

RAMBLINGS

A Precious Sacred Action

“Your vote is precious, almost sacred. It is the most powerful non-violent tool we have to create a more perfect union.” –John Lewis

I remember accompanying my mother as she voted in the lobby of the Roosevelt Junior High/Pittsburg High School gym. I stood outside the curtained-off booth while she marked her ballot, and the poll workers gave me a sample ballot (which I couldn't read but I felt important clutching it). I'm not sure if it was a one-time occurrence or where my father was—I suspect he voted on his way home from work—but I don't recall being told about the importance of voting. Because this would have taken place at the same time John Lewis and so many others were fighting for voting rights for all Americans and it would have made an excellent teachable moment. And maybe she did but I was too young, probably six, to grasp the magnitude of Election Day.

My mother was born five years after women gained the right to vote in America; her mother would have been eligible to vote in two presidential elections by that time. Unfortunately, I have no idea if she did, but I hope so. But



in her own, probably understated way, my mother demonstrated to me that voting was something a citizen did.

Being a government employee meant my father couldn't register with either political party, speak publicly for or against a candidate, or put up campaign signs but he always voted, even while serving overseas during WW II and just weeks before his death. For many years he couldn't voice his support for a candidate in public, but he could sure speak when he marked his ballot.

Thanks to the ratification of the 26th Amendment to the US Constitution in 1971, which lowered the voting age to 18, my sister became one of the first of her age group to cast a ballot in the 1972 presidential election. I followed suit four years later, glad I was registering to vote rather than for the draft. For 50 years, I've voted in every local, state, and federal election and continue to do so.

Because I take voting very seriously. Citizens



have fought and died trying to secure that right. The 15th Amendment, ratified in 1870, extended voting to men of all races but many Americans of color were still denied access to the ballot box through poll taxes and outright intimidation and threats. The Voting Rights Act of 1965 secured the right to vote for all races and genders but there have been recent attempts and court rulings reversing parts of it, making the act of voting far more difficult for some.

Is voting a right or a privilege? I would argue it is our right as citizens of this country to go to the polls, but you should first perform due diligence by studying each candidate's positions, learning who most aligns with your own beliefs rather than being swayed only by their party affiliation and misleading ads. And be prepared to dis-

cover there's no perfect candidate who shares all your views but don't let that keep you from voting. You forfeit any right to complain about the outcome or actions taken down the road if you don't go to the polls.

By the time you read this, I will have cast my advanced ballot—I don't want to worry about something happening that would prevent me from voting on November 3rd. Do I expect all my candidates of choice to win? I wish, but it's extremely doubtful. Yet, I still voted because I can; so many throughout history were not allowed to, so I also vote for them. Filling out a ballot is a sacred act, honoring those who were denied access to the polls and the many who died trying to secure that precious right. Take their spirits with you when you enter the voting booth.

FRONTENAC

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the 'Remember When Story Time' and we encourage people in the community to come together," said Frontenac Public Library Director Seth Nutt. "We also extend an invite to a few estates and, of course, we'd love eventually for Arma Care and Rehab and Medicalodges and whoever else wants to join.

"The goal is just to build community and what makes this event really special is we've been able to partner with Frontenac High School and get some seniors to come over so we've kind of created a seniors and seniors type of event and each month we focus on kind of different topics."

Topics over the three months were memories of school days, childhood memories, and this month, fall family traditions. Questions asked during the program included "What is a fall recipe, a soup or a pie, that your family always made this time of year when the weather cooled down?" or "Did anybody in this room ever go apple picking, been to a pumpkin patch, or helped rake up giant piles of leaves just to run and jump in?"

The students and residents talked for more than half an hour about their traditions from Thanksgiving all the way to Christmas, whether it's visiting family, making cappelllettis, baking desserts, or doing chores.

From free cookies to shared memories, plenty of fun was had by the residents of Oakview Estates and the students. Residents of Oakview Estates even mentioned that the students in attendance are "going to go on to do great things" and are "bright minds."

"It was just amazing to see the conversations and the smiles on everyone's faces," said Nutt. "I always try to get the group together afterwards and kind of go over the day. What were our takeaways, what was memorable, and several of them said it just made their day that they were able to talk to some of the high school students and learn from them. But the beauty in this is that they learn

from each other and they build a sense of community."

The program is to continue monthly at the Frontenac Public Library, located at 200 E. McKay St. The next scheduled story time date will be updated on the library's website and Facebook account.

For more information on future events at the Frontenac Public Library, visit frontenacpl.org or facebook.com/frontenacpl. Any additional questions, call the library at 620-231-5343 or email sethn@frontenacks.net.

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Applegate says she was misdiagnosed with MS

NEW YORK (AP) — Christina Applegate, who has candidly shared raw details about her journey with multiple sclerosis for years, revealed Monday her doctor says she doesn't have the autoimmune disease and was misdiagnosed.

"I'm back at square one where I don't know what's going on with me," the actor said on the latest edition of her podcast "MeSsy," along with co-host Jamie-Lynn Sigler, who has been public about her own battle with MS.

Applegate first publicly announced in 2021 that she had been diagnosed with the disorder that causes the immune system to attack the cells in the central nervous system.

On Monday's podcast, Applegate revealed that despite the misdiagno-



Christina Applegate arrives at the 25th annual Critics' Choice Awards in 2020, in Santa Monica, Calif. (PHOTO BY JORDAN STRAUSS/INVISION/AP, FILE)

sis, she still has "every symptom of someone with MS," adding, "I still have to use wheelchairs when I go to the doctor's office. I can't walk from the car to the room."

There is no single test for MS, and a diagnosis usually involves ruling out other causes. It can

take years and seeing multiple doctors before one puts the clues together.

Dr. Benjamin Greenberg, a neurologist who specializes in multiple sclerosis and autoimmune neurological disorders at the UT Southwestern Medical Center in Dallas, said the most reputable studies put the MS misdiagnosis rate at 10%.

"We rely on the clinical symptoms, the history, the MRI, often spinal fluid, and then a series of tests to rule out potential mimics. And unfortunately, those tests are not universally codified," he said.

Greenberg said Applegate's experience has lessons for both medical providers and patients. For doctors, it's a reminder to ensure a single diagnosis doesn't lead to a sys-

tem-wide bias toward that conclusion.

"If I put 'multiple sclerosis' as a diagnosis on an MRI, a radiologist is far less likely to say, 'Well, this isn't multiple sclerosis. You really should consider something else.' It can permeate the system," he said.

"For patients and families, my general recommendation is whenever receiving a significant serious or chronic diagnosis, if feasible, there is never a harm in getting second opinions."

Applegate said the news had put her in an odd place since she and Sigler have become prominent advocates for people with MS.

"It's weird because I feel like I let everybody down," she said. "It's very unnerving, and it's really confusing for me."

ACADEMIC HONORS

ESU summer grad

Logan Myers of Pittsburg, completed a bachelor of science degree in Business in Business Administration this past summer.

Philipp receives Love of Learning Award

Norman Philipp of Pittsburg, was recently awarded a Love of Learning Award worth \$1,000 from The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines. Philipp is one of 155 recipients to receive the award.

The Love of Learning Award supports post-baccalaureate professional development for active Phi Kappa Phi members, funding opportunities such as graduate or professional studies, doctoral dissertations, continuing education, research and teaching-related travel, career advancement, and more.

Philipp, a professor at Pittsburg State University, will use funds from the award to support his continued doctoral studies in P-20 and community leadership at Murray State University.

CRASH

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senger side. The F-250 driver, 32-year-old Cody Davis, of Pittsburg, told officers that he was traveling south on Rouse in the inside lane, when the e-bike failed to stop at the stop sign and because there were no lights on the e-bike, it made it hard to see Tharp before he hit the passenger door of the truck.

Tharp was transported to Mercy Hospital Pittsburg for his injuries.

The investigation into this incident is ongoing at this time. Anyone who has information related to this or other incidents is urged to contact the Pittsburg Police Department at 620-231-1700 or at the tip line 620-231-TIPS (8477). Callers may remain anonymous.

BASKET

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mallows. Items already handled include the turkey/chicken (donated by Angela Meyer of The Well Traveled Chef), breadsticks (donated anonymously), potatoes, onions, green beans (canned), and pumpkin (canned).

Sign-ups for this year's baskets are open until 5 p.m. Friday, Nov. 20. To sign up, visit the Arma City Library at 508 E. Washington or call the facility at 620-347-4811. Baskets are to be distributed on Tuesday, Nov. 24, and deliveries are available for those who need it.

In addition to the food baskets, Corley highlighted other happenings at the Arma City Library, including the new John F. Kennedy display donated by the Nicoletti Family, which has brought forth donations and visitors from across the region.

"It's pretty extensive," she said. "It turned out really, really nice and it's my first rodeo exhibiting but I'm pretty proud of it. It will be up until January. We have had people from Tulsa, Baxter Springs, Pittsburg, so the word is out. We've had a donation to the exhibit of three different books that we didn't have, which is

pretty cool."

Corley said that in September, the pantry served 41 individuals and 20 families. So far through October, as of Monday's meeting, the pantry has helped 36 individuals and 11 families, a trend that is set to top the previous month's numbers.

The pantry's needs are grape jelly and oatmeal.

Programs and activities that are continuing at the Arma City Library are book club, story time, Silver Sneakers, Girl Scouts, Handmade with Love Crochet Group, 4-H Club, Arma Nutrition Council, Recovery Group, Faith Recovery Group, Essentrics Exercise as well as other business and miscellaneous community meetings.

The next council meeting is scheduled for 6 p.m. on Monday, Nov. 2. Meetings are held at the council meeting room next door to Arma City Hall, located at 701 E. Washington St. For more information or to be placed on the agenda, call the Arma City Hall at 620-347-4125.

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