



DICKINSON COUNTY NEWS-TIMES



Getting back to our roots



CHAPMAN. ENTERPRISE. HERINGTON. HOPE. AND SURROUNDING COMMUNITIES

Dear Readers,
I want to thank you for all the support over the years. I am happy to have those who truly support our little newspaper and have supported us through many hardships.

I am writing to you now as an individual who has strived to put out the best of our communities throughout the past few years. It has been an uphill battle to say the least and truthfully I wonder if what I have done will be enough to carry on. The Dickinson County News-Times was going to shut its doors in 2022. Lauren and Myself pleaded for the owner to continue to publish the newspaper. He decided to give us a shot and we started to fight for recognition from our communities.

When 2023 hit, it hit us hard. Myself and Lauren invested our own money to make the paper continue, as we also had to fight battles that no one saw coming.

Since then, we have lost our printed edition due to the cost of printing and postage going up 180%. We fought as long as we could, but the truth of the matter was...**WE CANNOT KEEP OPERATING AT A LOSS.**

I was excited when my boss was happy to hand over the reins and see what we could do in the digital world. I opened up new options for inexpensive prices, while expanding our readership. I have also grown the paper from four pages to 8-15 pages per week. I have rebuilt our website to help highlight our businesses and our communities.

Through the past few months I have traveled all over Dickinson County to show them what we can do. I always hear "That is exciting, let me get back to you". However, our business page is continuing to dwindle.

I understand that every business is hurting. **BELIEVE ME, WE ARE THERE WITH YOU.** However, I want to help our community businesses and our community, itself, grow. I keep saying I will work within your budget, even if it's \$10 a month. I can make it work....That's the beauty of digital. I have fascinating ways to highlight teams and students, but I have to know about them.

"SO BRANDY, WHAT ARE YOU ASKING FOR?"

It's simple, support. If you have an event coming up...let me know. If your students did something awesome...let me know. Heck, send me a photo and a small picture description and it will go in the paper. I cannot highlight our communities when I am not notified of the events or given information. Also, keep in mind...I am one person, I cannot be everywhere at once and I do have a busy life. I may not be able to make it to every event, but I will at least try.

The next thing, Take out ads. We used to love designing anniversary ads, birthday ads, and yard sales. Once again, I will make it fit within your budget. City Yardsale? Give me the addresses and I will build a map to put into the paper and each person can chip in a few bucks and their yard sale will be seen all across the area.

In short, I am tired. I spend several hours each week just looking for information to highlight the positives in our community. However, I am beginning to feel that I am fighting for communities that do not seem to notice my hard work or existence. I am close to the brink of letting our newspaper finally close its doors for good, but I am just too dang stubborn to let it go. So this is my last stretch before I no longer argue to my boss as to why it's important to keep our community newspaper going.

-An Exhausted Editor
Brandy Sensmeier



A clutch performance from Celian Van Bemten has Rural Vista Heat headed to the Sub-State Championship.

The Belgium exchange student filled up the stat sheet in the semifinal win over Wabaunsee Chargers, finishing with 24 points, 6 steals, and 5 assists. The victory sends Rural Vista to its first Sub-State Championship appearance since 2018.

Now it's a big-time showdown Friday night against Olpe Eagles as the Heat try to knock off the defending 1A-I state champions and punch their ticket to the state tournament.
(Courtesy Photo and Stats)



The Chapman Lady Irish punched their ticket to state tonight with a 62-38 win over Mulvane in the sub-state title game. The Irish improve to 16-9 on the season under coach Jason Grider as they head to the state tournament (Courtesy USD 473)

GO FUND ME STARTED FOR JAMES COLE AFTER BODY IS FOUND



(From the GO FUND ME PAGE OF THE FAMILY, FOR JAMES COLE)

For six months, our family and the Herington community have walked the trails, shared missing persons posts, and held our breath waiting for James Cole to come home after he went missing on August 31st, 2025. The morning of March 6th, 2026, our search has come to a heartbreaking end. While James is no longer with us, he is finally back in our care.

James was a man of quiet strength, steady heart, and appreciated the simple things in life. It wasn't

uncommon after a hard day's work at the grain elevator for James to unwind by listening to his favorite bands (such as Pink Floyd, Steely Dan, and Supertramp), cook himself a juicy steak, and end the night by gaming with his friends and family. He loved the open air of Kansas and the peaceful rhythm of the Flint Hills. He made his own walking stick and brought it with him when he frequently hiked the Flint Hills Nature Trail. James even went with his cousins rafting down the Smokey Hill River.

We are now faced with the difficult task of saying a final goodbye. As we navigate this profound, sudden loss, we are asking for your support to help the Cole family cover the costs of his cremation and celebration of life due to the unexpected expenses from these past few months.

The family thanks each and every person who helped with the search, spreading awareness, and prayers.

Contact Information: Dickinson County News-Times
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Closed: Monday - Tuesday for Delivery and Production
Phone Hours: Wednesday - Friday 11 am - 3 pm

Worship Guide

First Baptist Church
 9 am - Connection Section
 Enjoy snacks, coffee & fellowship
 9:30 am - Sunday School
 For adults & kids of all ages
 10:30 am - Worship Service
 201 E. Hawley St.
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 785-258-3207
 www.fbcherington.org

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 Fr. Peter O'Donnell
 Marita Campbell,
 Parish Life
 Coordinator
 785-922-6509
 smichael-chapman@sbcglobal.net
 www.smchapmanparish.org

Alida Upland
 Cooperative Parish
 2243 3300 Ave., Junction City
 11 a.m. Worship Service

Immanuel Lutheran Church
 2201 1000 Ave., Herington
 8:30 a.m. Worship
 (Alternating Sundays)

Enterprise Community Church
 210 W. South St., Enterprise
 9 a.m. Adult Sunday School
 10:15 a.m. Worship

Our Redeemer Lutheran
 802 E. Trapp, Herington
 10:30 a.m. Worship

First Baptist Church
 201 E Hawley St., Herington
 9 a.m. Connection Section
 Coffee & Fellowship
 9:30 a.m. Sunday School for
 adults and children
 10:30 a.m. Worship Service

St. John's Lutheran Church
 2124 Highway 4, Herington
 8:30 a.m. Worship
 (Alternating Sundays)

First Christian Church
 15 S. First St., Herington
 9:30 a.m. Sunday School
 10:30 a.m. Sunday Worship

St. Paul Lutheran Church
 114 N. Eighth St., Herington
 9:30 a.m. Adult Bible Class
 11 a.m. Worship/Communion

Grace Baptist Church
 117 E. Third St., Chapman
 9:45 a.m. Bible School
 10:45 a.m. Worship/Service

Sutphen Mill Christian Church
 3117 Paint Rd., Chapman
 9:30 a.m. Sunday School
 10:30 a.m. Worship Service

Call 785-524-4200
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Rev. Connie D. Wooldridge
 Chapman United Methodist Church

PASTOR'S CORNER

Signs of spring are all around and soon many of us will participate in an interesting tradition. In homes everywhere dozens of chicken eggs will be tossed into large pots of boiling water until they are thoroughly cooked. Dyes, crayons, paints, stencils, and other art supplies will be lined up on tables and counters, and the boiled eggs will become works of art. I can see them now. There will be eggs swirled in pinks and purples. Young artists will paint their tiny masterpieces, and masters using wax and dyes will create splendid cloisonne. Some eggs will be dipped in multiple dyes and come out sort of grey and drab. A few will certainly crack. When the job is complete and the workspace is cleaned the eggs will be ready for hiding or serving. I am sure we will not find any that look just alike. At some point, we will each choose our favorites and crack those colorful shells and find that the differences only mask the plain ole chicken eggs composed of a

Thumper got it right

yellowish yolk surrounded by a layer of white. Take a bite of any egg in the basket and you will find that they taste the same. Of course this is to be expected because they are all chicken eggs boiled in water. We would be pretty silly to expect the adornment of the outer shell to change the essence of the egg. Now look around. Do you see all the people with their variety of adornments and colorful skins? None are exactly the same on the outside, but all are composed of the same essence. We are all human beings. Religious tradition tells us that we are formed from the dust of the earth and filled with the breath of God. Science tells us we each contain the dust of the earth and stars. Every one of us is created special. All of us are human beings, alike in nature and essence different in color and culture and each precious. It is my prayer and dream that we can learn to see beyond the creative, colorful, shells that make us individual to the essence of life and breath that connect us together. When we recognize the truth that connects us, we can learn to appreciate and celebrate the creative beauty in our differences.



THIS DAY - IN - THE HERINGTON TIMES

Mark Will
 DCNT Columnist

125 years ago – 1901
SMALLPOX SCARE – Permit me to correct some extraordinary rumors of the number of smallpox cases in the city. There are now two cases, both under quarantine. One is in the city jail and is being cared for under the direction of the city physician and adequate protection is employed to guard against infection from it. The other case is in a private residence, and it is believed this case presents no danger to the public. It is requested that any violation of quarantine be reported at once to a member of the city Health Committee.
 100 years ago – 1926
TRIPP GETS SEWER CONTRACT – Ray Tripp of this city was the successful bidder for installing Sewer District No. 6. His bid was \$18,578. Other bids were Joseph O'Neill Construction Company of Leavenworth, \$19,780; C. J. McCoy Construction of Emporia, \$19,956.95; J. L. Howard of Tecumseh, Nebr., \$20,206; Reed & Wheelock of Clay Center, \$20,799.62; and H. L. Miles of Wichita, \$21,073. The bids were opened at the Commission meeting Tuesday night and E. B. Black of the firm of Black & Veatch of Kansas City, consulting engineers for the city, went over them with the Commissioners. Mr. Tripp will begin work on the improvement soon and expects to finish it in six weeks if weather conditions are favorable.
 75 years ago – 1951
ROBBERY AT SMITH GROCERY – Thieves threw a brick through a plate glass window at the Smith Grocery Store at 13 West Main Street between closing hours Monday and six o'clock Tuesday

SMALLPOX SCARE

morning. Meat and an undermined amount of canned goods and other groceries were taken. Although local authorities discovered the robbery, nothing else has been determined at press time. Ding Smith remarked this week that, "... when anyone in town is in need of groceries, he will be glad to come to the store and get them, regardless of the time day or night." He feels that this would be less expensive than having to replace plate glass windows after hoodlums throw bricks through them.
 50 years ago – 1976
TO PUT UP FLAGPOLE – Garland L. Rucker appeared before the governing body to outline plans for construction of a memorial flagpole and monument as a community Bicentennial project. Rucker proposed locating the monument and pole in front of the new Herington Public Safety building. Rucker said personnel could maintain the flagpole on a daily basis and the location would afford the monument a better degree of safety. Rucker said "The place where we put it is very important... It's going to be a thing of beauty – not a piece of junk." Mayor Paul Dlabal said it was his personal opinion that the consensus the community should determine the site. "I'm reluctant to say where it should go," said Dlabal. No action was taken. The matter was tabled until the next commission meeting.
 Herington Historical Society & Museum, 800 S. Broadway. Hours: 1 to 5 p.m. Tuesday through Friday. – markcwill1963@gmail.com

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VIEW FROM THE HILL- Scott Hill

The American Dream

Most of our ancestors came to this country because of economic or religious freedom. A key component of that dream is the thought of property ownership. That ownership may consist of a house, land, or a business. Since the beginning of recorded history, governments have levied taxes against the value of property that individuals own. Other taxes like income and sales have arrived to supplement property tax. However, property taxes have not only survived, but seemed to have grown over time. Kansas now ranks as having the 14th highest property tax in the nation. The goal of owning a home is realized by about two thirds of the people who live in Kansas. That percentage is declining slightly every year. Part of the reason that home ownership is becoming more difficult is the rising property taxes associated with increasing valuations. Coupled with flat or increasing mill levies overall property taxes have increased faster than inflation. The two counties I represent have worked diligently to keep budgets down so that property taxes do not increase. This makes home ownership more affordable; however, it doesn't help enough to keep elderly homeowners on a fixed income from being overwhelmed by the portion of their retirement required to fulfill the tax burden levied against their long-term ownership. The legislature this week started working on

property tax initiatives designed to alleviate this perennial issue. Senate bill 402 combined several previous pieces of legislation into a program called the "Kansas Golden Years Homestead Property Tax Relief." This legislation would adjust the value of a senior citizen or disabled veteran's home appraisal that would be primarily exempt from property tax. Individuals who make less than 120% of the federal poverty level are eligible for this relief. The qualification amount will be adjusted every year for inflation. Once an individual meets the qualification, increases in their home's valuation will not disqualify them. Similarly, their residency will not be revoked because of long-term absence due to medical or emergency situations. Senate bill 402 passed the senate, I voted for it, and now it will be up to the House and the Governor to make it law. We have several proposals that will help the general population deal with the hardships put on them by property tax that makes realizing the American Dream more difficult. In the meantime, we need to address the issues that our most vulnerable citizens are faced with. For example, those who are unable to seek employment to compensate for tax increases struggle with their finances. The Kansas Golden Years Homestead Property Tax Relief Act should help those individuals maintain that dream through the remainder of their lives.

Willowdale 4-H club February Meeting

The Willowdale 4-h club held their monthly meeting on Monday February, 9 at 7:00 p.m. at Sterl hall. Roll call was taken by estimating the amount of candy in a jar. The flag salute was held by our president Wyatt. Ruby reminded everyone that participated in the achievement banquet to fill out your pin Application, if you are participating in 4H days and 4H basketball you can count that as county level activity on your permanent record. Wade encouraged everyone to get outside and enjoy the weather but remember to have a partner/buddy system when you are out and about and have fun to stay safe. The song was held by Harper and we sang Happy Birthday to the February birthdays. Our Vice President read through the last month's meeting minutes. The leader, Jody, shared in her report encouraging members to sign up for the phone-a-thon event at the K-State Extension office to help get donations for 4H. She also shared about getting signed up for 4H basketball and we would have two practices in March before the tournament. The spring show has made donations for the beef show and the swine/ goat show. The new business is that we are paying 75\$ for the beef show and the swine/ goat shows. The program was led by Wyatt and in woodworking how he made a step stool. He also talked about the steps it took to make him to make the step stool and encouraged the kids to try and take the class in high school. We also listened to a program talk by Wade and he talked about his class called music appreciation. He encouraged the kids to get involved in different music classes like band, and jazz band. He shared that in music appreciation you get to learn how to play guitars, drums, and piano. Then he talked about how you learn about microphones. He then played parts of a couple songs on his guitar. Then there were announcements about 4H days being on February 14th. Next meeting is on Monday March 9th.
 Camden Depew - Willowdale Reporter

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Monday, March 16: Chicken Teriyaki, Steamed Rice, Broccoli, Mixed Fruit, Cookie, Wheat Roll
Tuesday, March 17:
Happy St. Patrick's Day!
Roast Beef, Mashed Potatoes & Gravy, Carrots, Lime Pears, Wheat Roll
Wednesday, March 18: Baked Ham, Au-Gratin Potatoes, Spinach, Beets, Fresh Fruit, Wheat Bread
Thursday, March 19: Tater Tot Casserole, Brussel Sprouts, Apple Crisp, Cornbread

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Friday, March 13: Oven Fried Fish or Oven Fried Chicken, Hashbrown Casserole, Mixed Veggies, Tropical Fruit, Roll, Milk
Monday, March 16: Sweet & Sour Chicken, Steamed Rice Broccoli, Mixed Fruit, Roll, Cookie
Tuesday, March 17:
Corned Beef & Cabbage, Red Potatoes & Carrots, Pears, Roll, Milk
Wednesday, March 18: Chicken Alfredo, Corn, Garlic Bread, Fruit, Milk
Thursday, March 19: Western Bean Bake, Cauliflower, Apple Crisp, Cornbread, Milk

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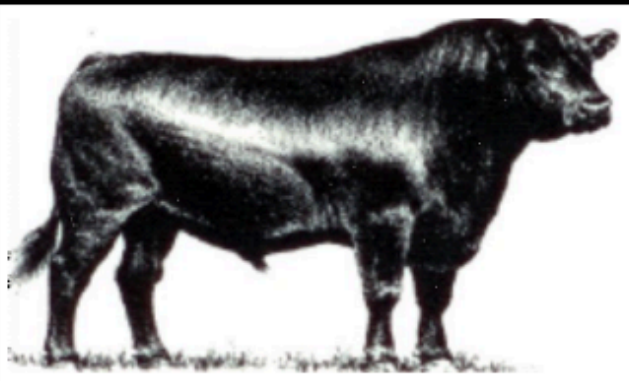
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• May 8, 2026
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Valentine's and Chaos with the Ramblers
By Hope Hanback (parent of reporter Grace Hanback)

The Detroit Ramblers had an eventful monthly meeting on February 10 th at 7pm at the Enterprise Library meeting room. This evenings theme was "Parents run the meeting"

and this is when parents take over the rolls of their children for the regular meeting. As you can imagine this is generally a comical meeting for the children as well as interesting for the parents. We had some great parental involvement taking on the roles of their children like regular champs! We also had two different project talks! Colton and Delaney Stenger shared with us their experience working with wild mustangs last year.

They shared with us all of their hard work and how, after they worked with their horses all summer, they competed at the State fairgrounds, and the horses were auctioned to new families. We also had an awesome presentation from Riley Schremmer teaching us

all about Hermit Crabs. She shared with us proper care and handling as well as her own hermit crabs names. After our regular meeting our members worked hard on making some Valentine's day cards for the residents of Enterprise Estates. Ou next meeting with be March 9 th at the Enterprise library meeting room.

Kansas Masonic Foundation Supports Area Masonic Lodge With Lions Club Donation
Troy Lodge No. 55 Donates \$1,000 to the Troy Lions Club

Troy, Kansas (March 6, 2026)—The Kansas Masonic Foundation, a nonprofit organization dedicated to benefiting Kansas communities, has partnered with Troy Lodge No. 55 to donate \$1,000 to the Troy Lions Club, an organization providing community activities for children within the community.

Founded in 1867, Troy Lodge No. 55 is a Kansas Masonic lodge dedicated to Freemasonry, the oldest surviving fraternal organization in the world. The lodge has 46 active members who support various community-based organizations and events. Some of its most notable efforts include assisting low-income families in the Troy School District by providing children with nutritious lunchtime meals.

"As a lodge, we strive to build brotherly love and fellowship in our community," said Troy Lodge No. 55 Treasurer Neil Coufal. "We work to become active members of our community and serve our neighbors when possible."

Furthering their mission to better support the community, the Brothers of Troy Lodge No. 55 have teamed up with the Kansas Masonic Foundation to donate \$1,000 to the Troy Lions Club. The organization provides community

activities for children, and all funds donated by the lodge Brothers, in collaboration with the Kansas Masonic Foundation, will help support this year's 4th of July celebration. A formal donation announcement will take place in April 2026.

About the Kansas Masonic Foundation: As the philanthropic arm of Kansas Masons, the Kansas Masonic Foundation is a 501(c)(3) nonprofit organization dedicated to benefiting Kansas communities and supporting fellow Masons and their families. Since its inception, the foundation has invested more than \$50 million in Kansas communities and individuals through funding academic, scientific, and charitable endeavors. For additional information about the Kansas Masonic Foundation and to get involved, please visit kansasmasonic.foundation.

About the Grand Lodge of Kansas: The Grand Lodge of Kansas is the governing body of Freemasonry in Kansas, established on March 17, 1856, five years prior to Kansas' statehood. Freemasonry is the oldest, largest, and most widely recognized fraternal organization in the world. Freemasons are men, aged 18 and over, of good character who strive to improve themselves and make the world a better place. Kansas Freemasonry encompasses nearly 11,000 Kansas Masons and 170 Lodges across the state. For more information, please visit kansasmason.org.

EARLY CHILDHOOD SCREENINGS

A FREE CHILD SCREENING FOR ALL CHILDREN BIRTH TO AGE 5

SCREENING IN THE AREAS OF DEVELOPMENT VISION HEARING DENTAL

PLEASE CALL 785-258-3234 TO SCHEDULE A SCREENING APPOINTMENT

IF YOU HAVE A CHILD WHO WILL TURN 3 BEFORE AUGUST 31, 2026, AND YOU ARE INTERESTED IN THE LITTLE RAILERS PRESCHOOL PROGRAM, THE SCREENING IS THE FIRST STEP IN THE APPLICATION PROCESS.

APPLYING DOES NOT GUARANTEE ACCEPTANCE

Screenings
Friday, March 27th, 2026

<p>POSTMASTER Send change of address to: Dickinson County News-Times P.O. Box 109, Herington, KS 67449</p>	<p>DICKINSON COUNTY NEWS-TIMES SERVING HERINGTON, AND SURROUNDING AREAS</p>	<p>JLS GROUP LLC</p>
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Lane reduction extended at K-18/I-70 in Geary County

The Kansas Department of Transportation has begun the next phase of interchange improvements at the K-18/I-70 interchange improvements.

Due to this progression of work, traffic has been reduced to one lane from exit 301 at Henry Drive (Marshall Field) to exit 303 at K-18 to continue construction and install safety barrier.

The lane reduction is being extended throughout this portion of the project and is expected to last through August, conditions permitting. Motorists should be aware that additional traffic changes will take place as work continues to progress.

King Construction, of Hesston, is the prime contractor for this \$27.5 million interchange project and has scheduled the entire project to be completed in fall 2027.

Kansas storm season insurance claims nearly double in two years to \$879 million in 2025

Topeka, Kan. – Kansas Insurance Commissioner Vicki Schmidt, today, released 2025 data on the amount paid by insurance companies for Kansas storm damage claims. In 2025, there were 82,498 total reported storm claims and the amount paid out on those claims by insurance companies was \$879,074,368.54.

2025 claim amounts increased by 99% compared to 2023, which totaled 147,710 claims and paid out \$442 million. In 2025, Sedgwick County saw the highest amount paid out at over \$328 million while Rush County saw the lowest at nearly \$102 million. A county-by-county breakdown of the data can be found on the Department’s website at <https://www.insurance.kansas.gov/home/showpublisheddocument/4623>.

“These numbers serve as a reminder that severe storms happen right here in Kansas,

and the damage is costly.” said Commissioner Vicki Schmidt. “Review your policy and check in with your insurance agent to make sure you are ready for this storm season.”

The Department collects yearly data from companies writing property and casualty insurance in Kansas to better understand the impact of storm events across the state and uses this data as a tool to monitor trends in the marketplace. This data includes the number of total claims as well as the amount paid for those claims across several types of storm losses including hail, wind, water damage, fire, and other weather-related claim losses for homeowners and automobile policies.

This storm season, if you or someone you know is having trouble with an insurance claim, please contact the Kansas Department of Insurance’s Consumer Assistance Division at 785-296-3071, by email at KDOI.complaints@ks.gov or online at insurance.kansas.gov for any claims-related questions or concerns.

Catholic Charities

St. Michael Catholic Church
210 E 6th ST
Chapman, KS 67431
Every 4th Wednesday of the month
9am-10am

St. John Catholic Church
712 Broadway
Herington, KS 67449
Every 1st Wednesday of the month
1pm-2pm

St. Andrew Catholic Church
311 S Buckeye Ave
Abilene, KS 67410
Every 3rd Wednesday of the month

Immaculate Conception Catholic Church
3599 N Field Rd
Solomon, KS 67480
Every 3rd Wednesday of the Month

Enterprise Community Church
210 S High St.
Enterprise, KS 67441
Every 4th Wednesday of the Month
10:30am till 11am

DRIVE THRU FOOD PICK UP

First UMC Manhattan
1710 Avery Avenue
Manhattan, KS 66503
785-539-1748
PLEASE CALL TO CONFIRM HOURS
Tue
3rd of each month 9:30 AM - 10:30 AM

Westview Community Church
615 Gillespie Drive
Manhattan, KS 66502
785-537-7173
PLEASE CALL TO CONFIRM HOURS
Fri
1st of each month 10am-11am

Ogden Community Center
220 Willow Street
Ogden, KS 66517
785-564-0071 or 785-410-6672
PLEASE CALL TO CONFIRM HOURS
Tue
4th of each month 9:30am-10:30am

Highview Church
402 Main Street
Alta Vista, KS 66834
620-767-2844
PLEASE CALL TO CONFIRM HOURS
Tue
4th of each month 11:30 AM 12:30 PM

Memorial Hospital Wound Center Receives Dual Recognition with Clinical Distinction and Excellence in Patient Satisfaction Awards

The biannual award acknowledges superior clinical benchmarks and excellence in patient satisfaction.

Abilene, KS. – March 1, 2026 – Memorial Hospital is pleased to announce that the Memorial Hospital Wound Center is a dual recipient of RestorixHealth’s Clinical Distinction and Excellence in Patient Satisfaction Awards. Recipients of these awards meet or exceed national quality benchmarks over a set period.

RestorixHealth’s Clinical Distinction Award recognizes wound centers that have demonstrated exceptional success by meeting or exceeding clinical benchmarks, while the Excellence in Patient Satisfaction Award recognizes wound centers that have demonstrated superior performance in overall patient satisfaction.

“The Memorial Hospital Wound Center is pleased to be recognized for our dedication not only to healing but also to patient satisfaction,” said Dr. William Short, MD. “We are proud to be a recipient of an award that recognizes the work of our staff as both a health care team and patient champions.”

The Memorial Hospital Wound Center is dedicated to optimizing outcomes and

preventing lower limb loss in patients with non-healing wounds. Their approach to wound care is comprehensive, coordinating traditional and advanced therapies that aid and accelerate the healing process.

The center is staffed with clinicians who have advanced training in wound care. Integrating a team of wound care professionals optimizes patient care while offering the most advanced healing options for hard-to-heal wounds.

The Memorial Hospital Wound Center is located at 511 NE 10th Street and is open Wednesdays and Fridays, 8:30 a.m. to 3:30 p.m. For more information, please call 785-571-1070 or visit www.CaringForYou.org.

About RestorixHealth

Committed to excellence in wound care, RestorixHealth is the wound care solutions company providing programs, services, products and education across the care continuum. From developing and operating wound centers in partnership with hospitals, through delivering professional wound care in nursing facilities and in-home settings, to supporting patients through the coordination of wound supplies, RestorixHealth’s solutions increase access to care, reduce hospital admissions and most importantly, improve patient outcomes and quality of life. For more information, visit www.RestorixHealth.com.



EVENTS

12 Mar, Thu
All day BB State Tournament - Mar. 11-14
2:45 – 3:45pm CHS Talent Show
6 – 7pm Post 12 American Legion-Herington
6 – 7pm CES PTO Dance

13 Mar, Fri
All day USD 487 AND 473 NO SCHOOL
6:30 – 7:30pm VFW Bingo 101 E Main St

14 Mar, Sat
All day USD 473 Forensics Meet @ Clay Center
All day USD 487 Dance Team Performance - State Basketball Emporia
All day USD 487 HS Forensics Clay Center

16 Mar, Mon
SPRING BREAK 16-20
9 – 10am Veterans Coffee The Pin Up Cafe
6:30 – 7:30pm USD 487 BOE Meeting

17 Mar, Tue
ST PATRICK'S DAY

District court clerk to serve as honorary bailiff for Supreme Court visit to Abilene



Cindy MacDonald

TOPEKA—Cindy MacDonald said she hoped to finish her final year as court clerk for Dickinson County District Court without fanfare. “I just wanted to retire quietly after 24 years,” she said. But Chief Judge Benjamin Sexton, 8th Judicial District, wanted MacDonald to experience a rare honor before she retired. He nominated her to be honorary bailiff for the Kansas Supreme Court special session in Abilene on March 10. As bailiff, MacDonald will call the audience to order at 6:30 p.m. as the Supreme Court enters for its special session. “Cindy is so deserving of this honor,” Sexton said. “She is a tremendous leader whose work ethic is an example for our trial court clerks.” MacDonald’s career in legal field MacDonald said legal careers run in her family. Her father was one of the first court administrators in Kansas, and her mother was an administrative secretary for judges in Salina. “I started working part-time at a law firm while I was in high school,” she said.

“Both of my sisters also worked for firms, and at one time all three of us were at the same one, but I was the only one who stayed in the field.” MacDonald began as a legal secretary and later became a certified legal assistant working at various law firms. After 18 years, she was ready for a new challenge. “When I saw the district court clerk position, I knew it was the right opportunity for me,” she said. She said it appealed to her because it would allow her to learn more about legal processes beyond the specialized areas of practice in the law firms where she had worked. “In district court, we handle all case types, so clerks have to know how to process every one of them and also be flexible about change,” she said. “Whether it’s updates to state statutes, changes to court rules, or new processes, being a clerk means you’re always learning something new every day.” Having worked at both law firms and in the courts, MacDonald said she prefers her current role in the courthouse. “I love the administrative side of the courts,” she said. “I get to work with the judges, train new trial court clerks, and connect the public with court resources.” MacDonald said she also enjoys the planning and organizing that go into keeping the court running smoothly, skills she used during the Dickinson County Courthouse renovation in 2021. Supreme Court special session in Abilene The Supreme Court visit to Abilene is part of its outreach to familiarize Kansans with the court, its work, and the overall role of the Kansas judiciary. The court will be in session from 6:30 p.m. to about 7:30 p.m. Tuesday, March 10, in the Library Building Indoor Courtyard at the Dwight D. Eisenhower Presidential Library and Museum, 200 SE 4th Street, Abilene. After the special session ends, justices will greet the public in an informal reception. Attending the special session Details about the special session, including the case that will be heard, an explanation of oral argument, and tips for attending in person are at kscourts.gov/travel-docket.



Employees of Memorial Health System (MHS) in Abilene participated in another “Jeans Day” fundraiser throughout the month of February. Employees make a donation, of at least \$2, and are allowed to wear blue jeans at work. A total donation of \$781 was presented to Neighbor to Neighbor of Abilene.

Neighbor to Neighbor is a nonprofit organization dedicated to connecting Dickinson County residents with resources and support, empowering individuals and families to thrive. Their mission is to provide individuals and families at any stage of adult life with opportunities and tools to enhance the quality of life for their household. If you would like to donate or help in any way, please call 785-200-6750.

The monthly Jeans Day fundraiser is organized by the MHS Employer of Choice (EOC) Council.

Pictured from left are: Traci Jurgensen, EOC Council member; Amanda Robinson, Neighbor to Neighbor Executive Director; and Pam Schoemaker, EOC Council member.

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If you're 45+, a routine colonoscopy screening can help prevent colorectal cancer through early detection.

Peace of mind starts here. Colonoscopy screening can detect concerns early — often before symptoms — and in many cases can prevent cancer.

At Salina Regional Health Center, we're dedicated to your well-being, with trusted providers and easy access across five convenient locations in our region. You'll be in the expert hands of our specialists, with clear guidance and support every step of the way. Taking that first step toward better health has never been easier.

Learn what to expect at srhc.com/colonoscopy

Visit us at Memorial Health System | (785) 263-2100



A Mexican Dutch baby combines the traditional puffy pancake with lots of great south-of-the-border flavors, like chorizo and salsa, to make a meal that's great for breakfast, lunch or dinner.

Oh, baby, are you going to love this Mexican-Dutch fusion? Sometimes I feel like I must try a recipe, just because it sounds too ridiculous or strange to ignore. In this case, it was finding a guy online making a "Mexican Dutch baby."

If you're not familiar with a traditional Dutch baby, it's basically a large, puffy pancake made in an already preheated pan in the oven.

I have generally only seen Dutch babies filled with fruit and powdered sugar once they come out of the oven, so the idea of a savory one—and a Mexican one, at that—intrigued me. Now, I will warn you that I probably ruined this from being a true Dutch baby, because I beefed it up quite a bit, making it pretty impossible to puff up as much as a traditional one would, but just trust me that having this as a hearty, filling meal is totally worth whatever puffiness sacrifice you're making.

I found this recipe on the YouTube channel @yaydadcooking. I doubled the recipe for my version, increased the amount of chorizo and paprika and also added garlic, onion and bell pepper.

Ingredients

9 ounces chorizo
1 large Russet potato, diced
1 small yellow onion, diced
1 bell pepper, diced

SpiceUpYourLife-MexicanDutchBaby Lindsey Young

6 to 8 cloves garlic, minced
6 eggs
1 cup flour
1 cup milk
1 teaspoon paprika
salt and pepper, to taste
3 tablespoons butter
Oaxaca cheese or queso fresco, to taste
Your favorite salsa, for serving

Directions

Place a large, cast iron or oven-safe deep skillet in the oven and preheat to 425 degrees. (Mine is a 13-inch pan.)

While it preheats, heat a skillet over medium heat, and add the chorizo. Saute until it's cooked through, and remove it from the pan, setting it aside.

In the leftover grease from the chorizo, saute the potato, onion and pepper until everything is cooked through (if there isn't enough oil in the pan, add a little canola or vegetable oil to supplement). Add the garlic and saute for just a couple minutes or until it's fragrant. Remove it from heat and stir the chorizo back into the mixture.

Meanwhile, in a mixing bowl, beat the eggs with a whisk or fork, and then stir in the flour, milk, paprika and salt and pepper. Whisk it some more until the mixture is lump free.

If the oven is preheated, carefully remove the hot pan and add the butter, letting it melt and swirling it to coat the bottom of the pan. Pour in the chorizo/veggie mixture and spread it evenly over the bottom of the pan, and then pour the batter mixture over the top of that.

Bake for 18 to 20 minutes or until the batter is golden brown and set.

Top the Dutch baby with cheese and salsa, slice and serve immediately.

This was really tasty, and it reheated extremely well out of the fridge the next day.

This would make for a good dinner or breakfast, either one, and the neat thing is you can really control the spice level, based on what salsa you choose. We went with a spicy green salsa, and it was delicious.

And I'm pretty excited to see this Dutch-Mexican fusion. It combines the best of both types of recipes into one, and that's the kind of culinary world I want to live in.

Spice Up Your Life is a weekly recipe column by Lindsey Young, who describes herself as an enthusiastic amateur cook and can be reached through her website at spiceupkitchen.net.

Salina Chorale Presents 2026
Spring Concert "Growth" -
March 22

WHAT: "Growth" by the Salina
Chorale

WHEN: 4 p.m. Sunday March
22, 2026

WHERE: Sacred Heart Cathedral,
118 N. 9th St. (at Iron
Ave.), Salina, KS

COST: Adults-\$15, Students-
\$10

ADMISSION: Advance tickets
available from Salina Chorale
members – OR Pay at the door
before the performance (general
admission - open seating)
MORE INFORMATION: chorale-salina@gmail.com or call 785-
577-2819

The Salina Chorale will present
its 2026 Spring Concert, called
"Growth," under the direction
of Keri Boley. The group will
perform at Sacred Heart Cathedral
in downtown Salina, Kansas,
on Sunday, March 22nd at 4
p.m., presented in two acts.
The first half, Act 1, focuses on
the theme of "Becoming" –
specifically "Birth and Childhood"
and "Love and Relationships."
Songs include: The Awakening
by Joseph M. Martin; Circle of
Life from The Lion King; Children's
Prayers to God by C.M. Shearer;
Happy Together, recorded by
The Turtles; Lullabye by Daniel
Elder; Embraceable You by
Gershwin; and Come to Me, O
My Love by Allan Robert
Petker.

The second half of our concert,
Act 2, centers on "Becoming
Whole" – with themes of
"Reflection, Gratitude and
Growth;" "Challenges and
Perspective;" and "Legacy and
Spirit."

Songs include: For the Beauty
of the Earth by John Rutter;

Good Timber Grows by Roger
Emerson; Seasons of Love;
That Lonesome Road; When
I'm Sixty-Four, recorded by The
Beatles; Cloth of Glory by
David L. Brunner; and Just a
Closer Walk With Thee.

The moving piece called Cloth
of Glory was a commission in
honor of 9/11 by David L. Brunner,
who described it as "a song of
mending, of rising from the
ashes." He added, "Out of the
fire, the tribulation, shines the
'brittle, fragile cloth of glory.'"

OUR DIRECTOR

Keri Boley began her inaugural
season as director of the Salina
Chorale in Fall 2024. She has
taught choral music at Southeast
of Saline Junior and Senior High
School for 15 years. In addition to
teaching choir and music appreciation
classes, Boley directs SES musicals,
has served as an adjunct faculty
member at Kansas Wesleyan
University, and works as a clinician
and judge for regional honor
choirs and festivals. Previously,
she taught choral and general
music for 17 years in the
Ellsworth/Kanopolis school
district and served as director
of the Salina Symphony Youth
Choir (formerly the Holiday
Singers). A proud graduate of
Kansas Wesleyan University,
Ms. Boley is honored to create
music alongside the dedicated
individuals who volunteer their
time, energy, and voices to the
Salina Chorale.

OUR COLLABORATIVE PIANIST

Dr. Gustavo do Carmo became
our Salina Chorale Collaborative
Pianist in August 2025. Gustavo
is a distinguished pianist,
educator, and collabora-

tive artist. His career spans
solo performances, teaching,
and extensive collaborations
with choirs, orchestras, vocalists,
instrumentalists, and dancers
in both the United States and
Brazil. Currently, he serves as
an Assistant Professor of Music
and Collaborative Pianist at
Kansas Wesleyan University. In
addition, he holds the position
of Collaborative Piano Chair for
the Kansas Music Teachers
Association (KMTA) and is a
highly sought-after teacher and
adjudicator for numerous piano
festivals, clinics, and competitions.

ABOUT THE SALINA CHORALE

The Salina Chorale is a community
chorus dedicated to the promotion
of choral music, and it is open
to all adults who desire to sing
ensemble music. High School
Juniors and Seniors are welcome
to be members provided they
already sing in their High School
Choir. Freshmen and Sophomores
in High School may join the
Chorale if approved of by the
director, who will determine if
their voices are mature enough
to sing the kinds of songs, and
in the vocal ranges, that are
required of the Chorale singers.

CONCERTS

The Salina Chorale performs
annually its spring concert and
its "Carols of Christmas" holiday
concert, and also joins with the
Salina Symphony as a chorus for
some of its performances --
including the Symphony's two
"Christmas Festival" concert
performances in the Stiefel
Theatre, presented every other
year, most recently in 2025.
Alternating years, the Chorale
does not participate when the
Salina

Symphony performs "The
Nutcracker Suite" as the holiday
concert.

This spring 2026, the Chorale
will join with Kansas Wesleyan
University singers to provide the
chorus for two Salina Symphony
performances of Beethoven's
Ninth Symphony. First, in
Hutchinson at the Fox Theatre
at 7 p.m. on Saturday, May 2,
2026. And second, in Salina at
the Stiefel Theatre at 4 p.m. on
Sunday, May 3, 2026.

OUR HISTORY:

The Chorale is an outgrowth of
the Salina Community Chorus,
which was begun in 1961 under
the direction of Mr. John Sample.
The group was reorganized as
the Salina Chorale in January
1979. The preceding music
director for the Salina Chorale,
Bill Tuzicka, directed the group
for 16 years, from 2009 to
spring 2024, before retiring and
moving with his wife Susan to
Iowa. Since August 2024, this
group of talented singers of all
ages from the greater Salina
community has been under the
very talented and inspiring
direction of Keri Boley.

In May of 2025, the Salina
Chorale was formally incorporated
in the state of Kansas as a
non-profit organization, and as
such was given the official name
Salina Chorale Inc. And then,
in early August 2025, the Salina
Chorale was successful in
achieving 501(c)3 organizational
status from the IRS, which now
makes us a Federally Tax-Exempt
nonprofit charitable organization
with all the rights and privileges
that come with this official
designation.

**Kansas Masonic Foundation Supports Local Kansas Masonic Lodge With Kansas C.O.P.S. Donation
Justice Lodge No. 457 Donates \$1,000 to Kansas Concerns of Police Survivors**

Emporia, Kansas (March 6, 2026)—The Kansas Masonic Foundation, a nonprofit organization dedicated to benefitting Kansas communities, has partnered with Justice Lodge No. 457 to donate \$1,000 to Kansas Concerns of Police Survivors (C.O.P.S.), an organization committed to providing peer support to the surviving family members of law enforcement officers killed in the line of duty.

Founded in 2011, Justice Lodge No. 457 is an Affinity Lodge for current and retired Kansas law enforcement officers, judges, prosecuting attorneys, dispatchers, corrections officers, and those who deal with the criminal justice system. The lodge currently has 28 active members who meet four to six times each year at various locations across the state and support various law enforcement-related causes.

While Kansas C.O.P.S. is the primary recipient of Justice Lodge's charitable endeavors, it has previously contributed to the Kansas Law Enforcement Leadership Academy, the Kansas Masonic All-State High School Marching Band Camp, the Miami County Cancer Association,

the National Law Enforcement Memorial, SOS Inc., and many other local causes around the state.

"In 2017, we found that this group needed funding to support their endeavors. Given our direct relationship with law enforcement, working with Kansas C.O.P.S. has been and remains a natural fit for us," said Justice Lodge No. 457 Secretary Daren Kellerman. "This organization is our primary charity recipient, and since 2017, we have donated over \$14,000 to support their mission; our relationship with the organization and, more importantly, supporters, continues to grow each year."

To continue assisting those in need and promoting brotherly love throughout the community, the Brothers at Justice Lodge No. 457 have teamed up with the Kansas Masonic Foundation to donate \$1,000 to Kansas Concerns of Police Survivors (C.O.P.S.). The funds donated will help assist the organization's mission of providing peer support to the surviving family members of law enforcement officers killed in the line of duty. They do so by offering emotional support, helping survivors understand the judicial process, and providing information about available services within the local community, state, and nation. Additionally, they aim to provide long-term support and train state law enforcement agencies in handling line-of-duty death procedures appropriately. A

donation presentation will take place in the coming weeks.

About the Kansas Masonic Foundation: As the philanthropic arm of Kansas Masons, the Kansas Masonic Foundation is a 501(c)(3) nonprofit organization dedicated to benefiting Kansas communities and supporting fellow Masons and their families. Since its inception, the foundation has invested more than \$50 million in Kansas communities and individuals through funding academic, scientific, and charitable endeavors. For additional information about the Kansas Masonic Foundation and to get involved, please visit kansasmasonic.foundation.

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DO YOU WANT A GRADUATION/SPORTS PRINTED EDITION?

This is our first year being Digital for the Graduation/Sports edition. With this being said, I have been given permission to design a Graduation/Sports printed edition. I am SUPER EXCITED to be able to showcase our kids in our communities. However, I am only able to print IF I raise enough money to cover the cost of printing. So here is what I am offering....

**2x2
\$50**



**2x4
\$75**

**1x2
\$30**

**SIGNATURE
\$20**

This is also available for parents to put their dedications in for their students.

In the event I cannot get enough people to buy a sponsorship, we will still do a digital edition and sponsorship prices will be 50% less. I am hoping we can raise enough money to give the kids the recognition they deserve and the family members a keepsake.

Contact us by April 29th to support the printed Graduation/Sports Edition
Invoices will be Sent May 1st and Must be paid by May 15th to continue.

Contact us at dk.co.newstimes@gmail.com or call 785-524-4200 Wed-Fri 11am to 3pm.

Why FEAR? By: Van Yandell

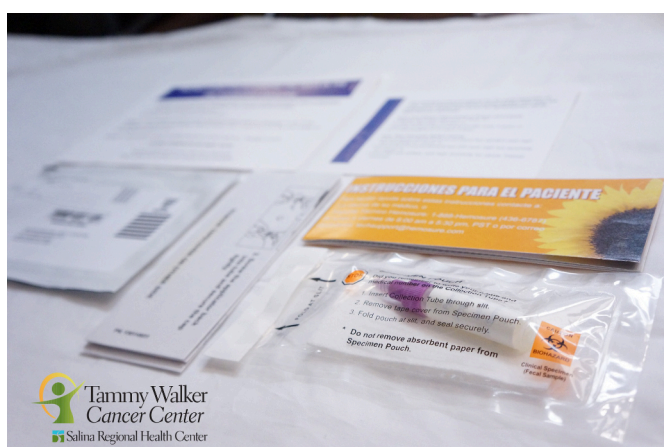
IT'S NOT ABOUT POLITICS

Romans 3: 10 & 12 "As it is written, There is none righteous, no, not one. They are all gone out of the way, they are together become unprofitable; there is none that doeth good, no, not one." We humans have an inclination to observe and form opinions of others much more readily than ourselves. We are fortunate and God-blessed that God is our judge and not other people. Unfortunately however, our great failure is to ignore our own inconsistencies. Even when we know at times, our actions are wrong; we make excuses for our weaknesses. Justifying in one's own mind the sin, doesn't make it not a sin. I will never forget a statement made by a teacher in graduate school. The class was industrial design; it was intended to open our minds as well as develop design insights and possibilities. The statement was "Always be your own severest critic." Those words have echoed in my thoughts for many years and the many aspects of our lives it which that concept applies. To judge ourselves is probably an action that would circumvent God's authority. But to evaluate oneself is not only acceptable, it is necessary for a balanced existence. Being my own "severest critic" has caused me a lot of heartache and others might possibly see

themselves in that light. Being constantly observant of our thoughts, words and actions is a conscious effort at first and can become a curse. Of course we must examine our words before stated aloud, "Are they necessary?" "Might they be hurtful?" "Will they be understood?" Does anyone actually do that? We often speak before we think and later regret those words. The idiom "You can't un-ring a bell" has been attributed to several. Its implication is consistent and very true. Once words are spoken, the effect can be long-lasting. People are more likely to remember what we say that is hurtful than what we say that is good. Proverbs 18: 21 "Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof." At creation, God gave mankind the ability to communicate. The U.S. constitution gives Americans freedom of speech. Just as the ability to communicate was abused at the building of the Tower of Babel (Genesis 11), the freedom of speech has been drastically abused by people today in all walks of life. Sad to say, the freedoms of communication and speech are ignored by many Christians. Our freedom and mandate is to share the Gospel of our Jesus to a lost and dying world. I was once asked (by an individual that knew absolutely nothing about Christianity or the Holy Bible) concerning the word "believe" in John 3:

16, "Just exactly what am I supposed to believe?" It is difficult to explain the Biblical connection in the Old Testament about the sacrificial death of Jesus on the cross in detail and make it clear what the crucifixion involved. To say "Jesus died for the remission of sin" is complete for initial salvation purposes but to describe in detail the process and His ultimate sacrifice may initially be too detailed. As one matures in their Christian life through Bible study and other sources, the specifics of crucifixion become a strengthening awareness. The process of crucifixion is a horrible and painful method of capital punishment. Crucifixion was preceded by a flogging with a whip which consisted of thirty-nine lashes with a flagrum (or flagellum). That instrument had nine strips of leather tied on a wooden handle. On the ends of the strips were cutting objects that pierced the skin and flesh of the victim deeply and caused tremendous blood loss. Many victims of the scourging died of shock or blood loss. Jesus lived through the beating and was consequently nailed to a cross (Colossians 2: 13-14). Some were disemboweled and at times, the crucifiers smeared feces in the wounds to cause infection which increased the suffering. Any way we address the subject, Jesus suffered immeasurably for the eternal salva-

tion of the world. The victory for believers is the resurrection. Matthew 28: 5-6 "And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified. He is not here: for he is risen, as he said. Come, see the place where the Lord lay." "He is risen" are the some of the sweetest words in the Bible. The tomb was not powerful enough to hold our Jesus. Just as He said, He rebuilt the Temple of His body in three days. John 2: 19 "Jesus answered and said unto them, destroy this temple, and in three days I will raise it up." He was referring to His own death and resurrection. Many saw Jesus after His resurrection. How many witnesses does it require to establish a fact? There are numerous cases in the scriptures of those that saw Jesus alive after His death on the cross. Believing is being convinced something is real and true. When we are asked, what must we believe about this Jesus, how are we going to answer? My personal answer is born of a virgin/fathered by the spirit of God, crucified for the remission of sin, resurrected from the dead and ascended alive into Heaven. Jesus' blood sacrifice is scripturally connected to the animal sacrifices in the Old Testament. Without the virgin birth, He could not have been that perfect (1 Peter 2: 22), without the blemish of sin, Savior for the sin of the world



Free colorectal cancer screening kits available in March

(March 2, 2026) – Statistics say colorectal cancer is the third-most common cancer found in both men and women. But fortunately, colorectal cancer found early is often highly curable.

In recognition of national Colorectal Cancer Awareness Month in March, The Tammy Walker Cancer Center at Salina Regional Health Center is leading an initiative to provide 800 free colorectal cancer screening kits to anyone ages 45 to 75. The screening is recommended for those who have not had a recent colonoscopy. Kits can be picked up at all

Salina, Abilene, Concordia, Minneapolis and Lindsborg pharmacies while supplies last. "The screening uses an advanced fecal blood test that requires only one sample and has no food or drug restrictions," said Daniel Craig, cancer outreach coordinator at the Tammy Walker Cancer Center. "Once completed, the samples can then be mailed to the Cancer Center for lab analysis using a pre-paid postage envelope provided. Results of the test will be returned to both the patient and their primary care physician." Participants in the screening should return their samples for analysis by May 30. Health officials recommend all men and women have a colonoscopy at age 45 to screen for colorectal cancer. Between colonoscopies patients can screen with a fecal blood test. Other tests may also be recommended by your physician. Those with a family history of the disease should consider screening at a younger age. African Americans are also known to be at an increased risk for colorectal cancer.

Pharmacies distributing the screening kits include: Salina's B&K Prescription Shop, CVS Pharmacy, Dillons Pharmacy-Crawford Street, Dillons Pharmacy-Planet Avenue, Dillons Pharmacy-Cloud Street, Patterson Key Rexall, Sam's Club Pharmacy, Walgreens Pharmacy, Walmart Pharmacy, Salina Regional Health Center Pharmacy and Salina Family Healthcare Pharmacy. Abilene's Auburn Pharmacy, Patterson Healthcare Pharmacy and Harvey Drug. Concordia's Auburn Pharmacy and Walmart Pharmacy. Minneapolis' Auburn Pharmacy. Lindsborg's Auburn Pharmacy. The screening kits also can be picked up at the Saline County Health Department. Grant funding from the Salina Charities League and Salina Regional Health Foundation is helping to underwrite the screening. For more information about the free colorectal cancer screening kits contact Daniel Craig by calling (785) 452-4848 or email dacraig@srhc.com. Kits can also be mailed to interested participants by contacting Craig.

Prairie Doc Perspective

Meaningful Living in Rural Communities: Pathways to Productive Aging

By: Whitney Lucas Molitor, Ph.D., OTD, OTR/L, BCG and Allison Naber, Ph.D., OTD, OTR/L

Living in rural communities offers unique opportunities to promote successful aging. Incorporating a purposeful lifestyle, developing social connections and engaging in daily physical activity is essential to achieving positive health outcomes and quality of life.

Finding purpose includes exploring the activities you already engage in and being open to new possibilities. Engaging in motivating activities provides a framework for a purposeful life. The selected activities can promote health, foster a sense of identity and give a sense of purpose in life while aligning with personal values and interests. While some daily activities are performed without much thought, identifying others may require careful exploration.

In rural communities, consideration of the physical context is also essential. The American Occupational Therapy Association provides a framework that incorporates reflection on personal values, interests and prior life experiences. This approach, along with establishing priorities and goals, can be a valuable way to explore daily activities and create new opportunities for engagement that enhance purpose in daily life. To align life purpose with a rural

context, it is essential to incorporate outdoor activities, find creative ways to connect with family and friends and explore opportunities with local groups. Activities can be modified to support evolving interests, abilities and desires.

Establishing and maintaining strong social connections is critical to promoting healthy aging in rural communities. Older adults in rural areas may experience social isolation due to limited opportunities for interaction. This can be due to changes in overall health, technology barriers (limited internet access or limited computer or smartphone skills) or physical barriers (limited community mobility or driving restrictions). Social isolation can pose physical, psychological and behavioral health risks. Engaging in meaningful activities with others can help build relationships, find purpose or fulfillment and develop new hobbies or skills. Educational programs or groups are an excellent way to explore new leisure activities or learn strategies to improve health and well-being. Reaching out to family or friends, visiting your local senior center, attending community events, or joining a club can all provide a sense of connection, purpose and well-being.

in addition to staying socially connected, developing a regular physical activity routine is essential for older rural adults. Adults over 65 should strengthen their muscles and improve their balance by engaging in at least 150 minutes of moderate physical activity per week. Moderate physical activity increases breathing and heart rate, but you should still be able to talk while active. Beneficial activities include brisk walking, dancing, riding a stationary bike or NuStep, using weights or resistive exercise bands, gardening or participating in water aerobics. Consider setting a goal to move your body for 30 minutes each day to reduce sedentary time. Sedentary activities include watching TV, reading, sitting or lying down. Prolonged sedentary behavior increases the risk of poorer health outcomes among older adults. Intentionally participating in meaningful activities throughout the day will reduce time spent sedentary. Reduce sedentary behavior by standing during commercial breaks, walking around your home after a meal or stretching after reading the paper or playing cards. Incorporating the strategies mentioned in this arti-

cle can promote well-being and enhance quality of life.

Whitney Lucas Molitor, Ph.D., OTD, OTR/L, BCG, is department chair and associate professor in the Department of Occupational Therapy at the University of South Dakota. Lucas Molitor is a licensed occupational therapist in Iowa and South Dakota. Her research interests include health promotion and productive aging. Allison Naber, Ph.D., OTD, OTR/L, is the academic fieldwork coordinator and an associate professor in The Department of Occupational Therapy at the University of South Dakota. Naber is a licensed occupational therapist in Minnesota and South Dakota. Her research interests include occupational performance and life balance, particularly as they relate to healthy aging. Follow The Prairie Doc® at www.prairiedoc.org, Facebook, Instagram, YouTube, and Tik Tok. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7pm, on SDPB, YouTube and streaming on Facebook), 2 podcasts, and a Radio program (on SDPB, Sundays at 6am and 1pm).

Jennifer Latzke
Attachments

Mon, Mar 9, 11:43 AM (2 days ago)
to Ed, me

In a fun change from their usual procedures, the Navarre Boosters officers assisted, while their Parents led the club meeting on February 9th. Songs and reports were mostly covered by the parents, but when the program rolled around to the talks and demonstrations only one of three 4-H's successfully persuaded her mother to assist. Sophia reported on her rescued bottle cats, Bri explained different types of bits and bridles used for her horses, and Janessa demonstrated DNA in her food science project. The meeting concluded with everyone saying the 4-H motto together "To make the Best Better".

Submitted by Jace Latzke, Reporter

Sophia and Bill lead club members in singing "The Itsy Bitsy Spider".

