

Summer's Last Hurrah, *Then Sweater Weather*

Good morning, neighbors. We'll start with the weather, because this week can't decide what season it is. Monday begins with patchy fog and then turns mostly sunny and warm, around 84. Tuesday is sunny and breezy near 88, a real summer encore. Then the stormy stretch arrives. Showers and thunderstorms are possible Wednesday, rain showers hang around Thursday, and Friday is windy with more storms and a high near 70. By Friday night it dips to about 41, and Saturday is sunny but crisp, with a low near 36 that night. Keep a sweater handy for the weekend and the window fan close for the first two days.

Monday is **Columbus Day**, a federal holiday that many communities also mark as Indigenous Peoples' Day. Banks and post offices are generally closed, so plan any errands for Tuesday. Here's a little something to chew on over coffee: what did a Monday off mean when you were young? A parade, a day at Grandma's table, or just

a rare chance to sleep in? If you're spending the day on your own, those memories make good company.

Those warm mornings are made for a walk, ideally before the afternoon heat and well before Wednesday's storms. Go as far as feels pleasant, and stop to look at the leaves. If walking isn't comfortable, a seated version works just as well. Try marching in place in a sturdy chair, circling your ankles, and rolling your shoulders back while the radio plays. On the rainy days, ten minutes of that is a nice way to loosen up and brighten the mood. Saturday's cool sunshine is a good chance to get outside again and catch some vitamin D.

With a chilly end to the week coming, we'd put a pot of **slow cooker white bean and chicken chili** on for Thursday's drizzle. Put two chicken breasts or thighs in the cooker with a chopped onion, two cans of drained white beans, a small can of mild green chiles, a spoonful of cumin, and enough broth to cover. Cook on low for six to seven hours, then shred the chicken right in the pot. It makes dinner for two with plenty left over, and it freezes well in single-serving containers for a lazy day later.

Mid-October is when bulb planting season opens in Kentucky. The state's horticulture folks suggest planting spring bulbs between October 15 and Thanksgiving, so a few daffodils or tulips are a gift to your spring self. No yard? Plant them in a deep pot on the porch or balcony. A pot of pansies or violas also holds up nicely in cool

weather. Saturday night's low near 36 is chilly enough that you may want to bring in or cover anything tender.

The birds are on the move, too. Hawk migration across Kentucky peaks from mid-September to mid-October, and cold fronts with northwest winds often bring good flights, so Friday's change is worth a glance at the sky. Sparrows and kinglets are passing through now. A feeder with black oil sunflower seed gives them something to sit and snack on, and you can enjoy them from a kitchen window.

For our look back, Kentucky history has a sad but remarkable story from this week. Governor George Madison, a veteran of three wars and a beloved longtime state auditor, was elected in 1816 without opposition. He was too ill to travel to Frankfort, so he took the oath of office at Blue Lick Springs on September 5. He died on October 14, 1816, only 39 days into his term, the first Kentucky governor to die in office. Lieutenant Governor Gabriel Slaughter took over. If your family has stories about Kentucky politics, we'd love to hear them.

Around town, the Goatman Festival runs Thursday through Sunday, and the Victorian Ghost Walk winds through Old Louisville from Friday through Sunday. Looking ahead, the free Louisville Book Festival is Saturday, October 24, downtown.

A hot Tuesday, a stormy Wednesday and a frosty Saturday can leave anyone a little unsettled. Whatever the sky does this week,

you've weathered plenty of changeable Octobers before. Take the walks, plant the bulbs, and call someone you've been meaning to call.

Harvey & Dot's Scam Watch

Open Enrollment Look-Alike Sites

Health insurance scams pick up during Open Enrollment. Scammers sometimes pay to appear at the top of search results, using web addresses and logos that look like Medicare.gov or Healthcare.gov. Don't use a phone number from an ad. Type Medicare.gov yourself or call 800-633-4227, and take your time.

Source: Federal Trade Commission

— Harvey & Dot

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