular:

Oh, Philadelphia Freedom
Shine on me, I love ya
Shine a light through the eyes of the ones left
behind
Shine a light, shine the light
Shine the light, won't you shine the light
Philadelphia Freedom, I love ya
Yes, I do

John later said to King, "We don't have to understand what the words mean." To which she remarked, "It doesn't matter. It's the emotion of it."

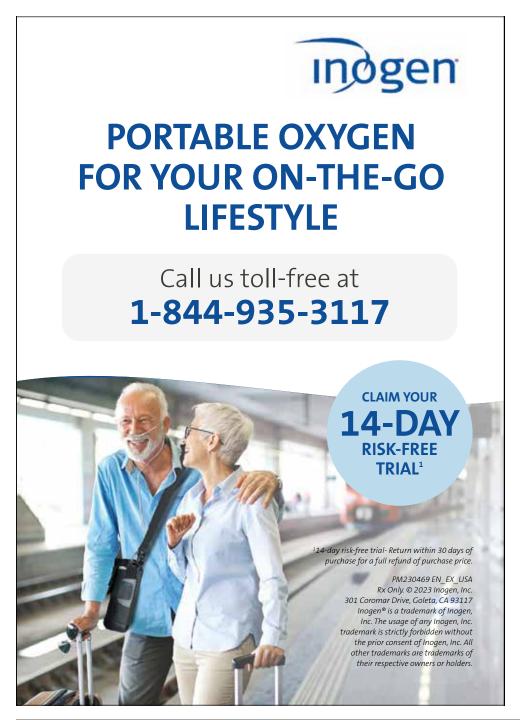
It was one of the few times Elton decided a release should be a stand-alone single and not an album track. (It would eventually show up on *Elton*

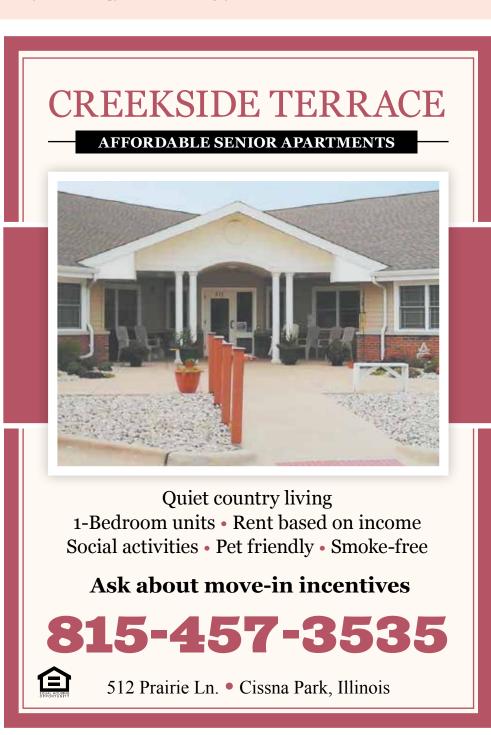


John's Greatest Hits, Volume II.) The resulting 45 was a perfectly crafted aural stew that included shout-along energy, augmented by instrumental music that included sweeping strings, energetic horn-bursts, a bouncy baseline, and piercing guitar stabs, all of which were fueled by an infectious thump that eventually helped bring disco into mainstream music.

Back then, radio music programmers constantly grumbled that the song had a too-long running time of 5:21, but what rockin' station wasn't going to play "Philadelphia Freedom"? Hmm? ◆ Copyright © Randal C. Hill. Used by permission. Randal writes at his Bandon, Oregon, home. He welcomes emailed questions and comments at wryterhill@msn.com.

May is a month of rebirth, of renewed vitality and energy. —Lailah Gifty Akita





CROSSWORD 30 50 58 59 60 62

©2025 TRIBUNE CONTENT AGENCY, INC.

Across

- 1 Ointment amount
- 4 PIN point
- 7 Prone to micromanage, perhaps
- 12 Napping racer of fable
- 13 "Vive le __!"
- 14 Gas brand with a torch logo
- 15 Cleanliness is next to ... a minimalist approach?
- 17 More vast
- **18** Muppet who had a meltdown over a rock named Rocco
- 19 Going to hell in a ... damaged armored vehicle?
- 21 Nabisco wafer cookies
- 23 Like some receptions
- 24 Architect who designed air traffic control towers for the FAA in the 1960s
- 25 Squalid
- 26 As much as

- 28 Angry
- 29 Make a typo, say
- 30 Genesis twin
- 32 Like an old mattress, maybe
- 34 Don't throw the baby out with the ... decorative Halloween ring?
- **36** Bart in the Pro Football Hall of Fame
- 38 Mongolian desert
- 39 Altar constellation
- 42 Arts and crafts bit
- 43 Not covered
- 45 Solitary sort
- 47 Urgent care ctrs.
- 48 MIT's domain 49 Grammatical gender
- 50 The only thing we have to fear is ... feeling better quickly?
- **54** Pad
- 55 Monteverdi work
- 56 Famous ... weapon that would dissolve in water?
- 58 Some Redfin

- transactions
- **59** Alter __
- 60 Ont. neighbor
- 61 L'Oréal polish brand
- 62 Icarus, to Daedalus
- 63 Muddy pen

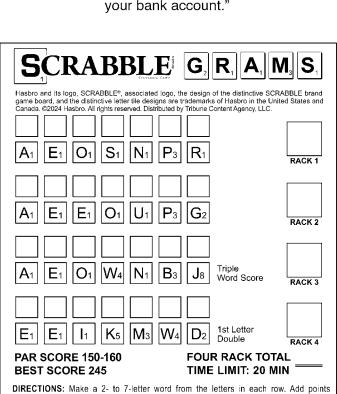
Down

- 1 German auto pioneer
- 2 "Baked the Right Way" bread brand
- 3 Beseech
- 4 Turf
- 5 Throw
- 6 Out-of-bounds golf shot, e.g.
- 7 Ribald
- 8 Skip over
- 9 Diner drink
- 10 Tourist's diversion
- 11 Long-haired terrier, familiarly
- 12 More sacred
- 15 Thick
- 16 Birth announcement abbr.
- 20 Clean water company

- 22 Per annum
- 26 Detroit labor org.
- 27 Rid (of)
- 28 Texter's "How disappointing"
- 31 Went boldly
- 33 Practical
- 34 Base
- 35 Proterozoic, e.g.
- 36 Colorful shawls
- 37 Mortarboard attachments
- 39 Ramos of "In the Heights"
- 40 Gain again
- 41 Secret alternative
- 42 One side of a comparison ad
- 44 Signs of life
- 46 Dupe
- 48 Get rid of
- 49 Asset on a blockchain, for short
- 51 Starship Enterprise counselor
- 52 Othello advisor
- 53 Entrepreneur Musk
- 57 Texting letters See Answers on A-15.



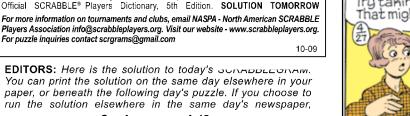
"It's a minimally invasive procedure. Our billing department electronically debits your bank account."



Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com EDITORS: Here is the solution to today's SUNABBLEGNAIM. You can print the solution on the same day elsewhere in your

See Answers on A-15.

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

















www.PrimeLifeTimes.com May 2025 • PrimeLife Times A-7

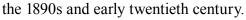
LIFESTYLES

How Three Generations Developed the 1890s Industrial Revolution

by Edward Lewis

hree generations developed the Faraday

Paradigm, which gave rise to the 1890s Industrial Revolution. In my March Prime Lifetimes article, "The Three Generations Who Developed the *Einstein* Paradigm," I explained that 3 generations also developed the Einstein Paradigm in 3 stages over an 87-year period, 1905-1992. A similar 3-stage (3-generation and 85-year) development pattern gave rise to the Faraday Paradigm. Based on Faraday's paradigm, scientists developed the technologies of the industrial revolution of



Three Generations Develop Paradigms to Create an Industrial Revolution

As explained in that March article, physics paradigms develop over three human generations in three stages: (1) theory formulation, (2) theory development, and (3) experimentation, to uncover anomalies and invent new technologies for new products and new types of experimental equipment. The 10- or 20-year crisis periods (per Thomas Kuhn) are times of discovery of anomalies and creation of an industrial revolution by the inventors, engineers, and industrial pioneers of the third generation.

Michael Faraday Formulated the Paradigm

The *Faraday Paradigm* developed from about 1820 onward, in three stages. First, Faraday (b.

1791) introduced the basic theory, working with Davy (b. 1778) at the Royal Institute, where Davy taught him about anomalies and hypotheses that

contradicted the *Fluid Para-digm*.

For example, by burning diamonds, Davy discovered that two very different substances, charcoal and diamonds, comprised the same element (carbon). Davy hypothesized that atoms were *point atoms*, that is, points in space from which forces emanated, rather than the solid, compact atoms both Newton and Franklin posited. Davy also demonstrated experimentally that heat is not a fluid.

In 1820 (see Figure 1),

Faraday introduced his (and Davy's) theory that atoms are points from which lines of force emanate. Davy's observations, Oersted's (b. 1777) electromagnetic effect, and other anomalies formed the bases of Faraday's new paradigm. Faraday believed the vibration of the lines of force of the point atoms was the mechanical explanation for the heat of materials.

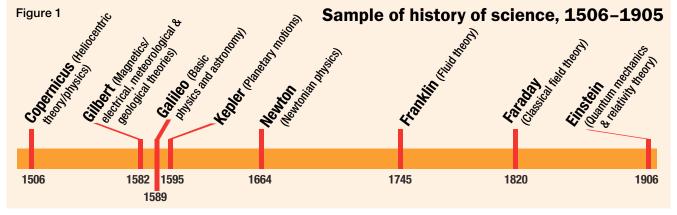
His concepts enabled him to invent important prototypes:

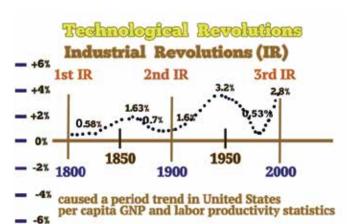
- The first electric motor, 1821
- One of the first electrical generators, 1831
- inventors, engineers, and industrial pioneers of the third generation.

 New metal alloys, new kinds of glass, and new chemicals
 - These became the bases for many industries.

Maxwell Developed the Paradigm

In the next generation, James Maxwell (b. 1831)





extended and developed Faraday's theory. Maxwell helped develop the concept of the electromagnetic wave. Maxwell substantially developed his theories by about 1864 and described them mathematically. His work also helped people invent new technology.

The Third Generation of Experimentalists– Inventors

Inventors and experimenters of Michelson's (b. 1852) generation demonstrated that the speed of light did not vary according to direction. This was a major anomaly Einstein later learned and incorporated into his paradigm.

Inventions and experimental discoveries included the following:

In 1886, Hertz (b. 1857) invented the radio. He experimentally discovered electromagnetic waves (which Maxwell had theorized). In 1887, Hertz unexpectedly discovered the photoelectric effect. This anomaly became a basis for *Einstein's paradigm*.

In 1879–1880, Edison (b. 1847) invented new versions of the light bulb.

In 1887, Tesla (b. 1856) conceived and created the alternating current power system.

Dozens of other electrical inventions, together with innovations of the design of the internal combustion engine, new chemicals, and new kinds of metal alloys helped create the Second Industrial Revolution (late 1800s). This development brought about the associated depressionary era of the 1890s (see Figure 2). The Second Industrial Revolution (2nd IR) experienced a labor productivity growth dip.

See my article in Cycles Magazine. https://jour-nal.cycles.org/Issues/Vol51-No5-2022/. ◆
Scientist and researcher Ed Lewis lives and works in Champaign, Illinois.



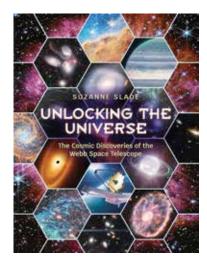




Unlocking the Universe: The Cosmic Discoveries of the Webb Space Telescope, by Suzanne Slade

review by Esther Aardsma

n 1989, top space scientists began planning a revolutionary new telescope that would gather more Light wavelengths than existing telescopes (such as Hubble) could, making it possible to gather more details regarding the universe surrounding Earth. Unlocking the Universe (2024) shares the journey of the James Webb Space Telescope from its inception to its first successful images and groundbreaking discoveries. For the first twenty-seven pages, Slade focuses on the development and launch of the telescope—and the perseverance of the vision for the telescope, despite numerous setbacks. The last quarter of the book is largely devoted to Webb Telescope images.



The reading level for *Unlocking the Universe* is most appropriate for perhaps ages 8–14, though any age can appreciate the story and images. The book ends with notes and resources for kids and guardians who would like to explore further topics. There is no graphic content, foul language, or romantic content present. Creation-conscious guardians will want to be aware that the book does mention "millions" and "billions" of years in several different contexts, as well as the formation of stars from clouds of dust and gas.

"The heavens declare the glory of God; the skies proclaim the work of his hands," King David stated in Psalm 19:1, speaking of a sky he was viewing with his naked eye. Unlocking the Universe opens the door to a greater knowledge and wonder of that very same sky, all the more loudly declaring the glory of God's handiwork through its incredible, showstopping images. •

The St. Joseph Township-Swearingen Memorial Library, 201 N. Third L Street, St. Joseph, IL 61873, announces its Spring Used Book Sale. The book sale, which started om Monday, April 28, ends Wednesday,

We are not setting specific prices; all items are for sale by donation. Pay what you want! There will be adult fiction, nonfiction, mysteries, science fiction, fantasy, horror, romance, adventure, biographies, crafts, and cookbooks, as well as children's fiction, nonfiction, and picture books. There might also be DVDs, music CDs, audiobooks, and large print books.

The sale will run during normal library hours: Mondays 1:00-8 p.m., Tuesdays 9 a.m.-6:00 p.m., Wednesdays 1:00-6:00 p.m., Thursdays 9 a.m.-6:00 p.m., Fridays 9:00-5 p.m., Saturdays 9:00 a.m.-1:00 p.m.

Please call to set up a time to bring in donations for the sale. Donations cannot be accepted after May 12.

For more information, please call Susan McKinney at (217) 469-2159. ◆

Witness 8, by Steve Cavanagh

reviewed by Susan McKinney

Then I ordered this book for the library, I had no idea it was the eighth book of Steve Cavanagh's Eddie Flynn series. Eddie is a New York City lawyer who was originally a con artist and is thus very good at reading people. He likes to take clients who are a lot like the marks he once conned.



Ruby is a maid in the Upper West Side of Manhattan where

the ultrarich and powerful live. Ruby used to live in one of the houses, but then her father lost all his money gambling. Ruby's grandmother always used to say there was something not quite right about Ruby. What that "not quite right" is will be revealed as the novel progresses. Now, she works as a maid, or babysitter, for the very people she used to live among.

Eddie is hired to help a man from that neighborhood who's been accused of murder. Eddie can tell he is telling the truth when asked whether he did it—and when he emphatically denies it.

The police had been given an anonymous tip saying that Dr. John Jackson, heart surgeon, committed the murder and that the gun was in his house. Police show up, find the gun and arrest the doctor for murder. Dr. Jackson doesn't own the gun, has never owned a gun, and never wants to own a gun. He remembers seeing what guns can do to people while he was a resident at a New York City hospital. He says he would never pick up a gun.

The strange ways these three are connected is part of what makes the novel so well-written. Mr. Cavanagh subtly pulls you in, and you're immersed in the story before you realize it. Now I have another author to add to my never-ending list of authors to read. I want to go back and read his first Eddie Flynn book.

I like Eddie. He works only for people he believes are innocent. In his law firm, he has a partner, Kate, his mentor, retired judge Harry, Bloch, his investigator, and several others who work with him to help the innocent. I like someone who knows

how to play a con game but does so only when it helps the innocent (an interesting take on the lone wolf). •

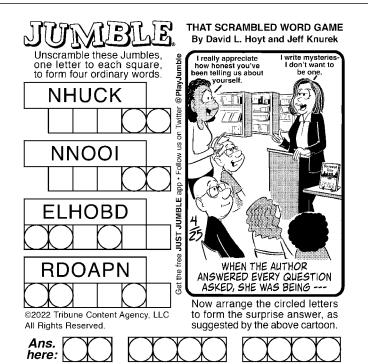


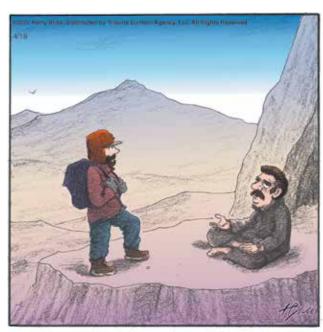
Susan McKinney, librarian at St. Joseph Township-Swearingen Memorial Library, earned her M.S. in Library Science at the University of Illinois. An avid reader, she enjoys mystery, suspense, fantasy, and action novels.



©2025 TRIBUNE CONTENT AGENCY, INC

See Answers on A-15.





"I can tell you the path to enlightenment, but then I'd have to kill you."



Rotten Eggs



ory tends to erase most negative things from the past. My own child-hood is filled with memories of chickens and other domestic fowl, ranging from Mallard ducks to guinea fowl, and from domestic geese to peafowl. Yes, my parents had those, too. They all lay eggs, of course.

A floating egg is rotten. Grandma Cave would send us out to hunt for *stolen nests* on a day when she planned to do a lot of baking. A stolen nest was not in the henhouse, but typically hidden out in some bushes. Once we discovered an outside nest, we had to float each egg to ensure its freshness. Little brother and I often got the task of throwing the rotten eggs against the back of an old shed that still stands on our dad's farm. They weren't safe to leave lying around because they were potentially explosive—and the explosion was terrible!

Rotten eggs can and do explode on their own. Farm boys are well advised to not shake rotten eggs before intentionally breaking them in some obscure place. They build up hydrogen sulfide, caused by the breakdown of the sulfide in the white. This stuff is so toxic that it was used as poison gas during WWI. It's nasty to be around any place where a rotten egg has broken.

Dad had us throw rejected eggs from as far away as we could, because they could otherwise explode in a nest or in a building, causing general mayhem. Woe to the boy who threw too hard, breaking a rotten egg before it left his hand. He would definitely be taking a long, cold bath in the creek, then another at the hydrant, as would his clothing. (That was before being permitted in the bathtub.) •



Copyright \bigcirc Rob Siedenburg; used by permission: rob@primelifetimes.com. Rob teaches English when not writing these stories.

SKYWATCHER

n May 6, the annual Eta Aquariid meteor shower peaks, with about 50 meteors per hour. The Moon will be mostly illuminated, making it harder to view this shower.

May's full (Flower) moon occurs Monday, **May 12**, at 12:56 p.m. EDT (Indiana), 11:56 a.m. CDT (Central Illinois).

On **May 31**, Venus is at its greatest elongation (farthest from the Sun for this year), thus appearing higher in the night sky than at any other time during 2025. Venus should thus be easier to spot. The planet won't reach its maximum brightness again until **February 2026**.

During May (possibly by May 25), China plans to launch a discovery mission, using a Tianwen-2 spacecraft, propelled by a Long March 3B rocket. The mission will first examen Kamo'oalewa (2016 HO3), a near-Earth asteroid, often called a "quasimoon" of Earth because of how it (mostly) shares our planet's orbit. This asteroid is approximately 40–100 meters (130–330 feet) in diameter. It travels at 20.18 km/s.

After landing on this tiny asteroid, collecting a sample, and dropping the sample toward Earth, the spacecraft is to travel on to study comet 311P/PANSTARRS. This comet varies in distance from Earth during its 1,180-day (3.23-year) orbit around our sun, from 0.171726 AU (nearest to Earth, *perihelion*) to 2.44 AU (farthest from the sun, *aphelion*).

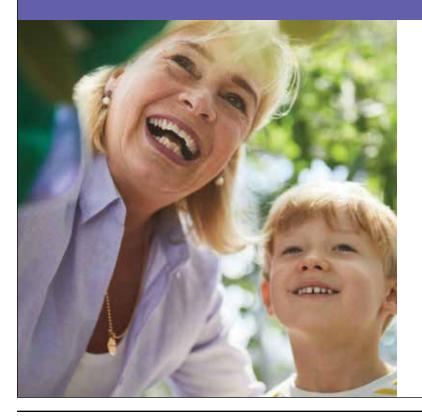
Thus, add or subtract 2 AU from the greatest distance from the sun to find the greatest distance from Earth, depending on whether we are on the opposite or near side of the sun from PANSTARRS. An AU (astronomical unit) is 93 million miles, the average distance from the sun to Earth. The Chinese mission is to reach PANSTARRS in 2034, about nine years after launch.

May is the month of beauty, where we can appreciate the world around us. —Anonymous

Save big with low Medicare costs when you turn 65.

Health Alliance[™] Medicare Advantage plans are made for you. Get the flexibility to see doctors you know and trust, plus comprehensive coverage options with all this and more:

- Plans as low as \$0 a month.
- Dental, vision and hearing coverage.
- Over-the-counter discount program.
- Fitness and healthy lifestyle benefit.
- Plans with a \$0 pharmacy deductible and \$2 Tier 1 generics.



Call for a FREE Medicare evaluation: (888) 382-9771 (TTY 711).

Available daily from 8 a.m. to 8 p.m. local time. Voicemail is used on holidays and weekends from April 1 to September 30.

Or compare plans at HealthAlliance.org/ILN23.

Health Alliance Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal. Out-of-network/non-contracted providers are under no obligation to treat Health Alliance Medicare members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. For accommodations of persons with special needs at meetings, call (888) 382-9771 (TTY 711).





by Roger Wisegarver

Helen Lemmel: Turn Your Eyes upon Jesus

by Roger L. Wisegarver

The song "Turn Your Eyes upon Jesus" resulted from a brief nexus of the life journeys of two remarkable women, Lilias Trotter, British missionary to Algeria, and Helen Lemmel, singer, songwriter, and teacher, who traveled the United States and Europe. Each was amazing in

her own right. This article is about Helen's role in creating one of the most beloved spiritual songs of the nineteenth century.

Helen Howarth Lemmel was born in England in 1863. Her pastor father radically changed the course of her childhood in 1875, when the family immigrated to the United States, eventually settling in Wisconsin. She was about twelve. With her passion for music, she soon gained a reputation as a brilliant singer.

In 1887, Helen lived with her family in Milton, Wisconsin, but she returned to Europe for further

musical training. After returning to Wisconsin, she married William Lemmel of Monroe, a very wealthy man from Manchester, England.

Helen Howarth Lemmel - 1900

In 1902, Helen became director of Madison's Farnese Vocal School. Two years later, in March 1904, her father, Rev. Francis Howarth, passed away, when she was 41. Her dad had served in Wisconsin for 30 years as a Wesleyan Methodist pastor.

After her father's death, Helen moved to Madison, where she provided voice lessons in a spacious apartment adjacent to the University of Wisconsin. In mid-1905, she gave a benefit concert in Seattle,

to Seattle that fall, and for three years, she was music Intelligencer.

Beginning

Helen studied, sang, and wrote abroad for four He passed, and we follow Him there; years—in Germany and in Paris, France, and after her return to the United States, in New York City.

She returned to the Midwest in 1911 and began an active period of concert appearances throughout the United States—in churches, at Chautauqua conferences, and for American soldiers. She was in great demand.

Despite her secular success, her first love remained her Christian faith. Helen, renowned for her church concerts, eventually become the vocal music teacher at Chicago's Moody Bible Institute

and later at BIOLA (Bible Institute of Los Angeles).

In 1912, serious illness struck Helen at age 49, with tragic, lifealtering results. Her impaired vision eventually deteriorated to total blindness. That same summer, Helen's daughter Gladys married Edward Barber, and in April of the following year, her son Laurance [sic] married Katherine Patten.

Helen and her husband William had not had a close marriage. Friends of Helen say her husband abandoned her because of her failing eyesight.

Their marriage ended in divorce in 1915, and Helen was left without financial support.

In 1918, Lilias Trotter's booklet *Foccused* [sic] came Helen's way, via a missionary friend. Near the end of her book, Lilias had written, "Turn your soul's vision to Jesus and look; look at Him, and a strange dimness will come over all that is apart from Him. . . . "

Helen was powerfully touched by these words. She would later say, "Suddenly, as if commanded to stop and listen, I stood still; singing in my soul and spirit was the chorus, . . . dictated by the Holy Spirit."

Washington. She relocated This is her song, with the refrain: O soul, are you weary and troubled? No light in the darkness you see? critic for the Seattle-Post There's light for a look at the Savior, And life more abundant and free! in 1907, Thro' death into life everlasting O'er us sin no more hath dominion— For more than conquerors we are! His Word shall not fail you—He promised; Believe Him. and all will be well: Then go to a world that is dying, His perfect salvation to tell! Chorus:

Turn your eyes upon Jesus, Look full in His wonderful face, And the things of earth will grow strangely dim, *In the light of His glory and grace.*

This beloved hymn, first published in 1922 as "Heavenly Vision," would eventually come to be known by the refrain's first line, "Turn Your Eyes upon Jesus." It is still sung throughout the world.

In 1919, Helen went to Chattanooga, Tennessee, to assist with Billy Sunday's 5-week revival meetings there. She and her women's choral group were part of Sunday's team when his ministry was at its peak. She also published the hymnal Sunday used in his revivals.

Life's great challenges during the last half of Helen's life only turned her more completely to God and to her most compelling vocation, the composing of hymns from her heart and life experience. She authored over 400 hymns, lyrics and music, and many are still widely sung today.

Helen retired back in Seattle, where, living in reduced circumstances, she continued to write poems set to music. Now totally blind, she phoned close friends at all hours for help documenting lyrics and music. When asked "How are you?" her frequent reply was, "I am fine in the things that count." In

Nothing held her back from going home to be with Jesus. • Roger, resident of Monticello, IL, combines his interest in music and history in these columns: roger wisegarver@msn.com.

1961, she died in Seattle at age 97.



PrimeLife Poets

Happy May!

by Rob Siedenburg

Out from under melting snowdrifts Come the blossoms first we see, Elegant and cheerful tokens Of the hope of spring to be.

Rivulets break free of icing. Swollen creeks make happy song, And our hearts swell with that music— Now that nights are not so long.

Bravely bulbs yield up their flowers, As the days give up their chill; This exciting resurrection Gives the cold-nipped heart a thrill.

Nights can still be rather frosty, Days, too, can be sunless, drear. Snow comes stealthy, wind blows briskly— But we know spring's almost here.

Farmers long to start their planting; Gardeners their plans compare; Earth will now receive the slanting, Still-cold rains, soil to prepare.

Timeless seasons, now as ever, Springtime, summer, harvest too— They come back to us each twelvemonth, Snow well-melted, planting due.

Winter's back at last is broken; Soon will come a warmer day. I crown thee queen of all my fancy, And I greet thee, happy May! ◆

May

by Christina Rosseti (1830–1894, author of "In the Bleak Midwinter")

I cannot tell you how it was, But this I know: it came to pass Upon a bright and sunny day When May was young; ah, pleasant May! As yet the poppies were not born Between the blades of tender corn; The last egg had not hatched as yet, Nor any bird foregone its mate. I cannot tell you what it was,

But this I know: it did but pass. It passed away with sunny May, Like all sweet things it passed away, And left me old, and cold, and gray. • www.PrimeLifeTimes.com May 2025 • PrimeLife Times A-11

MONEY MATTERS

Be Alert for Caregiver Financial Abuse

by Darrold A. Kennedy

o you have a parent or other elderly relative who might soon need a caregiver? If so, be diligent when selecting the right person for the job—because choosing the wrong one could lead to big financial problems.

You might find a close family member or friend to serve as caregiver—someone who is honest and trustworthy, with good judgment and strong money management skills. However, in many cases, people hiring a caregiver just don't know how that person will perform until she or he has begun work. A dishonest caregiver could steal valuables or cash from the person he or she is paid to assist, or intercept that person's mail to obtain credit card numbers and other sensitive information to commit identity theft.

So, if you enlist a caregiver, watch out for these warning signs of possible financial abuse:

- Efforts to prevent the individual receiving care from speaking to family members
- Inquiries into the location of estate-planning documents, such as a will
- Interest in brokerage and retirement accounts, possibly with the intent to change transfer-ondeath designations
- Requests to be a joint holder on bank or brokerage accounts, sometimes followed by large cash withdrawals paid to the caregiver
- Withholding financial or medical information from the family

- Missing jewelry or property
- Request for legal authority, such as a financial power of attorney naming only the caregiver

This last item—the request for financial power of attorney, or POA—is particularly concerning because of the scope of duties covered by this type of authority. That's why it's so important that all family members understand what a financial POA can and cannot do.

A *general* financial POA provides the agent with the authority to act on behalf of an individual's finances, but a *limited* financial POA gives the agent the authority for only certain actions, such as paying bills, making withdrawals, and opening or closing bank accounts. Both a general financial POA and a limited financial POA can be *durable*, which means they take effect once executed, or *springing*, which is contingent on a specific event, such as physical illness, mental incapacity, or even hospitalization.

Unfortunately, some POA agents have abused their responsibility by stealing money, making unauthorized transactions, and even attempting to change the beneficiary designations on retirement accounts or insurance policies owned by the people for whom they provide care. These beneficiary designations can even supersede the instructions left in a will or living trust—and they can't be changed by a later financial POA.

If you suspect financial abuse by a caregiver, consider contacting your loved one's attorney or financial advisor, if you know who it is. Though that person likely can't share information with you,



JPC-PROD/ Adobe Stoc

he or she can check for red flags and contact your loved one directly. You also can get help from your state government. The National Adult Protective Services Association (NAPSA) provides a listing of NAPSA offices in each state at napsa-now.org/help-in-your-area.

Finding a caregiver for a parent or other elderly relative can be emotionally difficult—but it doesn't have to be financially draining. Get to know the caregiver if you can, and watch for any red flags, so you can take comfort in knowing that your loved one's finances are in good hands. •

This Edward Jones article was provided to your local Edward Jones Branch financial advisor, Darrold A. Kennedy, AAMS: Edward Jones, 1912 Round Barn Road, Suite E, Champaign, IL 61821; phone (217) 398-6562; toll-free number (800) 203-5679; fax (888) 819-2146.

May, the month of sunshine, blooming flowers, and endless possibilities. —Anonymous



God's Time Is Always Right!

by Jean Brady

Then are you leaving?" "How come you're still here?" "Surprised you're not gone by now." These were some of the questions and comments we were hearing from friends in Chicago. "Why aren't you here?" "We need you." These comments were coming from the students and staff of Durban Bible College. We, too, wondered why we were still here, if we were so needed there.

It had been two years since my pastor husband George and I had received the letter from the South African field chairman for TEAM (The Evangelical Alliance Mission), asking us to come and teach at Durban Bible College. The problem was financial. The mission required us to have a certain level of pledged support before leaving for South Africa. We were still a little short when the mission cleared us to go; we trusted the Lord to supply our need and He did.

We arrived in Durban in January, just in time to start a new school year. As we looked around, we wondered what the big need was—we were assigned only one class each. While the school waited for us, two other couples had transferred from other areas. Between them, they filled three teaching slots and one office staff position. Were we really needed?

Then things happened. One of the new men had serious health issues, and he and his wife had to return to the United States—a loss of two teachers. We picked up some additional classes. At the end of that year, our music teacher/ choir director retired. George took over as choir director, and I filled in as music teacher for the rest of our time in South Africa. By the second year, we were both carrying a full teaching load—we felt needed. By the beginning of the third year, we had hit full stride. We were enjoying our students and our classes. We felt at home.

Then, disaster struck. We had just finished the first trimester when our field chairman called to tell us that our principal, David Chettiar, had died. The chairman's instructions to George were, "Hold things together down there." Not only had David been our principal, he also taught several classes. The field chairman told us we'd have to cut the number of classes we offered.

George called the other staff members together to work out our immediate



Why you need dental insurance in retirement.

Many Americans are fortunate to have dental coverage for their entire working life, through employer-provided benefits. When those benefits end with retirement, paying dental bills out-of-pocket can come as a shock, leading people to put off or

Simply put – without dental insurance, there may be an important gap in your healthcare coverage.

- ▶ Look for coverage that helps pay for major services. Some plans may limit the number of procedures - or pay for preventive care only.
- ▶ Look for coverage with no deductibles. Some plans may require you to pay hundreds out of pocket
- ▶ Shop for coverage with no annual maximum on cash benefits. Some plans have annua

Medicare doesn't pay for dental care.

That's right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.

The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a vear.

Previous dental work can wear out.

problem only go up as you age.2

Even if you've had quality dental work in the past, you shouldn't take your dental health for granted. In fact, your odds of having a dental

Treatment is expensive especially the services people over 50 often need.

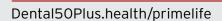
Consider these national average costs of treatment ... \$222 for a checkup ... \$190 for a filling ... \$1,213 for a crown.3 Unexpected bills like this can be a real burden, especially if vou're on a fixed income.

1 "Medicare & You," Centers for Medicare & Medicaid Services, 2024. 2 "Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. 3 American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

Insurance

from Physicians Mutual Insurance Company

Call for a FREE Information Kit! 1-877-566-2517



Product/features not available in all states. Contact us for complete details about this insurance solicitation. To find a network provider, go to physiciansmutual.com/find-dentist. This specific offer not available in CO, LA, NV, NY - call 1-800-969-4781 or respond for a similar offer in your states Certificate C254/B465, C250A/B438 (ID: C254ID; PA: C254PA); Insurance Policy P154/B469, P150/B439 (GA: P154GA; NY: P154NY; OK: P154NV; OK: P154NOK; TN: P154TN). 6247-0324

future. We had several students ready to graduate at the end of that year, and we agreed that it was unfair to cut classes they needed. Each staff member agreed to pick up one of David's classes. That team spirit carried us through a difficult time—and our seniors graduated.

George was acting principal through our fourth year, while the mission searched for someone to replace David. Finally, a local pastor, Sundrum Thomas, was chosen. He joined the staff as a teacher for the third trimester of that fourth year and became the permanent principal the following school year. We stayed an extra trimester before coming back to Chicago.

The Lord knew we were needed, but He also knew when we were really needed. Had we gone to South Africa when we thought we were going to, we would have been headed home just about the time David died. We had been there long enough to be familiar with the workings of the school and with enough time to allow for an orderly search for a new principal. God's time is always right! ◆

Jean Brady, the widow of a pastor, is a church pianist who writes in Farmer City, Illinois. Email here at canadajean35@yahoo.com.

In May, We Observe

- Mother's Day
- Memorial Day
- National Mental Health Awareness Month
- National Moving Month
- National Brain Tumor Awareness Month
- Sturge-Weber Syndrome Awareness
- Motorcycle Safety Awareness Month
- National Military Appreciation Month







Q: How much does a rainbow weigh? A: Not much; they're really light.

My waitress at breakfast this morning was really unsettling. She gave me the crêpes.

The Covid-19 situation has been especially stressful for Flat Earth Society members. They fear distancing measures could push people over the edge.

Last fall, IKEA's CEO was elected president of Sweden. He's still assembling his cabinet.

Bill: "A large group of crows were arrested for sitting on the edge of the dumpster behind the MacDonald's."

> Will: "What was the charge?" Bill: "A tempted murder."

www.PrimeLifeTimes.com May 2025 • PrimeLife Times A-13

LIFESTYLES

Movie Reviews

FRONT ROW SEAT



by Larry Stephens

The Girl Who Wore Freedom (2020)

Directed by Christian Taylor

Starring Danièle Patrix Boucherie, Maurice Leceour, Henri-Jean Renaud Runtime 1 hr 29 min

Available on DVD, YouTube, Google Play, Amazon Video, and Apple TV

his time of year, as we approach Memorial Day, I like to suggest movies about Americans who gave their all in the defense of freedom. Normally, I select a war movie that has been overlooked or forgotten. This time around, I want to recommend *The Girl Who Wore Freedom*—a small-budget documentary by a novice filmmaker about French villagers who lived through the Allied invasion of Europe in the summer of 1944.

The film's producer and director, Christian Taylor, is someone I became aware of through a podcast I used to listen to. The entire time I followed the podcast, I had no idea Christian was a budding movie producer. When she first announced the film, it sounded more like a pet project than a serious movie production. To be honest, I didn't expect her to make something as poignant and beautiful as this film turned out to be. Christian, if by some miracle you ever read this, I'm sorry.

The Girl Who Wore Freedom is one of the most moving tributes to the sacrifices of American soldiers I have ever seen. More importantly, it tells

the stories of these heroes through the voices of the people they liberated. You get to hear from some of the surviving veterans too, but it is the stories of the French who witnessed their bravery and generosity that make this movie so special.

The title of the movie comes from a dress that a little French girl wore to the very first D-Day commemoration held on Utah Beach in 1945. The dress was made from strips of fabric taken from parachutes used by Rangers of the 101st Airborne, who dropped into Normandy the night before the invasion. In addition to her story, you get to hear from other villagers who were children when the



Americans arrived. You'll also hear from some of *their* children who recognize and appreciate just how much subsequent generations owe to the Americans who helped free Europe from its totalitarian masters.

There is so much more I want to say about this film, but so little space in which to do so. I'll have to leave you with this: A lot of countries might not be thrilled with the United States right now, but there are still places in the world where they remember, and celebrate, the good this country is capable of. May we never forget it either. •

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 larry-av8r@gmail.com. You can also reach him through his personal Web site at chewytype.com.

Why Senior Substance Abuse is Misdiagnosed

by Jim Russell

Because of insufficient knowledge, limited research data, and hurried office visits, health care providers often overlook alcohol and drug misuse and abuse among older adults. Diagnosis might be difficult because symptoms of alcoholism and drug dependency in older individuals sometimes mimic symptoms of other medical and behavioral disorders common in this population: diabetes, dementia, and depression. Additionally, many patients aren't adequately screened due to lack of training on the part of physicians or bias that alcoholism and addiction are not worth treating in the elderly.

Other factors responsible for the lack of attention to alcoholism and drug dependence among the elderly include stigma and shame about use and misuse of substances, along with a reluctance to seek professional help for what many in this age group consider a private matter. Many relatives of older individuals with alcoholism and drug dependence, particularly their adult children, are also ashamed of the problem and choose not to address it. Additionally, younger adults often unconsciously assign different quality-of-life standards to older adults. Such attitudes are reflected in remarks such as, "Grandmother's cocktails are the only thing that makes her happy," or "What difference does it make? He won't be around much longer anyway."



© Prostock-studio / Adobe Stoc

There is an unspoken but pervasive assumption that it's not worth treating older adults for substance use disorders. Behavior considered a problem in younger adults does not inspire the same urgency for care among older adults. Along with the impression that alcohol or substance abuse problems cannot be successfully treated in older adults, there is an assumption that treatment for this population is a waste of health care resources.

Once a problem is identified, there are several treatment options to help older adults escape substance abuse. Treatment philosophies should focus on communicating with these patients in an empathic, respectful manner, with an emphasis on simple and clear communications that consider

cognitive changes associated with aging, both normal and abnormal. Older adults might be unaware of the risk they are taking by using these substances. They might just be using these substances much as they always have, and don't realize that the risks have increased; information about the dangers of such abuse can be helpful. There can also be a lack of knowledge about the dangers of mixing alcohol with certain prescription drugs.

Addiction support groups can help older people build a life away from substance abuse, where they can find

fellowship and support from others dealing with the same difficulties. Therapists can be beneficial for those battling addiction, helping an individual examine the causes of the problem and guiding her or him toward a solution. Addiction rehab is another option for seniors dealing with substance use disorders.

Reading this article cannot make you an expert. There is no substitute for care from your physician or mental health professional. The article provides basic information about the issues addressed, information 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 Health 708 Board.

SEVENTIES FLASHBACK

Snatched from the Jaws of Defeat

by Randal C. Hill

s many of us probably remember, *Jaws* was a fun movie to watch. Filming it, though, was a different story. Just ask the director. In 1973, movie producers Richard D. Zanuck and David Brown bought the rights to Peter Benchley's just-released novel, *Jaws*. The pair in turn offered film-directing chores to Steven Spielberg, the 26-year-old hotshot who had become an overnight success with his now-classic TV movie, *Duel*.

Spielberg handed the screenwriting project to a friend, TV scriptwriter Carl Gottlieb, who gleefully promised Steven, "If we do our jobs right, people will feel about going in the ocean the way they felt about taking a shower after *Psycho*."

Spielberg discarded the book's many subplots; he figured that the shark was the star of the story. He thus hired lesser-known actors for the movie—Rory Schneider as police chief Martin Brody, Richard Dreyfuss as marine biologist Matt Hooper, Robert Shaw as shark hunter Quint.

Steven also insisted on filming on the ocean rather than in a Hollywood tank.

They constructed three huge, pneumatically powered sharks. The California project took five

months and required forty effects technicians, who managed to get the props to swim, gnash their teeth, flip their tails, and dive. The sharks, each nicknamed "Bruce," after Spielberg's lawyer Bruce Ramer, were then trucked to

Massachusetts. Once in the Atlantic Ocean, 14 operators controlled the movements of the beasts, each of which was fastened to an elongated sled during shooting scenes.

Spielberg chose the quaint village of Martha's Vineyard for filming, as it met his needs for a place with a shallow and sandy ocean floor (for effective camerawork), small tides, and an unbroken horizon. Called *Amity* in the story, the locale was depicted as a small tourist resort on Long Island's south shore.

In May 1974, Steven's crew came to town with a \$3.5 million budget to cover 55 days of filming.

From the outset, though, problems threw the schedule into disarray. Many issues involved the Bruces, whose hoses burst; props became tangled in forests of kelp, and the sleds the sharks rode ran aground. Add to this the aggravation of recreational

sailboats drifting into view, stormy weather cancelling shoot times, and some actors and crew members becoming seasick.

Everybody complained. After a while, frustrated crew members began calling the project "Flaws."

The movie eventually wrapped, but in 159 days rather than 100, and \$5.5 million over the original budget. Spielberg understandably moaned, "I thought my career as a filmmaker was over."

To Hollywood moguls, summertime was best for dumping teen-oriented films into drive-in theaters. But Tinseltown's outlook was turned inside out when, in June 1975, Universal Pictures' *Jaws* became history's first-ever summer movie block-buster. Just how big was it? Steven's release recouped all its production costs in only 10 days and became the highest grossing film of all time until *Star Wars* appeared two years later.

Mr. Spielberg, thankfully, never had to worry about his career again. ◆

Copyright © Randal C. Hill. Used by permission. Randal writes at his Bandon, Oregon, home. Email questions at wryterhill@msn.com.

May is the perfect time to take a breath of fresh air and enjoy the beauty of spring. —Debasish Mridha

Edward Jones

> edwardjones.com | Member SIPC



You want the best for them - and that means saving for college.

I can help. Let's work together on a strategy that works for your family.

Contact me today, and let's figure it out together.



Darrold A Kennedy, ChFC®, AAMS™ Financial Advisor 1912 Round Barn Rd Suite E Champaign, IL 61821 217-398-6562

EDS-5422-A AECSPAD 24897582





thoughts to ponder

by Tim Barber

ould it be that I had forgotten the name of a congregation I had served for over five years? I sat at my desk and thought about all the different families who still come to mind and bring a smile. Their voices and their faces I can recall, but not the name of the church. I eventually did. But there were some serious questions about my future. Have you had that happen recently?

That got me to thinking about those short verses in the Bible that are fairly easy to memorize, but exactly where they are found in the Bible is a little more difficult. Most can recall one of the shortest, found in John 11:35. It simply says, "Jesus wept." It was the response of Jesus to the death of his friend Lazarus. I haven't forgotten that verse yet. It helps me remember where in John's gospel is the account of Jesus raising Lazarus from the dead. That brings a smile.

Forgetting things is inevitable as we get older. We can respond with alarm or just laugh it off. Until we can't. So, we keep doing those things that can help. Recalling verses from the Bible helps. Here are a few others you might like to commit to memory:

"Rejoice always." 1 Thessalonians 5:16 (This is actually the shortest verse.)

- "Give us this day our daily bread." Matthew 6:11
- "For nothing is impossible with God." Luke 1:37
- "Pray continually." 1 Thessalonians 5:17
- "I love you, O Lord, my strength." Psalm 18:1

Now, I have to send this in before I forget. •

Copyright © Tim Barber. Tim is a retired pastor in the Champaign-Urbana area: tbarber@illinois.edu.



Today's child development researchers agree that a baby's first three years of life are the most critical development period. After years of research, experts working with young children and their parents have created this easy to do in-home program. A Watch Me Grow® subscription helps family and loved ones unlock your grandchild's greatest potential.



Send this gift today

Type this web address into your web browser or scan this code with your phone:





©2023 Developing Child Institute



WORDSMITH'S WORKSHOP By Rob Siedenburg

When You Don't Know What to Call Something

hese words are mostly mutual synonyms. Sometimes they're used because a person just can't remember (or doesn't know) what something is called. In the early years of cars, older people often called them *contraptions*. **Gadgets**, **gizmos**, and **widgets** are usually (but not always) mechanical or electronic devices. A **doodad** could be something as simple as a pen that writes with 4 colors of ink—or a combination highlighter and pen.

Most of these words refer to relatively small things, but contraption can be used for a mechanical device of any (but typically larger) size. Doodads, doohickeys, thingamajigs, thingamabobs, and whatchamacallits are just things whose name you can't remember. They are not necessarily mechanical.

These words are often used to be funny. Impractical and financially unsuccessful inventors are often portrayed as inventing useless **gadgets**, **gizmos**, or **widgets**.

- contraption a mechanical device
- **doodad** something small and unspecified, whose name is either forgotten or unknown
- doohickey (dojigger) a thing whose name you can't think of
- gadget a small mechanical or electronic device with a practical use, but often thought of as a novelty
- gizmo a nameless device, or one whose name is unknown
- **gubbins** mostly British; from Old French words *gobbon* and *gobet* (piece, portion, slice). Bits and pieces or very small items of little value.
- thingamajig a thing whose name you don't know
- thingamabob something for which you can't think of a name
- thingummy variant of thingamajig
- whatchamacallit from what you may call it, something whose name you can't think of
- widget an unnamed article considered for purposes of hypothetical example ◆

Copyright © Rob Siedenburg: rob@primelifetimes.com.

The month of May is the gateway to summer. —Jean Hersey

Puzzle Answers

		П	Α	В		Α	Т	М		В	Ω	s	s	Υ
				-		_	÷	_)	_	-	-
	Τ	Α	R	ш		R	0	I		Α	М	0	С	0
D	0	_	Ν	G	ᅵᅵ	Е	S	s		W	1	О	Е	R
Ε	L	М	0		В	Α	S	Τ	Е	D	Т	Α	N	Κ
Ν	_	Г	L	Α	S			I	C	Y		Ρ	Е	_
S	Е	Ш	D	Υ		\subset	Ρ	Т	0		S	0	R	Е
Е	R	R		Е	S	Α	С		L	U	М	Ρ	Y	
			В	Α	Т	W	R	Ε	Α	Т	Н			
	S	Т	Α	R	R		G	0	В	I		Α	R	Α
В	Е	Α	D		0	Р	Е	Ν		L	0	Ν	Ε	R
Е	R	S		Ε	D	U			N	Е	J	Т	Е	R
F	Α	S	Т	R	Е	L	Ι	Е	F		Т	Н	Α	
0	Ρ	Ε	R	Α		S	Α	L	Т	S	W	0	R	D
R	Ε	L	0	S		Ε	G	0		М	1	N	N	
Е	S	S	-	ш		S	0	Ν		S	Т	Υ		

Crossword puzzle on A-6

Jumble on A-8

Jumbles: CHUNK ONION BEHOLD PARDON

Answers: When the author answered every question asked, she was being —

AN OPEN BOOK.

Sudoku on A-8

1	2	6	4	3	0	5	8	7
7	8	9	2	6	5	3	1	4
3	5	4	1	8	7	9	2	6
9	3	1	6	2	4	7	5	8
8	6	5	3	7	1	4	9	2
4	7	2	5	9	8	6	3	1
6	9	8	7	1	3	2	4	5
5	1	7	9	4	2	8	6	3
2	4	3	8	5	6	1	7	9

Scrabble Grams on A-6

SCRABBLE GRAIN	S SOLU	TION
P ₃ E ₁ R ₁ S ₁ O ₁ N ₁ A ₁	RACK 1 =	59_
	RACK 2 =	9_
J ₈ A ₁ W ₄ B ₃ O ₁ N ₁ E ₁	RACK 3 =	107
M ₃ I ₁ D ₂ W ₄ E ₁ E ₁ K ₅	RACK 4 =	70
PAR SCORE 150-160 Hasbro and its logo, SCRABBLE*, associated logo, the design game board, and the distinctive letter tile designs are trademarks Canada. 3024 Hasbro. All rights reserved. Distributed by Tribune C	of Hasbro in the Unite	ABBLE brand

I Can Help

continued from A-1

million-seller, Billy borrowed a portable organ from a session musician in the studio. Swan explains: "Chip set up a vocal mic. I stood in front of the organ, and what you hear was captured on the second take. While I was playing the organ and singing, I was also shaking my leg all through that take; Chip's little puppy, Bowser, was tugging on my pantleg all through what you hear on the record."



Billy Swan, 1990

Let's examine "I Can Help."

On the surface, a kind-hearted man is offering his services to a lady who might appreciate his assistance:

I got two strong arms, I can help

Apparently, nothing is too big a task for him:

If your child needs a daddy, I can help

But the song's refrain shows a change in focus, and Mister Nice Guy is obviously also interested in establishing a romantic relationship:

When I go to sleep at night

You're always a part of my dream

Holding me tight and telling me everything

I want to hear

Yes, he's willing to help, but he yearns for more.

You've explained yourself, Billy. Now all you can do is await her decision. ◆

Copyright © Randal C. Hill; used by permission. Randal writes at his Bandon, Oregon, home. He welcomes emailed questions and comments at wryterhill@msn.com.

Psalm 107

continued from A-3

being bound in affliction and iron.

- 5. When weary and alone (verse 12).

 Brought down their hearts with labour; they fell down, and there was none to help
- 6. When suffering the consequences of our unlawful acts (verse 17). Fools because of their transgression and because of their iniquities are afflicted.
- 7. Though opposed to godliness to our own defeat (verse 18). Their soul abhorreth all manner of meat, and they draw near unto the gates of death.
- 8. When suffering from sickness (verse 19). Then they cry unto the LORD in their [sickness], and he saveth them out of their distresses.
- 9. When encountering the perils of disasters (verse 27). They reel to and fro, and stagger like a drunken man, and are at their wits' end.
- 10. When surviving business loss and threats (verse 23, 26). They that go down to the sea in ships, that do business in great waters; they mount up to the heaven, they go down again to the depths: their soul is melted because of trouble.
- 11. Despite achieving success or failure (verses 33, 35). He turneth rivers into

- a wilderness, and the watersprings into dry ground; he turneth the wilderness into a standing water, and dry ground into watersprings.
- **12.** When the humble are elevated (verse **41).** Yet setteth he the poor on high from affliction, and maketh him families like a flock.
- **13.** When leaders are humbled (verse **40).** He poureth contempt upon princes, and causeth them to wander in the wilderness, where there is no way.
- **14.** As a revelation of God's righteousness (verse 42). The righteous shall see it and rejoice: and all iniquity shall stop her mouth.

We can summarize this psalm, distilling it down to one clear message: Life cannot throw anything at us that can derail us from God's abiding love and mercy.

Dear friend, let's remember that, despite the challenges or hardships we bring on ourselves through our own foolishness, despite the nature of sudden disasters, unexpected situations, or undeserved circumstances that complicate our lives, we can know that our loving and merciful God will be there to nudge us. Have a great day. •

Psychiatrist Greg Williams, MD, loves the Psalms. He lives west of Chicago with his university professor wife.

The world's favorite season is the spring. All things seem possible in May. —Edwin Way Teale

Plan Ahead to Give Your Family Peace of Mind

Learn about the financial and emotional benefits of pre-planning your final wishes.

Call an expert today at (217) 239-2874 | (217) 442-2874

Champaign & Mahomet

Danville & Surrounding Areas





sunsetfuneralhome.com