

THE MORNING SUN

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Pittsburg State University students started their first day of classes on campus on Monday. ANTJEA WOLFF / THE MORNING SUN

New to the Jungle

PSU students start their first semester

By Antjea Wolff
Morning Sun Staff

PITTSBURG, Kan. — The gorillas are back in the jungle, and those who have returned for more are showing the new ones the ropes. Pittsburg State University welcomed its new students on Monday for the first day of classes, bringing the campus to life again. Every student has their own reason why they chose to attend PSU. For some, it is the quality of programs. Freshman Kacey White, originally from Wichita, said she made the decision to attend PSU because she thought the campus was beautiful, and that the program for elementary education was really good. “I love how involved

everything around the school is,” White said. “And they all care so much about the college. It’s a great feeling.” Some students attend PSU because of family or a familiar feeling the campus gave them. Freshman Kealy Sullivan, originally from Pierce City, Missouri, said she chose PSU thanks to her cousin. “When I toured the campus with her, it just seemed really welcoming and that they really cared and it made me want to go here,” she said. She also said she has been enjoying Pittsburg, that it reminds her of home, and the people are nice. Other students chose PSU because of a family tradition as well as the quality of the town. Freshman Jack Diviney, originally from Olathe, said he came to PSU because it’s where his parents went and he wants to major in automotive technology. He said he likes Pittsburg

in general. “It’s awesome,” he said. “Everyone’s been nice and everyone’s been kind, so I can’t really complain.” In order to ensure the students feel at ease, PSU provided information booths which were set up around campus, so students could stop and ask quick questions. Assistant Director of Admissions Erin Rivero said she answered a lot of questions about general directions and payment plans. She said her favorite thing about her job is working with the students. “It’s just exciting to work with them,” Rivero said. “It’s fun to watch them pursue their passions or discover their passion. They bring energy to this campus. I think anyone that’s in Pittsburg during the summer can attest that the whole community changes when students come back.” Rivero said that with each new semester comes new life to the area.

Coming Home



Miners Hall Museum in Franklin hosted a special program Sunday titled “Coming Home,” which focused on the history of Arma’s V-J Homecoming celebration. V-J Day celebrates the American victory over Japan in World War II. Attendees at Sunday’s event at Miners Hall heard about three Arma families who each sent five sons to fight in the war, all of whom returned safely. COURTESY PHOTO / MINERS HALL MUSEUM

KDOL releases jobs report

By Dustin R. Strong
Morning Sun Staff

PITTSBURG, Kan. — The Kansas Department of Labor released its jobs report Friday for July 2022. “Kansas and the U.S. have maintained relatively low unemployment rates so far in 2022,” said Kansas Labor Secretary Amber Shultz. The statewide unemployment rate holds steady for a second month at 2.4 percent. This is a decrease from 3.1 percent in July of 2021. With the national unemployment rate at 3.5 percent, Kansas remains well below the U.S. average. “July estimates indicate that private sector jobs increased by 4,000 over the month,” said Labor Economist Emilie Doerksen. “The manufacturing industry added 1,500 jobs with significant gains in

durable goods manufacturing. The second largest gains were recorded in trade, transportation, and utilities which contributed 1,000 jobs to the overall private sector growth.” A snapshot of the data shows only 14 of 105 counties with unemployment rates above 4 percent. Of those 14 counties, eight are located in the 17 counties that make up KDOL’s southeast region. The Southeast Kansas Region, according to KDOL, extends along a line from Chase to Linn Counties, south to the Oklahoma state line; and from Chase to Chautauqua Counties, east to the Missouri border. In Crawford County, with a population of 38,874, there are 18,800 available to work. Of those, 18,604 are employed, leaving 736 unemployment claims. This is a rate of 3.9 percent, a full point-and-a-half above the

state average, and slightly higher than the national rate. Statewide, KDOL reports 56,022 job vacancies for 1.12 million jobs, or 4 percent of the total jobs in Kansas. This vacancy rate means for every 100 jobs, 96 are filled. According to KDOL, there is less than 1 person (0.8) available per job vacancy, meaning there are more jobs available than unemployed people to fill them. The job most in demand statewide is nursing, with truck drivers ranking second. In southeast Kansas, this is not the case, with truck drivers being the most in demand and nurses ranking 14th. As for wages, the largest single segment of the workforce, nearly 20 percent, earns between \$11 and \$17 per hour, with the average wage at \$14.55 per hour.

Great Plains Development Authority partners with Watco

Staff Reports
news@morningsun.net

PARSONS, Kan. — Great Plains Development Authority (GPDA) has announced the selection of Pittsburg-based Watco as the new operator of the Great Plains Industrial Park (GPIP) in Parsons, Kansas. Watco will begin performing services as of Jan. 1, 2023, serving existing customers and growing the business. “We see tremendous potential for growth, expansion and economic development in the region with this long-term partnership,” said Dan Smith, Watco CEO. Great Plains Industrial Park is served by the Union Pacific Railroad and has more than 6,800 acres of property and 26 miles of track. Watco will provide switching, transload, warehouse,



Pittsburg-based Watco has been selected as the new operator of the Great Plains Industrial Park (GPIP) in Parsons, Kansas. COURTESY PHOTO

material handling, truck and logistics services including an approved Foreign Trade Zone (FTZ) for rail- and non-rail-served customers within the park.

See WATCO, Page 8A

Quilt while we’re ahead



The Little Balkans Quilt Guild will host its annual quilt show on Saturday, Sept. 3, during Little Balkans Days, but for those who can’t wait until September, the Pittsburg Public Library has mini quilt displays on the second floor. Check out the books about quilting or vote for your favorite quilt block in the “Tall Tales” paper quilt made by staff members. Everyone who casts a vote will receive a special button. COURTESY PHOTO / PPL

Obituaries

- Kay Ward, 79, Longwood, FL
- Walter Johnson, Jr., 83 Pittsburg, KS
- Benjamin Lewis 83, Pittsburg, KS

- Velma Ciardullo, 95, Arma, KS
- Philip Shead, 59, Pittsburg, KS
- Marcus Watson, 31

PSU football

Gorillas return veteran offensive line
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COMMUNITY

Obituaries

Kay Ward

Kay Ward, 79, of Longwood, Florida, formerly of Pittsburg, Kansas, died Aug. 11, 2022, in Longwood.

She was born Feb. 23, 1943, in Pittsburg, the daughter of James and Helen Delaney.

On June 1, 1963, she was united in marriage to Larry Ward in Pittsburg; he preceded her in death on Dec. 19, 2003.

She was a former member of Our Lady of Lourdes Catholic Church in Pittsburg.

Survivors include a daughter, Krista Quint of Lake Mary, Florida; a son, Jim Ward of Kansas City, Missouri; five grandchildren: Kelsey Hopper, Kaylee Yon, Alec Quint, Madison Ward, and Mackenzie Ward; and four great-grandchildren: Hudson Hopper, Tate Hopper, Brody Yon, and Charlotte Kay Yon.

She was preceded in death by her parents, husband Larry Ward, and a sister Di Ann Delaney Howell.

Mass of Christian burial will be 11 a.m. Saturday, Aug. 27, 2022, at Our Lady of Lourdes Catholic Church in Pittsburg with Fr. Chris Rumbach as celebrant. Burial will follow in the Highland Park Cemetery. Condolences may be left at www.bathnaylor.com. Memorials may be left to the American Parkinson's Disease Foundation; these may be left at or mailed to the funeral home. Services and arrangements are under the direction of the Bath-Naylor Funeral Home, 522 S. Broadway, Pittsburg, KS 66762.



Benjamin "Steve" Lewis



Benjamin "Steve" Lewis passed away Wednesday, Aug. 17, 2022, at Ascension Via Christi Village in Pittsburg, following a decline of his health over the past 14 months.

Steve was born June 24, 1939, in Weir, to Tom and Edna Margrave Lewis. His family later moved to Pittsburg, where he was raised as the youngest of a large family.

Steve was a 1957 graduate of Pittsburg High School. He was a standout athlete in basketball and track for the Dragons. He went on to graduate from Kansas State College of Pittsburg (now Pittsburg State University) in 1963 with a BS in Mathematics. While attending college, he was a proud member of the Army ROTC program. His life journey and professional accomplishments from there were remarkable. Upon college graduation, he entered the private sector with Phillips Petroleum in the emerging field of computer science. However, the United States government needed his expertise in wartime, and the young Lieutenant Lewis began active Army duty. With his analytical aptitudes, he was assigned to the Pentagon to work on special projects with a small team that designed the computer automation for the Army's global tactical movements monitoring and simulations room. This was the beginning of many years of his service to the federal government. While living in various locations on the east coast, his computer analyst and project management roles included working for the Defense Communications Agency supporting the Dept. of Defense; the Computer Sciences Corp., with which he planned, designed, and analyzed systems to track astronaut vital signs for NASA's Apollo program, including his direct involvement in Apollo 14, 15, and 16; the Department of Treasury; and the EPA. In 1969, he completed a Master's in Public Administration with an emphasis in Management Information Systems from the American University in Washington, DC, where he was offered an academic appointment. He eventually returned to the Midwest to be closer to extended family, and he retired from Phillips Petroleum in Bartlesville, Oklahoma, in 1992.

Steve married Carolyn Smith, but they later divorced. From this union, he had a daughter, Kim, and a son, Mike.

In the summer of 1987, Steve and widow Joan E. "Joanie" Prete Sullivan were set up by mutual friends and classmates to attend the Pittsburg High School class of 1957 reunion together. This was the beginning of an inseparable companionship and love, and they were married on June 24, 1988. They eventually called Pittsburg home again in retirement, and through their years together, they enjoyed gardening, including making a habitat for his beloved Eastern Bluebirds. They also traveled extensively, most often to Hilton Head Island, South Carolina, truly their home away from home that they introduced to dozens of family members and friends. Watching basketball was another of their favorite pastimes, especially the Jayhawks.

Steve was preceded in death by his parents; siblings: Robert Lewis, Jack Lewis, Herschel Lewis, Brownie Lewis, T. David Lewis, Emma Kay Utermohlen, Rebecca Faulk, and Mary Helen Gideon; his son, Michael S. Lewis; and the love of his life, Joanie.

He is survived by his sons, Dr. William J. Sullivan (Dr. Tricia) and Dr. Brian Sullivan (Dr. Laura), both of Pittsburg; grandchildren, Lauren Sullivan, Patrick Sullivan, Ian Sullivan, and Colin Sullivan; step-grandchildren, Laci (Andy) Grotheer and Eli Peck. He is also survived by his niece Jennifer (Greg) Parker and numerous other nieces and nephews.

Steve was a faithful and loyal friend to those who had the pleasure of knowing him. He also had a passion for learning, achieving, and creating that he strived to pass on to the younger generations. For those that wish to honor him in memoriam, please send donations to the USD 250 Foundation, Steve and Joan E. Lewis Memorial Scholarship, 510 Deill St. Pittsburg, KS 66762.

According to Steve's wishes, he has been cremated. Private memorial services will be held on a future date. Arrangements are under the direction of Brenner Mortuary, 114 E. 4th St. Pittsburg, Kansas.



Walter C. Johnson, Jr.

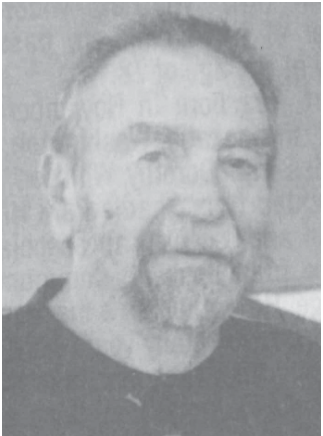
Walter C. Johnson, Jr. passed away July 4, 2022.

Walt was born May 30, 1939, in Pittsburg. While living in Pittsburg, he attended Lincoln Grade School, Roosevelt Junior High, and his sophomore and junior years at Pittsburg High School. He then moved to Spokane, Washington, and graduated from Rogers High School. He spent many years top fuel drag racing and earned many accolades in Deer Parks' Diamon Lil, as well as racing many parts of the Pacific Northwest and Canada. He spent his weekends watching Nascar and also loved fishing, hunting, and traveling with friends.

Walt retired from Columbia Lighting and spent the rest of his years in his beloved Bayview, Idaho home. He was a loving husband, father, grandfather, brother, and friend.

He was a jack of all trades and would help anyone in need. He was compassionate to animals and spoiled his pet dogs.

He is survived by his wife of 42 years, Janice; daughters, Elaine Caswell, Lysa Verment (Bill Hart), and Rachel Lawson; sons, Robert (Bobby) Johnson and Kent Johnson; brother, Larry (Sandy) Johnson, sister-in-law and brothers-in-law; as well as many grandchildren and extended family.





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Teresa Marie England

Service: A Memorial Service will be held Friday Aug 26th, at 7 p.m. at the Smith-Carson-Wall Funeral Home in Girard. Family will receive friends from 6 p.m. until service begins on Friday Aug 26th.

OBITUARIES CONTINUE ON PAGE 3



Bath-Naylor Funeral Home & Crematory

Pittsburg	Weir	Columbus
522 S. Broadway	104 W. Main St.	611 S. East Avenue
Pittsburg, KS 66762	Weir, KS 66781	Columbus KS, 66725
620.231.4700	620.369.8266	620.429.4114

www.bathnaylor.com

CLUB NOTES

Tuesday, Aug. 23

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.

Veteran Representative at Homer Cole

The Homer Cole Center will host an American Legion veterans' representative on the 2nd and 4th Tuesdays of the month. Any veterans with concerns or questions can stop by. For more information contact Teri at 620-231-9773.

Sunflower Kiwanis

Sunflower Kiwanis meets the second and fourth Tuesday of each month at Ascension Via Christi Hospital, for breakfast at 6:45 a.m.

Wednesday, Aug. 24

Blanket Brigade

Join the Blanket Brigade in making quilts for those in need. The Brigade meets every Wednesday, except the first Wednesday of the month, at Zion Lutheran Church, 102 W. Jackson, Pittsburg, from 9 a.m. to noon. No experience necessary.

Thursday, Aug. 25

Pittsburg Noon Kiwanis

Pittsburg Noon Kiwanis will meet at noon on Thursday, August 25, at Ascension Via Christi Hospital in DePaul Hall. Members and guests are encouraged to attend. Kiwanis is working on several fundraisers. We invite members to attend our meetings. We also invite folks who are interested in becoming a member. In the future Noon Kiwanis will plan to meet every fourth Thursday at the hospital.

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

Co-dependents Anonymous meets weekly at 6 p.m. Thursdays as an audio-only conference call meeting. Please call 620-231-6977 for information about how to join.

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.

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.

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NEWS

Obituaries

Velma Serena Ciardullo

Velma Serena Ciardullo, the second daughter of Domenic and Louisa (Cattaneo) Serena, was born on Dec. 17, 1926, in Mulberry. Along with her older sister Alba (Marchetti) the family moved to Arma in 1930. She was the Arma High School drum corps majorette, senior class secretary, apprenticed under Flora Shereff, and became a licensed beautician upon high school graduation in 1944.



On Valentine's Day 1946, she met Frank Ciardullo, who had just completed four years of service with the U.S. Marines during World War II—it was love at first sight. Velma's parents, of Northern Italian descent, opposed the match to this Southern Italian young man. Over her parents' objections, they married on Dec. 7, 1946. The couple had five children and two grandchildren: Kim (Tarik) Hadj-Hamou, Cathy (Michael) Hartman, Barbara "Buggy" Hoskins (Jim), Mark Ciardullo (Jan), and Patrick Ciardullo; grandchildren Hilary Hoskins and Katia (Hadj-Hamou) Minor (Josh). Velma and Frank encouraged their children to attend college, and all five graduated from PSU and subsequently earned several advanced degrees.

In 1973 the couple became licensed insurance agents and represented the AFLAC company. They won several national sales awards and loved cold-call selling. They enjoyed doubles tennis and were excellent swing dancers, meals-on-wheels volunteers, fierce pinocle players, funeral meal organizers, and perpetual adoration participants at Sacred Heart Church.

Velma was a creative soul: she spoke Italian (and led Italian conversational groups), was a gourmet cook, maintained a permanent in-house pasta station, taught knitting and crochet at Frontenac High School home economics classes, and was an exceptional seamstress. She began landscape, and still-life painting in her 40s and, under the guidance of Norm Krusic, became a prolific and talented artist. Always up for any adventure or challenge, she loved buying, selling, and bartering anything from antiques to trading on the stock market. At age 74, she acquired her first computer and became adept at e-mailing, web surfing, and day-trading. She enjoyed live-streaming Katia's college basketball games after buying a second computer at age 80.

Frank preceded Velma in death on Oct. 10, 2010, and she lost all interest in her creative and social life. She spent her remaining years in an assisted living facility. In the last years, her sister Alba was also there, but Velma basically secluded herself from friends and family. Velma passed away on Aug. 21, 2022, at the age of 95, and her sister Alba passed away just one month earlier. In lieu of flowers, we ask that you please remember Velma as the beautiful creative soul she was and accept her decision to absent herself from society.

A graveside service is scheduled for 11 a.m. Saturday, Aug. 27, 2022, at Garden of Memories Cemetery. Arrangements are under the direction of the Brenner Mortuary, 114 E. 4th St., Pittsburg, Kansas.

Philip "Aaron" Shead

Philip "Aaron" Shead, 59, of Pittsburg, died unexpectedly on July 7, 2022, at his residence, where he lived with his brother Michael Shead. He was born Jan. 20, 1964, in Pittsburg, to Philip Guy Shead and Lynne Carlyle-Chiapinni.



Aaron enjoyed spending time with his family and friends as well as his beloved dog, Fergie. He was a loyal friend and the type of person who, if he could, would give you the shirt off his back. He was also a very loving father and grandfather. Aaron will be dearly missed and always remembered.

In addition to his mother, he was predeceased by his grandparents, Lindall and Marie Carlyle, and Mary Shead. Surviving in addition to his long-term partner, Deborah Herndon, are his daughters, Erin Shead and Bethany Baker of Pittsburg; granddaughters, Daisy and Harley Emerson of Pittsburg, and granddaughter Emberly Dawson; his father, Philip Shead of Topeka; sister, Becky Shead of Seattle, Washington; brother, Michael Shead of Mulberry; sister-in-law, Connie Shead of Pittsburg; as well as his nieces and nephews: Gloria Shollenberger, Eli Shead, Kimberly Shead, Kayla Hill, Jacob Shead, and John Shead; and many great-nieces and nephews.

We request all of Aaron's loved ones to join us in celebrating their beautiful life on Saturday, Sept. 17, at 10:30 a.m. in the Mulberry Senior citizen center in Mulberry, Kansas. Burial will follow at Mulberry cemetery after the celebration. Please RSVP on the website below or contact the family.

<https://everloved.com/life-of/philip-shead>

Marcus Wayne Watson

Marcus Wayne Watson, 31, passed away peacefully on Tuesday, Aug. 16, 2022. He was born on Jan. 19, 1991.

He is survived by his father, Mark Wayne Watson; Zander Wayne Watson; and his daughter, Zelda Marie Watson.

No services are planned at this time. Online condolences may be expressed at www.derfeltfuneral-homes.com.



Randal Worcester departs from the Crawford County Justice Center in Van Buren, Ark. on Monday, Aug. 22, 2022. Three Arkansas law enforcement officers were suspended after a video of Worcester's arrest showed two of them beating the suspect while a third officer held him on the ground outside a convenience store. (AP PHOTO/ANDREW DEMILLO)

3 Arkansas officers suspended after video captures beating

By ANDREW DeMILLO

MULBERRY, Ark. (AP) — Three Arkansas law enforcement officers were suspended, and state police launched an investigation after a video posted on social media showed two of them beating a suspect while a third officer held him on the ground.

The governor said the U.S. Justice Department's civil rights division planned to conduct an investigation separate from state police.

The officers were responding to a report of a man making threats outside a convenience store Sunday in the small town of Mulberry, about 140 miles (220 kilometers) northwest of Little Rock, near the border with Oklahoma, authorities said.

The video shows one officer punching the suspect with a clenched fist, while another can be seen hitting the man with his knee. The third officer holds him against the pavement.

In video recorded from a car nearby, someone yells at officers to stop hitting the man in the head. Two of the officers appear to look up and say something back to the person who yelled. The officers' comments could not be heard clearly on the video.

Two Crawford County sheriff's deputies and one Mulberry police officer were suspended, city and county authorities said.

Arkansas State Police said the agency would investigate the use of force. State police identified the suspect as Randal Worcester, 27, of Goose Creek, South Carolina.

He was taken to a hospital, then released and booked into the Van Buren County jail on multiple charges, including second-degree battery, resisting arrest and making terroristic threats, state police said.

Worcester was released Monday on \$15,000 bond. When asked how he was feeling, he said "all right." An attorney who escorted him from jail declined to comment on his behalf. Worcester was pushing a bicycle as he left the jail.

Worcester's father declined to comment when contacted Monday by The Associated Press. He referred a reporter to a law firm representing the family. That firm said it was still trying to gather information and did not immediately have a comment on the video.

Worcester is white, according to jail booking information, and the

three officers involved also appear to be white.

The Crawford County Sheriff's Office identified the three officers as Crawford County deputies Zack King and Levi White and Mulberry police officer Thell Riddle.

"I hold all my employees accountable for their actions and will take appropriate measures in this matter," Crawford County Sheriff Jimmy Damante said.

In a statement released Sunday evening, Mulberry Police Chief Shannon Gregory said the community and the department take the matter "very seriously."

Gov. Asa Hutchinson, a Republican, told a news conference about the Justice Department's plans to investigate. He described the beating as "reprehensible conduct" and said the officers' actions were "not consistent" with the teachings of the Arkansas Law Enforcement Training Academy.

Arkansas State Police Col. Bill Bryant said his agency's investigation would "take some time."

"Once we get the facts and evidence, we'll prepare a case file and a summary and turn it over to the prosecutor," Bryant said.

Cellphone video of often-violent police interactions has put a spotlight on officer conduct in recent years, particularly since the 2020 killing of George Floyd while he was being arrested by police in Minneapolis.

The resulting nationwide protests called attention to officer brutality that often targets Black Americans.

The front door at the building that serves as the Mulberry police headquarters and city hall was locked Monday. A sign on the door directed anyone with questions about "the police investigation" to contact Arkansas State Police.

It was unclear whether the officers were wearing body cameras.

Amid public pressure for transparency and the proliferation of videos exposing police misconduct, there has been some pushback against recording officers. In July, the governor of Arizona signed a bill that makes it illegal to knowingly record officers from 8 feet (2.5 meters) or closer without permission.

Mulberry is a town of 1,600 people on the southern edge of the Ozarks in western Arkansas, right off Interstate 40, which runs from California to North Carolina.

AREA EVENTS

Tuesday, Aug. 23

Art Exploration Instruction

Join Gallery artists Pat Glick and Laura Wright every Tuesday afternoon for a fun time working on citizens' own projects or art from 12:30 to 2 p.m. at ArtForms Gallery. Participants are asked to bring their own materials. This event is free and open to the public.

Arma American Legion Bingo

Every Tuesday the Arma American Legion will have bingo at 512 E. Main Street in Arma. Doors open at 5 p.m. and bingo starts at 6:30 p.m. This week the High Roller Blackout will pay \$798 for 52 numbers. Progressive Blackout will pay \$400 for 54 numbers. Each week \$25 is added to the Blackout if no one wins on those numbers.

PSU Community Fair

Area businesses, agencies, and organizations throughout Pittsburg will set up booths across the Oval (the greenspace at the heart of campus) from 11:30 a.m. to 1 p.m. Tuesday, Aug. 23 to share with students what services and activities they offer. Many will give away samples, some will give away prizes, and all have the goal of connecting with students — especially those are new here — and making them feel welcome.

Wednesday, Aug. 24

Beginners Sign Language Class

Every Wednesday starting Aug. 3 the South Broadway Baptist Church in the Kennett Building, 1318 S. Broadway in Pittsburg. The class will be from 5 to 6 p.m. and participants will learn sign language through songs. There is no cost and everyone is welcome.

Building Strong Readers

Children up to age 5 are invited to Girard Public Library, 128 W. Prairie St. In Girard, for stories and a craft from 10 to 10:45 a.m. Call the library at 620-724-4317 for more information.

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. Wednesdays from 4 p.m. to 6 p.m. and Saturdays from 8 a.m. to noon April 16 to Oct. 30 at the Farmers' Market Pavilion, 119 E. 11th St., Pittsburg.

iCraft: Velvet Watercolor Painting

The Pittsburg Public Library invites the public to its iCraft event from 4 to 6 p.m. Wednesday, August 24 for velvet watercolor painting. All supplies are provided. iCraft is open to anyone in 6th grade through adult. Please register by calling 620-231-8110 for this free program. Registration helps make sure there are enough supplies for the program.

Friday, Aug. 26

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, DJ Brown and the Bourbon County Revival will be performing. Attendees are encouraged to bring their lawn chairs.

Saturday, Aug. 27

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.

Benefit Concert

Pickled Pete's Bar & Grill, 303 E. McKay Street in Frontenac will be hosting a benefit concert from 6 p.m. to midnight Saturday, Aug. 27. Crawford street will be closed from McKay north to the alley. There will be an outside bar and bands from 6 to 9 p.m., and the bands will continue inside from 9 p.m. to midnight. Admission is \$5 per person and ages 18 and under are free. Proceeds go to benefit abused children.

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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.

STOCK MARKET INSIGHTS

Unexpected support

By Dr. Richard Baker, AIF
Steadfast Wealth Management

Slimy mud banks are hard to climb. There was a mud bank we liked to slide down as kids just above the pond at my Poppy's house. My cousins and I liked climbing the slimy red clay back to the top. We could only do it if one of us put our foot against a tree or rock outcropping and pushed the rest of us back up to the top. A lot of things are doable with proper support.

The market has been doing better than expected since mid-June. The S&P 500 is up 16% since its low point on June 16, and though still down, it was only 11% below its all-time high. The market is doing well even though we still have high inflation, Russia is still invading Ukraine, and mortgage rates are 2.5 percent higher than a year ago. But, of course, a rebound like this only happens with good support. Here are a few areas of support.

First, inflation is getting better. The Headline Consumer Price Index (CPI) dropped some in July to 8.5% from June's 9.1%. We're seeing this, especially in durable goods, where new appli-

ance prices have dropped three out of the last four months. Also, used vehicle prices have dropped four out of the last six months, according to LPL. So inflation is still too high but going in the right direction.

Second, it's getting cheaper to import goods into the country, which shows that pricing pressures are improving overall. According to LPL, imported food and beverage prices dropped for three consecutive months, which hopefully means prices are returning to normal.

Third, oil prices are continuing to drop. Crude oil, which gives us gasoline and diesel fuel, was \$123 on March 8, \$122 on June 8, \$104 on July 8, and down to \$90 per barrel on July 8, according to Yahoo Finance. It takes two weeks for these prices to affect our gas pumps. This relief affects the pricing on almost everything we buy because of built-in delivery costs.

I think these positive numbers are why stocks recovered halfway back to their all-time high. This latest rally has made the risk-reward for stocks more balanced. But, at the same time, the Fed still doesn't have a good batting average,

and several geopolitical conflicts could slow or even reverse some of this market rally.

I still feel stocks have more room to run through year-end and into 2023, but I think it makes sense to have core bonds in a diversified portfolio. I still like stocks over bonds for the rest of this year, but because stocks tend to be more volatile in August and September, core bonds are often a great way to diversify equity market risk.

Looking back at that red clay bank, we could only climb it if whoever had their foot against a tree didn't lose their footing. I'm hoping this market support won't lose its footing either.

Have a blessed week!

Opinions voiced above are for general information only and not intended as specific advice or recommendations for any individual. Securities and advisory services offered through LPL Financial, a registered investment advisor; Member FINRA/SIPC. The economic forecast outlined in this material may not develop as predicted and there can be no guarantee that strategies promoted will be successful.

OKIE IN EXILE

Wood glue and metaphors



BOBBY NEAL WINTERS
Morning Sun Columnist

I am a math teacher at base, but I am more. I've woven some interesting activities around this base: I write and I do woodworking, for example.

The writing part I've done for a while, but the woodworking is new. It has brought some surprises. Before I started woodworking late last year, I never dreamed what a big part glue would play.

Sure, I knew the wood had to be held together somehow, but I thought nails or screws. I didn't know what I didn't know.

For one thing, since I started my new hobby, I've used precious few nails. In fact, if your definition of nail is too narrow, I haven't used any. I've used "pins." These pins aren't exactly like the one's used to hold pieces of cloth together.

I bought myself a Ryobi pin nailer which shoots slender pieces of metal into wood (or you hand if you aren't careful). The metal of the pin (or brad) is about as thick as a thick staple.

But I digress. It turns out that for what I am doing, glue is foundational.

Now, as I said above, I have used pins. I have also used more screws in the last six months than I had in the previous almost six decades of life. However, the pins and the screws are pretty much there to keep the wood in place until the glue dries.

Here I would like to observe that I hadn't worked much with glue since kindergarten or maybe first grade in art projects. Now I find myself using it in an activity that some people do to earn a living.

Let us not poo-poo the commercial value of the arts, eh?

Another thing I have learned — first by hearing

it in YouTube videos and then by seeing it with my own eyes — glue is stronger than wood.

As I am a math teacher at base, and, as such, have the psychological need to make things overly precise, let me amplify that last point. Wood consists of cellulose fibers that are held together by a natural substance called lignin. Modern wood glue is stronger than lignin. To see this, you can glue a couple of boards together properly and then break them apart. When you do this, the wood will break before the glue does.

I've made myself a work table. I made each leg by putting a pair of two-by-fours into an ell-shape; that is to say, the cross-section is an ell. I put my glue on the "two-inch" lateral side of one piece and laid it against the "four-inch" lateral side of the other. Then I nailed them together with pins. If it had been the pins alone, I would've been able to pull the pieces apart with my hands, but I clamped the boards together and let the glue dry. Now the legs are holding up a work table.

Wood-glue: It is great stuff.

I see my woodworking as being another creative outlet that runs parallel to my writing. I have observed in this space before that I find the activities to be similar. Each requires putting pieces together. That is to say, you hone each piece and you then put all the pieces together.

My wife actually taught me that I needed to put pieces together. She accomplished this in her own gentle way by saying, "I think you have a rough transition here."

So I needed something to hold it together.

There are lots of ways of doing this. My favorite way is metaphor. To my way of looking at things, metaphors are to writing as glue is to woodworking: they are stronger than the wood itself.

Often when we write, we

do so to present what we perceive as a truth. One way to do it is to use an extended metaphor which seems to be parallel to the truth we are trying to convey. Those who disagree with us can criticize our writing and tear it apart.

In cases such as this, often the metaphor will stand, but the rest of our writing will break.

For example, there might be some who would argue that writing is not like woodworking at all and give good, convincing reasons for it, thereby breaking this essay. However, woodworking/wood glue are still good metaphors.

As with woodworking, there are some who are better at writing than others. Some writers are better at using metaphors; some woodworkers are better at applying glue.

There is something to know about doing each of these activities.

When writers use metaphors, we are reaching out into the real world, the world of common shared experience. We want something concrete that the reader can understand, so that they can use it as a guide to understanding what we are trying to actually tell them.

In a case like today, I thought I needed to do a little exposition on wood glue. As I didn't know anything about it before late last year, I thought many of my readers might not either.

This has the value that even if somebody breaks the essay, at least you've learned something. And that's what it's all about for me in the end.

I am a math teacher at base, after all.

Bobby Winters, a native of Harden City, Oklahoma, blogs at redneckmath.blogspot.com and okieinexile.blogspot.com. He invites you to "like" the National Association of Lawn Mowers on Facebook. Search for him by name on YouTube.

DO JUST ONE THING

By Danny Seo

Bees aren't the only insects that help pollinate fruits, flowers and veggies. Butterflies are also an important part of the ecosystem. To help attract butterflies to

your garden, avoid using insecticides, which are obviously lethal to them. Also be aware that butterflies aren't attracted to flowers — they seek out flowering plants and bushes that are rich in nectar. Look for

milkweed, mint, zinnias, buddleia and heliotrope, which are all varieties of plants that butterflies love to drink from. Filling a shallow dish with fresh water every day is a simple way to give them a place to drink, too.

HELLO NEIGHBOR

Your brain health



LOIS CARLSON
Morning Sun Columnist

There isn't anyone that I know that doesn't know of one or more people who have suffered or are currently dealing with dementia or Alzheimer's Disease. This dreaded disease is one of the leading causes of death in the United States as well as other countries. So, what can individuals do to attempt to lower their risk

of being diagnosed with this major health problem?

According to the Alzheimer's Association when people think about staying fit, the first thing they think about is their body from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, and playing — even sleeping.

The good news is we now know there's a lot you can do to help keep your brain healthy as you age. The Alzheimer's Association

Maintain Your Brain(R) is a public health and education campaign designed to help all Americans understand steps they can take now to make brain health part of their overall goals for healthy aging. A few simple lifestyle changes can help keep you mentally and physically fit for years to come, and might also reduce your risk of Alzheimer's disease and other dementias.

- Head first. Good health starts with your brain. It is a vital body organ.
- Take brain health to heart. What's good for the

heart is good for the brain. Do something every day to prevent heart disease, high blood pressure, diabetes and stroke — all of which can increase your risk of Alzheimer's.

- Your numbers count. Keep your body weight, blood pressure, cholesterol and blood sugar levels within recommended ranges.

- Feed your brain. Research suggests that a diet rich in dark vegetables and fruits may help protect brain cells. Eat less fat and more antioxidant-rich foods.

- Work your body. Physical exercise keeps the blood flowing to the brain and may encourage new brain cells. Walking just

30 minutes a day can help keep both body and mind active.

- Jog your mind. Keeping your brain active and engaged strengthens brain cells and the connections between them, and may even trigger growth of new cells. Read, write, play games, learn new things, do crossword puzzles.

- Connect with others. Leisure activities that combine physical, mental and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join a club or take a class.

- Protect your brain. Take precautions against head injuries. Always wear a seat belt; declutter

your house to avoid falls; and wear a helmet when cycling.

These are some of the easy measures you can take to keep your brain healthy. The best part is not only are they easy but they require minimum out-of-pocket expense.

While there is strong evidence that the previous steps support brain health and may reduce risk of dementia, it's important to understand there is no way to predict what will happen to any one person. Maintain Your Brain(R) doesn't guarantee individual health outcomes but it is important for good health.

Struggling wife at wits' end with unhelpful hubby



DEAR ABBY
Abigail Van Buren

DEAR ABBY: My husband and I have been together for 12 years and our relationship has started to suffer. We no longer have dates, we don't spend any time talking with each other unless it's about the kids, and the intimacy has faded. A year ago, I asked him to go to a counselor with me. I asked him to be the one to set it up, as I'm always in charge of doctor appointments, bill paying, etc. I wanted him to show he was "all in" to help fix our marriage. I have reminded him to do it several times, but

he hasn't. He claims to love me and to want our marriage to thrive, yet he does nothing. Now that the intimacy is completely gone, he all of a sudden wants to work on things. Go figure. I feel hurt and rejected and like throwing in the towel, but we have built a life together and I do love him. I don't think therapy will work because I'll feel like I manipulated him to get there by withholding the intimacy. I feel sad and defeated. The man I married is gone, replaced by this person who is just going through the motions and using me to take care of his kids and clean his house. Please advise.
— ON HOLD IN ARKANSAS

DEAR ON HOLD: Ask your doctor for a referral to a psychologist and make an appointment — for

YOURSELF — for help rebuilding your sagging self-esteem. Because you long ago assumed the role of organizer-arranger in your marriage, it was unrealistic to expect your husband to suddenly pick up the ball. He may not know how. Once you are stronger emotionally, schedule those sessions with a licensed marriage and family therapist, as you have all the other appointments during your marriage. Your relationship with your husband does need work, and this is the path to repairing it.

DEAR ABBY: My fiance and I have a child together. I'm 31, and he's 16 years older. Sometimes I don't know if our relationship will work out in the long run because he's so stubborn and set in

his ways. I'm more laid-back and easygoing. What is bothering me the most right now is his mother constantly asks him for money. It's not just for little things; it's for roof and furnace repair and problems with her water heater, washer/dryer, stove and A/C. She's married, and her husband works. He should be able to provide her with the things they need for their house. It's not like my fiance is rich. He isn't. I have tried talking to him about it, but it just ends up in an explosive argument. It's like, why should I even try to save for our family's future and the things we need for our house if he's going to keep giving it to his mother every time she asks? Please help.
— ALL FOR MAMA

DEAR ALL: You wrote that YOU

are trying to save for your family's future. Is your fiance giving his mother money that you have been earning, or is it his? If it is his, he can do with it as he pleases — at least until after the wedding. If he is fiscally responsible, he should also be trying to save for the future. However, if he isn't, recognize that the pattern he has established may not be a sound one for you and your child, and plan accordingly.

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.

NEWS



A man collects copper wires on the market which was destroyed after Russian bombardment in Nikopol, Ukraine, on Monday, Aug. 22, 2022. In Nikopol, across the river from Ukraine's main nuclear power plant, Russian shelling wounded four people Monday, an official said. The city on the Dnipro River has faced relentless pounding since July 12 that has damaged some 850 buildings and sent about half its population of 100,000 fleeing. (AP PHOTO/EVGENIY MALOLETKA)

9,000 Ukraine troops killed since Russia began war

By HANNA ARHIROVA

NIKOPOL, Ukraine (AP) — Russia’s invasion of Ukraine has already killed some 9,000 Ukrainian soldiers since it began nearly six months ago, a general said, and the fighting Monday showed no signs that the war is abating.

At a veteran’s event, Ukraine’s military chief, Gen. Valerii Zaluzhnyi, said many of Ukraine’s children need to be taken care of because “their father went to the front line and, perhaps, is one of those almost 9,000 heroes who died.”

In Nikopol, across the river from Ukraine’s main nuclear power plant, Russian shelling wounded four people Monday, an official said. The city on the Dnieper River has faced relentless pounding since July 12 that has damaged 850 buildings and sent about half its population of 100,000 fleeing.

“I feel hate towards Russians,” said 74-year-old Liudmyla Shyshkina, standing on the edge of her destroyed fourth-floor apartment in Nikopol that no longer has walls. She is still injured from the Aug. 10 blast that killed her 81-year-old husband, Anatoliy.

“The Second World War didn’t take away my father, but the Russian war did,” noted Pavlo Shyshkin, his son.

The U.N. says 5,587 civilians have been killed and 7,890 wounded in the Russian invasion of Ukraine that began on Feb. 24, although the estimate is likely an undercount. The U.N. children’s agency said Monday that at least 972 Ukrainian children have been killed or injured since Russia invaded. UNICEF Executive Director Catherine Russell said these are U.N.-verified figures but “we believe the number to be much higher.”

U.S. President Joe Biden and the leaders of Britain, France and Germany pleaded Sunday for Russia to end military operations so close to the Zaporizhzhya nuclear plant — Europe’s largest — but Nikopol came under fire three times overnight from rockets and mortar shells. Houses, a kindergarten, a bus station and stores were hit, authorities said.

There are widespread fears that continued shelling and fighting in the area could lead to a nuclear catastrophe. Russia has asked for an

urgent meeting of the U.N. Security Council on Tuesday to discuss the situation — a move “the audacity” of which Ukraine’s President Volodymyr Zelenskyy decried in his evening video address.

“The total number of different Russian cruise missiles that Russia used against us is approaching 3,500. It is simply impossible to count the strikes of Russian artillery; there are so many of them, and they are so intense,” Zelenskyy said Monday.

Western nations had already scheduled a council meeting on Wednesday -- the six-month anniversary of the Russian invasion -- on its impact on Ukraine.

Vladimir Rogov, an official with the Russia-installed administration of the occupied Zaporizhzhia region, claimed that because of shelling from Ukraine, staffing at the nuclear plant had been cut sharply. Ukrainians say Russia is storing weapons at the plant and has blocked off areas to Ukrainian nuclear workers.

Monday’s announcement of the scope of Ukraine’s military dead stands in sharp contrast to Russia’s military, which last gave an update on March 25 when it said 1,351 Russian troops were killed during the first month of fighting. U.S. military officials estimated two weeks ago that Russia has lost between 70,000 to 80,000 soldiers, both killed and wounded in action.

On Monday though, Moscow turned its attention to one specific civilian death.

Russia blamed Ukrainian spy agencies for the weekend car bombing on the outskirts of Moscow that killed the daughter of a far-right Russian nationalist who ardently supports the invasion of Ukraine.

Russia’s Federal Security Service, the main successor to the KGB, said Monday the killing was “prepared and perpetrated by the Ukrainian special services.” It charged that the bombing that killed 29-year-old TV commentator Darya Dugina, whose father, political theorist Alexander Dugin, is often referred to as “Putin’s brain,” was carried out by a Ukrainian citizen who left Russia for Estonia quickly afterward.

Ukrainian officials have vehemently denied

any involvement in the car bombing. Estonian officials say Russia has not asked them to look for the alleged bomber or even spoken to them about the bombing.

On the front lines, the Ukraine military said it carried out a strike on a key bridge over the Dnieper River in the Russian-occupied Kherson region. Local Russia-installed officials said the strike killed two people Monday and wounded 16 others.

Photos on social media showed thick plumes of smoke rising over the Antonivskiy Bridge, an important supply route for the Russian military in Kherson.

On the Russian-occupied Crimean Peninsula, anxiety has been spreading following a spate of fires and explosions at Russian facilities over the past two weeks. The Russian-backed governor of Sevastopol, Mikhail Razvozhayev, ordered that signs showing the location of bomb shelters be placed in the city, which had long seemed untouchable.

Razvozhayev said on Telegram the city is well-protected but “it is better to know where the shelters are.”

Sevastopol, the Crimean port that is the home of Russia’s Black Sea Fleet, has seen a series of drone attacks. A drone exploded at the fleet’s headquarters on July 31, and another was shot down over it last week. Authorities said air-defense systems have shot down other drones as well.

On Monday evening, Sevastopol residents reported hearing loud explosions on social media. Razvozhayev said the air-defense system had shot down “an object ... at high altitude.”

“Preliminary (conclusion) is that it is, again, a drone,” he wrote on Telegram.

Russian President Vladimir Putin didn’t directly mention the war during a speech Monday marking National Flag Day but echoed some of the justifications cited for the invasion.

“We are firm in pursuing in the international arena only those policies that meet the fundamental interests of the motherland,” Putin said. He maintains that Russia sent troops into Ukraine to protect its people against the encroaching West.

Oklahoma sheriff deputy serving eviction papers shot, killed

OKLAHOMA CITY (AP) — An Oklahoma County Sheriff’s Office deputy was shot and killed and a second deputy wounded while the two were serving eviction papers at a home on the southwest side of Oklahoma City, authorities said.

Both deputies were transported to the University of Oklahoma Medical Center, where one deputy died and the other was in stable condition, Sheriff’s Office spokesman Aaron Brilbeck said.

The two deputies were not immediately identified while their family members were being notified,

Brilbeck said.

Sheriff Tommie Johnson said the two deputies were serving “lock-out papers,” which is part of the eviction process, when one of the deputies went to the back door of the home and was shot. The second deputy was shot as he attempted to pull the first deputy to safety, Johnson said.

A suspect in the shooting was taken into custody following a vehicle chase across the city, said Oklahoma City police Sgt. Dillon Quirk. The suspect’s name was not immediately released.

“During that pursuit,

the suspect was firing rounds at officers, and we had officers as well returning fire at the suspect,” said Oklahoma City Police Capt. Valerie Littlejohn. She said neither the suspect nor the pursuing officers were hit by gunfire during the exchanges.

Video from a news helicopter showed police chasing a pickup truck hauling a boat across the city to the entrance of Tinker Air Force Base, where the driver was taken into custody after he threw a rifle out the window and exited the truck with his hands raised.

Lawsuit filed to knock recreational pot off Missouri ballot

By SUMMER BALLENTINE

JEFFERSON CITY, Mo. (AP) — An anti-drug group on Monday announced support for a lawsuit to take a recreational marijuana legalization proposal off Missouri’s November ballot.

Jefferson City resident Joy Sweeney filed the lawsuit Friday with support from the national anti-drug group Protect Our Kids.

The suit alleged that marijuana supporters didn’t gather enough valid voter signatures to put the proposal to a vote. The lawsuit also claimed the ballot measure deals with too many policies in

violation of the state constitution.

“We are proud to stand alongside Ms. Sweeney in her challenge to the scam that is this marijuana legalization referendum,” Protect Our Kids CEO Luke Niforatos said in a statement. “Not only does the language deceive voters about the harms of legalization, it is in violation of state law and the Missouri Constitution.”

Campaign manager John Payne said the campaign to legalize recreational marijuana “had the grassroots support necessary to collect the valid number of signatures required to reach the ballot” compared to

dozens of other failed initiative petitions filed this election cycle.

“This lawsuit lacks merit and in less than three months Missouri will be the 20th state to regulate, tax and legalize cannabis,” Payne said in a statement.

Missouri’s secretary of state, the state’s top election official, didn’t immediately respond to an Associated Press request for comment Monday.

Missouri’s ballot proposal would allow those age 21 and older to buy and grow weed for personal consumption and automatically erase records of some past marijuana-related crimes.

Somali forces end hotel attack that left 21 dead, 117 hurt

By OMAR FARUK

MOGADISHU, Somalia (AP) — Somali authorities on Sunday ended an attack by Islamic extremists that left 21 people dead and over 110 wounded when gunmen stormed a hotel in the capital.

It took Somali forces more than 30 hours to contain the fighters who had stormed Mogadishu’s Hayat Hotel on Friday evening in an assault that started with loud explosions. The attack is the first major terror attack in Mogadishu since Somalia’s new leader, Hassan Sheikh Mohamud, took over in May.

The siege ended around midnight, police commissioner Abdi Hassan Hijar told reporters.

“During the attack, the security forces rescued many civilians trapped in the hotel, including women and children,” he said.

Health Minister Dr. Ali Haji Adam reported 21 deaths and 117 people wounded, with at least 15 in critical condition. He noted that some victims may not have been brought to hospitals.

The Islamic extremist group al-Shabab, which has ties with al-Qaida, claimed responsibility

for the attack, the latest of its frequent attempts to strike places visited by government officials.

Al-Shabab opposes the federal government and outside groups that support it. Al-Shabab remains the most lethal Islamic extremist group in Africa and the biggest threat to political stability in the volatile Horn of Africa nation.

Police have not yet given a detailed explanation of how the attack unfolded and it remains unclear how many gunmen entered the hotel.

Ismail Abdi, the hotel’s manager, told The Associated Press early Sunday that security forces were still working to clear the area. The sound of gunfire ended at 9 a.m. Onlookers gathered outside the gates of the badly damaged hotel on Sunday morning, surveying the scene.

Somalia’s previous president, Mohamed Abdullahi Mohamed, avoided any major confrontation with al-Shabab. But Mohamud has said his government will take the offensive against the group’s thousands of fighters, with the backing of returning U.S. forces.

Al-Shabab charged via its Andalus radio station

that the attack on the hotel was in response to Mohamud’s assertion that he would eliminate the group from Somalia.

U.N. Secretary-General Antonio Guterres condemned the attack, saying the U.N. supports the people of Somalia “in their fight against terrorism and their march towards peace.”

Al-Shabab has seized even more territory in recent years, taking advantage of rifts among Somali security personnel as well as disagreements between the government seat in Mogadishu and regional states.

Forced to retreat from Mogadishu in 2011, al-Shabab is slowly making a comeback from the rural areas to which it retreated, defying the presence of African Union peacekeepers as well as U.S. drone strikes targeting its fighters.

The militants in early May attacked a military base for AU peacekeepers outside Mogadishu, killing many Burundian troops. The attack came just days before the presidential vote that returned Mohamud to power five years after he had been voted out.



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LOOKING BACK

FROM OUR HISTORY

After 37 years, Corinne Monsour was reunited with her long lost class ring

By Phil Burgert
news@morningsun.net

Excerpted stories in Crawford County newspaper archives

100 Years Ago
Aug. 23, 1922
A fight between a man working at the Kansas City Southern shops here and four men who are believed to have been striking shop men marked the first violence attending the walkout of the local shop workers in the 53 days they have been idle. The strikebreaker, whose name was not learned, seems to have gotten the best of the conflict, inflicting a severe wound on an antagonist when he pulled a scraper from his pocket and began fighting with it. Reports circulated in Pittsburg yesterday that an agreement has been reached between the Southwestern Interstate Coal Operators association and the miners in the districts represented are unfounded, according to officials at the miners' headquarters here. Local miners' officials, however, feel confident that a settlement will be reached, probably today, at the conference in Kansas City.

Yesterday was the hottest day this summer. Different thermometers registered from 106 to 100 "unofficial" degrees during mid-afternoon, and the day unofficially closed at 98 degrees at 6 o'clock, dropping to 86 at midnight. It was a sweltering public seen on Broadway, and every one hunted the shade, "cokes," ice water and electric fans to find relief from the heat.

50 Years Ago
Aug. 23, 1972
The day after Mayor William Senecaut said it was unlikely that the city would reappoint Don Hawkins as Girard police chief after his term expires in November, Hawkins and other city officials were unwilling to say much regarding the situation. Senecaut cited dissension between the official and the men under him and Hawkins' not attending the last two commission meetings to discuss rotating department shifts. The Cherokee County board of commissioners has requested the county attorney seek a ruling from Attorney General Vern Miller on the board's role in approving or refusing beer licenses. The action was prompted by visits from a delegation of Riverton ministers, who appeared before the commission about a petition they filed protesting an application by a Riverton store owner for carry-out package sales.

Eighty-three merchants and businessman purchased animals in the 4-H Livestock Sale at this year's Crawford County Fair. Almost two-thirds of these, 51, we're from Girard. The sale netted \$16,203.05 with 1,090 pounds of sheep bringing a price of \$1,101.85; 12,335 pounds of swine earning \$6,307.40 and 20,445 pounds of beef going for \$8,893.80.

25 Years Ago
Aug. 23, 1997
Pittsburg USD 250 classified employees are expected to become members of the Kansas National Education Association before the next Board of Education meeting, representatives announced at a press conference. Employees hope the support of the teachers' union will help settle the issue of back holiday pay the employees believe the district owes them.

A 37-year-old mystery came to a fairy tale conclusion this week, when the girl from the class of 1952 was reunited with her long lost class ring. The ring was found in a sewer line at a Pittsburg wastewater treatment plant worker. The mystery was solved when Corinne Monsour opened her morning newspaper. She lost the ring in 1960 but for 37 years has kept the loss a secret. With eight starters back from a unit that was eighth in scoring offense in NCAA Division II football, the Pittsburg State offense looks to be re-loaded and ready to light up opposing defenses in 1997. The Gorillas had just three starting positions to fill this fall. With 11 starters boasting a combined 23 seasons of PSU letters, the Gorilla offense looks to have plenty of experience ready to improve on last season's 395.5-yards-a-game performance.

TODAY IN HISTORY

In 1914, Japan declared war against Germany in World War I

Associated Press
news@morningsun.net

Today is Tuesday, Aug. 23, the 235th day of 2022. There are 130 days left in the year.
Today's Highlight in History:
On Aug. 23, 1973, a bank robbery-turned-hostage-taking began in Stockholm, Sweden; the four hostages ended up empathizing with their captors, a psychological condition now referred to as "Stockholm Syndrome."

On this date:
In 1305, Scottish rebel leader Sir William Wallace was executed by the English for treason.
In 1775, Britain's King George III proclaimed the American colonies to be in a state of "open and avowed rebellion."
In 1914, Japan declared war against Germany in World War I.
In 1927, amid worldwide protests, Italian-born anarchists Nicola Sacco and Bartolomeo Vanzetti were executed in Boston for the murders of two men during a 1920 robbery. (On the 50th anniversary of their executions, then-Massachusetts Gov. Michael Dukakis issued a proclamation that Sacco and Vanzetti had been unfairly tried and convicted.)

In 1939, Nazi Germany and the Soviet Union agreed to a non-aggression treaty, the Molotov-Ribbentrop Pact, in Moscow.
In 2000, A Gulf Air Airbus crashed into the Persian Gulf near Bahrain, killing all 143 people aboard.
In 2003, former priest John Geoghan (GAY-gun), the convicted child molester whose prosecution sparked the sex abuse scandal that shook the Roman Catholic Church nationwide, died after another inmate attacked him in a Massachusetts prison.
In 2004, President George W. Bush criticized a political commercial accusing Democratic nominee John Kerry of inflating his own Vietnam War record, and said broadcast attacks by outside groups had no place in the race for the White House.
In 2008, Democratic presidential candidate Barack Obama introduced his choice of running mate, Sen. Joe Biden of Delaware, before

a crowd outside the Old State Capitol in Springfield, Illinois.
In 2011, a magnitude 5.8 earthquake centered near Mineral, Virginia, the strongest on the East Coast since 1944, caused cracks in the Washington Monument and damaged Washington National Cathedral.
In 2013, a military jury convicted Maj. Nidal Hasan in the deadly 2009 shooting rampage at Fort Hood, Texas, that claimed 13 lives; the Army psychiatrist was later sentenced to death. Staff Sgt. Robert Bales, the U.S. soldier who'd massacred 16 Afghan civilians, was sentenced at Joint Base Lewis-McChord, Washington, to life in prison with no chance of parole.
In 2020, a white police officer in Kenosha, Wisconsin, shot a Black man, Jacob Blake, seven times as officers tried to arrest Blake on an outstanding warrant; the shooting left Blake partially paralyzed and triggered several nights of violent protests. (Blake, who was shot as he was about to get into an SUV with a pocket-knife that had fallen from his pants, later said he'd been prepared to surrender after putting the knife in the vehicle. Officer Rusten Sheskey was not charged.)

Ten years ago: First lady Michelle Obama consoled relatives of worshippers gunned down at a Sikh temple in suburban Milwaukee. Lance Armstrong chose not to pursue arbitration in the drug case brought against him by the U.S. Anti-Doping Agency, setting the stage for his Tour de France titles to be stripped and his name to be all but wiped from the record books of the sport he once ruled.
Five years ago: City workers in Charlottesville, Virginia, draped giant black covers over two statues of Confederate generals to symbolize the city's mourning for a woman killed while protesting a white nationalist rally. A federal judge again blocked a set of voter ID requirements in Texas, rejecting a weakened version that had been backed by the Trump administration. (An appeals court later allowed the law to stay in effect; it allowed voters without any acceptable photo ID to cast a ballot as long as they sign an affidavit.)

One year ago: The U.S. military was able to increase its evacuation flights out of Afghanistan; some 17,000 people were flown to safety in more than 40 flights over a period of 36 hours. The leader of the Proud Boys extremist group, Enrique Tarrio, was sentenced to more than five months in jail for burning a Black Lives Matter banner that was torn down from a historic Black church in downtown Washington and bringing two high-capacity firearm magazines into the nation's capital two days before the Jan. 6 riot. U.S. regulators gave full approval to Pfizer's COVID-19 vaccine; more than 200 million Pfizer doses had been administered in the U.S. under emergency provisions since December 2020. The Pentagon announced that it would press ahead with plans to force members of the military to get vaccinated.

COMMODITIES

Chicago Merchantile Exchange					
	Open	High	Low	Settle	Chg
CATTLE					
40,000 lbs.; cents per lb.					
Aug	141.10	141.85	141.00	141.22	−.38
Oct	144.87	145.02	144.20	144.50	−.75
Dec	150.40	150.87	150.02	150.52	−.45
Feb	154.57	155.25	154.27	154.95	−.12
Apr	157.90	158.50	157.52	158.27	+12
Jun	153.00	153.80	152.87	153.55	+15
Aug	152.80	153.62	152.80	153.32	+20
Oct	156.25	156.75	156.07	156.75	+33
Dec	159.45	160.00	159.30	160.00	+30
Est. sales 38,636.Fri.'s sales 29,361					
Fri.'s open int 268,993, up 2,757					

FEEDER CATTLE					
50,000 lbs.; cents per lb.					
Aug	181.05	181.87	181.05	181.40	−.10
Sep	184.35	184.75	183.57	184.35	−.40
Oct	186.50	186.90	185.67	186.47	−.30
Nov	188.30	189.00	187.80	188.60	−.10
Jan	189.27	189.95	188.90	189.70	−.10
Mar	191.00	191.47	190.60	191.35	
Apr	192.92	193.87	192.85	193.87	+10
May	195.20	195.80	194.70	195.67	+30
Est. sales 11,746.Fri.'s sales 11,839					
Fri.'s open int 43,724,up 148					

HOGS,LEAN					
40,000 lbs.; cents per lb.					
Oct	92.75	95.00	92.12	93.97	+85
Dec	83.75	84.95	83.12	84.47	+32
Feb	87.02	87.85	86.07	87.70	+68
Apr	90.52	91.57	89.82	91.50	+95
May	94.20	95.42	94.20	95.42	+122
Jun	99.00	100.37	98.45	100.27	+125
Jul	98.62	100.15	98.37	100.02	+120
Aug	97.00	98.40	96.97	98.20	+113
Est. sales 30,790.Fri.'s sales 39,919					
Fri.'s open int 227,392					

PORK BELLIES					
40,000 lbs.; cents per lb.					
No open contracts.					

Chicago Board of Trade					
	Open	High	Low	Settle	Chg.
WHEAT					
5,000 bu minimum; cents per bushel					
Sep	754	774	744½	770½	+17¼
Dec	771¼	791¼	762½	788¼	+17¼
Mar	788¾	808	779	804¾	+17¼
May	795	818	788¾	815	+17½
Jul	797¾	819¼	790¼	816½	+18¾
Sep	801¾	824	794	821¼	+20¼
Dec	810	831¼	802¼	829½	+21¾
Est. sales 83,407.Fri.'s sales 76,478					
Fri.'s open int 323,647, up 275					

CORN					
5,000 bu minimum; cents per bushel					
Sep	622¾	635¼	618	633½	+7½
Dec	618¼	631	614¼	629	+5¾
Mar	625¼	638	621¼	636¼	+5¾
May	628¼	640½	625	638¾	+5½
Jul	628	638	622½	635¾	+5
Sep	594½	606	591	604¾	+5½
Dec	586¾	598½	583¼	597¼	+7
Est. sales 221,459.Fri.'s sales 166,226					
Fri.'s open int 1,311,447, up 1,482					

OATS					
5,000 bu minimum; cents per bushel					
Sep	422¾	424	410	412¾	−6
Dec	385½	394½	384	389½	+2¼
Mar	397¾	397¾	393	393	+¾
May	398¾	398¾	395	395	+¼
Jul	393¼	+1¼			
Sep	369¼	+1¼			
Est. sales 237.Fri.'s sales 549					
Fri.'s open int 3,144,up 240					

SOYBEANS					
5,000 bu minimum; cents per bushel					
Sep	1484¼	1534½	1478	1527	+38¼
Nov	1398	1438½	1393	1435¼	+31¼
Jan	1405	1444½	1399¾	1442	+31¼
Mar	1407¾	1447¼	1403½	1445	+31½
May	1406¼	1449¾	1405½	1447	+31¼
Jul	1408	1448¾	1405¼	1446	+31¼
Aug	1402¾	1427	1398¾	1427	+31½
Sep	1361¼	1386½	1361¼	1386½	+29¾
Nov	1332¼	1374¼	1332¼	1371	+30
Jan	1356¾	1374¼	1351½	1374¼	+30
Est. sales 151,320.Fri.'s sales 97,198					
Fri.'s open int 595,460, up 1,208					

SOYBEAN OIL					
60,000 lbs; cents per lb					
Sep	67.87	69.46	67.12	68.77	+87
Oct	66.28	67.70	65.38	67.02	+70
Dec	65.61	66.98	64.71	66.35	+65
Jan	65.12	66.39	64.20	65.88	+70
Mar	64.48	65.67	63.54	65.28	+80
May	63.66	64.99	62.85	64.63	+85
Jul	62.79	64.02	62.13	63.79	+90
Aug	62.07	63.08	61.24	62.88	+94
Sep	60.45	62.32	60.45	62.11	+96
Oct	59.81	61.42	59.81	61.42	+1.00
Dec	60.28	61.42	59.55	61.19	+1.04
Est. sales 113,534.Fri.'s sales 96,239					
Fri.'s open int 411,535, up 4,407					

SOYBEAN MEAL					
100 tons; dollars per ton					
Sep	449.30	463.40	445.30	460.50	+11.80
Oct	408.00	422.10	405.30	420.80	+12.80
Dec	401.60	416.60	399.40	415.40	+13.10
Jan	397.40	412.00	395.70	410.80	+12.60
Mar	389.10	404.00	389.10	402.60	+11.30
May	385.00	400.00	385.00	398.70	+11.10
Jul	385.40	399.10	385.40	398.00	+10.80
Aug	384.30	395.40	384.30	394.60	+10.50
Sep	385.00	389.80	385.00	389.70	+10.20
Oct	380.60	383.30	380.60	383.30	+10.20
Dec	370.00	384.60	370.00	383.10	+10.20
Jan	378.80	381.10	378.80	381.10	+9.90
Est. sales 86,293.Fri.'s sales 75,198					
Fri.'s open int 417,251, up 1,657					

Producers Cooperative Association

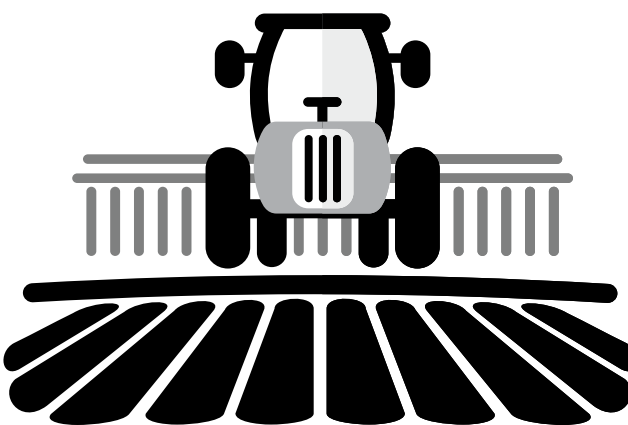
Bushel	
Soft wheat.....	\$7.01
Soybean.....	\$15.10
Yellow shell corn	\$7.04
Milo	\$6.84

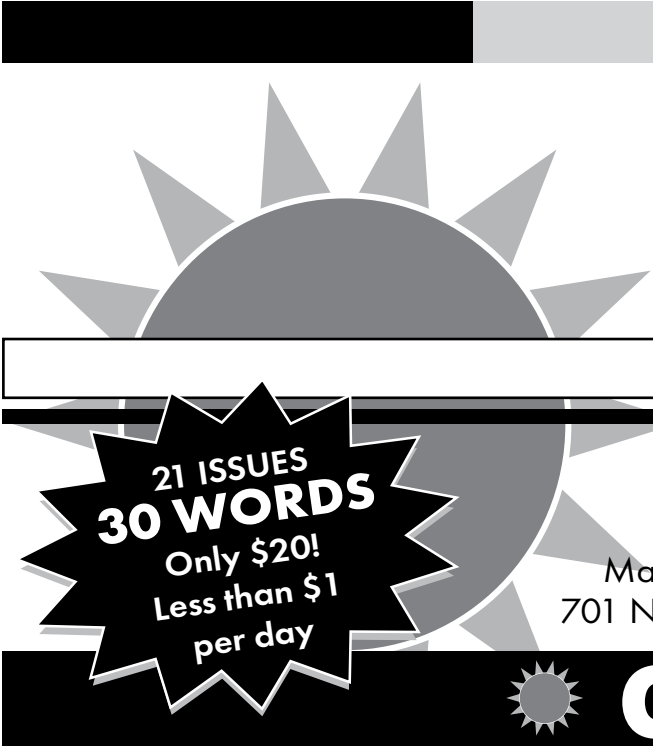
Columbus Grain

Bushel	
Hard wheat.....	\$7.90
Soft wheat.....	\$7.01
Soybean.....	\$15.45
Yellow shell corn	\$7.14
Milo	\$6.84

McCune Farmers Union Coop Association

Bushel	
Hard wheat.....	\$7.90
Soft wheat.....	\$7.01
Soybean.....	\$15.45
Yellow shell corn	\$7.14
Milo	\$6.84





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The City of Frontenac is accepting applications for a Library Director. This position will be unique and fluid and will require a person with skill in project development, management, organization, and a strong desire to seek out information and resources. The city's goal is to create a library with a large variety of services to enhance our community. The person in this position will ultimately assume the administrative role in the new library. Applicants may submit a resume at Indeed.com or at City Hall, 313 E. McKay Street, Frontenac, KS. Resumes will be accepted until August 31st or until the position is filled. The City of Frontenac is an Equal Opportunity Employer.

Now Hiring

Mid America Pipe, Scammon Kansas is seeking day/night welders and fitters. Competitive wages based on experience. Benefits include on-site medical clinic, paid vacation, and holidays. Insurance benefits and 401K program after probationary period. If interested, apply in person at 2674 NW Hwy 102, Scammon Kansas. If applying for welder position, be prepared to take a weld test (have your gear). Our weld tests are not pass/fail — we will train.

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LEGALS

(First Published in The Pittsburg Morning Sun on August 9th 2022)
**IN THE DISTRICT COURT OF CRAWFORD COUNTY, KANSAS
CIVIL DEPARTMENT**

BOKF, N.A.
Plaintiff,
vs.
Phyllis S. Sustarsic, et al.

Defendants,
Case No.CRP-22CV34

Court No.
Title to Real Estate Involved
Pursuant to K.S.A. §60

NOTICE OF SALE

Under and by virtue of an Order of Sale issued to me by the Clerk of the District Court of Crawford County, Kansas, the undersigned Sheriff of Crawford County, Kansas, will offer for sale at public auction and sell to the highest bidder for cash in hand at the Girard Courthouse front steps Crawford County Courthouse, GIRARD, Kansas, on September 1, 2022 at the time of 10:00 AM, the following real estate:

A CERTAIN TRACT OR PARCEL OF LAND IN CRAWFORD COUNTY, IN THE STATE OF KANSAS, DESCRIBED AS FOLLOWS:

LOT NUMBER FORTY EIGHT (48) IN THE THIRD FOREST PARK ADDITION TO THE CITY OF PITTSBURG, KANSAS, ACCORDING TO THE RECORDED PLAT THEREOF., Parcel ID No. 209-30-0-20-26-020.00-0. Commonly known as 702 W Kansas St., Pittsburg, KS 66762 ("the Property") MS207690

to satisfy the judgment in the above-entitled case. The sale is to be made without appraisal and subject to the redemption period as provided by law, and further subject to the approval of the Court.

Crawford County Sheriff
MILLSAP & SINGER, LLC
By:
Chad R. Doornink, #23536
cdoornink@msfirm.com
8900 Indian Creek Parkway, Suite 180
Overland Park, KS 66210
(913) 339-9132
(913) 339-9045 (fax)
ATTORNEYS FOR PLAINTIFF

(First Published in The Pittsburg Morning Sun on August 9th 2022)
IN THE DISTRICT COURT OF CRAWFORD COUNTY, KANSAS

IN THE MATTER OF THE ESTATE OF
PAUL A. TROOP, DECEASED.
Case No. CRP-2022-PR-000090

NOTICE TO CREDITORS

The State of Kansas to all Persons Concerned:
You are hereby notified that on August 4, 2022, a Petition for Probate of Will and Issuance of Letters Testamentary and Determination of Valid Consent of Spouse was filed in this Court by Carol L. Troop, the surviving spouse of Paul A. Troop, 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. Carol L. Troop, Petitioner

Kevin F. Mitchelson
Ks. Bar No. 11509
WHEELER & MITCHELSON,
CHARTERED
Fourth and Broadway
P.O. Box 610
Pittsburg, Kansas 66762-0610
(620) 231-4650
Attorneys for Petitioner

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(Published in the Pittsburg Morning Sun on August 23rd 2022)

Special Notices: Shamrock Mini Storage will be disposing the contents of Kayla Sorrick & Jeremy Lewis and Frederick Griffin if balance owed is not paid in full by 9/2/2022.

United, Delta, American & Southwest and many more airlines. Call for free quote now! Have travel dates ready! 833-381-1348

Misc.
SAVE YOUR HOME! Are you behind paying your MORTGAGE? Denied a Loan Modification? Threatened with FORECLOSURE? Call the Homeowner's Relief Line now for Help! 888-975-1473

(Published in The Pittsburg Morning Sun on August 23rd 2022)
**IN THE DISTRICT COURT OF CRAWFORD COUNTY, KANSAS
CIVIL DEPARTMENT**

U.S. Bank National Association
Plaintiff,
vs.
Matthew Christopher Reese; Sarah Ann Reese; BAHS Bank of America, FSB; State of Kansas, Department of Revenue, Division of Motor Vehicles; ; Unknown Spouse, if any, of Joy Anne Gepford; Joy Anne Gepford
Defendants.
Case No. 2018-CV-000024-G
Court Number:
Pursuant to K.S.A. Chapter 60

NOTICE OF SALE

Under and by virtue of an Order of Sale issued to me by the Clerk of the District Court of Crawford County, Kansas, the undersigned Sheriff of Crawford County, Kansas, will offer for sale at public auction and sell to the highest bidder for cash in hand, at the Judicial Center in Girard, of the Courthouse at Crawford County, Kansas, on September 20, 2022, at 10:00 AM, the following real estate:

Located in the County of Crawford State of Kansas: Part of the Northwest Quarter (NW 1/4) of the Northwest Quarter (NW 1/4) of Section Thirty Five (35), Township Twenty Nine (29) South, Range Twenty Five (25) East of the Sixth Principal Meridian, Crawford County, Kansas, according to the United States Government Survey thereof bounded and described as follows: Beginning at a point Seven Hundred Forty-Two and Twenty-Eights Hundredths (742.28) feet East of the Northwest Corner of Said Section Thirty-Five (35); Thence South 06 Degrees 26 Seconds 21 Minutes East Four Hundred Seventy-Seven and Thirty Hundredths (477.30) feet; Thence East Five Hundred Seventy-Three and Nine Hundredths (573.09) feet more or less to the East Line of the Northwest Quarter (NW 1/4) of the Northwest Quarter (NW 1/4), thence North Four Hundred Sevent-Eight (478), more or less to the North line of said Section Thirty-Five (35); Thence West Five Hundred Three and Eighty-Sixth Hundredths (503.86) feet, more or less, to the point of beginning. EXCEPT the Right of Way of the Kansas City, Pittsburg and Western Railroad Company, now The Kansas City Southern Railway Company, commonly known as 1123 East 600th Avenue, Pittsburg, KS 66762 (the "Property") to satisfy the judgment in the above-entitled case. The sale is to be made without appraisal and subject to the redemption period as provided by law, and further subject to the approval of the Court. For more information, visit www. Southlaw.com
Danny Smith, Sheriff
Crawford County, Kansas
Prepared By:
SouthLaw, P.C.
Blair T. Gisi (KS #24096)
13160 Foster, Suite 100
Overland Park, KS 66213-2660
(913) 663-7600
(913) 663-7899 (Fax)
Attorneys for Plaintiff
(199699)

(First Published in The Pittsburg Morning Sun on August 9th 2022)
**IN THE DISTRICT COURT OF CRAWFORD COUNTY, KANSAS
CIVIL DEPARTMENT**

Rushmore Loan Management Services LLC
Plaintiff,
vs.

Nancy Marie Johnson, et al.
Defendants,
Case No.CRP-22CV29

Court No.
Title to Real Estate Involved
Pursuant to K.S.A. §60

NOTICE OF SALE

Under and by virtue of an Order of Sale issued to me by the Clerk of the District Court of Crawford County, Kansas, the undersigned Sheriff of Crawford County, Kansas, will offer for sale at public auction and sell to the highest bidder for cash in hand at the Girard Courthouse front steps Crawford County Courthouse, GIRARD, Kansas, on September 1, 2022 at the time of 10:00 AM, the following real estate:

LOT NUMBER SEVEN (7) IN BLOCK NUMBER TWO (2) IN PLAYER'S SUB-DIVISION OF THE ROGERS COAL COMPANY'S FIRST ADDITION TO THE CITY OF PITTSBURG, CRAWFORD COUNTY KANSAS, ACCORDING TO THE RECORDED PLAT THEREOF, AND ADJACENT VACATED STREET., Parcel ID No. 209300102800600. Commonly known as 208 W Euclid St, Pittsburg, KS 66762 ("the Property") MS206260

to satisfy the judgment in the above-entitled case. The sale is to be made without appraisal and subject to the redemption period as provided by law, and further subject to the approval of the Court.

Crawford County Sheriff
MILLSAP & SINGER, LLC
By:
Chad R. Doornink, #23536
cdoornink@msfirm.com
8900 Indian Creek Parkway, Suite 180
Overland Park, KS 66210
(913) 339-9132
(913) 339-9045 (fax)
ATTORNEYS FOR PLAINTIFF

NEWS

Welcome, Quentin Holmes!

A Pitt State Alumni, Quentin worked for PSU as the Director of Development for the College of Technology. He then became the Director of Housing and Community Development for the City of Pittsburg.

We are excited to have you as the newest team member here at Equity Bank!



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Block22 plans concert for community at 4th and Broadway

Special to the Morning Sun
news@morningsun.net

PITTSBURG, Kan. — Block22, a collaboration between Pittsburg State University and the City of Pittsburg, is partnering with four of its tenant businesses and a local non-profit music promoter to host a block party style concert from 7:30 to 9 p.m. on Sept. 9.

Free and open to the community, it will feature acclaimed singer-songwriter John Calvin Abney, who this year has toured the nation in support of his highly anticipated new album, “Tourist.” Among his stops: The Ryman in Nashville, Tennessee, where he supported the band Hanson to a sold-out crowd.

“John is well known in the folk-Americana world, has toured heavily across



John Calvin Abney COURTESY PHOTO

the country, and has played at our Olive Street House concerts before,” said Rob Poole, owner of Olive Street Presents, who is bringing Abney to Pittsburg.

Abney will be set up at the entrance to the Every Courtyard at Block22, between the Opera House Hotel and the National Bank Building, facing Broadway.

The section of Broadway between Fourth and Fifth Street will be blocked off from traffic from 6:30 to 9 p.m. Organizers encourage attendees to bring their lawn chairs to set up in that space and enjoy the free concert.

Sponsored by Block22, Olive Street Presents, and Block22 tenants Brick & Mortar Social House, Root Coffeehouse & Creperie, Toast, and Pippie Mae’s, the event will feature a common consumption ordinance so that attendees can drink alcoholic beverages at the concert that were purchased at Brick & Mortar and Toast. Both restaurants will offer food specials that can be carried out to eat at the concert.

Root Coffeehouse & Creperie will serve non-alcoholic beverages and grab-and-go food items that can be consumed at the concert. Pippie Mae’s, which just opened Aug. 2, will be open to shoppers until 8 p.m.

Academician of the Week

Autumn Claffey

North East High School

Going into her senior year at Northeast High School, Autumn Claffey says her favorite memory of her high school career is winning league in softball and being a leader in basketball and volleyball, but in addition to being defensive player of the year for volleyball, she has also been an all-A honor roll student.

Clubs and organizations that Autumn has been involved in include Student Council, Health Occupations Students of America (HOSA), Kansas Association for Youth (KAY), and Family, Career and Community Leaders of America (FCCCLA). Her favorite class is math. She currently works as a lifeguard, but plans on pursuing a career in nursing.

Autumn is the daughter of Joseph and Darlene Claffey and she has four siblings, Joey, Amber, Haley and James. Her greatest inspiration, she says, is her grandfather Rene Roy. She attends St. Joseph Catholic Church in Arma. Her favorite food is pasta and her favorite music is rap. Her favorite show is Stranger Things, a celebrity she would like to meet is Kevin Hart, and she says she couldn't live without her dogs.

The best advice she has received, Autumn says, is “Be careful with your words, they can only be forgiven not forgotten.” The advice she has for younger students is “Stay true to yourself.”

The thing she is most grateful for is her family, for always pushing her to be the best version of herself. As she looks forward to graduating at the end of the school year, the most challenging task she says she will face as a senior is saying goodbye to her teachers, coaches, and classmates from the class of 2023.



Autumn Claffey

This weekly feature of the Morning Sun is sponsored by WATCO in an effort to recognize Crawford County’s outstanding academic students. The students are selected by school officials and published in random order. They are not competitively compared by this feature.

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Landslide at Shiite shrine in Iraq kills 7

BAGHDAD (AP) — A landslide collapsed the ceiling of a Shiite shrine in central Iraq over the weekend and killed at least seven people, including a child, officials said Monday as rescuers continued to search for survivors.

The landslide struck Qattarat al-Imam Ali shrine near the holy city of Karbala, about 80 kilometers (50 miles) south of Baghdad, on Saturday.

According to Iraq’s civil defense, the landslide hit the ceiling of the shrine, which lies in a natural depression, causing it to cave in and dumping a torrent of rock and mud inside the structure. The entrance, walls and the minarets of the shrine, which was built on the place of a water source in the desert, remained standing.

Among the dead were four women, two men and a child, the civil defense said, adding that search teams had rescued six people. On Monday, rescuers were using a bulldozer to try to remove the rubble and search for survivors.

The cause of the landslide was not immediately known; the civil defense blamed high humidity. Nassif Gassim al-Khatibi, Karbala’s provincial governor, said Sunday the shrine area would be closed pending an investigation.

In 2019, at least 31 pilgrims were killed and about 100 were injured when a walkway collapsed and set off a stampede in Karbala when thousands of Shiite Muslims were marking Ashoura, one of the most solemn days of their religious calendar.

Iraq is mired in a monthslong power struggle between rival Shiite blocs that has further weakened the country’s caretaker government and its ability to provide basic services.

WATCO

Continued from Page 1A

“The GPDA Board and GPIIP staff are excited to welcome Watco to the Great Plains Industrial Park and the Kansas Proving Grounds,” said Brad Reams, Great Plains Industrial Park director. “The opportunity to partner with a Kansas-based, international 3PL is invaluable. The service offerings and business development capabilities within the park are now at a world class level.”

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Carlos Ramos, a sixth-grade student at Pittsburg Community Middle School, receives an autograph from freshman offensive lineman Kody Schalk during Saturday's PSU football autograph session at Chatter's parking lot. JIM HENRY / MORNING SUN STAFF



Pittsburg State's football players signed autographs for fans on Saturday at the Chatter's parking lot. JIM HENRY / MORNING SUN STAFF

Gorillas return veteran offensive line

By Jim Henry Sports Editor

A veteran offensive line is one strong point for Pittsburg State entering the 2022 football season. The Gorillas return all five starters from last season -- junior Cooper Schettler at center, senior Kory Woodruff and junior Michael Toney at guards and junior Trase Jeffries and sophomore Riley Teutsch at tackles. Kieven Myers, a junior,

also has started games in past seasons. Jeffries received first team all-MIAA honors last seasons, and Teutsch and Woodruff were honorable mention selections. New players working to earn spots in the playing rotation include sophomores Evan Taylor and Shane Rance and freshmen Jordan Nolin, Drew Daniels and Braden Stein. "We have 13 guys in total with the team last year who were back in

the spring and over the summer," offensive line coach Bryan Larson said. "We've had some newcomers join us in the beginning of the summer. We've had a really good showing, a really good continuity of guys working together now for a long period of time. It's really starting to pay dividends for us on the field. "My favorite thing about this group is just their togetherness, how well they get along. They enjoy being around one

another. They appreciate holding one another countable. The leadership of the group is really strong. They want to be great, and they want to be successful. "Also, the group is an unselfish group. It's not about the individual; it's about the whole. You see the veterans, the best guys giving their time and talents to other people to see them excel as well." Coming Wednesday: wide receivers, tight ends.

Pittsburg State football roster					
Offensive Linemen					
No.	Name	Ht.	Wt.	Yr.	Hometown
60	Shahzada Durrani	6-3	310	So.	Houston, Texas
62	Dylan Halterman	6-4	283	Fr.	Greenwood, Mo.
64	Jack Roweton	6-2	270	Fr.	Bolivar, Mo.
65	Carter Stanchfield	6-4	272	Fr.	Paola, Kan.
66	Braden Stein	6-7	311	Fr.	Fort Smith, Ark.
67	Jack Stone	6-5	265	Fr.	Decatur, Texas
68	Evan Taylor	6-1	292	So.	Overland Park, Kn.
69	Cooper Schettler	6-4	290	Jr.	Carlisle, Iowa
70	Kaden Degraffenreid	6-6	260	Fr.	Bollivar, Mo.
71	Kieven Myers	6-5	345	Jr.	Dallas
72	Riley Teutsch	6-5	296	So.	Catoosa, Okla.
73	Jordan Nolin	6-4	260	Fr.	Tulsa
74	Trase Jeffries	6-4	268	Jr.	Broken Arrow, Ok.
75	Kory Woodruff	6-5	349	Sr.	Sioux City, Iowa
76	Drew Daniels	6-2	270	Fr.	Andover, Kan.
77	Michael Toney	6-3	322	Jr.	Bentonville, Ark.
78	Ashton Savage	6-9	350	So.	Paris, Texas
79	Shane Rance	6-6	290	So.	Liberty, Mo.
	Trysten Hart	6-1	265	Fr.	Republic, Mo.

Panthers football coaches and players host youth camp



On Saturday morning, St. Mary's Colgan's senior football players and coaches hosted their annual youth football camp at the Panthers' practice field. Approximately 82 campers participated in this year's camp, which featured a wide variety of drills and activities that included tackling, catching and blocking. COURTESY PHOTO/ST. MARY'S COLGAN CATHOLIC SCHOOLS

Bass fishing at Bone Creek

Locals compete in weekly Thursday Night Jackpot

Staff Reports sports@morningsun.net

Eric Craft won in last week's Thursday Night Jackpot Tournament after catching a 4.89-pound beast. John Vanderpool took second in Thursday's action with a bass weighing 4.80 pounds. Lance Turpin and Jeff Mlekus tied for third place (4.04), while Mike Carpenter rounded out the top five (3.89). Held every Thursday night at Bone Creek Reservoir from Rocky Point boat ramp, registration begins at 3 p.m. as the tournament starts at 6 p.m. and lasts till dark. Fees include \$10 per person. In addition, the tournament will last every



Eric Craft, left, won last week's Thursday Night Jackpot Tournament held at Bone Creek Reservoir every Thursday, beginning at 6 p.m. COURTESY PHOTO

Thursday up until the Classic, or final tournament, on October 1. For more information, visit bonecreektournaments.com or call Kevin Shaffer at 620-249-1876.

Mahomes throws 2 TD passes as Chiefs beat Commanders 24-14

By David Smale AP Sports Writer

KANSAS CITY, Mo. (AP) — Patrick Mahomes led two similar touchdown drives and the Kansas City Chiefs defeated the Washington Commanders 24-14 in a preseason game Saturday. The first one was a 12-play, 87-yard drive in 5:28, capped by a 5-yard touchdown pass to Jody Fortson. The second was a 12-play, 82-yard drive that took 5:25 and was capped by a 7-yard touchdown toss to Fortson. Mahomes finished 12 of 19 for 162 yards. In two preseason games, Mahomes has played three series and has led three touchdown drives. He was 6 of 7 for 60 yards and a touchdown in the first preseason game in Chicago.

"I thought our execution was pretty good there," Chiefs coach Andy Reid said. "The first play (was designed for Fortson). The second one, Pat was moving around and found him." "It's good to have Jody back. He's a good football player who had a tough injury against this team last year." Fortson, who is listed as the fourth-string tight end on the depth chart, tied for the team lead on the Chiefs with four receptions, most coming in the first half. The Chiefs use multiple tight-end sets, and Fortson could earn a spot on the 53-man roster. "I think you've seen what Jody is," Mahomes said. "When he's one on one and he has a guy behind him, you can give him that chance. I have that

trust with him now. He wasn't necessarily open, but when you have a big guy who can make those physical, tough catches, you give him a chance." Fortson is glad to be part of the mix after suffering a season-ending Achilles injury last October. "It's a blessing," he said. "I'm just honored to be here. The support system of the athletic trainers and the coaches have never let me get down. It feels awesome to get out here and play in front of these fans." He has five career regular-season receptions, including two touchdowns, all coming last season. But with his 6-4, 226-pound frame, he looks like he may be a short-yardage option for Mahomes.

See CHIEFS, Page 2B

GMCF holds annual golf tournament to raise funds for hospital

Staff Reports sports@morningsun.net

GIRARD, Kan. — On Saturday, Aug. 20, the Girard Medical Center Foundation (GMCF) hosted its 20th Annual Charity Golf Tournament at Crawford Hills Golf Course. The event was a four-person scramble that featured a free-will donation lunch, competitions, contests and hole prizes. Throughout the tournament's two decades of play, the GMCF has hosted the annual event to fund the needs of the Girard Medical Center. Since its inception, the GMCF has promoted voluntary giving among the friends of the hospital as the foundation solicits

and utilizes gifts for specific use in meeting the daily needs of the hospital. In years past, the GMCF has funded hospital needs that include a Scifit telemetry machine, disaster radios, a new Girard Medical Center vehicle for home health, GMC classroom upgrades, vapotherm precision flow plus for respiratory therapy, four new hospital beds, Tru-rize chair, microsphere for pharmacy, Microsoft Surface Pros for home, health and physical therapy, employee appreciation events, storage area network upgrades and an annual scholarship for local high school seniors. GMCF secretary Samantha Guy noted that this year's tournament

would help fund Senior Behavioral Health Services for new chairs and wall coverings. The following are the results of the Saturday, Aug. 20 tournament: A Flight • First Place -- McThompson, Shirley, Orsheln, Orsheln (58). • Second Place -- Schossow, Schossow, Lehman, Beezley (60). • Third Place -- Frakes, Buck, Fox, Harryman (61). B Flight • First Place -- Cambers, Cole, Bradshaw, Wells (64). • Second Place -- Peak, Friggeri, Beezley, Sweely (64). • Third Place -- Davied, Siebert, Diskin, Sands (64).

BASEBALL

MLB STANDINGS

American League

East Division				
	W	L	Pct	GB
New York	74	48	.607	—
Tampa Bay	65	55	.542	8
Toronto	65	55	.542	8
Baltimore	63	58	.521	10½
Boston	60	62	.492	14

Central Division				
	W	L	Pct	GB
Cleveland	64	56	.533	—
Minnesota	62	57	.521	1½
Chicago	62	60	.508	3
Kansas City	50	74	.403	16
Detroit	47	76	.382	18½

West Division				
	W	L	Pct	GB
Houston	78	45	.634	—
Seattle	66	56	.541	11½
Texas	55	66	.455	22
Los Angeles	52	69	.430	25
Oakland	45	77	.369	32½

Sunday's Games
N.Y. Yankees 4, Toronto 2
Detroit 4, L.A. Angels 0
Tampa Bay 3, Kansas City 2
Houston 5, Atlanta 4
Texas 7, Minnesota 0
Oakland 5, Seattle 3
Baltimore 5, Boston 3
Chicago White Sox at Cleveland, ppd.

Monday's Games
Kansas City 6, Chicago White Sox 4
N.Y. Mets at N.Y. Yankees, 6:05 p.m.
L.A. Angels at Tampa Bay, 6:10 p.m.
Texas at Minnesota, 6:10 p.m.
Miami at Oakland, 8:40 p.m.

Tuesday's Games
Chicago White Sox (Cease 12-5) at Baltimore (Voth 3-1), 6:05 p.m.
N.Y. Mets (deGrom 2-1) at N.Y. Yankees (Montas 4-10), 6:05 p.m.
L.A. Angels (Suarez 4-5) at Tampa Bay (Kluber 7-7), 6:10 p.m.
San Francisco (Rodón 11-6) at Detroit (Hutchison 1-6), 6:10 p.m.
Toronto (Stripling 5-3) at Boston (TBD), 6:10 p.m.

Arizona (Davies 2-4) at Kansas City (Heasley 1-7), 7:10 p.m.
Minnesota (TBD) at Houston (Verlander 15-3), 7:10 p.m.
Texas (Dunning 3-6) at Colorado (Márquez 6-10), 7:40 p.m.
Cleveland (Civale 2-5) at San Diego (Clevinger 4-4), 8:40 p.m.
Miami (TBD) at Oakland (Logue 3-7), 8:40 p.m.
Washington (Fedde 5-7) at Seattle (Ray 9-8), 9:10 p.m.

National League

East Division				
	W	L	Pct	GB
New York	79	44	.642	—
Atlanta	75	48	.610	4
Philadelphia	66	55	.545	12
Miami	52	69	.430	26
Washington	41	82	.333	38

Central Division				
	W	L	Pct	GB
St. Louis	69	51	.575	—
Milwaukee	64	56	.533	5
Chicago	52	68	.433	17
Cincinnati	48	71	.403	20½
Pittsburgh	47	74	.388	22½

West Division				
	W	L	Pct	GB
Los Angeles	84	36	.700	—
San Diego	68	56	.548	18
San Francisco	60	61	.496	24½
Arizona	55	66	.455	29½
Colorado	53	70	.431	32½

Sunday's Games
Houston 5, Atlanta 4
Cincinnati 9, Pittsburgh 5
Milwaukee 5, Chicago Cubs 2
N.Y. Mets 10, Philadelphia 9
San Diego 2, Washington 1
San Francisco 9, Colorado 8, 11 innings
L.A. Dodgers 10, Miami 3
St. Louis 6, Arizona 4

Monday's Games
Atlanta at Pittsburgh, 6:05 p.m.
Cincinnati at Philadelphia, 6:05 p.m.
N.Y. Mets at N.Y. Yankees, 6:05 p.m.
St. Louis at Chicago Cubs, 7:05 p.m.
Miami at Oakland, 8:40 p.m.
Milwaukee at L.A. Dodgers, 9:10 p.m.

Tuesday's Games
St. Louis (Wainwright 9-8) at Chicago Cubs (Sampson 1-3), 1:20 p.m., 1st game
Atlanta (Fried 11-4) at Pittsburgh (Brubaker 3-10), 6:05 p.m.
Cincinnati (Lodolo 3-4) at Philadelphia (Suárez 8-5), 6:05 p.m.
N.Y. Mets (deGrom 2-1) at N.Y. Yankees (Montas 4-10), 6:05 p.m.
San Francisco (Rodón 11-6) at Detroit (Hutchison 1-6), 6:10 p.m.
St. Louis (TBD) at Chicago Cubs (TBD), 7:05 p.m., 2nd game
Arizona (Davies 2-4) at Kansas City (Heasley 1-7), 7:10 p.m.
Texas (Dunning 3-6) at Colorado (Márquez 6-10), 7:40 p.m.
Cleveland (Civale 2-5) at San Diego (Clevinger 4-4), 8:40 p.m.
Miami (TBD) at Oakland (Logue 3-7), 8:40 p.m.
Milwaukee (Burnes 9-5) at L.A. Dodgers (Gonsolin 15-1), 9:10 p.m.
Washington (Fedde 5-7) at Seattle (Ray 9-8), 9:10 p.m.

FOOTBALL
NFL SCHEDULE

Preseason Games
Friday's Games
New England 20, Carolina 10
Green Bay 20, New Orleans 10
Houston 24, L.A. Rams 20

Saturday's Games
Buffalo 42, Denver 15
Detroit 27, Indianapolis 26
Kansas City 24, Washington 14
Las Vegas 15, Miami 13
Pittsburgh 16, Jacksonville 15
San Francisco 17, Minnesota 7
Tennessee 13, Tampa Bay 3
Dallas 32, L.A. Chargers 18

Sunday's Games
Philadelphia 21, Cleveland 20
N.Y. Giants 25, Cincinnati 22
Baltimore 24, Arizona 17
Monday's Games
Atlanta at N.Y. Jets, 7 p.m.

Waters breaks tie with walk, Royals beat White Sox 6-4

By Marc Bowman
AP Sports Writer

KANSAS CITY, Mo. (AP) — Drew Waters drew a bases-loaded walk to break an eighth-inning tie in his major league debut, boosting the Kansas City Royals to a 6-4 win over the Chicago White Sox on Monday in a game rescheduled because of the lockout in April.

Joe Kelly (1-3), the seventh of eight White Sox pitchers, hit a pair of batters to start the inning. Ryan O'Hearn singled, and Waters drew a five-pitch walk with one out to break a 4-all tie.

The White Sox rallied from a four-run deficit after their starter, Michael Kopech, exited the game having faced just four hitters.

Kopech hit a batter, allowed an RBI single to Salvador Perez, and walked the bases full before leaving with left knee soreness.

Elvis Andrus drove in three runs in his third game with the White Sox.



Kansas City Royals' Nicky Lopez (8) is caught stealing second by Chicago White Sox shortstop Elvis Andrus during the sixth inning of a baseball game on Monday in Kansas City, Mo. AP PHOTO/CHARLIE RIEDEL

Chicago signed the veteran shortstop on Friday after the Oakland Athletics designated him for assignment.

Jose Abreu had three hits and two walks for the White Sox, who have dropped four of five since winning five straight.

Amir Garrett (3-1) pitched a scoreless eighth

and Scott Barlow finished for his 20th save.

Perez snapped a three-game hitless streak (0-for-10) as the Royals batted around in the first inning, scoring four. Michael Massey and O'Hearn also had RBI hits.

The six runs were the most scored by the Royals since Aug. 10. Kansas

City batted .167 while losing six of seven on the road last week, totaling 10 runs.

Chicago batted around in the fourth, capped by Andrus' two-run single, cutting Kansas City's lead to 4-3.

Andrus then tied the game with an RBI double in the seventh.

Cardinals beat Diamondbacks 6-4 for seventh straight win

By John Marshall
AP Sports Writer

PHOENIX (AP) — Nolan Arenado quickly fell behind against a hard-throwing pitcher with a knack for painting corners.

Instead of tensing up, the seven-time All-Star shortened up, found a pitch he could hit and shot the ball through the right side of the infield.

Arenado hit a go-ahead two-run single in the seventh inning and finished with three RBIs, helping the St. Louis Cardinals stretch their winning streak to seven games with a 6-4 victory over the Arizona Diamondbacks on Sunday.

"He knows when to take the shots and when to just take whatever is given to him," Cardinals manager Oliver Marmol said. "That's a perfect example of taking what he's given."

Trailing 4-3, the Cardinals loaded the bases in the seventh after pinch-hitter Albert Pujols singled off Joe Mantiplay (1-4) and Kevin Gin-



St. Louis Cardinals manager Oliver Marmol, right, is restrained by MLB umpire Jeff Nelson (45) while talking to CB Bucknor (54) in the third inning during a baseball game against the Arizona Diamondbacks on Sunday in Phoenix. Marmol was ejected from the game. AP PHOTO/RICK SCUTERI

kel hit Paul Goldschmidt with a pitch. Arenado, who had a run-scoring single in the first inning, fell behind 1-2 against Ginkel, but lined a single to right-center to put St. Louis up 5-4.

Jake Woodford (2-0) allowed a hit in 1 1/3 innings and Giovanni Gallegos worked a perfect ninth for his 12th save to complete the NL Central-leading

Cardinals' seventh sweep this season.

Lars Nootbaar hit his first career leadoff homer and Tommy Edman added a run-scoring single in the eighth inning for St. Louis' 16th win in 19 games.

"The guys are just continuing to compete regardless of situation, regardless of score, and that's what you want at

this time of the year," Marmol said.

Diamondbacks starter Merrill Kelly had been sharp for nearly two months, allowing two runs or less in eight of nine starts.

The veteran right-hander was in trouble almost from the first pitch against St. Louis, giving up Nootbaar's leadoff homer and Arenado's run-scoring single. Another run came in when Nolan Gorman hit into a double play, matching the runs Kelly allowed his previous two starts combined.

"Kelly did a nice job," Marmol said. "Their starter was good and for us to come out the way we did, put together at-bats with the homer and then the singles. That was that was a really good first inning."

Kelly got a boost from an inning-ending double play in the second and fell into a rhythm after that. He worked around two baserunners twice, allowing three runs on seven hits with six strikeouts in six innings.

CHIEFS

Continued from Page 1B

Washington starter Carson Wentz played three series and finished 6 of 9 for 64 yards.

"I thought it was OK," Wentz said. "I definitely left some plays out there, definitely wish we could've sustained some drives a little bit more. That's the biggest thing,

the biggest takeaway for me, early. Especially those third downs, there's a couple that I wish I could have back."

The Commanders went 0 for 3 on third downs with Wentz in the game — with all three leading to punts.

"Carson got the ball to the 40s a couple of times and we didn't get points out of it because we made a negative play," coach Ron Rivera said. "We had

a third-and-5 and a third-and-10 and then take a sack. We can't do that to ourselves."

The Chiefs' starting defense has not allowed a point in the first two exhibition games.

"The guys are playing fast," Reid said. "We're short a couple of guys (defensive tackle Chris Jones and defensive end Frank Clark), so we had some younger guys in. They got some good expe-

rience.

"I like what I'm seeing. We've got to keep getting better, but I do like the speed."

Washington backups Taylor Heinicke and Sam Howell led touchdown drives. Heinicke led an 11-play, 84-yard drive, capped by a 9-yard touchdown to Cam Sims just before halftime. Howell led a 93-yard drive in the fourth quarter to cut the deficit to 17-14.



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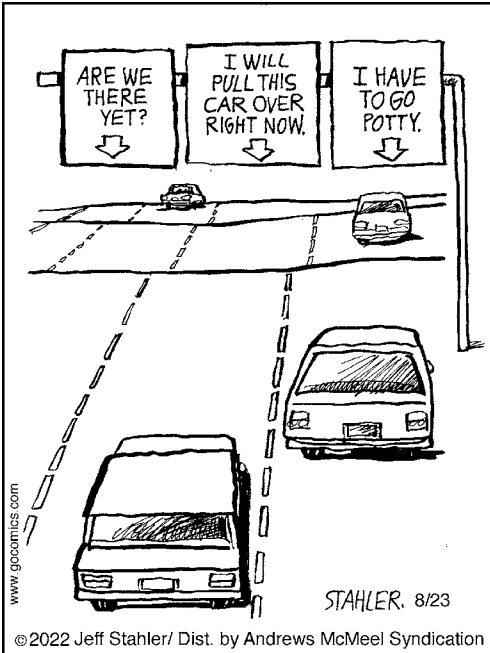
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PREVIOUS ANSWER

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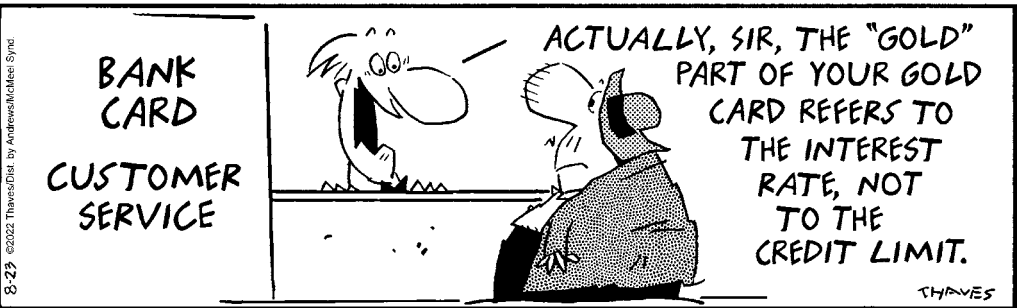
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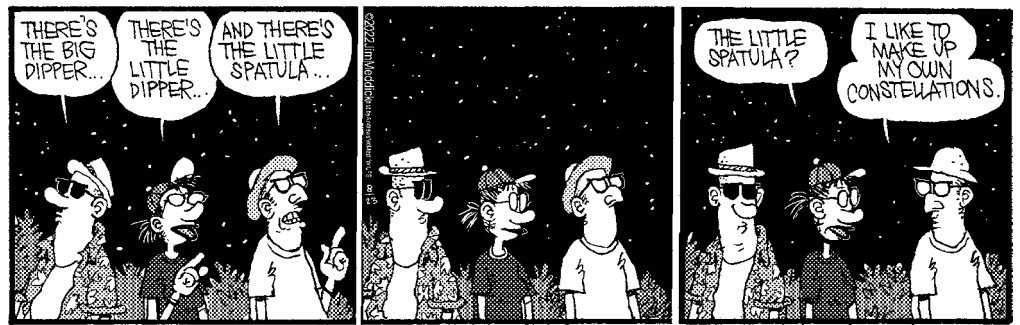
BIG NATE



FRANK AND ERNEST



MONTY



BEETLE BAILEY



ASTROGRAPH by Eugenia Last

Take nothing for granted and control your anger. Pour your energy into gathering facts, searching for answers and completing whatever mission you decide to pursue. Take pleasure in what and who puts a smile on your face and helps you maintain balance, integrity and hope. Choose the life you want and make it happen.

VIRGO (Aug. 23-Sept. 22) -- Understanding and compassion will help you envision the results you want to achieve. Use the power of speech, not brawn, to help you get what you want. Don't hesitate to take the lead.

LIBRA (Sept. 23-Oct. 23) -- Go over every detail thoroughly before verbalizing your thoughts or signing a deal. Refuse to let your emotions interfere with your decisions or influence how you deal with people.

SCORPIO (Oct. 24-Nov. 22) -- Mull over what's important to you and make arrangements that will fit into your schedule. Don't put yourself in a dangerous position. Be careful of your health and well-being.

SAGITTARIUS (Nov. 23-Dec. 21) -- Ask questions, address confusing issues and look at every angle before making a decision. Dedicate more time to research and setting guidelines that will help you avoid making mistakes.

CAPRICORN (Dec. 22-Jan. 19) -- You'll find information that helps you make an informed decision regarding investments, contracts or health issues. Open a conversation with an expert and be clear about your needs.

AQUARIUS (Jan. 20-Feb. 19) -- Act fast, but don't lose sight of the truth and how you feel. Do your best to protect yourself from anyone trying to railroad you into something that isn't in your best interest.

PISCES (Feb. 20-March 20) -- Use your imagination, and you'll devise a plan that attracts support from someone offering something rare. Avoid a disagreement with a peer, friend or relative. Take control and avoid disappointment.

ARIES (March 21-April 19) -- Pay more attention to how you present yourself. Don't let problems at home or work bring you down. Address the pros and cons in your life, and adjust what isn't working for you. A pick-me-up is overdue.

TAURUS (April 20-May 20) -- Refuse to let what others do confuse you. Don't be a follower when you should be taking the path that suits you best. Put your energy into physically taking care of business.

GEMINI (May 21-June 20) -- Rely on your intellect to maneuver your way through networking events and meetings. Take care of personal business that can influence your reputation or financial position. Gather information.

CANCER (June 21-July 22) -- Double-check information before you overreact. Emotions will spin out of control if you act prematurely. Concentrate more on self-improvement and less on trying to change others.

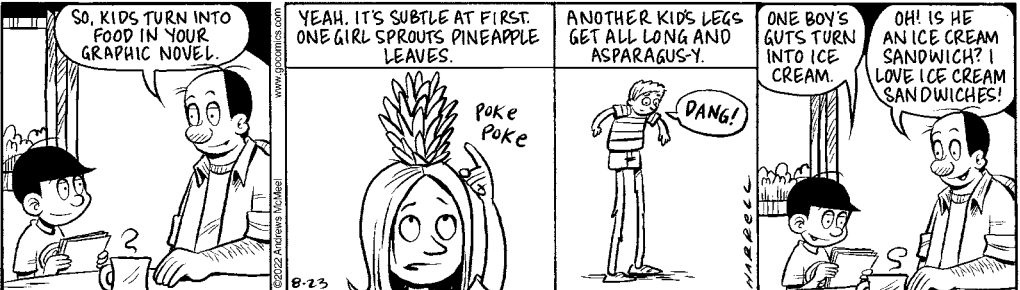
LEO (July 23-Aug. 22) -- Doors will open if you are persistent. Do your homework and pursue a foolproof plan. Don't lose sight of what's doable, regardless of what others propose. Stick to what makes the most sense.

(Visit Eugenialast.com, or join Eugenia on Twitter/Facebook/LinkedIn.)

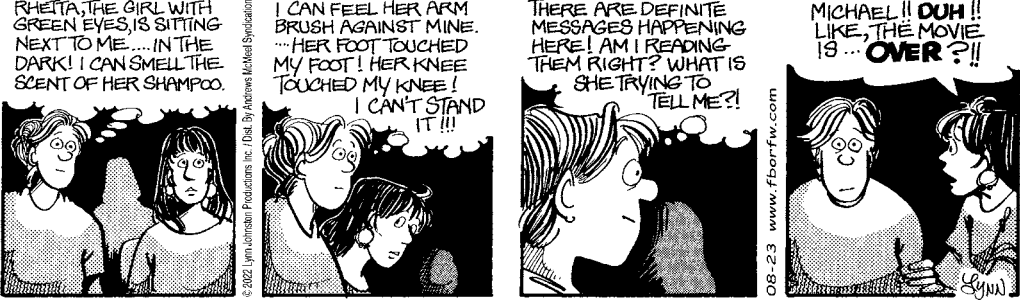
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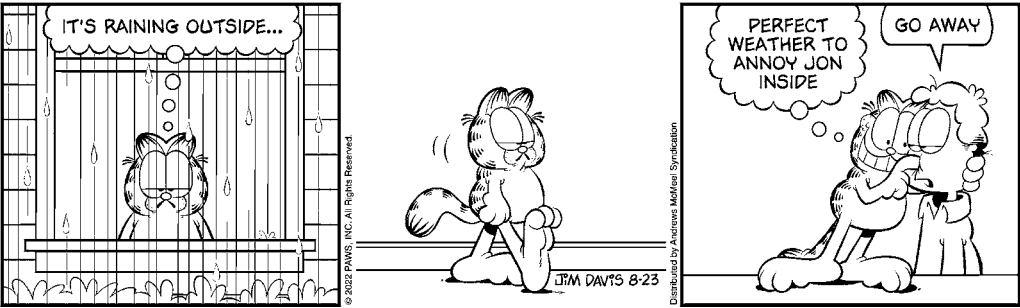
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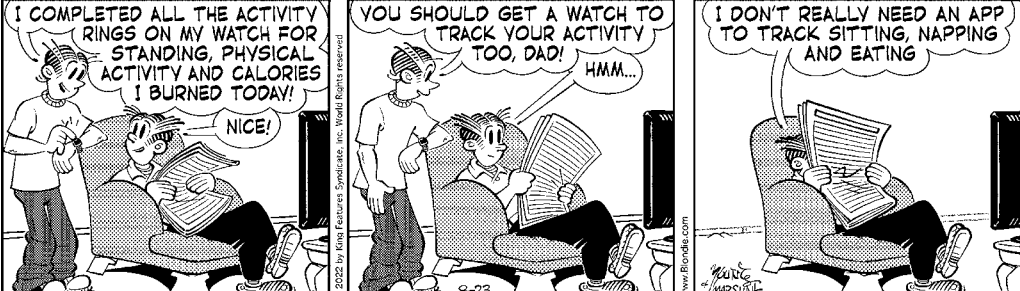
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DOWN

1 Close

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Answer to Previous Puzzle

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M	A	D	E		C	A	K	E		R	E	D

4 Spiral-horned antelopes

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28 Pigments

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31 Business associate

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35 Oliver Twist's request

36 Vincent van —

38 Make stout

39 Didn't get renewed

41 Military council

42 Seaweed variety

43 "American —"

44 Turner of "Private Dancer"

46 Author Dinesen

47 Pumice source

48 Sluggish

51 Bumbler

Larson wins rain-delayed NASCAR Cup race at Watkins Glen

WATKINS GLEN, N.Y. (AP) — Kyle Larson was looking for a jolt of momentum. He got it for the second straight time at Watkins Glen International.

The reigning NASCAR Cup champion, winless since his only victory of the season at Auto Club Speedway in February, beat Hendrick Motorsports teammate Chase Elliott on a restart with five laps to go and won the weather-delayed NASCAR Cup race Sunday.

Elliott was seeking his eighth career road course victory and had control of the race late, but a caution gave Larson a chance and he took advantage, moving Elliott to the left coming out of the first turn, then pulling away for a week-end Xfinity-Cup sweep. It was the 11th straight road

course win for Chevrolet.

“I did what I felt I needed to do to get the win. I knew that was my only opportunity to get by him, I’m not proud of it,” said Larson, who won 10 races last season “The restarts kept me in it. It’s good to get another win. Hopefully, it will build some momentum.”

AJ Allmendinger was second for the second straight day to Larson, Joey Logano third, Elliott fourth and Daniel Suárez fifth.

Elliott declined to criticize his teammate when interviewed postrace, but the disappointment was palpable.

“Just a huge congratulations to Kyle and everybody on the 5 team. He did a great job,” said Elliott, who wrapped up the regular-season title. “Seriously, they deserve it.”



Kyle Larson poses for photos with the trophy and his team after winning a NASCAR Cup Series auto race in Watkins Glen, N.Y. on Sunday. AP PHOTO/SETH WENIG

The race began on rain start, the only one of the tires with a single-file day, and pole-sitter El-

liott was passed early by Michael McDowell, who started third. But strategy played out as the race wore on with Elliott, Larson, and McDowell, all on a two-stop strategy around the 2.45-mile natural terrain layout, holding the upper hand.

Elliott regained the lead with 18 laps to go in the 90-lap race and when the final pit stops were complete he was just over 2 seconds ahead of his teammate. McDowell was more than 10 seconds behind, but a spin by Joey Hand in the first turn brought out a caution and bunched up the field for a restart with eight laps to go.

Elliott picked the outside lane for the restart and held off Larson when the green flag waved, quickly building a half-second lead. But a spin by Loris

Hezemans brought out the caution that changed the outcome.

Larson also held off Allmendinger to win the Xfinity race on Saturday at The Glen, taking advantage when teammate William Byron and Ty Gibbs spun out vying for the lead with under five laps to go.

“It’s almost like we were in the same situation as yesterday,” Allmendinger said. “He (Larson) doesn’t really make any mistakes.”

Early in the second stage, Logano passed Todd Gilliland for the lead and Kyle Busch moved in behind him, but as the laps in the stage began to dwindle Elliott was lurking in fourth, backing off near the end of the segment to save fuel. Logano held off Busch for his fourth stage win of the season.

Tom Weiskopf, major champion and golf course architect, dies

By Doug Ferguson
AP Sports Writer

Tom Weiskopf’s golf skill went far beyond his 16 victories on the PGA Tour and his lone major at Troon in the British Open. He was always candid, often outspoken and unfailingly accurate in the television booth. He found even greater success designing golf courses.

Weiskopf died Saturday at his home in Big Sky, Montana, at the age of 79, his wife said. He was diagnosed with pancreatic cancer in December 2020.

Laurie Weiskopf said Tom was working last week at The Club at Spanish Peaks and attended a legacy luncheon at the signature club where he was designing “The Legacy: Tom’s Ten,” a collection of his 10 favorite par 3s.

“He worked to the end. It was amazing,” she said. “He had a big life.”

The son of a railroad worker in Ohio, Weiskopf once said he fell in love with the game before he even began to play. His father took him to the 1957 U.S. Open at Inverness and he was mesmerized watching Sam Snead make such pure contact.

“You had dinner with Tom and loved every minute of it,” Andy North said Sunday. “The sad thing that gets lost is how good he was. Every time he hit a shot, it was beautiful.”

Pure contact was his hallmark at Ohio State and then his career on tour. At 6-foot-3 — tall for golf in that era — Weiskopf had a swing that was powerful and rhythmic, natural and athletic. His best year was in 1973, when he won seven times around the world, including the claret jug and the World Series of Golf at Firestone before it was an official tour event.

He was known equally

for the majors he didn’t win and the competition he faced — particularly Jack Nicklaus, the star from Ohio who preceded him by a few years on tour and cast an enormous shadow over Weiskopf for his entire career.

Weiskopf had four runner-up finishes in the Masters, the most of any player without having won the green jacket. Most memorable was in 1975, when Weiskopf and Johnny Miller stood on the 16th tee as they watched Nicklaus hole a 40-foot birdie putt up the slope that carried him to another victory.

He was famous for saying of Nicklaus: “Jack knew he was going to beat you. You knew Jack was going to beat you. And Jack knew you knew he was going to beat you.”

More telling was his interview with Golf Digest in 2008 when Weiskopf said: “Going head to head against Jack Nicklaus in a major was like trying to drain the Pacific Ocean with a teacup. You stand on the first tee knowing that your very best golf might not be good enough.”

Weiskopf was plenty good in so many areas, and yet he often said he didn’t make the most out of his talent. He attributed much of that to drinking, which he once said ruined his golf career. He gave up alcohol in 2000 and considered that one of his great victories.

Nicklaus once said of him, “Tom Weiskopf had as much talent as any player I’ve ever seen play the tour.”

He also said he was never passionate enough about golf. His love was the outdoors, particularly hunting and fishing. Weiskopf once skipped the 1977 Ryder Cup so he could go sheep hunting.

AP preseason All-America team highlighted by Alabama stars

By Ralph D. Russo
AP Sports Writer

Alabama stars Bryce Young and Will Anderson Jr. are among four players from the top-ranked Crimson Tide selected to The Associated Press preseason All-America team.

Joining Young, the Heisman Trophy-winning quarterback, and Anderson, the star pass rusher, were Alabama defensive backs Jordan Battle and Eli Ricks as first-team selections.

The AP preseason All-America team presented by Regions Bank was selected by a panel of Top 25 poll voters and released Monday.

Alabama running back Jahmyr Gibbs made the second team as an all-purpose player and Crimson Tide guard Emil Ekiyor was also a second-team selection.

Alabama’s four first-teamers and six players on the two teams overall were the most for any school.

Ohio State was second behind Alabama, just like in the AP Top 25, with three first-team selections and five players overall.

Offensive tackle Paris Johnson Jr., running back TreVeyon Henderson and receiver Jaxon Smith-Njigba were all selected to the first team. C.J. Stroud, who finished fourth in the Heisman voting last year, is the second-team quarterback. Tackle Dawand Jones made the second-team ofensive line.

Defending national champion and No. 3 Georgia had three players picked to the first-team: tight end Brock Bowers, defensive tackle Jalen Carter and cornerback Kelee Ringo. Nolan Smith made the second-team at edge rusher.

In a sign of college football’s new era of loosened transfer rules, seven players selected to the two teams have transferred in their college careers, including Gibbs (Georgia Tech) and Ricks (LSU) from Alabama.



Kansas State running back Deuce Vaughn runs the ball during the first half of an NCAA college football game against TCU, Oct. 30, 2021, in Manhattan, Kan. Vaughn was named to The Associated Press preseason All-America team on Monday. AP PHOTO/CHARLIE RIEDEL, FILE

Southern California receiver Jordan Addison, the Biletnikoff Award winner at Pitt in 2021, was a first-team selection.

Transfers joining Gibbs on the second team were Florida guard O’Cyrus Torrence (Louisiana-Lafayette); Baylor defensive tackle Siaki Ika (LSU); Notre Dame safety Brandon Joseph (Northwestern); and Florida State defensive back Jammie Robinson (South Carolina).

FIRST TEAM
Offense
Quarterback -- Bryce Young, junior, Alabama
Running backs -- Bijan Robinson, junior, Texas; TreVeyon Henderson, sophomore, Ohio State.
Tackles -- Peter Skoron-ski, junior, Northwestern; Paris Johnson Jr., junior, Ohio State.
Guards -- Andrew Vorhees, sixth-year, Southern California; Caleb Chandler, sixth-year, Louisville.
Center -- Jarrett Patterson, senior, Notre Dame.
Tight end -- Brock Bowers, sophomore, Georgia.
Wide receivers -- Jordan Addison, junior, Southern California; Jaxon Smith-Njigba, junior, Ohio State; Kayshon Boutte, junior, LSU.
All-purpose player -- Deuce Vaughn, junior, Kansas State.

Kicker -- Jake Moody, senior, Michigan.
Defense
Edge rushers -- Will McDonald IV, senior, Iowa State; Isaiah Foskey, senior, Notre Dame.
Linemen -- Bryan Bresee, junior, Clemson; Jalen Carter, junior, Georgia.
Linebackers -- Will Anderson Jr., junior, Alabama; Noah Sewell, junior, Oregon; Jack Campbell, senior, Iowa.
Cornerbacks -- Kelee Ringo, sophomore, Georgia; Eli Ricks, junior, Alabama.
Safeties -- Jordan Battle, junior, Alabama; Antonio Johnson, junior, Texas A&M.
Defensive back -- Riley Moss, senior, Iowa.
Punter -- Adam Korsak, senior, Rutgers.

SECOND TEAM
Offense
Quarterback -- C.J. Stroud, junior, Ohio State.
Running backs -- Braelon Allen, sophomore, Wisconsin; Sean Tucker, junior, Syracuse.
Tackles -- Connor Galvin, senior, Baylor; Dawand Jones, senior, Ohio State.
Guards -- O’Cyrus Torrence, senior, Florida; Emil Ekiyor, senior, Alabama.
Center -- John Michael

Schmitz, sixth-year, Minnesota.
Tight end -- Michael Mayer, junior, Notre Dame.
Wide receivers -- Xavier Worthy, sophomore, Texas; Josh Downs, junior, North Carolina; A.T. Perry, senior, Wake Forest.
All-purpose player -- Jahmyr Gibbs, junior, Alabama
Kicker -- Harrison Mevis, junior, Missouri
Defense
Edge rushers -- Myles Murphy, junior, Clemson; Nolan Smith, senior, Georgia.
Linemen -- Calijah Kancey, junior, Pittsburgh; Siaki Ika, junior, Baylor.
Linebackers -- Nick Herbig, junior, Wisconsin; Andre Carter II, senior, Army; Edefuan Ulofoshio, senior, Washington.
Cornerbacks -- Cam Smith, junior, South Carolina; Clark Phillips III, junior, Utah.
Safeties -- Brandon Joseph, junior, Notre Dame; Jalen Catalon, junior, Arkansas.
Defensive back -- Jammie Robinson, senior, Florida State.
Punter -- Kyle Ostendorp, junior, Arizona.



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Keeping Our Seniors Going Strong

Learn how to sleep like a child again

Many adults lament that even if they were solid sleepers in their younger years, by the age of 50, their quality of sleep has unraveled. Some cling to the wisdom that people simply do not need as much sleep as they get older. Even though that is partly true, sufficient sleep is still a vital component of a healthy life.

The National Sleep Foundation recently updated its sleep recommendations per age group to include categories “may be

appropriate” and “not recommended.” This includes a range of hours that may be adequate for certain adults. Adults between the ages of 26 and 65 are advised to get seven to nine hours of sleep per evening. However, six hours or 10 hours also may be acceptable. People over the age of 65 need roughly seven to eight hours of sleep each night, though between five and six hours also may be fine. Generally speaking, anything under five hours is not

recommended based on data reviewed by sleep experts. Many older adults do not get enough sleep due to insomnia, states Jack Gardner, MD, a neurologist certified in sleep medicine. They’re concerned about health issues, may have sleep apnea, can experience pain or frequent urination, or may be taking medication that impedes sleep. Dr. Leila Kheirandish-Gozal, director of clinical sleep research at the University of Chicago,

says that, over time, insufficient sleep can impact metabolism, mood, memory, and heart function. Various strategies can help people get more sleep and enjoy better sleep quality.

- **Create a luxury bed environment.** Splurge on the largest mattress you can afford and one that is comfortable for both parties (if married/coupled). A roomy bed routinely invites sleep. If you have a restless partner, try two separate beds pushed

against each other.

- **Consider white noise.**

The sounds of the house or outdoors may be keeping you up. Many people find that the gentle hum of a fan or a white-noise machine with a calming sound effect makes it easier for them to dose off than complete quiet. It can also block out extraneous noises.

- **Keep electronics out of the bedroom.**

It can be challenging to disconnect from electronics, but it is

essential to falling asleep. Even a back-lit text coming through in the wee hours can be enough illumination to disrupt sleep.

- **See your doctor.**

If medications or illnesses are keeping you up, a change in regimen may provide the relief you need. Older adults can learn the steps to sleeping more soundly and easily.

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Ideal hobbies for busy people

Carving out some time for personal pursuits can provide a sense of achievement and a break from the daily grind. Hobbies also can improve physical and mental health in a variety of ways.

People with tight schedules may think that they're too busy to engage in hobbies. In such instances, individuals should look for activities that don't require too great of a time commitment.

• Photography:

Photos can be snapped just about anywhere and at any time,

making photography ideal for busy people. Thanks to advancements in mobile phone cameras, individuals do not even need a high-tech or expensive camera to snap great shots.

• Cooking:

Everyone needs to eat, making cooking a very useful hobby. Many people who cook for pleasure also note how relaxing it can be to prepare a delicious meal.

• Curating music playlists:

People with a love of music can take

advantage of the many music streaming services to curate their own archives. Discover new music or find old favorites and then make digital playlists for the activities of everyday life, such as backyard barbecues or commutes into work. Various streaming sites allow users to make playlists public so they can be shared with others who enjoy the same musical genres.

• Reading:

The benefits of reading are numerous. Reading bolsters readers' vocabulary, can teach

them about current events, provides an escape, and also serves as exercise for the brain, potentially delaying age-related cognitive decline. Reading can be a solitary venture done in short or long periods of spare time. It also can be shared with others through book clubs and other reading groups.

• Scrapbooking:

Photographs are now routinely relegated to the cloud, where they linger in a sort of digital limbo. Scrapbooking inspires people to not only print their



photos, but to get creative putting them together with designs, sayings and other mementos. Busy individuals do not have to pass up on

hobbies because they feel they're short on time. Plenty of activities don't require much time but still provide a host of benefits.

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The Different Types Of Dementia Care Professionals

The World Health Organization describes dementia as a syndrome that causes a deterioration of cognitive function beyond what is typical of biological aging. Around the world, more than 55 million people live with dementia, and there are around 10 million new cases each year. Alzheimer's disease is the most common form of dementia, but there are others, including Dementia with Lewy Bodies, vascular dementia, and frontotemporal dementia, according to WebMD. People diagnosed with dementia may need to rely on a vast care network to help them through every stage of their condition. Here is a brief rundown of the various professionals' individuals may interact with as they navigate life with dementia.

First responders

People with dementia may become confused and disoriented, and it's common for them to get lost not far from home. Others may forget a reason for going to a store or be unable to find their way back to a vehicle. First responders, such as emergency personnel, often step in to provide immediate assistance to someone who is lost or had an accident related to their dementia.

Primary care physician

A primary care physician likely will be the first person, apart from family, to recognize signs and symptoms of dementia. Primary care physicians may even help develop an initial care plan.

Speech-language pathologists

An individual with dementia may need assistance with activities of daily living (ADLs). Professionals can help dementia patients with ADLs, including bathing, dressing, and taking medications.

In-home aides

An individual with dementia may need assistance with activities of daily living (ADLs). Professionals can help dementia patients with ADLs, which may include bathing, dressing, and taking medications.

Professional care providers

Professionals who have undergone specialized training and certification in dementias will have the most current, evidence-based care practices information, according to the Alzheimer's Association. They can work with individuals to provide the best care and quality of life.

Researchers

Scientists continue to investigate the causes of Alzheimer's disease and other dementias to reduce rates and find a cure. In addition to these individuals, nurses, dieticians, physical and occupational therapists, and others may assist individuals diagnosed with dementia.



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CBD oil and arthritis

Health-conscious consumers have no doubt encountered advertisements for CBD oil at some point in recent memory. Supplement stores, pharmacies and even gyms may promote CBD oil, prompting consumers to wonder just what CBD is and how it may or may not play a role in the treatment of certain conditions, including arthritis.

According to the Arthritis Foundation®, two kinds of the cannabis sativa plant, hemp and marijuana, produce cannabinoids, which Harvard Medical School notes is the second most prevalent of

the active ingredients of cannabis. People unfamiliar with cannabidiol, or CBD, a type of cannabinoid, may assume it gets users high like marijuana. However, CBD doesn't get users high, as another cannabinoid, a psychoactive part of the marijuana plant known as THC, is responsible for that effect.

Advocates for CBD often note its potential to alleviate pain associated with arthritis. While animal studies have supported those claims, the Arthritis Foundation notes that such studies do not always translate to humans. In addition, the Arthritis

Foundation notes that, thus far, human studies examining the potential efficacy of CBD in treating arthritis pain have produced mixed results, and the Harvard Medical School notes that more studies are necessary to determine the potential of CBD in treating pain, including that caused by arthritis.

Laws also vary regarding the legality of CBD, though many places allow some form of CBD. Consumers should first consult with their physicians regarding their conditions and whether or not CBD might help them.



Balance caregiving and working

Even though thousands of trained professionals play vital roles in the care of the aging population, many of the unsung heroes of long-term care are the unpaid or informal caregivers who step in to provide assistance to someone they love.

A 2019 study published in the journal *Geriatric Nursing* found approximately 16.6 percent of the United States population age 18 and older self-identify as informal caregivers who provide care for adults with health conditions and disabilities. Assistance needs range from “old age” care requirements for Alzheimer’s disease and related dementias to impaired mobility assistance.

Furthermore, Assisting Hands Home Care says roughly six in 10 family caregivers also work full- or part-time.

While it can be a noble effort to step in and provide care to a friend or family member, caregiving can be time-consuming and emotionally and physically demanding, particularly for those who also are balancing careers and families. The Centers for Disease Control and Prevention indicates that while some aspects of caregiving can be rewarding, caregivers may be at increased risk for negative health consequences, such as depression and difficulty maintaining healthy lifestyles. These effects

may be exacerbated by stresses at work.

The challenges of managing caregiving and a career can be challenging, but it’s not impossible to perform both roles successfully.

- **Use company assistance or benefits.**

Some companies have policies in place that enable a person to handle certain aspects of caregiving more effectively. These can include unpaid Family and Medical Leave Act leave, employee assistance counseling programs, flex time, and even telecommuting capabilities to coordinate work around caregiving.

- **Speak with your employer.**

Employees should be honest with their

human resources departments or supervisors about their roles as caregivers. Honest communication can help the employers understand the situations and perhaps find workarounds that will satisfy all needs.

- **Get organized.**

Create a shareable family calendar so that everyone stays up-to-date about caregiving schedules, family appointments, work responsibilities, and other pertinent events. Seeing responsibilities spelled out can help all

parties involved divide time accordingly.

- **Develop a safety net.** Reach out to trusted friends or reliable neighbors who can step in during emergencies when work schedules cannot immediately be adjusted.

- **Practice self-care.**

Self-care is crucial to ensuring a person has the energy to provide quality care to a loved one as while simultaneously navigating his or her career. Take breaks as needed.

- **Consider professional care services.** Relying

on a home care agency or a skilled nursing facility can be a solution when a person needs to simultaneously work and care for a family member. Individuals also can look into respite care, which is a temporary care situation that enables informal caregivers to get a break for a set time. Respite care is offered through various assisted living facilities. Informal caregivers can explore various tips for balancing careers with caregiving.



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How to help seniors adapt to automotive tech



Modern automobiles are more technological-ly advanced than ever before. That tech isn't just making driving more comfortable and convenient, but also more safe.

In a recent analysis of motor vehicle accidents, researchers at the International Institute for Highway Safety found that vehicles with blind spot and lane departure warning systems were involved in 11 percent fewer side-swipes and head-on crashes than cars that did not feature such systems. In addition, the IIHS estimates that the number of automobile crashes in the

United States could be decreased by 85,000 each year if every vehicle were outfitted with a lane departure warning system.

Driver assistance systems have made driving safer for millions of people across the globe, but one demographic may need some extra help adapting to modern vehicles, and may even need a little extra encouragement to utilize tech that can keep them safe behind the wheel. The Centers for Disease Control and Prevention notes that, in 2018, the United States was home to 45 million licensed drivers aged 65 and over. That

marks a 60 percent increase since 2000. Though seniors' perceived unwillingness or inability to utilize modern technology is often overstated, some aging drivers may need a little extra help as they try to learn how to use assistance technologies in their vehicles.

- **Learn the tech yourself.**

Assistance technologies are not all one and the same. Vehicle manufacturers have their own systems and there can be a learning curve when adapting to a new one. If you aspire to teach a senior how to utilize the assistance technologies in his or

her vehicle, first learn the tech on your own. If both you and your aging friend or family member own a Subaru, chances are you already know how to use the tech in your loved one's vehicle. If you drive cars made by different manufacturers, visit the dealership where your loved one bought his or her car and ask for a quick tutorial on all the safety features in the vehicle. Salesman demonstrate these features every day, so it shouldn't take long for them to show you the ropes.

- **Be patient.**

Each person adapts to a new technology at his

or her own pace. It's important to remain patient when teaching aging drivers how to use the tech in their vehicles. Old habits die hard, and while some drivers may quickly adapt to tech like backup cameras, others may not be so quick to abandon driving techniques they've been safely using for decades. Stay the course, remain patient and allow senior drivers to adapt at their own pace.

- **Teach one tech at a time.**

It can be overwhelming for drivers of all ages to adapt overnight to all the tech in their new

vehicles. When teaching senior drivers how to utilize various driver assistance technologies, take it one tech at a time. When coupled with your patience, this approach can help seniors avoid being overwhelmed and increases the likelihood that they will embrace the tech in their vehicles. Many senior drivers utilize driver assistance technologies every day. A patient and methodical approach to showing seniors how their vehicles can help them stay safe behind the wheel can be a road map to helping seniors adapt to life in modern vehicles.

Important reasons to visit a primary care physician

It is vital to make personal health a priority. Despite that widely accepted truth, far too often people delay trips to see their doctors. The coronavirus pandemic only compounded this issue. An April 2020 report from Modern Healthcare found roughly one in three Americans delayed medical care as they coped with the financial loss and stress caused by COVID-19. A report from CTV indicated Canadian cancer diagnoses were down 16 percent from 2018 to 2020 due to closed facilities or fear of getting COVID-19 from medical

offices.

Concerns about the pandemic are not the only reasons individuals may skip doctor visits. Some avoid going to the doctor due to fear of the unknown. Dr. Barbara Cox, a psychologist based in San Diego, told NBC News that it's common to feel reticent and anxious about going to the doctor. Around 3 percent of the population actually suffers from iatrophobia, the medical name for fear of doctors. Most just worry about getting bad news. A refresher course on the benefits of visiting a primary care doctor

may compel millions to schedule appointments and get back on top of their overall health.

- **Chronic disease management:** An individual with a chronic disease, such as kidney disease, diabetes or hypertension, should consult with a doctor about the ideal frequency of visits and to coordinate medication and testing with specialists.
- **Vaccines and shots:** Primary care providers (PCPs) offer routine vaccinations and can ensure that individuals are up-to-date on the immunizations they need to stay safe. Tetanus, diphtheria,

shingles, pertussis, flu, and now COVID-19 vaccines are vital to overall health.

- **Medical referrals:** A PCP can assess a health situation and refer a patient to the correct specialist if more extensive care is needed. However, many chronic conditions can be monitored and addressed by a PCP.
- **Cancer screenings:** UW Medicine, which specializes in patient care, research and physician training in Seattle, says most people will need a few cancer screenings as they age, including colonoscopies, Pap smears, mam-

mograms, and other important diagnostic tests for cancer. PCPs are usually the first line of defense against cancer and can ensure patients receive the screenings they need.

- **Non-life-threatening illnesses or injuries:** Unless a situation is life-threatening or severe, thereby warranting a trip to the emergency room, most people can visit their PCPs for help treating a variety of conditions. When in doubt, individuals should first consult with their general practitioners about the right course of treatment.
- **Routine lab work:**

Blood and urine tests often are part of annual well visit checks. Many PCP offices have phlebotomists on staff so that lab work can be conducted in the convenience of one place and then sent out for testing.

- **Work or sports physicals:** Certain employers require physical examinations, as do schools and recreational sports leagues. PCP offices are the place to go for these types of examinations, which are generally recommended annually. Primary care physicians are often the first people to turn to for a bevy of health and wellness needs.



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Amazing benefits to seniors having pets

Pets bring much joy to the lives they touch. So it should come as no surprise that the 2019-2020 National Pet Owners Survey, which was conducted by the American Pet Products Association, found that about 85 million families in the United States own a pet. In Canada, 7.5 million households are home to companion animals, states the PetBacker blog. Pets offer companionship and unconditional love. While they are fitting for any family, seniors may find that having a pet is espe-



cially beneficial. The organization A Place for Mom, which helps match families with senior living residenc-

es, says pets provide a comfort system that produces measurable health results. Caring for pets and being

around them can produce a chemical chain reaction in the brain that may help to lower stress hormones while also increasing production of the feel-good hormone serotonin. This is not the only health benefit pets may provide. A recent study from the Mayo Clinic, which looked at 1,800 people between the ages of 25 and 64 who had healthy hearts, found that almost half owned a dog. Having a dog was likely to spur heart-healthy behaviors, like exercising with the pet, eating well and having ideal blood sugar levels. Pets also provide emotional support and companionship that can help seniors — including those who may be divorced or

widowed — feel more secure and happy. The National Poll on Healthy Aging found that, among respondents who had pets, 88 percent said their pets helped them enjoy life, and 86 percent said their pets made them feel loved. Seniors considering getting a pet can explore the many benefits to doing so.

• Reduce pain:

A 2012 study published in Pain Magazine found therapy dogs provided “significant reduction in pain and emotional distress for chronic pain patients.”

• Feeling of purpose:

Caring for an animal not only stimulates physical activity, but it also can give seniors a reason to get up and

go, which equates to a feeling of purpose.

• Altered focus:

Having a pet can help seniors focus on something other than physical or mental health issues and preoccupations about loss or aging, according to New York-based psychologist Penny B. Donnenfeld.

• Increased physical activity:

Pets require care, and that interaction can get seniors moving more than if they didn't have a pet.

• Improved health:

Ongoing research from Harvard Medical School has found dog owners have lower blood pressure, healthier cholesterol levels and lower risk of heart disease than those who don't own a dog.

• Stick to routine:

Caring for pets helps seniors maintain a routine. Having structure after retirement can be important to ward off risk of depression. Staying on top of feeding, grooming and other pet needs also can help prevent cognitive decline. Pets bring many benefits to their owners' lives, and they may be the perfect remedy for seniors looking for a friend and purpose.

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What seniors should know about herbal medicines

A lifelong commitment to healthy living can improve life expectancy and quality of life while reducing a person's risk for various conditions and diseases, including cancer and heart disease.

Healthy lifestyle choices like eating a nutritious diet and exercising regularly can greatly reduce a person's risk for various ailments, but such choices don't eliminate that risk entirely. As a result, even health-conscious men and women may need to rely on medication to stay healthy. That's especially true for seniors since age is a risk factor for various conditions.

A 2014 analysis that appeared in the Archives of Gerontology and Geriatrics examined nearly 1,300 published articles that focused on the use of herbal supplements by elderly patients. Though only 16 of those articles met the researchers' criteria, the analysis concluded that herbal supplement usage is common among elderly patients, as was a lack of dialogue about such supplements between medical professionals and seniors. A concerted effort to initiate such dialogue on the part of both

patients and health care providers can help shed light on herbal medicines so people taking them, including seniors, can learn more about what they're putting into their bodies.

What are herbal medicines?

The National Health Service of the United Kingdom, a widely respected and publicly funded health care system, describes herbal medicines as those with active ingredients made from plant parts like leaves, roots or flowers. Because herbal medicines are made from plant parts, many people assume they're safe to take without consulting a physician. However, the NHS urges people to treat herbal medicines with the same care and respect as they would more conventional medicines. Herbal medicines can affect the body in various ways. A frank discussion with a physician can shed light on the potential side effects of herbal medicines and whether or not they're safe.

Why should seniors be concerned about herbal medicines?

The NHS notes that seniors taking other

medications may experience problems if they begin taking herbal medicines as well. The National Center for Complementary and Integrative Health, which is part of the U.S. Department of Health and Human Services, notes that more well-designed studies are necessary to fully evaluate interactions between herbal medicines and prescription drugs. However, the NCCIH notes that some evidence points to some harmful effects of mixing the two. For example, the NCCIH reports that prolonged exposure to concentrated garlic extracts may reduce the efficacy of some drugs. The potential for these types of interactions should be enough to compel seniors to think twice before taking herbal medicines without first consulting their physicians. In addition, the NHS has developed a list of various types of people for whom herbal medicines may not be suitable, and that list includes the elderly.

Seniors considering herbal medicines should discuss the pros and cons of such products with their physicians prior to taking anything.



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Flexing with fused glass

Local artist teaches workshops for citizens

By Antjea Wolff

Morning Sun Staff

PITTSBURG, Kan. — There are many different ways to keep active, and for artist Dianne Miller, making her fused glass artwork keeps her mind and creativity active as well as her physical dexterity. Miller first began working with stained glass in the 1980s, working on it on and off as a hobby while she taught high school English, and in 2015, after she retired, she decided to transition into making fused glass pieces.

“I wanted to be able to do more of the 3D shapes,” Miller said. “Like the vases, platters, bowls, and just unique things that you can’t do with stained glass.” Miller became a member of ArtForms Gallery in 2017 when she wanted to do more with her art and share it with other people besides her relatives. She began



Dianne Miller works on her stained-glass project for a workshop. COURTESY PHOTO

hosting workshops at the gallery, and loves experimenting with new techniques. She recently has started making fused glass pocket vases and will be hosting a workshop on how to make them on Saturday, Sept. 10. “I love teaching it,” she said. “I try to offer a workshop every month. My background is in

teaching, so I love just sharing the history of the art glass, and introducing people to how to cut the glass. And then I do the fusing part, but I explain that to them as we go. And I just like being around the people and sharing that.” Miller’s fused glass creations vary from items as small as pocket

tokens to bigger projects like jellyfish wind chimes, vases, and lamps. She said she has a French teacher from Pittsburg State University who regularly comes in and buys her items to send to her relatives in France. “I think it’s pretty cool that I have work abroad as well as in Denmark and across the United

States,” Miller said. “So it’s just fun to know where my items go and what they’re going to do with it when they get home. It’s just kind of special.” Miller said one of her favorite things to do is create her own unique colors with the fused glass, and working with the glass allows her to use her creativity.

“I do this because as you know, as a senior citizen, I feel that people have to have hobbies and things to do to get up off the couch,” she said. “And it just keeps us moving and active with it. And it gets me out in the community, because I’m able to come here once a week and talk to people.”

Although Miller mainly works with fused glass now, she still teaches the art of making stained glass workshops at the gallery. Miller said she enjoys being a part of ArtForms Gallery, and that she is able to share creativity with others. “We offer great workshops and a lot of our students in our workshops are retired people and they’ve commented that this is a great place to come

and have camaraderie and learn something new and keep the brain active as well. So ArtForms is great for that. And I’m very happy to be a part of it.” For more information on ArtForms Gallery’s workshops, community members may stop by the gallery at 620 N. Broadway in Pittsburg or call 620-240-0165.

Healthy eating options for seniors

“Let food be thy medicine” is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine. The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions. For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempting, and various foods can be particularly useful to the 50-and-over demographic.

According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative diseases such as osteoporosis also may be linked to the foods ones eat. The National Council for Aging Care says micronutrient deficiency is often a problem among the aging

due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older. Certain foods may be particularly helpful.

- **Brain-friendly foods:** Foods such as avocado, leafy vegetables, sunflower seeds, blueberries, and salmon are good sources of vitamin E, antioxidants, omega-3 fatty acids, and other nutrients that may help ward off dementias like Alzheimer’s disease, advises Sonas Home Health Care.
- **Anti-inflammatory foods:** Foods rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.

- **Fruits and vegetables:** Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins that are es-

sential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such as carrots and sweet potatoes.

- **Energy-boosters:** Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed grains.
- **Bone-friendly foods:** Calcium-rich foods, such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.
- **Digestive system-friendly foods:** The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer. Foods rich in fiber can promote proper digestion by moving food through the digestive tract more easily. High-fiber foods also may help naturally re-



duce blood cholesterol levels.

- **High-iron foods:** Without enough iron in the body, a person may feel tired and lethargic from a reduced production of hemo-

globin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council

for Aging Care. Tofu, spinach, lentils, pumpkin seeds, and fortified breads and cereals are high in iron. Smart food choices can help seniors live long and healthy lives.



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A guide to cooking with kids

Children may start their culinary careers crafting mud pies in their backyards, but that creativity and imagination soon may translate into foods they can actually eat. Many kids love cooking because it can be fun and messy, which are two qualities that children find hard to resist.

Parents can foster their children's love of cooking and help them along the way with these tips.

• Be patient.

Going into the cooking experience knowing there will be a mess, typically when young children are involved, can help you prepare.

Toddlers have not yet mastered manual dexterity, so they're bound to spill and drop. Put a plastic tablecloth under the work area and on the floor to help catch what falls. Also, cooking with youngsters likely will take more time than it normally would, so set aside extra preparation and cooking time.

• Teach kids good hygiene.

Hygiene is important and can prevent foodborne illnesses. Make sure everyone involved in cooking,

including children, washes his or her hands before cooking begins and continues to do so after handling foods, particularly raw meat and poultry. Hair should be tied back, and separate prep surfaces should be designated for produce and meats.

• Assign age-appropriate tasks.

Consider age and maturity levels when assigning tasks in the kitchen. Even children as young as 3-years-old can chop food if they are provided a serrated butter knife with a rounded point and soft vegetables or fruits. This helps teach knife skills that kids can develop more thoroughly in the future. Children can mix and add ingredients as well. As kids get older,

parents can decide the right time to let them use the stove.

• Experiment with dough.

Kids can have a blast with dough, particularly rolling out pie crusts and pasta. They also can make dumpings and then fill them with vegetables. Many cookware retailers sell small rolling pins that are easy for kids to handle.

• Practice measuring together.

Let children read the recipes and be in charge of portioning out ingredients. This reinforces classroom lessons about temperature, ratios and fractions.

• Move on to more sophisticated tasks.

Around age eight or nine, children can take on jobs like open-

ing cans, scooping batter, pounding poultry, proofing yeast, skewering kabobs, and slicing bread, according to cooking educator Julie Negrin.

Negrin notes that children between the ages of 10 and 12 can start working independently in the kitchen so long as an adult is in the home. Ultimately, children can cook without close supervision.

Children also can be involved in cooking by helping to draft shopping lists and taking trips to the supermarket.

This shows kids the complete process of gathering ingredients for meals, what they cost and how they are made before foods make it to the dinner table.



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Day trips seniors can enjoy

Vacations to faraway destinations can make lasting memories that families cherish forever. Though day trips might not require the planning of more traditional vacations, these brief getaways can still be a great way to spend a day, especially for seniors.

Day trips typically are based around visits to historic attractions, shopping districts, restaurants, or museums. Since they don't require much in the way of advanced planning, and tend to be easy on the wallet, day trips are ideal for those looking for short getaways.

When considering day trips, seniors should look for locales that are no more than two to three hours away. Such proximity ensures travelers will have plenty of time to see the sights and still get home at a reasonable hour.

Need day trip inspiration? Here are some ideas to get started.

Botanical gardens

Botanical gardens are beautiful and relaxing places to spend a day. The Botanic Gardens Conservation International reports that there are between 296

to 1,014 botanical gardens and arboreta in the United States, while there are roughly 70 botanic gardens across Canada. People can tour topiaries, exotic plants, butterfly retreats, acres of rolling landscape, and even bonsai collections.

Seaside towns

Visits to the coast make for memorable, scenic excursions. Many boast quaint shops to purchase coastal trinkets or decor. Seaside spots also may boast their share of fishing charters or sightseeing cruises, and seafood fans will appreciate what these regions have to offer in the way of dining.

Historic cities and villages

Touring historic places of register, like Colonial Williamsburg or areas of historic Boston, can be a hands-on way to learn about the country's history. They can provide more personal experiences than books and movies alone.

Zoos and aquariums

Interacting with wildlife is on the itinerary when visiting zoos

and aquariums, and such establishments typically offer discounted admissions to seniors. From the famed San Diego Zoo to the Georgia Aquarium, it's possible to get up close and personal with many species.

Wine tasting

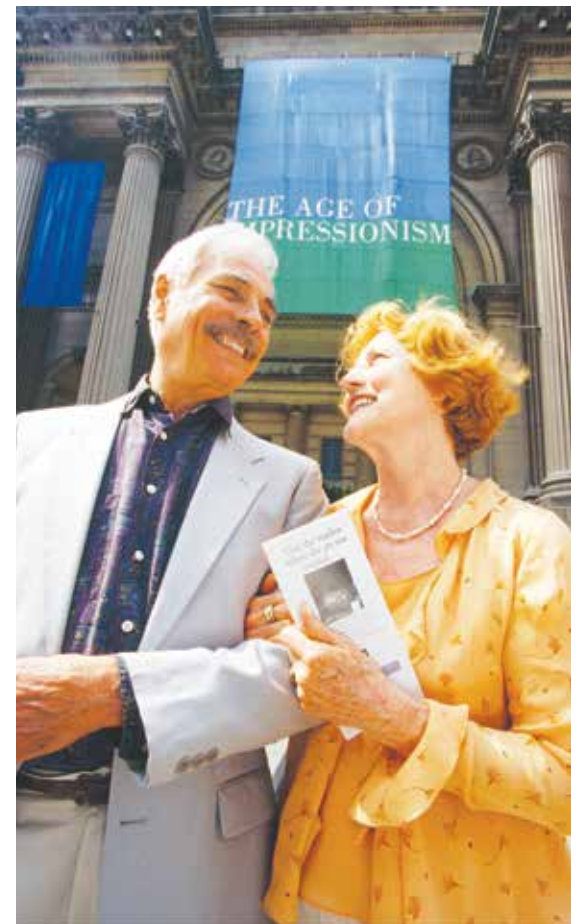
A recent study from Wine & Vines magazine said there are 8,391 wineries in North America, and that number is on the rise. One is likely to find a winery to visit and sample the wares close to home. Make a day of it by bringing a picnic lunch.

Museums

Museums are ideal day trip destinations because many are indoors. That means weather never needs to be an issue while visiting. With historic artifacts, paintings, sculptures, or niche items like pop art or collectibles, there are museums for just about every interest. For example, railway enthusiasts can visit the National Railroad Museum in Wisconsin, one of the oldest railroad museums in the country.

Restaurant crawl

Certain town centers and tourist destinations organize restaurant events where day trippers can enjoy tasting menus from various establishments for a single price. Day trips also can culminate at one specific restaurant. A new restaurant can be visited each month. Day trips are enjoyable ventures that seniors can enjoy when they want to get out but not necessarily get away.



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Elder care resources

People want to grow old gracefully and maintain their independence as long as possible. There are many decisions to make as well as information to wade through to ensure needs are met and proper care is received through one's golden years. Individuals, caregivers and families may find that a few helping hands along the way can be invaluable. Numerous elder care resources are available for those who don't know where to look. Start by researching the National Council on Aging (www.ncoa.org). This is a national leader and trusted association

that helps people age 60 and older. The council works with nonprofit organizations, governments and businesses to organize programs and services at the community level. This is a good place to find senior programs that can help with healthy aging — emotionally, physically and financially. AARP (www.aarp.org) is yet another organization dedicated to helping seniors. The comprehensive AARP website offers a host of information on everything from senior discounts to products to health and other information specific to

seniors. The AARP also has an affiliated charity that works to help low-income seniors procure life's necessities. At the local level in the United States, the federal government has mandated Area Agency on Aging (www.n4a.org) facilities in every county/city. These agencies can provide information on service programs available to the seniors in the area, as well as financial resources. These facilities give seniors access to volunteers who can take seniors around by car, and some provide meals-on-wheels services.

The Administration for Community Living (www.acl.org) was established to help older adults and people of all ages with disabilities live where they choose. A network of community-based organizations helps millions of people age in place. ElderCare Canada is an advice and action consulting service that helps seniors with a variety of different services. They can offer resources on setting up home care, finding retirement residences, moving, or navigating the health care system. Military veterans or those who are/were



married to a veteran may be eligible for various benefits through the U.S. Department of Veterans Affairs (www.va.gov). The VA offers health care services, disability compensation, burial benefits, and

much more. Seniors have many different resources at their disposal that can help answer questions or provide services when the need arises.



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Games that can challenge the brain

Games are as popular as ever. For evidence of that, one need look no further than his or her own smartphone. The number of hours people spend playing games on their smartphones might surprise even the most ardent players.

According to the mobile research firm Apptopia, between May and July of 2018, mobile users spent a whopping 3.38 billion hours playing the wildly popular strategy game “Clash of Clans,” making it the most

popular smartphone game in the world during that time period.

Games might be seen as a way to unwind, but some games can potentially do more than merely provide a way to escape the daily grind. Brain teasers, riddles and crossword puzzles are just some of the types of games that can help people engage and challenge their brains while still providing a bit of escapism.

A Healthier Michigan, which is sponsored by

Blue Cross Blue Shield Michigan and aims to help locals adopt healthier lifestyles, notes that the following exercises, games and platforms can help men and women challenge their brains in unique ways.

• BrainHQ:

According to Posit Science, which created the system, BrainHQ (www.aarp.brainhq.com) is a system of training the brain that was developed by neuroscientists and other brain experts. The BrainHQ platform

includes various brain training exercises with hundreds of levels that can help people improve their brain function, including memory and retention.

• Writing in the Stars:

Similar to a crossword puzzle, this game provides a list of nine words to users, who must then find the six words that connect to from a six-point star before they can move on the next level. Available at www.happy-neuron.com, Writing in the Stars

aims to help users improve their logical reasoning.

• Private Eye:

With a goal of helping users improve their focused attention and concentration, Private Eye (www.happy-neuron.com) asks players to peruse a grid full of intricate layers and symbols in an effort to find the item that does not belong.

• Braingle:

With more than 200,000 members, Braingle (www.braingle.com) is a popular online community

where users can go to access brain teasers, trivia quizzes, IQ tests, and more. Users even rank the games, allowing novices to find games that might help them hone certain skills or ease their way into challenging their brains with games. Millions of people across the globe play games every day. Though players often play games to have fun, they might be helping their brains without even knowing it.

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