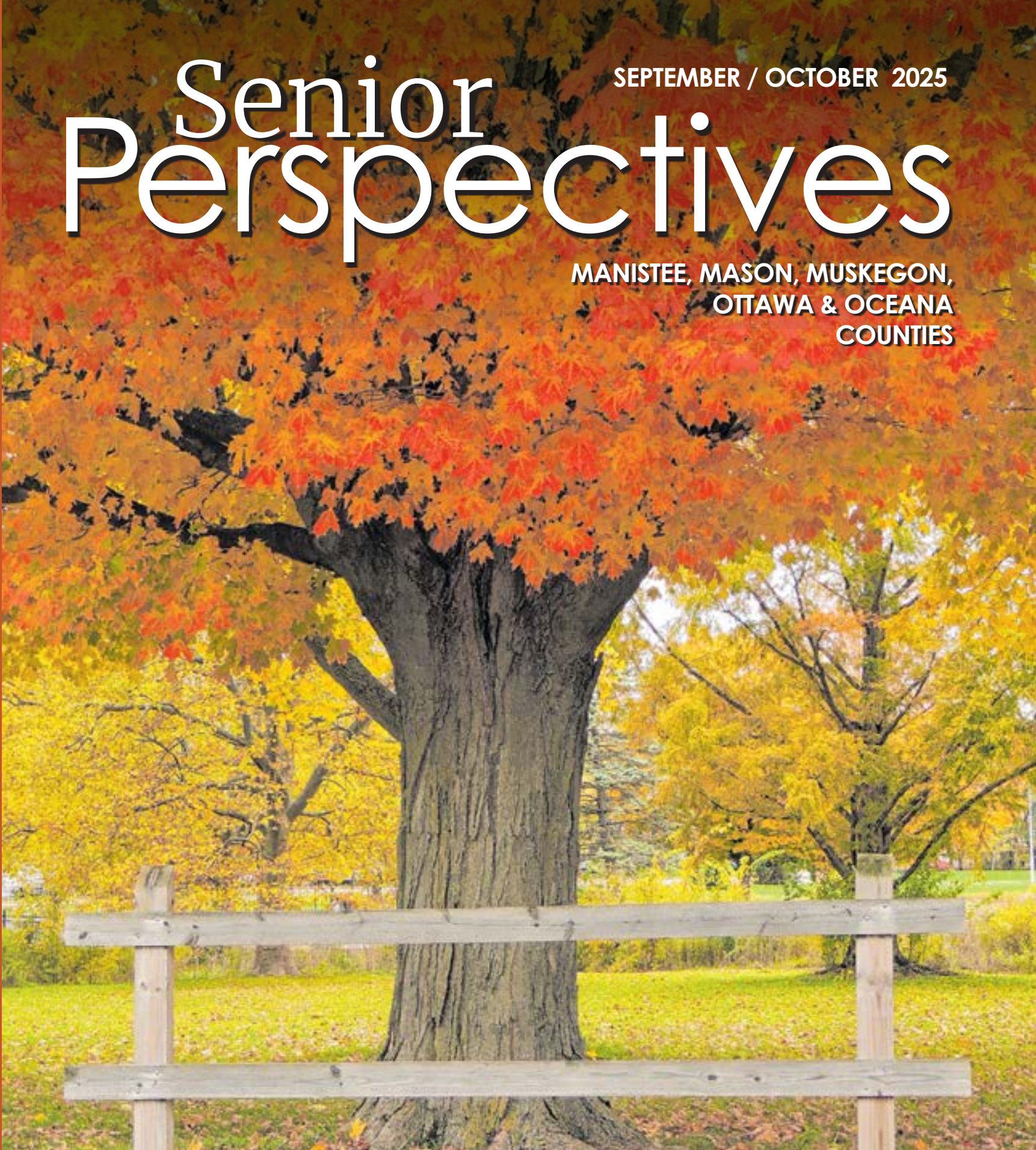


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Senior Perspectives

SEPTEMBER / OCTOBER 2025

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100 Years Ago



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Where did the year go?



BY LOIS
TOMASZEWSKI
EXECUTIVE
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MEDIA

It's hard to believe that with this edition of Senior Perspectives we are entering into the final third of the year. It has gone by quickly, at least for me, but there is so much to look forward to remaining.

September is a month that is filled with firsts - first day of school for kids and grandkids, first signs of autumn color,

first high school football games and tailgate parties. Even though we are heading into the end of the calendar year, there are still so many opportunities for making memories.

This is when the emerald greens of summer begin to be replaced by the bright yellows, reds and oranges of the Michigan trees. It's that time of the year when apples are picked, pumpkins are carved and families seek the warmth and nutrition of soups, stews, chili and other culinary concoctions that give a nod to the harvest and the hearth.

September also signals the transition of the seasons - from summer into October. We put away our summer clothes and begin to drag out the jackets and sweaters as the weather begins to change. According to seasonal predictions from the Old Farmer's Almanac, the Farmers' Almanac, and guidance

from the National Weather Service, there is no consensus of opinion on what we can expect - weatherwise- from this transition.

The Old Farmer's Almanac projects a cooler and drier-than-normal season across the northern United States, including Michigan's shoreline communities. Average September temperatures are forecast around 62 degrees, with rainfall near 2.5 inches — about a half-inch below normal. October is expected to trend cooler at 51 degrees, roughly 2 degrees below average, with about 2 inches of rain, or an inch below typical levels, the publication reports.

By contrast, the Farmers' Almanac describes fall 2025 as a "season of contrasts," predicting early chills, aggressive thunderstorms and the possibility of early snow across the Great Lakes region. The forecast warns that higher-than-usual storm activity could linger through September. The outlook also notes a chance of early snowfall in October with more widespread wintry conditions developing by November.

For readers marking their calendars, meteorological fall—used by weather experts for consistent seasonal comparisons—runs from Sept. 1 through Nov. 30. Astronomical fall, based on the autumnal equinox, begins this year on Monday, Sept. 22, at 2:19 p.m. EDT.

As the summer heat wanes and the colder temps move in, find ways to engage and indulge in September and October. Pick apples, venture into a corn maze and plan a fall get-together with family and friends.



Inspiration - and silliness - found in song recollections



BY
CLIF
MARTIN SR.

Are you having any fun? What are you getting out of living? That's a happy song from 1939, recorded by Tony Bennett. Count Basie, Tommy Dorsey and lots of others.

I might get kicked off of Facebook, which is for serious people to say serious things about serious issues. I post silly, stupid nonsense. Then I wait to see how many will take it with great seriousness.

I like spinach. It makes me bust out in song. "I'm Popeye the sailor man. I live in a garbage can." You



know the rest which I dare not say in this high class family friendly publication. Did you know there was a time when Popeye's mighty muscles didn't come from spinach? His radio show sponsor was Wheatena Cereal. He sang "I'm Popeye the sailor man. I'm Popeye the pride of the sea. Wheatena's



my diet, I ax you to try it and get big and husky like me. it.

I get my fine physique from cherries and another fun song from the 30's. "Life is just a bowl of cherries. "Don't take it seriously, it's too mysterious." Judy Garland and Doris Day have recordings.

Thanks for reading. I'll be back in November with something from my serious side if I can find it.

Clif's e-mail address is janman30@yahoo.com. He's on Facebook as clif walter martin

I Spy

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The answer, along with winners' names will be announced in the next issue. In the last issue, the firecracker was hidden in the bow in the image on page 20. See page 34 for winners.

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Monitoring your diabetes



BY
CHRISTINE
WISTROM

According to the CDC, over 37 million people in the U.S. have diabetes, and another 88 million individuals have prediabetes. Diabetes is a chronic illness that can lead to serious health complications and even result in death. With diabetes, your body has a problem turning the food you eat into the energy you need.

Unmanaged diabetes can result in:

- Blindness
- Kidney disease or failure
- Heart disease
- Stroke
- Dementia
- Nerve damage
- Circulatory problems
- Lower-extremity amputations
- Death

Diabetes does not develop overnight; it takes time and is usually a slow process. You may first develop prediabetes - blood sugar levels that are higher than normal, but not high enough to be diagnosed as full diabetes. Maintaining a healthy weight and increasing your level of physical activity can reverse or delay the development of prediabetes.

Symptoms of diabetes include:

- excessive thirst

- frequent urination
- increased hunger
- excessive tiredness
- blurred vision or a change in vision
- numbness or tingling in the feet or hands
- sores that do not heal or heal slowly
- unintentional weight loss
- frequent infections



Unfortunately, many people with diabetes have no symptoms. They may not find out they have the disease until related health problems develop, such as blurred vision or heart trouble.

Managing your diabetes includes keeping your blood sugar levels in a safe range, and monitoring development of complications before they get out of control. Effective self-management includes:

- monitoring blood glucose (sugar levels)
- self-monitoring symptoms

- and knowing how to respond if a problem develops
- following a healthy eating plan
- remaining physically active
- managing stress and your emotional state
- managing sick days, infections and complications
- using prescribed medications safely and effectively
- keeping up on tests and immunization

The primary goal of managing diabetes is to keep blood sugar levels within a target range. You might believe you can tell when those

levels are too high or too low, but that's not really a reliable way of managing diabetes. You may not have any symptoms.

If you believe your sugar levels are getting too low, indicated by your feeling sweaty, shaky, dizzy, with a racing heartbeat, a headache, confusion, irritability, sudden mood changes, or have tingling around your mouth or in your fingers, check your blood sugar level immediately. Be aware of these symptoms and if you feel your blood sugar is getting low, eat a carbohydrate food, and wait 15 minutes. If after 15 minutes

symptoms aren't better, eat another remedy food and wait an additional 15 minutes. If things still aren't better, call your doctor's office.

If you feel your sugar level is too high, indicated by feelings of extreme tiredness, extreme thirst, blurry vision or a change in vision, increased hunger or an increased need to urinate, check your sugar level. Drink water or other sugar-free liquids to prevent dehydration, follow your instructions for taking extra insulin. Check your blood sugar every 4 hours. If you become confused, agitated or weak, develop a fever, have vomiting or diarrhea, if you have a strong fruity breath odor, or if your breathing is rapid and deep, call your doctor immediately.

Most complications of diabetes can be successfully managed or prevented. You can play an important role in managing your diabetes. Take the time to note how high or low blood sugar levels make you feel and watch for times when you feel that way again. Play an active role with your health care team to ensure you receive the best care possible.



Chris is a Gerontologist and a former Long-Term Care Ombudsman. As an Independent Living Specialist at Disability Network Lakeshore, she specializes in assistive technology, emergency preparedness planning, and service dog training.

ASK THE DOCTORS:

Ideal conditions for accurate blood pressure readings



BY EVE GLAZIER, M.D. AND ELIZABETH KO, M.D.

no talking or distractions for at least five minutes. But my doctors all slap on a cuff, ask questions the whole time, then exclaim that I have high blood pressure. I have to ask for at least five minutes of quiet before a reading. How do we convince doctors to change?

DEAR READER: A doctor's office is an artificial environment. Many people have fought through traffic, and perhaps for a parking space, before they even reach the door. Then, in the waiting room, they are left to manage the anxiety that can often accompany a medical visit. In our opinion,

the blood pressure readings taken when someone first sits down in an exam room, often while being quizzed about their medical history, are likely to reflect that person's blood pressure under stress. That is why, in our own offices, we don't make decisions about blood pressure medication based solely on a single office value.

You are correct about the optimal conditions needed to obtain an accurate blood pressure reading. In fact, they are used in the clinical studies used to arrive at standardized blood pressure ranges. As you mentioned in your letter, this includes sitting upright in a comfortable chair that supports the back. The arm needs to be supported at heart level with both feet flat on the ground. There should be a quiet resting period of at least five minutes before the test. And because blood pressure fluctuates, multiple measurements, several minutes apart, are needed for an accurate

result.

Additional factors that affect blood pressure include time of day, temperature and exercise. Blood pressure is typically highest in the morning and lowest at night. Blood vessels constrict in a cold room, which can elevate blood pressure. Heat can do the opposite. The effect of exercise, in which blood pressure rises as the heart works to send oxygen and nutrients to the muscles, continues for at least 30 minutes after the exertion ends. Caffeine and tobacco raise blood pressure. So can certain medications, including over-the-counter pain relievers. Being dehydrated can cause blood pressure to dip. It is also important to use the correct cuff size. A cuff that's too large can cause a false low reading, while a cuff that's too small can give results that are too high.

Some people routinely have elevated readings in a medical setting, a response known as

white coat hypertension. In those cases, we advise bringing a detailed log of at-home values to share with the physician. That information reflects a pool of data collected over time, and we find it to be a more reliable index than a single office-based reading.

Blood pressure is an important metric of health. We believe making medical decisions based on a single reading is unwise. And though we don't have an answer about how to encourage systemic change, we applaud your approach of advocating for yourself. Patients feeling rushed are within their rights to request the same environmental conditions in which blood pressure standards were created.



Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

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Navigating Medicare can feel overwhelming—but you don’t have to do it alone. Thanks to a dedicated team of local experts, residents of Muskegon, Ottawa, and Oceana counties have access to free, unbiased guidance through the State Health Insurance Assistance Program, or SHIP.

Formerly known as MMAP (Michigan Medicare Assistance Program), SHIP is part of a national initiative that’s administered locally by Senior Resources, your Area Agency on Aging. This grant-funded program is designed to help Medicare beneficiaries, their families, and caregivers make informed decisions about their healthcare coverage.

At the heart of the program is Joan Schmiedeknecht, SHIP’s Regional Coordinator, who leads a passionate team of 9 trained volunteer counselors. The local SHIP office is situated in the Tanglewood Park Office Building at 560 Seminole Rd,

with additional offices in Ottawa and Oceana counties to ensure accessibility. Services are available

qualifies you for special enrollment, or reviewing your options during the annual open enrollment



CRAIG AND JEAN WEIRICH

by appointment, Monday through Friday, from 8 a.m. to 4 p.m.

Whether you’re turning 65, experiencing a life change that

period, SHIP is here to help. While SHIP counselors are not licensed insurance agents, they undergo rigorous training and annual recertification to ensure they

provide accurate, unbiased, up-to-date, information on your various Medicare plan options.

Two of SHIP’s longtime volunteers, Craig and Jean Weirich, have been helping local residents for over a decade. “What we find most rewarding is working one-on-one with clients as they navigate the complexities of Medicare,” they shared. “Helping each person find the right insurance coverage for their unique situations, gives us a real sense of purpose. We love giving back to our community in a meaningful way that directly supports people’s healthcare needs.”

The upcoming Medicare Open Enrollment period runs from October 15 to December 7, 2025. This is the only time of year when you can make changes to your Medicare plan that will take effect on January 1, 2026. To schedule an appointment, call 1-800-803-7174.

SHIP counselors can assist with a wide range of topics, including:

- Medicare Parts A & B
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage plans
- Medicare supplemental insurance

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Reporting Medicare or Medicaid fraud and abuse

In addition to one-on-one counseling, SHIP also offers free “Medicare 101” sessions to help you understand your options. For more information, visit <https://seniorresourceswmi.org/services/> or <https://www.shiphelp.org>.

And remember—if someone calls you unexpectedly asking for personal information, hang up. Scammers often impersonate Medicare, Medicaid, or Social Security. Report suspicious activity to the SHIP office or the Office of Inspector General Fraud Hotline at 1-800-447-8477.

Funded by the U.S. Department

of Health & Human Services, the Michigan Department of Health and Human Services, the Michigan ACLS Bureau, and the Muskegon County Senior Millage, SHIP is not affiliated with any insurance companies. Its mission is simple: to educate, counsel, and empower you to make the best decisions for your health and your future.

Kimberly Wolcox serves as the Marketing Communications Manager at Senior Resources of West Michigan, the Area Agency on Aging for Muskegon, Oceana, and Ottawa Counties. In her role, she leads public relations, digital marketing, and community outreach efforts. A recent transplant from Michigan’s “Eastside,” Kimberly and her husband are now living the dream on the famed “Best Side,” enjoying life near the shores of Lake Michigan.

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Drivers Training



BY JACK R. WYDECK

My youngest daughter is starting high school this year, and more terrifying than that, she is starting driver’s training.

This kid has always been my go-to adventure buddy. We found my favorite lemonade stand and the worst pizza in town together. Now, my little girl, my partner in crime, is about to be able to go on adventures without me. And that is breaking my heart.

The act of driving is something I take for granted. I can’t help but think about how her life is about to change, and the amount of freedom she is going to have. If she wants a glass of lemonade, she doesn’t have to wait for me to get home.

Talking to my parents made me realize they may soon have to consider life without driving. For my daughter, the world is about to get a lot bigger, and for some older folks, the world might feel like it’s shrinking. I am not looking forward to taking my parents’ licenses away, but I know that at some point we will need to discuss their continued driving.

I realized that the test I will use to allow my daughter on the road is the same test I will use to talk to my parents about driving. I expect they will both be able to tell me about the laws, speed limits, when they can use their phones, how to act at a

four-way stop sign, etc., but I want to know they are able to operate a vehicle safely.

KEEPING YOUR MIND ON THE ROAD:

Driving is one of the most complicated things a person will ever do. It demands constant focus and attention. This mental focus/ clarity may be something that is not yet developed in young drivers, but may also be one of the first things to go when we age. Medical conditions, medications, illness, and injuries may cloud our judgment and slow reaction times.

HANDLING THE WHEEL:

While driving may seem like a seated activity, we make sure that drivers can physically handle the requirements of driving. They have to be able to turn their head to use the mirrors, to look behind them when backing up. Moving quickly from the gas to the brake might be difficult. They need the strength to use both arms and legs to control the vehicle. If a young person doesn’t have these abilities, they are not allowed to drive. As we get older, joint stiffness, injuries, and medications may make these movements difficult.

SEEING THE SIGNS:

Eyesight is one of the first things we lose as we age. I remember being able to read a billboard from a mile away, at 80 MPH. Now, I end up missing the billboard because

I couldn’t find the glasses that I was already wearing. As we age, it is harder to see street signs and



addresses, and even recognizing familiar landmarks can be difficult. At dusk or dawn, or in the rain, it is harder to see lane markings, or possibly being temporarily blinded by oncoming headlights.

As I plan for the next year, I think about all the wisdom I want to

impart to my daughter. I’m trying to remember all of the things that my dad taught me when I was learning

how to drive. He taught me to drive defensively and to never assume I know what the other guy is going to do. He taught me about the importance of “coasting” and not to overuse the brakes. It’s from him I learned about driving a safe distance behind someone, and how to “brake-check” a person who is

tailgating me.

If I end up having to have the conversation with them, I know that I have resources to help make it a constructive conversation, and not me taking away their freedom.

- I can talk to my family and plan to limit their driving needs. Most things today (food, prescriptions, clothes, etc.) can be delivered. We can make plans to take them wherever they need to go. This would be a great opportunity to give a new driver some needed experience.

- The AARP offers a driving course geared for the experienced driver to help improve driving skills like defensive driving and how to handle uncommon situations like left turns and roundabouts. The information is even available as an online class that they can take from home. More information about that course can be found at www.aarp.org/auto/driver-safety.

- If I need to, I can always request that the State of Michigan require a driver’s

evaluation. I couldn’t imagine what it would feel like to lose the ability to drive, and I would hate to be the one who makes that decision. The State of Michigan can put in restrictions to limit the driving, or require special equipment to keep my dad on the road for as long as it is safe for him to be there.

Watching my daughter prepare to take the wheel while my parents prepare to potentially hand over their keys is a powerful reminder that driving isn’t only about getting from one place to another- it’s about independence. As our roles shift within our family, it is important to support each other in these transitions. Whether we’re starting our journey or nearing its end, what matters the most is that we are all moving forward, safely and together.

Jack is an active member of the Muskegon Charter Township Fire Department. In July of 2025 he celebrated 20 years of marriage to his wife Carrie, and 13 years on the fire department. He is the proud father of two headstrong daughters who will change to world. He can be reached at jack.wydeck@mcd911.net with any questions.

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Part 5, The Musculoskeletal System



BY HOLLY LOOKA-BAUGH-DEUR

Continuing with the Health Priorities series about normal vs. pathological aging by system, our next review is the **musculoskeletal system**. Bones, muscles, joints, ligaments, and supportive fascia are all included in this system, allowing us to sit, stand, and move within our life’s activities. Perhaps the most obvious manifestations of aging are seen in the way our posture and movement abilities change over time. As we review the top 5 conditions of the musculoskeletal system, how to prevent and detect them and recommended treatments, reflect on how one’s lifestyle for 60, 70, 80+ years may contribute to these conditions. At the same time, know that it is NEVER too late to impact your functional capacity through lifestyle change.

The prevalence of musculoskeletal diseases such as osteoarthritis, osteoporosis, sarcopenia, and rheumatoid arthritis is rising sharply with global ageing, increasing disability rates among older adults (aged ≥60 years), diminishing quality of life, and burdening health-care systems. In the USA, musculoskeletal diseases affect over 121 million people and account for the highest rate of disability among all disease groups, underscoring the need for targeted strategies. Although promising solutions including advanced pharmacological therapies, regenerative medicine, and digital health technologies (including

artificial intelligence) are available, they remain under-utilized in existing care models. (Nguyen, Lee et al, 2025)

Let’s dig into the top 3 conditions associated with an aging musculoskeletal system.

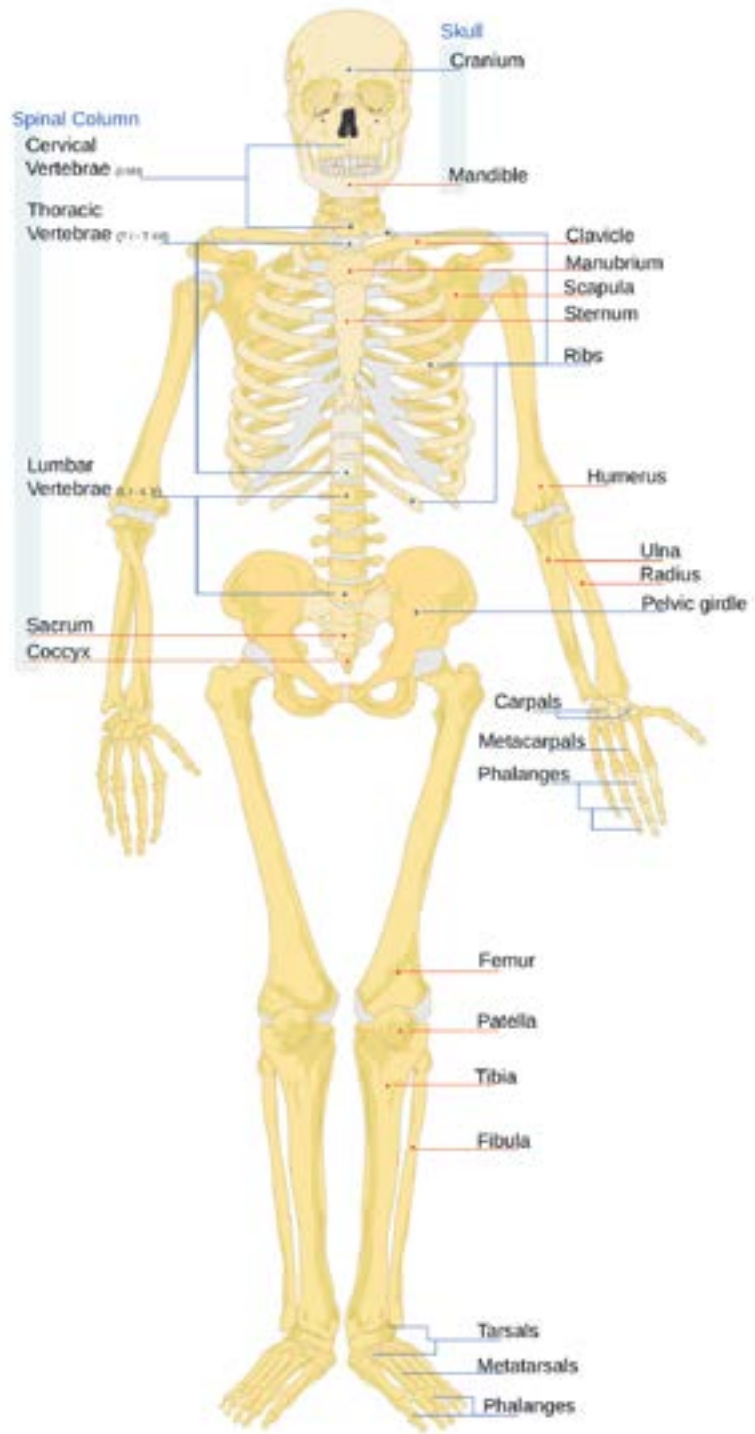
- **Sarcopenia:** This disease/ condition is receiving much more attention among geriatricians and aging specialists. Generally defined by the progressive loss of muscle mass, strength and function, diagnosis of sarcopenia significantly increases fall and fracture risk as well as increases profound weakness and fatigue.

Sarcopenia is associated with and may, in part, be caused by several chronic diseases that negatively affect the musculoskeletal system and physical activity. These include chronic obstructive pulmonary disease (COPD), chronic heart failure (CHF), chronic kidney disease (CKD), diabetes mellitus (DM), human immunodeficiency virus (HIV), and cancer.

- Two simple screening tools to assess muscle strength are the handgrip test and sit to stand test.
- The handgrip strength test is measured with a dynamometer; men and women with scores of less than 27 kg. and 16 kg. are characterized as sarcopenic.
- The Sit-to-Stand test is performed by moving from sitting to standing as fast as possible without using your arms. If this takes longer than 15 seconds to complete this move 5 times, sarcopenia should be suspected. Common performance tests for sarcopenia may include gait speed test, 400-meter walk test, or Timed Up and Go test.

- Definitive diagnosis of sarcopenia is determined through MRI, CT scan, DEXA scan or BIA (bioimpedance analysis.)
- Treatment includes strengthening exercises and focused

protein intake, up to 30-35 mg per meal. The benefits of exercise are many, and it may take a significant amount of time to restore muscle mass. The guidance and direction of a licensed physical therapist is



recommended for sarcopenic recovery.

- **Osteoarthritis (OA):** This may be the most popular and described topic of aging researchers. OA is the condition characterized by inflammation of joints causing pain and stiffness, and it is characterized by degenerating and irregular surfaces of the parts of the bone that form joints. The ends of bones are covered with cartilage that wears down or is damaged over time or by an injury. There are many types of arthritis (psoriatic, rheumatoid) but the wear and tear of OA is seen more universally across the aging population. Diagnosis can occur through physician examination of movement supplemented by patient complaints and Xray where the joint space and condition of the bone/ joint can be viewed.
- Screening for OA can be done by carefully moving your joints through their full range of motion. If differences are noted between sides, or there is pain or restriction, consider bringing this to your physical therapist or health care provider’s attention.
- Treatment has been extensively studied around the world. Nutritional supplements such as glucosamine or chondroitin sulfate or an anti-inflammatory diet (tart cherries!) help abate symptoms for some individuals. Topical creams help others. Prescription medications (Celebrex- example) can also be helpful. Many people with advanced OA or degenerative joint disease require total joint replacement. Clinical outcomes from total knees, hips, and even ankles and shoulders are improving every year.
- The top 5 evidence-based treatments include:
- Movement and exercise

- Weight management
- Pain relievers (NSAIDs, acetaminophen)
- Intra-articular injections (corticosteroids, hyaluronic acid)
- Physical therapy
- Women are more susceptible to OA than men, and estrogen is thought to play a role. Not all exercise is helpful – try to stick with lower impact activity such as walking or exercising in the water and avoid high impact on individual, weight bearing joints. Over-exercise and exertion can worsen symptoms. Other factors play a role in OA progression such as genetics, previous injury, and obesity.
- **Osteoporosis:** Characterized by a loss of bone density causing brittle bones and a very high risk of fracture, osteoporosis affects 27.1% of all adults over age 50. Women are impacted four times more frequently than men. This condition/ disease is called “the silent thief” because it often goes undetected until a fall or bump causes a fracture. Approximately 43% of adults over 50 suffer from osteopenia, a precursor to osteoporosis. The difference between osteopenia and osteoporosis is based on the relative density of bone loss.
- Risk factors for osteoporosis include:
- Low peak bone mass achieved during ages 18-25
- Lifestyle issues such as heavy alcohol intake, tobacco use, and a sedentary activity level
- Dietary deficits such as low vitamin D, calcium
- Family history
- Certain medications increase bone loss (corticosteroids)
- Diagnosis: A bone density test (DEXA) is the best way to diagnose osteoporosis and determine a treatment plan. T-scores of -2.5 or

lower indicates the presence of osteoporosis.

- Treatment: While there is no cure for osteoporosis, managing osteoporosis or osteopenia is possible with goals of increasing bone density, improving bone strength, and slowing or halting bone loss. Options to consider in a comprehensive treatment plan include:
- Medications: bisphosphonates and others
- Hormone replacement therapy
- Dietary changes – increase vitamin D and calcium
- Weight bearing activities such as walking and resistive exercises. Use of a trampoline/ rebounder for just 10 minutes per day has proven to be effective in combatting osteoporosis
- Lifestyle changes – eliminating alcohol and tobacco use

- Comprehensive fall prevention evaluation
 - Surgical stabilization strategies such as vertebroplasty and kyphoplasty – used to treat painful vertebral compression fractures
- Musculoskeletal conditions associated with aging have one universal treatment theme... Movement. Every system in the human body benefits from regular movement and activity. A sedentary life contributes to both muscle and bone decline. Simple lifestyle changes such as including a 10 minute moderately paced walk can make a significant difference. Consider consulting with a licensed physical therapist, certified athletic trainer or other professional to guide you with starting a safe and meaningful program to prevent or manage sarcopenia, osteoarthritis and osteoporosis.

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Create the quintessential autumn meal

Autumn evokes all types of cozy images. There are the chilly evenings spent around the fire pit outdoors or nights spent by the fireplace sipping warmed cider. Afternoons strolling through crunchy leaves or seeking out the perfect apples in the orchard also make autumn a special time of year.

Comfort foods are popular in fall, and many people have their tried-and-true recipes that they prepare when temperatures starts to dip. Perhaps no fall meal is as coveted and enjoyed as beef stew.

Simmered for hours, stew meats fall apart, and soft potatoes and carrots perfectly complement the rich beef. This recipe for “Harvest Beef Stew” from “Crock-Pot® 365 Year-Round Recipes” (Publications International, Ltd.) from Crock Pot® Kitchens is a make-ahead-then-forget recipe that promises all of the flavors that make beef stew so delicious. Serve it with a fresh-baked loaf of crusty bread to soak up the mouth-watering sauce.



Harvest Beef Stew Makes 6 servings

- | | |
|--|--------------------------------------|
| 1 tablespoon olive oil | 1 cup apple juice |
| 1 1/2 pounds beef for stew | 2 tablespoons dried parsley flakes |
| 1 quart canned or stewed tomatoes, undrained | 1 tablespoon dried basil |
| 6 carrots, cut into 1-inch pieces | 2 teaspoons salt |
| 3 medium potatoes, cut into 1-inch pieces | 1 garlic clove, minced |
| 3 celery stalks, chopped (about 1 cup) | 1/2 teaspoon black pepper |
| 1 medium onion, sliced | 2 bay leaves |
| | 1/4 cup all-purpose flour (optional) |
| | 1/2 cup warm water (optional) |

Heat oil in a large skillet over medium-low heat. Brown stew meat on all sides. Drain excess fat. Placed browned meat and remaining ingredients except flour and water in Crock-Pot® slow cooker. Mix well. Cover; cook on high 6 to 7 hours. Before serving, thicken gravy, if desired. Combine flour and warm water in small bowl, stirring well until all lumps are gone. Add mixture to liquid in Crock-Pot slow cooker; mix well. Cook 10 to 20 minutes, or until sauce thickens. Remove and discard bay leaves before serving.

Delicious soup perfect for the season

Roasted Pumpkin Soup With Pumpkin Crisps Serves 6 to 8

- | | |
|---|-----------------------------------|
| 3 to 3 1/2 pounds pumpkin | 4 cups vegetable stock |
| 6 tablespoons olive oil | Salt and ground black pepper |
| 2 onions, chopped | 1 tablespoon sesame seeds |
| 3 garlic cloves, chopped | Fresh cilantro leaves, to garnish |
| 1 3-inch piece of fresh ginger root, grated | |
| 1 teaspoon ground coriander | For the pumpkin crisps |
| 1/2 teaspoon ground turmeric | Wedge of fresh pumpkin, seeded |
| Pinch of cayenne pepper | 1/2 cup olive oil |

- Directions:**
- Preheat the oven to 400 F. Prick the pumpkin around the top several times with a fork. Brush the pumpkin with plenty of the oil and bake for 45 minutes or until tender. Leave until cool enough to handle.
 - Take care when cutting the pumpkin, as there may still be a lot of hot steam inside. When cool enough to handle, scoop out and discard the seeds. Scoop out and chop the flesh.
 - Heat about 4 tablespoons of the remaining oil (you may not have to use all of it) in a large pan and add the onions, garlic and ginger, then cook gently for 4 to 5 minutes. Add the coriander, turmeric, and cayenne, and cook for 2 minutes. Stir



- in the pumpkin flesh and stock. Bring to a boil, reduce the heat, and simmer for about 20 minutes until tender.
- Cool the soup slightly, then puree it in a food processor or blender until smooth. Return the soup to the rinsed out pan and season well.
 - Meanwhile, prepare the pumpkin crisps. Using a swivel-blade potato peeler, pare long thin strips off the wedge of pumpkin. Heat the oil in a small pan and fry the strips in batches for 2 to 3 minutes, until crisp. Drain on paper towels.
 - Reheat the soup and ladle it into bowls. Top with the pumpkin crisps and garnish each portion with sesame seeds and cilantro leaves.

Sweet apple flavor in every bite

Fall means many things: leaves changing color, cool breezes and plenty of apples to pick. When an afternoon spent at the local orchard provides a bounty of apples, people can turn them into flavor-packed treats.

Orange-Glazed Apple Tarts (Serves 4)

- | |
|---|
| 1 package (17.3 ounces) puff pastry sheets, thawed |
| 1 egg beaten with 1 tablespoon cream (egg wash) |
| 2 to 3 firm apples (Granny Smith, Honeycrisp, Gala) or pears (D’Anjou or Bartlett) cored and peeled |
| 1/2 cup finely chopped hazelnuts, almonds, walnuts, pecans, or pine nuts |
| 1/4 cup sugar |
| 1 teaspoon ground cinnamon |
| 1/2 cup orange marmalade |
| 2 tablespoons dark rum (optional) |
| Vanilla or seasonal ice cream, or whipped cream |

Place 1 sheet of the puff pastry on a work surface and roll out any creases. Cut the pastry into fourths. Place the four pieces on a parchment-lined baking sheet. Place the second sheet of pastry on the work surface. Cut the pastry into eight strips lengthwise and then cut in half horizontally to make 16 strips.

Brush the edges of each of the 4 squares with the egg wash and then place a strip of pastry on each edge to make a border. Brush the edges again with egg wash, and score the edges every 1/2 inch to decorate the border. Thinly slice the apples or pears. Place the fruit slices on the pastry, within the border, in a decorative pattern. Sprinkle lightly with nuts, sugar and cinnamon. Bake the tarts on the middle rack of a preheated 425 F oven for 15 minutes, and then reduce heat to 375 F for an additional 10 minutes. The fruit should be cooked and the pastry golden brown and puffed. Remove from oven. While pastry is baking, heat the marmalade and rum in a small saucepan just until the marmalade has melted. As soon as the pastries are removed from the



oven, brush the tops with the warmed marmalade to form a glaze. Cool to room temperature and serve with ice cream or whipped cream.

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Helping first responders, like me



BY
JOE
STAPEL

This article is for all retired first responders in all five counties who receive this paper—or spouses, friends, or relatives of first responders.

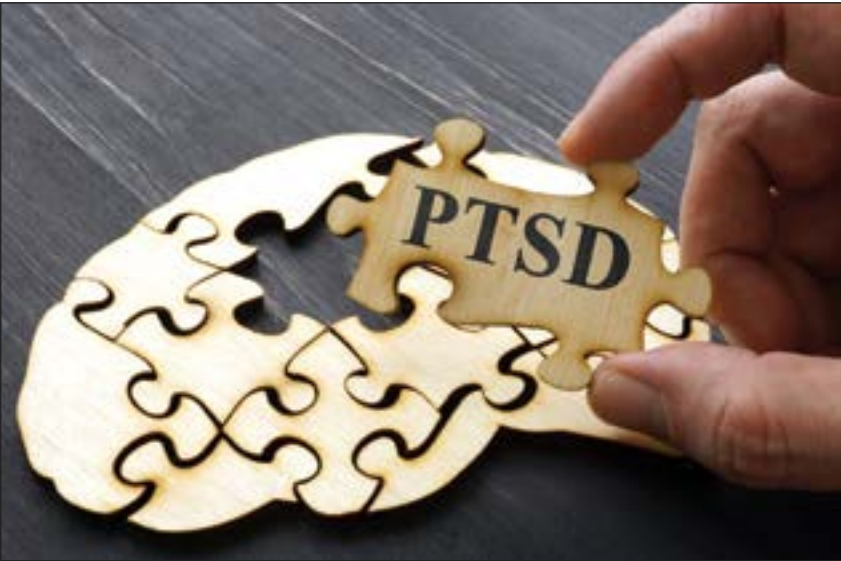
I founded Help Michigan Heroes in 2023 for the following first responders in Michigan who have PTSD: retired police officers (like myself), firefighters, paramedics, and emergency room nurses who have PTSD like I do.

Many retired first responders do not want anyone to know they have PTSD. Many try to deal with it through alcohol or drugs or do not discuss it with anybody. The recommended way to deal with it is mental health therapy.

As PTSD is a lifetime sentence and will not go away, you need to learn how to handle it.

Mental health therapy will help you do that.

Our goal is to pay your copays



(as they run \$40 to \$140.00 a session). Most of you, if retired, have insurance that will pay the upfront, and we want to pay the copay for you so the cost for mental health therapy will be zero to you.

You can also sign up for Telehealth, which allows you to get your therapy in your home on your phone or computer and speak directly to your therapist in the privacy of your own home.

We want to assist you with these copays—but more importantly, you need to seek out

therapy.

Please place a call to Services of Hope at 231-722-7980 and ask for Angelita Valdez. If she is not there, please leave her a message,

including: “I am a Michigan first responder and am responding to the Help Michigan Heroes letter, and I would like to discuss signing up for Telehealth.”

Please call today for assistance! I have been taking therapy for eight years and am very glad I did.

You can get more info at HelpMichiganHeroes.org.

You can speak to me at [email address]@gmail.com.

Donations can be mailed to: 2363 Blodgett St, Muskegon, Michigan 49441.

Joe Stapel, the Founder of Help Michigan Heroes, writes articles for Senior Perspectives on a variety of topics.

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Unexpected Chuckles



BY REV.
WILLIAM
RANDALL

Sometimes situations that are very serious or even sacred can turn out to be humorous. Today my thoughts go to three baptism services that brought chuckles. Ordinarily baptism services are routines with meditative thinking in each heart. Baptism is an important, outward expression of one’s faith. Believer’s baptism by immersion, pictures death to sin and burial as the person under the water, then raised to the newness of life. Believers in Jesus were instructed by the Apostle Paul to repent and be baptized in the name of Jesus Christ. (Acts 2:38)

Churches I served in did not have baptism pools or white robes for the people to wear. We used other churches or went to nearby lakes. One such service not wanting it to be a “wet t-shirt event,” I warned the ladies about wearing proper clothing. I mistakenly said, “maybe wear a

coat”. I had thin rain coats in mind. I stood at the bottom of the stairs in the water, and down came a



lady, who wore plus sizes to begin with, wearing a pink plush teddy bear coat. It absorbed gallons of water.

When she saw me she gasped and loudly said, “Pastor Randall not you!” The audience chuckled. I later asked who she expected it to be, she said “I meant, not you alone”. With God’s help I got her back on her feet. She didn’t drown.

On another occasion the plug in the baptismal pool was loose and all the water was gone. People got ready and came out barefooted but

had to wait. It takes a long time to fill a pool. They even carried water from the house next door. We had to get out of there so the host church could have their evening service, so I said “It’s knee deep, let’s go ahead.” I told them to kneel down. I found that it was impossible to go backwards on our knees so I pushed them over sideways. Getting them upright from that position wasn’t easy. The laugh was on me because I was as wet as those who were baptized. I know that they never forgot their baptism.

The final story was not one in which I participated. I was just in the audience. It was a large church with a fancy baptistry. They had automatic draw drapes in front of

the baptistry, where a button was pushed to activate it. The man being immersed was afraid of water, struggled and was pulling the pastor under. The person in charge of the button, hurried to close the drapes but nervously pushed it twice and by this time the pastor was about to go under. The button was quickly pushed again and the curtain closed for good. By this time the congregation roared with laughter.

When you go to a baptism, just expect the routine and be blessed.

Rev. William Randall resides at Village at the Oaks in Muskegon and is the Associate Pastor at Family Bible Church in Muskegon.

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KEITH’S WORLD: Yuma, AZ



BY KEITH SIPE

Destination.....
Yuma, Arizona.
Leaving
Muskegon,
Michigan January
2025.
During my
planning for this
trip to Yuma, I found that this will
take a lot of traveling time to get to
Arizona, but I had plenty of time,

little over 2,000 miles. Traveling
300 to 350 miles per day is enough
for me. My experience in traveling
is, I enjoy traveling less miles
per day so that I can leave later
in the morning and be able to
make one or two unscheduled
stops if needed. Plus, if I get
tired of driving, I can always stop
early. This is the way I enjoy
traveling. I just allow myself some

daughter and family. After
my weekend visit, I went on to
Alamogordo, New Mexico and
visited two of my cousins.
I also stopped in Holloman AFB
and spent the night. The next day
I decided to stop at White Sands
National Park. White Sands was
an unscheduled stop.
Another unplanned stop was
‘Old Tucson Town’ where I had a



On my trip, I also visited London Bridge in the city of Lake Havasu.

for I am retired! So, remember,
when you are planning a trip to
Anywhere, USA, make sure you
say to yourself, “I have plenty
of time”. You will need it if you
travel like me!
From Muskegon to Yuma is a

extra time for those spontaneous
stops. Remember, I’m retired and
have all the time for every planned
or un-planned adventure.
On my trip to Arizona, I
planned time to stop for a
weekend in Texas to see my

great time.
Next was Davis Monthan AFB
in Arizona and there to stay for the
night.
Before leaving the air force
base the next morning, I decided
to head over to the runway and



Looking over the Hoover Dam.

watch a few jets land and take off.
I even watched a big drone land.
Later in the day I finally arrived
in Yuma, Arizona to visit my
brother and sister-in-law. It nearly
took me two weeks to get there.
My brother Ken and his wife
Marge enjoy spending their
winter months in Yuma. I never
understood why until I spent a few
days there with them in Yuma.
They enjoy the Yuma area and
talk about the friends they make
and all the activities they do in the
area. Especially golfing for Ken
and Marge. They golf a lot, but
for me, a cold glass of iced tea and
sitting under a shade tree by the
lake, is the way to go!
I was unaware of what Yuma
had to offer. For example, picking
our own oranges and grapefruit

from a tree. I have never done that before and you can be sure I picked
the good ones. Very good.
We visited a date farm, where you pick up pretty girls, no, just
kidding. The other Dates, you know, the ones you can eat. I never knew
how they were grown or harvested.
I traveled past lemon tree farms where the farmers flooded the lemon
grove with water from the canals.
I was amazed by all the farming that is taking place in the
desert. Dates, lettuce, citrus, alfalfa, cotton, wheat, leafy greens, melons,
and more. I now understand why this area is so attractive for those
who winter in the Yuma Arizona area. Hopefully I can get back there
sometime soon.
I was in the desert, in Arizona, in the city of Yuma. Many people live
in the Yuma, Arizona area. The census of 2020 stated that over 95,000
people live there. It is a large community with many activities. Not
only city life, but farming as well.

Keith Sipe has been writing for the Senior Perspectives over 20 years. Keith served 21 years in the U.S. Air Force and the U.S. Army. Keith has many interests like writing, photography, flying, cooking, history and traveling. Keith may be reached at rightseat625bg@gmail.com Please drop him a note, for he loves the attention, well, he would love to hear from you.



Driving down the strip in Las Vegas.



Even stopping in Amarillo, Texas to view old Cadillacs buried in the ground. Really?



Amarillo, Texas famous “The Big Texan” restaurant, where you can eat a 72oz steak in one hour for free! Can you do it? Hummmm



Young Entrepreneurs



BY LOUISE MATZ

Over the last few months while attending craft shows, garage sales or yard sales, I've been delighted to see very young entrepreneurs setting up business for themselves. They are serious sales people. They are knowledgeable about their product. Be it lemonade and cookies or a garden fairy wand, or toys, they know the details of the product. Who made the cookies and what are the contents? What is the price? The garden fairy wand came in three sizes. So, of course, there were three different prices. I was impressed by how organized and attentive they were. These

young people were very eager to please and some of them had even developed a real sales pitch!

Mason's stand was set up for lemonade and cookies. It was equipped with all the necessary items – cups and lemonade, cookies, napkins AND a toy cash register! My sister and I enjoyed both lemonade and cookie and Mason did a fine job of making change for a five dollar bill.

Teagan, age 9, was selling garden fairy wands. She had a great display showing different colors and sizes with pricing displayed for each. I picked a red one for my anthurium plant.

Aiden was selling LEGO toys. I chose a yellow figure and he was quick to tell me its name, Bumble

Bee. He had a large assortment for sale and I suspect he knew the name of each one.

Kristina, Kennedy and David had joined forces to manage their business of lemonade and cookies. As you can see, the girls had very colorful headgear which automatically drew attention to their display. They also offered a strawberry lemonade rather than the standard lemonade. They were very structured and were accurate about everything including their names, as they quoted "Kristina with a k" and "Kennedy with two n's." Again, the products were delicious.

The young man shown with magnets was selling alongside his mother at a craft fair. I purchased Detroit Lions earrings from her, and

I was very impressed by her son who had a very nice appealing sales pitch for the magnets. I can't find the note with his name, but I think it was Brett or Brent or something similar. He was so professional. I didn't want to leave him out.

Louise is a national award winning writer. She has been writing for Senior Perspectives for over 15 years. She enjoys family time, reading, traveling, biking, golf, pickleball and mahjogg. She and her husband spent over 20 years enjoying bow hunting for deer in the Upper Peninsula, hunting turkeys, and fishing in the Florida Keys. She is currently re-inventing her life as she lost her husband of 62 years in November of 2023.

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GAME PAGE

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

Level: Beginner

Game
Page
Answers
on
Page 34

CELEBRITY CIPHER
by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

- YJGBG HU NEF HD PEBL. YJGBG
HU DE JZMMHDGUU GVXGMY HD
YJG BGZIHSHZYHED YJZY PG JZKG
ZXXEOMIHUJGR UEOGYJHDW. "
- JGDBF TEER

TODAY'S CLUE: V equals X

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WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.



Answers on page 34

Game Page is brought to you
by your friends at:

HOMETOWN
HOSPITALITY

Toast
'N Jams

Cherokee
Restaurant

MTR

Dockside
Donuts

NO NAME
SALOON & GRILL

Full
Moon

RED
ROOSTER
TAVERN

PUB

CROSSWORD

			1	2	3	4		5	6	7	8	9		
	10	11						12					13	
	14							15					16	17
18							19				20		21	
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38					39				40					
41				42		43		44				45	46	47
48			49		50		51					52		
53				54		55						56		
57			58		59				60	61	62			
	63	64						65						
		66						67						

CLUES ACROSS

- Native American people of CA
- Long periods of time (Brit.)
- Classroom tool
- Rods
- One who renews
- They start the alphabet
- Periodical (slang)
- Smooth singer Cole
- Dorsal sclerites in insects
- One from Utah
- The world of the dead
- Singer Redding
- Mafia head
- Wrongly
- Unhappy
- Anger
- Dark olive black
- Places to sit and eat
- Made a mistake
- Damp
- Banned fuel type
- Actor Damon
- What thespians do
- A polite address for a woman
- Disallow
- Swiss river
- A banana has one
- Afrikaans

- Relative biological effectiveness (abbr.)
- Agave
- Journalist Tarbell
- One-time tech leader
- Incidentally (abbr.)
- Intestinal bacterium
- Loose sheaths around the spinal cord
- Accompanies nook
- Vogue
- Highly excited

CLUES DOWN

- Witch
- Utilize
- Writing utensil
- Where rockers work
- Becomes less intense
- Consume
- Type of catfish
- "Horsetown, U.S.A."
- Atomic #50
- The Muse of lyric poetry
- Brings back to life
- Humorous critiques
- Cool!
- Worst
- Wet dirt
- Useful
- Hebrew unit of liquid capacity
- High schoolers' test
- Internet device
- City in India
- A place to rest
- Chat responder
- A way to move on
- What consumers are given
- Digital audiotape
- More (Spanish)
- Disfigured
- White (Spanish)
- Church building
- Georgia rockers
- Surgeon's tool
- "Much ___ about nothing"
- Make by braiding
- Local area network
- Unit of work
- Indigenous person of Thailand
- Liquefied natural gas
- Distance to top

Answers on page 34



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Dockside Donuts, 1950 Lakeshore Dr.
Marine Tap Room, 1983 Lakeshore Dr.
Cherokee Restaurant, 1971 W. Sherman Blvd.
Toast 'N Jams, 211 Seminole Rd.



BITTY BONSAI AND BOUNTIFUL BULBS*

Note: A final thought on gardens before they're dusted



BY JANET HASSELBRING

with frost, blanketed with snow, and enter a state of winter rest or dormancy. Marcel Proust, wrapped in woolen underwear, pajamas, and thick-knit socks, lies in bed, his scratchy, labored breathing worsened by the filth of his bedsheets and dust everywhere. The room stinks of urine and old wine. Beside him sit three bonsai trees.

"I still have three miserable, hideous little Japanese trees, which my secretary purchased at a sale. What a disappointment when I saw them! However, they are old and little and will become nice." (Proust's letter to Madame Strauss)

For half of her adult life, Emily Dickinson rarely met anyone, cloistering in the Homestead, her childhood home. "I rarely cross my father's ground to any

House or town," she writes in her thirties. Dickinson, the queen of homebodies, voluntarily shut herself off from the outside world to explore her inner space. She preferred her "prison" to contact with people.

"There is a solitude of space
A solitude of sea
A solitude of Death, but these
Society shall be
Compared with that
profunder site

That polar privacy
A soul admitted to itself –
Finite infinity." (Dickinson)
Enter Plato, who taught outdoors in a shaded grove and believed that gardens were a necessary companion to the life of the mind, as they were to writers Proust and Dickinson, however, in starkly different ways.**

Both were shut off from society, one by severe asthma, the other by choice, and both suffered from melancholy, Proust, because he was alone and lonely, Dickinson, because she was alone and introspective.

Three miserable bonsai trees helped Proust reclaim the self he lost to asthma, the self that

loved the out-of-doors, but was forced inside. The bonsai in their miserable still sameness – part garden, part sculpture, brought nature into his room. They helped forge his belief that from tiny, insignificant things, greatness can

unfold.
If Proust's bonsai were bitty, Dickinson's gardens were bountiful, providing her a tangible space within her solitude to cultivate not only flowers but a unique artistic voice; yet, they



shared the view that within tiny and insignificant things, there is hidden beauty and meaning.

Dickinson was as much a gardener as a writer. During her lifetime, she was more famous for the thousands of nosegays (accompanied by her poems) she sent to young and old in Amherst than she was for her poems. A nosegay and poem offered a piece of herself:

"I hide myself within my flower,
That fading from your Vase,
You, unsuspecting, feel for me –
Almost a loneliness."
Flowers were sacred to Dickinson. Working in her gardens not only afforded her solace in





the 15 years their lives overlapped:

Proust: “Emily, you should try to ‘branch out’ more (no pun intended).” Emily: “The little garden within, though tiny, is triumphant. There are scarlet carnations with a witching suggestion, and hyacinths covered with promise. I know they will keep.”

*To access the first article in the series, “Gardening with Socrates” visit: <https://bloximages.chicago2.vip.townnews.com/shorelinemedia.net/content/tncms/assets/v3/editorial/3/f6/3f621b94-1a6f-4228-955c-dbd71c5a8f8c/680f92ea4e9aa.pdf.pdf>

**Philosophy in the Garden,
Damon Young

Janet lives in Spring Lake, MI with her husband, Don, and Welsh terrier, Snack. She drags herself off the tennis and pickleball courts occasionally to write. Her writings include Tales from Pelican Cove, a series of books featuring wild/shorebirds from FL and beyond, Country Dairy, which describes life on her family farm, in west MI, in the 1930s, when her parents lived and worked on the land, and Tweets, A Twitter Feed of Short Stories and Articles. She is a multiple NAMPA (North American Mature Publishers Association) winner, and received the 2024 Legacy of Caring Award from the United Way of the Lakeshore. Her piano gets lonely because she chooses to whack fuzzy yellow balls and dink pickleballs instead of tickling its ivories.

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solitude; they also provided a lens through which she explored life and spirituality. Here, the Flower represents life, hope, and humanity, Frost, represents death, and Sun, time:

“Apparently with no surprise
To any happy Flower
The Frost beheads it at its play
In accidental power –
The blonde Assassin passes on –
The Sun proceeds unmoved
To measure off another Day
For an approving God – “

Watching her dormant garden come back to life in spring

piqued Dickinson’s interest in immortality. She dubbed herself a “Lunatic on bulbs,” and it was in these seemingly lifeless encasements that her fascination with rebirth was nudged into words. In her usual enigmatic style:

“So from the mould,
Scarlet and Gold,
Many a Bulb will rise –
Hidden away cunningly,
From sagacious eyes.”

Dickinson was 41 when Proust was born. We can imagine a conversation had they met during

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Fall is loaded with opportunities to have fun

It can be bittersweet to say farewell to summer. Months of warm weather and sunshine are hard to beat and provide plenty of opportunities to rest and relax.

Just because summer has come and gone doesn't mean the opportunity to enjoy recreation is in the rearview mirror. Fall is awash in opportunities to enjoy the fresh, inviting air and take part in the various activities that go hand-in-hand with this time of year.

APPLE AND PUMPKIN PICKING

Heading to a nearby orchard or farm and choosing fresh fruit is a hallmark of fall. In fact, these are some of the most popular places to visit on the weekends, as crowds of people clamber to grab their Granny Smith or Cortland apples. Call ahead to learn which varieties

are ripe and plan to arrive early before the trees are picked clean.

Apple orchards and pumpkin patches can be dusty, muddy or messy, so dress accordingly for the environment, including closed-toe shoes you don't mind getting dirty. Keep in mind that many of these establishments are cash-only. Bring cash and expect to have your bounty weighed upon checkout.

WINE TASTING

September and October are prime months for grape harvesting, which means local vineyards may host special tours and events to take advantage of their growing season.

Fall also is a great time to visit a vineyard that offers tastings, as you can sit out in the sun and cool weather and enjoy a glass or two

of the latest vintage. Follow local vineyards on social media or get on their email lists to stay on top of upcoming events.

LEAF PEEPING

The gradual depletion of chlorophyll in tree leaves is responsible for the amazing and colorful display Mother Nature puts on each fall. Everyone is treated to vivid panoramas of reds, oranges, purples, and yellows, making them ideal all-natural photo backdrops.

Plenty of people travel to more rural areas to witness leaves change color, and that means that country areas can get crowded. It always pays to plan a leaf-peeping excursion for early in the day to account for the possibility of traffic along the route. Make an entire day of it by seeing the sights, grabbing

lunch, and hitting a farmer's market while out and about.

FALL FAIR

Many towns hold off on their annual fairs and carnivals until the cooler months of the year. These are entertaining and boisterous events that can include everything from food and livestock contests to rides and amusements to musical performances.

As these fairs tend to last a couple of days to a week, it could be fruitful to look into whether they sell multi-day passes at a discount, particularly if you plan to attend a few times and maximize the fun.

Opportunities for fun abound each fall. With inviting weather and calendars full of seasonal offerings, now is an ideal time to enjoy the great outdoors.

DID YOU KNOW?

There are two moments each year when the Sun is located directly above the Equator and the Earth's axis is neither tilted toward or away from the sun, making the hours of day and night relatively equal in length. These days are the spring

and fall equinoxes. The fall equinox occurs on September 22, 2025 at 2:19 pm and marks the official beginning of fall in the northern hemisphere. The equinox is celebrated as a daylong event, but it's really just a moment in time when

the sun crosses the celestial equator. The equinox often brings on the northern lights, which also is known as the aurora borealis. Auroras are caused by the interaction of solar winds with the Earth's magnetic field. Disturbances in

the Earth's magnetic field are strongest and more likely in spring and fall. Folklore says that only on an equinox can an egg be balanced on its ends. However, it actually can be done on other days as well.




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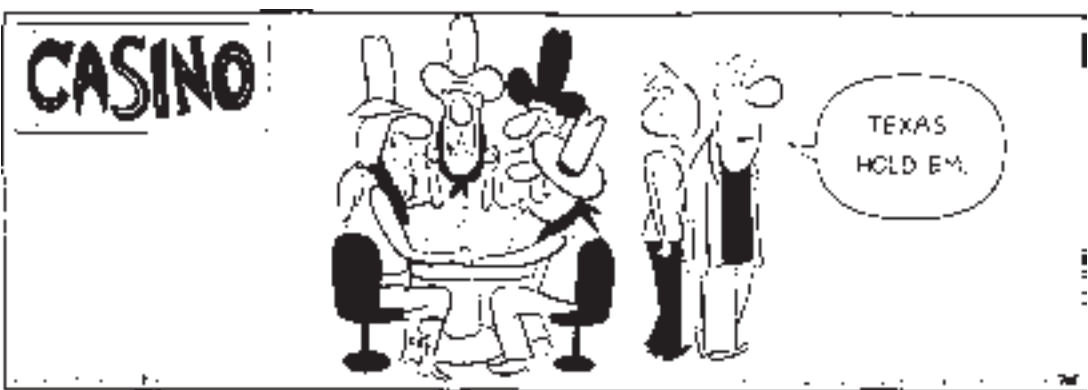
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FALL DAYS

WORD SEARCH

H D F S C I O W F L E A V E S H V B N K
M R E W C B R G E F M N P A E P S I R C V
R E D I C E M F A L L U I C R W V G C V V
G F E I W G F O K F M G M O Y T G O D V Y
V N M L B V K W E P C A I R I S N K R Y U
Y L I D N B W H K A T O O I K U N L E H D
T S E V R A B I A T O O I K U N L E H D
Y L D R I G N R D R B S E C O D H A A K E
L F G L O G V K C F F A O C L C D G R K E
I L F G E E S E A U R P N H I R K N T K R
P P O N S E R K F A I O N G A P F W H R T
G C L T R A K M N A M S O K C Y S L P T G
L I I U C Y C H N A T A P V K N R P E G H
G V A S H S G V N G H B M K K B I I T H G
E I G D N B W N B F V T V R M P D C D G E
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F R E H P C U I A U S V P E R I F N O B
N U C M P B H T V T L L N S P S O O R B
N O B H L L D M U U E F W M H A M U G U
R G F P E T I V W A S R I R U N C D S N

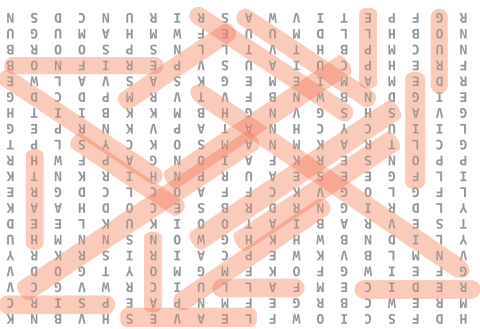
Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ACORN
APPLE
AUTUMN
BONFIRE
CIDER
CINNAMON
CORNUCOPIA
CRISP
FALL
FOLIAGE

GOURD
HARVEST
HAYRIDE
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100 YEARS AGO THIS MONTH SEPTEMBER

The month of September has been home to many historical events over the years. Here's a look at some that helped to shape the world in September 1925.

- Global commerce continues to be disrupted when Danish seamen go on strike over their wages on September 1. The Danish seamen's decision to go on strike follows similar moves by seamen in China and throughout the British Empire.

- Hermann Göring is hospitalized in the psychiatric ward of a Swedish hospital after assaulting a nurse on September 1. Göring, who was in Sweden to overcome a morphine

addiction, would later serve as chief advisor to Adolf Hitler and commander of the Luftwaffe during World War II.

- The Second International Conference on the Standardization of Medicine is held in Geneva, Switzerland, on September 3. The conference aims to standardize drug formulas across the globe.

- Comintern leader Grigory Zinoviev, Deputy Premier Finance Commissar Grigory Sokolnikov and Lev Kamenev are among those to sign a joint protest against Soviet Communist Party Secretary Joseph Stalin on September 5. All three men would eventually be executed

during Stalin's Great Purge.

- Striking sailors are barricaded aboard the SS Sophocles before it pulls out of Cape Town, South Africa en route to Australia on September 5. The ship is ultimately forced to return to Cape Town when the sailors refuse to work.

- British police fire on a crowd of 2,000 demonstrators in Shanghai on September 7. The crowd was protesting unequal treaties.

- A deal between the Italian government and explorer Roald Amundsen is announced on September 8. The deal entails Amundsen using the dirigible N-1 in an attempt to fly

to the North Pole in 1926.

- A white mob estimated at 5,000 people gathers in Detroit in an effort to intimidate Dr. Ossian Sweet on September 9. Dr. Sweet, who was Black, had purchased a home in an all-white neighborhood, and the mob aimed to force him to vacate the property.

- Xavier University of Louisiana opens on September 13. It is the world's first Catholic University for African Americans.

- Riley B. King is born near Berclair, Mississippi on September 16. The boy grows up to become a legendary blues musician known the world over as B.B. King.

- Eighteen-year-old Frida Kahlo is nearly killed in an auto accident in Mexico City on September 17. Though Kahlo sustains multiple injuries in the accident, including a fractured spinal column, it's during her bedridden two-year recovery period that she first begins to paint.

- The third-longest rail tunnel in the United States opens on September 19. The tunnel is two miles long and passes through Mount Judah in the Sierra Nevada Mountains.

- The United States submarine USS S-51 sinks off the coast of Rhode Island on September 25. The submarine had collided

with a merchant steamer, and 33 of the 36 crew members aboard perished in the collision.

- Greek Prime Minister Theodoros Pangalos creates the country's first spy agency on September 25. The agency, Ypiresia Ethnikis Asfaleias (YES), is conceived to fight the Communist Party of Greece.

- The Yellow River overflows in Shandong Province in China on September 27. Hundreds of people die in the region's worst flooding since 1887.

- Jewelry valued at three quarters of a million dollars is stolen from Woolworth heiress Jessie Woolworth Donahue.

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100 YEARS AGO THIS MONTH OCTOBER

The month of October has been home to many historical events over the years. Here's a look at some that helped to shape the world in October 1925

- The Lerma River in Guanajuato, Mexico, floods on October 1, leaving thousands of people homeless as a result.

- Three workers are burned alive when the Church Hill Tunnel in Richmond, Virginia, collapses on October 2. The tragedy is partly responsible for the emergence of an urban legend known as the "Richmond Vampire" more than 80 years after the tunnel's collapse.

- The Soviet Union removes all restrictions on the alcohol content of beverages on October 4. Alcohol had been prohibited on a limited basis for 11 years prior to the removal of the limitation.

- Legendary baseball pitcher Christy Mathewson dies of tuberculosis

on October 7. Mathewson, who notched 373 wins and five National League ERA titles during his career, developed tuberculosis after being exposed to chemical weapons during World War One.

- On October 9, the Italian state prosecutor absolves 24 officials of any responsibility for the June 1924 murder of Giacomo Matteotti. Matteotti was an Italian socialist politician who accused the fascists of fraud shortly before he was kidnapped and killed by police affiliated with fascist leader Benito Mussolini.

- The Palace Museum is opened to the public in Beijing on October 10. More than 1.1 million pieces of artwork were housed at the museum when it first opened.

- Federal Bureau of Investigation agent Edwin C. Shanahan is killed on October 11. Shanahan is the first FBI agent to be killed in the line of duty.

- Six hundred

American troops enter Panama on October 12. The troops enter at the request of Panamanian President Rodolfo Chiari, who was hoping to put down a renter's strike.

- Margaret Hilda Roberts is born in Grantham, Lincolnshire, England on October 13. Roberts would come to be known as Margaret Thatcher and serve as the Prime Minister of England from 1979 to 1990.

- The Pittsburgh Pirates win the World Series on October 15. The Pirates defeat the Washington Senators 9-7 in the decisive seventh game of the series. The Senators had opened the series winning three of the first four games.

- Rebels invade Damascus during the Great Syrian Revolt on October 17. The rebels set several colonial French buildings on fire and take control of Azm Palace during the revolt.

- Hungarian-American explorer and amateur archaeologist Bryon

Khun de Prorok begins excavating the Tin Hinan Tomb in the Sahara Desert in French Algeria on October 18. Prorok begins the excavation despite objections from the local Tuareg Berber community.

- "The War of the Stray Dog" between Bulgaria and Greece begins on October 19. The killing of a Greek captain and a sentry by Bulgarian soldiers was one reason given for the start of the conflict.

- John William Carson is born in Corning, Iowa, on October 23. Carson would grow up and host "The Tonight Show Starring Johnny Carson" for three decades, ultimately earning the nickname "The King of Late Night."

- Seven of 23 U.S. Navy Curtiss CS-1 seaplanes are destroyed by wind gusts on October 25. The planes had been brought to Maryland to compete in the Schneider Cup.

- Nicaragua President Carlos José Solórzano acquiesces to former president Emiliano Chamorro Vargas's day-old demand to make him Minister of War on October 26, effectively ceding control of the country.

- American inventor Fred Waller receives a patent for the water ski on October 27.

- The remains of Egyptian pharaoh Tutankhamun are found on October 28. English Egyptologist Howard Carter had discovered

Tutankhamun's tomb nearly three years before discovering the remains, which had been covered by a death mask made of gold.

- An armored truck is hijacked and robbed of \$93,000 in cash in Buffalo, New York, on October 29. The money is never recovered and Richard Reese Whitmore, who was indicted for the holdup, was never convicted of the crime after a jury could not agree that he was guilty.

- The Persian Parliament formally deposes the exiled Shah of Persia on October 31. The deposition officially ends the Qajar dynasty, which began in 1789.

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Watch out for scams all around us

Computers have made fast work of many tasks that once took hours or days to complete. Information or even funds can be shared at the click of a button. But for all of the benefits technology has provided, there is a darker side to the connectivity of the modern world. What has become easier for the general public also has become easier from those looking to take advantage of others.

- Scams and internet crimes are now commonplace.
- Someone contacts you. When a party contacts you first, you can't be certain of their legitimacy. Also, email addresses and caller ID can be faked.
- Easy money is offered. Many scammers dangle a promise of some sort of financial gain, whether

it's a prize or an easy loan. These are usually too good to be true.

- Personal information is requested. Be on alert any time someone asks for personal information, whether it's a bank account number or other identifying information. You could become a victim of identity theft.
- A request for money up front. If someone requests money to pay off a debt or to receive a prize, it is likely a scammer trying to take your money.

There are many types of scams, and the following are some prominent ones.

- Counterfeit merchandise: A scammer can replicate the look of a legitimate retailer's website. Purchasing items online through a link may lead you to a counterfeit

site selling merchandise that is not legitimate and/or will not even arrive.

- Charity and disaster fraud: Charity fraud scams typically emerge in the wake of a natural disaster or another sudden, tragic event. Scammers may target generous individuals through email, social media posts, crowdfunding platforms, and cold calls. Never donate to charities you have not verified as legitimate.
- Cryptocurrency investment fraud: Scammers convince victims to deposit more and more money into financial investments using cryptocurrency. These investments are fake and all the money is under control and stolen by overseas criminal actors, says the FBI.
- Bogus debts: You may receive a message or threatening

correspondence that demands payment on a debt that you haven't heard of. These scams work because some people are scared and take the bait. Legitimate creditors will produce proof of an actual debt.

- Home repair scams: Unsolicited companies may offer a "limited-time deal" and rope you into having a job done with "materials left over from another job." Be very cautious in these scenarios, as they may take money and run.
- Emergency scams: These are sometimes called Grandparent Scams because they often target the elderly. A criminal may claim to be a friend or family member in dire need and request money. Some scammers sound like the person a senior knows thanks to technology that enables them to do so.

ANSWERS FOR GAMES

			H	U	P	A		A	E	O	N	S	
	E	R	A	S	E	R		B	A	T	O	N	S
	R	E	G	E	N	E	R	A	T	O	R		A
M	A	G					N	A	T		S	C	U
U	T	E					H	A	D	E	S	O	T
D	O	N		M	I	S		S	A	D		I	R
			E	B	O	N				T	A	B	L
E	R	R	E	D						M	O	I	S
L	E	A	D	E	D					M	A	T	T
A	C	T		M	A	M		B	A	N		A	A
P	E	E	L		T	A	A	L	S			R	B
S	I	S	A	L		I	D	A				I	B
E	P		S	A	L	M	O	N	E	L	L	A	E
		T	H	E	C	A	E			C	R	A	N
			T	R	E	N	D			A	G	O	G

WHAT'S THE DIFFERENCE? — Answers:

- 1. No face on jack-o'-lantern
- 2. Boy in hat
- 3. Candy corn on table
- 4. Missing skull on top hat

CELEBRITY CIPHER — Answer:

Solution: "There is joy in work. There is no happiness except in the realization that we have accomplished something."
-- Henry Ford

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

I SPY — In the last issue, the firecracker was hidden in the bow image on page 20.

Winners from the last issue are:

Richard Kolbe of Walkerville, Arlene Jankowski of Manistee and Sharon K. Mitchell of Muskegon

Shortcuts

On The Lookout For Meerkats

This edition of Shortcuts is sponsored by the Meerkat in the Hat.

A colony of meerkats has about 10 to 20 members, but some may have as many as 40.

What do you call a meerkat wearing a goat-hair sweater? A cashmere-kat.

Some members of a meerkat colony babysit the pups while the other adults hunt for food.

Adult meerkats take turns standing guard while the other members of the colony are feeding. When a predator is spotted, the guard alerts the others with a special sound that lets them know if the predator is attacking from the air or the ground.

Meerkats are predators that eat a variety of foods, including scorpions, spiders, insects, snails, eggs, birds, mice and lizards.

A meerkat uses its strong tail like a kickstand to balance itself while it is standing upright.

What do you call a meerkat digging in a burrow? Sandy.

I know it is wet and the sun is not sunny, but we can have lots of good fun that is funny.

What do you call a meerkat sliding across a chalkboard? A smearkat.

Living On Burrowed Time

A colony of meerkats usually has several burrows. They live in one burrow for a while and then move to another burrow when food becomes scarce.

A meerkat burrow has about a dozen different entrances and exits. Multiple exits allow the meerkats to use the closest exit when avoiding a predator.

Even during the extremely hot days and cold nights of the desert, the deeper parts of a meerkat burrow remain a comfortable temperature.

Tunnel Vision

Can you spot all six differences between these two scenes?

A young meerkat is called a "pup" or "kit."

A colony of meerkats is called a "gang" or a "mob."

The Dark Side

Meerkats have dark patches around their eyes that help to shield their eyes from the glaring sun of the desert.

Meerkats have dark skin on their bellies. They often lie on their backs so they can get warmed up by the sun during cold mornings.

What is a meerkat's favorite game to play in the desert? Hot potato.

Word Search

Can you find the hidden words? Search carefully because some words are backward or diagonal.

PREDATOR	GUARD	BOB
BALANCE	NIGHT	DAY
MEERKAT	GANG	HOT
BURROW	EXIT	PUP
COLONY	TAIL	KIT
DESERT	MOB	DIG

SURPRISE TOPIC
YOUR ROOM INIONS
A PEE RATE AM KEY
JOB DCBO ATTAMG
YOUAOSHEDREIP
OURTOAYERSROI
SBOMNINKEEAPG
WOWGYLACODUTH
SHOUTTIXEGGST

For more information: "Meerkats" by Robyn Conley-Weaver (Bridgestone Books) or "Meerkats (Nature's Children)" by Tim Harris (Grolier). Find your favorite issues at: www.shortcutscomic.com Distributed by Andrews McMeel for UFS, Inc. © Jeff Harris 2025 9/15

GUESS WHO ?

I am a singer born in Connecticut on October 16, 1977. I worked for more than a year as a gas station attendant to afford a guitar from a famous player. My debut album reached multi-platinum status. Though I'm an accomplished singer, I may be better known for my guitar skills.

Answer: John Mayer

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to hearing.

REAMRDU

Answer: Ear drum



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