

# THE MORNING SUN

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## End of an era

Longtime area business closes doors



Frisco Shoe Shop in Girard, owned by Ron and Sharon Kay Brower, closed its doors this week after serving the Crawford County and Four State area for 46 years, opening in 1976. COURTESY PHOTO

## Pittsburg renews nuisance ordinances, installs new stop signs

By Dustin R. Strong  
Morning Sun Staff

PITTSBURG, Kan. — At Tuesday night’s city commission meeting, the commissioners renewed ordinances to clean up nuisance properties in the city. A nuisance property is typically strewn with junk, trash, or is overgrown with grass and is deemed unsightly and a possible danger to the public at large. A special assessment will be levied against properties in violation of these ordinances. These assessments are an addi-

tional tax applied to the property, and are to be paid by the landowner if the city has to abate, or clean up, the property. According to the ordinances approved Tuesday, the assessments will be applied to lots or parcels of land “on which refuse matter was located to pay the cost of making the premises safe and hygienic.” An assessment will also be applied “against the lots or parcels of land on which a public nuisance was located to pay the cost of abating the nuisance.” A third assessment will be charged “against parcels of land on which existed weeds or obnoxious vegetable growth” and the land owner will be charged “the cost of cutting or removing” the growth. The commission also approved a request by the Traffic Advisory Board for three new stop signs to be installed. The new signs will appear at the intersections of 17th and North Grand, 17th and North Smelter, and at 10th and North Miles.

## ‘It’s a Swing Thing’

Pittsburg multigenerational choir announces fall performance

By Antjea Wolff  
Morning Sun Staff

PITTSBURG, Kan. — Since the Pittsburg Multigenerational Choir was founded in 2009, citizens of all ages in the Pittsburg area have been joining together to share their love of singing, and starting in August, the choir will be starting rehearsals to once again give its yearly performance. The Pittsburg Multigenerational Choir consists of roughly 150 individuals ranging from ages 14 to 90 and is led by Pittsburg High School vocal instructor Susan Laushman. The group announced on Wednesday that the theme for this year’s production will be “It’s a Swing Thing.” The playlist includes “Feelin’ Good,” “Birdland,” “Girl from Ipanema,” “Minnie the Moocher,” “It Don’t

Mean a Thing,” and many others. Laushman said she wanted to change the genre since she had done pop and rock music the last couple of years. As he has always done in the past, her husband, Bob, helped her create the theme, and he came up with the title “It’s a Swing Thing.” The choir is set to be accompanied by Crossroads Jazz Orchestra, directed by Pittsburg State University professor of music Todd Hastings. In previous years, Laushman has also done the arrangements for the band that accompanies the choir, but this year she decided to buy the music for the jazz band instead. Laushman said she has finished writing and arranging her portion of the show and is excited to present it to the choir.

In previous years, the multigenerational choir’s performance was always scheduled for fall. But due to another surge of COVID-19 at the end of 2021, the fall choir performance was postponed to January this year. Laushman said she was happy to report she was able to get the schedule back to normal. “We’ll be back on track for a fall season,” Laushman said. “With Covid and the pandemic and even last school year we had to postpone and delay, so it affected the whole school year in my classroom setting. So for us to be back on track in the fall, I’m really pleased about that.” The choir not only sings during their production, they also do a little dancing. Laushman said that this year the choreography of the show will look a little different.



The Pittsburg Multigenerational Choir performed at the Bicknell Family Center for the Arts in January. COURTESY PHOTO

“It was pretty rigorous last year so we’re going to scale back the choreography a bit,” she said. “But the good news is that with these jazz band arrangements, there’s always these neat instrumental breaks where the choir doesn’t sing and it’s just the band. So that is where we will insert our dancing. That will help some members feel more at ease because they won’t have to sing and dance so much.

They can sing and then during the instrumental break they will dance. It will be scaled back a little bit and it will have a different look, but there will still be some nice featured movement.” Laushman is encouraging community members who are interested in joining the choir to either show up at the first rehearsal or email her at [slaushman@usd250.org](mailto:slaushman@usd250.org) so she can make sure

enough music packets are available. Rehearsals will be from 10:50 to 11:45 a.m. Tuesdays and Thursdays beginning on Aug. 23 in the PHS auditorium, with an alternate rehearsal time from 10 to 10:45 a.m. in the PHS vocal room. The concert performance for the choir will be at 7:30 p.m. Wednesday, Oct. 19, at the Bicknell Family Center for the Arts.

## K-State Extension to host SEK Soil Health Conference

By Aaron Pyle  
Morning Sun Staff

GIRARD, Kan. — Farmers and ranchers constantly ask how to improve profitability, organic matter, and soil health along with staying up to date with the latest equipment. Farmers and ranchers can learn more about those topics and network with other producers and experts at the Southeast Kansas Soil Health Conference, to be held Thursday, Aug. 11, just east of South 100th St. and West 610th St. in Girard. The “Southeast Kansas Soil Health Conference: Field Tours and Equipment, Turning Soil Health into Practice” is a one-day event from 9 a.m. to 1 p.m. that will take a comprehensive look at long-term and newly converted no-till field crops and learn about equipment that is specialized in handling no-till and cover crop farming. “The benefit of these is a large impact,” James Coover, Wildcat Extension crop production agent,

said. “Really, the idea behind these is soil regeneration. “It’s kind of a buzz term right now, ‘regeneration,’ but that’s really what the goal is behind these conferences. The incorporation of cover crops and beneficial plans in constant green rotation and also a lot of no-till. No-till is a big part of preserving the soil structure.” The program will begin with field tours, which include demonstrations. Following the tours, the conference moves to the Greenbush Educational Center for a program and lunch to discuss equipment, economics and regenerative agriculture practices. “We call them the Southeast Kansas Soil Health Conference and this is the second part to one that was held back in February in the McCune area,” Coover said. “Really this is an expansion onto that one. That one, we kind of talked about economics, this one we are actually going to be talking more about the equipment and the design of the Soil

Health Conference.” Coover noted that the conference in McCune had Kansas residents from as far as three hours away attend. Included with the program and lunch, the conference is slated to host three guest speakers: Candy Thomas, Natural Resources Conservation Service (NRCS) regional soil health specialist; Ed Brokesh, Kansas State University Agricultural Engineering; and Loran Steinlage, field engineer and long-time regenerative farmer from West Union, Iowa. The three are scheduled to cover three separate topics, which are: • Ed Brokesh: Equipment and economics of regenerative agriculture; • Loran Steinlage: Practices and equipment for regenerative farming; • Candy Thomas: Soil structure and water infiltration soil pit. The producer panel also features Jeff Murphy and Dale Coomes. See SOIL, Page 3A

## Neighbors express concern over new Oxford House

By Dustin R. Strong  
Morning Sun Staff

PITTSBURG, Kan. — Tuesday night’s city commission meeting in Pittsburg was a full house as residents gathered to voice concerns about a new Oxford House opening in their neighborhood, a few blocks south of the George Nettles Elementary School. The new house will accommodate nine male residents and be the fifth such establishment in Pittsburg. According to the pamphlet provided by Leigh Anne Larson, executive director of Friends of Recovery, Oxford House is a low-cost, supportive way of living that encourages learning new skills in an alcohol- and drug-free environment that focuses on 24/7 peer support. Each member of the household shares responsibility for maintaining the house and democratically elects house officers. “It’s clean and sober living for people recovering from drugs and alcohol,” said Larson. “Each house is a democratically



Pittsburg’s fifth Oxford House, which is a type of drug-free house for recovering addicts, will soon be opening at 2404 S. Homer St. COURTESY PHOTO / GOOGLE MAPS

run, self-supporting, and drug-free home that represents a remarkably effective and low-cost method of preventing relapse.” Larson also cited an 83 percent success rate nationwide, with Kansas being slightly higher. Larson and her staff then faced a battery of questions from each of the commissioners and the city manager about who owns the house, who is accountable for the residents’ actions, who is eligible to be a resident, how sobriety is maintained, whether

any of the residents have a felony record, resident employment, and whether it is legal to host the residents, according to state statutes. Larson said each house is privately owned by a landlord. The new house in Pittsburg is owned by a person who owns several Oxford Houses nationwide. The residents of the house pay rent directly to the landlord. 83 percent of residents are employed with 60 percent having access to a private vehicle, according to Larson. See OXFORD, Page 8A

### Obituaries

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COMMUNITY

Obituaries

Mark Allen Neil

Mark Allen Neil, 63, of Arma, Kansas, entered into rest on July 23, 2022, at his home in Arma.

He was born May 6, 1959, at Mount Caramel in Pittsburg. The son of Miles and Thelma (Thompson) Neil. Mark worked as a tree trimmer for Bloom's Tree Service and Asplundh until he retired due to illness. He married Shelley Lynn Scholes on May 5, 1995. She survives at the home. Mark is survived by two daughters, Clarissa Neil and Tiffany Neil of Truman, Arkansas; four step-sons: Barry (Niki) DeBusk of Arma, Scott Jr. (Jessie) DeBusk of Pittsburg, Brad (Anna) DeBusk of Pittsburg, and Kent (Sarah) DeBusk of Mulberry; twenty grandchildren; and eight siblings: Roberta Stewart of Frontenac, Miles (Donna) Neil of Walker, Missouri, Sharon (Mike) Scoley of Walnut, Kansas, Darrell (Laurie Ann) Neil of Mulberry, Kansas, Sam (Marilyn) Neil of Arma, Randy Neil of Nevada, Missouri, Kevin Neil of Bronaugh, Missouri, and Melissa Schlup Neil of Perryton, Texas. He was also survived by several nieces and nephews.

Mark was preceded in death by his parents, one sister, Debra Neil, and two grandsons, Dalton Alexander DeBusk and Damien Foster.

Mark will be cremated, and there will be a Celebration of Life Saturday, July 30, 2022, from 5 p.m. to 7 p.m. at the Mulberry Senior Center for friends and family. The family suggests any donations to help with final expenses be sent to Shelley Neil at P.O. Box 5318 Franklin, KS, 66735.

And Mark had one best friend, Bob Burns of Arma.



Parsons man arrested for mistreatment of elders, theft, drugs, weapons charges

**Staff Reports**  
news@morningsun.net

PARSONS, Kan. — The Kansas Bureau of Investigation (KBI) has announced the arrest of a Parsons man Tuesday for theft, mistreatment of elder persons, and several drugs and weapons charges.

On Tuesday, July 26, at approximately 3:45 p.m., KBI agents arrested Stacy T. Oliver, 55, near 1528 Main St. in Parsons. Oliver was arrested for felony theft, two counts of mistreatment of an elder person, criminal threat, two counts of possession with the intent to distribute a controlled substance, possession of a controlled substance, possession of stolen property, felon in possession of a firearm, possession of marijuana, felony possession of drug paraphernalia, and misdemeanor possession of drug paraphernalia.

Following his arrest, Oliver was booked into the Labette County Jail. Formal charges had not yet been filed as of Wednesday morning. Charges are expected from the Labette County Attorney and the Crawford County Attorney. All suspects are presumed innocent until proven guilty in a court of law.

The Crawford County Sheriff's Office, Girard Police Department, Labette County Sheriff's Office, and Parsons Police Department assisted in this investigation.

The investigation is ongoing, the KBI noted in a press release. Nothing further will be released at this time.



Oliver

CFSEK awards \$150K to area nonprofits

**Staff Reports**  
news@morningsun.net

PITTSBURG, Kan. — The Community Foundation of Southeast Kansas (CFSEK) said in a press release Wednesday that it is pleased to announce General Grant Funds totaling \$150,000 have been awarded to 45 nonprofit organizations in Southeast Kansas. These grants, in 2022 alone, will impact 15 Southeast Kansas counties and 29 different communities.

The areas of Basic Human Needs, Youth Activities, and Arts & Culture are the focus of the CFSEK General Funds grant process. Proposals for projects in these focus areas were accepted during the month of June. Submissions were reviewed, and selections for funding were completed earlier this month.

Since 2004, the funds directly managed by CFSEK have provided hundreds of thousands of dollars, positively affecting the quality of life for Southeast Kansas residents. The following organizations and projects were awarded funds from the General Funds grant process:

**Arts & Culture — \$1,500**

- Olive Street Presents, Ltd.
- The Beat Goes On, Building Relationships, Culture and Community through Music

**Basic Human Needs — \$59,400**

- American Cancer Society Inc. — Giving Hope A Home — Crawford County
- Caney Valley Agape Network, Inc. — Emergency Family Relief with Financial Budgeting Success
- Catholic Charities, Inc. — Homeless and housing services
- City of Weir, Kansas — Monthly meals for seniors
- Coffeyville Regional Medical Center Foundation — Expand Wheelchair Accessibility for Patient Transport in Facilities
- Communities In Schools of Mid-America, Inc. — Supporting Student Needs in Southeast Kansas Schools
- Community Food Pantry Fund — The Community Food Pantry Fund
- DBLO Association — Making Dreams Possible for Children In Need
- First Baptist Church of River-ton, Kansas — Share with love food bank and More
- First United Methodist Church Wesley House — Homeless Basic Supplies 2022
- Humanity House Foundation — Feeding Allen County
- Kansas Children's Service League — "Build the Love and Wear the Baby"
- Labette County Emergency Assistance Center — CFSEK Emergency Funds for Labette County Residents
- Pregnancy and Family Center — PROJECT SAFE (Safety Accident Free Family Environment)

**CFSEK Affiliates — \$10,000**

- Girard Area Community Foundation — GACF Youth Activities granting
- Fort Scott Area Community Foundation — FSACF Youth Activities granting

The CFSEK Board of Trustees and staff congratulate all the 2022 grant recipients, the release noted. If you are interested in establishing a grantmaking fund with the CFSEK, visit [www.SoutheastKansas.org](http://www.SoutheastKansas.org) or call 620-231-8897.

**Youth Activities — \$79,100**

- Boy Scouts of America — Ozark Trails Council- Hooked On Scouting Fall Recruitment Campaign 2022
- Chanute Public Library — Literacy4Littles
- Cherry Street Youth Center, Inc. — Improving Physical Activities
- Children's Advocacy Center, Inc. — Go Blue SEK Kick-Off 2023
- Curious Minds Discovery Zone, Inc. — Rainbow "Play Village" Outdoor Addition
- Families and Children Together Inc. — Strike 3: You're IN! (FACT, Inc. Nature Preserve Wiffleball Field)
- Family Resource Center — Social Emotional Room
- First United Methodist Church — Wesley House — Kids Shoes and Coats, 2022
- Horses of Hope Riding Center, Inc. — Breeze Into HOPE — Arena Fans
- JR Dragons Youth League — Scholarship Program
- Kansas Big Brothers Big Sisters — Matches and Pumpkin Patches
- Live Well Crawford County — PAYS Christmas Bike Drive
- SEK Interlocal 637 — A Calming Corner
- Southwind Extension Education Foundation Inc — 4-H Southwind Shooting Sports Equipment Storage and Transportation.
- Special Olympics Kansas — Medals for Athletes
- Spring River Mental Health and Wellness — Pathfinders Summer/Fall Activities
- St. Patrick Catholic School — Improving Student learning through technology
- The Restorative Justice Authority — CATCH My Breath
- The Salvation Army — Bicycle Helmets for Youth at Christmas
- USD #250 Pittsburg — The Spot
- USD #258 Humboldt — Cooking in the Classroom
- Victory Life Church — Back-2School Haircuts Event

CLUB NOTES

Thursday, July 28

Arma Golden Era

Arma Golden Era, located at 619 E. Washington St., Arma, Kansas, hosts games including cards and dominoes on Thursdays from noon to 5 p.m. Now playing pinochle. Come and visit.

Co-dependents Anonymous

There will be no meeting on Thursday, July 28th. Regular meetings will resume Aug 4. Please call 620-231-6977 for information.

Al-Anon

As COVID-19 and social distancing has curtailed Al-Anon meetings, there is now a weekly Zoom Al-Anon meeting at 7 p.m. on Thursdays. For more information call 620-704-1309 or email [jtknoll@swbell.net](mailto:jtknoll@swbell.net).

TOPS Club Inc.

TOPS Club Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, meets weekly on Thursdays at 9 a.m. at Crawford County Historical Museum, located at 651 S Highway 69, Pittsburg. The meeting is open to the public, ages 7 and up. Your first visit to any TOPS meeting is free.

TOPS #1186

The new Pittsburg TOPS #1186 chapter meets Thursdays at the Knights of Columbus Towers at 700 N. Pine. Weigh-ins begin at 9:30 a.m. and the meeting starts at 10 a.m. Visitors are always welcome and your first visit is free. Call 620-724-4342 or 620-687-1788 for more information.

Pittsburg Noon Kiwanis

Pittsburg Noon Kiwanis meets at noon on the second and fourth Thursday of the month at The Pitt restaurant at 516 N. Broadway. Members and guests are encouraged to attend.

Monday, August 1

TOPS #0599 Pittsburg

TOPS KS 0599 Pittsburg, Kansas meets Monday evenings for confidential weigh-ins and an informational meeting at the Homer Cole Center at 3003 N. Joplin, Pittsburg, KS. Weigh-ins begin at about 5:15 p.m. and the meeting starts at 6:05 p.m. For more details about TOPS #0599, contact Wanda Porter at 620-231-9091.

Co-Dependents Anonymous

As COVID-19 and social distancing has curtailed CoDa meetings, there is now a weekly audio only conference call meeting at noon on Mondays. For more information call 620-704-1309 or email [jtknoll@swbell.net](mailto:jtknoll@swbell.net).

Community Grief Support Group

Meeting the first Monday of each month at Root Coffee House, 402 N Broadway, Pittsburg, from 6:30 to 7:30 p.m.

Tuesday, August 2

Pittsburg Noon Rotary

Pittsburg Noon Rotary meets at noon on Tuesdays at Via Christi Hospital. To allow more time for networking, the group has added a monthly "Social Hour" on the first Tuesday of every month throughout the community. Ask a Rotarian for the next social hour location or visit the group's Facebook page, Pittsburg Noon Rotary Club.

Pittsburg Duplicate Bridge Club

The Pittsburg Duplicate Bridge Club meets on Tuesdays at 12:15 p.m. at the Homer Cole Community Center. Fully vaccinated bridge players are welcome to come play with their partners. Masks are mandated at this time, but this policy will be reviewed when possible.

Thank you

The family of Joann Peasvento would like to thank everyone who was so generous in their giving and friendship during our family's time of loss. Thank you Dr. Holly Cranston and the staff at Ascension Via Christie Hospital. We especiall would like to thank Father Jerome Spexarth, the Mass servers, Ms. Sharon BArone, Jerry Lomsheck, the staff at Bath-Naylor, and all our friends and neighbors for making this time of sorrow a little easier for our family.

Again, thank you  
Frank Pesavento & Family

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**THE MORNING SUN**

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NEWS

USD 250 to host job fair

Staff Reports  
news@morningsun.net

PITTSBURG, Kan. — USD 250 Pittsburg Community Schools will host a job fair from 6:30 to 7:30 p.m. Monday, Aug. 1, at Pittsburg High School. This is an opportunity for

individuals interested in working for the district to talk with directors and hear more about the jobs available. Departments with job openings include Maintenance, Food Services, Transportation, Technology, Paraprofessionals (ESOL & Title), and more.

“Our classified staff play a vital role on our team,” Superintendent Richard Proffitt said in a press release. “We could not educate kids or keep our buildings open and safe without them. We are excited to welcome new members to the Dragon family!”

Computers will be provided for individuals who want to apply for an open position. Individuals interested in working for USD 250 can visit [usd250.org/careers](http://usd250.org/careers) for more information. USD 250 is an equal opportunity provider.

CHCSEK to host walk-in mammogram event

Staff Reports  
News@morningsun.net

PITTSBURG, Kan. — Community Health Center of Southeast Kansas is hosting a walk-in screening mammogram event for women age 40 and older who have not received a recent mammogram. Walk-in mammograms will be available from 7 a.m. to 7 p.m. Tuesday, Aug. 2 through Wednesday, Aug. 3 at the CHCSEK South Clinic located at 1011 S. Mount Carmel Place, across from Ascension Via Christi Hospital in Pittsburg.

CHCSEK stated it believes every woman should have the best quality mammogram available, so every patient will receive a 3D exam. A physician's referral is not required, and screenings are available to eligible women regardless of ability to pay. The mammography program at CHCSEK is nationally accredited by the American College of Radiology. According to CHCSEK, women in Southeast Kansas rank far below state and national averages in receiving this life-saving screening, and having the

service available within the clinic helps remove barriers many women have in receiving timely breast cancer screenings. The walk-in event will give patients an option when they can fit it into their schedule. CHCSEK uses the Hologic Genius system that screens the breast in four seconds for a much lower compression time, with less radiation exposure than many conventional mammography machines. The Genius exam is also superior for denser breasts that can hide early signs of cancer in a tradi-

tional mammogram. Additional benefits are that the Hologic Genius scans potentially reduce patient callback by up to 40 percent compared to 2D, sparing the emotional and economic toll of additional testing, including biopsies when there could be nothing wrong. Refreshments and a free gift will be provided during these walk-in events, and all insurance will be accepted, according to CHCSEK. No one will be denied care. For more information about the walk-in events, call 620-223-8484.

Young boy injured in Neosho County crash

Staff Reports  
news@morningsun.net

CHANUTE, Kan. — A young boy was seriously injured in a car accident Wednesday afternoon in Neosho County, according

to the Kansas Highway Patrol. The KHP responded at approximately 12:33 p.m. to Fifth Street and Lincoln in Chanute. According to the KHP crash report, a 2013 Ford Taurus was

traveling southbound on Lincoln Street when a pedestrian entered the roadway. The Taurus then struck the pedestrian. The driver of the Taurus, 75-year-old Lorene Haynes of Chanute, had

no apparent injury. The pedestrian, a seven-year-old boy from Chanute, was taken to Children's Mercy for treatment of a suspected serious injury. Haynes was wearing a seatbelt.

Explorers find WWII Navy ship, deepest wreck discovered

Associated Press  
news@morningsun.net

MANILA, Philippines (AP) — A U.S. Navy destroyer escort that engaged a superior Japanese fleet in the largest sea battle of World War II in the Philippines has become the deepest wreck to be discovered, according to explorers. The USS Samuel B. Roberts, popularly known as the “Sammy B,” was identified on Wednesday broken into two pieces on a slope at a depth of 6,895 meters (22,620 feet). That puts it 426 meters (1,400 feet) deeper than the USS Johnston, the previous deepest wreck discovered last year in the Philippine Sea also

by American explorer Victor Vescovo, founder of Dallas-based Caladan Oceanic Expeditions. He announced the latest find together with U.K.-based EYOS Expeditions. “It was an extraordinary honor to locate this incredibly famous ship, and by doing so have the chance to retell her story of heroism and duty to those who may not know of the ship and her crew's sacrifice,” Vescovo, a former Navy commander, said in a statement. The Sammy B. took part in the Battle off Samar, the final phase of the Battle of Leyte Gulf in October 1944, in which the Imperial Japanese Navy suffered its biggest loss of ships and failed to dislodge the

U.S. forces from Leyte, which they invaded earlier as part of the liberation of the Philippines. According to some records, the destroyer escort disabled a Japanese heavy cruiser with a torpedo and significantly damaged another while battling the group led by the command battleship Yamato. After having spent virtually all its ammunition, it was critically hit by the battleship Kongo and sank. Of a 224-man crew, 89 died and 120 were saved, including the captain, Lt. Cmdr. Robert W. Copeland. According to Samuel J. Cox, a retired admiral and naval historian, Copeland stated there was “no higher honor” then to have led the men who displayed

such incredible courage going into battle against overwhelming odds, from which survival could not be expected. “This site is a hallowed war grave, and serves to remind all Americans of the great cost born by previous generations for the freedom we take for granted today,” Cox said in a statement. The explorers said that up until the discovery, the historical records of where the wreck lay were not very accurate. The search involved the use of the deepest side-scan sonar ever installed and operated on a submersible, well beyond the standard commercial limitations of 6,000 meters (19,685 feet), EYOS said.

AREA EVENTS

Thursday, July 28

Greenbush Program at the Library

The Greenbush Education Service Center will facilitate fun and educational programs for children entering 3rd through 6th grades on Thursday, July 14 at the Pittsburg Public Library. Four session times are available: 10 a.m., noon, 1:30 p.m., and 3 p.m. This week's program is about the deep sea.

Teen Night: Luau Party

Pittsburg Public Library invites the public to attend Teen Nights at 5:30 p.m. Thursday evenings at the library. This Thursday will be Teen Luau Party. There will frozen drinks, limbo, and lessons about Polynesian cultures. Teen Nights are open to grades 6 through 12.

Friday, July 29

PPL Presents Professional Juggler

The Pittsburg Public Library invites the public to watch a performance by a professional juggler Brian Wendling at 6 p.m. Friday July 29 at Memorial Auditorium, 503 N. Pine St. This program is open to all ages and no registration is required. All children and teens who attend the event will receive a free book.

Friday Music on the Lake

The Friends of Crawford State Park are once again hosting live music at Crawford State Park, Farlington, Kansas. Each Friday, music will be from 6 p.m. to 8 p.m. at Lake View Café, on the northwest end of the lake at Crawford State Park. This Friday, Jeff Culver will be performing. Attendees are encouraged to bring their lawn chairs.

Artists for Alaric Benefit Concert

Brett Seager, The Bonnie Situation, Kota Lewis and the Flyers, and Beneath Totality will play at Artists for Alaric Benefit Show at 7 p.m. Friday, July 29 at the Dirty Mule in Pittsburg. \$10 suggested donation at the door that goes to help Alaric Hirschenhofer with medical bills.

Saturday, July 30

Pittsburg Area Farmers' Market

Vendors offer seasonal fruits and vegetables, meats, baked goods, and more. Local artisans sell handmade crafts. The farmers' market accepts EBT/Vision/SNAP cards. Saturdays from 8 a.m. to noon April 16 to Oct. 30 at the Farmers' Market Pavilion, 119 E. 11th St., Pittsburg.

Olive Street Presents My Politic

The band My Politic is back for a make-up show and they've finished up album #10, and they can't wait to share some new songs with you. There will be a traditional potluck before the show and attendees are invited to bring a dish to share. Tickets are \$20 and must be reserved by going to [olivestreetpresents.org](http://olivestreetpresents.org). All of the money goes directly to the musicians. Doors open at 6 p.m. for food and social hour, and music starts at 7 p.m.

Sunday, July 31

Watercolor Sunflower Cards

ArtForms Gallery is hosting a workshop at which everyone will be painting watercolor sunflower cards with artist Daria Claliborne from 2 to 4 p.m. Sunday, July 31 at ArtForms Gallery. The fee is \$35 with all supplies included. This class is for ages 12 and up. The class size limit is 10 people. Call 620-240-0165 to register.

SOIL

Continued from Page 3A

Murphy spoke on the importance of the Wildcat Extension's conferences. “I'm excited,” Murphy said. “I've really been working on starting this really with K-State. I think it's really good, and I think there's a lot of activity that's happening on Facebook online... There's more and more interest in it, so I am pretty excited. “I'm really excited to see Loran Steinlage come in. I think that's going to be really cool. He's from Iowa, and he's done a lot of innovative work and just looking forward to meeting him.” Coover also expressed his excitement in meeting Steinlage, as well as

Thomas and Brokesh. “He (Steinlage) is kind of the equipment guru of soil health,” he said. “So he actually is a little bit of an engineer himself and so getting him down from Iowa is kind of a big name coming to this. We're really excited to have him there and to hear the kind of things he does. “[...] We also have Ed Brokesh, he's with K-State Engineering so he does a lot of the same thing. He's on the equipment and also the economic side of looking at a lot of this stuff [...] We also have Candy Thomas, she's well-known within the NRCS and basically a soil health specialist within the NRCS. So we have three great names coming together for the Soil Health Conference.” The event is free to attend, but registration

is required by contacting the Wildcat Extension at 620-724-8233. Sponsored by Sustainable Ag Research and Education (SARE) and the Kansas Department of Health Environment (KDHE), the event flyer can be found on the Wild-

cat Extension's website, [wildcatdistrict.ksu.edu](http://wildcatdistrict.ksu.edu). For more information, contact James Coover, crop production agent, at [jcoover@ksu.edu](mailto:jcoover@ksu.edu) or 620-724-8233 or email [jcoover@ksu.edu](mailto:jcoover@ksu.edu).



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# OPINION PAGE

## HOW TO SUBMIT LETTERS TO THE EDITOR

Letters must be original, up to 250 words and signed. Include the writer’s address and phone number for verification. Letters may be edited and will generally not be published within five days of an election. Letters from the same author will only be published once every 45 days.  
Send letters to: The Editor, 701 N. Locust St., Pittsburg, KS 66762, news@morningsun.net, or fax to 620-231-0645.

## LITTLE BALKANS CHRONICLES

# Working at Salina Grocery Store



**J.T. Knoll**  
news@morningsun.net

*Today’s column is another excerpt from Dick Shaw’s memoir titled “Tales from the Professor: Life is a Hoot!” It’s available online on Kindle or locally at Books and Burrow in Pittsburg. — J.T.K.*

In 1957, I asked Mr. Thomas McNally if I could work for McNally’s between my freshman and sophomore years at Rockhurst. He said “Yes” but he had to change his answer because he needed to hire back family men who had been laid off earlier that year.

I was spending my summer in Pittsburg with my mother and needed to find work for spending

money. Don’t remember how I found out, but I applied for a job at Salina Grocery Store (on west 4th Street just past where Fire Station No. 1 is now located). Naldo Salina owned a neighborhood grocery store that measured about 20’ x 40’ — very common in those days. Naldo was the butcher, and I was everything else.

Customers could come in, select their vegetables, meats, canned goods, and paper products. Sometimes they asked me to help them. When finished, they brought their selections over to the cash register and I would either “ring them up” or put them on their tab — that is, write the items and the prices down on a sales pad and the customer would come in and pay later.

In the latter case, the customer usually came

in after “payday” to take care of their bill. We noticed that the closer it got to payday, the more likely it was that our credit customers would use Salina’s because they ran out of money. Right after payday, they went to Safeway or Foodtown because they had cash and prices were lower.

My hours were from 7:30 a.m. to 6:00 p.m. on Monday thru Friday and 8:00 a.m. to 5:00 p.m. on Saturday — or 61.5 hours a week. In those days, almost all retail stores were closed on Sunday. I brought my lunch bucket to work every day and ate whenever I got a chance. My starting salary was \$25.00 a week but after the first week, Naldo give me a \$10.00 a week raise because he liked what I did. I ended up earning about \$0.57 cents an hour.

Naldo taught me a lot. He even let me be the butcher when he had to leave me alone in the store — until I “butchered” the ham one day. My slice was so crooked and jagged, that he had to straighten the ham out when he got back. (He gave me “the correction” to eat.)

We had a truck, and I would select the groceries from the list that the customer gave us over the phone, sack them up, put them on their bill and deliver them to the customer’s home. (Sounds like what many grocery stores are doing today, doesn’t it?) Never received any tips that I remember. Some customers even asked me to put the groceries on the pantry shelves for them.

At times customers in the store would ask me to help them find products. I remember one lady

asked me to go pick out six peaches for her. I said, “Mam, I can’t stand the ‘feel of peach fuzz’. Can’t do it for you! Let me help you with something else.” She just laughed and told me to pick up 2 cans of Campbell’s Tomato Soup for her.

I remember another lady who came in and asked me if we had any “Hick Juice.” I said, “Hick Juice?” She said, “Yes, I saw an ad for it in the paper and I want to try some.”

I did some translation in my head and went over to the shelves where we kept large cans of juice and picked up a can of Hi-C. Just what she wanted — “Hick Juice.”

Mr. Salina liked my work so much that at the end of the summer he asked me if I still wanted to go back to college. He

said, “If not, I would like to make you a partner and we could run this store together. I will be retiring in a few years, and you could buy me out.” I thanked him for the offer but told him that I wanted to finish college.

He taught me a great deal about marketing that summer — and eventually “marketing” became my major at Rockhurst.

— Dick Shaw

*If you have a remembrance and/or photo to share, send it — along with your name, address and phone number — by email to jtknoll@subell.net or by land mail to 401 W. Euclid, Pittsburg, Kansas 66762. You can phone and text photos to 620-704-1309. — J.T.K.*

# LETTERS TO THE EDITOR

## Value Them Both is a common sense amendment

Hilary Gorman was spot on when she wrote about the Value Them Both Amendment in the July 19 Morning Sun paper. She stated that every single law that was designed to protect our daughters is at risk due to the decision of the Kansas Supreme Court.

We always talk about both sides working together, Value Them Both is a common sense amendment that both sides should be able to live with.

Don’t let the Kansas Supreme Court undo what we have worked hard for since 1998. Please vote, and please vote YES.

— Chuck Smith  
Pittsburg, Kansas

## I’m voting no to keep women and their futures safe

For those who are adamant about voting “YES” on August 2nd, ask yourself this. ARE YOU 100% sure that YOU, or YOUR daughter, YOUR granddaughters, YOUR future daughter-in-laws will NEVER have a miscarriage (depending on age, that could be 10-15% chance of having one in the first trimester) or NEVER have an ectopic pregnancy that rushes her to the emergency room in pain and bleeding? These situations can quickly become a life-threatening emergency and cause up to 3-4% of pregnancy related deaths. In medical emergencies, YOU expect to receive the best and most effective care for YOUR loved ones.

Voting against reproductive healthcare increases the chance of your loved one to endure infections, pain, hemorrhage, surgical complications, possible infertility, sepsis and even death. What if your loved one has to wait for medical intervention for an ectopic pregnancy or spontaneous abortion that they have no control over? Imagine waiting and waiting, as doctors have to decide if your loved one is severely close enough to death for them to intervene. Are YOU ready to criminalize and stigmatize your own daughter when it happens? It is inevitable. This will happen to someone you know. Maybe it won’t be YOUR daughter or YOUR wife, but it will happen. I, for one, am VOTING NO to keep women and their futures safe.

— Sandra Gutierrez-Kirby  
Pittsburg, Kansas

## I’m voting no so women will be free to make their own choices

I’m voting no so women will be free to make their own choices about their bodies. No one should have the right to tell anyone else what to do. I don’t want to be told what to do with my body. I have the right to choose if I will keep or abort a child because of my own personal or medical reasons. I should not be forced to have a full-term pregnancy because of someone else’s personal agenda.

— Erica Kersey  
Pittsburg, Kansas

## All limits on the abortion industry are in danger of being struck down

They run their coalition from an abortion clinic in Overland Park, Kansas. What is their idea of “constitutional freedom”? No limits whatsoever on the abortion industry.

They claim: “A ‘yes’ vote will cause doctors to withhold emergency medical care from pregnant women!” They don’t tell you that KSA 65-6701 already defines abortion. Medical emergencies like ectopic pregnancies, miscarriages and septic uterus are NOT considered abortions by Kansas law, and when a living child exists, there is always an exception for the life of the mother. But they don’t want you to know that. Why?

They claim: “Kansas already regulates abortion!” Deceptive words. Because of the Kansas Supreme Court ruling, all limits on the abortion industry are now PRESUMED UNCONSTITUTIONAL and are in danger of being struck down, as second-trimester dismemberment abortions and abortion clinic health and safety standards have already been.

Do they care about women? No. The abortion industry fights all health and safety standards. An abortionist in Kansas actually ran surgical instruments through a kitchen dishwasher. If you vote “no,” get ready for your veterinarian to be more regulated than your abortionist. Seriously.

There’s more...so much more...that they don’t want you to know...

If you support an unlimited, unregulated abortion industry, then you will probably vote “no” along with the abortionists. If you support the right of We the People, through our elected representatives, to keep regulations that protect women and children, your choice is clear. Vote “yes” on August 2nd.

— Michelle Thomas  
Pittsburg, Kansas

# Boyfriend's plans for future are subject to mom's approval



**DEAR ABBY**  
Abigail Van Buren

**DEAR ABBY:** My adult granddaughter, "Lola," is in a two-year relationship with a wonderful young man and has been anticipating a proposal. During a conversation, he mentioned he would not propose to her until he has introduced her to his parents, who live in another state. He says his mother wants him to marry a woman who has never been married or divorced and who has not had a child. Lola is divorced (due to her ex-husband's infidelity) and has a young son. This seems to her to

be a no-win situation if he won't propose until she's met his parents, but he lacks the courage to introduce her to them. What is my granddaughter to do? She's so unhappy and disappointed. -- IMPOSSIBLE IN TEXAS

**DEAR IMPOSSIBLE:** Your granddaughter's boyfriend is a mama's boy. The decision of whom to marry should be his, not his mother's. If, after two years, he cannot summon up the courage to introduce her PROUDLY to his parents, she should quit wasting her time with him because this romance will go no further than it already has.

**DEAR ABBY:** I cannot seem to get over the loss of my first husband decades ago. I still think of him often. I am still grieving

our divorce and his subsequent marriage to someone I'd known for many years. They have happily gone on with their lives. I am a widow now. My second husband was like me, dumped by his first wife, and we cobbled a life together as best we could. My problem is that I can't stop longing for my first husband. Logically, I know we'll never be together, even if he were free from his marriage to the "other woman." How does one ever get beyond the grief from a marriage that made me feel happy, safe and loved? Do others suffer for decades? I can't seem to move past the sadness, but would like to be free of these feelings before I pass away. -- MISSING THAT LIFE

**DEAR MISSING:** You are stuck in a rut of your own making, grieving the loss of your first marriage because there's nothing else going on in your life to distract you. If you want to get beyond this, start finding other things to occupy your time and your thoughts. Explore special interest groups you can join and activities that will take you out into the community so you have less time alone to brood. And if that isn't enough, consider asking your doctor to refer you to a licensed mental health professional.

**DEAR ABBY:** The past couple of years I've given \$300 to \$400 in cash to my personal trainer and his therapist wife for their birthdays and Christmas. When I hand them the card,

they'll thank me for the card, but I never hear another word. How do I know they just didn't throw away an unopened card? Maybe I've insulted them with the cash? Or someone pilfered it? Or is this a sign of the times? -- BITTER IN THE WEST

**DEAR BITTER:** The next time you hand them their cards, say, "I hope you can use what's inside to get yourself something nice or have some fun." (If you still want to continue giving them money, that is!)

*Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.*



# AGRICULTURE

## Cleaning Stock Tanks – Priority?

By Wendie Powell  
Wildcat Extension District

A clean stock tank with high-quality water promotes healthy livestock. Nursing calves have a nine percent higher weight gain when drinking water from a trough rather than from a pond. Poor tasting water can influence forage intake. Drinking more water can mean more efficient forage consumption. Viruses, parasites, and bacteria thrive in tanks that are not properly cleaned.

Keeping your stock tank clean can be a challenge in the summer. Warm summer temperatures, abundant sunlight, and nutrients mix together to create ideal conditions for

algae growth. Nutrients from slobber, excrement, leaves, or other debris can stimulate harmful algae growth. Algae changes the taste of water, and some types are even toxic, like blue-green algae, which is toxic to livestock. Using fencing or other barriers to limit livestock access to ponds can mitigate nutrient introduction. Barriers should be low enough that critters won't slip underneath.

Most tanks should be drained and cleaned once or twice a year. Add one part of household chlorine bleach for 32 parts of water. Let the water sit for 15 minutes. Drain and scrub the tank well. Keep livestock away from the tank for at least 30 minutes

after cleaning. Getting the tank empty can be difficult unless the tank has a built-in drain. In the case of no drain, turn the water off and let the livestock drink the water down to a point where it can be managed.

Once the tank is cleaned, there are a few ways to keep it clean. First, keep debris (leaves, dead plants) out of the tank. Two ounces of household chlorine bleach to fifty gallons of water weekly will help regulate algae growth. Or copper sulfate, an eighth of a teaspoon per hundred gallons.

Goldfish are also an option for algae control. Add four to six goldfish per 100 gallons of tank capacity. Goldfish survive best when the temperature

is at least sixty degrees, they need bricks, rocks, or some structure to hide from predators like birds or raccoons. Fish kills are a concern if the water level gets too low and there is not enough oxygen or in the winter when it's too cold.

Keeping the troughs out of direct sunlight can also help minimize algae growth. Freeze-proof troughs, such as floating ball top waterers, work well in cold weather and work to keep water cool in the summer.

For more information, contact Wendie Powell, Livestock Production Agent, 620-784-5337, [wendiepowell@ksu.edu](mailto:wendiepowell@ksu.edu).

## Kansas Farm Bureau president to retire in December

Staff Reports  
[news@morningsun.net](mailto:news@morningsun.net)

PITTSBURG, Kan. — After serving as president of Kansas Farm Bureau since 2014, Montgomery County farmer Rich Felts has announced he will retire Dec. 5. Felts previously served as vice president of the organization for three years and on the board of directors before moving into leadership of the organization.

“The decision to retire was not an easy one,” Felts said. “I have enjoyed my time working for and with Farm Bureau members

of Kansas. My wife, Shirley, and I look forward to returning to the farm and know our organization will continue to advocate, educate and serve Kansans.”

Terry Holdren, Kansas Farm Bureau CEO, also commented on Felts’ retirement announcement.

“Rich has been a steadfast and strong leader of our farm organization,” Holdren said. “His work on behalf of our members, our state and agriculture has put us in a great position for the future.”

Felts began his service to the Kansas Farm Bu-

reau at the county level and held leadership and volunteer positions for extension, conservation, rural fire, church and township boards.

At Kansas Farm Bureau he served on the American Farm Bureau Federation board of directors, chaired the board of Farm Bureau Mutual Insurance Company and affiliated boards and committees, and was appointed to numerous taskforces by governors and others on behalf of Kansas farmers and ranchers.

Under his leadership, Kansas Farm Bureau

Health Plans was created, and more than \$150,000 was raised and shared across the state to end hunger in Kansas communities. Felts supported the expansion of mental health resources for farmers and ranchers, consumers were educated about sustainable agriculture, and innovation and entrepreneurship were improved in rural communities.

A new president will be elected at the organization's annual meeting on Dec. 5 in Manhattan.

## Beef Cattle and Forage Field Day set for Aug. 4

Staff Reports  
[news@morningsun.net](mailto:news@morningsun.net)

PARSONS, Kan. — Outside forces such as high input prices, weather events, encroachment of invasive plant species have made managing forage even more important in cattle production, according to Kansas State University beef systems specialist Jaymelynn Farney.

Farney said those are topics that will be highlighted at the annual K-State Beef Cattle and Forage Field Day in Parsons on Aug. 4. The field day will be held at the

Southeast Research and Extension Center at 25092 Ness Road in Parsons, beginning at 7:30 a.m. with registration.

The rest of the program includes a morning trip to the field to discuss broomsedge control in pasture and other fertility management and an afternoon discussion about annual forages. Farney said the field day also includes several indoor presentations, which will be recorded and posted online at [www.southeast.ksu.edu/field\\_days](http://www.southeast.ksu.edu/field_days).

Presentations and presenters include:

- Broomsedge and fertility in pastures, Bruno Pedreira, K-State.
  - What is happening and what is coming with antibiotic usage in cattle, Greg Hanzlicek, K-State.
  - Using fire and small ruminants for pasture management of undesirable plant species, Laura Goodman, Oklahoma State University.
  - Demonstration of an online tool to determine stocking rates on a per pasture basis, Goodman.
  - Annual forages for cattle production including the development of heifers on different forages, Farney.
- The field day is free to

attend and includes lunch. This year's field day sponsors include Green Cover Seeds, Mountain View Seeds, Producers Coop, SEK Genetics, South Coffeyville Livestock, WD Ag Insurance and Zoetis.

Those interested in attending should contact Trista Jones at 620-820-6133 or online at <https://forms.gle/V2CL2fb-P2UmQQnPF6> to help organizers with a meal count by August 1. For more information, contact Wendie Powell, livestock production agent, at 620-784-5337 or [wendiepowell@ksu.edu](mailto:wendiepowell@ksu.edu).

## USDA begins issuing payments for Spot Market Hog Pandemic Program

Staff Reports  
[news@morningsun.net](mailto:news@morningsun.net)

WASHINGTON, D.C. — The U.S. Department of Agriculture (USDA) is increasing the amount of funding available for the Spot Market Hog Pandemic Program (SMHPP) and expects to issue approximately \$62.8 million in pandemic assistance payments to hog producers starting this week.

SMHPP assists eligible producers who sold hogs through a spot market sale from April 16, 2020, through Sept. 1, 2020. USDA's Farm Service Agency (FSA) accepted SMHPP applications through April 29, 2022.

“In order to provide more targeted support to hog producers affected by the pandemic, FSA was

able to increase funding for SMHPP to provide full payments to producers instead of applying a payment factor,” said FSA Administrator Zach Ducheneaux. “We are pleased to be able to provide more equitable opportunities for hog producers who were hard-hit by the pandemic.”

SMHPP payments will be calculated by multiplying the number of head of eligible hogs, not to exceed 10,000 head, by the payment rate of \$54 per head.

FSA originally planned to apply a payment factor if calculated payments

exceeded the allocated \$50 million in pandemic assistance funds for SMHPP. Payments are not expected to be factored due to Agriculture Secretary Tom Vilsack's decision to increase funding, enabling producers to receive 100% of the calculated SMHPP payment. There is no per person or legal entity payment limitation on SMHPP payments.

USDA offered SMHPP in

response to a reduction in packer production due to the COVID-19 pandemic, which resulted in fewer negotiated hogs being procured and subsequent lower market prices. The program is part of USDA's broader Pandemic Assistance for Producers initiative and addresses gaps in previous assistance for hog producers, according to a USDA press release Wednesday.

## COMMODITIES

Chicago Merchantile Exchange					
	Open	High	Low	Settle	Chg
<b>CATTLE</b>					
40,000 lbs.; cents per lb.					
Aug	137.10	137.25	136.42	136.80	−.07
Oct	142.60	142.70	141.87	142.32	−.05
Dec	148.05	148.37	147.70	148.17	+12
Feb	151.95	152.37	151.65	152.12	+17
Apr	154.52	154.80	154.10	154.52	
Jun	149.30	149.60	148.82	149.30	+03
Aug	148.52	149.02	148.35	148.80	+13
Oct	152.15	152.55	152.12	152.50	+28
Dec	156.00	156.12	155.95	156.12	+07
Est. sales 31,929.Tue.'s sales 41,480					
Tue.'s open int 252,398					

<b>FEEDER CATTLE</b>					
50,000 lbs.; cents per lb.					
Aug	177.00	179.35	177.00	179.10	+1.68
Sep	180.07	182.25	179.75	181.85	+1.43
Oct	182.65	184.82	182.65	184.47	+1.25
Nov	184.82	186.35	184.67	186.12	+1.15
Jan	185.00	186.50	184.92	186.35	+1.03
Mar	186.85	187.42	186.25	187.40	+95
Apr	188.75	188.77	188.40	188.77	+40
May	190.00	190.50	189.52	190.50	+75
Est. sales 8,757.Tue.'s sales 10,413					
Tue.'s open int 38,765, up 118					

<b>HOGS, LEAN</b>					
40,000 lbs.; cents per lb.					
Aug	117.55	118.80	117.50	118.60	+1.63
Oct	94.15	96.52	94.00	96.45	+2.80
Dec	86.20	87.50	86.10	87.37	+1.40
Feb	89.60	90.45	89.47	90.30	+70
Apr	92.65	93.32	92.65	93.12	+32
May	96.42	96.75	96.37	96.55	+35
Jun	101.00	101.40	100.87	101.15	+03
Jul	100.65	100.92	100.62	100.77	+25
Aug	99.12	99.37	99.12	99.20	−.05
Est. sales 33,473.Tue.'s sales 36,076					
Tue.'s open int 207,925					

<b>PORK BELLIES</b>					
40,000 lbs.; cents per lb.					
No open contracts..					

Chicago Board of Trade					
	Open	High	Low	Settle	Chg.
<b>WHEAT</b>					
5,000 bu minimum; cents per bushel					
Sep	802½	818¾		790¼	−13½
Dec	821¼	836¼	799¾	808½	−13½
Mar	836	851	816½	825	−12¼
May	845	857¾	824¼	833¼	−11
Jul	831½	848	817½	826½	−8½
Sep	829½	844½	816	826¾	−5¾
Dec	834¼	844	817	829	−3½
Mar	818½	823¼	818½	823¼	−2
May	813¼				
Jul	777¼				
Est. sales 73,061.Tue.'s sales 78,217					
Tue.'s open int 301,674					

<b>CORN</b>					
5,000 bu minimum; cents per bushel					
Sep	597	604¼	591¼	600¼	+3¼
Dec	600¾	606¾	594¼	603	+2¼
Mar	607½	613½	601½	610	+2½
May	611½	617	605¼	614	+2½
Jul	611	616¼	605¼	613¾	+3
Sep	575½	579¾	570¾	579¼	+3¾
Dec	562	565¼	556¼	564½	+3¾
Mar	569	572	567¼	572	+3½
Est. sales 219,871.Tue.'s sales 290,334					
Tue.'s open int 1,320,768					

<b>OATS</b>					
5,000 bu minimum; cents per bushel					
Sep	461	461	436½	440½	−11
Dec	432¾	443	425	429½	+1
Mar	424¾	+½			
May	419¼	+½			
Jul	412½	413¼	412½	413¼	+¾
Sep	380½	+¾			
Dec	380½	+¾			
Mar	372¾	+¾			
Est. sales 250.Tue.'s sales 200					
Tue.'s open int 2,675, up 26					

<b>SOYBEANS</b>					
5,000 bu minimum; cents per bushel					
Aug	1532	1582¾	1531¼	1578¾	+46
Sep	1399	1431¼	1386½	1424½	+24¾
Nov	1383	1416½	1371¾	1410	+26¼
Jan	1389¼	1422½	1379	1416½	+26
Mar	1389	1418¼	1377½	1412½	+23
May	1386¾	1416	1377¼	1412½	+21
Jul	1387¼	1411½	1373¼	1405½	+20
Aug	1374¾	1378¾	1373¼	1378¾	+18¼
Est. sales 206,221.Tue.'s sales 179,160					
Tue.'s open int 583,850					

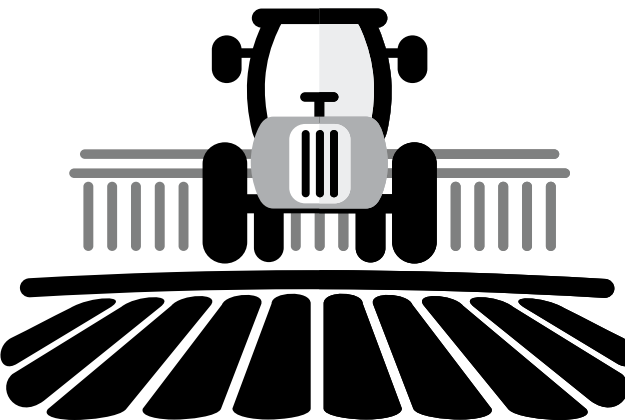
<b>SOYBEAN OIL</b>					
60,000 lbs; cents per lb					
Aug	60.40	62.50	60.10	61.18	+76
Sep	58.79	60.69	58.40	59.85	+1.06
Oct	58.20	60.04	57.82	59.32	+1.17
Dec	57.95	59.84	57.64	59.19	+1.24
Jan	57.81	59.65	57.52	59.08	+1.25
Mar	57.56	59.32	57.28	58.74	+1.19
May	57.28	58.90	56.99	58.45	+1.16
Jul	57.02	58.59	56.49	58.00	+1.13
Est. sales 107,319.Tue.'s sales 117,788					
Tue.'s open int 368,075					

<b>SOYBEAN MEAL</b>					
100 tons; dollars per ton					
Aug	472.40	491.40	470.60	488.90	+16.50
Sep	435.00	450.50	432.60	446.00	+11.00
Oct	418.50	432.40	415.40	427.90	+8.90
Dec	417.10	430.60	414.00	426.10	+8.30
Jan	414.70	427.20	411.70	423.30	+8.00
Mar	409.50	419.70	405.70	416.20	+6.30
May	405.80	414.40	402.20	411.70	+5.80
Jul	400.10	410.40	398.80	408.50	+5.50
Aug	393.30	402.00	393.30	401.40	+4.90
Est. sales 163,029.Tue.'s sales 167,251					
Tue.'s open int 396,531, up 2,549					

Producers Cooperative Association	
Bushel	
Soft wheat.....	\$7.20
Soybean.....	\$15.35
Yellow shell corn.....	\$7.25
Milo.....	\$6.50

Columbus Grain	
Bushel	
Hard wheat.....	\$7.87
Soft wheat.....	\$7.20
Soybean.....	\$16.04
Yellow shell corn.....	\$7.25
Milo.....	\$6.50

McCune Farmers Union Coop Association	
Bushel	
Hard wheat.....	\$7.87
Soft wheat.....	\$7.20
Soybean.....	\$16.04
Yellow shell corn.....	\$7.25
Milo.....	\$6.50



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# LOOKING BACK

FROM OUR HISTORY

## All six of Pittsburg's new tornado sirens have been installed

By Phil Burgert  
news@morningsun.net

Excerpted stories in  
Crawford County newspaper archives

**100 Years Ago**  
July 28, 1922  
William Hasson, an ex-husband of Mrs. Bessie Hasson, was committed to the county jail at Girard today and was ordered to remain there until he decides to comply with the orders of the district court to pay his divorced wife \$25 a month alimony. Hasson is also charged with having kidnapped his wife earlier this year and taken her by motor car to Texas without permitting her to escape and return to her home in Mulberry.

Cleaning up of the mine,

preparatory to placing it in operation, will begin this morning at the No. 49 shaft of the Central Coal and Coke company, near Ringo. It is reliably reported that other companies plan to begin cleaning up their mines soon before returning to work. At the association headquarters it was announced that five men worked yesterday at the Western 19 mine, as compared to three the preceding day.

Finding their batting eyes in the later innings of the game, the Post-office baseball team defeated Nuttman-Lemon in an interesting game yesterday on the East Fourth street diamond, 9 to 6. The batting star of the contest was Smith, P. O. second baseman, who leaned on

the pill for a quartet of bingles in five trips to the plate.

**50 Years Ago**  
July 28, 1972  
All six of the sirens in Pittsburg's new tornado warning system now have been installed, Stan Smith, assistant to the city manager, reported yesterday. It is expected that all six will be tested in unison tonight to make sure they all are operating properly and the sound carrying as it should. The sirens were tested briefly as they were connected to electricity to make sure the connections were properly made.  
The city of Pittsburg has been commended by the state office of the Kansas Public Employment Program in Topeka for the fine manner the city has

administered the program here. Pittsburg received a grant for approximately \$40,000 last November for an 11-month program. The program here has been audited four times. Pittsburg has nine police, ambulance, public works and airport employees under the program.

Big Steve Leake, all 230 pounds of him, completely dominated Pittsburg's Legion-Bowlus hitters last night. Leake gave a king-sized assist to Winfield 6-1 victory over Legion-Bowlus in the Third District American Legion title game. The 14-hit Winfield attack really wasn't needed with Leake serving up curves that broke a foot and fastballs hitting corners.

**25 Years Ago**

July 28, 1997  
The Vietnam Veterans of America Horse Mounted Color Guard will ride into Fort Scott on Friday. The group will be on its 200-mile trail ride to the annual Vietnam Veterans of America convention in Kansas City, Mo. The color guard, from Fairland, Okla., was organized to always remember the plight of the prisoners of war and U.S. military personnel declared missing in action during the Vietnam War.

Pittsburg State University continues to produce more Academic All-Americans than any other NCAA Division II institution, according to the latest statistics. Since 1990, Pittsburg State has produced 27 GTE Academ-

ic All-Americans as voted by the College Sports Information Directors of America. Abilene Christian (Texas) University is second with 23 while MIAA member Truman State (Mo.) University is third with 18.

The Pittsburg American Legion Post 64 Class AAA baseball team wrapped up its regular season by splitting a pair of games at Springdale, Ark., yesterday. Pittsburg routed Springdale 21-2 in the first game and fell 5-3 in the second game. Post 64 enters state tournament play with a 30-24 overall record. Pittsburg hosts the tournament and will open play at Jaycee Ball Park against a yet-to-be-determined opponent.

TODAY IN HISTORY

## In 1976, an earthquake devastated northern China, killing at least 242,000

Associated Press  
news@morningsun.net

Today is Thursday, July 28, the 209th day of 2022. There are 156 days left in the year.

**Today's Highlights in History:**

On July 28, 1945, the U.S. Senate ratified the United Nations Charter by a vote of 89-2. A U.S. Army bomber crashed into the 79th floor of New York's Empire State Building, killing 14 people.

**On this date:**  
In 1609, the English ship Sea Venture, commanded by Adm. Sir George Somers, ran ashore on Bermuda, where the pas-

sengers and crew founded a colony.

In 1914, World War I began as Austria-Hungary declared war on Serbia.

In 1932, federal troops forcibly dispersed the so-called "Bonus Army" of World War I veterans who had gathered in Washington to demand payments they weren't scheduled to receive until 1945.

In 1943, President Franklin D. Roosevelt announced the end of coffee rationing, which had limited people to one pound of coffee every five weeks since it began in Nov. 1942.

In 1965, President

Lyndon B. Johnson announced he was increasing the number of American troops in South Vietnam from 75,000 to 125,000 "almost immediately."

In 1976, an earthquake devastated northern China, killing at least 242,000 people, according to an official estimate.

In 1984, the Los Angeles Summer Olympics opened.

In 1995, a jury in Union, South Carolina, rejected the death penalty for Susan Smith, sentencing her to life in prison for drowning her two young sons (Smith will be eligible for

parole in 2024).

In 2015, it was announced that Jonathan Pollard, the former U.S. Naval intelligence analyst who had spent nearly three decades in prison for spying for Israel, had been granted parole.

In 2016, Hillary Clinton accepted the Democratic presidential nomination at the party's convention in Philadelphia, where she cast herself as a unifier for divided times as well as an experienced leader steeled for a volatile world while aggressively challenging Republican Donald Trump's ability to lead.

In 2019, a gunman opened fire at a popular garlic festival in Gilroy, California, killing three people, including a six-year-old boy and a 13-year-old girl, and wounding 17 others before taking his own life.

In 2020, President Donald Trump issued a stout defense of the disproved use of a malaria drug, hydroxychloroquine, to treat COVID-19, hours after social media companies took down videos shared by Trump, his son and others promoting its use; Trump also retweeted several attacks on the credibility of Dr. Anthony Fauci, a leading member of the White House coronavirus task force.

**Ten years ago:** Syria's government launched an offensive to retake rebel-held neighborhoods in

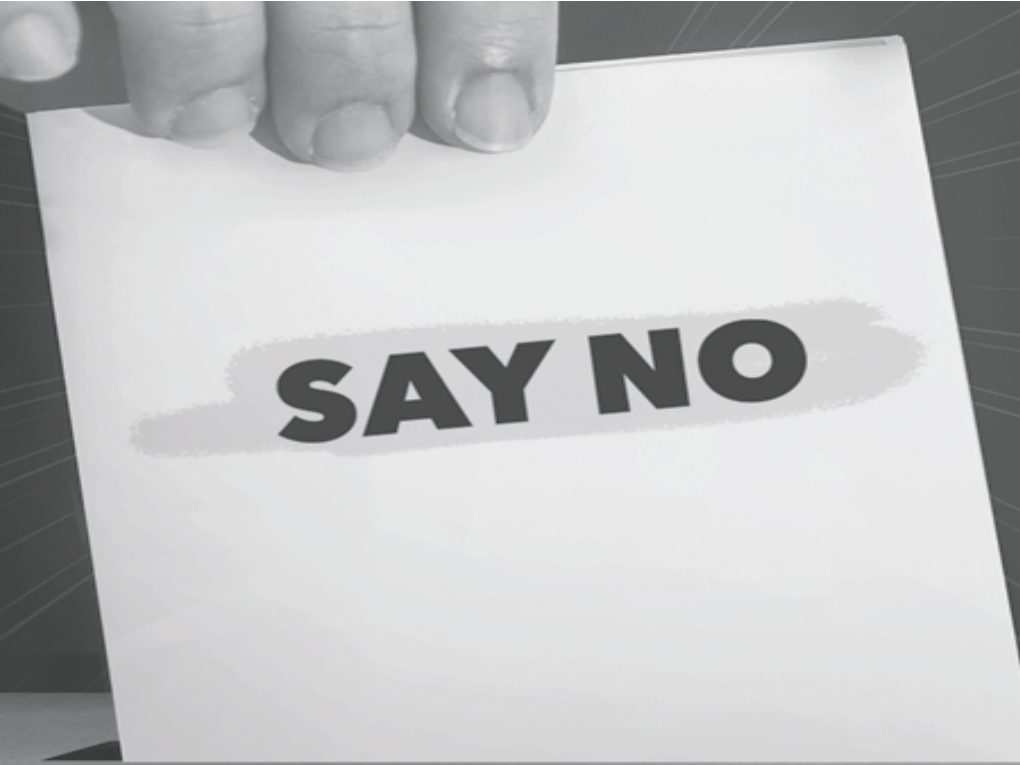
the nation's commercial hub of Aleppo. At the London Olympics, Chinese swimmer Ye Shiwen set the first world record, winning the women's 400-meter individual medley in 4:28.43. Ryan Lochte of the U.S. won the men's 400-meter individual medley in 4:05.18.

**Five years ago:** The Senate voted 51-49 to reject Majority Leader Mitch McConnell's last-ditch effort to dismantle President Barack Obama's health care overhaul with a trimmed-down bill; John McCain, who was about to begin treatments for a brain tumor, joined two other GOP senators in voting against the repeal effort. President Donald Trump announced he was appointing Homeland Security Secretary John Kelly to be his chief of staff. Defrocked priest Paul Shanley, who was at the center of Boston's Roman Catholic clergy sex abuse scandal, was released from prison at the age of 86.

**One year ago:** The Senate voted to begin work on a nearly \$1 trillion national infrastructure plan after the White House and a bipartisan group of senators agreed on major provisions of the package, a key part of President Joe Biden's agenda. New guidance from the federal government calling for even vaccinated people to wear masks indoors in parts of the country

set off a cascade of mask rules across the nation as cities, states, schools and businesses raced to restore mandates and others pushed back against the guidelines. The Texas blues rock trio ZZ Top announced that long-bearded bassist Dusty Hill had died at age 72.

**Today's Birthdays:** Actor Darryl Hickman is 91. Musical conductor Riccardo Muti is 81. Former Senator and NBA Hall of Famer Bill Bradley is 79. "Garfield" creator Jim Davis is 77. Singer Jonathan Edwards is 76. Actor Linda Kelsey is 76. TV producer Dick Ebersol is 75. Actor Sally Struthers is 75. Rock musician Simon Kirke (Bad Company) is 73. Rock musician Steve Morse (Deep Purple) is 68. Former CBS anchorman Scott Pelley is 65. Alt-country-rock musician Marc Perlman is 61. Actor Michael Hayden is 59. Actor Lori Loughlin is 58. Jazz musician-producer Delfeayo Marsalis is 57. Former hockey player Garth Snow is 53. Actor Elizabeth Berkley is 50. Singer Afroman is 48. Rock singer Jacoby Shaddix (Papa Roach) is 46. Actor John David Washington is 38. Actor Jon Michael Hill is 37. Actor Dustin Milligan is 37. Actor Nolan Gerard Funk is 36. Rapper Soulja Boy is 32. Pop/rock singer Cher Lloyd (TV: "The X Factor") is 29. Golfer Nelly Korda is 24.



The people behind this amendment wrote it in such a confusing way, it's hard to know what would happen if it passed. But one thing is clear: **government should stay out of our private medical decisions.** If the amendment passes, politicians will have the power to pass any law they want about abortion, **including a total ban with no exceptions – even in cases of rape, incest, or when the mother's life is at risk.**

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Almanac for PITTSBURG, KS				
July 27, 2022				
Daily Data	Observed	Normal	Record Highest	Record Lowest
Max Temperature	105	91	105 in 2022	75 in 2018
Min Temperature	72	71	78 in 2006	58 in 2004
Avg Temperature	88.5	81.0	89.0 in 2011	88.0 in 2018
Precipitation	0.90	0.12	0.85 in 2006	0.00 in 2021
Snowfall	M	0.0	0.0 in 2021	0.0 in 2021
Snow Depth	M	-	0 in 2021	0 in 2021
HDD (base 65)	0	0	0 in 2022	0 in 2022
CDD (base 65)	24	16	24 in 2022	3 in 2018
Month-to-Date Summary	Observed	Normal	Record Highest	Record Lowest
Avg Max Temperature	97.4	90.0	101.8 in 1954	84.1 in 1950
Avg Min Temperature	71.9	70.0	75.3 in 2011	64.3 in 1950
Avg Temperature	84.6	80.0	86.6 in 2011	74.2 in 1950
Total Precipitation	1.31	4.01	16.55 in 1992	0.06 in 1975
Total Snowfall	M	0.0	0.0 in 2021	0.0 in 2021
Max Snow Depth	M	-	0 in 2021	0 in 2021
Total HDD (base 65)	0	0	0 in 2022	0 in 2022
Total CDD (base 65)	497	406	590 in 2011	255 in 1950
Year-to-Date Summary	Observed	Normal	Record Highest	Record Lowest
Avg Max Temperature	67.2	66.8	79.5 in 1950	39.0 in 1963
Avg Min Temperature	45.0	46.2	56.9 in 1950	16.3 in 1963
Avg Temperature	56.1	56.5	68.2 in 1950	27.6 in 1963
Total Precipitation	22.29	29.98	43.40 in 2019	12.31 in 1960
Total Snowfall (since July 1)	M	0.0	0.0 in 2021	0.0 in 2021
Max Snow Depth (since July 1)	M	-	0 in 2021	0 in 2021
Total HDD (since July 1)	0	0	0 in 2022	0 in 2022
Total CDD (since Jan 1)	1099	874	1318 in 2012	0 in 1970



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KLS offers a professional and friendly work environment with integrity as our guiding principle. We are an equal opportunity employer with recruitment efforts focused on ensuring a diverse workforce. Spanish, bilingual is preferred but is not a requirement for this job.

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## LEGALS

(First Published in The Morning Sun on July 14th, 2022)

### IN THE DISTRICT COURT OF CRAWFORD COUNTY, KANSAS

IN THE MATTER OF THE ESTATE OF  
HENRY E. SAUER, DECEASED.  
Case No. CRP-2022-PR-000076

#### NOTICE TO CREDITORS

The State of Kansas to all Persons Concerned:  
You are hereby notified that on June 29, 2022, a Petition for Probate of Will and Issuance of Letters Testamentary was filed in this Court by Randall C. Sauer, an heir, devisee and legatee, and Executor named in the "Last Will and Testament of Henry E. Sauer," deceased.

All creditors of the decedent are notified to exhibit their demands against the Estate within the latter of four (4) months from the date of the first publication of this notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, thirty (30) days after actual notice was given, as provided by law, and if their demands are not thus exhibited, they shall be forever barred.  
Randall C. Sauer, Petitioner

John H. Mitchelson  
Ks. Bar No. 11686  
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(First Published in the Pittsburg Morning Sun on July 27th 2022)

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NATION & WORLD

Xi, Biden to speak as possible Pelosi Taiwan visit looms

Associated Press  
news@morningsun.net

BEIJING (AP) — U.S. President Joe Biden is planning to speak with his Chinese counterpart Xi Jinping for the first time in four months, with a wide range of bilateral and international issues on the table.

But a potential visit to Taiwan by Speaker of the House Nancy Pelosi is looming over the conversation set for Thursday, with China warning of a severe response if she travels to the self-governing island democracy Beijing claims as its own territory.

On Wednesday, China's Foreign Ministry declined to comment on the presidential phone call. However, spokesperson Zhao Lijian reiterated China's warnings over a Pelosi visit.

"If the U.S. insists on going its own way and challenging China's bottom line, it will surely be met with forceful responses," Zhao told reporters at a daily briefing. "All ensuing consequences shall be

borne by the U.S."

Pelosi's office has yet to say when, or even if, she will proceed with the visit, but the timing is especially sensitive amid heightened tensions between Beijing and Washington over trade, human rights and Taiwan.

While the U.S. has in recent years sent a Cabinet secretary and high-ranking former officials to Taiwan, Pelosi's status as the top congressional Democrat and second in line of succession to the presidency puts her in a separate category. The speaker has made standing up to China a key feature of her more than three decades in Congress.

While Biden has no authority to prevent Pelosi visiting, China's authoritarian Communist government chooses to ignore the separation of powers in the U.S., saying Congress is beholden to the administration. In Beijing's perception, the fact both belong to the Democratic Party reinforces the notion that Pelosi is somehow working with Biden's assent.

Despite that, Biden last week told reporters that U.S. military officials believed it was "not a good idea" for the speaker to visit the island at the moment. The Financial Times reported last week that Pelosi planned to visit Taiwan in August, a trip that had originally been planned for April but was postponed after she tested positive for COVID-19.

Pelosi would be the highest-ranking U.S. elected official to travel to Taiwan since Republican Newt Gingrich visited the island in 1997 when he served as House speaker. Gingrich and other prominent Republicans who are normally highly critical of Pelosi have offered their encouragement, saying China has no right to dictate where Americans can travel to.

China has given no details on what specific actions it would take in response, but experts say it could launch additional incursions into waters and airspace near Taiwan, or even cross the center line of the Taiwan Strait dividing the two. Some

have speculated China might even attempt to prevent her plane from landing, something that would spark a major crisis and is generally considered unlikely.

U.S. officials told The Associated Press that if Pelosi goes to Taiwan, the military will increase movement of forces and assets in the Indo-Pacific region.

They declined to provide details, but said that fighter jets, ships, surveillance assets and other military systems would likely be used to provide overlapping rings of protection for her flight to Taiwan and any time on the ground there.

A possible Pelosi visit makes it even more important that Xi and Biden hold a meaningful discussion, said Yu Wanli, a professor of international relations at Beijing Language and Culture University.

Although both their administrations are opposed to it, Pelosi's visit "has been hijacked by U.S. domestic politics, with Republicans and other forces

exerting pressure not to show weakness to China," Yu said.

"The issue of how China and the U.S. manage and control the Taiwan issue has become an urgent matter, and therefore the talk between the two leaders is very timely and necessary," he said.

The U.S. has only informal relations and defense ties with Taipei in deference to China, but remains the island's most important source of military and political support. Legally, the U.S. is obligated to ensure Taiwan can defend itself and regard threats to it as matters of "grave concern."

China, which in recent years has boosted its threat to use force to annex Taiwan if necessary, objects to all U.S. arms sales and contacts with the island's government.

It regularly stages military exercises and flies warplanes into Taiwan's air defense identification zone, in what it calls warnings to supporters of the island's formal independence and their foreign allies.

The sides split amid civil war in 1949 and Taiwanese President Tsai Ing-wen has refused Beijing's demand that she recognize the island as a part of China. Public sentiment in Taiwan strongly favors maintaining the status quo of de-facto independence without further antagonizing Beijing.

Along with Taiwan, North Korea's nuclear program, Beijing's close ties to Russia, efforts by Biden to revive the Iran nuclear deal and the status of the U.S. administration's review of tough tariffs imposed on China by the Trump administration are likely to feature in discussions between the leaders.

Taiwan was a central topic during Biden and Xi's last call in March, about three weeks after Russia launched its invasion of Ukraine. China has refused to criticize Russia's move, blames the U.S. and NATO for provoking Moscow and has blasted punishing sanctions imposed on Vladimir Putin's government and political cronies.

US rocket system enables Ukraine to pummel key supply bridge

By Susie Blann  
Associated Press

KYIV, Ukraine (AP) — Ukrainian troops used American-supplied precision rocket launchers to knock out a strategic bridge used by Russia to supply its forces in southern Ukraine's occupied Kherson region, officials said Wednesday.

Ukraine also claimed

to have destroyed an enemy ammunition depot, artillery pieces and other military equipment in the region, killing 51 members of the Russian army. There was no immediate confirmation from the Russian side.

The Antonivskyi Bridge over the Dnieper River was attacked late Tuesday, according to Kirill Stremousov, deputy head of the

Moscow-appointed administration for the Kherson region. The bridge was left standing, but holes in its deck prevented vehicles from crossing the 1.4-kilometer (0.9-mile) span, he said.

After previous Ukrainian attacks damaged the bridge last week, it was closed to trucks, but it had remained open for passenger vehicles until the latest strike.

Russian forces in recent days have intensified their shelling of cities and villages in eastern Ukraine while also stepping up airstrikes in the south. At the same time, the Kremlin's troops are facing mounting counterattacks



Ukrainian artillery shoots towards Russian forces at a frontline in Kharkiv region, Ukraine, Wednesday, July 27, 2022. AP PHOTO/EVGENIY MALOLETKA

from the Ukrainians in the Kherson region, which was captured by Moscow early in the war.

Ukrainian forces used U.S.-supplied HIMARS multiple rocket launchers to target the bridge, Stremousov said. A Ukrainian military spokesperson, Nataliya Gumenyuk, told Ukrainian TV that "surgical strikes" were carried out on the bridge.

The HIMARS has greater range, much more precision and a faster rate of fire than the Soviet-designed Smerch, Uragan and Tornado rocket launchers used by both Russia and Ukraine. The weapons were among the billions of dollars in Western military aid that has helped Ukraine fight off the Russians since the Feb. 24 invasion.



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Continued from Page 1A

According to Larson, each house is self-run because, according to Oxford House's philosophy, this permits individuals in recovery to learn responsibility. There is no direct oversight or permanent staff provided by Oxford House, Inc.

Larson said each house has a peer-to-peer structure, with senior residents who have "been there, done that" acting as counselors and mentors to junior residents. She said any resident can ask any other resident, or all residents, for a urine analysis (UA) at any time.

"This UA is a courtesy," said Larson. "If a resident is obviously intoxicated, or they fail the UA, they are immediately expelled from the house and must leave within an hour."

Kansas state statutes do not allow convicted felons admission into group homes, but Larson

said that Oxford House operates under the Americans with Disabilities Act (ADA). As addicts seeking treatment, residents of an Oxford House are considered a protected population and cannot be discriminated against, although Oxford does not offer services to arsonists and sex offenders.

"In all likelihood, at least one of them will be on probation," said Larson.

City Manager Daron Hall asked, point-blank, "Is there any way we can stop this?"

"No," was the direct answer from Larson. "There have been several rulings in favor of Oxford House already," she said.

Mayor Cheryl Brooks allowed the citizens present to directly question the Oxford House representatives. Most expressed the same concerns as the commissioners, asking the same questions, while others were worried about the safety of their families.

Kevin Scroggins, who

lives in the Oxford House known as Phoenix II, proved to be the program's most vocal advocate. "We hold each other accountable and we look out for each other," he said. "Oxford has given me an opportunity to re-establish my life." He said if there is an issue within a house, the local chapter steps in, evicting anyone who has broken the rules, sometimes flipping the entire house and bringing in entirely new residents.

Regarding zoning issues allowing six or more adults to live in a single home, Hall pointed out that Pittsburg is a college town, equating an Oxford House to a fraternity or sorority house in that respect.

Citizens showed support for Oxford House and applauded their efforts, but expressed concern about the legal standing of some residents. Kevin Kalm, citing the KBI website, said there is a current resident of an Oxford House who has been charged with attempted murder, saying, "It's not the drug and alcohol we are concerned with, it's the other charges."

Larson immediately responded that a search of the 66762 ZIP code on the same KBI site shows 128 similar people living in Pittsburg right now.

Scroggins said the residents of the house interview new applicants. "We do ask if they have regis-

tered offenses and some of those offenses disqualify them. We want to make sure they want recovery," he said. "We understand we are in communities with families with children. We do take that into account." According to Oxford House rules, 80 percent of a house's residents must approve of a new resident.

"How does this play out?" Hall asked of Larson. "There is a real concern about who is in the house. It's all about accountability."

"It's about getting to know your neighbors," Larson said. "We can host an open house and let people walk through and meet the residents."

"We do understand the natural fears of the community," said Scroggins, "but we do work hard with our parole officers. We make sure we get each other to meetings with their corrections officer."

Commissioner Dawn McNay suggested a community meeting for a more in-depth discussion, giving people time to digest current information. Another public forum is scheduled for Saturday, July 30, at 2 p.m. at the Pittsburg parole office, 1008 W. 4th St., but this forum is not sponsored by the city.

For more information about Oxford House, visit [oxfordhouse.org](http://oxfordhouse.org) or [oxfordhousekansas.org](http://oxfordhousekansas.org).

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AROUND THE MIAA  
Jim Henry

Young Bearcats favored in MIAA

Footballs filled the air on Tuesday in downtown Kansas City as the MIAA held its annual Football Media Day in the Little Theater inside Municipal Auditorium.

“You come to Kansas City to a great venue, and it’s football season.” Northwest Missouri coach Rich Wright said.

The Bearcats graduated 13 starters from last year’s team that finished 11-2, won the MIAA championships for the third straight season and seventh time in the last eight seasons. The Bearcats also qualified for the NCAA playoffs for the 17th consecutive time, beating Central Washington 50-21 and Harding 28-9 before losing to Ferris State 41-20 in the quarterfinals.

Nobody around the MIAA outside of Maryville, Mo., is shedding any tears for the Bearcats’ graduation losses. But the Bearcats are still the team to beat.

Northwest Missouri is the near-unanimous choice to repeat as league champion, receiving 10 of a possible 11 first-place votes in the coaches poll and 22 of 25 No. 1 votes in the media poll.

“We’ve had a great summer,” Wright said. “We had over 100 guys on campus for voluntary workouts. They’ve been really pushing themselves all summer long.

“We have a lot of new faces, a lot of things we had to replace off of last year’s team. We’ll be young. We’ll be inexperienced, but a lot of these guys have been on campus. They just haven’t had playing time, so we’re excited to see what they can do.”

Among the veterans are two quarterbacks with starting experience. Braden Wright was the starter until he was injured early in the season, and Mike Hohensee came in to start before Wright returned in the post-season. They combined to throw for 3,107 yards 30 touchdowns and 13 interceptions. Hohensee led Division II with his 186.9 efficiency rating.

“I feel good,” Braden Wright said. “I’ve had a full year to recover now. I’m ready to go.”

‘NOT SATISFIED’

Six years ago, Nebraska-Kearney was picked last in the MIAA football preseason polls.

But their victory total increased each year, and the Lopers are second in this year’s polls, trailing Northwest Missouri by 15 points in the coaches poll and 33 points in the media poll.

Last season, UNK went 9-2 in MIAA play and 10-3 overall, losing in the second round of the NCAA Division II playoffs. It was the third double-digit win total in the program’s history.

“We had a good year, but I don’t feel we’re done yet,” UNK coach Josh Lynn said Tuesday at the MIAA Football Media Day in Kansas City. “I’m extremely excited about this group. ... We’re ready to go.”

Quarterback TJ Davis returns after finishing second in the voting for the Harlon Hill Trophy -- Division II’s equivalent of the Heisman Trophy.

“We still have work to do,” he said. “We’re definitely not satisfied.”

The Lopers return 15 starters from last year’s team that finished No.15 in the final Division II poll.

UNK opens the season Sept. 1 at Missouri Southern.

Jim Henry is sports editor of the Morning Sun and receives correspondence at jhenry@morningsun.net. Follow him on Twitter at @Jim\_Henry53.



Los Angeles Angels’ Shohei Ohtani is forced out at second by Kansas City Royals second baseman Whit Merrifield on a force out hit into by Taylor Ward during the fourth inning of a baseball game on Wednesday in Kansas City, Mo. (AP PHOTO/CHARLIE RIEDEL)

Junk shuts down Royals, Angels cruise 4-0 to take series

By DAVE SKRETTA  
AP Sports Writer

KANSAS CITY, Mo. (AP) — Janson Junk pitched five-plus innings of four-hit ball for the Angels on Wednesday, earning his first major league win and watching the Los Angeles bullpen shut down the Kansas City Royals the rest of the way in a 4-0 victory.

Shohei Ohtani reached base three times and drove in a run, pacing a scuffling Angels offense that managed to capitalize on the Royals’ shoddy fielding and get their first series win since June 27-29 against the White Sox.

Summoned from Triple-A Salt Lake to make the start, the 26-year-old Junk (1-0) allowed

four hits and a walk while striking out eight before turning over a 2-0 lead to his bullpen, which did not allow a run for the second consecutive day.

Brad Keller (5-11) allowed three runs on six hits and three walks in six innings for Kansas City. He retired the first nine batters he faced and didn’t allow a hit until the fifth, when Kurt Suzuki led off with a double to left field that Andrew Benintendi didn’t field cleanly enough to hold Suzuki to one bag.

One out later, Phil Gosselin drove a pitch to right that MJ Melendez — a catcher by trade who was making his eighth career start in the outfield — couldn’t snare while crashing into the wall. Gosselin cruised into third with a run-scoring

triple while Melendez, whose face smacked the metal fencing, needed a moment to recover before staying in the game.

Brandon Marsh proceeded to drive in Gosselin for a 2-0 lead.

Gosselin had a chance to do more damage in the sixth, when Jared Walsh and Suzuki hit one-out singles and Magneuris Sierra walked to load the bases. Instead, Gosselin grounded to shortstop for an inning-ending double play.

It didn’t matter. The Royals never came close to solving Junk or the Los Angeles bullpen all afternoon.

TROUT’S PROGNOSIS

Angels OF Mike Trout will go at least another week without baseball activity because of his ailing back, trainer Mike Frost-ad said, and there’s a chance

the three-time AL MVP could need to manage it the rest of his career. Trout left a game against Houston on July 12 with what was called back spasms, then went on the injured list a week later with rib cage inflammation. He had a cortisone injection last week for what has since been determined to be a rare spinal dysfunction.

ROSTER MOVES

Angels: RHP Austin Warren was optioned to Salt Lake to make room for Junk on the roster.

Royals: LHP Angel Zerpa went on the IL after hurting his right knee while fielding a grounder down the first-base line in his start Tuesday night. RHP Jackson Kowar was recalled from Triple-A Omaha to replace him.

Post 64 shuts out Ottawa in state tourney

Staff Reports  
sports@morningsun.net

TOPEKA, Kan. -- The pitching duo of Trevor Amershek and Rocco Bazzano combined for a shutout to propel Pittsburg Post 64 to an 8-0 win over Ottawa on Wednesday to open play in the Kansas American Legion Senior Tournament.

Pittsburg plays Leavenworth at 11:30 a.m. on Thursday to continue pool play.

Amershek got the start and the win, allowing one hit with five strikeouts in four innings. Bazzano entered the game in the fifth and allowed one hit in three innings.

Following a scoreless first inning, Pittsburg Post 64 poured in seven runs in the second to take a 7-0 lead.

Post 64 added another run in the fifth as Bazzano continued to blank the Ottawa offense.

Kaden Harrison led Post 64

with two hits and two RBI. Bazzano and Kameron Williamson added one hit and one RBI for the Patriot attack. Kaleb Scales also belted a double.

Pitcher Brett Hadl allowed seven runs and four hits for Ottawa in 3.2 innings pitched. Hadl also notched eight strikeouts and six walks. Paul Gillette and Axavier Vink entered the game in relief for the Arrows.

Offensively, Hadl and Vink were the only Ottawa batters to

register a hit.

Ottawa 000 000 0 — 0 2 0  
Post 64 070 010 x — 8 5 1  
Brett Hadl, Paul Gillette (4) and Axavier Vink (6) and Jake Richards. Trevor Amershek, Rocco Bazzano (5) and Kaden Harrison. 2B--PIT: Kaleb Scales, Harrison. Next: Post 64 vs Leavenworth Saturday 11:30 a.m; Ottawa vs Kansas Senators Saturday 4:30 p.m

Tri-State 66ers lose postseason opener

By Sam Kombrink  
Morning Sun Staff

Not having a roster with full health, the Tri-State 66ers lost in the first round of the MLBA Final Four to the Oklahoma City Servants 137-99 on last Saturday in Winfield, Kan.

Alex Barner’s team-high 21 points along with Jay Mitchell’s 18, including four 3-pointers, was not enough for the 66ers (9-4) to stop the Servants. But according to 66ers coach Tim Simpson, they were playing a different team.

“It was tough,” Simpson said. “The team we were going

against wasn’t a team that we had played before.”

The 66ers beat the Servants in regular-season finale, but this was a different team.

“We were supposed to play the Oklahoma City Servants,” Simpson said. “But they ended up bringing their pro team and used that roster.”

“We hadn’t played against them. And they were a very good team with a lot of height and a lot of length, and that gave us some problems.”

Turning the ball over was an issue for the 66ers.

“The thing that really got us was turnovers,” Simpson said.

“That’s been a problem for us this season.”

Another issue facing the 66ers was that two guards, Lee Reliford and James Newton, were battling back injuries.

“Unfortunately, my two lead guards I usually have playing the point have been in and out of the lineup due to injury,” he said. “So, it was hard to have that consistency with who my floor generals are.”

Simpson said the other players did a good job of stepping up, but he is looking forward to the offseason and getting in the gym.

“We need to work on some

things,” Simpson said. “And start new, and retool, and rebuild this roster because I plan on holding tryouts starting in August.”

Training camp will follow the open tryouts, and Simpson said he hopes the team will be able to relocate to John Lance Arena, the home of the Pittsburg State Gorillas.

The 66ers are also working on joining a new semi-pro league, The Basketball League, where they will have the chance to play in-season tournaments at Hy-Vee Arena -- formally Kemper Arena -- in Kansas City, Mo.

Pittsburg Post 64 17U tops Newton in pool play

Staff Reports  
Sports@morningsun.net

GREAT BEND, Kan. -- In a high-scoring opening game, Pittsburg Post 64 17U scored nine runs in the third and fourth innings combined to lead it to a 9-6 win over Newton Post 2 in Kansas American Legion Junior State Tournament.

The Patriots play Overbrook at 6 p.m. on Thursday in their

next pool game.

After Newton scored two runs in the top of the third inning to take a 2-0 lead, Pittsburg responded with six runs in the bottom half of the frame to claim a four-run lead.

Newton scored one run in the top of the fourth, but Pittsburg added three runs in its half of the frame to add to its advantage.

Following two scoreless innings, Newton sparked a rally

in the seventh, scoring three runs, but Pittsburg pitcher Brodie Wilson entered the game and registered the final out to seal the win.

Starter Noah Duncan earned the win, striking out two with five hits and three runs in four innings. Wilson, Jonah Sparks and Indica Holloway entered the game in relief.

Duncan and Wilson led the Patriots with two hits each. Newton starter Parker

Schultz allowed six runs and six hits in 2.2 innings. Cody Jay finished 2-for-3 at the plate to lead the team in hits.

Newton 002 100 3 — 6 9 5  
Post 64 17U 006 300 x — 9 10 0  
Parker Schultz, Earl Mueller (3) and Ryan Ruggiero. Noah Duncan, Jonah Sparks (5), Indica Holloway (7), Brodie Wilson (7) and Noah Valenti. 2B--NEW: Cody Jay. PIT: Quinten Fears, Nate Mitchell.



BASEBALL  
MLB STANDINGS  
American League

East Division				
	W	L	Pct	GB
New York	66	33	.667	
Toronto	54	44	.551	11½
Tampa Bay	52	45	.536	13
Baltimore	49	48	.505	16
Boston	49	50	.495	17

Central Division				
	W	L	Pct	GB
Minnesota	52	46	.531	
Cleveland	50	47	.515	1½
Chicago	49	49	.500	3
Detroit	40	59	.404	12½
Kansas City	39	59	.398	13

West Division				
	W	L	Pct	GB
Houston	64	35	.646	
Seattle	54	45	.545	10
Texas	43	54	.443	20
Los Angeles	42	56	.429	21½
Oakland	38	63	.376	27

**Tuesday's Games**  
Baltimore 5, Tampa Bay 3  
Toronto 10, St. Louis 3  
Cleveland 8, Boston 3  
N.Y. Mets 6, N.Y. Yankees 3  
San Diego 6, Detroit 4, 10 innings  
L.A. Angels 6, Kansas City 0  
Milwaukee 7, Minnesota 6  
Chicago White Sox 2, Colorado 1  
Oakland 5, Houston 3  
Seattle 5, Texas 4  
**Wednesday's Games**  
Detroit 4, San Diego 3  
L.A. Angels 4, Kansas City 0  
Milwaukee 10, Minnesota 4  
Oakland 4, Houston 2  
Seattle 4, Texas 2  
Colorado 6, Chicago White Sox 5  
N.Y. Mets 3, N.Y. Yankees 2  
St. Louis 6, Toronto 1  
Cleveland 7, Boston 6  
Tampa Bay at Baltimore, 6:05 p.m.  
**Thursday's Games**  
Tampa Bay (TBD) at Baltimore (Lyles 6-8), 11:35 a.m.  
Kansas City (Singer 4-3) at N.Y. Yankees (Taillon 10-2), 6:05 p.m.  
Detroit (Alexander 2-3) at Toronto (Kikuchi 3-5), 6:07 p.m.  
Cleveland (McKenzie 7-6) at Boston (Crawford 2-3), 6:10 p.m.  
Seattle (Gilbert 10-4) at Houston (Urquidy 9-4), 7:10 p.m.  
Texas (Howard 1-2) at L.A. Angels (Ohtani 9-5), 8:38 p.m.

National League

East Division				
	W	L	Pct	GB
New York	61	37	.622	
Atlanta	59	41	.590	3
Philadelphia	51	47	.520	10
Miami	46	52	.469	15
Washington	34	66	.340	28

Central Division				
	W	L	Pct	GB
Milwaukee	55	44	.556	
St. Louis	52	47	.525	3
Chicago	40	57	.412	14
Pittsburgh	40	58	.408	14½
Cincinnati	38	59	.392	16

West Division				
	W	L	Pct	GB
Los Angeles	65	32	.670	
San Diego	55	45	.550	11½
San Francisco	48	50	.490	17½
Arizona	45	53	.459	20½
Colorado	45	54	.455	21

**Tuesday's Games**  
Chicago Cubs 4, Pittsburgh 2  
Miami 2, Cincinnati 1  
Atlanta 6, Philadelphia 3  
Toronto 10, St. Louis 3  
N.Y. Mets 6, N.Y. Yankees 3  
San Diego 6, Detroit 4, 10 innings  
Milwaukee 7, Minnesota 6  
Chicago White Sox 2, Colorado 1  
Arizona 7, San Francisco 3  
Washington 8, L.A. Dodgers 3  
**Wednesday's Games**  
Philadelphia 7, Atlanta 2  
Detroit 4, San Diego 3  
Milwaukee 10, Minnesota 4  
L.A. Dodgers 7, Washington 1  
Arizona 5, San Francisco 3  
Colorado 6, Chicago White Sox 5  
Cincinnati 5, Miami 3  
St. Louis 6, Toronto 1v  
N.Y. Yankees at N.Y. Mets, 6:10 p.m.  
**Thursday's Games**  
Miami (TBD) at Cincinnati (Ashcraft 4-2), 11:35 a.m.  
Philadelphia (Wheeler 8-5) at Pittsburgh (Thompson 3-7), 6:05 p.m.  
L.A. Dodgers (Anderson 10-1) at Colorado (Ureña 1-2), 7:40 p.m.  
Chicago Cubs (Steele 4-6) at San Francisco (Wood 6-8), 8:45 p.m.

# Pujols hits 3-run HR, Cards overcome absences, beat Jays 6-1

By IAN HARRISON  
Associated Press

TORONTO (AP) — Albert Pujols hit a three-run homer and finished with three hits, passing Rogers Hornsby on St. Louis' career list, and the Cardinals stopped Toronto's seven-game win streak with a 6-1 victory over the Blue Jays on Wednesday night.

Adam Wainwright pitched seven sparkling innings to help St. Louis earn a split of the two-game set while playing without unvaccinated sluggers Paul Goldschmidt and Nolan Arenado. Nolan Gorman homered, and Dylan Carlson and Lars Nootbaar each hit an RBI double.

Foreign nationals who aren't vaccinated against COVID-19 are not allowed to enter Canada, save for limited exceptions that require a 14-day quaran-



St. Louis Cardinals' Albert Pujols gestures to the dugout after hitting a double off Toronto Blue Jays starting pitcher Kevin Gausman during the fourth inning of a baseball game on Wednesday in Toronto. (JON BLACKER/ THE CANADIAN PRESS VIA AP)

time. Unvaccinated baseball players are placed on the restricted list, where

they are not paid and do not accrue major league service time.

## WNBA's Griner tells drug trial: 'My career is my whole life'

By VLADIMIR ISACHENKOV  
Associated Press

KHIMKI, Russia (AP) — American basketball star Brittney Griner testified at her drug possession trial in Russia that an interpreter translated only a fraction of what was being said while she was detained at Moscow's airport in February and that officials told her to sign documents, but “no one explained any of it to me.”

The testimony by Griner, came on the same day that U.S. Secretary of State Antony Blinken said Washington has offered a deal to Russia aimed at bringing home the WNBA star and another jailed American, Paul Whelan in a sharp reversal of previous policy. Details of the proposal were not announced, though a person familiar with the matter said the U.S. has offered to trade convicted Russian arms dealer Viktor Bout for Whelan and Griner. The person insisted on anonymity to discuss an ongoing investigation.

Griner, testifying for the first time in her trial, also said that besides the poor translation at the airport, she received no explanation of her rights or access to a lawyer during the initial hours of her detention. She said she used a translation app on her phone to communicate with a customs officer.

Griner has been held

since mid-February after police said they found vape cartridges containing cannabis oil in her luggage. She has pleaded guilty to the charges but says she had no criminal intent in bringing them into the country and packed in haste for her return to play in a Russian basketball league during the WNBA's offseason.

At one point in her testimony, her tone turned emotional as she said she has always followed the rules and tried to never let down her team.

“My career is my whole life,” she said. “I dedicated everything -- time, my body, time away from my family. I spent six months out of the year away from everybody, and with a huge time difference.”

Her arrest came at a time of heightened tensions between Moscow and Washington ahead of Russia sending troops into Ukraine later that month. The slow-moving trial and Griner's five months of detention have raised strong criticism among teammates and supporters in the United States, which has formally declared her to be “wrongfully detained” — a designation sharply rejected by Russian officials.

Griner, 31, faces up to 10 years in prison if convicted. Trials in Russia proceed even after a guilty plea, and there has been speculation that her admission was a bid to move the legal process along in hopes of a possible pris-

oner swap.

At the start of Wednesday's session, Griner's lawyers asked that she be allowed to testify outside the cage that is standard for defendants in Russian courts, arguing it was too small for the 6-foot-9 (206-centimeter) athlete to testify while standing. The judge denied the request but allowed her to speak while seated.

During her testimony, the Phoenix Mercury standout and two-time Olympic gold medalist described making a grueling 13-hour flight to Moscow from Arizona while recovering from COVID-19. Griner said she still does not know how the cannabis oil ended up in her luggage but explained she had a doctor's recommendation for using it to address chronic pain from her sports injuries.

“I still don't understand to this day how they ended up in my bags,” Griner said, adding that she was aware of the Russian law outlawing cannabis oil and that she had not intended to break it.

“I didn't have any intent to use or keep in my possession any substance that is prohibited in Russia,” Griner said, adding that she understood the charges against her.

“With them being accidentally in my bags, I take responsibility, but I did not intend to smuggle or plan to smuggle anything into Russia,” she said.

She recalled being pulled aside at Moscow's Sheremetyevo Airport on

Goldschmidt, Arenado, and catcher Austin Romine, who all went on the restricted list Tuesday, will be eligible to return when the Cardinals begin a three-game series at Washington on Friday.

Facing Blue Jays right-hander Kevin Gausman, Pujols singled in the second and doubled in the fourth. The hits were his 2,110th and 2,111th with the Cardinals, moving him past Hornsby for fourth-most in franchise history.

Gausman left after walking Tyler O'Neill in the fifth and Pujols greeted Trevor Richards with his seventh homer of the season and No. 686 for his career. Pujols ranks fifth on baseball's homer list, 10 behind Alex Rodriguez. An 11-time All-Star and three-time NL MVP, Pujols flied out to center in his final at-bat in the seventh.

Pitching in Toronto for

the first time since June 24, 2010, Wainwright (7-8) allowed one run and five hits for his first victory since June 27 against Miami.

Bo Bichette's two-out RBI single in the fourth scored Toronto's lone run.

Gausman (7-8) allowed five runs and eight hits in 4 2/3 innings. He has won just once in his past four outings.

Gorman hit an opposite-field homer off Gausman to begin the fifth, his 10th.

TRAINER'S ROOM

Cardinals: C Yadier Molina (right knee) will begin a rehab assignment with Triple-A Memphis on Thursday and could be activated next week, manager Oliver Marmol said. ... OF Harrison Bader will be shut down for several weeks because of plantar fasciitis in his right heel, Marmol said.



WNBA star and two-time Olympic gold medalist Brittney Griner sits in a cage at a court room prior to a hearing, in Khimki just outside Moscow, Russia on Wednesday. (AP PHOTO/ALEXANDER ZEMLIANICHENKO, POOL)

Feb. 17 after inspectors found the cartridges.

Along with an interpreter who provided only a bare-bones translation, Griner said she received neither an explanation of her rights nor quick access to her lawyer, but instead was presented with some papers.

“There were documents that I had to sign,” she said. “I can only assume that they were about the search and the cartridges.”

A woman who presented herself as an interpreter only told her where to sign, but did not “explain the contents,” Griner said, and “I didn't know exactly what I was signing.”

She said her rights “were never read to me, no one explained any of it to me.”

At one point, she got on

her phone “and I contacted my spouse, my sports agent and my club team's translator” in Yekaterinburg, where she plays for a club in the Ural Mountains city.

“Nothing was ever explained to me thoroughly at all,” Griner said. “There was a lot of short words – ‘sign here’ - and at that point, I felt like being held against my will so that's why I contacted my family and my agent and asked for legal representation.”

After several hours, she was finally allowed to hand over her personal belongings to a lawyer before being led away in handcuffs, Griner said. She said she received only a cursory translation of the charges against her during the investigation.

The next trial session was set for Aug. 2.

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SUDOKU

	8			1	2		3	7
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Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

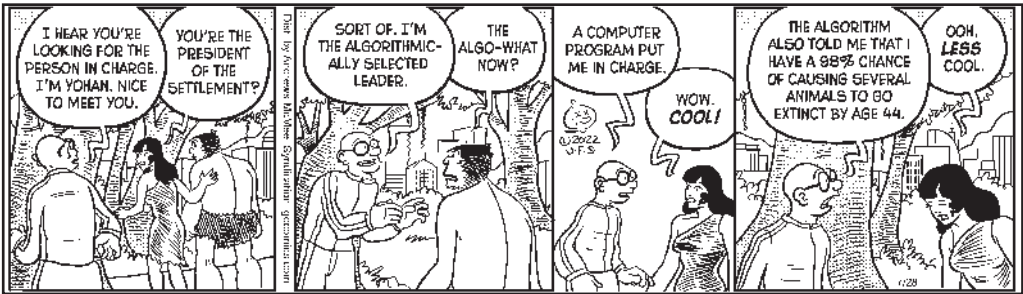
PREVIOUS ANSWER

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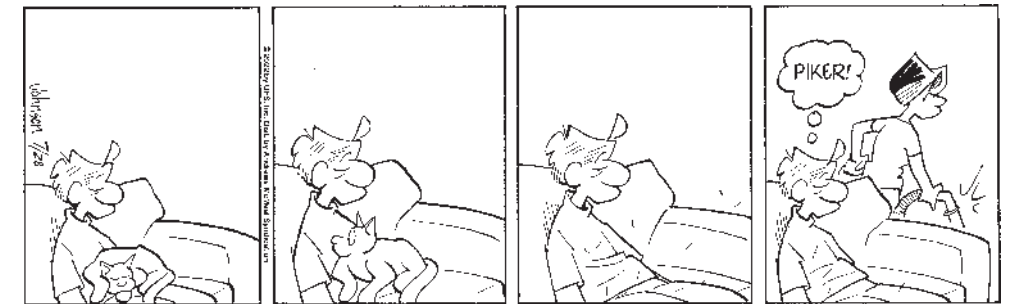


# FUNNYPAGE

## ALLEY OOP



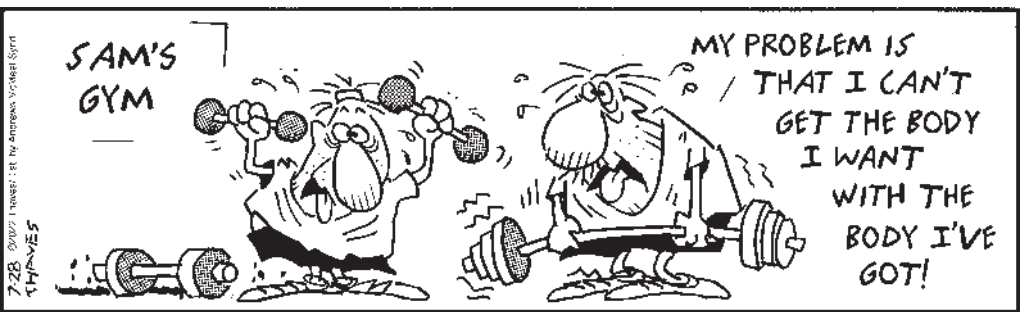
## ARLO AND JANIS



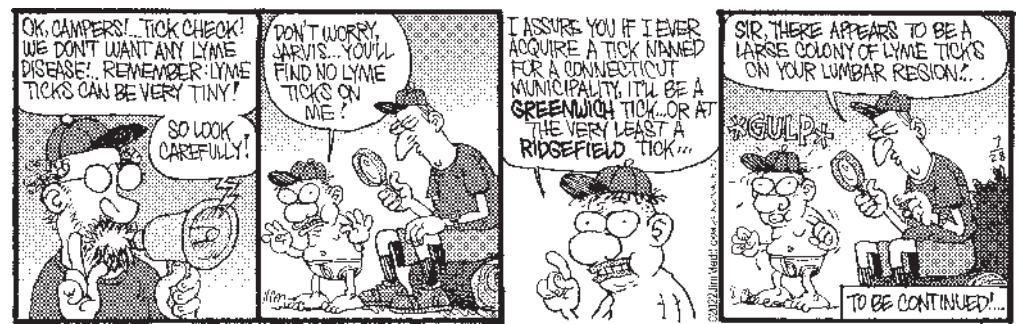
## BIG NATE



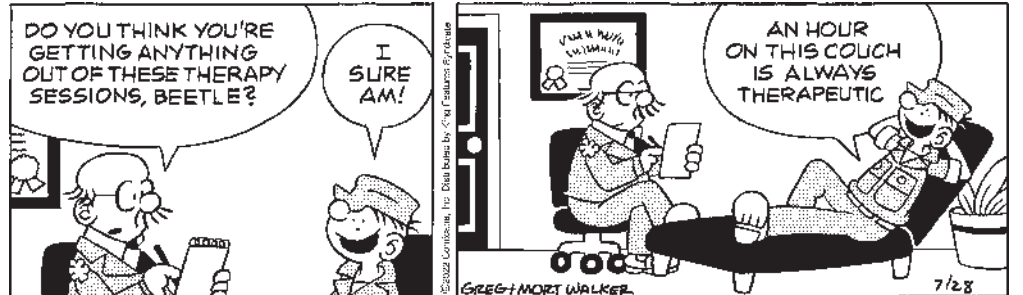
## FRANK AND ERNEST



## MONTY



## BEETLE BAILEY



## ASTROGRAPH by Eugenia Last

Be open about how you feel and what you intend to do this year. The dialogue you choose will help set the tone for how you live and the goals you create. Choose your words wisely, and you'll find a way to convince others to tag along. Your discipline and determination will set the stage for what's to come.

**LEO** (July 23-Aug. 22) -- You'll be able to get on with your life and follow your heart once you share your feelings. Arguments can evolve only if you choose to engage in them. Look at the big picture.

**VIRGO** (Aug. 23-Sept. 22) -- You may crave something new, but before you initiate change, consider the outcome. Don't bite off more than you can chew. Test the waters, do your research and take one step at a time to ensure safety.

**LIBRA** (Sept. 23-Oct. 23) -- Reach out to people you can count on for support, good advice and hands-on help. Listen to your body and incorporate a health regimen that helps you lower your risk of disease.

**SCORPIO** (Oct. 24-Nov. 22) -- You'll need plenty of stamina and discipline to deal with unexpected or last-minute changes. Welcome a challenge, and apply unique techniques and plans to overcome any obstacle.

**SAGITTARIUS** (Nov. 23-Dec. 21) -- Put your plans in motion. Limit spending and invest wisely. Handle situations at home carefully. Don't give others jurisdiction over your lifestyle. Satisfy your needs first.

**CAPRICORN** (Dec. 22-Jan. 19) -- Change begins with you. Size up your situation and rethink the way you want to live. Don't limit what you can do because of cost. Size down or adjust your overhead to fit your plans.

**AQUARIUS** (Jan. 20-Feb. 19) -- Stop worrying about what others do; concentrate on what you want. Discipline and hard work will help you reach your goals and eliminate what's no longer working for you. Keep the peace.

**PISCES** (Feb. 20-March 20) -- Things won't go according to plan when dealing with pending financial, legal or health issues. Have a backup plan to ensure you come out ahead. A social event will give you a valuable platform.

**ARIES** (March 21-April 19) -- Don't overdo it or put your emotions on display. Use intelligence to figure out how to do your best and get the most in return. Distance yourself from those who want to argue.

**TAURUS** (April 20-May 20) -- Confusion will occur if someone says one thing and does another. Listen carefully and discover how to use the information you receive in a fashion that helps you without hurting someone.

**GEMINI** (May 21-June 20) -- Use your connections to get ahead. Don't limit what you can do because you are afraid of rejection. Step up and rearrange your schedule to ensure you can take advantage of whatever comes your way.

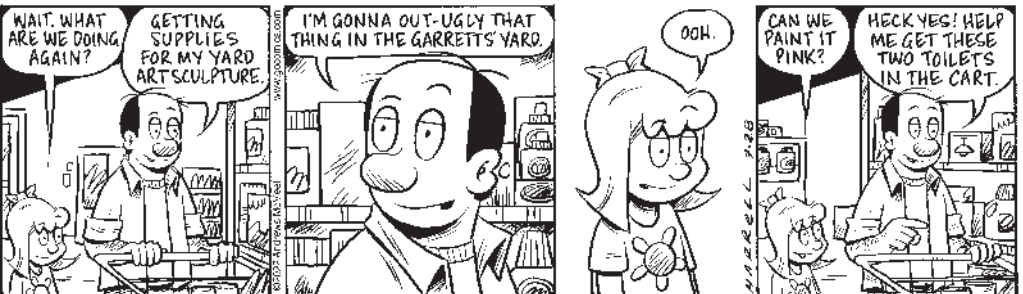
**CANCER** (June 21-July 22) -- Take advantage of an opportunity someone brings to your attention. Find out all you can, then up your game in preparation. Added skills and experience will help you outmaneuver competitors.

(Visit [Eugenialast.com](http://Eugenialast.com), or join Eugenia on Twitter/Facebook/LinkedIn.)

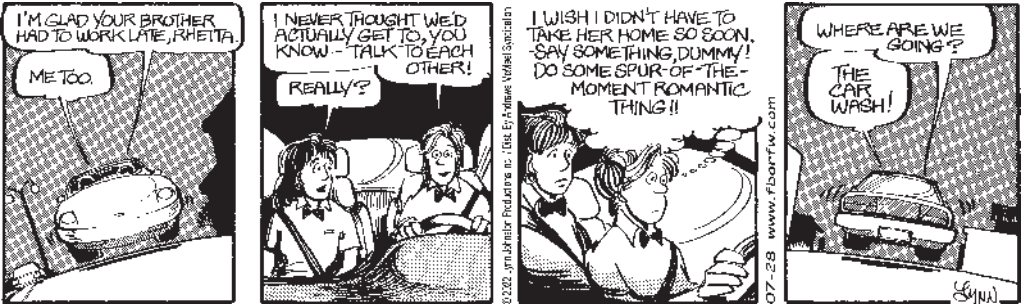
## HERMAN



## ADAM



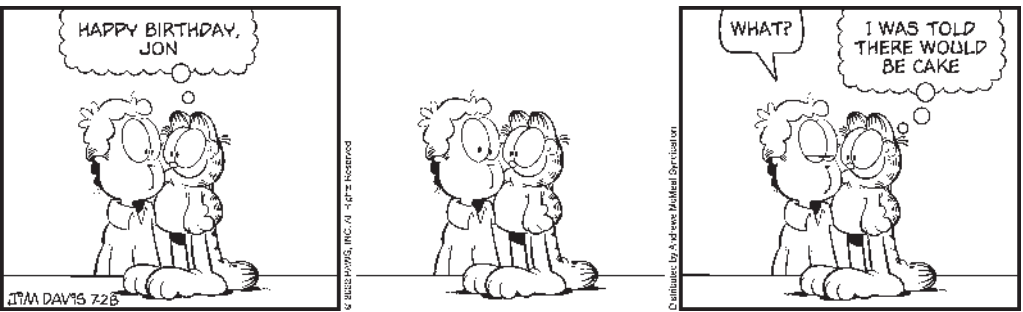
## FOR BETTER OR FOR WORSE



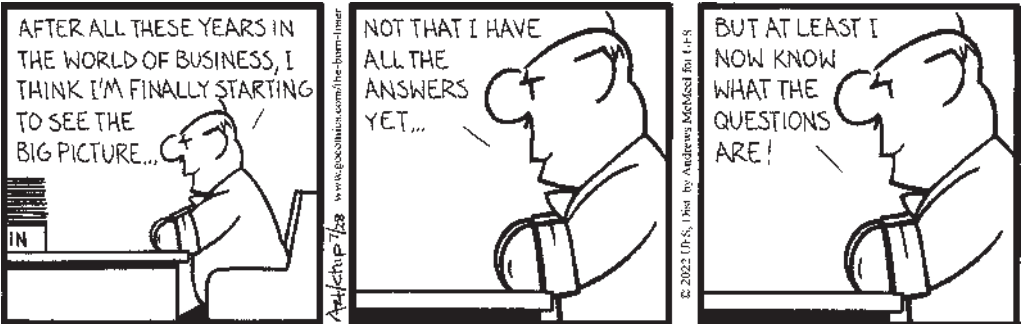
## THE GRIZZWELLS



## GARFIELD



## THE BORN LOSER



## BLONDIE



## CROSSWORD

ACROSS

1 Grey or McHale

5 Friar's title

8 Campus area

12 Eye impolitely

13 Brink

14 Language of Pakistan

15 Eschew humility

16 Spud st.

17 Major

20 Hoople's word

18 Make laws

20 Witch hunt locale

22 Sweet murmur

23 RSVP word

24 Upholstery

27 Skilled

30 Gleeful cry

31 Mag execs

32 Square root of IX

34 Give silent assent

35 TLC providers

DOWN

1 Daily work

37 Actor — Steiger

38 Succeed in the end (2 wds.)

40 Psychics

42 Comic strip caveman

43 Final letter

44 Small farm

46 Warren and Monroe

49 Sweater fronts

50 John, in Glasgow

52 Pinch

54 Garfield's canine pal

55 Build on to

56 Was, to Ovid choice

57 Part of the eye

58 Grassland

59 Mathematician — Descartes

Answer to Previous Puzzle

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2 Monster

3 Verve

4 Inheritance

5 Snack chip

6 Unburdened

7 Piled up

8 Crushes

9 Whim

10 Sandler or Driver

11 Box office flop

19 Rank above maj.

21 Televises

24 Hauler

25 Flapjack franchise

26 Zip

27 Goose down garment

28 Gael republic

29 Name in fashion

33 Psyche components

35 Eaves locale

36 Pertaining to weddings

39 Snares

40 Where fishes play

41 More uncanny

43 "The Prisoner of —"

44 Surrender territory

45 Harness piece

47 Folk wisdom

48 Getz or Musial

49 TV button

51 Sugary drink

53 Devoured



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PITTSBURG

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The Hive

A ‘Sanctuary’ Downtown



Around the time of Pitt State Homecoming in 2021, John and Donna Collar got a call about this cool new spot in Downtown Pittsburg.

“John’s brother Tim and his wife were staying in this new Airbnb downtown for homecoming weekend,” Donna said. “They called us to say we had to come check it out, it was just so cool.”

John and Donna, who met at Pitt State and now live in Kansas City, did indeed make the trip down to see this spot called The Hive. It was love at first sight.

“It happened to be for sale at the time,” Donna said. “We loved it from the minute we saw it, so John and I discussed it and decided to buy it.”

John, who grew up in Pittsburg and attended St. Mary’s Colgan schools, said he



jumped at the chance to be part of the resurgence downtown.

“We come down often for Pitt State games and things like that,” he said, “and we just love everything that is happening downtown. It’s very exciting. I thought it would be so cool to be part of that.”

The Hive is a renovated, refurbished Airbnb on the second floor of the historic downtown building at 514 N. Broadway. Named for the old Bee Hive Cafe that at one time occupied the first floor of the building, The Hive features three bedrooms, two bathrooms, and an open kitchen and living room area overlooking Broadway.

“It’s just such a charming spot with the exposed brick and hardwood floors,” she said. “It’s like something off of HGTV.”



The space is managed by The Collars’ daughter-in-law, Cassie Collar.

“Cassie handles all of the rentals and space issues,” John said. “She really does such a great job of managing the space for us.”

The Hive has so far hosted guests from across the country and even overseas.

“We’ve had people from Colorado and even someone from Ireland,” John said. “It’s fun to see what’s bringing people from all over to our little town of Pittsburg, Kansas.”

Donna said the reasons range from weddings and family reunions to graduations and sporting events.



“A big part of the appeal is the location,” she said. “It’s really in the perfect spot. You can walk to coffee shops, restaurants, shops.”

The Collars said much of the credit for The Hive’s success goes to Alissa Rogge, the previous owner who did the renovation work.

“Alissa really did such a great job of restoring this old building,” Donna said. “It’s amazing to see what these old buildings can really look like when some work is put into them.”

In January 2021, Rogge took the City of Pittsburg on a tour of the building during the renovation process.



To learn more or book a stay at The Hive, check out the Airbnb listing.



Watch for these stories. . .

and more about Imagine Pittsburg

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A photograph of a person's legs from the knees down, wearing black leggings and vibrant Asics running shoes with blue, pink, and white accents. The person is walking on a green grassy path with some fallen brown leaves. The background is slightly blurred, showing more of the path and grass.

# *Senior Living*

## **Keep moving**

75 year old Mavis Brenner tells us how to keep young even in our older years

**Keeping Our Seniors Going Strong**



# Avoid medication errors with these tips



Prescription medications are a necessity for many people. The American Academy of Family Physicians says that, each week, four out of five adults in the United States will use prescription medications, over-

the-counter drugs and/or various supplements. Approximately one-third of adults take five or more medications at the same time. The potential for adverse drug events is elevated when people are taking

multiple medications at one time. For example, mixing pills has the potential to cause serious injury or even death. Doctors, patients and pharmacies must work together to ensure that medication is taken safe-

ly. One of the best ways to prevent errors with medications is for patients to take an active role in their health care management.

- **Know your dose.**

Children are at an especially high risk for medication errors because they require different doses than adults, offers the Mayo Clinic. Adults of different weights who share medications can run into trouble as well. It is key to follow the dosing instructions, as even a minor error in regard to dosage can potentially cause a big problem.

- **Follow up with your doctor.**

Certain medications can cause side effects that only can be noticed by lab testing, such as an impact to the liver. Doctors also

may be under an obligation to follow up with patients taking psychological drugs to ensure the efficacy of treatment. Make sure you keep all follow-up appointments.

- **Maintain a current list of meds.**

It is up to patients to share information with prescribing doctors regarding any and all products being taken to avoid harmful interactions. Using the same pharmacy for all prescriptions also is helpful.

- **Be honest about height and weight.**

Medication labeling and package inserts typically use metric units to correlate dose to a person's physical attributes. Individuals should know their information in metric

measurements and be honest with themselves about what they weigh.

- **Use medications correctly.**

It is important not to chew nonchewable pills or cut pills unless the pharmacist or doctor has said it is safe to do so. Accurate dosing also requires using the right spoon or syringe, not silverware. Store certain types of medications, such as eye drops and ear drops, separately so they're not mistaken for one another.

These are just some of the ways to prevent medication errors. People can consult with their doctors and pharmacists for more assistance in staying safe.



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# Pros and cons to contact lenses: How to decide if they're right for you

Contact lenses are a popular alternative to eyeglasses. In fact, the Centers for Disease Control and Prevention reports that an estimated 45 million Americans rely on contact lenses. Like eyeglasses, contact lenses correct refractive error, which refers to a change in eye shape that causes blurry vision. Contact lenses have evolved over the years, and now offer improved comfort, wearability and safety. Consumers can review the following pros and cons to figure out if contacts are right for them.

**Advantages to contact lenses**  
The biggest perk of contact lenses is they provide unobstructed vision. Contacts move with the eye to provide a natural field of vision without the distortions or blind spots that pop up when wearing eyeglasses. Contact lens wearers also do not need to worry about contacts getting in the way, breaking or falling off during activities. Contacts come in two main materials: soft and rigid gas permeable lenses. Contacts now can correct most vision problems, including astigmatism, age-related

loss of close-up vision, and irregular corneal curvature. Multifocal lenses can correct multiple problems in the same lens. Some contacts also have UV protection built in to protect the eyes from the sun. Wide availability and affordability can make contacts attainable for just about anyone. Aesthetics is a driving force behind the popularity of contact lenses. They do not change one's appearance (unless desired) and are virtually undetectable in the eye. Once contact lenses are in, wearers do not have to worry about them cloud-

ing up when wearing masks or when walking from the cold outdoors into a warm home.

**Disadvantages to contact lenses**  
Contact lenses need to be changed frequently and over time will cost more than eyeglasses, which only need to be replaced if prescriptions change or frames break. Frequent computer users may find that contacts dry out more quickly when staring at screens, so eyeglasses can be more comfortable in these instances. The same can be said for people with naturally dry

eyes or those who suffer from allergies or other eye irritations. Contacts require contact with the eye, which increases the risk of infections due to poor hygiene. Improper cleaning of contact lenses and cases also has been linked to eye health issues. Health professionals warn against overuse of contact lenses. They should not be left in the eyes past recommended

durations; otherwise, they may cause corneal hypoxia, which is the suffocation of the corneas. The University of Michigan Health says hypoxia occurs when the cornea does not get enough oxygen, which can be a risk with extended contact use. Contact lenses effectively correct vision. People can decide if they're the right visual aides for them.



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PRESENTED BY: AVALON HOSPICE

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May 2nd: "We Remember" Service  
June 6th: Caring for the Caregiver  
July 11th: We Honor Veterans  
August 1st: Time and Stress Management



Please contact Mindy Parsons at 620-231-8000 for more information.



# Strategies to prevent back pain

Men and women are well aware that minor aches and pains are part of aging. A balky knee that acts up on rainy days or an old sports injury that still triggers periodic discomfort may not be much to worry about, but a more serious condition such as chronic back pain can be so debilitating that it's wise for individuals to do whatever they can to avoid it or delay its arrival. Millions of cases of chronic back pain undoubtedly go unreported. That's because many individuals accept back

pain as a side effect of aging, while others lack access to health care, making it difficult to pinpoint just how prevalent chronic back pain is. However, the Global Burden of Disease Study 2017 estimated that around 577 million people across the globe experience lower back pain, or LBP. That prevalence should not give the impression that chronic back pain is unavoidable. In fact, various strategies can be employed to prevent back pain and all the negative consequences that come with it.

## • Be active.

The Office of Disease Prevention and Health Promotion notes that physical activity strengthens the back and lowers the risk for developing back pain. The ODPHP recommends individuals engage in back-strengthening and stretching exercises at least two days per week. Chiropractors or personal trainers can recommend safe back-strengthening exercises, which the Mayo Clinic notes include the bridge exercise and shoulder blade squeeze. Stretches individuals can

try include the knee-to-chest stretch, the lower back rotational stretch and the cat stretch.

## • Embrace new exercise routines.

Individuals accustomed to strength training that involves dumbbells and circuit training machines should know that there are other ways to build strength and benefit the back at the same time. For example, studies have shown the value of Pilates in increasing the strength of core muscles, including those in the lower back. In addition, the ODPHP recommends yoga to individuals who want to make their backs stronger and lower their risk for back pain. Many fitness facilities have long since recognized the value of yoga and pilates and now include each approach in their class schedules.

## • Perfect your posture.

Another way to prevent back pain is to make a concerted effort to maintain good posture. The ODPHP urges individuals to avoid slouching when standing and sitting and to stand tall with head up and shoulders back. When sitting, sit with back straight against the back of the chair and feet flat on the floor. If possible, keep knees slightly higher than hips when sitting.



Alternate between sitting and standing to avoid being in the same position for too long.

## • Lift correctly.

Poor technique when lifting things, even items that are not excessively heavy, can contribute to back pain. When lifting items, do so with the legs and not the back. The ODPHP urges individuals to keep their backs straight and bend at the

knees or hips when lifting items. Avoid lifting especially heavy items without assistance. Despite its prevalence, back pain is not a given. Individuals can keep various strategies in mind to avoid joining the hundreds of millions of people across the globe who suffer from back pain every day.

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# The brain-boosting benefits of word games

Word games continue to be popular pastimes and provide a great opportunity to engage in lighthearted competition among family and friends.

Wordle is perhaps the most popular word game to become popular in recent years. Created by software engineer and former Reddit employee Josh Wardle and launched in October 2021, Wordle was devised as a way to pass the time during the pandemic lockdown. Today it is played by millions of people and was even purchased by The New York Times Company in 2022. For those who are looking for something even

newer, Knotwords, a word game created by Zach Gage and Jack Schlesinger, is available on iOS, Android and Steam. It's a mix between a word scramble, crossword puzzle and sudoku.

There are scores of other word games for people to try. In addition to their entertainment value, these games may provide some benefits that surprise even the most devoted wordsmiths.

- **Build your vocabulary:** Word games enrich vocabulary and may introduce people to new words. They also may help reinforce spelling skills.

- **Improve focus:** Nowadays people are

pulled in many directions and are expected to multitask more than ever. Word games in large part require focusing exclusively on the task at hand and employing strategy.

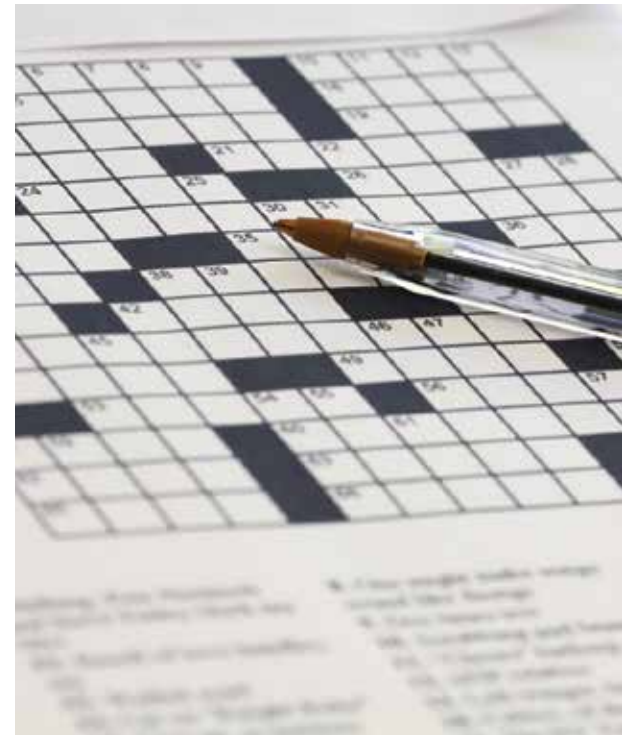
- **Stimulate the brain:** Word games require critical thinking skills that could stimulate the brain. Word games train the brain in a way that's similar to how physical activity trains the body.

- **Improve memory:** According to WebMD, word games may help seniors avoid memory loss and possibly delay the onset of dementia. But seniors are not the only ones to benefit. Word games may improve short-term memory and

the cognitive abilities of people of all ages.

- **Boosts feel-good substances:**

When a person is happy, the body releases endorphins, which are feel-good hormones and neurotransmitters. Healthline indicates an "endorphin rush" often occurs after engaging in a fun activity. Endorphins are released by the hypothalamus and pituitary gland. Playing word games may release endorphins, which can improve mood, boost self-esteem and reduce pain and discomfort. These are just a handful of the many positive ways word games can affect the mind and body.



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# Safety upgrades for seniors' homes

Many seniors want to spend as long as possible residing in the comforts of their own homes. According to AARP's 2021 "Home and Community Preferences Survey," more than three-quarters of U.S. adults age 50 and older prefer living at home. But getting older often comes with certain deficits that may not make current living situations the safest for seniors.

Retirement Living reports that an older person is treated in an emergency room for a fall-related injury nearly once every 10 seconds. Falls cause millions of injuries and 32,000 deaths a year, according to the U.S. Centers for Disease Control and Prevention.

Seniors may be affected by low vision, mobility limitations, cognitive decline, balance issues, and loss of muscle strength. Certain adaptations may be necessary if seniors want to stay in their homes, particularly in older homes that have not recently been renovated.

### Change knobs to levers

This is an easy modification. Levers are much easier for individuals with arthritis or persons who lack dexterity in their hands. Everything from doorknobs to faucet knobs can be replaced with levers.

### Create zero-threshold entryways

Zero-threshold entryways, also known as flush entries, do not require crossing a lip or any raised barrier. They can appear on doorways and showers and make it easy for people who have

mobility issues, as well as those using scooters, walkers and wheelchairs, to move about unencumbered.

### Clear clutter/move obstructions

One inexpensive modification is to remove extraneous furniture and accessories. Such a change widens walking spaces in a room and accommodates walkers and wheelchairs. In addition, furniture can be pushed to the room's perimeter to make moving around easier. It's also important to remove area rugs, as they're often tripping hazards.

### Install grab rails and supports

Minimizing falls could come down to providing support in key rooms of a home. Adding grab rails in the bathroom near the toilet and in the shower can help a person use those facilities without assistance. Install a grab

rail close to seating in the kitchen to add support.

### Consider smart lighting

Motion-activated or darkness-activated lighting switches and fixtures can automatically turn on lights, thereby improving visibility. Also, rocker light switches are easier to maneuver than standard toggles.

### Invest in a stairlift

Single-story homes are preferable for growing older gracefully, but many seniors live in multi-story homes. A stairlift makes a multi-floor home more accessible, according to Elder, an eldercare service provider. Stairlifts make it easier to traverse staircases and reduce the risk for falls. These suggestions are just a few of the many home modifications that can help seniors safely age in place.

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# Hobbies that suit a summertime vibe

Summer is the season of R&R. When the mercury rises, who can resist a backyard hammock or the sound of waves lapping against a picturesque shoreline?

The relaxing nature of summer makes it the perfect season to revisit old hobbies or pick up new ones. Hobbies can run the gamut from the complex to the simple, but when choosing a habit to pick up this summer, individuals may want to look to these somewhat relaxing endeavors that are tailor-made for warm days and nights.

## • Reading:

Individuals who have long wanted to read more should know that they're not alone. A 2019 survey commissioned by the reading subscription service Scribd and conducted by The Harris Poll found that 35 percent of respondents wished they could read more. Finding time to read more may be difficult during spring, summer and fall, when parents must contend with their own hectic schedules as well as their children's. Even individuals without children or empty nesters may find it difficult to carve out time to read in a typical day. But people who aspire to read more can take a book to the beach or out on the deck on a warm afternoon or evening. Leave the smartphone inside so you can relax and read distraction-free.

## • Gardening:

Gardening is another hobby that coordinates well with a summertime vibe. Gardening gets people outdoors, giving them a chance to soak up some summer sun and

engage in an activity that's rewarding but not too physically demanding. One of the biggest attractions of gardening is that it can be enjoyed by people of all ages. That makes it an ideal hobby for busy families to enjoy together when their schedules slow down in the summer. It's also a great way for adults to spend quality time with aging parents.

## • Photography:

Summer seascapes and landscapes are awe-inspiring, making this an ideal time of year to take up photography. Novices can begin by utilizing their smartphone cameras to take snapshots of local landscapes. Once the skill of pointing and clicking has been honed, amateur photogs can graduate to more expensive and precise cameras.

• **Sailing/boating:** Though it might involve a little more physical activity than reading, sailing and/or boating is an ideal summertime activity. The National Oceanic and Atmospheric Administration reports that nearly 40 percent of the United States population lives in a coastal area, making boating and sailing an accessible hobby for a significant percentage of Americans. Even those who live far away from the ocean undoubtedly live close to a river or lake. What better way to enjoy warm summer afternoons than on a boat? The best summertime hobbies are often those that help people take the relaxing nature of summer to the next level.



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# 5 ways to show seniors they're appreciated

Senior citizens account for a significant percentage of the overall population. Estimates from the U.S. Census Bureau released in 2020 indicate the nation's 65-and-older population had grown by more than one-third over the preceding decade. By 2050, the number of senior citizens is expected to be close to 90 million. As of 2021, Statistics Canada reported there were roughly 7.1 million persons age 65 and older living in Canada. People are living longer than ever, and as individuals age, the demand for senior services continues to grow — as does the need to be patient and respect the elderly. There are many ways to show

seniors just how much they're appreciated.

## 1. Help with chores.

Lend a hand with chores around the house that may have grown difficult for seniors. This can include mowing the lawn, weeding garden beds, shoveling snow, raking leaves, or even taking the garbage pails in and out on collection days.

## 2. Visit more often.

Frequent visits are one of the simplest ways to show seniors you care. Whether seniors live in a private home or managed care facility, visitors brighten their days, especially if they no longer get out and about as frequently as they once did. Spending time together and sharing stories can bring

smiles to the faces of older adults.

3. Plan activities with seniors in mind. When organizing parties and special events, consider the needs of seniors on the guest list. Add music from their era to playlists or DJ requests. Seat seniors with mobility issues near exits and restrooms. Make sure to arrange for photos with the guest of honor to keep family history alive.

## 4. Thank seniors.

Find any reason to thank a senior. Perhaps someone served in the military or volunteered their time with children. Celebrate accomplishments big and small with a simple "thank you."

## 5. Prepare a meal.



Invite a special senior over for a home-cooked meal with the family. Make it a regular occurrence on the calendar. If

he or she cannot get out easily, bring a hot meal over to his or her place, instead. Simple gestures of grat-

itude and appreciation can brighten a senior's day and let that person know he or she has not been forgotten.



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# 10 early signs of Alzheimer's disease

Change plays a big role in the aging process. As adults age, both their minds and bodies undergo changes.

The changes associated with aging are not uniform. Some people may experience small changes as they inch toward and ultimately pass retirement age, while others may undergo changes that affect nearly every aspect of their lives.

Cognitive decline is the type of age-related change that can have a dramatic impact on a person's life, affecting his or her ability to live independently. A general term used to describe symptoms associated with a decline in memory or thinking skills such as judgment and reasoning, dementia is often mistaken as a normal part of aging. However, the Alzheimer's Foundation of America notes that dementia-related illnesses, including Alzheimer's disease, are not a normal part of aging. Because many people associate memory loss with aging, they may be compelled to accept some of the early signs and symptoms of Alzheimer's as mere byproducts of growing older. However, the Alzheimer's Asso-

ciation urges men and women to report any of these 10 early signs and symptoms of Alzheimer's to their physicians the moment they're noticed. Family members who notice these signs in their relatives also should report them to their loved ones' physicians.

## 1. Memory loss that disrupts daily life:

Examples of this symptom include forgetting recently learned information; forgetting important dates and events; and asking for the same information over and over.

## 2. Challenges in planning or solving problems:

Someone exhibiting this symptom may have trouble following a recipe or paying monthly bills.

3. Difficulty completing familiar tasks at home at work or at leisure: Forgetting the rules of a favorite game or experiencing trouble driving to a familiar location are some examples of this symptom.

## 4. Confusion with time or place:

People with Alzheimer's lose track of dates, seasons and the passage of time.

## 5. Trouble understanding visual images and spatial

## relationships:

Some people with Alzheimer's have difficulty reading, judging distance and determining color or contrast.

## 6. New problems with words in speaking or writing:

Difficulty joining or continuing a conversation and calling things by the wrong name are some examples of this symptom.

## 7. Misplacing things and losing the ability to retrace steps:

People with Alzheimer's sometimes put things in unusual places and then cannot retrace their steps to find those things.

## 8. Decreased or poor judgment:

Poor judgment and decision-making often affects people with Alzheimer's.

## 9. Withdrawal from work or social activities:

People with this symptom may begin to withdraw from favorite activities or avoid being social because of the changes they're experiencing.

10. Changes in mood and personality: Mood changes affect people with Alzheimer's, who may become confused, suspicious, depressed, fearful, or anxious.

Learn more about Alzheimer's disease at [www.alz.org](http://www.alz.org).




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# "Keep moving," says 75-year-old swim instructor

By Dustin R. Strong  
Morning Sun Staff

PITTSBURG, Kan. — For over 40 years, Mavis Brenner has refused to slow down by keeping physically active every day. At 75 years young, the retired nurse works out two to three hours every Monday through Friday, starting with a water exercise class at the Pittsburg Y, then hitting the gym before cooling down with yoga. Saturday mornings are reserved for four-mile walks with her husband around her neighborhood.

Raised in McCune, Mavis went to school in Pittsburg, where she eventually earned a Master of Science in nursing. "Being a nurse," she said, "I was more aware of health issues and the benefits of exercise. So now, I do a little bit of everything." Mavis teaches a class of 15-20 senior students at the YMCA every weekday morning between 9 and 9:45. She loses a few students during the summer when the outdoor pools are open, but they usually come back when the weather cools down. Even though she didn't learn to swim until after she retired, Mavis said she likes exercising in the water because it is low impact and easy on the joints. Regardless of age, Mavis recommends an active lifestyle for everyone. She says it not only keeps your body healthy, but your mind as well. "Walking is the easiest



**Mavis Brenner and her husband stop for a chat on their Saturday morning walk along North Broadway. Every weekend, the couple walk a four-mile loop between 10th and 23rd Streets.** DUSTIN R. STRONG / MORNING SUN

way to get started," she says. "All you really need is a pair of shoes." She says there are all kinds of fitness classes to be found in Pittsburg, not just at the Y, but also Pinamonti's and other gyms and yoga studios around town. "Find any kind of fitness class. It's never too late to start." When she isn't exercising, Mavis occupies her

mind bird watching and doing volunteer work in the community. Mavis recommends joining any kind of social or exercise group to keep mentally fit and moving around. There is a plethora of activities available to seniors in Pittsburg. Numerous walking trails and public parks are found throughout the city, as well as several

gyms and fitness clubs. For those inclined to less physical activity, there are quilting and sewing clubs, book clubs, and bridge and card game clubs. Pittsburg also hosts birdwatching, beekeeping and coin collecting clubs to occupy an inquisitive mind. Long-standing organizations such as the American Legion, Kiwanis, and

Rotary, keep members busy with social activities and volunteer work. The city's Parks and Recreation department also lists different events and clubs as well as the Morning Sun newspaper. "You just have to stay busy. Keep doing things. Keep moving," says Mavis.

## Did you know?

Men and women may have more free time after 50 than they had in previous decades. As children grow more independent and even leave the house, parents look to various activities, including travel, to fill their free time. Travel is often seen as a luxury, but heading off for parts unknown can produce some serious health benefits. A joint study from the Global Coalition on Aging and the Transamerica Center for Retirement Studies found that women who vacation at least twice a year have a lower risk for heart attack than those who travel once every six years. The study also found that men who do not take annual vacations are at a significantly higher risk of death (20 percent) and heart disease (30 percent) than those who make who take time to get away each year. Vacations don't even need to be long to produce significant, positive results. A 2018 study published in the International Journal of Environmental Research and Public Health found that a four-day long weekend vacation positively affected well-being, recovery, strain, and perceived stress for as long as 45 days.



# Learn about the causes of adult hearing loss

Hearing loss is quite common and can impact people's lives in profound ways. Although there are some treatments that can improve one's ability to hear and communicate, many people are interested in learning about the ways they may be able to prevent hearing loss in the first place.

Medical experts from the American Speech-Language-Hearing Association advise that hearing loss can be caused by different factors. Learning about these causes can help individuals make smart decisions at a young age to prevent future hearing loss when possible. In certain circumstances, hearing loss may be unavoidable. In such instances, audiologists, or doctors specializing in hearing, can help.

## Conductive hearing loss

Conductive hearing loss refers to problems with the ear canal, ear drum or middle ear and its bones, states the Hearing Loss Association of America. Some of the causes of conductive hearing loss include:

- Otitis media is an infection of the middle ear in which fluid accumu-

lation can interfere with the movement of the eardrum and ossicles.

- Impacted earwax also can cause hearing problems.
- Fluid in the middle ear may obstruct hearing.
- Otosclerosis, which is a middle ear disease, can make it difficult for the tiny bones in the middle ear to move. Surgery can correct the problem.
- Malformation of the outer ear, ear canal or middle ear structure can impact hearing as well.

## Sensorineural hearing loss

Sensorineural hearing loss, or SNHL, occurs due to problems of the inner ear. It is often referred to as nerve-related hearing loss.

- Aging is a common cause of hearing loss that may not be reversible. Age-related hearing loss is called presbycusis and is marked by muffled or unclear speech. Treatment with assistive hearing devices can help improve hearing.
- Trauma to the ear or head may impact hearing. Wearing protective gear during sports or other activities can protect against neurological damage that may cause hearing loss.
- Damage to the inner

ear can result from prolonged exposure to loud noises, states the Mayo Clinic. These noises cause wear and tear on the hairs or nerve cells in the cochlea that send sound signals to the brain. When these hairs or nerve cells are damaged or missing, electrical signals aren't transmitted as efficiently, and hearing loss occurs. Using hearing protection and turning down the volume can help.

- Ménière's disease is an inner ear problem of unknown origins. It usually starts in people between the ages of 30 and 50. Dizziness and ringing of the ear are common, and hearing loss comes and goes. Some loss can become permanent.

• Viruses and diseases as well as family history also may play a role in SNHL. In some instances, hearing loss may be the result of a combination of factors. Anyone finding their hearing has become less acute should visit with an audiologist. One resource to visit is [www.asha.org/profind](http://www.asha.org/profind). The doctor can then prescribe a treatment plan to help improve hearing.



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# Different generations can learn and benefit from one another

In the not-so-distant past, extended families frequently lived in close proximity to one another. Such families shared meals and experiences and essentially grew up together. Nowadays, families separate for various reasons, such as job opportunities and cost of living concerns.

While there are advantages to spreading out, there are also some disadvantages, namely that grandparents and grandchildren may not see one another

frequently enough. Even though people of different age groups may not entirely have the same interests, the interactions between generations can benefit both young people and their aging relatives.

## Finding renewed vigor

Senior living and active lifestyle communities provide invaluable care and amenities for seniors. While being around like-minded individuals can be handy, it's also

limiting. Seniors who continue to age in place in mixed-age communities can extract joy from watching youthful children and young adults growing up, playing and socializing. Being around multiple generations also can spark interesting conversation, and all parties involved can learn something from one another.

## Planning for the future

Younger generations may not understand the

concept of "hard times" or "doing without" like a person who has lived through various ups and downs. Passing along advice about economic cycles, saving for the future and maintaining stability is one area of expertise at which many seniors excel.

## Practicing interpersonal skills

All the technological savviness in the world cannot compensate for the power of strong interpersonal skills. Being able to address a group of people or speak one-on-one is essential in the workplace and in life. When younger generations speak to

older adults, they may become stronger at verbal discourse and have greater perspective of different points of conversation.

## Learning new technology

Younger generations can impart knowledge of technological devices to older adults. People with skills are usually happy to share their knowledge. Even if seniors aren't ready to purchase tablets or smartphones, they may be excited to have their grandchildren teach them about the latest gadgets.

## Providing sense of purpose

Both seniors and younger generations can realize a greater sense of purpose when interacting with one another. That person may be the reason the other one greets the day with a smile. Visits from grandchildren can reduce the likelihood of isolation and depression in older adults. And younger generations can discover the benefits of personal social interaction rather than communicating exclusively through social media apps. Fostering intergenerational connections is a great way to broaden social circles, improve communication and learn new things.



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# Creative hobbies can lead to personal and professional growth

Much has been made of the value of hobbies in providing a distraction from the daily grind. The value of escapism is hard to define, but many successful professionals find that having a hobby that has nothing to do with their profession provides a much-needed respite during those times when work becomes overwhelming. Hobbies might provide an invaluable escape for busy professionals, but those professionals should know that creative hobbies also could benefit their careers. A 2014 study published in the *Journal of Occupational and Organizational Psychology* found that

non-work creative activity was positively associated with performance-related professional outcomes, including job creativity. With so much to gain from engaging in creative hobbies, individuals looking for valuable ways to spend their time away from the office can take up activities such as painting, writing, sculpting, dancing, and/or knitting, among others. It's worth noting that the value of taking up such activities goes beyond personal and professional growth. According to the experts at Solara Mental Health, creative pursuits such as art increase brain plasticity, which is the brain's ability to grow

and change over time. Increased brain plasticity can make it easier to learn new skills and maintain flexibility of thinking into old age. Increased brain plasticity also has been linked to a greater ability to maintain a high IQ. Creative hobbies are often characterized as a valuable way to blow off steam and reduce stress associated with the many responsibilities of adulthood. Though such characterizations are accurate, the value of creative hobbies extends much further and can positively affect individuals' careers and long-term health.



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## Sports experiences make great gifts this holiday season

The thrill of sports has inspired billions of loyal fans and athletes across the globe. Professional, collegiate, scholastic, and even recreational sports entertain people all year long. That popularity is something shoppers can keep in mind as they look for the perfect gift for the family sports fan this holiday season.

Many adults undoubtedly recall receiving sports equipment as a holiday gift when they were children. Whether it's a baseball mitt or a field hockey stick or a new ball, these gifts tend to light up kids' eyes come Christmas morning.

Adult sports fans may not need such equipment, but they might be just as excited to receive these unique sports experiences this holiday season.

### • Tickets:

For diehard sports fans, nothing is better than going to the big game. Perhaps in acknowledgment of the growing

popularity of following a favorite team on the road, many professional sports leagues now release team schedules months in advance of the first game of the season. For example, the National Football League released its 2022 schedule in mid-May, despite the fact that the season does not begin until September. Shoppers can peruse schedules and circle a must-see home game or lay the foundation for a memorable trip by giving tickets to a road game.

### • Stadium tour:

Stadium tours are another great experience the family sports fan will undoubtedly appreciate. Many professional sports teams now welcome fans to tour their stadiums both in-season and during the off-season. These tours offer a behind-the-scenes look at stadiums, arenas and ballparks. Teams may even host tours on game days, making this a great stocking stuffer to pair

with tickets to a game.

### • Fan fest:

Fan fest tickets make an ideal gift for individuals who can be accurately described as "diehards" for their favorite teams. These family-friendly gatherings tend to happen in the weeks leading up to the start of a new season. A handful of current and former players typically attend fan fests, which are hosted by the team and typically include activities for adults and children alike.

### • Lessons:

Holiday shoppers may have a sports fan on their list who still enjoys lacing up their cleats. For example, pro golf fans may still enjoy hitting the links themselves. In such instances, lessons from a nearby golf pro can be just the thing to make sports fans smile this holiday season.

Sports experiences make an ideal gift for individuals whose passion for a favorite team is a big part of their life.

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# What to know about nerve injuries

The human body is a complex marvel. Various systems within the body work together to make life as humans know it possible, and though these systems are resilient, they're not invulnerable to injury.

The nervous system is a fascinating part of the human body that includes the brain, the spinal cord and nerves. This system controls much of what the body does, so it's no surprise that nerve injuries can have a profound effect on individuals' daily lives.

## What do peripheral nerves do?

Johns Hopkins Medicine notes that peripheral nerves send messages from the brain and spinal cord to the rest of the body. This is done through a network of 43 pairs of motor and sensory nerves that control the functions of sensation, movement and motor coordination.

Are peripheral nerves vulnerable to injury? Peripheral nerves are fragile and easily damaged, so they are vulnerable to injury. Serious injury or trauma may require surgery, and the grade of severity, which can be determined using the Sunderland scale, will help doctors determine a treatment plan.

The Mayo Clinic emphasizes the importance of seeking immediate treatment for peripheral nerve injuries, as doing so can prevent complications and permanent nerve damage.

## What causes peripheral nerve injuries?

Johns Hopkins Medicine indicates that peripheral nerve injuries can occur after suffering a laceration (a cut or tear in the nerve tissue), severe bruising, stretching, electrical injury, or drug injection injury. Gunshot wounds also can cause peripheral nerve injuries.

## What are the symptoms of peripheral nerve injuries?

The Mayo Clinic notes that symptoms of peripheral nerve injuries, including pain, range from mild to severe. Severe symptoms can seriously limit individuals' ability to perform and engage in daily activities.

Symptoms differ depending on which nerve fibers are affected. Motor nerves regulate all the muscles under conscious control, helping people to walk, speak and hold objects. Sensory nerves relay information about touch, temperature and pain, while autonomic nerves regulate activities that

are not consciously controlled, such as breathing, heart function and digestion. Since these functions are so different, it's no surprise that injuries to each type of nerve produce different symptoms.

- **Motor nerves:** Muscle weakness, uncontrollable muscle twitching and painful cramps are characteristics of motor nerve injuries.

- **Sensory nerves:** Sensory nerve injury symptoms may include numbness, tingling in the hands or feet and difficulty sensing pain or changes in temperature. Individuals also

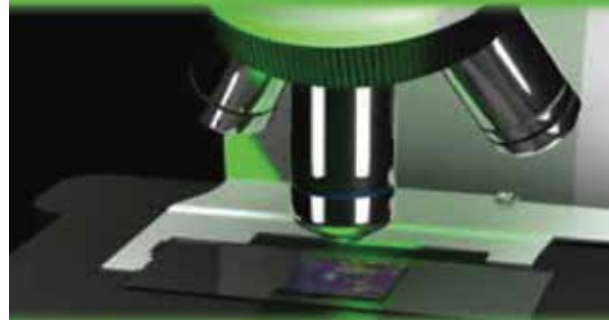
may experience difficulty walking, maintaining their balance with their eyes closed or fastening buttons.

- **Autonomic nerves:** Excessive sweating, changes in blood pressure, an inability to tolerate heat, and gastrointestinal issues are potential indicators of autonomic nerve injuries.

Peripheral nerve injuries can adversely affect quality of life. But reporting symptoms early can help doctors devise treatment plans to minimize pain and reduce risk for permanent damage.



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