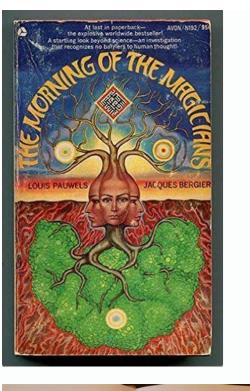
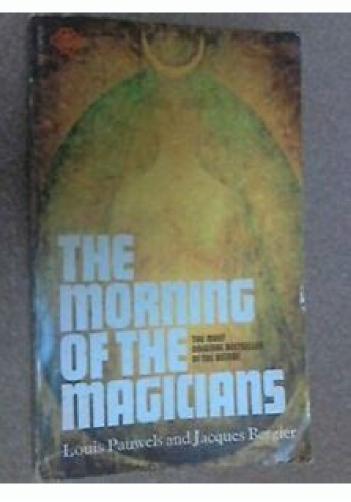
The morning of the magicians pdf

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ansas basketball's Self omments on realignment topics



Cancer diagnosis forces Colyer from governor's race

Path clears for Schmidt in Republican primary	am going to focus on my health," Colyer said in a statement. "I was recently di- agnosed with prostate cancer like my father and grandfather. After treatment,	his current health challenges, and we will keep Jeff, Ruth and their family in our thoughts and prayers and ask all Kansars to do the same."	difference in people's lives," Colver said. "I chose to be a doctor to help people and am humbled to serve my follow Kamana as Governor and LL Governor to fight for
Jasen Tidd Topela Capital-Journal USA TODAY NETWORK	I am confident for a full recovery. Given these challenges, Ruth and I have decid-	Colyer previously served as the lieu- tenant governor under Sam Brownback	this wonderful place we call home. "I am proud of what we have
Jeff Colver has dropped out of the	ed to withdraw from the Governor's race."	before taking over as governor when Brownback left to be a dislomate for re-	achieved. When I completed my term, we accomplished a lot; more Kansans
2022 Kansas governor's race, citing a cancer diagnosis, clearing the path for	Colyer said he is endotsing Schmidt for governor.	ligious freedom in the Trump admini- stration. He narrowly lost the 20th Re-	working than ever before, record house- hold income, record small business for-
Derek Schmidt in the Republican pri- mary.	"Colyer is a longtime friend who has led an exemplary life of service,"	publican primary to Kris Kobach, who just in the general election to Democrat	mation, and a budget surplus over \$1.1 billion (the most ever transferred from
"While I have always focused on helping others, for the next few weeks I	Schmidt said in a statement. 'Jennifer and I wish Jeff all the best in overcoming	Laura Kelly. "I believe God put us here to make a	

DREAM FLIGHT GROUNDED Manning speaks at Pitt State H. Lee Scott Speaker Series From Staff Reports SA TODHY NETWORK

Little Balkans Quilt Guild member Makenzie Erker, left, presents a Quilt of Honor to adult children of WWII

Marine Corps veteran William Bell on Tuesday. Bell, who lives in an assisted living facility in Pittsburg, was scheduled to fly in the Boeing PT-17 Stearman pictured here on a "Dream Flight" Tuesday but he recently broke his hip. "He was still ready to go, but I think his son was a little bit worried about pain management," said Dream Flights Crew Chief Allyssa VanMeter, Journay Burnes Sonadata

Maning of students, faculty and members of the public. Best Innovan for the second state of the second state of the American Red Cross National Celebrity Cabinet and The Pat Summit Foundation Advisory Road. For Pittabusg resident Tach Haines, the superturity to mise. rly career, and used it to fuel his suc is," he said. "A true underdog story And even when his teams became unners, Manning spoke on how e would still find ways to motivate the "Manning mentioned that he would See MANNING, Page 3A

PITTSBURG, Kan. – Two-time Su-per Bowl champion Peyton Manning became the latest guest speaker at The 'H. Lee Scott Speaker Series: An Ex-amination of American Life" at Pitts-

burg State University on Monday, in front of a limited crowd

of students, faculty and

Holiday season to start early at the Christmas Shoppe

Jonathan Riley	"It's just a fun place," says Blessant.
The Marring Sun	The store also has a variety of activ-
USA TOGAY NETWORE	ities planned throughout the holiday season, including a craft show from 9
PITTSBURG, Kan It may be too	a.m. to 5 p.m. on September 25, a tree
late for Christmas in July, but if you ask	lighting ceremony at dark on November
Lisa Biessant, the Friday before Labor	6, when Santa is also expected to stop
Day isn't too early to open an entirely	by and the Christmas Shoppe will begin
Christmas-themed business. She is do-	offering family portraits.
ing exactly that for the second year in a	Other events planned for the season
row at The Christmas Shoppe, located	but not yet scheduled for specific dates
at 1608 W. 4th St.	include movie nights, a candy cane bunt
"We were very blessed last year,"	for kids, and a cookie walk for kids.
Blessant says. 'I mean we were packed.	"We were super busy last year for our
It was a good year. We opened up kind of	first year," says Christmas Shoppe em-
quiet so we could get used to the regis-	ployee Tammy Wyland, who is back
ters and stuff, and by December we had	again for the 2021 season. "We were
a really good flow of people."	really surprised at the people that came
The Christmas Shoppe features an	in, I mean we had people from Texas,
area to take photos with a variety of	Oldahoma, Kansas City, all over, come in

rant area serving fresh-made chill



uph people come from far as wide to see the Christmas See HOLIDAY, Page 2A t items for sale and on disc

A list of upcoming events in the area, 3

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The morning of the magicians book. The morning of the magicians pdf free download. The morning of the magicians pdf free download. The morning of the magicians pdf free download. The morning of the magicians pdf free download.

Some of us are larks. Some of us are night owls. But all of us - even the grouchiest of morning haters- can get ready for every day more efficiently by fine tuning our morning regimes. CEOs and celebrities like Anna Wintour are notorious for pinballing around the tennis court hours before most people's alarms sound, but you don't need to rise at the crack of dawn to boss the day. Use this quintet of easy tips to start every morning right.1. Hop to your toothbrushingA simple way to make sure you brush your teeth for long enough, while improving your balance and strengthening your ankles, is to stand on one leg for 60 seconds each side as you brush. You don't have to break out the full tree pose - toothpaste in the hair isn't a great look, after all - but use a specialist toothpaste like Sensodyne Repair & Protect every day and use a timer for a minute each side with two things. 1. Ongoing protection from tooth sensitivity and 2. The ability to legitimately claim that you squeezed a yoga session in this morning. Sort of .2. Make your bedMum was on to something. A National Sleep Foundation survey found bed-makers are 19% more likely to report getting a good night's sleep compared to those who close the bedroom door to a messy jumble of pillows and sheets. And better sleep, obviously, leads to a more efficient day. Experts claim that putting your bed back together in the morning spawns other good behaviours, too: making your bed every morning is correlated with better productivity and a greater sense of wellbeing; those initial shifts start chain reactions that help other good habits take hold. Make your mum proud. This content is imported from YouTube. You may be able to find the same content in another format, or you may be able to find more information, at their web site. 3. Eat a high-protein, healthy breakfast in the morning will do far more than keep you going until lunch. Porridge is perfect. It's cheap, tasty, and can be prepped, cooked and eaten in a handful of minutes. Better yet, studies show that oats help to lower cholesterol levels, and they're a great source of essential vitamins and minerals, plus they re high in fibre. Just be sure to protect your gnashers: hot foods can stimulate the nerves inside your teeth, causing pain, but two minutes brushing twice-a-day with Sensodyne Repair & Protect will help manage your sensitivity. It's all too easy for your to-do list to fly out the window as soon as you fire up your inbox. Though we're all multitasking maestros, you work best, obviously, on a single thing at a time, and if you're not careful your most productive part of the day – first thing in the morning – can be swallowed by a barrage of spam and general Outlook admin. Take control of the start of your workday by prioritising one super-important task, and don't open your email until you've done it. This content was created by Women's Health for SensodyneREAD MORE THE MAGICIAN TUGGED BOTH ENDS of the rope, showing his audience that it was whole and good. The rope was yellow and as nubby as a Sunday sweater. The magician tied four simple knots in the rope and held it out again. He released one end, letting it hang like a miniature scale version of a rope I once climbed in gym class. A child came over and took a look, curious to see what this street corner crowd was watching, and ran away. I'd planned to spend the next hour taking notes at a new wave Belgian folk show, but this magician had my full attention. What drew me over was his face. My first thought was, Gee, I'm glad he's not my old man. His natural expression reminded me of someone who'd been screwed over, and then, on the way to get his blade, ambushed and given a makeover. The makeup he wore was thick and applied in that style which made aging rock stars look spooky. We were a fresh, festival-ready crowd, sporting v-neck sweaters and loafers, but the magician with his mournful eyes and flaming salmon jacket looked like a shylock, a hustler, some villain out of a Turkish comic book. He did not speak. This was his shtick. Reaching into his jacket, he produced an off-black rope, which was suiting, as it matched the color of his dye job. He held both ropes and then, like flicking a switch, twirled them so they intertwined. When he let the ropes unfurl, the four knots had jumped from the yellow rope to the black rope. There were other tricks: The severed rope. The magic coloring book. At one point the magician gestured with his fingers for a cigarette. A chunky blonde volunteered one from her pack. Once lit, the magician tore the cigarette in half. He mimed putting it in his mouth, and then threw down the end with the cherry and stuffed the filter in his fist where it disappeared. It would not be quite correct to say that these tricks were profound — he didn't make St. Michael's Church disappear. Nevertheless, he had a deliberate, robot-clean delivery. He was smart, and very good at articulating body language. You see a man performing on a street corner, and you generally think, That's his passion — or at least I do. I pegged him as a traveler. The pockets and cuffs of his great salmon jacket were tinged with dirt. The pin on his lapel said "CARPE DIEM." The magician wrapped up his act with some sleight of hand, making a large coin jump from one hand to the other. This went on for some time and ended, mercifully, when he plunked the coin into a champagne bucket at his feet. Like the ringing of a dinner bell, the magician's final trick broadcast action. If that was too subtle, lying beside the bucket was a dingy white sign that read, "MONEY PLEASE." After bowing, the magician arose with his bucket and came round to collect. When I tossed in my coin, I recalled a summer afternoon in Cary, North Carolina. My parents were selling pottery at an art festival, and I was at the kids' area when The Amazing Fred stepped onstage. Top hat. Magic wand. Black cape. What I liked most about magic was how it disobeyed all laws of reality, not to mention fashion. The Amazing Fred seemed to embody this spirit, except for one notable exception. After each trick, without a hint of shame, he gave us insights to his financial woes. "C'mon, kids," he'd say. "Clap a little louder. I got a Mercedes-Benz payment to make." Then he'd pull out a magic scarf and wipe great quantities of sweat from his face. Following our lackluster applause to one trick (I blame our tiny hands), he said, "Tell me about it. I got a kid who wants to go to UNC. What they should call it is IOU." An eight-year-old might hear this and think, What is this man talking about? The only reason I knew what a Mercedes-Benz was was because my grandmother drove one. I couldn't imagine The Amazing Fred offstage, having problems like everyday people. Adult life was boring. It was going to the bank, paying for things (like college) and situations you didn't understand (like women with a taste for foreign cars). For all of his grandeur on stage, it never occurred to me that such problems came with the territory. The crowd was dispersing now. The magician was carrying the champagne bucket back to where he'd performed. I decided to speak to him, just to see what would happen. I circled around towards him, having no idea what I would say. When the magician turned, he saw me and held out his bucket, which gave me something to say. "I've already given money." He lowered the bucket to his side. After an awkward silence, I blurted: "Why don't you talk?" I regretted the question as soon as I said it. It undermined his entire approach. Here was a performer who was doing what he had to do, and doing it his way. On a certain level, I wanted to show him that while I blended in with the audience, I understood the subtlety of his method and appreciated it more than them. But my question made me realize how ridiculous this sounded. The Flanders tourism board had been generous enough to fly me to Belgium for a week, send me to 5-star restaurants and trendy hotels to write about their music festival, and now here I was, trying to interview a mute magician. He raised an index finger like a monk, set down his money bucket and rooted through his bag of tricks. It was a beat, brown leather satchel, the sort old country doctors used to carry. He searched for a moment, stopped, and stood up empty-handed. He stepped over to the sign on the ground that read, "MONEY PLEASE." He squatted by the sign and considered it for a moment, cocking his head, as if seeing it for the first time. Then he flipped the sign over. It flattened like a stamp to the cobblestone sidewalk. The magician took two paces, turned and glared at me with those dark, mournful eves. "Fair enough." I nodded, and began to back away. On the opposite side, lying face up, the sign now read, "MONEY TALKS." This story was made possible by a press trip sponsored from the people at Visit Flanders. Media Platforms Design TeamRemember: eggs, then legs. Eating breakfast before exercising in the morning could boost your mood and your memory, says a new British study. When 12 men followed that routine in the morning, their measures of information processing, reaction time, mental fatigue, and tension all improved significantly—some by as much as 50 percent—compared to mornings when the guys exercised but skipped breakfast, or ate breakfast and skipped exercise. Start your day off right with a protein-packed breakfast and download this free PDF: Healthy Egg RecipesWorking out in the morning isn't for everyone. Studies have shown some night owls are better off hitting the gym in the afternoon or evening. But if you prefer to get sweaty before tackling the day, preworkout grub increases your stores of glucose and glycogen—two forms of dietary energy your brain needs to stay upbeat and focused after exercise, says study coauthor Rachel Veasey, Ph.D., of Northumbria University. While the guys in Veasey's study ate 1/3 cup of carb-heavy oatmeal and 12 ounces of low-fat milk, studies show a wide range of foods can power your brain in the morning. Protein sources like eggs, Greek yogurt, and polyphenol-rich nuts are particularly effective brain boosters. If you liked this story, you'll love these: Markham Heid is an experienced health reporter and writer, has contributed to outlets like TIME, Men's Health, and Everyday Health, and has received reporting awards from the Society of Professional Journalists and the Maryland, Delaware, and D.C. Press Association.

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