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### HOLLAND SUNFLOWERS 4-H CLUB MINUTES

The monthly meeting of the Holland Sunflowers 4-H club met on February 15, 2026 at Browns Home at 2:30 pm. This was a special meeting because it was the meeting where the junior officers ran the meeting and because we met at Browns Home and residents attended and had the opportunity to ask questions. The meeting was called to order by junior president Cohen Abeldt. The Pledge of Allegiance and 4-H pledge was led by Ezra Hedstrum, Cora Hedstrum, Stockton Bogart, Josie Nagely, and Stetson Shrack. Junior Song leader, Andy Felbush led the club in singing the "Head, Shoulders, Knees, and Toes." The roll call question was "Would you rather receive flowers or candy for Valentine's Day" and was answered by thirty-one members and two leaders.

During the program, a member of the month talk was given by Dean and Andy Felbush. Gunner Bohannan gave a project talk about the shooting positions. Ava Hedstrom gave a performed her 4-H days piano piece. Steven Bogart gave a welding demonstration using cheese and crackers Stockton Bogart gave a demonstration of his farm set-up for the fair. Axie Shrack gave tips for strengthening your calf's neck. And finally, Stetson Shrack gave a project talk about his farm toys set-up for the CKFF. Then Autumn Felbush gave a health and safety tip about some of the preventives for the common winter sicknesses going around. Refreshments of homemade Valentine's Day cookies and juice were shared with Brown's home residents.

During the business portion of the meeting, there was one communication. The junior secretary Axie Shrack read the minutes and they were approved. The treasurer, reporter, and counsel representatives all gave reports. Leaders Jo Emig and Bailey Hedstrum gave reports about 4-H basketball and fair clean-up that was coming up. They also shared that our club was very well represented at 4-H days. There was one committee report given by Cora Hedstrum, who shared that we gave our donations from the previous month's meeting to Neighbor to Neighbor.

There was no unfinished business or bills to be paid. In new business we discussed how much to donate to the spring small animal show and the beef spring show. We also moved to buy pizza for the March meeting for our club. Announcements were given. We adjourned the meeting by standing and reciting the 4-H motto:

To Make the Best Better.

Submitted by Junior Reporter, Dean Felbush



### Willowdale 4-H club March Meeting

The Willowdale 4-h club held their monthly meeting on Monday March 9 at 7:00 p.m. at Sterl hall. Roll call was taken by what food we don't like and there are two leaders, 21 members, and 11 parents. The flag salute was held by our president Wyatt. Ruby reminded everyone that participates in 4H basketball you can count that as county level activity on your permanent record. The song was held by Harper. Our Vice President read through the last months meeting minutes. The leader, Jody, shared in her report about the basketball tournament being this weekend and about the fairground clean up on march 15th. Then she shared that she will be taking care of the gift for the office professionals. She encouraged everyone to read through the Clover Connections. The project talks were held by Hadley and Ruby both about their pigs Hadley shared about how to clean the pigs for showing. Ruby shared about the nutrition facts on pork. Then there were announcements about the April meeting which is the exchange meeting with Holland Sunflowers meeting. Next meeting is on April 19th at 6:30at Sterl Hall.

- Camden Depew  
Willowdale Reporter



**Contact Information: Dickinson County News-Times**  
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# Worship Guide

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9:30 am - Sunday School  
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2243 3300 Ave., Junction City  
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Enterprise Community Church  
210 W. South St., Enterprise  
9 a.m. Adult Sunday School  
10:15 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

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

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

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

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

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

St. Paul Lutheran Church  
114 N. Eighth St., Herington  
9:30 a.m. Adult Bible Class  
11 a.m. Worship/Communion  
Sutphen Mill Christian Church  
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9:30 a.m. Sunday School  
10:30 a.m. Worship Service

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## PASTOR'S CORNER

The man on the radio said, "Welcome to Kansas! The weather forecast for this week will give us a low of negative four and a high of eighty-three." Kansas weather is the subject of many jokes especially in the spring and the fall. One must be ready for almost anything. Temps have been known to change 20-30 degrees in a few hours. It feels like every plan needs a contingency. We have these weather reports to keep us informed. The ability to properly predict has improved over the years and yet we still find ourselves without a coat, snowshoes or umbrella when we need them. We can be sure that we can't always be sure. Weather is not the only thing that can alter our plans. Sometimes my day starts with a

## KEEP TRYING

hearty breakfast and a great cup of coffee only to be interrupted by tragedy. We can never be sure as we walk out the door that everything will go exactly as planned. My job allows me to witness highs and lows in so many lives. I have been included in times of great blessing and called to pray through great sorrows. Sometimes those things happened as expected and sometimes everyone was shocked. If the man on the radio was predicting the average week of an average life he might say, "Welcome to life experience! The forecast is for your greatest joys as well as your greatest sorrows." We have hopes, dreams, and plans but anything can happen; be ready. Tell your loved ones you love them. Spend the moment to hear what your child has to say. Notice the buds on the trees and the bunny hopping by. Have that treat. Call that friend. Take that nap. Be present in the moment. Maybe have a contingency plan.



Mark Will  
DCNT Columnist

## THIS DAY - IN THE HERINGTON TIMES

125 years ago - 1901  
**SETTLED IN COLORADO** - Ten Russian families from Herington and Ramona, left via the Missouri Pacific last Friday afternoon and will settle at Sugar City, Colorado, and engage in raising sugar beets. It seems that an agent was here getting up a colony for that point and paid the railroad fare for all who would enter into a contract for land on which to raise the beets. These are hardworking, honest people and if they find things as represented, they will no doubt succeed.  
100 years ago - 1926  
**LEAVE THE TERMINAL HERE** - At a meeting of officials of the Rock Island at Kansas City, it was again decided to leave the terminal at Herington. The meeting was called by the Kansas City men in order to present their case. Those present for the meeting were from Chicago, Illinois; El Reno, Oklahoma; Horton, Kansas; members of the Engineers and Fireman from Herington, Kansas, as well as C. B. Pratt, the Superintendent of the Rock Island Kansas Division. The request of the Kansas City engine men was not granted. Had they been given the terminal, several Herington engine men would have been compelled to move there.  
75 years ago - 1951  
**ROTARY CLUB REVIEWS PAST HISTORY** - The Rotary program on Monday was largely devoted to reviewing past history of the Herington Club. Charles Edlin, program speaker, recalled the club's organization thirty years ago and paid tribute to the

## BICENTENNIAL WAGON TRAIN HEADED HERE

first officers: President W. E. Blackburn (Herington Times Editor), Vice-President C. B. Pratt (Rock Island Superintendent), and Secretary Clarence E. Hatfield (Presbyterian Church pastor). Five charter members remain as current members. The wives of Herington Rotarians organized the Rotary Anns in 1926 and have assisted the Girl Scouts, have helped girls in high school, and have furnished a room at the city Hospital during the past 12 years.  
50 years ago - 1976  
**COOK ENDS LONG CAREER** - Mrs. Mabel Vietze has spent the past 34 years as a cook for Mom's Café in Herington. She recalls that she began working in Herington in a job that was supposed to only be a part-time position. The relief job soon turned into a full-time and permanent position. "We used to make creamed biscuits and gravy, but everybody seems to be watching what they eat today." Hamburger and French fries have remained the number one food seller during the years. She can recall at times working up to 16 hours a day, seven days a week and making up to 100 box lunches a day for passenger train travelers. There have been major floods that temporarily shut down Mom's and resulted in much cleanup after the flood aftermath. The first location on west Walnut was originally known as "Mom" Frarey's "Hamburger Hut". The name was later changed to Mom's Café and moved to 325 W. Walnut. Later it moved into its present location at 314 West Walnut. Herington Historical Society & Museum, 800 S. Broadway. Hours: 1 to 5 p.m. Tuesday through Friday. - markcwill1963@gmail.com

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**Resurfacing to begin March 30 on I-70 near Abilene**  
The Kansas Department of Transportation plans to begin a resurfacing project on I-70 in Dickinson County on Monday, March 30.

The project will involve concrete patching, mill and overlay, striping and rumble strips. Work will take place on I-70 from just west of the I-70/K-15 junction at Abilene, extending east approximately 8.5 miles, to about 2.5 miles east of the I-70/K-43 junction.

During construction, traffic will be reduced to one lane at a reduced speed for about three miles within the work zone. Motorists should anticipate delays of no more than five minutes.

APAC-Kansas Inc. Shears Division, of Hutchinson, is the prime contractor for the \$11 million project, which is scheduled to be completed in late September, weather permitting.

KDOT urges motorists to stay alert and follow posted signs in all work zones. For current road conditions, visit kandrive.gov or call 5-1-1. Updates on highway projects in north central Kansas, are available at NewsReleases/District2- north central Kansas.

## VIEW FROM THE HILL- Scott Hill

The tyranny of unrestricted access to apps this week nearly 2000 years ago the Roman Emperor was assassinated. Julius Caesar was a hyper-successful politician and military leader. He brought peace and prosperity to Rome and consolidated power around himself. Caesar's fatal flaw was that in spite of great military victories he forgot that true political power rests with the people.

The tyranny of the urgent compels the legislature to focus on policy that has powerful and outspoken proponents. Conversely, good legislation often has no brazen supporters, but merely the well-being of all of our citizens. While Caesar listened to an inner circle of powerful friends, he missed the concerns that grew more powerful as the people's voice became weaker. Our own country is founded on the principle that the people's voice, even when it is softly spoken, is the guiding light of our Republic. The increasingly urgent consolidation of power around a ruthless dictator in our modern world is not going unheeded. The advent of the digital age has consolidated power into the hands of those who control the algorithms that constantly pull us into a virtual world. Today's tyrant isn't sitting on a golden throne; it is in our pockets and on our desks. We have sacrificed our liberty of thought to the urgings of the next virtual tease. Legislators have moved towards addressing the virtual tyrant that is never

satisfied. A bill that would sequester smartphones away from our students is awaiting approval by the Governor. This week we are looking at the content of the software that is on those same phones.

Alcohol and tobacco, among other things, are restricted from minors. Online, however, sixteen-year-old youth are allowed to enter into contracts to purchase applications that are designed for adult eyes only. While there are millions of applications that are available for the attention of our youth, there are only a couple of stores that are available to procure these mind-addicting programs. Those are the Google Play store and the Apple App store. Senate Bill 372 requires juveniles to have parental permission before procuring applications online. The Senate passed this bill nearly unanimously;

however, the House is struggling to know what to do. One idea is to require oversight at the store level. A second option is to try to regulate millions of apps directly. The tyrants today, much like the Caesars of old, want to promote a type of slavery that requires allegiance to the ruler. The ruler today may be virtual social media and gaming apps. They are truly as demanding of our freedom as any other dictator. I encourage each of you to examine your own decisions as we pass restrictions on marketing schemes to those who are not yet adults.

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**Tuesday, March 31:** Open Faced Turkey Sandwich & Gravy, Mashed Potatoes, Beets, Fruit Cobbler  
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**SRHC Women & Infants Services receives High 5 for Mom & Baby recognition**

(March 23, 2026) – Salina Regional Health Center has continued its commitment to improving infant and maternal health by earning recognition through High 5 for Mom & Baby Premier, a program developed by the United Methodist Health Ministry Fund to increase breastfeeding initiation and duration rates in Kansas.

“Breastfeeding provides numerous health benefits for both infants and mothers, and we’re honored to receive this recognition from the United Methodist Health Ministry Fund for our efforts to support successful breastfeeding initiation and maintenance,” said Lori Faerber, Women and Infants Services director at SRHC. “As a facility committed to providing the very highest quality of care, we have found the High 5 practices and resources to not only improve health outcomes, but also increase patient satisfaction.”

High 5 for Mom & Baby Premier provides resources and a framework to help Kansas hospitals and birth facilities implement 10 evidence-based practices proven to support successful breastfeeding, while also reducing racial and ethnic health disparities. To obtain High 5 for Mom & Baby Premier recognition, each facility is asked to complete a voluntary and self-reported evaluation and to follow all 10 of the evidence-based practices:

1. Facility will have a written maternity care and infant feeding policy that addresses all 10 High 5 for Mom & Baby practices supporting breastfeeding
2. Facility will maintain staff competency in lactation support
3. All pregnant women will receive information and instruction on breastfeeding
4. Assure immediate and sustained skin-to-skin contact between mother and baby after birth
5. All families will receive individualized infant feeding counseling
6. Give newborn infants no food or drink other than breastmilk unless medically indicated
7. Practice “rooming in” – allowing mothers and infants to remain together 24 hours a day
8. Families will be encouraged to feed their babies when the baby exhibits feeding cues, regardless of feeding methods
9. Give no pacifiers or artificial nipples to breastfeeding infants
10. Provide mothers options for breastfeeding support in the community (such as a telephone number, walk-in clinic information, support groups, etc.) upon discharge

“Breastfeeding plays a crucial role in the overall health of babies and mothers,” said Katie Schoenhoff, program director at the United Methodist Health Ministry Fund. “Following the 10 High 5 for Mom & Baby practices demonstrates Salina Regional Health Center’s commitment to infant and maternal health by helping moms successfully initiate and maintain breastfeeding.” According to the National Center for Biotechnology Information (NCBI), 60% of mothers stopped breastfeeding sooner than they planned. Some factors that influence how long, or if a baby is breastfed, include: hospital practices, education and encouragement, policies or support in the workplace, and access to community support – which is why High 5 for Mom & Baby facilities are committed to helping women breastfeed successfully, through staff trained in breastfeeding best practices and policies to help mothers meet their breastfeeding goals.

Along with the recognition of being named a High 5 for Mom & Baby Premier facility, Salina Regional Health Center also receives ongoing education and training opportunities, support and resources through a community of delivery centers, and scholarship opportunities to further staff education.

For more information on High 5 for Mom & Baby Premier, contact Cara Gerhardt, Program Coordinator: [coordinator@high5kansas.org](mailto:coordinator@high5kansas.org), or visit the website at <https://www.high5kansas.org/>.



**Grants for Kansas Safe Routes to School program now available**  
Applications for the Safe Routes to School (SRTS) Planning & Programming (P&P) grants will be available starting April 1, with a final submission deadline of 5 p.m. on May 1. Administered by the Kansas Department of Transportation, these grants help communities across the state create a SRTS plan and begin programs that support kids walking to and from school.

A webinar will take place at noon on April 1 with information on eligibility and how to apply as well as details outlining the two programs. Register for the webinar at - <https://lp.constantcontactpages.com/ev/reg/5898mma/lp/91c8bb6c-66a7-4b09-932a-c237a6b289ff>

“Whether you’re just getting started or ready to take your SRTS efforts to

the next level, these grants provide new ways to improve safety in your community,” said Jenny Kramer, KDOT Active Transportation Manager.

Planning grants provide technical assistance to communities to develop a SRTS plan. Once a plan is in place, Programming grants assist in efforts to implement programs within the plan.

A completed SRTS plan is necessary for communities to apply for funding available in other programs that offer construction grants. It can also be used to motivate more community conversations about walking, biking and rolling, Kramer said.

For more details on eligibility and application requirements, visit the SRTS webpage at - <https://saferoutes.ksdot.gov/grants-and-funding>.

# Little Sports Day!

Sponsored by Marion County PAT and USD 408 Recreation

We are offering a sports exploration time just for **Little**s! This is a FREE, come and go event for parents and their children to explore gross motor skills together! This event is designed for children ages **0 to 4 years** old.

**To Sign Up**  
text/call Becky Suderman @ (620) 947-4343  
Email - [becky.suderman@usd410.net](mailto:becky.suderman@usd410.net)

**AT MARION SPORTS AQUATIC CENTER**  
100 N. THORP ST  
MARION, KS

**March 28, 2026**  
**10:30am to 12:00pm**

THIS EVENT IS ONLY FOR CHILDREN 0 TO 4 YEARS OLD

We'd love to celebrate your little

## Marion County Community Baby Shower

Saturday, April 11<sup>th</sup>, 2026  
10:00 AM - 11:30 AM  
Marion Community Center  
203 N. Third St.  
Marion, KS 66861

**Plant the Seeds of Safety with this Interactive Safe Sleep Event**

- Learn evidence-based safe sleep practices
- Connect with Marion County health services, home visiting programs, and community resources
- Watch hands-on demonstrations of safe sleep spaces with opportunities to practice skills

**Blooming Support for New and Expectant Parents**

- New and expectant parents, family members, community support, and all caregivers invited to attend
- Topics to include breastfeeding, mental health, tobacco dependence, child passenger safety, injury prevention, health and physical wellness, and more
- In-person support for navigating assistance programs and community resources
- Free portable cribs for infants less than 1 year old, home safety devices, and gifts from local organizations

For questions, please call Taylor at the Marion County Health Department (620)382-2550  
Brought to you in partnership by:

# 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 27<sup>th</sup>, 2026

<p><b>POSTMASTER</b> Send change of address to: Dickinson County News-Times P.O. Box 109, Herington, KS 67449</p> <p><b>SUBSCRIPTION RATES</b></p> <p>Digital Only .....\$38.00</p> <p>(tax is included in all prices) Periodical's Postage Paid at Herington, KS 67449</p>	<p><b>DICKINSON COUNTY NEWS-TIMES</b></p> <p>SERVING HERINGTON, AND SURROUNDING AREAS</p>	<p><b>JLS GROUP LLC</b></p> <p>DICKINSON COUNTY NEWS-TIMES THE HILL CITY TIMES LINCOLN SENTINEL-REPUBLICAN</p> <p><b>DALE WORLEY - OWNER - JLS GROUP</b> <b>LAUREN HOUCHEMS - PUBLISHER/PAGINATOR</b> <b>BRANDY SENSMEIER - EDITOR/OFFICE</b> <b>ANNA KRISTEK - GRAPHIC DESIGNER</b></p>
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<p>P.O BOX 109, HERINGTON, KS 67449- PHONE (785)524-4200- USPS 242-100- <a href="mailto:DK.CO.NEWSLETTERS@GMAIL.COM">DK.CO.NEWSLETTERS@GMAIL.COM</a> - <a href="http://JLSNEWSGROUP.COM">JLSNEWSGROUP.COM</a></p>		



**BINGO Night**

Don't miss out on a night of fun & games at Pizza Bingo! Our bingo caller will guide you through multiple rounds of the classic game with plenty of opportunities to win BIG!

**FRIDAY 05:15-8:00 PM 27 MARCH**

5:15-5:45 - Concessions Open  
6:00-6:30 - PreK-2nd Concert  
6:30-7:00 - Concessions Open & Lines Open for Bingo Supplies  
7:00-8:00 - Play Bingo

Proceeds to benefit the Solomon Gorilla Foundation.

PreK-2nd Grade  
**Spring Concert + Pizza Bingo**  
March 27th

5:15-5:45 CONCESSIONS OPEN  
6:00-6:30 CONCERT  
6:30-7:00 CONCESSIONS OPEN AND BINGO LINES OPEN  
7:00-8:00 PLAY BINGO



**BINGO!**  
THE MUSICAL

SOLOMON USD 505 GORILLAS  
SOLOMON GORILLA SGF FOUNDATION

**+ EASTER SUNDAY APRIL 5**

**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

**ANNUAL MEETING ANNOUNCEMENT:**  
Chapman Adult Care Homes, Inc will hold its Annual Membership meeting on April 23rd, 2026, at 130pm located at the Chapman United Methodist Church 426 Sheeran Street, Chapman, KS. The blueprints for the new Residential Healthcare Facility wing will be available for viewing. The public is welcomed to join us for the annual meeting; however, in order to vote you will have to be a member of the corporation. You can become a member at the annual meeting.

Hope to see you there.

**Spring Tombstone Talks to be Held on Sunday, April 12TH**

Please join us at the Spring 2026 Tombstone Talks on Sunday, April 12 at the Hope Cemetery, Hope, Kansas. Four times for this event are 1:00 p.m., 1:20 p.m., 1:40 p.m., 2:00 p.m., 2:20 p.m., and 2:40 p.m., with each tour lasting around one hour. This event will feature some of Hope's most well-noted residents, such as Newell Thurstin, Della Swayze, Queen Cruise, Solomon Stauffer, Glen Rubin, and Sarah Carpenter.

Tickets for this event will be available at the Dickinson County Heritage Center, 412 S. Campbell Street, Abilene. Please call or stop by during business hours.

**Flint Hills Rural Electric Cooperative Annual Meeting**  
The 88 th Annual Meeting of the Flint Hills Rural Electric Cooperative Association, Inc., will be held at the Herington Community Building, 810 S Broadway, Herington KS, on Thursday, March 31, 2026. The registration and meal start at 5:30 p.m. and the business meeting at 6:30 p.m. This meeting is open to all members of the Flint Hills Rural Electric Cooperative.

OCCK, Inc. Growing in Concordia and Beloit;  
\$1,000 Sign-On Bonus Available Now Through April 1st

North Central Kansas — OCCK, Inc., a nonprofit organization serving people with disabilities across North Central Kansas for more than 50 years, is expanding its workforce in Concordia and Beloit in response to growing demand for community-based support services. OCCK is currently hiring Direct Support Professionals (DSPs) who work directly with people to support daily activities, build skills that promote independence, and encourage participation in their communities.

To support this hiring effort, OCCK is offering a limited-time \$1,000 sign-on bonus for qualified applicants who apply now until April 1st, 2026 (3.18.2026 – 4.1.2026). "This growth reflects both the needs of our region and the commitment of local communities to supporting independence," said Carrie Free, Vice President/CHRO. "By expanding our team, we're creating opportunities for people to build

meaningful careers while strengthening the support available in Concordia and Beloit." Direct Support Professionals provide hands-on, people-centered support that may include assisting with daily routines, skill development, and community activities. Paid training is provided, and prior experience is not required.

OCCK encourages residents, college students, and those interested in meaningful, community-focused careers to apply during this limited hiring window.

For more information or to apply:  
Beloit: [https://bit.ly/Beloit\\_DSP\\_Apply](https://bit.ly/Beloit_DSP_Apply)  
Concordia: [https://bit.ly/Concordia\\_DSP\\_Apply](https://bit.ly/Concordia_DSP_Apply)

About OCCK, Inc.  
OCCK, Inc. is a private 501(c)(3) organization dedicated to partnering with people with disabilities to remove barriers to employment, live independently, and fully participate in their communities. Serving North Central Kansas since 1970, OCCK supports more than 3,000 people annually through a variety of programs and services.

# EVENTS

**25 Mar, Wed**  
All day FFA Agronomy Farm Expo @ Salina

**26 Mar, Thu**  
9am FFA Agronomy/Ag Business/Milk Quality/Horse Judging @ Cloud County Community College  
6 – 7pm Post 12 American Legion-Herington  
7 – 8pm District Choir Night Chapman High School


**27 Mar, Fri**  
All day Archery Hutchinson  
4:30 – 6pm Baseball: Varsity Chapman High School  
4:30 – 6pm Softball: Varsity Chapman High School  
6:30 – 7:30pm VFW Bingo 101 E Main St

**28 Mar, Sat**  
All day Archery Hutchinson  
All day HS Forensics Council Grove  
8am – 5pm State Powerlifting @ Chapman  
10am – 12pm HS Scholastic Art Closing Cermony

**30 Mar, Mon**  
All day HMS Quiz Bowl Wakefield  
9 – 10am Veterans Coffee The Pin Up Cafe  
4:30 – 5:30pm JV BSB vs Sacred Heart

**31 Mar, Tue**  
3 – 4:30pm Track: High School Bennington  
4 – 5:30pm Softball: Varsity Herington  
4 – 5pm Baseball Varsity Double Header Herington  
4:30 – 5:30pm BSB V vs Clay Center  
4:30 – 5:30pm SB V/JV vs Clay Center

**1 Apr, Wed**  
All day HS League Art Little River  
All day Spring Group Pictures--Pre-K to 8th  
All day Spring Pictures  
6:30 – 7:30pm BBB Banquet



All NCKL 1st Team

**Jai Rogers**  
Junior | Chapman


<b>15.3</b>	<b>9.42</b>	<b>2.42</b>
Points	Rebounds	Assists



All NCKL Honorable Mention

**Adelynn Kirkpatrick**  
Senior | Chapman

<b>9.23</b>	<b>6.54</b>	<b>1.42</b>
Points	Rebounds	Assists



All NCKL Honorable Mention

**Avery Baer**  
Senior | Chapman

<b>6.46</b>	<b>3.58</b>	<b>5.46</b>
Points	Rebounds	Assists

Centre Cougars Events This Week	
Monday 3/23/26	Baseball/Softball at Council Grove 4:00 PM
BREAKFAST	Breakfast Pizza or Cereal with Cheesestick
LUNCH	Ham and Cheese Melt Peas or Pizza Munchable
Tuesday 3/24/26	Ag Industry Tours
BREAKFAST	Strawberry Shortcake Biscuit or Cereal with Yogurt
LUNCH	Super Nachos/Black Bean or Chicken Wrap
Wednesday 3/25/26	FFA Ag Mechanics, Cowley College
BREAKFAST	Banana Bread Square or Cereal with Toast
LUNCH	Pigs in a Blanket/Cheesy Cauliflower or Bosco Sticks
Thursday 3/26/26	Swim, Marion 4:00 PM
BREAKFAST	Scrambled Eggs and Sausage or Cereal with Cheesestick
LUNCH	Orange Chicken Bowl or Ham and Cheese Sandwich
Friday 3/27/26	Baseball/Softball at Chapman 4:30 PM
	Ft. Scott Aggie Days
BREAKFAST	Donut or Cereal with Yogurt
LUNCH	Stuffed Crust Pepperoni Pizza/Carrots or PB and J
Saturday 3/14/26	Swim, Wichita Northwest, 10:00 AM
	Regional Music Festival



## UPCOMING EVENTS

Week of Mar 23





**BASEBALL: BOYS VARSITY JAMBOREE**  
3:30PM CDT | Mar 23 | Beemer Sports Complex



**SOFTBALL: GIRLS VARSITY /JV JAMBOREE**  
3:30PM CDT | Mar 23 | Beemer Sports Complex



**BASEBALL: BOYS VARSITY DH @ ATCHISON COUNTY COMMUNITY**  
4:30PM CDT | Mar 26 | Effingham, KS



**BASEBALL: BOYS VARSITY DH VS HERINGTON**  
4:30PM CDT | Mar 27 | Beemer Sports Complex



**SOFTBALL: GIRLS VARSITY/JV DH VS HERINGTON**  
4:30PM CDT | Mar 27 | Beemer Sports Complex



Pistachio barfi is a traditional milk sweet, hailing from India. This version takes the traditional recipe and makes it infinitely easier to create in your own kitchen.

This traditional Indian milk sweet is simply ‘moo’velous

I was a pretty stereotypical kid when it came to liver and onions. It was a “no, thank you” for me. Actually, I’m sure I said something much less refined than that, but the message was the same. On one occasion, my mom decided to trick my sister and me by telling us we were having steak, hoping our distaste for liver was all in our heads. It was not. (Good try, though, Mom.) I was thinking about whether the name of something changes how you taste it this week when I made an Indian dessert called barfi. According to several checks I

blog “Sanjana Feasts.” You can find the original post at <https://www.sanjanafeasts.co.uk/2023/10/pistachio-barfi-recipe-2-ingredients>. Because this was a two-ingredient recipe, I didn’t add or subtract anything to it.

**Pistachio Barfi**  
**Ingredients**

3 1/4 cups pistachio ice cream (I used a pistachio honey version)  
4 1/3 cups whole dry milk (don’t use non-fat)

**Directions**

Prepare a nine-by-13-inch pan by lightly greasing the interior with oil or cooking spray, and set it aside. Add the ice cream to a large skillet, set over medium low heat. Stir regularly until the ice cream is melted completely. Reduce the heat to low and stir in the dry milk, making sure to fully incorporate it into the ice cream.

Now, continue stirring constantly, keeping

made online, yes, it is pronounced exactly how it seems it should be.

The good news is, though, the name (as it sounds in English) is nothing like the texture and flavor that it may invoke. It’s kind of like a fudge and is traditionally made with milk fats and ghee. In our case, though, this version makes the job a whole lot simpler, with excellent results.

This comes from the

the mixture on low heat for about 15 minutes. Once it has thickened into a sticky paste (kind of a thick fondant texture), remove it from the heat and transfer to the prepared pan. Spread it out evenly and press it flat.

Let the barfi cool completely on the countertop before cutting. I ended up putting mine in the refrigerator and cutting it cold, because it was a little less sticky to do it this way, but it does not need to stay refrigerated.

Store it in an airtight container.

This was really good. It created a chewy bar that had a nice nuttiness and wasn’t too sweet. You could easily make this out of any ice cream flavor you like, and it would have been nice with some chopped pistachios pressed into the top. It’s a lot of hands-on stirring, but the final result is really satisfying and tasty.

And if you need to call it something else to get your friends and family to try it, I think that’s OK. Of course, you can also tell them the real name and hope they leave it all for you.

Even better, though, just say it’s flavored like liver and onions. That would have kept me away.

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](http://spiceupkitchen.net).

## Economic Development Perspective

Imagine you’re in the driver’s seat. Both hands on the wheel. Eyes forward. Moving with purpose. You look out the window and you see Dickinson County—its historic charm, its Main Street conversations, its small-town energy humming with big-horizon possibility. And you’re asking yourself the question every driver eventually faces: which roads do we take? Across Kansas—and across the country—communities are facing a new and significant choice: whether to welcome data center development. These massive digital infrastructure facilities, the backbone of AI, cloud computing, and virtually every app on your phone, are actively searching for new homes. And in a state like Kansas, the question is no longer if they’ll come knocking—it’s whether we’ll be ready with an honest, informed, and strategic answer. At Driving Dickinson County, we believe in something simple but essential: OPPORTUNITY—but it’s data and facts that keep us driving in the right direction. That mindset doesn’t mean saying yes to everything. It means doing the homework, understanding the tradeoffs, and making intentional decisions that move our communities forward—by design, not by default.

Setting the Record Straight: The State Has Done Its Homework Recently, our office received direct communication from the Kansas Department of Commerce sharing a comprehensive overview of both the facts and the common myths surrounding data center development. After reviewing the information, we felt it was important to pass those insights along to our communities—because informed decisions start with access to clear, credible information. Let’s walk through a few of those myths—and what the facts actually say. “A data center will drain all the water in our community.”

Water is a legitimate concern—but the answer depends almost entirely on the technology a developer uses. Modern data centers have three cooling options: air-cooled systems (which use zero water), closed-loop liquid systems (which can reduce freshwater consumption by up to 70% compared to older designs), and evaporative cooling towers (the most water-intensive, and increasingly discouraged). Industry leaders like Microsoft have committed that all new facilities use zero-water evaporation cooling. Google’s air-cooled facility in Pflugerville, TX used roughly the equivalent of two months of a single household’s water use—for an entire year.

The bottom line: water concerns are real for poorly designed facilities. They are addressable by engineering and contract requirements—not inevitable. Communities

should demand Water

Usage Effectiveness (WUE) commitments in development agreements from day one. Beyond conservation—turning waste heat into community value Data centers don’t just consume energy—they generate enormous amounts of heat as a byproduct. Forward-thinking communities are now requiring developers to capture and repurpose that waste heat for district heating systems, greenhouses, aquaculture facilities, and municipal buildings. Similarly, advanced water recycling systems can return treated cooling water to local systems rather than discharging it. These aren’t far-off ideas—they’re happening in Europe and increasingly in the United States. For a county like ours, that could mean new agricultural innovation, lower utility costs for public buildings, or even heating for community facilities. The key is requiring these commitments at the negotiating table—before a shovel hits the ground. “Residents will pay higher utility bills to subsidize the data center.”

Kansas law is actually ahead of most states on this issue. The Kansas Corporation Commission’s Large Load Tariff (approved November 2025) requires data centers drawing 75 MW or more to sign 12-to-17 year energy contracts, pay a minimum of 80% of contracted demand even in low-usage months, post collateral equal to two years of minimum bills, and pay for any transmission upgrades they require. On top of that, Kansas SB 98 (2025) explicitly bars data centers from receiving the economic development discounted electricity rate that other large industrial customers can access.

Are there still things to watch? Yes. Communities should monitor utility rate cases involving infrastructure expansion—because building new power lines and substations can eventually find its way into rate recovery arguments. Vigilance matters. But Kansas residents start from a position of meaningful protection. “Once you let one in, you lose control.”

Data centers do tend to cluster—because they need fiber, power infrastructure, and proximity to other facilities. Northern Virginia’s data center alley is often cited as a cautionary tale. But the myth here is that communities are powerless. Local governments retain full authority over zoning, conditional use permits, site plan review, setbacks, and density limits. The communities that ended up overwhelmed are those that didn’t write the rules before the developers arrived.

The lesson isn’t “say no.” The lesson is: write your rules first. Drive with intention. The Real Opportunity: From Barely Surviving to Truly Thriving Here’s where the

conversation gets real for communities like ours.

Dickinson County is not a struggling community—but we are a community that knows exactly how thin the margins can be. We know what it feels like to watch a major employer leave, to see a building sit vacant on Main Street for years, to stretch a municipal budget until it strains. We also know what it feels like when something clicks—when investment arrives, when jobs are created, when tax revenue means a road gets fixed or a fire station gets staffed. The economic case for data centers, when done right, is compelling:

- According to CBRE research, each direct job created in the data center industry generates an average of 7.4 ancillary jobs across the broader local economy—in construction, operations, maintenance, cybersecurity, telecom, and related services.
- In Loudoun County, Virginia, data centers now provide nearly half of all property tax revenue—generating an estimated \$26 in tax revenue for every \$1 in county services they require.

- A data center investing \$1 billion generates an estimated \$58.3 million in first-year sales tax liability at the national average rate—plus ongoing annual obligations as equipment is replaced on a 3–5 year cycle.
- Data center development drives fiber buildout that lowers connectivity costs and enables

- other tech-dependent businesses to locate and grow in the same region. For a county on the cusp—one where the gap between barely surviving and truly thriving is

- measured in a handful of major investments—this kind of fiscal anchor is worth a serious, clear-eyed conversation.

Guardrails Aren’t the Enemy of Growth—

They’re What Make It Last We are not naive. And we don’t think you are either. Every person in this county has their hands on the wheel. That’s not just a phrase—it’s a responsibility. And responsible driving means you don’t just floor it at every green light. You check the mirrors. You know the road conditions. You make sure your passengers are safe.

Done right, guardrails on data center development can include:

- Water Usage Effectiveness (WUE) commitments written into development agreements, requiring modern closed-loop or air-cooled technology—not just promises.
- Heat recovery and water recycling requirements—turning waste byproducts into community assets like district heating or agricultural water reuse.

- Zoning and setback ordinances adopted proactively—before inquiries arrive—to protect residential neighborhoods, agricultural land, and community character.

- Local hiring and workforce development commitments that ensure residents are trained for the jobs being created—not just spectators to construction.

- Noise abatement standards, lighting restrictions, and vegetative screening requirements that preserve quality of life for neighbors.

The Brookings Institution put it plainly: communities should treat data center negotiations not as isolated real estate transactions, but as “ecosystem-shaping moments that trade infrastructure access for commitments to advance local innovation, talent, and industry strengths.”

That’s exactly the kind of strategic thinking that Driving Dickinson County is built on.

The Road Ahead

We’re not endorsing any specific data center proposal today. We’re doing something more

important: we’re making sure Dickinson County is informed, prepared, and in the driver’s seat if and when that conversation arrives.

That road—the one that curves forward, that rises, that gains momentum—doesn’t just happen.

It’s built by individuals who show up informed, ask hard questions, demand accountability, and refuse to let fear or hype make decisions that belong to the community.

The “i” in Driving Dickinson County shows up here, too. In Informed. In Intentional. In Invested. In the communities that go from barely surviving to genuinely thriving because they made decisions with their eyes wide open.

We’re not just watching the road. We’re driving it.

Additional Resources

- Kansas Commerce Data Center Myth-Busting Guide — available through the Kansas Department of Commerce
- Data Center Heat & Water Reuse Research — IEA, EESI, Microsoft Sustainability Reports (2024–26)
- Brookings Institution: Data Centers as Ecosystem-Shaping Investments (February 2026)

About Driving Dickinson County

Driving Dickinson County is the region’s economic development organization dedicated to strengthening business retention and expansion, supporting entrepreneurship, and fostering collaborative community growth throughout Dickinson County, Kansas.

**K-State Salina drone safety summit to connect first responders with UAS experts**

MANHATTAN — Drone use by first responders and public safety officials is an evolving and rapidly growing need in disaster response and event monitoring. Kansas State University Salina is home to experts in uncrewed aircraft systems, or UAS, who provide drone training for public safety organizations. K-State Salina's Public Safety UAS Summit on April 22 will connect law enforcement, fire and emergency management agencies that use UAS technology with other drone experts for a day of UAS education, networking and hands-on drone exploration. Register for the summit by April 8.

Summit topics will include using drones as first responders and for large-event response. Attendees will see presentations from veteran UAS operators in public safety, UAS vendors and the Federal Aviation Administration, or FAA.

Workshop sessions and presenters include:

A Federal Aviation Administration discussion on UAS operations, including questions about Part 107, beyond visual line-of-sight operations, emergency waivers, future regulations and more. Presenting this topic is Karen Miller, FAA aviation safety technician, and Rick Stevens, FAA team program manager. A conversation about large-event response with UAS will be led by deputies Adam Luke and Mike Wittrock

of the Story County, Iowa, Sheriff's Office. The discussion will focus on their department's successes, challenges and advice from using drones at large events.

A dialogue about using drones as first responders will be presented by Captain Curtis Weber from the Lenexa Police Department. The presentation will discuss why many cities around the country are further implementing drone technology into their capabilities.

A presentation about drone response in an active shooter situation will be led by Deputy Jason Grubbs with the Story County, Iowa, Sheriff's Office.

Attendees can learn firsthand how UAS can enhance public safety operations during emergencies. Participants will also have the opportunity to attend vendor demonstrations from companies such as Unmanned Vehicle Technologies, or UVT, Motorola Solutions, BRINC and SkySafe. These companies will offer hands-on demonstrations displaying the newest drone offerings.

The summit will take place from 8:30 a.m.-5 p.m. on April 22 at the Crisis City Regional Training Center in Salina, and registration is \$80. Lunch will be provided at the summit.

Questions about the Public Safety UAS Training can be sent to K-State Salina's Professional Education and Outreach team at profed@k-stae.edu.



# 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 thier dedications in for thier 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 29<sup>th</sup> to support the printed Graduation/Sports Edition  
Invoices will be Sent May 1<sup>st</sup> and Must be paid by May 15<sup>th</sup> to continue.

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## YES IT IS A RELIGIOUS WAR

By: Van Yandell

### YES, IT'S A RELIGIOUS WAR

Genesis 16:12 "And he will be a wild man; his hand will be against every man, and every man's hand against him; and he shall dwell in the presence of all his brethren."

The Jews and the Ishmaelites have been at each other's throats for four-thousand years. It all began with the mothers of Isaac and Ishmael; Sarah and Hagar, (Genesis 16). While many think the war began with Isaac and Ishmael, not so! It began with their mothers.

Today's news media portray the current war as being imperialistic, about oil or about nuclear weaponry (and those may be secondary rationale), the fact; it is about religion. Who is God? What is God? Which one is real and which are false or fake? Only one's upbringing, teachings and personal opinions will answer those questions. Since we are all different, raised by different parents in different environments, the variation in answers to those questions will be as many as people answering them.

A more applicable question may be; "With millions of square miles of land on earth, why fight over religion? Every earthling has a different mind and a different past. How could anyone ever expect all of us, all eight-billion of us, to believe alike. Is there no such thing as peaceful co-existence? The American political system has shown us there is not. The variations in races, cultural histories and even national borders have unleashed mankind's

most evil and violent tendencies.

Iran has chanted "death to Israel" and "death to America" for nearly half a century. America has been in support of God's chosen since May 14 th , 1948 and that has also put the United States in the regime's cross-hairs.

But wait! What does God say in the Holy Bible about these things and the end of the age and/or the return of Jesus?

Matthew 24: 6 "And ye shall hear of wars and rumors of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet."

Several U.S. presidents have brokered peace accords in the Middle East. None have been lasting or in any respect, successful. The only result was to provide me with a laugh and a shaking of my head! Have those guys never read the Book of Genesis or Revelation?

Jesus told the disciples on the Mount of Olives, nearly two-thousand years ago there would always be wars. Those wars would not be a sign of the end-times but would always be.

Wars would not be limited to the Middle East and the scripture directly indicates wars would be in many places. The final war however, will likely begin in the Middle East. The Bible speaks of several wars in mankind's future. One is referred to as "The War of Gog and Magog," (Ezekiel 38-39). The Bible of course is mostly ambiguous concerning the time of this war. Many believe the current Middle Eastern

conflict is the beginning.

Regarding of that thought, only opinions surface and my opinion is, "I do not know." But I do know that no one else does either. I doubt that because Ezekiel indicates Israel will be attacked; not be the attacker.

Ephesians 6:12 "For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."

The wars between good and evil have been ongoing since Cain killed Able in Genesis four. But wait; what is good and what is evil? The varying factions in the wars will certainly have different definitions. Everyone is a terrorist to someone.

In John the apostle's vision stated in Revelation 9: 16, he sees a two million man army.

"And the number of the army of the horsemen were two hundred thousand thousand: and I heard the number of them." The possibility of such an army exists on several fronts in today's world.

A war with such numbers of combatants fought with swords or cruise missiles is beyond comprehension.

Revelation 16: 16 "And he gathered them together into a place called in the Hebrew tongue

Armageddon." This place and time has long been regarded as the final war.

Rev 20:7-10 refers back to the War of Gog and Magog from Ezekiel. This link is crucial in our

understanding (however shallow it may be) of a final war. It also directly implies an intervention by

God into the battle and of course we know if that happens, Who will be victorious.

Any way we carve this up, absolutes are up for grabs. A few facts however, are a certainty. Essential fact number one is (Biblically speaking) that the war between the Jews and Ishmaelites has been ongoing for four-thousand years and will not end until the return of God Jesus.

Fact number two is that there will always be wars and somewhere in the world someone believes the tribulation is happening "right now!"

Fact number three is: if the Bible is correct, (prophecy and other facts stated therein indicate it absolutely is), Jesus will return and this age (the church age) will end. The belief and action of every Christian must be, since we live in a lost and godless world, to preach Jesus as eternal salvation. With our world in chaos, this not a choice; it is an imperative!

We must always teach that eternal salvation is attained by a faith based belief (Ephesians 2: 8) in Christ Jesus crucified (Matthew 27: 35) for the remission of sin (1 John 1: 9), resurrected (Matthew 28: 6) and ascended alive in to Heaven (Acts 1: 9).

Van Yandell is a retired Industrial Arts teacher, an ordained gospel evangelist and commissioned missionary. His email is vmy3451@gmail.com

### Salina Pain Clinic, Salina Medical Esthetics join Salina Regional Health Center at new location

(March 18, 2026) – Salina Regional Health Center is expanding access to specialized care in central and north central Kansas with the addition of two new clinics. Salina Regional Pain Clinic and Salina Regional Medical Esthetics will be located in the Santa Fe Medical Plaza office building, at 501 S. Santa Fe Avenue, under the medical direction of Andrew White, MD.

The new clinics represent another step in Salina Regional Health Center's strategic vision to strengthen access to high-quality specialty care for patients across the region while keeping more services close to home.

Dr. White previously provided care through Salina Pain Clinic and Salina Medical Esthetics in downtown Salina and will continue serving patients in his new role with Salina Regional Health Center. Salina Regional Pain Clinic will provide comprehensive, non-narcotic pain relief by offering a range of medical, therapeutic and

pharmacological treatment options. The clinic will focus on helping patients manage chronic and acute pain conditions while improving mobility, comfort and overall quality of life.

Salina Regional Medical Esthetics will provide safe, modern esthetic treatments designed to help patients feel confident and refreshed in their appearance while receiving care in a professional medical environment.

"Our staff members have many years of experience providing pain relief and

esthetic care to the Salina community," Dr. White said. "We're looking forward to providing the same high-level of care our patients have come to expect – now as a part of Salina Regional Health Center."

Both clinics are currently scheduling to begin seeing patients Monday, March 30. Salina Regional Pain Clinic will be located in Suite 360 at the Santa Fe Medical Plaza and can be reached by calling 785-518-2100. Salina Regional Medical Esthetics will be located in Suite 350 at the Santa Fe Medical Plaza and can be reached at 785-518-2130.

# Prairie Doc Perspective

“What the heart wants (is exercise)”  
By Kelly Evans Hullinger, MD FACP


Cardiovascular disease remains the most common cause of death in the US as well as a very common cause of chronic illness and disability. Heart attacks, heart failure, and strokes result in about 2500 deaths per day in the US, according to the American Heart Association®. While huge strides continue to be made in treatment of these events, including medications and procedural abilities, as always, prevention is the best medicine. Many risk factors exist for cardiovascular disease; some, such as genetics or family history, are out of one’s control. However, there are many things we can do to reduce our risk, including quitting smoking and controlling high blood pressure, high cholesterol, or diabetes. One behavior that applies to us all is

to get enough exercise. The American Heart Association® recommends getting at least 150 minutes of moderate intensity exercise or 75 minutes of vigorous exercise per week, preferably spread over several days in the week. Moderate exercise might include brisk walking, gardening, or leisurely biking. Vigorous exercise might include walking on an incline, jogging or running, or heavy yard work. Additionally, they recommend resistance or strength training be included twice per week. Starting from sedentary? No problem, but don’t expect to go from zero to 150 minutes in the first week. Listen to your body; you can even start with walking or chair exercise for ten minutes per day. You will find that with consistency you will be able to build on that

week to week. Most importantly, find a physical activity that you enjoy enough to keep doing. For many people, exercising with a family member or friend really helps. We know that regular exercise can cut the risk of cardiovascular disease substantially; one large study showed a reduction in mortality by over 20%, with more exercise giving even greater protection. How exercise benefits the heart goes beyond its effect on obvious markers like weight; exercise improves blood flow in the vessels around the heart in a way that reduces future bad outcomes. As I tell my patients when we discuss exercise, its benefits are far greater than its effect on weight. Your heart will thank you for the exercise no matter what the scale says. So let’s all get mov-


ing this week! Any exercise is better than none, and there is something out there for everyone. The heart wants what it wants, and that’s exercise. Dr. Kelly Evans Hullinger practices internal medicine at Avera Medical Group in Brookings, SD. She serves as one of the Prairie Doc Volunteer Hosts during its 24th Season providing Health Education Based on Science, Built on Trust. Follow The Prairie Doc® at [www.prairiedoc.org](http://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, YouTube and streaming on Facebook), 2 podcasts, and a Radio program (on SDPB, Sundays at 6am and 1pm).

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## 2026 TRACK MIDDLE SCHOOL

April 9 @ Herington - 4:00	April 16 @ Sedgwick - 4:00
April 23 @ Wakefield - 3:00	April 27 @ Herington - 1:00
April 30 @ Marion - 10:00 am	May 5 @ West Franklin - 2:00
May 12 - League @ Solomon - noon	

Follow our school website and Facebook page for additional information

## 2026 GOLF HIGH SCHOOL

April 7 - Varsity @ Herington - 1:00	April 9 - JV @ Herington - 1:00
April 10 - Varsity @ Hillsboro - 3:00	April 13 - Varsity @ Hutchinson - 3:00
April 17 - JV @ Pine Edge - 1:00	April 20 - Varsity @ Council Grove - 1:00
April 24 - Varsity @ Staff Hills - TBA	April 27 @ Salina - 9:00 am
April 28 - JV @ Council Grove - 3:00	May 1 - JV @ Hillsboro - 4:00
May 4 - JV @ Chapman - 4:00	May 5 - Varsity @ Marion - 1:00
May 18 - 19 - Varsity Sub-State TBA	May 26-28 - Varsity State TBA

## 2026 TRACK HIGH SCHOOL

March 31 @ Bennington - 3:00	April 2 @ Mission Valley - 3:00
April 7 @ Fairfield - 4:30	April 14 @ Solomon - 4:30
April 16 @ Council Grove - 4:00	April 21 @ Douglas - 4:30
April 28 @ Hesston - 4:30	May 7 @ Herington - 3:30
May 14 League Track @ Herington - 3:00	May 21 or 22 Regional Track
May 29-30 State Track	

Follow our school website and Facebook page for additional information

## 2026 BASEBALL HIGH SCHOOL

March 23 @ Council Grove - 4:00	March 27 @ Chapman - 4:30
March 31 @ Herington - 4:00	April 2 @ Herington - 4:00
April 7 @ Herington - 4:00	April 9 @ Herington - 4:00
April 13 - JV Baseball @ Abilene - 4:30	April 14 @ Herington - 4:00
April 21 @ Ell Saline - 3:00	April 23 @ Herington - 4:00
April 24 @ Little River - 3:00	April 28 @ Herington - 4:00
April 30 @ Canton Galva - 3:00	May 8 @ Herington - 4:00
May 13-15 Quarterfinals	SENIOR NIGHT
May 28-29 State Baseball	May 18-21 Regional Baseball

Follow our school website and Facebook page for additional information

## 2026 SOFTBALL HIGH SCHOOL

March 23 @ Council Grove - 4:00	March 27 @ Chapman - 4:30
March 31 @ Herington - 4:00	April 7 @ Herington - 4:00
April 9 @ Herington - 4:00	April 14 @ Herington - 4:00
April 21 @ Ell Saline - 3:00	April 23 @ Herington - 4:00
April 24 - JV @ Little River - 3:00	April 28 @ Herington - 4:00
May 8 @ Herington - 4:00	May 12 @ Remington - 4:00
SENIOR NIGHT	
May 18-21 Regional Softball	May 28-29 State Softball

Follow our school website and Facebook page for additional information

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