

RAMBLINGS

Being Still

I remember as a kid sitting in church beside my mother who would periodically place her hand on my leg, signaling me to stop bouncing it up and down. I had a difficult time sitting still and she didn't particularly want me distracting others (i.e., her). Which might partially explain why I moved to the balcony as soon as I was allowed to sit on my own and could bounce my leg as much as I wanted.

I don't think I'm a particularly anxious person, well maybe sometimes, but I've noticed an increased tendency towards nervous leg movements while sitting, especially in public. It's one thing to sit through musical performances and tap my foot or hand in time to the music—which I do—but that's more responsive than nervous.

My movements often mimic my mind. Whereas I was once able to be laser focused on a subject (some might have called it stubbornness), now I find it more difficult to stay on track. Thoughts seem to race through my mind like a Labrador puppy with an intense case of the zoomies. No matter how hard I try, quieting my mind takes great effort; I tend to think of several things at once and end up not focusing on what I need to get done.

So it might seem surprising that when I learned the public library planned to offer Chair Yoga sessions last year, I was all in. Yes, I wanted to be supportive of library programming and more importantly, I could do it while sitting (hence the name). It seemed like the antithesis of my usual state, but why not give it a try?

I did not get off to a promising start. I found myself doing repetitions at twice the speed as everyone else and my friend next to me said later she watched my leg



Carol Ann Robb
Morning Sun Columnist

bouncing at a fast clip and thought, “oh, she’s not going to last long at this.” But with time, I learned to slow down, taking time to inhale and exhale in a calming manner. A year later, my arm movements are still far from graceful but I’m learning that’s OK; as Mona, our instructor, tells us, we’re there for a 30-minute breathing session so I focus on that (well, I try). And by golly, I’m able to quiet my frenzied mind and even my legs are still. Mostly.

During the occasional Chair Yoga hiatus at the library, I go to Eclectic Soul Studio to continue working towards a quieter state of mind and discovered Chair Qigong, which I found is an even better way for me to achieve a more balanced state. Again, I’m not sure I’m doing all the moves correctly, but I sure feel relaxed afterwards (although I suspect LaStacia would prefer I focus instead of asking questions and making comments).

If anyone had told me a year ago if I’d be singing the praises of yoga, even while sitting, I would have scoffed but now I wish I had discovered it 40 years ago when I could easily get up and down off the floor and stretch without hearing popping sounds or groaning. But better late than never and I’m happy to know I’m still open to unfamiliar ventures. I still have fidgety moments but now do unobtrusive (I hope) yoga moves and breathing exercises when I realize my legs are bouncing up and down during church. I hope my mother’s OK with that.

PPD host site for Drug Take Back Day

Contributed
PPD

PITTSBURG, KANSAS -- The Pittsburg Police Department will once again serve as a host site location for the U.S. Drug Enforcement Administration's National Prescription Drug Take Back Day, which is scheduled for Saturday, Oct. 24. On this day, The DEA, along with its other law

enforcement partners across the U.S., collects tablets, capsules, patches, and other solid forms of prescription medication to prevent drug misuse and abuse.

From 10 a.m. until 2 p.m. on Oct. 24, anyone wishing to dispose of unwanted prescription medication may bring them to the Pittsburg Police Department, located at 201 N. Pine St., Pittsburg. This service

is free of charge and individuals can remain anonymous. Please keep sharps, needles, injectors and aerosol containers (inhalers) separate from other prescription medications.

This is the 16th year that the DEA's National Prescription Drug Take Back Day has helped

Americans safely dispose of unneeded medications - those that are old, unwanted, or

expired. To date, Kansas drop-off locations have collected 291,771 pounds of unwanted medications and prescriptions, including 6,562 pounds during the April 25, 2026, DEA Take Back Day.

For more information about this service, or other hosting site locations, please visit the U.S. Drug Enforcement Administration's website at DEATakeBack.com.

PSU

CONTINUED FROM 1A

For Schill and the entire PSU Homecoming Committee it's all worth the months of planning and preparation seeing the students enjoy themselves whether it happened to be stuff-a-gorilla, Saddle Up, bull riding, corn-hole, or just enjoy a hot dog/hamburger grilled by PSU President Thomas Newsom and PSU Police and Public Safety Assistant Director Steve Rosebrough.

“I say all the time that this is like Christmas to me,” said Schill. “This is just so much fun because you can feel everybody get excited as it gets closer and it's the week of and it's just so exciting. It's so cool to see everybody's vision come to life and then see everybody's faces ... My favorite part overall is just getting to be a part of tradition. This is a big tradition and getting to keep the old things that everybody loves while also adding new things every time is just a lot of fun.”

The homecoming festivities continue on Wednesday with a “Royalty Candidate Fishbowl” competition in which the top 12 homecoming candidates go head-to-head in two rounds of on-the-spot questions including lighthearted prompts and deeper reflections. The event is scheduled to take place at 6 p.m. in the Overman Student Center Ballrooms.

At 5 p.m. on Thursday, the longstanding “raft races” return to University Lake. Two-person teams representing student organizations



Pittsburg State University students held hands, shared a smile, or hid their fear of riding the “Saddle Up” swing ride during Monday’s Homecoming Kickoff celebration hosted by the PSU Homecoming Committee. AARON PYLE / THE MORNING SUN

are ready to battle it out for supremacy and bragging rights. PSU fanatics can also expect the long running “Yell Like Hell” competition and homecoming crowning to take place

at 6:30 p.m. on Friday at Carnie Smith Stadium.

Additional PSU Homecoming events planned throughout the week are the Dr. Kenneth K. Bateman Outstanding Alumni

Award/GOLD Alumni Award (2 p.m., Friday, Wilkinson Alumni Center), Bonfire and Pep Rally (8 p.m., Friday, west of Weede Gymnasium), ‘90s Greek Homecoming Reunion (Friday and Saturday), Overman Student Center 75th Anniversary (5 p.m., Friday), Homecoming Parade (9 a.m., Saturday, downtown Pittsburg), GorillaFest (11 a.m., Saturday, Gorilla Village), PSU Honors College tailgate (Saturday), and football game (2 p.m., Saturday, Carnie Smith Stadium).

For more information, visit events.pittstate.edu/homecoming.

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