



Galen Ewing, seasonal park naturalist, demonstrates how a bison horn can be used to hold gunpowder. JONATHAN RILEY / THE MORNING SUN

Prairie State Park hosts annual jubilee

By Jonathan Riley
Morning Sun Editor

MINDENMINES, Mo. — Naturalists, historical reenactors, and even magicians were on hand Saturday for the 2022 Prairie Jubilee at Prairie State Park near Mindenmines, Missouri. The event gave attendees the chance to not only learn about the tallgrass prairie ecosystem, but also to experience it for themselves.

“It appears like there is a lot, but it is a rare habitat,” said Jeff Cantrell, conservation educator with the Missouri Department of Conservation. Although tallgrass prairies once covered more than a third of the state of Missouri, today less than one percent of that remains. “And most states have far less than that,” Cantrell said, “so it’s one of the most endangered habitats in the world, tallgrass prairie.”

Other attendees at the Prairie Jubilee with educational materials to offer the public included Rocky Naff, who was raising awareness about another kind of endangered environment — places where it gets dark enough to see the stars at night.

Naff was at Saturday’s event representing the Missouri Master Naturalist program and the International Dark Sky Association. His table included taxidermy animals on display, such as bats, moths, and an owl, as well as informational pamphlets and coloring activities for children.

“Our theme is the night shift, how lighting affects wildlife in general,” Naff said. “We’re not about doing away with light, we just want the right light in the right places at the right times.”

See JUBILEE, Page 3A

Fun at Festa



Janelle Pyle, one of the volunteer cooks, serves pasta at the annual Festa Italiana on Saturday. ANTJEA WOLFF / THE MORNING SUN

Annual event raises funds for schools

By Antjea Wolff
Morning Sun Staff

FRONTENAC, Kan. — The Raider Sports Complex was once again swarmed with hundreds of hungry patrons all eager to devour delicious food at the annual Festa Italiana this past Saturday.

Festa Italiana, or simply Festa, as it is often known, has been the primary annual fundraiser for the Frontenac Education Foundation for the past 23 years. The money raised during the event goes entirely toward the Frontenac Schools as well as scholarships for the students.

During the event, attendees purchased booklets of tickets at five tickets for \$10, and proceeded to give one ticket per sample-sized portion of the food of their choosing. Several tents were filled with cooks, who were all volunteers, serving a variety of different foods such as pastas, sausage, fried chicken, barbecue, mini pies, cakes, and much more.

Attendee Allyson Bence said her favorite was the Zafutas’ manicotti and the caramel brownies.

“It did not disappoint,” she said about the event. “I love being able to try various Italian foods that I may not typically try at a restaurant.”



Hundreds of citizens filled the Raiders Sports Complex at the annual Frontenac Education Foundation fundraiser, Festa Italiana, on Saturday. ANTJEA WOLFF / THE MORNING SUN

The event began at 5 p.m. and within an hour, over half of the food being served was gone.

In addition to the huge spread of food, the event also included a silent auction called Mario’s Market as well as a live auction and raffles. Entertainment was provided by dancers from The Dance Pitt, YMCA Dancers, BTC Athletics and Dance, and Frontenac High School dancers. Live music was also performed by country-rock band Copperhead.

Volunteers who were assisting during the event included many

Frontenac students, who completed tasks such as selling tickers, picking up trash, cleaning off tables, and helping serve food. Many of the volunteer cooks have been participating in the event for years.

One of the cooks, Janelle Pyle, has been participating in Festa for 16 years. She has two daughters, one of which graduated from Frontenac High School last year. The other is set to graduate this year.

“It’s a great community event,” Pyle said of Festa. “It brings everyone together, and it’s a fun time.”

Pittsburg’s ArtWalk, ‘bigger and better than ever’

By Morie Price
news@morningsun.net

PITTSBURG, Kan. — The Pittsburg community came together this weekend in celebration and promotion of local fine arts at the town’s semiannual ArtWalk. Having brought residents and local artists alike together since 2006, this season’s event featured more than 50 artists, and over 20 vendors ranging from food trucks to people selling plants, soap, wine, and various craft items. Crista Cunningham, Pittsburg ArtWalk Association president, compared the ArtWalk to the Super Bowl.

“I like to call this the Super Bowl for the artists,” Cunningham said. “So, they’re able to really come out and shine, maybe more so than they do just by selling their work online. A lot of people will be more apt to purchase art if they can see it and they touch it personally, versus online or on Etsy or whatever. So the benefit for these artists is that they have an opportunity to really

make an impact by selling their artwork in a public setting versus an impersonal setting, such as online.”

Cunningham said she believes that people don’t know how much they like art until they see it in person, due to the emotion the art can evoke.

“When you connect with an artist and a piece of work that the artist has created, that’s a feeling I wish everybody on the planet could feel,” she said.

In the 16 years the ArtWalk has been held in Pittsburg, the event has had personal effect on local residents, such as Meg McCoy, local artist and musician, who has taken part in the ArtWalk since it began. Participating in the previous ArtWalk in April with her band, Golden Girls, acted as a catalyst for their career.

“It was just the most effective way that we could share our music with the community and then we got to keep doing more and more of that,” McCoy said.

See ARTWALK, Page 8A



Rose Hopper discusses a piece of her glass artwork with an ArtWalk attendee on Friday. MORIE PRICE / THE MORNING SUN

Fatal crash near Atkinson Municipal Airport

Staff Reports
news@morningsun.net

PITTSBURG, Kan. — An accident at the intersection of East 570th Ave. and South 200th Street on Saturday afternoon claimed the life of 71-year-old Edward Leroy Nutt of Mindenmines, Missouri.

According to the Kansas Highway Patrol, Nutt was traveling east on 570th in a 2001 Ford F150 shortly after 1 p.m. when he failed to stop at the intersection with 200th, where he was struck by a northbound 2017 Chrysler 300 driven by 19-year-old Rigby James Born of Girard. Both vehicles came to rest at the northeast corner of the intersection in the ditch.

According to the KHP crash report, Born was taken to Freeman West in Joplin with serious injuries. Nutt did not survive the crash and his next of kin were notified later that afternoon.



COMMUNITY

Obituaries

Claudine Rae (Bayless) Burris

Claudine Rae (Bayless) Burris was born on Dec. 5, 1933, in Parsons, Kansas, to Pearl (Mackey) and Claude Bayless. She passed away in Stockton, Missouri.

She grew up primarily in Parsons, Kansas, with her parents, Pearl and Courtney Dodd. She graduated from Parsons High School and attended Parsons Junior College.



Claudine worked as a secretary at the Kansas Ordnance Plant and later in life held several positions in sales banking and as an assistant for the Register of Deed's Office. In El Dorado Springs, Missouri, she obtained her real estate broker's license and sold real estate.

In 1952, Claudine married Bob Burris, her high school sweetheart. They were married for almost 70 years until Bob's death in 2021.

Claudine and Bob lived in Girard from 1959 to 1976, when they moved to El Dorado Springs.

Claudine was an active member of the United Methodist Church in El Dorado Springs, where she was a lay speaker and trustee. Later she became a member of The Church of Nazarene.

She was preceded in death by her husband Bob and her parents.

Claudine is survived by her daughter Christi Burris of El Dorado Springs. She is also survived by Drs. David and Mary Ann Amos of Santa Fe, New Mexico, Courtney (David) Buchmann of Prairie Village, Kansas, Joshua (Naomi) Amos of Denver, Colorado, and Drs. Luke and (Lauren) Amos of Prairie Village, Kansas; grandnieces Helena Buchmann, Olivia, Athena, Claire, and Paloma Amos; and a host of other relatives and friends.

Funeral services were 11 a.m. on Saturday, Sept. 24, 2022, at Sheldon Funeral Home in El Dorado Springs, Missouri.

Burial was 2 p.m. on Sunday, Sept. 25, 2022, at Memorial Lawn Cemetery in Parsons, Kansas, under the direction of Sheldon Funeral Home.

Diane Dunbar

Diane Dunbar, 81, of Pittsburg, passed away at 4:45 p.m. Friday, Sept. 23, 2022, at Via Christi Hospital in Pittsburg.

Additional information and arrangements will be announced by the Brenner Mortuary, 114 East 4th St., Pittsburg, Kansas.

Lena Mae Bertella Edwards

Lena Mae Bertella Edwards, 81, passed away Saturday, July 16, 2022, in her home surrounded by her family.

She was born April 28, 1941, in Cherokee, Kansas, to William Bertella and Mary Belle (Bowen) Bertella.

She attended school in Cherokee, where she was a cheerleader and homecoming queen. As a child, she loved to hunt and fish with her dad.

She married Charles Sirratt in 1955. They had four daughters and later divorced in 1976. In 1980, she married Richard E. Edwards at Timmons Chapel in Pittsburg. He preceded her in death in 2016.

In 1974, she began a career at Pittsburg Wal-Mart as the cash office manager. She retired after 24 years in 1998.

She enjoyed playing golf and Bingo, fishing, reading, hummingbirds, spending time with her family, and playing SkipBo with her caregivers. She made the best chocolate chip cookies!

Lena is survived by her daughters, Cheryl Barely (Dennis), Pam Batley, Renee Pakitsos, and Katrina Deters (Grant); Dick's daughters and son, Pam Heenan, Teri Hall (John), Sharon Westpfahl (Bill), and Russ Edwards; several grandchildren and great-grandchildren, her nephews and niece, and her very special friends.

She was also preceded in death by her parents, brothers Tom Bertella and Dominic "Dom" Bertella, her sister Mary Lou Thompson, and a grandson.

Special thanks to her excellent caregivers from Adelmo Family Care for their love and companionship. Also, to the ladies at Fresenius Kidney Care. And most of all, she loved her family.

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Niles F. Stockinger

Niles F. Stockinger, 92, of Arma, Kansas, died Friday, Sept. 23, 2022, at his home.

Mr. Stockinger was born Feb. 16, 1930, in Frontenac, Kansas, the son of Joe and Frances Gorenc Stockinger. He attended elementary school in Arma and graduated from Arma High School in the Class of 1947. He graduated from Pittsburg State University with a bachelor's and master's degree in 1951 and 1958 with majors in zoology and chemistry.



He was employed as an explosive chemist with the Kansas Ordinance Plant and National Gypsum Company and later as a chemist with Spencer Chemical Company and Gulf Oil Corporation. He married Elmina (Pat) Alexander at the First Christian Church in Pittsburg, Kansas. Mrs. Stockinger preceded him in death on March 9, 2001. He was a member of the First Christian Church in Pittsburg, a former member of the Arma Masonic Lodge, the A.A.R.P., the Nature Conservatory, the Kansas Academy of Science, the American Museum of Natural History, the Pittsburg State University Heritage Society, and Alumni Association.

Survivors include a cousin, Ron (Carol) Gorenc of Pittsburg, and several other cousins.

He was preceded in death by his parents and wife, Elmina.

Memorial services will be at 10 a.m. Thursday, Sept. 29, 2022, at the Bedene Funeral Home in Arma, with the Rev. Dustin Morris officiating. The family will receive friends from 9 to 10 a.m. Thursday at the Bedene Chapel prior to funeral services. Private burial of the cremains will be held at the Pittsburg Garden of Memories after the memorial services. The family suggests memorials to the Niles F. Stockinger Scholarship Fund at Pittsburg State University. Donations may be sent to or left at the Bedene Funeral Home, 517 E. Washington, Box 621, Arma, Kansas 66712.

Sunrise Rotary Business of the Month



Tim Rhodes, manager of Ron's Supermarket, is shown accepting the Pittsburg Sunrise Rotary Club business of the month award for September from Rotary President Kaylyn Hite. COURTESY PHOTO

CLUB NOTES

Tuesday, Sept. 27

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, Sept. 28

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.

Derfelt Funeral Home Grief Share

This 13-week program will be held in the Chapel at Derfelt Funeral Home of Galena every Wednesday at 10:00 AM, beginning on September 21, 2022. Support groups are led by people who understand what you are going through and want to help. There is no cost to attend, Derfelt Funeral Home will cover the cost of your workbook, and you do not have to be a past client of our funeral home to participate. If you're able to, please call 620-783-1371 to pre-register.

Thursday, Sept. 29

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.

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.

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NEWS

SEK attorney, judge to serve as honorary bailiff for Parsons Supreme Court session

Staff Reports
news@morningsun.net

PARSONS, Kan. — Longtime attorney and municipal judge Rick Tucker has had his share of days in court, but he will take on a new role when the Kansas Supreme Court comes to Parsons. Tucker was selected to be honorary bailiff at the Supreme Court's special session, which starts at 6:30 p.m. Monday, Oct. 3, at Parsons High School. "I am excited to be able to 'suit up' and serve as bailiff for the Supreme Court in the presence of my community," Tucker said. 11th Judicial District Chief Judge Lori Bolton Fleming nominated Tucker for the position, noting his nearly half-century of



Rick Tucker COURTESY PHOTO

service to the southeast Kansas legal community. "Rick represents everything good, noble, and just about the legal profession," Fleming said. "He makes all of us here in southeast Kansas very proud." Tucker has served southeast Kansas as

both an attorney and a municipal judge. Before his retirement in 2021, he worked in private practice for 49 years and as city attorney for St. Paul for 47 years, city attorney for Oswego for 16 years, and USD 506 attorney for 17 years. He continues to serve as a municipal judge in Parsons, a position he's held since 1988. Tucker also served on the 11th Judicial District Nominating Commission for 40 years. When there is a judge vacancy in a merit-selection district, the nominating commission accepts nominations, interviews nominees, and recommends three to five people to the governor for consideration to fill the vacancy. The governor decides whom to appoint. If it's a

magistrate judge vacancy, the commission follows the same process and decides on its own who is appointed. "His knowledge and wisdom were put to use as a member of the nominating commission for many years," Fleming said. "Many of us currently sitting on the bench are here because Rick saw our potential to be good jurists." As honorary bailiff, Tucker will call to order the audience assembled at Parsons High School, and then the Supreme Court will hear oral arguments in two cases. "I hope those watching will gain a better understanding of the structure of our judicial system, how it functions, and the appellate process," said Tucker.

Pittsburg man sentenced to life in prison for child sexual exploitation

Staff Reports
news@morningsun.net

PITTSBURG, Kan. — Rex A. Mills, 41, of Pittsburg, was sentenced Monday to life in prison for sexual exploitation of a child. He will not be eligible for parole until he

has served a mandatory 25 years, Crawford County Attorney Regina Probert's office said in a press release. Mills was arrested



Mills

in February on multiple child pornography charges following an investigation launched last November by the Internet Crimes Against Children (ICAC) Task Force out of Wichita. The case was later taken over and investigated by the Pittsburg

Police Department. During the course of the investigation, it was discovered that Mills possessed over 6,000 images of child pornography and 87 videos containing child pornography, according to the release.



Exhibitors at the annual Prairie Jubilee on Saturday included several providing information about the wildlife of the tallgrass prairie ecosystem. JONATHAN RILEY / THE MORNING SUN

JUBILEE

Continued from Page 1A

Naff noted that light pollution is a problem not only in America, but internationally, and said he plans to attend the 2nd Annual Conference of the Missouri Chapter of the International Dark Sky Association, which starts Oct. 30 at the Johnson County Community College Center for Sustainability in Overland Park. "They're going to have presenters from actually all over the world coming and talking about it," he said. "And it truly is an international organization, there's been a lot of people especially from Asia — Singapore, Malaysia, Korea — they all understand the impact of too much light and they're trying to do something about it also." Other presenters at the Prairie Jubilee included "The Instars" who hosted "walk about magic shows" and "butterfly magic" activities for kids, as well as Galen Ewing, seasonal park naturalist, who spent Saturday demonstrating



The Prairie Jubilee event on Saturday included a short walking trail through the tallgrass prairie where attendees could participate in various activities and visit informational stations. JONATHAN RILEY / THE MORNING SUN

ways that the Osage traditionally used various parts of the bison they hunted. Examples that Ewing had on hand to show children included a drum made from bison hide, a powder container made from the animal's horn, and a ceremonial necklace made from bison toenails. Ewing said his exhibit got a positive response from kids attending the event. "They're enthused, I mean they're really excited I think about all the different items they got to see here. Not only here, but also at the other different stations," he said, adding, however, that his demonstration was a popular one. "They're really

interested in the bison, the Walmart of the prairie," Ewing said. Guests who said they were glad they attended Saturday's event included Carolyn Schroeder of Arma and her granddaughter Gracious Schroeder, who is in fourth grade. Gracious said her favorite activity was getting to use an atlatl, or spear-thrower. "There was a game with like a ring and sticks, and you had to throw it with

the sticks, and that was probably my favorite one," she said. Both Gracious and Carolyn Schroeder said they hoped to return to Prairie State Park for next year's Jubilee. "I would like to come back, and I'll bring my granddaughters from Springfield, because I'm going to move that way," Carolyn Schroeder said, "and maybe we can make a date and meet in the middle."

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AREA EVENTS

Tuesday, Sept. 27

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 \$1200 for 57 numbers. Progressive Blackout will pay \$350 for 52 numbers. Each week \$25 is added to the Blackout if no one wins on those numbers.

Story Time at the Library
The Pittsburg Public Library invites kids and families to the library at 10 a.m. Tuesdays and Wednesdays for a story time. The program is free and no registration is required. Story time takes place at the library at 308 N. Walnut Street.

Homeschool Tuesday
Girard Public Library is hosting a program open to homeschool families from 1 to 2 p.m. Tuesday, Sept. 20. All ages welcome. If children are under the age of 7, a parent/care-giver will need to be present during the program.

Open House with CHC
Community Health Center of Southeast Kansas will be at the Pittsburg Public Library from 1 to 3 p.m. Tuesday, Sept. 27 to answer any questions the public might have. Staff of CHC will also be able to recommend services to individuals. No appointment necessary.

Wednesday, Sept. 28

Story Time at the Library
The Pittsburg Public Library invites kids and families to the library at 10 a.m. Tuesdays and Wednesdays for a story time. The program is free and no registration is required. Story time takes place at the library at 308 N. Walnut Street.

Building Strong Readers
The Girard Public Library invites the public to join them for their program Building Strong Readers on Wednesday, Oct. 5. The ages 0 to 5 program begins at 10 a.m. and the ages 5 to 11 programs begins at 2:30 p.m. "Pumpkins and Halloween" will be the theme for October. This program includes stories, crafts, and activities.

Children's Movie Afternoon
The Girard Public Library is hosting a movie afternoon for children starting at 2:30 p.m. Wednesday, Sept. 28. "Minions: Rise of Gru" and "Sing 2" will be the movie choices for September. Those that attend the movie will vote for the movie they would like to watch. Popcorn and drinks will be served.

Teen Time
The Girard Public Library will be hosting a teen time event for grades 6th through 12th starting at 3:30 p.m. Wednesday, Sept. 28. A variety of activities will be available for attendees. Call the library 620-724-4327 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.

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.

Thursday, Sept. 29

Kansas Flyways: Understanding Birds' Movements
The Sperry Galligar Audubon invites the public to their special presentation Kansas Flyways: Understanding Birds' Movements, presented by Dr. Alice Boyle (KSU) at 7 p.m. in Yates Hall at Pittsburg State University. This event is free and open to the public.

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Kansas Department for Children and Families

OPINION PAGE

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Letters must be original, up to 250 words and signed. Include the writer’s address and phone number for verification. Letters may be edited. Send letters to: The Editor, 701 N. Locust St., Pittsburg, KS 66762, news@morningsun.net, or fax to 620-231-0645.

OKIE IN EXILE

Electricity, insulation, and Psalm 91



BOBBY NEAL WINTERS
Morning Sun Columnist

Our biggest barriers are in our own minds. Fear is our most powerful enemy. Fear of failure is the tallest wall we have to climb. My attention was directed to Psalm 91 when I was poking through social media last night. When I looked it up, and the following portion spoke to me:
You will not fear the terror of night, / nor the arrow that flies by day, / nor the pestilence that stalks in the darkness, / nor the plague that destroys at midday. / A thousand may fall at your side, / ten thousand at your right hand, / but it will not come

near you. At the time, I felt the need to “do something with this.” This is the result. I am insulating my garage. I am turning it into a workshop. This was Jean’s idea. She looked upon me with pity as I worked until my hands were red and numb last winter in my former workshop while her car was safe and dry in the garage, so she yielded the garage to my use. This meant the garage had to be heated or I would be back to where I was before. When I was director of the general studies program on campus, giving advice to the students who entered that program, I would tell them to look at where they wanted to go and to set up a plan that would get them to that end. I took my own advice. I

wanted a warm workshop, so I looked at some YouTube videos: How do you heat a workshop? There were a lot of options, but I settled on electrical heat. My endpoint was a garage heated with electrical heat, but if I didn’t insulate it first it would (1) cost a fortune and (2) still be cold. It was also clear that the electrical heater I needed would have to run off of 240 volts. (I grew up calling this “220” but it’s actually 240.) The electrical had to be done before the drywall and the insulation was put up. It’s just easier that way. But here’s the thing: I am terrified of “220.” I have a cemetery in my mind of people — good, kind, smart people — who have been killed by 220. Most of them are imaginary people, true, but that mental cemetery is there.

It is not irrational to be afraid of electricity. Fear is a manifestation of something that God has given us to protect us. It comes from a good place. But like a fierce, wild mustang, it must be captured, understood, and domesticated before it can be a useful racehorse for us. We should capture our Fear and domesticate it to Respect. Electricity has the power to kill me, but if I respect it, it will be my ally. So I watched a bunch of YouTube videos on how to install a 240 volt outlet. All of them showed how to do it, and then said it was for entertainment purposes and said to hire an electrician. Darned good advice. If you can get one to come out to your house, please let me know how you did it. After preparing myself, turning off the power main to the whole house

and checking at the breaker box that the electricity was indeed off, I installed the “220” breaker and hooked it to the outlet. It took 20 minutes wall-to-wall if you don’t count the hours of YouTube videos I watched. Since having done that, I’ve been putting up roll after roll of fiberglass insulation and screwing panels of osb to my garage walls. I’ve got about an hour’s worth of work to finish the walls, and I will do that after I finish this column. (The ceiling still needs to be done and if any of you have a drywall jack they can loan me, let me know.) I was as afraid of doing the insulation as I was doing the “220.” This wasn’t because I was afraid of being killed. It was simply because I had never done it. It was filed away in my brain as something only

experts could do. I had erected barriers in my own brain. The barriers were taken down in the same way as before: I watched a lot of YouTube videos on insulation. (Watching YouTube videos is dangerous too; their algorithm will start bringing you a lot of ads for Home Depot, Lowe’s, and Menards.) Just as God has given us the gift of Fear which we need to tame into Respect, He wants us to use the Respect to gain the knowledge we need in order to overcome the barriers we meet. 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.

HELLO NEIGHBOR

How Hutchinson became official state fair location



LOIS CARLSON
Morning Sun Columnist

Last week I shared with you information about the first Kansas State Fair Association being organized in 1880 with a representative from each of our 105 counties and the first Kansas State Fair was held in September 1881. As we all know politics has been involved in changing the course of

history throughout history, including back to the days of the Greeks and Romans and we certainly know politics played a profound role in what our “new” country would become and those political influences are hard at work today. But let’s go back to 1913 in Kansas. History tells us that a group of businessmen in Hutchinson, Kansas decided that the Kansas State Fair should really be in Hutchinson instead of Topeka. Maybe they thought it

would be more centrally located in the state and thus better for people attending from the far western part of Kansas. Being forward looking I am sure they realized that having the State Fair in their town would be a great economic benefit to the town and community. So they lobbied the Kansas State Legislature to make Hutchinson the official State Fair and not Topeka. They decided to give (not sell) land on the north side of the city which would then become

the State Fair Grounds. In 1913 they succeeded and the legislature designated Hutchinson, Kansas as the site for the official Kansas State Fair! That is a title it has held for the past 109 years. What foresight those people had back in 1913! Giving up some acreage at the north side of town for the location of the state fair, I am sure helped sway the decision of the legislature but it was a small price to pay when considering what revenue it has brought to the town

for over 100 years which amounts to thousands of dollars each September. We all know old habits are difficult to break and so the Topeka Fair continued to be called a State Fair for many, many years but it was no longer the “official” state fair. The “Official” fair is important to 4-H and FFA exhibitors who look to the accomplishments and placings received at the State Fair Competition to go on to other competitions. Winning at the “State Fair” is a big deal!

As an employee of the Kansas Cooperative Extension Service I worked at the State Fair in Hutchinson for 40 years not missing one. However, counting the years I attended the fair both before and after my employment, I have attended a total of 61 consecutive years, including 2022. My husband attended his 62nd consecutive fair this year. We have seen many, many changes over the years but that will be a story when state fair time rolls around next year.

STOCK MARKET INSIGHTS

Playing catchup

By Dr. Richard Baker, AIF
Steadfast Wealth Management

I had to make up points on the throwing events. It was field day at my elementary school, and I’d been paired in the running event with Shannon S, who could outrun me backward. He took off, and I tried catching up to him the whole race. He was already drinking McDonald’s orange drink by the time I crossed the finish line. I think the Federal Reserve can relate to my race. On Sept. 21, the Fed

raised interest rates by 75 basis points for a third straight meeting bringing the federal funds rate to 3.0-3.25%, up from 2.25-2.5%. Chairman Powell surprised the markets by saying they will continue their aggressive rate hiking rates to eventually 4.6%, according to Yahoo Finance. It’s not just our central bank. Eleven central banks worldwide met in the last few days to discuss raising rates. As of this writing, Sweden, Switzerland, Indonesia, the Philippines,

and Taiwan raised interest rates higher than analysts expected. The inflation caught them off guard, and they usually follow the lead of the U.S. Fed. If the Fed hadn’t insisted inflation was “transitory” (temporary) last year and started dealing with the inflation immediately, we’d be in a better place today. Instead, they are playing catchup, trying to chase down inflation not seen in decades because they called it “transitory” (temporary) and watched it get out of control. They

hope that raising rates will make borrowing money too expensive, slowing the economy down and the inflation along with it. The high rates affect every part of our economy, especially the housing market. As a result, more Americans are choosing not to sell their homes. According to Redfin Corp, the number of newly listed homes report on September 11, 2022, showed a 19% drop in houses being listed year-over-year. I still don’t see a recession this year, but the first

few months of 2023 could have some challenges. The market has given up a lot of the ground it regained. The S&P 500 is 3% from a new bear market low. So we could have another month of difficult market days until it starts swinging positive after the midterm election. In the accounts I manage, I am moving away from the financials, reducing my foreign stock exposure, and increasing my positions in US large-cap value, small-cap, and mid-cap stocks. I didn’t win any medals on that field day. As one of my bios says, I wasn’t “known for foot speed.” At that point in my life, sarcasm was my only real

skill, and Ms. Maples didn’t give me any points for sarcasm. Instead, she deducted points for it. Learning to be less talk and more action took me a while. I hope the Fed learns to do that too. Have a blessed week! Securities and advisory services offered through LPL Financial, a registered investment advisor; Member FINRA/SIPC. Opinions voiced above are for general information only and not intended as specific advice or recommendations for any person. All performance cited is historical and is no guarantee of future results. All indices are unmanaged and can’t be invested in directly.

Man can't get his wife to the church on time



DEAR ABBY
Abigail Van Buren

DEAR ABBY: Punctuality is important to me. My husband has many great qualities, but punctuality is not one of them. We have been married 20-plus years and, after many discussions, have not been able to come to agreement on this. We are late to church almost every Sunday and to most parties and family events. I think it's rude to keep people waiting, and it gives me anxiety. I have tried taking separate cars but think, as a couple, we should arrive together. It seems like when

I try to urge him to hurry, he purposely slows down. It has reached the point where we are angry at each other by the time we finally arrive anywhere. Any advice? — HARE MARRIED TO TORTOISE
DEAR HARE: Yes. Take the separate cars. No one cares whether you arrive "together" or not, unless you are going to a dinner party. And if your husband will be late for that, assure your hosts that it isn't necessary to wait for him to arrive. To the extent you can, try fudging the event time. But until he suffers the consequences, his behavior will not change.
DEAR ABBY: My fiancée has been married twice and insists on maintaining contact with four

prior sexual partners (other than husbands). Most of the contact is by Facebook, instant message and cellphone. But one former partner is a high school classmate she sees every year at class "get-togethers." I think what she's doing is inappropriate and will certainly be so after we are married. She insists they are just "friends" and I am being immature and "untrusting." She's adamant that she is unwilling to cease contact with these former sexual partners (now friends) under any circumstances. What's a guy to do? — CROWDED IN FLORIDA
DEAR CROWDED: A "guy" either accepts what his fiancée is telling him -- that these old flames are just friends now -- or he terminates the engagement and

starts searching for a woman he believes he CAN trust.
DEAR ABBY: My husband and I have been good friends with another couple for more than a decade. The wife has a degenerative illness and is now paralyzed and unable to feed herself. We would love to stay close with them while recognizing the problems they face in planning meetings. Now, at our infrequent get-togethers, it always ends with "we should get together;" but then no plans are realized. I know there's intense pressure on the husband between work, care of their teenage child and health care for his wife. How can we tactfully stay in touch, and at the same time relieve some of the pressure on the husband? I'd love to set

up a bimonthly coffee or lunch, but I realize some days, the wife may not be up for it. — GOOD FRIEND IN MARYLAND
DEAR FRIEND: You ARE a good friend, and a caring one. Every caregiver needs an occasional break so he or she can recharge. It would be a kindness to call him and offer to be with his wife for a few hours so he can spend some time doing things for himself that he may have postponed. I can't promise that he'll take you up on it, but he may.

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

Heavy crane topples onto downtown Oklahoma City building

OKLAHOMA CITY (AP) — A 60-ton crane being used to remove a video display board from a downtown Oklahoma City building toppled onto the building that houses several news offices, officials said.

The crane's operator suffered minor injuries in the Saturday afternoon accident. Two other men working in the bucket of a small crane and the building's occupants were not injured, police said.

Oklahoma City police Detective Jonathan LaPuzza said the collapse caused some structural damage to the building that houses The Oklahoman newspaper, the Oklahoma Watch news website and television station KWTV. However, he said the extent and cost of the damage couldn't be determined immediately.

Missouri House speaker urges feds to shut down Agape school

By JIM SALTER
Associated Press

The speaker of the Missouri House is urging the U.S. attorney in Kansas City to shut down Agape Boarding School, accusing the Christian school of “what amounts to organized crime against children.”

Republican House Speaker Rob Vescovo sent a letter Wednesday to U.S. Attorney Teresa Moore that was made available to reporters on Monday. In it, Vescovo said state efforts to close the school have failed, and the local prosecutor has failed to take action to protect the boys who attend the school in the southwestern Missouri town of Stockton.

“Right now in Missouri we are faced with the horrifying truth that a network of immoral individuals have engaged in what amounts to organized crime against children,” Vescovo wrote. But he said the situation is “more far-reaching and contains more deeply-rooted corruption than we are able to address solely at the state level.”

Vescovo didn't immediately respond to an interview request to explain his concerns about corruption.

A spokesman for the U.S. attorney's office in Kansas City declined comment.

Agape's attorney, John Schultz, called the allegations against the school “100% false.”

“There's no evidence to support closing down Agape,” Schultz said.

A Cedar County judge is still weighing the request from Republican Missouri Attorney General Eric Schmitt to close Agape and require the release of the boys who live at the campus. On Monday, Judge David Munton rescinded an order allowing state Department of Social Services workers to remain on the premises of the school.

Schmitt's office on Monday filed an amended petition and asked for a new judge. The new filing seeks a court order allowing state workers to remain at the school to make sure the students are safe.

“We have been steadfast in our fight to protect the students at Agape, and we will not stop until justice is done in this case,” Chris Nuelle, a spokesman for Schmitt, said in an email.

The new petition said Agape's director told the state that plans call for moving away from a boarding school facility starting Tuesday. Instead, the petition states, boys will live in five group homes on the property, with about nine boys in each house.

“The State will not allow Agape to escape accountability or continue to present an immediate health and safety concern to children through corporate shell games while employing the same people and methods that originally led the State to bring this action to protect children,” the petition states.

Agape's website calls it a boarding school “for teenage boys exhibiting bad behavior or failing academics. Our mission is to turn around your troubled teen.”

Schmitt's office first filed a motion to close Agape earlier this month, accusing the school of allowing someone on the state registry for child abuse and neglect to work there, and alleging systemic abuse.

Agape officials told authorities that the person on the registry was fired, but a court filing from Schmitt's office said the school presents “an immediate health and safety concern for the children residing at Agape.”

Last year, Agape's long-time doctor, David Smock, was charged with child sex crimes and five employees were charged with low-level abuse counts. Schmitt's office contended that 22 workers should have been charged, and with more serious crimes. But in Missouri, only the local prosecutor can file charges, and Cedar County Prosecuting Attorney Ty Gaither has said no additional employees would be charged.

Several lawsuits filed on behalf of former students also have named Agape and Circle of Hope, a Christian boarding school for girls in a neighboring county. Circle of Hope was shut down in 2020 and its husband-and-wife co-founders face a combined 99 charges that include child abuse and neglect and sex crimes.

The abuse allegations at the two schools prompted lawmakers to pass a new law last year requiring stricter regulation of boarding schools.

Fed officials call for more rate hikes to fight inflation

By CHRISTOPHER RUGABER
Associated Press

WASHINGTON (AP) — The Federal Reserve will have to keep boosting its benchmark interest rate to a point that raises unemployment and gets inflation down from unusually high levels, two officials said in separate remarks Monday.

Susan Collins, the new president of the Federal Reserve Bank of Boston, endorsed Fed projections released last week that signaled its benchmark interest rate would rise to 4.6% by next year, up sharply from about 3.1% now.

Getting inflation down will “require slower employment growth and a somewhat higher unemployment rate,” Collins said in a speech to the Greater Boston Chamber of Commerce.

Later Monday, Cleveland Fed President Loretta Mester said the Fed's short-term rate would have to stay higher for longer than previously expected, regardless of the uncertainties surrounding the economy, such as Russia's invasion of Ukraine and ongoing supply chain difficulties.

“When there's a lot of uncertainty, it can be better for policymakers to actually act more aggressively, because aggressive action and pre-emptive action can prevent the worst-case outcomes from happening,” she said.

Mester also said she expects higher interest rates will raise unemployment, but disagreed with a forecast by Bank of America that the unemployment rate would rise to 5.5%.

“I do expect the unemployment rate to rise, but not to that extent,” she said.

The comments from both officials added to an ongoing debate about how badly the Federal Reserve's rate hikes — the fastest in more than 40 years — will hurt the economy. By lifting its benchmark rate, the Fed is pushing up the cost of a wide range of consumer and business loans, including for mortgages, auto loans, and credit cards.

Collins said that, while worries are rising about a recession, “the goal of a more modest slowdown, while challenging, is achievable.”

Also Monday, stocks fell for the fifth straight day and longer-term interest rates rose amid growing fears of a global recession. The yield on the 10-year Treasury, which influences mortgage rates, jumped to 3.89% from 3.69%.

Fed officials hope their rate hikes will achieve a “soft landing” by slowing consumer and business spending enough to bring down inflation but not so much as to cause a recession.

Yet many economists are increasingly skeptical that such an outcome is likely. The Fed has lifted its key rate to a range of 3% to 3.25%, the highest in 14 years, even as the U.S. economy has already slowed. That could cause a recession in the U.S. next year, economists fear.

In a question-and-answer session after her speech, Collins also said that inflation, which reached 9.1% in June from a year earlier and has since fallen to 8.3%, “perhaps may have peaked.”

But Mester said she did not see any such signs.

“Before I conclude that inflation has even peaked, I am going to have to see several months of declines in the readings,” she said.

At a policy meeting last week, the Fed lifted its short-term rate by three-quarters of a point for the third straight time. Hikes typically are a more modest quarter-point. Fed Chair Jerome Powell, at a news conference after the meeting, said that “the chances of a soft landing are likely to diminish” as the Fed steadily raises borrowing costs.

“No one knows whether this process will lead to a recession or, if so, how significant that recession would be,” Powell said.

One challenge for the Fed is that last week it also released its quarterly economic and interest rate projections. They showed that Fed policymakers expect unemployment to reach 4.4% by the end of next year, up from 3.7% currently.

According to a rule of thumb discovered by the economist Claudia Sahm, every time since World War II that unemployment has risen by a half-percentage point over several months, a recession has followed.

Collins is one of 12 voting members of the Fed's policymaking committee and is the first Black woman to serve as president of a regional Fed bank. She was sworn in July 1. Collins previously served as a provost and executive vice president at the University of Michigan and served on the board of directors for the Chicago Fed.

Atlanta Fed President Bostic, in an interview Sunday on CBS News' “Face the Nation,” also said “we need to have a slow down” to get inflation under control.

“But I do think that we're going to do all that we can at the Federal Reserve to avoid deep, deep pain,” he added.

Putin's call-up fuels Russians' anger, protests and violence

By DASHA LITVINOVA
Associated Press

TALLINN, Estonia (AP) — Long lines of cars on roads snaking to Russia's border crossings with Georgia, Kazakhstan and Mongolia, and similar queues at airports.

Angry demonstrations — not just in Moscow and St. Petersburg — but in the remote far north province of Yakutia and in the southern region of Dagestan, with women chasing a police officer and shouting, “No to war!”

A gunman who opened fire in an enlistment office in a Siberian city and gravely wounded the military commandant, saying, “We will all go home now.”

Five days after President Vladimir Putin announced a partial mobilization to call up hundreds of thousands of reservists to fight in Ukraine, the move has triggered outraged protests, a fearful exodus and acts of violence across the vast country.

“Panic. All the people I know are in panic,” said David, a Russian who gave only his first name out of fear of reprisals, in an interview with The Associated Press at a border crossing with Georgia. “We are running from the regime that kills people.”

While the Kremlin had wanted to promote its orchestrated referendums in occupied parts of Ukraine as a joyful event, with those regions expected to join Russia in a move similar to the annexation of Crimea in 2014, it instead is dealing with instability and chaos at home.

State-run rallies were held in Moscow and other cities celebrating the referendums even before the the conclusion of several days of balloting that has been denounced as pre-ordained, phony and illegitimate by Kyiv and the West.

In his address on Wednesday announcing the mobilization, Putin said the Kremlin would “support” the regions of Donetsk, Luhansk, Zaporizhzhia and Kherson in their push to be incorporated into Russia.

But the mood in Russia has been anything but festive.

Fears are running high that Moscow might close the borders to men of fighting age after the referendums in Ukraine end, prompting long lines of cars at Russia's frontiers. Telegram chats dedicated to some of these crossings swelled with thousands of new users.

The lines apparently persisted Monday. The online service Yandex Maps showed a 18-kilometer traffic jam on a road in Russia's region of North Ossetia that leads up to the border with Georgia, and the regional branch of the Federal Security Service, or FSB, deployed an armored vehicle to the crossing.

Officials told Russia's RBC news site that the action came “just in case the reservists want to break through the (border) checkpoint and leave the country without completing any border formalities,” promising not to restrict any exits.

“Call-up notices are being served to everyone. Nobody knows who will receive one tomorrow and therefore we decided with friends for the time being to rest in a beautiful country,” said Roman Isif, a Russian who crossed into Larsi, Georgia, in an interview with AP.

Long queues and crowds were reported Sunday in at least two of four Moscow airports. Tickets to destinations still available to Russians after the European Union halted all direct flights — such as Turkey, Armenia, Serbia and Dubai — have been sold out for days, despite exorbitant prices.

Russian media — including state-run outlets — reported Monday that border guards have started turning men away at the border, citing mobilization law. It wasn't immediately clear how widespread the practice was.

Although state television painted a rosy picture of the mobilization drive, with Russia 1 TV on Sunday showing crowds of eager men lining up to enlist “in almost every region,” the reality was different.

Enlistment offices and other administrative buildings have been set on fire since the start of the call-up. Although such incidents, usually involving Molotov cocktails, have been common during the 7-month-old invasion, they have grown in number and frequency after Putin's speech.

Russian independent news outlets counted at least 17 such incidents in recent days, on top of 37 before the mobilization was announced.

A man walked into the enlistment office in the Siberian city of Ust-Ilimsk and opened fire, shooting the military commandant at close range.

Russian media reported the man, identified as Ruslan Zinin, 25, was upset that his best friend who didn't have any combat experience was called up. Authorities have said such experience would be the main criteria for the mobilization.

Zinin, who was arrested, reportedly said, “No one will go fighting,” and “We will all go home now.” His victim was hospitalized in intensive care in an “extremely grave” condition, the reports said.

Also on Monday, a man at a bus station in Ryazan, a city about 200 kilometers southeast of Moscow, reportedly doused himself with a flammable liquid and set himself on fire, shouting he didn't want to take part in Russia's “special military operation” in Ukraine. He reportedly sustained minor injuries and was detained by police.

As troubling as these incidents are, it is the spread of protests to far-flung strongholds of Putin's base of support that could be more concerning for the Kremlin, with women confronting authorities about “taking our sons.”

Although the mobilization was said to total about 300,000 men, some media reports claim the authorities plan to muster more than 1 million, which Moscow denied.

Even though initial demonstrations against the mobilization were brutally suppressed by police, with hundreds detained shortly after it was announced, more have broken out in various regions. Over the weekend, women rallied against the call-up in the remote province of Yakutia in Russia's far north.

In Mahachkala, the capital of the predominantly Muslim province of Dagestan, a crowd of women in headscarves gathered Sunday, chanting “No to war.” Some of them chased a police officer away from the protest, while others stood in front of a police car, preventing it from moving and demanding the release of detained protesters inside.

Protests in Dagestan continued Monday, with demonstrators clashing with police. Outrage also spilled into the streets of another North Caucasus region, Kabardino-Balkaria. Video showed a crowd of women surrounding a man in a suit, identified by the media as a local official, with one screaming: “Do you know where you're sending him?” — an apparent reference to someone close to her being mobilized.

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This free class will include lectures, demonstrations, and recipes. To reserve your spot and recipes
email whgayton2@yahoo.com or text 505-635-9898

LOOKING BACK

FROM OUR HISTORY

A truck load of cheese came to rest in a ditch at Fort Scott

By Phil Burgert
news@morningsun.net

Excerpted stories in Crawford County newspaper archives

100 Years Ago
Sept. 27, 1922

C. N. Whitehead, chief operating official of the Missouri, Kansas & Texas railway, refused yesterday to attend a conference with union officials, urged by Parsons business men, and said that the Katy would not negotiate peace with the shopmen now on strike through federated craft leaders. He said the only organization the Katy would recognize is the new one formed among men who replaced the strikers.

The anniversary of Francis E. Willard's birth will be celebrated tomorrow in all the schools of the city, due largely to the efforts of the Women's Christian Temperance Union. Mrs. Anna Brown will be the principal speaker at the Senior High school, devoting her talk to the life and effect of Francis Willard. Lavon Graham will give a vocal solo. Ruth Armentrout will have charge of the

devotional exercises.

“Wets” and “Dry” will battle out a baseball game at Hepler Saturday afternoon, each agreeing that the result will govern them as to the constitutionality of the 18th Amendment to the Constitution of the United States. Paul Hagar, sponsoring the “Dry” aggregation, feels confident that the opposition, under management of W. E. Hutcherson, will be unable to drown them out. County candidates for office are invited to speak.

50 Years Ago
Sept. 27, 1972

Pittsburg has received more federal funds through the Ozarks Regional Commission than any other locale in the 134-county, four-state region served by the six-year-old commission, Pittsburg Rotarians were told yesterday. E. L. (Bud) Stewart, Ozarks Regional Commission chairman, revealed this fact in a speech at the Besse Hotel attended by Pittsburg city and Crawford County commissioners.

A truck load of cheese came to rest in a ditch yesterday near U.S. 54 and 69 at Fort Scott. The truck

driver, Roger LeFeber, 26, of Indianapolis, driving a Brown Refrigeration Service truck from Fort Scott was reportedly run off the road by a car southbound on U.S. 69 that entered the intersection in front of him. The 36,000 pounds of cheese was recovered and there were no serious injuries.

Lightning ignited a barn fire four miles east of Pittsburg early yesterday, totally destroying the barn, owned by Mrs. Ed Grotheer, as thunderstorm activity raged in Pittsburg and surrounding area. In Coffeyville, a downpour of more than five inches of rain fell in about 4½ hours and three or four houses were evacuated. However, points just west and north of Coffeyville reported only half an inch of rain.

25 Years Ago
Sept. 27, 1997

“Backyard Basics,” a community workshop, will be held Oct. 4 at Abernathy Science Education Center, Greenbush. The workshop will focus on hands-on activities. “Wild About Wildflowers” will concentrate on the history of wildflowers in Kansas. “So You Want to

See Wildlife” will instruct participants on how to attract wildlife to their yards with plants. “The ABCs of Landscaping” will teach participants to turn their yards into gardens.

Wyatt Earp, Jesse James, Calamity Jane and Billy the Kid will be in Lamar, Mo., to celebrate Apple Days on Oct. 4. They're all members of Legends of the West, a group of Old West gunfighters. There will be nearly 20 gunfighters visiting Lamar including Earp, Lamar's first constable. The group will perform skits on the east side of the square. They will also hand out “wanted” bills.

Springfield-Parkview's Viking football team unfortunately hosted a group of Pittsburg Purple Dragons last night at JFK Stadium, but Pittsburg might as well have played nobody. Parkview was overmatched big time and the Vikings went down faster than a Budweiser on Independence Day. This one was over after three touchdowns by the end of the first quarter. Final score: Pittsburg by a landslide, 56-zilch.

TODAY IN HISTORY

In 1964, the government released the Warren Commission report

Associated Press
news@morningsun.net

Today is Tuesday, Sept. 27, the 270th day of 2022. There are 95 days left in the year.

Today's Highlight in History:

On Sept. 27, 1996, in Afghanistan, the Taliban, a band of former seminary students, drove the government of President Burhanuddin Rabbani out of Kabul, captured the capital and executed former leader Najibullah.

On this date:

In 1779, John Adams was named by Congress to negotiate the Revolutionary War's peace terms with Britain.

In 1825, the first locomotive to haul a passenger train was operated by George Stephenson in England.

In 1854, the first great disaster involving an Atlantic Ocean passenger vessel occurred when the steamship SS Arctic sank off Newfoundland; of the more than 400 people on board, only 86 survived.

In 1928, the United States said it was recognizing the Nationalist Chinese government.

In 1939, Warsaw, Poland, surrendered after weeks of resistance to invading forces from Nazi Germany and the Soviet Union during World War II.

In 1956, Olympic track and field gold medalist and Hall of Fame golfer Babe Didrikson Zaharias died in Galveston, Texas, at age 45.

In 1964, the government publicly released the report of the Warren Commission, which concluded that Lee Harvey Oswald had acted alone in assassinating President John F. Kennedy.

In 1979, Congress gave its final approval to forming the U.S. Department of Education.

In 1991, President George H.W. Bush announced in a nationally broadcast address that he was eliminating all

U.S. battlefield nuclear weapons, and called on the Soviet Union to match the gesture. The Senate Judiciary Committee deadlocked, 7-7, on the nomination of Clarence Thomas to the U.S. Supreme Court.

In 1994, more than 350 Republican congressional candidates gathered on the steps of the U.S. Capitol to sign the “Contract with America,” a 10-point platform they pledged to enact if voters sent a GOP majority to the House.

In 1999, Sen. John McCain of Arizona officially opened his campaign for the 2000 Republican presidential nomination, the same day former Vice President Dan Quayle dropped his White House bid.

In 2018, during a day-long hearing by the Senate Judiciary Committee, Christine Blasey Ford said she was “100 percent” certain that she was sexually assaulted by Supreme Court nominee Brett Kavanaugh when they were teenagers, and Kavanaugh then told sen-

ators that he was “100 percent certain” he had done no such thing; Republicans quickly scheduled a recommendation vote for the following morning.

Ten years ago: Israeli Prime Minister Benjamin Netanyahu told the U.N. General Assembly that the world had only a matter of months to stop Iran before it could build a nuclear bomb. NFL referees returned to the field after a tentative deal with the league ended a lockout; games had been marred by controversy, blown calls and confusion as substitute referees officiated during the first three weeks of the season.

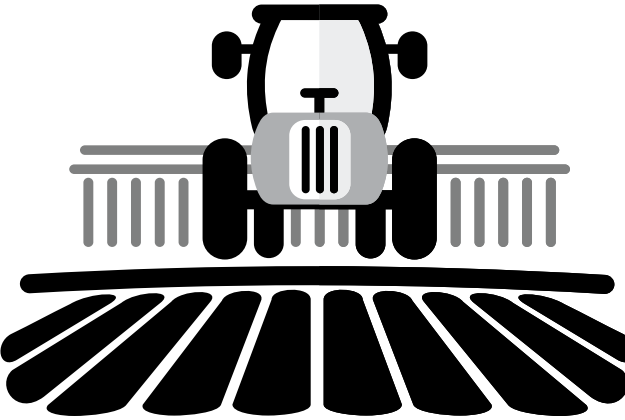
Five years ago: President Donald Trump and congressional Republicans unveiled the first major revamp of the nation's tax code in a generation, a plan that included deep tax cuts for corporations, simplified tax brackets and a near-doubling of the standard deduction. Playboy founder Hugh Hefner died at the age of 91.

One year ago: A Texas

judge found Infowars host and conspiracy theorist Alex Jones liable for damages in defamation lawsuits brought by the parents of two children killed in the Sandy Hook Elementary School massacre over his claims that the shooting was a hoax; the cases would head to trial for juries to determine the amount of damages Jones and the other defendants would have to pay the families. (In August 2022, a jury ordered Jones to pay more than \$49 million to the parents of one child who was killed.) R&B superstar R. Kelly was convicted in a sex trafficking trial in New York, after decades of avoiding criminal responsibility for numerous allegations of misconduct with young women and children. (Kelly was sentenced in June 2022 to 30 years in prison.) Ford and a partner company announced plans to build three major electric-vehicle battery factories and an auto assembly plant by 2025 in Kentucky and Tennessee.

COMMODITIES

Chicago Merchantile Exchange					
	Open	High	Low	Settle	Chg
CATTLE					
40,000 lbs.; cents per lb.					
Oct	144.47	145.35	142.90	143.47	−.78
Dec	148.60	149.60	146.57	147.35	−1.20
Feb	152.70	153.42	150.97	151.45	−1.25
Apr	156.50	156.97	154.67	155.12	−1.30
Jun	152.80	153.30	151.02	151.40	−1.52
Aug	152.80	153.30	151.07	151.30	−1.62
Oct	156.97	157.27	155.00	155.15	−1.70
Dec	160.40	160.80	158.00	158.50	−1.50
Est. sales 70,855. Fri.'s sales 58,123					
Fri.'s open int 292,230,					
FEEDER CATTLE					
50,000 lbs.; cents per lb.					
Sep	177.95	178.60	176.75	176.87	−1.25
Oct	178.37	179.37	176.10	177.07	−1.28
Nov	178.37	179.47	176.02	177.05	−1.20
Jan	179.60	180.30	177.02	177.72	−1.75
Mar	182.27	182.87	179.72	180.12	−2.05
Apr	186.00	186.27	183.67	183.80	−1.97
May	188.82	189.07	186.75	186.82	−2.13
Aug	199.15	199.25	196.22	196.47	−2.40
Est. sales 18,172. Fri.'s sales 18,738					
Fri.'s open int 46,234, up 518					
HOGS, LEAN					
40,000 lbs.; cents per lb.					
Oct	92.62	93.07	89.27	90.37	−2.25
Dec	82.55	83.32	78.40	79.40	−3.40
Feb	86.75	87.37	82.80	83.65	−3.40
Apr	92.07	92.75	88.57	89.20	−3.27
May	96.70	96.70	93.35	94.00	−3.17
Jun	102.57	103.32	99.42	99.95	−3.02
Jul	102.80	103.15	99.62	100.15	−2.80
Aug	101.47	102.15	98.52	99.15	−2.72
Oct	88.50	88.65	84.95	85.92	−2.68
Est. sales 61,452. Fri.'s sales 43,654					
Fri.'s open int 205,182,					
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					
Dec	877	890¾	854¼	858	−22½
Mar	891¼	904	867¾	871¼	−22½
May	880¼	882	845¼	855¾	−28¼
May	897¾	910½	874½	877¾	−23
Jul	888	897	863¼	865½	−22¾
Sep	893¾	894¼	862	863½	−23
Dec	889¼	892	865	867	−22¾
Mar	873½	873½	862	862¾	−22½
May	851½	−22			
Est. sales 65,987. Fri.'s sales 84,239					
Fri.'s open int 290,600					
CORN					
5,000 bu minimum; cents per bushel					
Dec	673¼	679	665½	666¼	−10½
Mar	678	683½	670	670¾	−11
May	679	683½	670¾	671½	−10¾
Jul	672¼	676¾	664½	665¼	−10½
Sep	627	628¾	620¾	621½	−8¼
Dec	615	616	610	611	−5¼
Mar	620	620¾	617	617¾	−5¼
May	622	623	620	620	−5¼
Jul	621	621¼	617	617	−6
Est. sales 209,075. Fri.'s sales 260,759					
Fri.'s open int 1,339,625					
OATS					
5,000 bu minimum; cents per bushel					
Dec	398¾	399	376½	378½	−16½
Mar	397	397	383½	383½	−16¼
May	384	384¼	384	384¼	−16
Jul	387	−14½			
Sep	373	−14½			
Dec	373	−14½			
Mar	365¼	−14½			
May	362½	−14½			
Jul	350½	−14½			
Est. sales 574. Fri.'s sales 510					
Fri.'s open int 3,748					
SOYBEANS					
5,000 bu minimum; cents per bushel					
Nov	1424½	1433¾	1408¼	1411¼	−14½
Jan	1430¼	1439¼	1413¼	1416¼	−15½
Mar	1432¾	1441¼	1416	1418¾	−15¾
May	1435¾	1443¾	1419¼	1421¾	−15¾
Jul	1434¾	1442¼	1419	1421	−15¾
Aug	1410¾	1418½	1402½	1403¼	−14¾
Sep	1369¾	1374½	1363¾	1364¾	−13¼
Nov	1354	1364¼	1346¾	1349½	−12
Jan	1361¼	1361¼	1351¾	1351¾	−12¼
Est. sales 196,139. Fri.'s sales 195,110					
Fri.'s open int 674,606, up 4,361					
SOYBEAN OIL					
60,000 lbs; cents per lb					
Oct	67.03	67.29	65.65	66.11	−.89
Dec	63.74	63.98	62.00	62.46	−1.22
Jan	62.91	63.13	61.24	61.68	−1.14
Mar	61.88	61.97	60.39	60.82	−1.03
May	61.30	61.30	59.66	60.08	−.98
Jul	59.97	60.28	58.84	59.19	−.93
Aug	59.15	59.21	58.01	58.37	−.85
Sep	58.20	58.41	57.22	57.62	−.80
Est. sales 135,253. Fri.'s sales 140,987					
Fri.'s open int 410,127, up 3,806					
SOYBEAN MEAL					
100 tons; dollars per ton					
Oct	440.10	442.90	432.10	432.60	−7.30
Dec	423.30	425.90	417.00	417.50	−5.80
Jan	418.10	421.20	412.00	412.60	−5.80
Mar	411.00	414.10	405.60	406.30	−4.80
May	407.10	410.00	402.10	402.80	−4.20
Jul	404.80	408.70	400.70	401.80	−3.90
Aug	399.50	401.20	395.80	396.90	−3.80
Sep	394.00	394.40	390.90	390.90	−3.70
Oct	386.20	388.50	383.90	383.90	−3.40
Est. sales 112,577. Fri.'s sales 104,461					
Fri.'s open int 390,580					
Producers Cooperative Association					
Bushel					
Soft wheat.....					\$8.03
Soybean.....					\$14.86
Yellow shell corn					\$7.46
Milo					\$6.26
Columbus Grain					
Bushel					
Hard wheat.....					\$8.55
Soft wheat.....					\$8.03
Soybean.....					\$14.86
Yellow shell corn					\$7.46
Milo					\$6.26
McCune Farmers Union Coop Association					
Bushel					
Hard wheat.....					\$8.55
Soft wheat.....					\$8.03
Soybean.....					\$14.86
Yellow shell corn					\$7.46
Milo					\$6.26



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- supervise the casework and perform regular reviews of all case handling staff
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LEGALS

(First Published in The Morning Sun on September 20th, 2022)

IN THE DISTRICT COURT OF CRAWFORD COUNTY, KANSAS

In the Matter of the Estates of

Case No. CRP-2022-PR-000111
Carol L. Shay, also known as

Carol Lynn Shay, Deceased

(Pursuant to K. S. A. Chapter 59)

NOTICE OF HEARING THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are notified that a Petition has been filed in this Court by Bobby J. Lavender, son and an heir of Carol L. Shay, also known as Carol Lynn Shay, deceased, requesting: Descent be determined of the following described real estate situated in Crawford County, Kansas: Lot Twenty Five (25), Block One (1), Perry's East Addition to the City of Girard, According to the recorded Plat thereof.

and other interests in real estate owned by decedent at the time of death. And that property and other interests in real property owned by the decedent at the time of death be assigned pursuant to the laws of intestate succession. You are required to file your written defenses to the Petition on or before the 12th day of October, 2022 at 9:00 a.m., in the District Court of Crawford County, Kansas, sitting at Pittsburg, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the Petition.

Bobby J. Lavender
Petitioner

Mark A. Werner #11302
Law Office of Mark A. Werner
201 S. Broadway, Ste. C
Pittsburg, KS 66762
(620) 232-2442
(620) 232-2994 (fax)
mawerner0126@gmail.com
Attorney for Petitioner

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(First Published in The Pittsburg Morning Sun on September 20th 2022)

IN THE DISTRICT COURT OF CRAWFORD COUNTY, KANSAS

NewRez LLC d/b/a Shellpoint Mortgage Servicing, Plaintiff,
vs.
Eugene F Strasser (Deceased), et al. Defendants.

Case No. CRP22CV88
K.S.A. 60
Mortgage Foreclosure
(Title to Real Estate Involved)

NOTICE OF SUIT

THE STATE OF KANSAS to: John Doe Unknown Spouse of Martha Ann Strasser and Unknown Heirs, Devisees & Legatees of Martha Ann Strasser, Defendants, and all other persons who are or may be concerned:
YOU ARE HEREBY NOTIFIED: That a Petition has been filed in the District Court of Crawford County, Kansas, Case No. CRP22CV88 by NewRez LLC d/b/a Shellpoint Mortgage Servicing, praying for foreclosure of a mortgage executed by Eugene F Strasser, Martha Ann Strasser on 12/17/2007 and recorded in Book 0580 Page 0696 in the real estate records of Crawford County, Kansas, related to the following property:
THE FOLLOWING DESCRIBED REAL ESTATE, SITUATED IN THE COUNTY OF CRAWFORD AND STATE OF KANSAS, TO WIT:
LOT NUMBER 144 IN THE "2ND FOREST PARK ADDITION TO PITTSBURG" (KANSAS) ACCORDING TO THE RECORDED PLAT THEREOF.

You are hereby required to plead to the Petition on or before October 31, 2022, in the court at Crawford County, Kansas. If you fail to plead, judgment and decree will be entered in due course upon the petition.

NOTICE TO BORROWER: If you wish to dispute the validity of all or any portion of this debt, or would like the name and address of the original creditor, you must advise us in writing within thirty (30) days of the first notice you receive from us. Otherwise, we will assume the entire debt to be valid. This is an attempt to collect a debt, and any information obtained will be used for that purpose.

Signed:
Shawn Scharenborg, KS # 24542
Sara Pelikan, KS # 23624
Dustin Stiles, KS # 25152
Bonial & Associates, P.C.
12400 Olive Blvd., Suite 555
St. Louis, MO 63141
Phone: 314-991-0255
Fax: 972-764-5752
Email(s): shawn.scharenborg@bonialpc.com;
sara.pelikan@bonialpc.com
Send Court Returns to: Kansas@bonialpc.com
Attorney for Plaintiff

(First Published in The Morning Sun on September 16th, 2022)

IN THE DISTRICT COURT OF LINN COUNTY, KANSAS JUVENILE DIVISION

"In the Interest of:
S.B.,
a Minor Child Under the Age of 18 Years."
Case No: LN-2022-JC-000011

NOTICE OF HEARING

To: Larry James Brown II, father of S.B., and any other interested parties:

TAKE NOTICE that a Motion Requesting attendance at the next scheduled hearing has been filed in the above captioned matter and set for an Evidentiary Adjudication hearing on the 19th day of October, 2022, at 3:15 PM

Failure to respond or appear at the above time will not prevent the Court from entering judgement, and if it finds judgement should be granted, the Court will appoint a permanent guardian.

You have the right to be heard in person with or without an attorney present, if you cannot afford an attorney, one may be appointed for you.

Date: September 16, 2022

/s/ Burton Harding
Burton Harding, #24277
Linn County Attorney
308 Main Street, Suite 101
P.O. Box 350
Mound City, KS 66056
Phone: 913-795-2230
Fax: 913-795-2161
Attorney for the State.

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NEWS



Pittsburg resident Emily Taffner draws a sunflower with chalk on the pavement in the middle of the Pittsburg ArtWalk. Taffner said she had spent about half an hour drawing the flower. MORIE PRICE / THE MORNING SUN



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Sylvia Grotheer of Mud & Metal shows her work to ArtWalk attendees on Friday, Sept. 23. MORIE PRICE / THE MORNING SUN

ARTWALK

Continued from Page 1A

Along with her music, McCoy also brought her business “Fresh Prints”

to the ArtWalk, featuring artwork of her own as well as other local artists. She said it’s a “symbiotic relationship” growing all of her forms of art. “Art is a way to decorate

space and music is a way to decorate time, so why would you leave one out? Get both of them. I think that’s the whole mission,” McCoy said. “So, yeah, if people enjoy my music they also get to support me further by purchasing my artwork, and then I get to make more music and more artwork and it’s wonderful.”

When the Pittsburg ArtWalk was first created by LaStacia Ross, Heather Horton, and Roger Horton in 2006, it was much smaller, with artists either inside business windows or on the sidewalks, Cunningham said. Over the years it has evolved into more of a festival. Overcoming hurdles during that time, such as coming out of the COVID-19 pandemic, Cunningham believes that the ArtWalk is “bigger and better than ever.”

“So, our purpose is to inspire, promote, and attract fine art to our community, and we want to continue to grow the culture that we have spent over 16 years developing by supporting artists in our area,” she said.

While the Artwalk is an opportunity to bring together community members and artists, for Whitney Snyder, Pittsburg resident, it is also a means of making Pittsburg more attractive to future residents.

“Just having more things to offer for Pittsburg,” Snyder said. “I think a lot of people have been moving to the area recently because there are a lot of businesses coming to town and I think that having events like this makes it a destination that people want to live and not just visit.”

McCoy said the Pittsburg community is “stronger together” and there are hidden treasures within the town, calling the ArtWalk “invigorating” for the residents’ lives. As a Pittsburg native herself, Cunningham had the opportunity to experience Pittsburg grow to embrace fine arts more over the years.

“I think that the fact that I live in a town where art is cool is probably one of my favorite and most proudest things about being part of this event,” she said.



ArtWalk attendees wait in line at the Blue Spoon, one of the many food trucks at the Pittsburg ArtWalk on Friday. This season’s Artwalk featured over 20 vendors and organizations, and more than 50 artists. MORIE PRICE / THE MORNING SUN



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Academician of the Week

Carrie Dowling

Girard High School

Girard High School senior Carrie Dowling currently works as a hostess at Rib Crib, but she plans to earn a master’s degree in social work at Pittsburg State University and become a therapist.


When she is not busy with her involvement in clubs and organizations including Kayettes, Future Business Leaders of America, Math Club, Desktop Publishing (Yearbook), National Honor Society, and Spanish Club, she enjoys spending time baking, taking pictures, reading, and being with her pets. Her most challenging task as a senior is time management. One thing she could not live without is music, Dowling says, because it helps her through hard times and lifts her up. Her favorite music is alternative or indie. Her favorite food is enchiladas. She is a big fan of the movie/book/TV series Watership Down. Her biggest inspiration is Morrie Schwartz. A celebrity she would like to meet is Matthew Broderick. She would like to travel to the U.S. Virgin Islands. Her advice for younger students is to do community service and pay attention in class. The best advice she has received, she says, is “Be someone you will be proud of.”

Dowling says the thing she is most grateful for is her education, as it has given her political, grammatical, and scientific clarity that is incredibly important, especially after high school. She has too many favorite memories to list from her high school career, she says, but her entire pre-calculus class her sophomore year was the best.

Carrie Dowling

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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Gorillas sneak past Bronchos

By Aaron Pyle
Morning Sun Staff

In a fifth match that featured nine lead changes and 14 ties, the Pittsburgh State volleyball team gave the Central Oklahoma Bronchos its second loss of the season behind an electric crowd Monday night at John Lance Arena.

Trailing 17-16, the Gorillas captured a 19-17 victory over the Bronchos, scoring three straight points courtesy of a Janae Thurston kill, Jayden Sanford service ace and an attack error.

The victory improved Pittsburgh State's record to 10-6 overall.

"I couldn't have asked for a better effort and confidence," coach Jen Gomez said. "We were just saying that this team at Pittsburgh State two years ago, or even maybe last year, couldn't have found a way to win out of that because we didn't have that confidence and that little bit of maybe maturity and that intensity at the end. So to see them just step up and shine, that was awesome."

Meg Auten led the Gorillas in kills with 16, while Lexi Miller and Janae



Pittsburgh State senior setter Brianna Richard sets up sophomore middle hitter Phoenix Bailey for the spike in the first set of the Gorillas matchup against Central Oklahoma on Monday at John Lance Arena. AARON PYLE/MORNING SUN STAFF

Thurston collected 10. Brianna Richard piled on the assists for Pittsburgh State, compiling 52. Marissa Bates also contributed 25 digs, four assists and one ace. In addition, Jayden Sanford finished with a career-high 22 digs.

Powered by five kills from Auten, the Gorillas led throughout the first set, beating the Bronchos

25-21.

The second set seemed to go the same way as Pittsburgh State pulled ahead around the 22-point mark. One kill by Auten and two errors helped the Gorillas pull past the Bronchos in the second set, winning 25-22.

Central Oklahoma quickly bounced back in

See PSU, Page 2B

Gambling Gorillas edge Hornets 14-13

By Jim Henry
Sports Editor

EMPORIA, Kan. -- Clinging to a one-point lead midway through the fourth quarter, Pittsburgh State faced fourth down-and-1 from its 31-yard line.

"Coach asked if we could get it, and 'C-Lew' (Caleb Lewis) was the first guy who said 'We're getting it. We're going for it.' " quarterback Chad Dodson said. "And we got it. Great job by the O-line up front and great job by 'C-Lew' lowering his shoulders and going to get that."

Lewis ripped off a seven-yard run for the first down, and the Gorillas ran 13 plays to extinguish the final eight minutes off the clock to finish a 14-13 victory over Emporia State on Saturday afternoon at Welch Stadium.

"That just shows how great our offense can be," said wide receiver Bryce Murphy, who had a four-yard touchdown reception in the first quarter among his seven receptions for 67 yards. "Not only can we throw the ball wherever we want, but we can run it whenever we want, too. Last week it was good to get the run game clicking, and this week we just carried it on."

The No. 14 Gorillas (4-0) moved alone atop the MIAA standings as Central Oklahoma upset previously unbeaten Northwest Missouri 23-14 in Edmond. The Gorillas entertain Missouri Southern (3-1) at 2 p.m. Saturday in the Miners Bowl.

The Gorillas and coach Brian Wright displayed a gambler's mentality throughout the game, converting 4-of-5 opportunities on fourth down.

"It's a great feeling," Dodson said. "He trusts us. He trusts that we're going to go out and execute."

"It's a mentality," guard Kory Woodruff said. "We know that if he has confidence in us to execute right there, we don't have any choice but to execute." "Our coach is always going to be aggressive," Murphy said. "He believes in us as an offense, and our defense backs us, too."

"Confidence in our guys," Wright said. "I think to be a championship football team, you have to embrace some championship moments. Our guys believed they could get it, and I believed they were going to get it. We needed to finish that drive and either end that game with the ball in our hands when the clock hit zeroes or at least end with points. And the analytics said that it was the right thing to do as well, fourth-and-1."

The fourth-down success contributed to PSU's advantages of 79-61 in plays and 37-23 minutes in time of possession. The 61 plays were 15 fewer than the Hornets (2-2) averaged in their first three games.

"I think the play, as far as finishing and executing was great," Woodruff said. "There's always room to improve, but I'm proud of the guys and how they fought. ... They are a fast, turbo offense, so we knew we had to give our defense some breaks. The only way we could give them a break was staying on the field and running the ball."

The Gorillas gained 407 yards and limited Emporia State's uptempo offense to 298 yards -- 156 below its season average. The Hornets were 4-of-12 on third-down conversions.

"That's our goal as a defense is to keep teams at 33 percent or lower on third down," said linebacker P.J. Sarwinski, whose six tackles shared the team lead with Alex Gaskill and

Brandon Mlekus. "Especially against a team like that. They go no-huddle ... pass, pass, pass."

"It's called complementary football. Offense came through, defense came through. That's what championship teams do."

Dodson hit 24-of-39 passes for 239 yards and the four-yard touchdown to Murphy to cap the Gorillas' first possession. Dodson also threw his first two interceptions of the season.

Lewis gained 117 yards on 19 carries -- five rushes for 33 yards on the last drive -- and scored on a one-yard plunge early in the third quarter to tie the game. Cross Holmes' extra point gave the Gorillas the 14-13 lead.

The Hornets scored their points in the second quarter on Braden Gleason touchdown passes of 16 yards to Tyler Kahmann and 25 yards to Corey Thomas, both capping 80-yard drives.

The Hornets' Sam Dobbins missed the extra point after the second score, and he missed field goals of 26 and 39 yards in the second half.

"We found a way to win, and that's what's important," Wright said. "It wasn't very pretty sometimes, especially on the offensive side. It was a gritty, grind-it-out win."

Pittsburgh St.	7	0	7	0	14
Emporia St.	0	13	0	0	13
First Quarter					
PSU--Bryce Murphy 4 pass from Chad Dodson (Cross Holmes kick), 11:06					
Second Quarter					
ESU--Tyler Kahmann 16 pass from Braden Gleason (Sam Dobbins kick), 13:14					
ESU--Corey Thomas 25 pass from Gleason (kick failed), 8:00					
Third Quarter					
PSU--Caleb Lewis 1 run (Holmes kick), 10:15					
A--5,122					

Pittsburg soccer tops Carl Junction

By Dashuan Vereen
Morning Sun Staff

Pittsburg's Esvin Mendez scored a long-range goal with 11:43 minutes remaining in the second half to lead the Purple Dragon soccer team to a 1-0 victory over Carl Junction on Monday in Pittsburg.

Pittsburg's lone goal ricocheted off the top of the crossbar and bounced inches past the goal line. Prior to the goal, both teams traded possession throughout in a tightly-contested game.

Goalkeeper Zach Ward earned a clean sheet and his saves in the second half played a major role in Pittsburg securing the victory.

"He was fantastic," said Pittsburg coach Riley Beihl. "He kept us in this game. You can tell it fuels



Pittsburg's Kevin Martinez launches a cross in Monday's matchup against Carl Junction in Pittsburg. DASHUAN VEREEN/MORNING SUN

and do their job on the other end."

The goal from Mendez overshadowed what was mostly a defensive-battle, as Pittsburg struggled to puncture Carl Junction's back line.

"I thought this wasn't our best game," said Beihl. "We were slow and sloppy a lot of the time. But our defense played really well the entire game. Going forward, this is one of the toughest teams we've played so far and they really tested us."

Pittsburg returns to action on Tuesday when they travel to Independence to take on the Bulldogs.

"Winning a game like this is big," said Beihl. "It keeps the intensity up, and pushes us to continue to do well as we prepare for another big game tomorrow night."

Girard, St. Mary's Colgan compete at Rim Rock Classic

Staff Reports
sports@morningsun.net

The Girard and St. Mary's Colgan cross country teams competed in the Rim Rock Classic on Saturday.

The annual meet includes several teams from the surrounding states, as the girl's race featured nearly 300 competitors while the boy's race had 350 competitors.

Bishop McGuiness of Oklahoma City won the boys' blue division, finishing with 144 points. CJ Meyer of Wichita-Collegiate took home first place, winning by 17 seconds with a time of 16:11.6.

Girard's boys had three runners in the top 30 and placed 14th out of 46 teams.

Leading the way was Tanner Ulbrich with an 8th place finish in a time of 17:20.3. Houston McGown earned a top-25 finish in the weekend meet, placing 21st with a time of 17:47.8. Teammate Gavin Doubrava also shined for the Trojans as he took 29th, running a

time of 18:10.2.

Christ Preparatory of Kansas City won the girls' blue division scoring 89 points and beating Winfield by 105. Katy Menke of Hermann (Mo.) dazzled those in attendance during the girls' race, running a time of 19:52.7 to claim first place.

For St. Mary's Colgan, the team came in 21st out of 36 teams. The Panthers were led by a 54th place finish from Polona Kalan in a time of 22:52.0.

BOYS VARSITY
Team Leaders

Bishop McGuinness 144, Holcomb 153, Augusta 171, Hutchinson-Trinity 228, Hiawatha 249.

Local Teams

14, Girard, 500.

Individual Leaders

1, CJ Meyer, Wichita-Collegiate, 16:11. 2, Will Meyer, Wichita-Collegiate, 16:28. 3, Silas Miller, Marysville, 16:51. 4, Grant Smith, Clay Center, 16:53. 5, Carson Fouard, Ell-Saline, 17:03.

Local Results

Girard -- 8, Tanner Ul-

brich, 17:20. 21, Houston McGown, 17:47. 29, Gavin Doubrava, 18:10. 252, Seth Wilson, 21:44. 290, Izaiah Adolph, 22:34. 336, Tye Humble, 24:36.

Colgan -- 212, Alex Brake, 20:58. 300, Michael Vacek, 22:53. 303, Ethan Paulie, 22:57.

GIRLS VARSITY
Team Leaders

1, Christ Preparatory, 89. 2, Winfield, 194, Baldwin, 211. 4, Buhler, 248. 5, Hermann, 252.

Local Teams

21, Colgan, 508.

Individual Leaders

1, Katy Menke, Hermann, 19:52. 2, Ilene Limberg, Owensville, 20:15. 3, Amelia Uthlaut Hermann, 20:32. 4, Isabelle Wood, Lutheran (Kansas City), 20:36.1. 5, Abbye Hudson, Cheney, 20:36.2.

Local Results

Girard -- 120, Johanna Walker, 24:19. 239, Regan Poland, 27:39.

Colgan -- 54, Polona Kalan, 22:52. 86, Lily Brown, 23:35. 164, Leyna Ortega,



Japan Karate-do Genbu-Kai competed in the Shizoku Karate-do Kata Tournament in Olathe over the weekend. Team members pictured are Front row, from left, are Pyper Lough, Josh Gregory, Jakeline Pocop-Hernandez, Shylah Harley, Amy Murray. Back Row, from left, are James Otter, Aaron Montelongo, Jesse Gregory, Nancey Konek, Rosemary Stapleton, Cindy Otter, Caedmon Harley and instructor Charles Boyce-Shizoku. COURTESY PHOTO

Local karate school competes in Olathe tournament

Staff Reports
sports@morningsun.net

OLATHE, Kan. -- During the weekend, nine area martial artists from Japan Karate-do Genbu-Kai participated in the Shizoku Karate-do Kata Tournament in Olathe.

Assistant instructor Amy Murray noted that over 50 participants represented Kansas City, Lenexa, Olathe, and

Pittsburg.

The local martial arts school had several grand champions at the weekend tournament. Champions in Kata were Josh Gregory (6 to 9-year-old, yellow belt), Pyper Lough (14 to 17-year-old, red belt) and Rosemary Stapleton (Shodan/Nidan, black belt). Caedmon Harley (14 to 17-year-old, blue belt) also finished second.

In addition, the local

school had several competitors finish third: Aaron Montelongo (14 to 17-year-old, red belt) and Nancey Konek (Shodan/Nidan, black belt).

Jakeline Pocop-Hernandez (10 to 13-year-old, yellow belt), Shylah Harley (14 to 17-year-old, red belt) and Cindy Otter (Shodan/Nidan, black belt) rounded out the top finishes for Japan Karate-do Genbu-Kai, placing fourth.

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BASEBALL
MLB STANDINGS

American League				
East Division				
	W	L	Pct	GB
z-New York	94	59	.614	—
Toronto	87	67	.565	7½
Tampa Bay	84	69	.549	10
Baltimore	79	73	.520	14½
Boston	72	80	.474	21½
Central Division				
	W	L	Pct	GB
x-Cleveland	86	67	.562	—
Chicago	76	77	.497	10
Minnesota	74	79	.484	12
Kansas City	63	90	.412	23
Detroit	60	92	.395	25½
West Division				
	W	L	Pct	GB
x-Houston	101	53	.656	—
Seattle	83	69	.546	17
Los Angeles	67	86	.438	33½
Texas	65	87	.428	35
Oakland	56	97	.366	44½

Monday's Games
Toronto 3, N.Y. Yankees 2, 10 innings
Baltimore at Boston, 6:10 p.m.
Tuesday's Games
Tampa Bay (Kluber 10-9) at Cleveland (McKenzie 11-11), 5:10 p.m.
Kansas City (Greinke 4-9) at Detroit (Wentz 2-2), 5:40 p.m.
N.Y. Yankees (Taillon 13-5) at Toronto (Berríos 11-6), 6:07 p.m.
Baltimore (Bradish 4-7) at Boston (Wacha 11-1), 6:10 p.m.
Chicago White Sox (Lynn 7-6) at Minnesota (Ober 1-3), 6:40 p.m.
Arizona (Davies 2-4) at Houston (McCullers Jr. 4-1), 7:10 p.m.
Oakland (Kaprielian 4-9) at L.A. Angels (Sandoval 6-9), 8:38 p.m.
Texas (TBD) at Seattle (Ray 12-10), 8:40 p.m.
Wednesday's Games
Tampa Bay at Cleveland, 5:10 p.m.
Kansas City at Detroit, 5:40 p.m.
N.Y. Yankees at Toronto, 6:07 p.m.
Baltimore at Boston, 6:10 p.m.
Chicago White Sox at Minnesota, 6:40 p.m.
Arizona at Houston, 7:10 p.m.
Oakland at L.A. Angels, 8:38 p.m.
Texas at Seattle, 8:40 p.m.

National League				
East Division				
	W	L	Pct	GB
z-New York	97	57	.630	—
z-Atlanta	96	58	.623	1
Philadelphia	83	69	.546	13
Miami	63	90	.412	33½
Washington	53	100	.346	43½
Central Division				
	W	L	Pct	GB
St. Louis	89	65	.578	—
Milwaukee	82	71	.536	6½
Chicago	67	86	.438	21½
Cincinnati	60	94	.390	29
Pittsburgh	57	97	.370	32
West Division				
	W	L	Pct	GB
x-Los Angeles	106	47	.693	—
San Diego	85	68	.556	21
San Francisco	75	78	.490	31
Arizona	71	83	.461	35½
Colorado	65	88	.425	41

Monday's Games
Atlanta 8, Washington 0
Pittsburgh 8, Cincinnati 3
Tuesday's Games
Cincinnati (Greene 4-13) at Pittsburgh (Keller 5-12), 5:35 p.m.
Atlanta (TBD) at Washington (Espino 0-7), 6:05 p.m.
Miami (López 9-10) at N.Y. Mets (Carrasco 15-6), 6:10 p.m.
Philadelphia (Wheeler 11-7) at Chicago Cubs (Stroman 4-7), 6:40 p.m.
St. Louis (Mikolas 11-13) at Milwaukee (Houser 6-9), 6:40 p.m.
Arizona (Davies 2-4) at Houston (McCullers Jr. 4-1), 7:10 p.m.

L.A. Dodgers (Anderson 15-4) at San Diego (Snell 8-9), 8:40 p.m.
Colorado (Márquez 8-12) at San Francisco (Webb 14-9), 8:45 p.m.
Wednesday's Games
Cincinnati at Pittsburgh, 11:35 a.m.
Atlanta at Washington, 6:05 p.m.
Miami at N.Y. Mets, 6:10 p.m.
Philadelphia at Chicago Cubs, 6:40 p.m.
St. Louis at Milwaukee, 6:40 p.m.
Arizona at Houston, 7:10 p.m.
L.A. Dodgers at San Diego, 8:40 p.m.
Colorado at San Francisco, 8:45 p.m.

FOOTBALL
COLLEGE SCORES

EAST
Albany (NY) 45, CCSU 26
Bryant 31, LIU Brooklyn 29
Columbia 42, Georgetown 6
Delaware 35, Hampton 3
ETSU 45, Robert Morris 3
Harvard 35, Brown 28
Holy Cross 35, Colgate 10
Iowa 27, Rutgers 10
Merrimack 26, Delaware St. 13
Monmouth (NJ) 49, Villanova 42
New Hampshire 37, Towson 14
Penn 12, Lafayette 0
Penn St. 33, Cent. Michigan 14
Pittsburgh 45, Rhode Island 24
Princeton 29, Lehigh 17
Sacred Heart 38, Dartmouth 31, OT
Temple 28, Umass 0
Yale 38, Cornell 14
SOUTH
Alabama 55, Vanderbilt 3
Alcorn St. 38, Ark.-Pine Bluff 21
Auburn 17, Missouri 14, OT
Austin Peay 31, E. Kentucky 20
Bethune-Cookman 36, Grambling St. 19
Clemson 51, Wake Forest 45, 2OT
Davidson 56, Presbyterian 24
E. Illinois 35, Murray St. 21
Elon 35, William & Mary 31
Florida A&M 38, Alabama A&M 25
Florida St. 44, Boston College 14
Furman 24, Charleston Southern 19
Georgia 39, Kent St. 22
Georgia Southern 34, Ball St. 23
Jackson St. 49, MVSU 7
Jacksonville St. 52, Nicholls 21
James Madison 32, Appalachian St. 28
Kennesaw St. 24, Wofford 22
Kentucky 31, N. Illinois 23
LSU 38, New Mexico 0
Liberty 21, Akron 12
Louisiana-Monroe 21, Louisiana-Lafayette 17
Louisville 41, South Florida 3
McNeese St. 32, Mississippi College 17
Memphis 44, North Texas 34
Mercer 45, Gardner-Webb 14
Middle Tennessee 45, Miami 31
Mississippi 35, Tulsa 27
Mississippi St. 45, Bowling Green 14
NC A&T 41, SC State 27
NC Central 59, Va. Lynchburg 14
NC State 41, Uconn 10
Navy 23, East Carolina 20, 2OT
Northwestern St. 35, Lamar 27
Notre Dame 45, North Carolina 32
Old Dominion 29, Arkansas St. 26
Prairie View 25, Alabama St. 15
Richmond 51, Stony Brook 7
SE Louisiana 41, Incarnate Word 35
Samford 35, W. Carolina 12
South Alabama 38, Louisiana Tech 14
South Carolina 56, Charlotte 20
Southern Miss. 27, Tulane 24
St. Francis (Pa.) 45, Norfolk St. 26
Stetson 38, Morehead St. 26
Tarleton St. 43, North Alabama 28
Tennessee 38, Florida 33
Troy 16, Marshall 7
UCF 27, Georgia Tech 10
UT Martin 56, Lindenwood (Mo.) 26
W. Kentucky 73, FIU 0
MIDWEST
Baylor 31, Iowa St. 24
Buffalo 50, E. Michigan 31

Cincinnati 45, Indiana 24
Kansas 35, Duke 27
Marist 30, Drake 25
Miami (Ohio) 17, Northwestern 14
Michigan 34, Maryland 27
Minnesota 34, Michigan St. 7
N. Dakota St. 34, South Dakota 17
N. Iowa 52, W. Illinois 17
Ohio 59, Fordham 52
Ohio St. 52, Wisconsin 21
Purdue 28, FAU 26
S. Dakota St. 28, Missouri St. 14
S. Illinois 34, North Dakota 17
SE Missouri 35, Cent. Arkansas 27
St. Thomas (Minn.) 43, Lincoln Oaklanders 6
Valparaiso 28, San Diego 21
SOUTHWEST
Abilene Christian 34, W. New Mexico 7
Houston 34, Rice 27
Kansas St. 41, Oklahoma 34
Stephen F. Austin 98, Warner University 0
TCU 42, SMU 34
Texas A&M 23, Arkansas 21
Texas A&M Commerce 63, North American Stallions 3
Texas State 34, Houston Baptist 0
Texas Tech 37, Texas 34, OT
UTSA 52, Texas Southern 24
FAR WEST
BYU 38, Wyoming 24
California 49, Arizona 31
Idaho 27, N. Arizona 10
Montana 53, Portland St. 16
Montana St. 38, E. Washington 35
N. Colorado 35, Idaho St. 14
New Mexico St. 45, Hawaii 26
Oregon 44, Washington St. 41
S. Utah 31, Utah Tech 17
Sacramento St. 41, Colorado St. 10
San Diego St. 17, Toledo 14
San Jose St. 34, W. Michigan 6
Southern Cal 17, Oregon St. 14
UCLA 45, Colorado 17
UNLV 34, Utah St. 24
Utah 34, Arizona St. 13
Washington 40, Stanford 22
Weber St. 17, UC Davis 12
Saturday's Games
MIAA
Pittsburg St. 14, Emporia St. 13
Neb.-Kearney 38, Cent. Missouri 6
Cent. Oklahoma 23, NW Missouri 14
Northeastern St. 38, Lincoln 10
Washburn 38, Mo. Western 31
Mo. Southern 25, Fort Hays St. 24

NFL GLANCE

Thursday's Games
Cleveland 29, Pittsburgh 17
Sunday's Games
Baltimore 37, New England 26
Carolina 22, New Orleans 14
Chicago 23, Houston 20
Cincinnati 27, N.Y. Jets 12
Indianapolis 20, Kansas City 17
Miami 21, Buffalo 19
Minnesota 28, Detroit 24
Philadelphia 24, Washington 8
Tennessee 24, Las Vegas 22
Jacksonville 38, L.A. Chargers 10
Atlanta 27, Seattle 23
Green Bay 14, Tampa Bay 12
L.A. Rams 20, Arizona 12
Denver 11, San Francisco 10
Monday's Games
Dallas 23, N.Y. Giants 16

Chiefs special teams failures lead to stunning loss in Indy

By Dave Skretta
AP Sports Writer

KANSAS CITY, Mo. (AP) — The Kansas City Chiefs’ stunning loss to the Indianapolis Colts was special in all the wrong ways.

There was the fumbled punt that led to a touchdown. The near-fumble that backed them up to their own goal line. The missed field goal and missed extra point. The head-scratching decision to try a fake field goal rather than put the ball in the hands of one of the league’s best quarterbacks. And lousy kick returns that led to more poor field position.

To put it bluntly: The Chiefs’ special teams were an abject disaster in their 20-17 loss on Sunday in Indianapolis.

“Listen, in the NFL the parity is crazy,” Chiefs coach Andy Reid said, “so any mistakes get magnified, and that’s just how it goes. So we have to clean that up. We have to clean it up. We’ll get that taken care of.”

It would help to get Harrison Butker, one of the league’s best kickers, back from an ankle that he sprained on the shoddy turf in Arizona. The Chiefs have been forced to use fill-in Matt Ammendola the past two weeks, and while he was solid in a win over the Chargers, he showed Sunday exactly why he wasn’t on a roster at the end of training camp.

His missed extra point kept Kansas City from



Kansas City Chiefs kicker Matt Ammendola (19) watches as he misses a field goal during the second half of an NFL football game against the Indianapolis Colts on Sunday in Indianapolis. AP PHOTO/AJ MAST

tying the game late in the first quarter, and it may have played into Reid’s decision to try a fake field goal on fourth-and-11 from the Colts 24 early in the fourth quarter. Tommy Townsend, the holder, wound up throwing an incomplete pass on a play that wouldn’t have picked up the first down anyway.

Pressed on the decision, Reid replied: “I probably should not have done that.”

Given what happened, maybe going for it on fourth down was a good idea — though perhaps with the ball in Patrick Mahomes’ hands instead.

In any case, the Chiefs sent Ammendola back out with 8 1/2 minutes to go, but his 34-yard field-goal try was wide, keeping the game 17-13; those points would have forced overtime the way the game played out.

“Obviously we missed some kicks and stuff like that,” Mahomes said,

“but the end of the day we had multiple opportunities to score. We have to find ways to get the ball in the end zone, and that starts with me.”

After their defense made a nice stand to start the game, rookie Skyy Moore fumbled the punt, and the Colts needed to go just 4 yards for a touchdown. He nearly whiffed on the next punt, too, which left the Chiefs with the ball nearly on their own goal line, and they promptly went three-and-out and gave it right back.

Sure, a personal foul penalty on defensive tackle Chris Jones on the drive on which the Colts scored the go-ahead touchdown in the waning minutes was critical. Yes, the offense squandered far too many opportunities.

More than anything else, though, it was special teams that truly let Kansas City down on Sunday.

PSU

Continued from Page 1B

the third set, leading by as many as five points. However, the Gorillas kept it close, trimming the deficit to one at 9-8. The Broncos’ offense picked up the pace following Pittsburg State’s sudden surge pushing the lead to six. The Gorillas cut the deficit to three points, but their efforts came too late as the Broncos won 25-19.

The Broncos carried their momentum into the fourth set, leading by eight points at the midway mark. Pittsburg State stormed back and cut the gap to one point at 20-19. Central Oklahoma then went on a 5-1 run to prevail 25-20 over the Gorillas to tie the match at 2-2.

Pittsburg State narrowly prevailed in its final set to beat the Broncos.

The Gorillas have another home match at 6 p.m. Friday against Emporia State.

Headed into the next matchup against the Hornets, Gomez noted that the team needs to improve upon its serve receive passing.

“We still need to be better in our serve receive passing,” she said. “I think that in sets three and four, they took us out of our offense and made it really hard for us. They served us tough, and we kind of struggled a little bit. So we need to shore that up, and we need to shore our blocking up, and we’ll be okay.”

Erie blanks Northeast 38-0

By Sam Kombrink
Morning Sun Staff

The Northeast football team is still searching for its first win of the season after suffering a 38-0 Week 4 loss Friday night at Erie High School.

A week after putting up 12 points against Qua-

paw, the Vikings were unable to muster any points against the Red Devils as the Vikings struggled with the size of the Erie defensive line.

“We couldn’t get any push at all against their size up front,” said Northeast head coach David Pitts. “That hurt us all night long. Even when we

tried to get to the edge.”

Pitts added that the Vikings offensive line had trouble containing the Red Devil pass rush.

“Even two on one, because he outweighed both of them by probably 150 pounds and the combination of those two things was our demise,” he said.

On defense, Pitts noted the Vikings struggled to make tackles.

“We could not make a tackle all night long,” Pitts said. “Defensively, we started off in position to make plays, we just didn’t execute and finish the play.”

Junior linebacker Braden Young currently leads the Northeast defense, averaging 14.0

tackles per game, with one forced fumble and one fumble recovery.

Offensively, junior running back Tayshawn Gaynor leads the team in touchdown receptions with one, and one rushing touchdown. Junior quarterback Dawson Troth leads the team in scoring, collecting two rushing touchdowns and one passing touchdown.

Pitts said the Vikings health will be key as they prepare to host St. Mary’s Colgan on Friday night.

“We have been staying pretty healthy,” he said. “However, we had one kid get a personal foul at Erie, so he will sit this game and we will basically be playing with 11 kids.”

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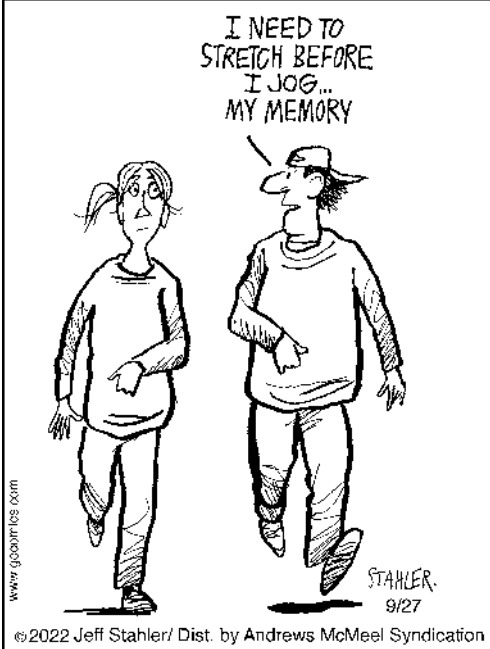
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3			8	5	9		6	
8			2		6			
		3	6	4			9	
4								6
	9			3	8	5		
			4		7			3
	4		9	2	3			5
7		9		6	1	8	2	4

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

PREVIOUS ANSWER

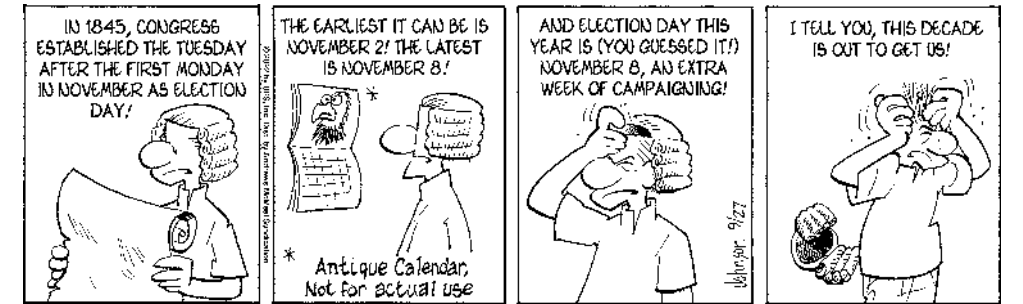
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4	8	7	1	9	5	2	3	6
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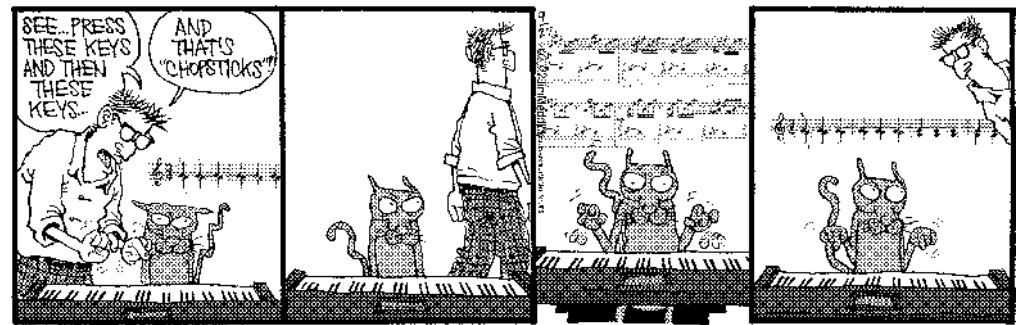
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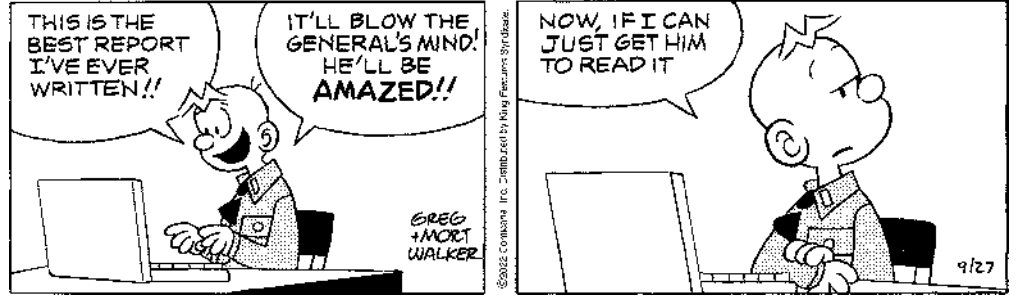
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MONTY



BEETLE BAILEY



ASTROGRAPH by Eugenia Last

Play to win. Put a strategy in place that will help you turn something you aren't happy with into something that brings you joy. Take responsibility for your happiness, and throw your time and effort into self-improvement and satisfaction. Loving who you are and what you can do will lead to a positive attitude and a year of progress.

LIBRA (Sept. 23-Oct. 23) -- Take the high road. Let your conscience lead you down a path that offers solitude and peace of mind. Put muscle behind your ideas, and be the one to make a difference.

SCORPIO (Oct. 24-Nov. 22) -- Put your energy into accumulating what's important to you. Building a secure home base and getting your finances in order will give you peace of mind and confidence.

SAGITTARIUS (Nov. 23-Dec. 21) -- Take a pass if you don't like a proposal. Research will uncover information that will help you tilt a situation in your favor. Mingle and align yourself with people who can boost your prospects.

CAPRICORN (Dec. 22-Jan. 19) -- Think matters through and pay attention to money. An adjustment is overdue and can change how or where you live. Trust your instincts and follow your heart. Romance is on the rise.

AQUARIUS (Jan. 20-Feb. 19) -- You have the right idea regarding investments and money management, but your timing is off. Hesitation is what's getting in your way. Ask questions, verify facts and do what you must to thrive.

PISCES (Feb. 20-March 20) -- Add something visual to an idea, and you will capture someone's interest. Connect with supportive people, and you'll get honest feedback to help you build a solid and viable proposal. Play it safe.

ARIES (March 21-April 19) -- Agreeing to something for the wrong reason will create inner turmoil. Ponder over offers, suggestions and consequences before you get involved in something that's asking too much of you.

TAURUS (April 20-May 20) -- Put your heart and soul into professional responsibilities, and be the one to make a positive change to an urgent situation. Share your ideas and take charge of getting things done on time.

GEMINI (May 21-June 20) -- Underlying anger can ruin your day. Channeling

your angst into something concrete will alleviate stress. Give others a chance to fix a mistake before you say something derogatory.

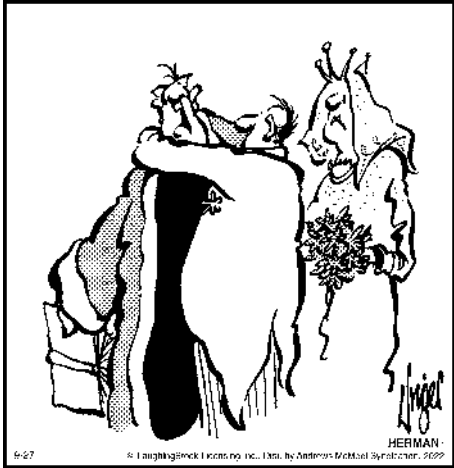
CANCER (June 21-July 22) -- Pursue your dreams, speak up, follow through and finish what you start. It's up to you to put your plans in motion. Don't wait around for someone to pick up the slack.

LEO (July 23-Aug. 22) -- Surf the internet for answers, suggestions, and information about old friends and colleagues. Reconnecting with someone like-minded will lead to something new and exciting. Find out all you can.

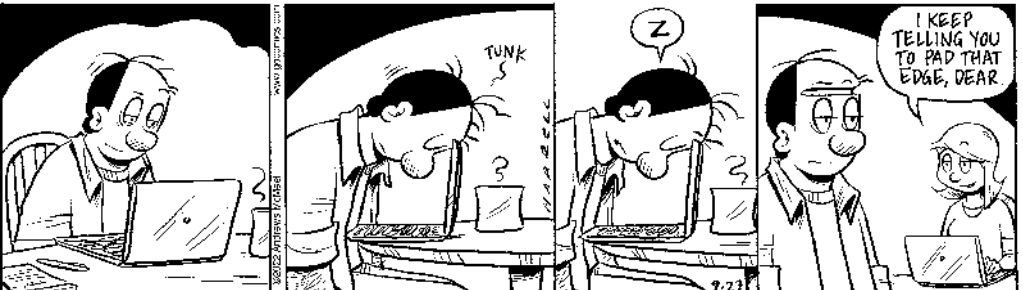
VIRGO (Aug. 23-Sept. 22) -- Initiate a change that makes you feel good and encourages you to do more for others. Stay focused on what's important, and don't lose sight of what's happening in your personal life.

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

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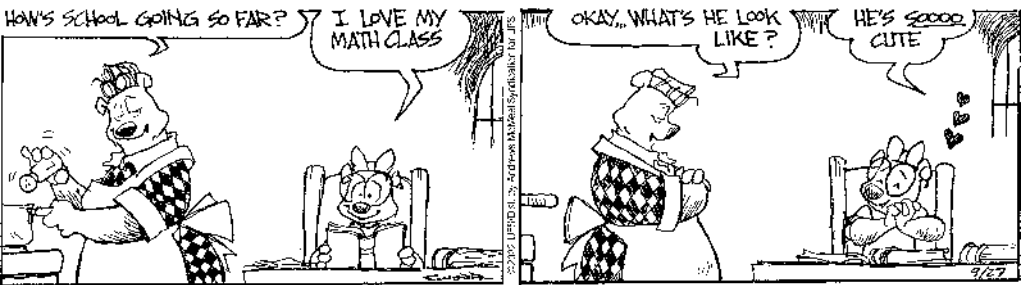
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ACROSS

1 By what means

4 That girl

7 Lah-di- —

10 Sugary drink

11 Goa garments

13 Pique

14 Barnyard female

15 Suspect's story

16 Through

17 Pony pad

19 Fear

21 1040 org.

22 Famous cathedral town

23 Punch server

26 Sneezer's need

30 Iowa city

31 Route follower

32 Poet's before

33 Mineo of old films

34 Memorable time

35 Toe woe

36 Dense shrubbery

39 High-IQ group

40 Cloister dweller

41 Crusty dessert

42 What's in

45 Mortarboard feature

48 Small bark

49 Chicago's airport

51 Fluffy's doc

53 "The Raven" author

54 Marvelous

55 Finish

56 Summer, to Pierre

57 Danson or Turner

58 Hwys.

DOWN

1 Derisive snort

2 Ovid works

3 Traveled

4 Dormitories

5 Buffalo's lake

6 —-eye steak

7 Sharp decline

8 Pavarotti piece

9 Body part

11 Buffalo puckster

Answer to Previous Puzzle

12 Edge past

18 Has a fever

20 Blended whiskey

22 "Frozen" sister

23 Keep on going

24 Indian nurse

25 Pastrami seller

26 Waldheim or Cobain

27 Inert gas

28 Makes a typo

29 Lucy Lawless role

31 "How've ya —?"

35 Average grades

37 Blitzler's channel

38 Compliments

39 Tightwad

41 Trimmed

42 Kind

43 Rampage

44 Rapier's kin

45 Record music

46 At any time

47 Grant a mortgage

50 Shack

52 Six-pointers

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Presidents Cup stays with US, Thitikul wins 2nd LPGA title

CHARLOTTE, N.C. (AP) — Jordan Spieth capped off a perfect week at the Presidents Cup and the Americans made it nine straight victories against an International team depleted by defections to Saudi-funded LIV Golf.

The Internationals showed plenty of fight. They just don't have a cup to show for it.

That stays squarely in the hands of an American team that was coming off a record romp over Europe in the Ryder Cup last year.

Max Homa rallied from 3 down by winning four straight holes and then holding off Tom Kim for a 1-up victory that gave Homa a 4-0 week in his Presidents Cup debut.



USA team members congratulate Xander Schauffele, center, on the 18th green after Schauffele won the hole and match during their singles match at the Presidents Cup golf tournament at the Quail Hollow Club on Sunday in Charlotte, N.C. Team USA won the Presidents Cup golf tournament. AP PHOTO/CHRIS CARLSON

Xander Schauffele delivered the clinching point when he made a 6-foot par putt on the 18th hole for a 1-up victory over Corey Connors. That off an hour-long celebration to wait only for the result.

The final score was 17 1/2-12 1/2, not quite the rout it was at Liberty National in 2017 the last time the Americans played before the home crowd. Unlike the Ryder Cup, which attracts thousands of flag-waving European fans, the International team doesn't have a fan base to united behind a continental flag or even a tour.

Spieth made putts from all over Quail Hollow for a 4-and-3 win over Cameron Davis that kept the Interna-

tionals — in need of their greatest Sunday singles performance — from gaining any early momentum.

Spieth became only the sixth player to win all five matches in the Presidents Cup, winning all four of his team matches with Justin Thomas.

LPGA TOUR

ROGERS, Ark. (AP) — Athaya Thitikul of Thailand closed with a 3-under 68 and birdied the second playoff hole to beat Danielle Kang and win the Walmart NW Arkansas Championship Sunday.

The victory made the 19-year-old the first LPGA player in five years to win twice in her rookie season. Sung Hyun Park posted multiple wins in 2017.

Thitikul and the 29-year-old Kang finished the 54-hole event at the Pinnacle Country Club tied at 17-under 196.

A six-time winner on the LPGA Tour, Kang was making her third tour start since June after undergoing treatment for a tumor on her spine.

Kang briefly took the lead, chipping in from near the green for an eagle at the final hole for a 64. Playing in the group behind her, Thitikul made a birdie at No. 17 to tie.

The two matched pars on No. 15, the first extra hole, and then Thitikul made a mid-range birdie putt on No. 16 to win.

NFL ends Pro Bowl; skills competitions, flag game instead

By Rob Maaddi
AP Sports Writer

The NFL is replacing the Pro Bowl with weeklong skills competitions and a flag football game, The Associated Press has learned.

The new event will replace the full-contact showcase started in 1951. It will be renamed “The Pro Bowl Games” and will feature AFC and NFC players showcasing their football and non-football skills in challenges over several days. The 2023 Games will be held in Las Vegas, and the flag football game at Allegiant Stadium is Sunday, Feb. 5.



AFC quarterback Patrick Mahomes (15), of the Kansas City Chiefs passes against the NFC during the first half of the Pro Bowl NFL football game, Feb. 6, in Las Vegas. AP PHOTO/DAVID BECKER, FILE

decision based on a lot of internal conversations, getting feedback from GMs and coaches, getting a lot of feedback from players. We think there's a real opportunity to do something wholly different here and move away from the traditional tackle football game. We decided the goal is to celebrate 88 of the biggest stars in the NFL in a really positive, fun, yet competitive way.

The Pro Bowl debuted in January of 1951 in Los Angeles and stayed there

for 21 seasons before the game moved to different cities from 1972-80. Hawaii hosted from 1980-2009, and the game has had several homes in the years since, including Miami, Phoenix, Orlando and Las Vegas.

Quality of play in the Pro Bowl has often been criticized. Players, understandably concerned about getting hurt, treat it as an exhibition more than competition. A flag football game could increase competition while avoiding potential injuries resulting from tackling, blocking and hitting.

The NFL has a major interest in flag football. The league partnered with the International Federation of American Football to bring flag football to The World Games in July with an eye on the 2028 Olympics in Los Angeles.

The league plans to announce the new format on Monday.

Reddick wins NASCAR playoff race in long, tiring Texas day

By Stephen Hawkins
AP Sports Writer

FORT WORTH, Texas (AP) — Tyler Reddick opened the round of 12 in NASCAR's playoff with a victory at Texas on Sunday, winning a week after being one of the first four Cup drivers knocked out of title contention.



Chase Elliott's tire burns after he contacted the wall during the NASCAR Cup Series auto race at Texas Motor Speedway in Fort Worth, Texas on Sunday. AP PHOTO/LARRY PAPKE

After none of the contenders won the first three races of the playoffs — a first in any round in this postseason format — the trend continued with the eliminated Reddick leading 53 of the final 54 laps on a long race day that went into the night.

Reddick finished 1.19 seconds ahead of Joey Logano at the end of an extended race that had a track-record 16 cautions, a record 36 lead changes, a 56-minute red flag for lightning and multiple tire issues leading to crashes — including playoff contenders Chase Elliott, the points leader going into the second round, and Christopher Bell.

Logano took over the points lead, by 12 over Ross Chastain.

Elliott, who entered the round of 12 as the points leader, had a fiery finish after contact with the outside wall in Turn 4 when leading just past the halfway mark of the race.

Flames were already visible from under the right side of the No. 9 Chevrolet when he got onto the frontstretch, then turned across and came to a stop in the middle of the infield, where Elliott

climbed out uninjured as the car was being engulfed by flames. He finished 32nd.

“I’m not sure that Good-year is at fault,” Elliott said. “Goodyear always takes the black eye, but they’re put in a really tough position by NASCAR to build a tire that can survive these types of racetracks with this car. I wouldn’t blame Good-year.”

Goodyear and NASCAR officials said there were several teams that didn’t have tire issues, and the reports from those teams indicated that they were conservative with the air pressure they used in their tires.

Contenders Ryan Blaney and Chase Briscoe finished fourth and fifth. The other finishers still eligible for the title were William Byron (seventh), Kyle Larson (ninth), Denny Hamlin (10th), Daniel Suarez (12th), Chastain (13th), rookie Austin Cindric (15th) and Alex Bowman (29th).

Soon after the caution came out for Truex’s spin-out from the lead on lap 268, Hamlin was sliding through the infield after Byron made contact with him from behind. When pressed after the race, Byron admitted that he intentionally did it, upset about being pushed up against the wall by Hamlin during green-flag laps just before that.

Hamlin stayed side-by-side and nose-to-tail with Byron during the caution period, livid because of the position he was losing on the track. Since he couldn’t keep pace after going into the grass, Hamlin had to restart 22nd instead of near the front.

The race was about to resume following the caution period for the end of the second stage when NASCAR ran some extra laps under caution because there was light rain falling on some parts of the 1 1/2 mile track. But when there was lightning in the vicinity, the cars were brought to park on pit road with 220 of 334 laps completed.

Biden praises Braves’ ‘unstoppable, joyful run’ to 2021 win

By Aamer Madhani and Colleen Long
AP Sports Writers

WASHINGTON (AP) — President Joe Biden said Monday the Atlanta Braves will be “forever known as the upset kings of October” for their improbable 2021 World Series win, as he welcomed the team to the White House for a victory celebration.

Biden called the series an “unstoppable, joyful run.” The team got its White House victory visit in with just over a week left before the 2022 regular season wraps up and playoffs begin again. The Braves are just two wins behind first place in the National League East.



President Joe Biden holds up a jersey during an event celebrating the 2021 World Series champion Atlanta Braves, in the East Room of the White House on Monday in Washington. From left, Braves President of Baseball Operations Alex Anthopoulos, manager Brian Snitker, Biden, and Braves President and CEO Terry McGuirk. AP PHOTO/EVAN VUCCI

Chief Executive Officer Terry McGuirk said he hoped they’d be back to the White House again soon.

In August 2021, the Braves were a mess, playing barely at .500. But then they started winning. And they kept doing it, clinching the World Series in six games over the Houston Astros.

Biden called their come-from-behind win one of “history’s greatest turn-arounds.”

The president often honors major league and some college sports champions with a White House ceremony, typically a nonpartisan affair in which the commander in chief pays tribute to the champs’ prowess, poses for photos and comes away with a team jersey.

Under Biden, the tradition appears to be back. He’s hosted the NBA champion Milwaukee Bucks and Super Bowl champion Tampa Bay Buccaneers at the White House. Biden on Monday joked about first lady Jill Biden’s Philadelphia allegiances.



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Hormone Replacement Therapy And Menopause

Menopause is a natural occurrence that takes place in a woman's life around the age of 50. Menopause marks bodily changes that represent the end of a woman's ability to bear children. Like puberty, menstrual periods, and pregnancy, menopause involves hormone fluctuations, notably estrogen and progesterone. These fluctuations can cause symptoms that may make women uncomfortable, such as hot flashes, vaginal dryness, mood swings, and difficulty sleeping. As a result, many

women discuss options that can make them feel more comfortable. Hormone replacement therapy may be a consideration.

What Is Hormone Replacement Therapy?

Estrogen levels fall during menopause. The online medical resource WebMD says that hormone replacement therapy, or HRT, involves taking small doses of estrogen alone or combined with progesterin, the synthetic form of progesterone. Women who have undergone a hysterectomy or the

surgical removal of their ovaries may only take estrogen, while women who still have their uterus typically take the combination HRT. Many women find that HRT can relieve most of the troubling symptoms of menopause and help them feel more comfortable. In addition, HRT has been proven to prevent bone loss and reduce fractures in postmenopausal women, according to the Mayo Clinic.

Types Of Products

There are different types of HRT. HRT may involve taking



a pill or applying a patch, gel, or vaginal cream. HRT also may include a slow-releasing suppository or a vaginal ring. The delivery method will depend on the symptoms to minimize the amount of medication taken.

Risks of HRT

While there are many benefits to HRT, there are some risks associated with the therapy. These risks depend on the dose, the length of time taking HRT, and individual health risks. The Mayo Clinic says that, in the largest clinical trial to date, HRT that consisted of an estrogen-progestin pill increased the risk of certain severe conditions, such as heart disease, stroke, blood

clots, and breast cancer. Women who begin at age 60 or older or more than ten years from the onset of menopause are at greater risk of these conditions. The benefits outweigh the risks if HRT is started before age 60 or within ten years of menopause.

In addition, unless the uterus is removed, doctors typically prescribe estrogen taken with progesterone because estrogen alone can stimulate the growth of the uterus lining, increasing the risk of endometrial cancer. The American Cancer Society says estrogen-progestin therapy is also linked to a higher risk of breast cancer the more prolonged the treatment.

Minimizing Risk

Doctors can work with their patients to minimize the risk of developing adverse effects from HRT. Tactics include:

- Finding the best product and delivery method.
- Seeking regular follow-up care.
- Making healthy lifestyle choices to reduce other health conditions.
- Taking the lowest effective dose for the shortest amount of time needed.

Hormone replacement therapy may be an option to help manage the symptoms of menopause. Women can discuss the pros and cons of HRT with their doctors.

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Strategies To Address Drug Interaction Side Effects

Medications help us in various ways. Some people take medication to treat issues like headaches or the common cold, while medicine may also treat severe diseases like cancer or heart disease. Each drug is different, but all share one common trait: the potential to produce side effects. The U.S. Food and Drug Administration notes that the side effects of medications can range from relatively harmful nuisances like a runny nose to potentially life-threatening issues like an increased risk for heart attack. When

taking prescription medications or even over-the-counter drugs like ibuprofen or acetaminophen, people must discuss the side effects of such medicines with their physicians. Such discussions are significant for people who are already taking other medications. The American Academy of Family Physicians notes that adverse drug reactions are more likely to affect people who take more than three medicines daily. People who suspect they're experiencing medication side effects should contact their physicians immediately.

Physicians may recommend a host of strategies to treat these common side effects.

Constipation

The health care experts at Michigan Medicine note that drinking plenty of fluids and exercising can help people overcome constipation. Doctors also may recommend incorporating more bran and whole grains into your diet. Consuming fruits and vegetables high in fiber, including apples, beans, broccoli, and prunes, may also help people overcome constipation.

Diarrhea

The U.S. National Library of Medicine notes that nearly all medicines can cause diarrhea. Foods like applesauce and rice are unlikely to lead to upset stomachs when consumed when people are experiencing diarrhea. Avoiding spicy foods and foods high in fat can also help people overcome diarrhea.

Headaches

Michigan Medicine indicates that headaches might appear as the body adjusts to a new medicine. As the body acclimates, headaches might lessen in severity and

ultimately disappear. In the meantime, people can speak to their physicians about the safety of taking additional medicine to treat their headaches.

Loss of appetite

The online medical resource Healthline notes that various drugs, including sleeping pills, antibiotics, blood pressure medications, and diuretics, have been known to cause loss of appetite. Eating healthy snacks between meals and choosing protein-rich foods at mealtime may ensure people get enough calories, vitamins,

and minerals each day, even if they're not eating as much as they used to.

Nervousness

A feeling of Nervousness or being on edge is another potential side effect of certain medications. The side effect may occur as the body adjusts to a new medicine. However, patients may want to discuss lower doses or alternative drugs with their physicians. Medications can produce various side effects. If side effects appear, people should contact their physicians to develop a safe, effective plan to address them.



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Inside Active Senior Living

Housing needs may change as adults grow older and their children move out. Adults nearing retirement may want to reduce their cost of living and could find a big house is more than they need at this stage in life.

According to the financial management resource The Motley Fool, in 2019, 48 percent of seniors planned to downsize, while 52 percent wanted to remain in their existing homes.

A lower cost of living could be the primary motivator to sell. Still, fewer houses to maintain and the extra free time that comes with fewer chores can also be powerful

motivators.

Many adults age 50 and older consider adult communities when seeking to downsize their homes. Senior home options are categorized based on the level of care they provide. "Active adult living" is a relatively new option that reflects a growing desire for residences that afford aging adults a chance to downsize their homes and engage in their favorite activities. Active adult living, leisure living, or active adult communities include single-family homes, townhouses, condominiums, and other housing options within a community that offers an array of amenities and

services. According to Retirement Living, residents in active adult communities enjoy country club settings with amenities like swimming pools, clubhouses, golf courses, exercise centers, walking trails, computer labs, hobby centers, and even on-site restaurants. Active adult living communities may provide transportation options and have their travel clubs. Though occupied adult residences do not typically offer medical services, many districts close to local shopping centers and complexes ensure that the doctor's office is not that far away.

Other features of



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active living covered by homeowner's association fees include outdoor maintenance like landscaping, snow removal, and sanitation services. Security, internet service, and cable also may be included in the monthly expenses. Active communities emulate the benefits afforded by all-inclusive vacations, where day-to-day details are handled by management so residents can focus on fun and leisure.

Unlike general neighborhoods, seniors may appreciate active living communities because they have access to an array of services within the community. Some promote a resort vacation feeling, while others may focus on sports or cultural life.

Moreover, residents know that many people in these communities have shared experiences since age is restricted.

Active adult communities also are amenable to adults who like to travel. Residents get the peace of mind to lock up their homes and leave knowing lawns will still be mowed and shrubs trimmed - removing signs that the residence is unoccupied. These places are ideal for a snowbird who spends time in a different location for part of the year.

Active adult living is the relatively new kid on the block for senior communities, filling an essential niche for independent retirees and near-retirees.

A Q&A Regarding Hospice And Palliative Care

Illnesses and aging can force families to make challenging decisions regarding the health and well-being of people they love. Care facilities, home health aides, and other services can help improve the quality of life for those people who are no longer well enough - physically or cognitively - to care for themselves. Palliative and hospice care are part of these care offerings.

What is palliative care? Palliative care is a specialized medical service for individuals living with serious illnesses. It is not designed to cure or treat the condition itself, but it is a way to manage symptoms. It is typically used with other medicine that attempts to treat or cure the disease.

What is hospice care?

Hospice is similar to palliative care in that it is geared toward enhancing the quality of life. Hospice care is for people in the last phases of incurable diseases. According to the American Cancer Society, it is intended to ensure they live as fully and comfortably as possible. Unlike palliative care, which accompanies traditional medical care, those who accept hospice care typically cease any other maintenance attempting to cure the illness.

Who can benefit from palliative or hospice care?

The National Institute on Aging says anyone living with a severe illness, such as cancer, dementia, Parkinson's disease, and heart failure, can appreciate the support

palliative care provides. It is helpful at any stage of the illness and is best started soon after diagnosis. Hospice care is for those in the final stages of their illnesses. Generally, hospice services are reserved for people who are expected to live another six months or less if their condition continues to run its course.

Are these services permanent?

The excellent news about palliative and hospice care is that the patient and their family entirely drive wishes. If patients cannot make medical directives, their medical proxy can change care wishes. Research indicates that hospice care is often started too late because people think it's a form of "giving up." However, anyone in hospice care can resume active care if they or

their caregivers choose.

What can palliative and hospice care resolve?

The Mayo Clinic says that palliative and hospice care can improve symptoms such as pain, nausea or vomiting, anxiety, depression, constipation, difficulty breathing, fatigue, and trouble sleeping. Hospice care

also can include spiritual and bereavement care. Hospice teams typically follow up with immediate family members to offer them counseling or other services.

Who is in charge?

Patients and their families decide what they want out of these care measures. Palliative care teams are separate from

the patient's medical care team that manages their treatment. Hospice care teams coordinate the majority of care for the patient and communicate with the patient's medical care team. Hospice and palliative care are considerations for people with severe conditions.

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Experiential Gifts For Seniors

Holiday shoppers know that, seemingly every year, there's one person on their shopping list who's hard to shop. Seniors may fit that bill, as many have already accumulated a lifetime's worth of goods and gadgets. That's why experiential gifts can be a good fit for seniors come the holiday season.

Experiential gifts are wildly popular. In its 2021 Winter Holiday Shopping Report, the market research firm Mintel revealed that nearly half of individuals surveyed for the report felt that experiential gifts are

superior to tangible items. Seniors with everything they need might be even more enthusiastic about experiential gifts, encouraging them to get out of the house or pursue passions they've long been interested in. This holiday season, shoppers can consider these experiences as they look for something new and unique for the seniors on their shopping lists.

Biplane Flight

Few experiences are as exhilarating as a flight in an open cockpit biplane. Biplane flights are unique to each company

that offers them, but some planes can accommodate two passengers (in addition to the pilot), making this an ideal gift for senior couples who aren't afraid of a bird's eye view. The flight length depends on shoppers' budgets, but no matter how long seniors are in the air, they're sure to return to the ground, enjoying a truly unique experience.

Hot Air Balloon Ride

If riding a shotgun with a pilot in a tiny plane is more adventure than your favorite senior may be seeking, a hot air balloon ride may

be more suitable. Hot air balloon rides provide a truly stunning way to experience idyllic settings and a calm way to take to the skies on a beautiful day. Rides tend to last around an hour, but companies offer various packages and may even let shoppers customize rides for their loved ones.

Theatre Tickets

The COVID-19 pandemic hasn't been easy for anyone, but seniors were among the groups most vulnerable to severe infection if they caught it. As a result, many seniors strictly

adhered to social distancing guidelines before getting vaccinated. Now that seniors are eligible to be fully vaccinated and even receive two rounds of booster shots, a trip to the theatre can reignite their passion for live entertainment and make for a memorable night out.

Cycling Tour

Modern seniors are among the most physically active demographics. A 2020 study published in the Journal of Medical Internet Research found that, within months of the pandemic being declared,

adults age 65 and older averaged 100 more minutes of physical activity than the next closest cohort. A cycling tour can make for a perfect gift to active seniors. Tours may be designed to visit local places of historical significance, idyllic natural settings, or local eateries. Wherever the destination ultimately ends up, they're sure to put a smile on active seniors' faces. Experiences can make for the perfect holiday gifts for seniors who have it all.



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Risk Factors For Stroke, Including Those You Can Control

Adults from all walks of life likely know at least one individual who has suffered a stroke. That person could be a family member, friend, colleague, or acquaintance. The likelihood of knowing someone who has had a stroke underscores just how prevalent stroke is and how necessary it is that people understand its risk factors.

According to the World Stroke Organization, there are more than 101 million people currently living who have experienced a stroke. That group includes men, women, and even children. No one is immune to stroke, but a stroke can be prevented in many instances. Prevention involves recognizing risk factors individuals can control and subsequent action to reduce exposure to those factors. But the risk for stroke also is heightened by factors beyond individuals' control, and individuals must recognize they might be at elevated risk for stroke even if they're otherwise healthy.

Risks Factors Beyond Your Control

The American Heart Association notes the importance of knowing the following risk factors for stroke, even if there's nothing people can do to change them.

Age

Stroke is more common among individuals age 65 and older. That includes both men and women.

Family History

Individuals could be at greater risk of stroke if they have a parent, grandparent, sister, or brother who has had a stroke. Various factors could be behind that link,

including a genetic disorder known as Cerebral Autosomal Dominant Arteriopathy with Subcortical Infarcts and Leukoencephalopathy, or CADASIL for short, that affects blood flow in the brain.

Race

The AHA reports that African Americans are more likely to die from stroke than Caucasians. Part of that is undoubtedly due to socioeconomic factors such as inadequate access to health care. Still, the AHA also links this elevated risk to higher rates of high blood pressure, diabetes, and obesity within the Black community.

Gender

Stroke kills more women than men, and women have more strokes than men.

Medical History

Individuals with a personal history of stroke and transient ischemic attacks, often referred to as "mini-strokes," are at elevated risk for stroke.

Risk Factors You Can Control

The good news is that individuals, even those with risk factors beyond their control, can lower their risk for stroke. That's because many risk factors for stroke can be monitored and treated before a stroke occurs.

High Blood Pressure

The AHA defines high blood pressure as the most significant controllable risk factor for stroke. Annual good visits are vital to preventive health care, including blood pressure monitoring. When doctors diagnose high blood pressure, individuals should follow their advice concerning getting blood pressure back to a healthy level.

Smoking

The dangers of smoking are well-documented. The AHA characterizes smoking as paving "the way for stroke." Never smoking or quitting smoking can immediately lower the risk of stroke. Women should know that the AHA reports that using birth control combined with cigarette smoking can significantly increase the risk of stroke.

Diabetes

It's essential that individuals with type 1 or 2 diabetes control their blood sugar, as diabetes mellitus is an independent risk factor for stroke.

Diet

A poor diet that's high in saturated fat, trans fat, sodium, and cholesterol elevates the risk

for various conditions, including high blood pressure and obesity, that increase the likelihood of suffering stroke.

Physical Inactivity

The AHA reports that physical inactivity increases the risk for stroke. Individuals who live a predominantly sedentary lifestyle, including office workers, are urged to discuss exercise with their physicians.

There are numerous risk factors for stroke, many of which are beyond individuals' control. However, recognition of these risk factors is often the first step toward adopting a healthy lifestyle that can significantly reduce the chances a person will suffer a stroke.



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Happy Trails!

Numerous Trails And Paths Crisscross The City

By **Dustin R. Strong**
Morning Sun Staff

PITTSBURG, Kan.- For those who still have a bit of explorer in their genes, the City of Pittsburg and Pittsburg State University offer several walking and biking trails to satisfy that wandering gene. Starting with the northernmost, the first of these trails are in the Caseletto Loop. Located in Wilderness Park, the trail is accessed off West McKay Street in Frontenac, about halfway between Parkview and the airport. The Castelletto Loop runs for two miles along the park's outer edge with several changes in elevation and grade. Shorter trails that crisscross the park connect to it along the way, setting up the opportunity to make each visit to the park a unique experience. Walking the Loop is expected to take

about 35 minutes, depending on fitness level. Dogs are welcome but must remain on a leash. Park hours vary according to season. From April to October, the park is open from 7 a.m. to 8 p.m. Between November and March, the hours run from 8 a.m. to 5 p.m. The next trail to the south is the Watco Trail. This mile-long trail begins at Trailhead Park near the Farmer's Market on 11th and Broadway. Considered an "out and back" trail, it cuts an almost straight, diagonal path through the northwestern quarter of the city to North Georgia Street before returning along the same route for a total distance of two miles. It is a popular trail with bird watchers and those looking for some solitude during quieter times of the day. Dogs are welcome

on the trail but must have a leash on at all times. Running through the Pittsburg State campus is the PSU Walking Trail. Nearly four miles in length, the trail is considered an easy route that takes about an hour and fifteen minutes to complete. The PSU Trail is an enclosed loop that takes travelers on-campus tours. From the Oval at the heart of the university, past Carnie-Smith Stadium and University Lake, out to the Kansas Technology Center, the Student Recreation Center, athletic fields, and Neighborhood Market before doubling back past the Bicknell Center for the Arts. Since it is such a long trail spread over a large area, it is unlikely to be congested. Dogs are also welcome on this trail but must always remain leashed.



The PSU Waking Trail is enclosed loop that takes travelers on a tour of the campus as pictured here. Dustin R. Strong/The Morning Sun



Located at Wilderness Park, Castello loop is a two mile trail with many other smaller trails intersectiong it. Dustin R. Strong/The Morning Sun



This mile long trail begins at Trailhead Park near the Farmer's Market is the start of the WATCO trail /Photo Courtesy Dustin R. Strong



Located at Wilderness Park, Castello loop is a two mile trail with many other smaller trails intersectiong it. /Photo Courtesy Dustin R. Strong

Connecting the Watco and PSU trails are a series of intermittent walking paths that take the intrepid explorer through parks and quiet residential neighborhoods. The East-West Connector Trail begins near the Watco Trail and follows 12th Street to North Michigan. From there, it turns south along Michigan, parallel to the railroad tracks, to 7th Street, where it crosses over the tracks to Short Street before cutting south again

to Schlanger Park. At Schlanger, it ties into an internal walking trail that encircles the park. The Connector exits the park at 4th Street and continues east, ending at the Happy Family Restaurant. At East Washington and South Rouse intersection, the Pitsco-Sunflower Trail runs south, paralleling Rouse Street until it meets up with the PSU Walking Trail. Two other trails are more functional than scenic. The Pittsburgh

High School Trail follows 4th Street from PHS to residential neighborhoods on Water Street. The second trail, the Centennial Trail, links the Summerfield Apartments to Ron's IGA, although the PSU trail does link to it near Ascension Via Christi. So, if you need to move and have the itch to do some exploring, check out any of these trails in Pittsburg. You never know what you might discover.

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SLEEPLESS IN KANSAS

Laura and Bill were beside themselves, not knowing how to best help, Grandpa Joe.

Just one year ago, Joe was the picture of health, especially for an 82-year-old still living at home and keeping up with several chores on the farm. His loving wife of 62 years, Grandma Opal, had sung her husband's praises even as Doc Wilson started calling Laura voicing concerns over Joe's mental decline. That didn't fit what Laura and Bill experienced at the family Sunday dinners. Joe was the repository of family and Southeast Kansas lore. From dinner prayer to washing the dishes, Grandpa Joe would regale us all with rich stories reaching back into the recycling of rubber and metal items during WWII. Bebopping to Fats Domino with friends at the high school dances, winning the "dating Opal" sweepstakes leading to their June wedding in 1960, and many more. Sure, he'd increasingly started to repeat those gems, but everyone figured those were his favorites, and they always pulled a laugh out of the adoring crowd.

Then there was "jailbird" Friday last November. Bill got the call. Chief Brown, who'd been a young whipper-snapper on the force as Joe finished his 32 years as a lawman, related quite the yarn detailing Grandpa Joe's escapades that day. According to multiple area sources, Joe had driven

his tractor into town and parked at the grocery store. He proceeded to the meat department, telling Sam the butcher he needed an 80 pack of hamburgers for the town cookout, which Joe and his law enforcement buddies used to put on every July 4th. Sam knew something was out of kilter, but to avoid upsetting the 6'4" x-lawman, he filled the order. Minutes later, Alice, the beautician at the Hair Emporium, saw Joe striding down the sidewalk, beginning to labor a bit, toting a sizeable box on his shoulder. She noted her surprise upon watching Joe set the box on the Miller's front porch and take off on one of the kids' bikes on this crisp 38-degree day, jacketless like a 12-year-old on a paper route. Hours later, Chief Brown received a call from the hospital ER reporting an older gentleman with an abrasion on his forehead, just left in a snit against medical advice. When a young officer found Joe, he was huddled by the side of the road, fast asleep. Upon waking him, Joe angrily spouted, "What's a fella gotta do to get some shut-eye around here?!" Off to the police department for warm soup and a blanket.

That was the beginning of Laura and Bill's perplexed, sleepless nights. Weeks later, after Grandpa Joe had received treatment at the hospital's senior unit, as Paul Harvey used to say, Laura and Bill learned

"the rest of the story." Doc Wilson explained that when an older person's fears rise, thinking their autonomy may be at risk due to brain changes that come with a diagnosis of dementia, it's common for them to put up smoke screens to preserve such. Grandma Opal did finally confess Grandpa Joe had gradually been slipping into the memory/judgment department for a couple of years. She'd been covering for her sweetheart for fear their time living on the beloved farm was nearing an end sooner than they could cope. After much family discussion and a few more sleepless nights for all, they were able to negotiate a middle ground for both of them. Joe and Opal moved into assisted living with multiple levels of autonomy and care. It took some adjusting, but with the family's support, Joe and Opal were well on their way to writing their next chapter together, and Laura and Bill became reacquainted with Mr. Sandman.

To all the families out there dealing with the transitions inherent with aging, you're genuinely not alone. The treatment professionals at Senior Behavioral Health Services of Girard Medical Center are here to help families and their loved ones aged 55 and above get through difficult times. Call 620-724-7399 today to find out if our care is a good fit for you!

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CBD Oil and Arthritis

Health-conscious consumers have undoubtedly 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 treating specific 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 reports 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. Harvard Medical School reports 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.

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5 Ways To Show Seniors They're Appreciated

Senior citizens account for a significant percentage of the overall population. Estimates from the U.S. Census Bureau released in 2020 indicate the nation's 65-and-older population had grown by more than one-third over the preceding decade. By 2050, the number of senior citizens is expected to be 90 million. As of 2021, Statistics Canada reported roughly 7.1 million persons age

65 and older living in Canada.

People are living longer than ever, and as individuals age, the demand for senior services continues to grow - as does the need to be patient and respect the elderly. There are many ways to show seniors just how much they're appreciated.

Help with chores.
Lend a hand with chores around

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

Visit more often.
Frequent visits are one of the simplest ways to show seniors you care. Whether seniors live in a private home or managed

care facility, visitors brighten their days, especially if they no longer get out and about as frequently as they once did. Spending time together and sharing stories can bring smiles to the faces of older adults.

Plan activities with seniors in mind.
When organizing parties and special events, consider the needs of seniors on the guest list. Add music from their era to playlists or DJ requests—

seat seniors with mobility issues near exits and restrooms. Make sure to arrange for photos with the guest of honor to keep family history alive.

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

Prepare a meal.
Invite a special senior over for a home-cooked dinner with the family. Make it a regular occurrence on the calendar. If they cannot get out quickly, bring a hot meal to their place instead.

Simple gestures of gratitude and appreciation can brighten a senior's day and help them feel like they are not forgotten.

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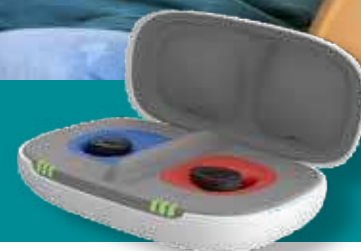
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