



Broken Bow: (308) 872-8327  
Kearney: (308) 224-3325

Grand Island: (308) 675-1355  
North Platte: (308) 221-6204

Lincoln: (402) 403-3025  
Omaha: (402) 401-2864

July 2020

## INSIDE THIS ISSUE

- 1 Taking A Vacation to Live in the Present
- 2 The Case That Was Frozen on Arrival  
How to Spot a Coronavirus Scam Email
- 3 The Secret to Delicious Grilled Veggies  
The Wacky Evolution of the Knock-Knock Joke
- 4 What Does the Constitution Mean to You?

## WHAT DOES THE CONSTITUTION MEAN TO YOU? Debating the Document That's Shaped Our Country

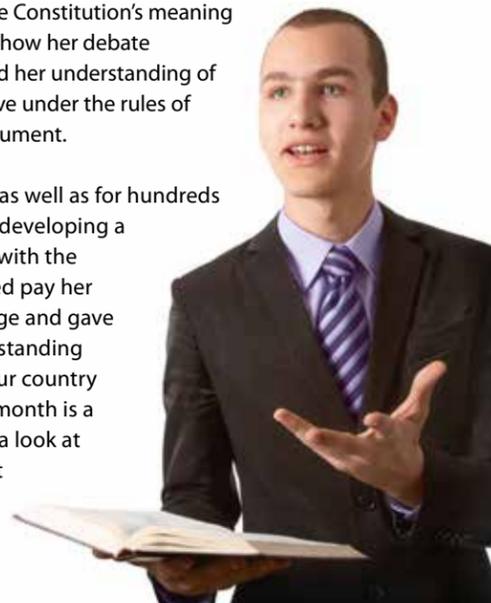
Most teenagers are more interested in hanging out with their friends and listening to the next cool band than diving into the United States Constitution. But that's exactly how some students have been spending their mornings, afternoons, and evenings: studying and preparing to debate their peers all over the nation about the contents of the 200-year-old document. Their motivation? Prestige, honor, and thousands of dollars of scholarship money.

Sponsored by the American Legion, these constitutional debates were started in 1938 with the intent to "develop deeper knowledge and appreciation for the U.S. Constitution among high school students," according to the Legion's website. In the process of writing the speeches they'll debate, students under 20 learn the history of U.S. laws and develop a better understanding of the rights and privileges of American citizenship. The legion offers up over \$188,000 annually in scholarship money to debate winners.

For one of those winners, in addition to helping pay her way through college, the debate experience also provided fodder for a Broadway play. In "What the Constitution Means to Me," playwright and actor Heidi Schreck recounts her experience of debating the Constitution in American Legion halls all over the U.S. In the largely autobiographical play, theatergoers get to see the experience through the eyes of

15-year-old Heidi (played by Schreck in the original production) as she gives her speech and talks about the Constitution. At other times, viewers see the grown-up Schreck reflect on the evolution of the Constitution's meaning over the years and how her debate experiences shaped her understanding of what it means to live under the rules of this governing document.

For Heidi Schreck, as well as for hundreds of other debaters, developing a close relationship with the Constitution helped pay her way through college and gave her a better understanding of the principles our country was built on. This month is a great time to take a look at the document that shaped our country's past and continues to shape its future.



## Taking A Vacation to Live in the Present Why Your Escape Can Be Essential to Your Health

Hello, friends. How has the summer been treating you? I know many summer vacations are canceled or postponed this year, and not everyone feels the right to complain about it during a pandemic. However, I think it's alright to grieve a bit over our lost escapes. Lately, our quiet moments get quickly filled up with worrying about headlines we've seen on the news, or we start thinking about work and worry about that. Until we travel or take a vacation, it can be difficult for us to truly enjoy the present moment.

Whenever Cory starts planning vacations for us, there's a question I always ask myself that gives me pause: Why do these pricey adventures as an adult often feel less special than my experiences in a lakeside cabin without plumbing or TV as a kid? Certainly, comfort can add a lot to a good vacation, but it doesn't guarantee a good time. Why is that?

You may not think "vacation" and "escape" equate to "living in the present moment," but it actually does. In our daily routines, we often stop living in the present moment and focus and get worn down by repetition. When we travel, we're broken out of our routines and we can't help but notice the new surroundings and experiences. In fact, it's actually healthier to take vacations than not. In one of the longest follow-up studies in the world, taking vacations prolonged peoples' lives longer than those who followed a healthy lifestyle.

At the risk of sounding like an old guy, things were different in my day — not *better*, just different. When I was 10 years old, spending two weeks at a cabin in Minnesota was the best thing ever. My siblings and I would play with the other children all day until my mother beat on a pot to signal it was dinner time. There were no planned activities; we entertained ourselves. My father even let me use the boat (which came rented with the cabin) to explore around the lake on my own, and I'd often bring a sibling or two with

me. Maybe it was because I was a good swimmer, but nobody worried about us, and we didn't worry about ourselves. It was good, honest, clean fun.

But I don't think it was the time and age that made those memories and that place so special. I think it was the human connection we felt to each other, the environment, and the whole experience.

My wife still chuckles hearing of my summers at the lake, but, to me, it's amazing that we were never bored! We stayed at the same cabin, No. 9, every year, with no TV (didn't miss it), and we loved it. I could bring up any story from those days to my siblings, like, "Hey, remember the time we thought a bear had wandered around outside our cabin?" And my siblings would finish the story for me! "Yeah! It was just tracks of Mary Louise on her tiptoes. Everyone really thought it was a bear!"

I think we all need vacations. We need to take time to detach ourselves from our routine and realize how amazing the present moment can be. When we give ourselves space and time to step away from our personal issues, big or small, we spend more time connecting with ourselves and the people around us.

So, if you're stuck at home for the time being, don't worry. Plan something out and take a vacation. You don't need to spend much money to have a good one either. You just need to feel connected to the experience, and enjoy the peace and quiet whenever possible. Having the good company of your loved ones doesn't hurt either.



*-Bill Steffens*



## THE CASE THAT WAS FROZEN ON ARRIVAL

### THE WOMAN WHO SUED DISNEY FOR COPYING HER LIFE IN 'FROZEN'

This is the story of a woman who just couldn't let it go. It was the fall of 2014 — Dennis Rodman became friends with North Korean leader Kim Jong Un. Ellen DeGeneres' selfie with Oscar winners at the Academy Awards became the most retweeted image of all time. And an author sued Disney for \$250 million after she claimed that the company stole major elements of her published memoir to craft the movie "Frozen."

"Frozen" was released in November 2013 and saw massive box office success and critical acclaim. It seemed like Walt Disney Animation Studios was finally hitting their stride and catching up to Pixar movies' quality animation and storytelling. Unfortunately, high-profile movie projects and financiers with deep pockets tend to attract all sorts of hullabaloo in the form of frivolous lawsuits.

Author Isabella Tanikumi, whose only notable work to date is her 2011 memoir "Yearnings of the Heart," sued Disney for an egregious \$250 million after claiming that the winter wonderland adventures of Anna, Elsa, and Olaf were stolen straight from her memoir and her life and

violated copyright law. She cited 18 "similarities" to bolster her massive claim. For instance, Tanikumi claimed that both her book and the movie had stories of intense sisterly love, scenes under the moon, and talk about cold hearts.

The tenuousness of the similarities alone would cause most people to dismiss Tanikumi's claim like they would the ramblings of a red yarn-loving conspiracy theorist. And that's just what the judge who oversaw the case did, granting Disney's motion to dismiss. The judge stated that copyright law protects expressions but not ideas. The themes that Tanikumi believed Disney had stolen from her story were under public domain, usable by anyone without permission.

Only Tanikumi herself knows for sure why she went through all that trouble. Everyone else will just have to speculate what gave her the gall to take on a media juggernaut like Disney in court with next to no viable case. That said, several reviews of her memoir on Amazon mention ties to "Frozen," so make of that what you will.

## TAKE A BREAK

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



## KNOCK KNOCK! WHO'S THERE?

The Wacky Evolution of the Knock-Knock Joke



*Knock knock!  
Who's there?  
Theresa.  
Theresa who?  
Theresa crowd!*

Unless you're living under a rock, odds are you've laughed, grumbled, or groaned in response to a knock-knock joke. You may have even told a few yourself before you realized knock-knock jokes had gone out of style in favor of sarcasm and memes. That's because at their core, knock-knock jokes are a quintessential American experience — and the perfect homegrown fodder for International Joke Day, which falls on July 1. But where did they come from, and why do so many people knock the knock-knock joke today?

Well, according to NPR, knock-knock jokes have had a rollercoaster of a history. Near as we can tell, they actually evolved from another kind of joke: the "Do You Know" joke. This style of joke was popular in the early 1900s, and according to an Oakland Tribune article NPR dug up, this was a typical one:

**Do you know Arthur?**

**Arthur who?**

**Arthurmometer!**

Not very funny, is it? Well, over the years this style of back-and-forth jesting evolved into knock-knock jokes. The popularity of the "knock knock" bit of the joke could harken back to Shakespeare, who BestLife credits with "the first-known occurrence of a knock knock, who's-there dialogue" in Act 2 of "Macbeth" (though it likely wasn't intended to be funny), or it could be a reference to 1936 vice-presidential hopeful Frank Knox, whose name made "knock knock" irresistible wordplay for the radio.

Whatever the reason, knock knocks were all the rage in the 1930s, to the extent that people formed knock-knock clubs, businesses held knock-knock contests, and orchestras set them to music. However, the heyday was short-lived. In the following years, people started getting sick of knock knocks, and even psychologists turned against them. According to NPR, "people who loved knock-knock jokes were said to have social problems."

Today, knock-knock jokes are still around, but they're mostly considered a game for kids or demoted to the realm of "bad dad jokes." Maybe you think that's warranted, maybe you think it's tragic — either way, odds are the format will continue to evolve and probably outlive us all!

## BEWARE OF THESE CORONAVIRUS EMAIL SCAMS

### They're Still Around!

While it seems like the worst of the COVID-19 pandemic might be behind us, that doesn't mean we should let our guard down completely — especially when it comes to internet scams designed to prey on the fear and uncertainty brought on by the pandemic. It's no surprise that scammers have found ways to use the coronavirus scare as an opportunity to steal personal information from the vulnerable. Fortunately, you can spot coronavirus scammers using the same techniques that help identify otherwise run-of-the-mill phishing scams.

#### REQUESTS FOR PERSONAL INFORMATION

When the federal government started distributing relief checks, several scammers sent out unsolicited emails, disguised as legitimate instructions, asking for personal information from people in order to receive their \$1,200. Since many people have now received their checks, this particular scam may become less common, but always be suspicious of emails that ask for personal information, no matter the circumstances.

#### SUSPICIOUS LINKS AND EMAIL ADDRESSES

During the past few months, people's email inboxes have been littered with advertisements for fake coronavirus tests and cures, fake alerts from government agencies like the Centers for Disease Control and Prevention, and fake coronavirus updates. If you get an email containing an unusual link in your inbox, do not click on it — even if the email address looks

legitimate. Scammers use links to spread malware on computers, which helps them get your personal information.

#### SPELLING AND GRAMMAR MISTAKES

This is usually a dead giveaway. While genuine, official updates about the coronavirus will be meticulously checked for spelling and grammar, scammers aren't as careful. Missing periods, misspelled words, and wacky syntax errors are all hallmarks of scam emails. Make sure you carefully read any email you're not sure about. If you can spot spelling and grammar mistakes, delete the email.

Much like the coronavirus will remain in the American psyche long after cases and deaths have peaked, scammers will continue using it as a means to steal from honest, hardworking Americans. But, if we keep our guard up, we can make sure they get absolutely nothing from their efforts.



## THE BEST GRILLED SUMMER VEGETABLES

*Inspired by DinnerAtTheZoo.com*

*Contrary to popular belief, vegetables are delicious. Most of our parents just didn't know how to prepare them well. This summer, revolutionize your cookout with a serving of delicious, colorful veggies.*

### Ingredients

- 1 tsp salt
- 1/4 tsp pepper
- 1 1/2 tsp dried Italian seasoning
- 1 1/2 tsp garlic, minced
- 2 lbs assorted vegetables, trimmed and halved (asparagus, mushrooms, red onion, red bell peppers, baby carrots, and yellow squash are great on the grill)
- 5 tbsp olive oil
- 2 tbsp lemon juice
- 1/4 cup parsley leaves, chopped

### Directions

1. In a small bowl, combine salt, pepper, Italian seasoning, and garlic.
2. Brush vegetables with olive oil and place in a large bowl. Top with lemon juice and seasoning mixture. Toss to coat evenly. Cover and refrigerate for at least 20 minutes but no longer than 2 hours.
3. Prepare the grill at medium-high heat.
4. Grill vegetables in batches, cooking 3–5 minutes on each side until browned and tender. (Carrots will cook longer, 6–9 minutes per side.)
5. Remove from the grill, sprinkle with parsley, and serve hot.