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(Courtesy of Centre)



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# 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.  
 Herington, KS 67449  
 785-258-3207  
 www.fbcherington.org

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 785-922-6509  
 smichael-chapman@sbcglobal.net  
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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  
 to have your church added!



Rev. Connie D. Wooldridge  
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## PASTOR'S CORNER

I remember standing at attention under the hot sun after our parade through the town. I was a girl scout and we were there to honor the people who had given their lives in service to the country. I didn't really get it. I stood there for speech after speech from men in various uniforms usually just wishing I could sit down. Our little town in Colorado was surrounded by several branches of service. I remember Peterson Airforce base, NORAD, the Airforce academy, and Fort Carson. There may have been others, I am not sure. I just wanted it to be over so that we could get on with this wonderful day that marked the beginning of summer. We barbecue or go to the lake. How I wish that understood the incredible thing we did there in the sunshine. Now I understand the great sacrifice of so many. Now I am happy to join with others who are remembering their families and

## THEY GAVE ALL

friends who gave all they had. Wars and battles and sometimes other things have taken those faithful service members we love. This is a day for remembering. I am so thankful that there a men and women who serve because of for our shared principle that all are created equal, that all are endowed by their Creator with certain unalienable Rights- among which are life, liberty and the pursuit of happiness. Thank you for the precious gift to all who came after you and to those who continue to come. Stones, flags, and flowers seem so small a tribute for all that you have given. I hope many of us stop what we are doing and join one of the tributes. Perhaps the best way for us to honor the memory of these our fallen heroes is to live well, to stand against injustice and oppression, to stand with those who have not the voice, power, or the strength to stand alone, and to stand for that which honors life abundant. Let us never forget that our way of life has come at a very high price and it is incumbent upon us to protect it.



## THIS DAY IN THE HERINGTON TIMES

125 years ago - 1901  
**WORMS TO FROGS?** - A farmer in Dickinson County who located here from Pratt County, gathered from his wheatfield some worms, which he put in a glass jar to see if they would turn into some insect. One day, while the farmer was in Herington, a joking neighbor removed the worms and replaced them with some young frogs. And for the next two weeks, the farmer neglected his corn ground while carrying that glass jar around to show the people the wonder of it.

100 years ago - 1926  
**MAD DOG SCARE HERE** - At the regular meeting of the City Commission on Tuesday, the commission discussed the mad dog situation in Herington. Mayor Lydick reiterated his statement that all dogs must be kept secure. The mayor feels that the city officials should have the cooperation of the citizens in attempt to stamp out the epidemic of rabies which is menacing Herington. He also announced that dogs could be immunized with the rabies vaccine which could be purchased for fifty cents. Following an incident last week in which a boy was attacked on North Eighth street by a stray dog that was later confirmed by the state laboratories to have rabies, Mayor Lydick issued an order to the effect that all stray dogs will be shot on site.  
 75 years ago - 1951  
**CITY POOL WILL OPEN LATER** - City officials announced this week that the swimming pool would not open on Memorial Day as has been the

## MAD DOG SCARE IN HERINGTON

past custom. Federal restrictions on Chlorine have made this decision necessary. Enos Purcell, superintendent of the City Light and Water department stated Wednesday afternoon that they hope to obtain Chlorine for use when the schedule is arranged to open the Red Cross Swimming Classes about the middle of June. The surplus that would have been available for swimming pools has been used in flood areas, and until more is released by the government, local kids will have to do their swimming in the family bathtub.

50 years ago - 1976  
**ROCK ISLAND PLAN PROGRESSING** - Plans for construction of a major track equipment repair facility in Herington by the Rock Island Railroad are continuing to be developed. A resolution showing formal intent by the City of Herington to issue industrial revenue bonds was approved by the City Commission. The resolution was prepared on the basis of communications with a bond brokerage firm in Kansas City that would handle the sale of the bonds for the railroad. The City Attorney reminded the commissioners that the issue of industrial revenue bonds would place the city under no financial obligation, and the city would incur no expense with the issue of the bonds. Cost of the project would be approximately \$2 million. Rock Island President John Ingram and other company officials revealed plans for the shop building which would replace the railroad's existing shop in the old roundhouse in the Herington yards. Herington Historical Society & Museum, 800 S. Broadway. Hours: 1 to 5 p.m. Tuesday through Friday. - markcwill1963@gmail.com

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## PUBLIC NOTICE

(Published in the Dickinson County News-Times Wednesday, May 20<sup>th</sup>, 2026)

### NOTICE OF PUBLIC INSPECTION

### EMMA BALSIGER FOUNDATION

The annual report of the Emma Balsiger Foundation Inc. is now available for inspection by any citizen who so requests within 180days after the date of publication.

Principal Foundation Manager, Beth Boltz-Morton  
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## VIEW FROM THE HILL- Scott Hill

### The Importance of Mothers

Driving on Interstate 70 to Kansas City you might have noticed some construction in Topeka. The continual process of tearing down old highways and constructing new ones is something every taxpayer should be aware of. As local hero Dwight Eisenhower correctly noticed, a good transportation system is a key component of an economic system that is successful. The interstate loop around Topeka is especially interesting because it is an elevated roadway. For whatever reason, the heavy traffic of cars and trucks is balanced on pillars that are constructed every so many feet. The fascinating part is that all the weight of the thousands of vehicles that traverse it in a day, as well as the enormous weight of the concrete and steel roadway, focuses on a rather small point. The base of each tower not only has to have steel reinforced concrete, but it also is required to have an unshakable foundation. Watching the progress of construction during the many trips to the Capital the last two years, I was impressed by the drilling of support tubes down to the solid rock underlying the Kaw River valley.

ley. The existence of the solid limestone bedrock that the roadway is anchored down to enables the engineered structure above the ground to be constructed. The reflection on these construction techniques has a more personal application when you think about the social structure of our society. We were created as people to have both roots and wings. The importance of the roots portion of that statement was emphasized this week when we celebrated the importance of mothers. The women of our society are rightly recognized for their amazing abilities to do a wide array of activities. In the generations since World War II, the resilience, energy, intelligence, versatility, and determination of female humans has changed our world. Women in leadership positions have resulted in both private sector and government sector strengthening. The athletic ability of girls and women has amazed a growing audience of spectators in activities including team sports as well as individual athletic events. Women have dove deeper, climbed higher, went faster, and even flown further than humans ever have before. Knowing all these awe-inspiring activities, there is a unique-

ness of women that is more amazing than all of these combined. As we celebrated Mother's Day this week, I was reminded again of the dependency that our society has on mothers to bring each continuing generation into this world. The transfer of life is a two-person process; however, the sacrifice that females make to bring new life into this world is not only heroic, but without equal in the continuation of humanity. This in no way is meant to insinuate that men are unimportant, but what I do want to do is reflect with reverent gratitude to all the women of history who didn't just talk about being selfless, they were. Foundations that support roadways are temporal. They are built, torn down, and rebuilt on a continuing basis. The foundation of our society has remained constant for millenniums. This societal foundation has at its core the selfless nurturing of a mother. Whether your maternal relationship is good or needs repair, you have an unpayable debt to her for giving you existence. The interest on that debt is to make your world a better place for the next generation. Thank you moms!

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**Friday, May 22:** Oven Fried Fish OR Chicken Nuggets, Macaroni & Cheese, Cauliflower Blend Vegetables /Applesauce, Garlic Bread

**Monday, May 25:** Closed **Memorial Day**

**Tuesday, May 26:** Swiss Steak, Baked Potato, Spinach, Mandarin Oranges, Wheat Roll

**Wednesday, May 27:** Meatloaf w/ Gravy & Mashed Potatoes, Carrots, Fruit Cup, Spice Cake, Wheat Bread

**Thursday, May 28:** Chuckwagon Steak, Cheesy Hashbrown Casserole, Cauliflower, Cinnamon Baked Apples, Wheat Roll

**Hilltop Community Center**  
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**Friday, May 22:** Pizza, Garlic Bread, Side Salad, Pineapple, Milk

**Monday, May 25:** Closed **Remembering Our Fallen on Memorial Day**

**Tuesday, May 26:** Baked Pork Chop, Baked Potato, Spinach Cheese Bake, Mandarin Oranges, Roll, Milk

**Wednesday, May 27:** Meatloaf, Mashed Potatoes, Carrots, Fruit Cup, Poke Cake, Whole Wheat Bread, Milk

**Thursday, May 28:** Chuckwagon Steak, Cheesy Hashbrown Casserole, Cauliflower, Cinnamon Apples, Roll, Milk

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SHORELINE  
TIDE  
TSUNAMI  
WHALE

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

### KC Developer Seeks to Revitalize Downtown Abilene's Historic Sunflower Hotel

**Flint Hills Holdings Group Submits LIHTC Application, Bringing Community Support and a Vision for Residents and Downtown Investment.**

A Kansas City-based real estate development firm is seeking state tax credit funding to rehabilitate the Sunflower Hotel in downtown Abilene, an eight-story historic building that currently houses many adults and children and sits at the heart of the city's commercial corridor.

Flint Hills Holdings Group, founded in 2014 by CEO Tony Krsnich, has submitted a Low-Income Housing Tax Credit (LIHTC) application to the Kansas Housing Resources Corporation (KHRC) for the project. The application represents a multi-million dollar investment in a building that is in serious physical decline, including the absence of a sprinkler system, and in urgent need of rehabilitation.

#### A Building That Can't Be Replaced

The Sunflower Hotel is more than a downtown address. The building has housed low-income residents for decades and currently provides essential support services to some of Abilene's most vulnerable community members, including a food bank and clothing bank on the lower level. Without intervention, it could become uninhabitable, displacing many residents in a county already facing a documented housing shortage.

Both the City of Abilene and Driving Dickinson County have submitted formal letters of support to KHRC urging approval of the application.

Mayor Brandon Rein, who signed the city's letter on behalf of the Abilene City Commission, didn't mince words about what's at stake. "When I look at the Sunflower Hotel today, my biggest concern if this application is not approved is the long-term future of the building itself and the people who call it home," Rein said.

"The Sunflower is an important part of downtown Abilene, and without significant investment, there is a real risk that the building could continue to decline. That would not only impact residents, but also create challenges for surrounding businesses and the downtown area as a whole. Projects like this are difficult to make financially viable in rural communities, and programs like LIHTC can be one of the few realistic tools available to help preserve important housing and historic structures."

**Beyond Repairs: A Vision for Heritage and Downtown Vitality**  
Krsnich's plans go beyond code compliance. His vision includes restoring the Sunflower's historic lobby to its original grandeur, honoring the era when President Dwight D. Eisenhower, Abilene's most celebrated native son, was known to stay at this very hotel.

That connection to Eisenhower's legacy transforms the project from a housing rehabilitation into a tourism and heritage asset, complementing everything Abilene has built around its most famous name.

Flint Hills Holdings Group is proposing a 42-unit mixed-income complex with amenities currently not available to residents, including upper floor laundry facilities, central air conditioning, and common gathering spaces throughout. Approximately 75% of units will be restricted to households earning around \$40,000 a year, with the remaining 25% offered at market rate.

Krsnich said the stakes of this particular project hit differently than most. "When we look at a project, we usually ask what this building could become. With the Sunflower, it was the first time I found myself asking what happens if it doesn't. You've got a food bank, a clothing bank, real resources serving people on the lower level and residents living there right now who won't have anywhere to go without investment. We're approaching this as a mixed-income project. We want to provide something for everybody."

#### Bringing Proven Expertise to Abilene

Flint Hills Holdings Group brings a strong track record of historic preservation and adaptive reuse projects across the Midwest, with completed developments in Kansas, Missouri, Oklahoma, Nebraska, and Iowa. Notable projects include the Poehler Lofts and Cider Gallery in Lawrence's Warehouse Arts District, the New Hampshire Lofts, a 48-unit affordable senior housing project in Lawrence, and the Lee Hardware Lofts in Salina, which converted a historic warehouse into 53 apartments.

The firm specializes in complex financing structures, frequently utilizing LIHTC, tax abatements, and grants to make projects viable in markets where private capital alone won't go.

#### Economic Impact Extends Beyond the Building

Driving Dickinson County CEO Natalie Muruato submitted a formal letter of support alongside the City of Abilene and spoke to why this project matters beyond the building itself.

"Tony Krsnich isn't just proposing a renovation. He has a genuine vision for what this building can become and a real commitment to the people who live there today. The support services housed in that building matter to this community, and this project protects them while creating a place residents can be proud to call home. For us, the most exciting part is what comes next. A rehabilitated Sunflower Hotel doesn't just improve lives inside those walls. It sends a signal to every investor looking at downtown Abilene that this community is ready."

The KHRC review committee is expected to render a decision on the application in the coming months.

For more information about Driving Dickinson County and its economic development initiatives, visit [dkedc.com](http://dkedc.com).



<p><b>POSTMASTER</b> Send change of address to: Dickinson County News-Times P.O. Box 109, Herington, KS 67449</p>	<p><b>DICKINSON COUNTY NEWS-TIMES</b> 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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## Antique Fest and Cruise for Food Bring Thousands to Downtown Abilene

Downtown Abilene was filled with energy, conversation, classic cars, antiques, and community connection on May 9 as the annual Antique Fest and Cruise for Food brought thousands of visitors together in the heart of Dickinson County.

Now in its eighth year, Antique Fest has become a tradition that continues to draw visitors from across Kansas and neighboring states — including travelers from Topeka, Kansas City, Saline County, and Nebraska. Vendors lined the streets while families, collectors, and car enthusiasts explored downtown shops, food vendors, antique booths, and classic vehicle displays throughout the day.

For many attendees, the event offered something increasingly rare: a welcoming small-town experience centered around people, history, and community culture.

"People love the tradition of the Antique Fest," said organizer Ricki Elliott. "They love the new shopping and food choices in town. Travelers like the small-town fair experience where the crowds are not huge like those in larger cities."

Alongside Antique Fest, the Cruise for Food Car Show added another layer of activity and purpose to the weekend. Coordinated by Rod Riffel, the event welcomed 124 registered vehicles, each contributing a \$10 registration fee and non-food item donations to support the Abilene Area Food Bank and Neighbor 2 Neighbor, organizations serving residents throughout Dickinson County.

Rod Riffel, coordinator of the Cruise for Food Car Show at Antique Fest 2026.

Rod Riffel, coordinator of the Cruise for Food Car Show, helped organize an event that raised \$1,300 in cash donations and nearly 350 food items for the Abilene Area Food Bank and Neighbor 2 Neighbor.

Approximately \$1,300 in cash donations and nearly 350 food items were collected during the event.

"Not only did the car show folks donate, we had the general public bringing us food donations," said Riffel. "The streets of Abilene were full."

The combined events are estimated to have brought at least 2,000 people into downtown Abilene throughout the day — creating increased visibility and foot traffic for local businesses, restaurants, shops, and vendors.

For volunteers and organizers, the event represents far more than a single weekend gathering. It reflects years of commitment, coordination, and belief in the value of keeping downtown experiences alive.

"Yes, there is a lot of costly, unseen, and unappreciated work that goes into an event like this," Elliott shared. "We do it for the influx of sales we see the weekend of the event."

Fisher Brungardt, a volunteer with Antique Fest, said the atmosphere itself is part of what makes the event meaningful.

"The busyness of it — it's nice to see everyone showing up. There aren't many antique malls left. People still love antiques."

This year's event also featured a special red, white, and blue vehicle display in front of the VFW 250 mural in recognition of America's upcoming 250th anniversary celebration, bringing veterans and community members together for a patriotic photo opportunity downtown.

From historic downtown storefronts and volunteer-led traditions to families gathering along the streets of Abilene, the weekend served as another reminder of what makes Dickinson County truly roadmarkable.



### 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 4<sup>th</sup> 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  
1<sup>st</sup> 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  
4<sup>th</sup> 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  
4<sup>th</sup> of each month 11:30 AM 12:30  
PM



## The Majestic Red Tailed Hawk Van Yandell

### THE MAJESTIC RED TAILED HAWK

John 1: 1-3 "In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made.

Watching a predator bird on the hunt is a sight to behold. Working in my yard, noticed was a large bird circling, hunting and watching. At first I thought it was an eagle but with binoculars, saw it was a red-tailed hawk.

It was a very windy day for late April here in Western Kentucky. As I watched him circle and appearing to be weightless, the design of his wings reminded of the grand design of all things by our Creator (John 1: 3).

Hawks utilize broad rounded wings to soar effortlessly while seeking their prey. Appearing to gain altitude, they use thermal drafts to rise higher. His broad tail is maneuvered to steer and gain altitude.

His flight appears to be effortless. Never seen was a flapping of his wings. He seemed to float against the clear blue sky further demonstrating his grand design.

We witness every day of our lives the works of our Creator. God was and is the greatest architect, designer and engineer. The functioning, the movements and the coordination of His work is beyond amazing to even the most skilled builder.

The hawk's eyesight is one that had to be work of the Creator. The red-tailed hawk's exceptional vision is about eight times sharper than that of a human with 20/20 vision.

They can spot their prey on the ground from up to a mile away. Their eyes make up about twenty percent of their head weight and have a three-hundred degree field of view. They can literally see all around except for that sixty degree angle directly behind them. The observed constant turning of their heads while in flight is witness of that.

A hawk can see ultra-violet light. To consider the natural abilities of the red-tailed hawk is to give one a new perspective of the abilities, omnipotence and the omniscience of our Creator God. Hawks have a high density retina and two centers of focus allowing sighting in two direc-

tions. One is for peripheral and one is for distance. Their eyes have a third eyelid membrane that protects their eyes during high-speed dives.

The red-tailed hawk's speed while hunting ranges from twenty to forty miles per hour, depending on wind direction. His dive however on prey can accelerate up to 120 miles per hour.

A question we must ask is: Could all these characteristics of the hawk (wings/body structure and eyes) evolved by accident? Some would say "yes" but we also realize ignorance is rampant in our world today.

We earthlings take so much for granted. The functioning of our own cardiovascular systems, our central nervous systems and the constant regenerating of every one of our thirty-trillion body cells. Each cell has over one-hundred trillion atoms. Those atoms are of up to eighty-three elements. Only about twelve of those are essential for life.

Those atoms in our bodies have existed for millions (perhaps billions) of years. They have simply been re-arranged, probably millions of times and happen to be in our bodies at this moment in time.

God is the greatest and first recycler and recirculator. Science and the Bible tell us matter and energy are constant, only reformed into other substances. The first physics law of thermodynamics agrees with the Holy Bible in this concept.

The concept of the generating of oxygen and carbon dioxide was learned by us in elementary science.

Humans and other animals breathe in oxygen to sustain those thirty trillion cells in our bodies.

We then exhale carbon dioxide which in turn is utilized by green plants to photosynthesize oxygen.

Reciprocation is the process. Balance of nature is the principle.

Ecclesiastes 1: 7 gives us an example of God's recycling ability.

"All the rivers run into the sea; yet the sea is not full; unto the place from whence the rivers come, thither they return again." Our water amount

on planet earth is constant (the same amount from creation). Science agrees and the Bible re-

inforces this principle. The water you were baptized with may have been the same water Jesus was baptized with. That's not likely but worth the consideration.

Oxygen, hydrogen, carbon, nitrogen, calcium, and phosphorus make up about ninety-nine percent of the human body mass and are absolutely essential for life.

Genesis 2: 1 "Thus the heavens and the earth were finished, and all the host of them." Many believe (including this writer) that all the matter, elements and atoms at that point had been created that would ever be created.

Many do not give God credit (or honor and glory) for His work in the design and construction of this earth, all living matter and the vastness of the universe.

When we consider the movement of the moons around the planets, the planets around their suns/stars and those solar systems around the galaxies, smallness for us and vastness of God take a new perspective.

That one great God, the God of the Bible, has designed for us such a world for which we should have infinite amazement. His works are beyond our understanding.

The flight and vision of the red-tailed hawk are two of the millions of examples of His great work. But His greatest work for all mankind was His sacrifice so that we imperfect people could have eternal life with Him.

The Bible teaches there is only one eternal salvation. That is by a faith based belief (Ephesians 2: 8) that

Christ Jesus was crucified (Matthew 27: 35) for the remission of sin (Romans 4: 25), resurrected (Matthew 28: 6) and ascended alive into Heaven (Acts 1: 9).

One more thing, did I mention Who designed and engineered the red-tailed hawk?

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

## EVENTS

Pilgrim Home Cemetery 10:30 am May 25, 2026  
(Located 2 miles north and ½ mile west of Hope, KS)

Program:  
Welcome  
Flag Salute  
Music – Carol Rickenbrode  
Message  
Taps

Spaghetti Dinner at the VFW Post in Herington  
Saturday May 23<sup>rd</sup>, 2026 from 5:30pm till 7:30 pm. Free will donation and all proceeds go towards hospitalized veterans' personal care needs. Organized by the Military Order of the Cooties and Pup Tent 4 Herington, Kansas.

Salina, Kansas – OCCK, Inc.  
Transportation will be closed on Monday, May 25, 2026, in observation of Memorial Day.

No vehicles will run on Monday, May 25, 2026, including Paratransit vans and buses, as well as Salina CityGo buses, 81 Connection buses and GoAbilene, GoConcordia, KanConnect, and OCCK OnDemand vehicles.

Transportation services will resume operating hours on Tuesday, May 26th.

### Benefit Dinner for Amanda W. Whitefoot- Conrad's Family

Location: American  
Legion, Chapman KS  
Time: 2PM until 5PM  
Meal: Pulled Pork, Sides,  
and Dessert  
Point of Contact: Vicky  
Kabat 785-761-1610  
Suggested Donation per  
Meal: \$10

"Your Memory is a  
blessing that will never  
fade. Though you are  
gone, your spirit lives in  
our broken hearts"

## Stories & Songs of the Flint Hills

by Annie Wilson – named the "Flint Hills Balladeer" by the Kansas Governor



### Tallgrass Prairie National Preserve

It didn't turn Strong City into a sprawling, over-developed National Park gateway city, and it didn't result in a cascade of government land grabs of nearby ranches. Yet those were the early fears of locals, not entirely unfounded, at the prospect of a "National Park" in their backyard.

In fact, no private land was taken by eminent domain, and in 1996 the Tallgrass Prairie National "Preserve" was formed – designed to protect habitat while allowing for sustainable use such as grazing. The Preserve annually welcomes 20-30,000 unimposing visitors: nation-crossing travelers, wildlife enthusiasts, school groups, and hikers – including area residents who don't own land but love being out on the prairie.

Despite impressive numbers, these visitors' presence is so under-the-radar, they often seem invisible – a relief to those of us who treasure the region's quiet serenity. For all, the Preserve provides critical public access – where families can truly experience the vast natural prairie, stretching as far as the eye can see.

Once the largest continuous ecosystem in North America, today

the tallgrass prairie is one of the most altered: 96 percent of it plowed into oblivion while becoming the "nation's breadbasket." However, since the hilly, rocky Flint Hills largely escaped cultivation, they now contain 2/3rds of the remaining 4% of the ecosystem, including the only national park property devoted to the tallgrass prairie.

The Preserve is an unusual partnership: between the National Park Service, which owns 33 acres including the Visitors Center – educating guests about local geology, ecology, history and culture, and the nonprofit group The Nature Conservancy, which owns 10,861 acres - conducting research while generously allowing public access for activities such as hiking, birdwatching, and photography.

I have had many beautiful experiences on the Preserve over the years: special events such as the first Symphony in the Flint Hills, native plant tours, bison tours, bird and butterfly counts, playing concerts and dances with my band Tallgrass Express, quilt shows, historical re-enactments, the wonderful Christmas programs, and hiking the prairie with friends.

In fact, visitors can access 40 miles of trails - from the riparian forest of the Bottomland Trail, to the scenic upland Windmill Pasture with its iconic bison herd, to the remote jewel of Palmer Creek - where they can observe 70+ grass species, 400+ wildflowers, 150+ birds, 35+ mammals, 1000+ insects, as well as countless aquatic species.

Though initially distrustful, today ranchers and Preserve managers find common purpose: promoting responsible cattle ranching as the best way to protect native prairie from the major threats of woody invasion and development. Toward this goal, The Nature Conservancy and Preserve scientists increase knowledge for all, by monitoring species and collecting data on burning and grazing systems designed to protect biodiversity and control invasive species.

It is a happy ending: a stunning landscape open to grateful visitors, while building understanding and awareness of our precious remaining tallgrass prairie, and helping to preserve it in perpetuity.

See more Stories & Songs of the Flint Hills at [www.tallgrassexpress.com](http://www.tallgrassexpress.com)



Join us for the Neighbor to Neighbor Abilene and Solomon City Lodge No. 105

# Pancake Feed

## Saturday May 30th

10am-noon  
@ Solomon City Park

**FREE WILL DONATION**



GET  
TICKETS  
TO WIN!

SCAN FOR TICKETS




Winner will be drawn  
3/18/27



## SpiceUpYourLife-FrijolesPuercos Lindsey Young

makes his own seasonings, so you can buy his if you don't want to measure out what I have below. You can find the video where he make it at <https://www.youtube.com/watch?v=18tIP5AM5YQ>. I added chicken broth, sussed out the seasonings and added extra chipotle peppers to my version below.

**Frijoles Puercos**  
Ingredients  
2 cups dry pinto beans, rinsed  
7 cups chicken stock

Once the stock is heated through, add four ounces of the chorizo and all of the salt pork, bacon, hot dog and pork rinds to the crockpot, and give it another stir. Cover and cook for another 30 minutes. Add in the onion, tomatoes and fresh jalapenos and continue to cook on high for another three hours or until the beans, meat and vegetables are all cooked through. When the beans are almost done, add the rest of the chorizo to a skillet and saute until it is cooked through, breaking it apart as you do. Add the cooked chorizo, along with the chipotle peppers in adobo and pickled jalapenos to the crockpot and stir. Turn the crockpot to low or warm. Now, using an immersion blender (or a regular blender, going in batches), blend the entire mixture until it is completely smooth. When no more chunks remain, stir in the cheese, and keep stirring until it is completely melted. Serve with tortilla chips or along with your favorite Mexican dishes.

I was told I made a friend look at restaurant bean dip totally differently after knowing what all was in these beans. That tells you two things: one, these were definitely restaurant-quality and super delicious, and two, bean dip is decidedly not a health food. It's not very spicy, despite including the jalapenos and chipotle peppers, and the combination of the fattiness of the pork, along with the fresh veggies and beans is fabulous. Frijoles puercos translates to "piggy beans," and that's pretty much what it's made out of and how you feel when you enjoy it.

And, thank goodness, I was able to load up leftovers and send most of the remaining bean dip off with others to be enjoyed, so Joey and I didn't have to worry about raising our collective cholesterol through the roof.

It's great to have friends; it's even better when they help you eat something that's a bit over the top.

Frijoles puercos, or "piggy beans," are made with five pork products, along with some fresh veggies and plenty of cheese. It's good on tacos or other dishes or just as a bean dip, served with tortilla chips.

Your guests will go hog wild for this amazing bean dip

It's the time of year that Joey's bowling team comes for their end-of-season cookout at our house.

That means Joey throws something on the grill or smoker, and I figure out some tasty sides and desserts to make them all happy. The guys are always gracious enough to put up with new experiments from me every year, and when Joey decided he was going to do pulled pork tacos this year, I knew I had a bean dip that needed to be made.

It's one of those recipes that is absolutely terrible for you, so you only make it when you can spread it out amongst a ton of people and spare yourself the leftovers.

This comes from creator Arnie "ArnieTex" Segovia. He has a cookbook out, and he

or broth  
2 teaspoons garlic powder  
2 teaspoons cumin  
2 teaspoons chili powder  
1 teaspoon dried oregano  
1 teaspoon salt  
1 teaspoon black pepper  
10 ounces chorizo, divided  
4 ounces salt pork, diced  
2 strips bacon, diced  
1 hot dog, diced  
6 to 8 pork rinds, broken into smaller pieces  
1 small white or yellow onion, roughly chopped  
2 Roma tomatoes, roughly chopped  
2 fresh jalapenos, roughly chopped  
7 ounces chipotle peppers in adobo sauce  
3 ounces pickled jalapenos  
8 ounces Monterrey jack cheese, freshly shredded

**Directions**  
Add the beans, chicken stock, garlic powder, cumin, chili powder, oregano, salt and pepper to a large crockpot, and stir to combine. Turn the heat on high and let cook for about 30 minutes.

## Prairie Doc Perspective

"Adverse Childhood Experiences: From Public Health Crisis to Clinical Opportunity"

By Chrissie Young, MS

Since the landmark 1998 study conducted by the CDC and Kaiser Permanente, it has been understood that Adverse Childhood Experiences (ACEs), traumatic events occurring before age 18, have a profound and lasting impact on adult health. These experiences, ranging from abuse and neglect to household dysfunction like substance misuse or mental illness, are remarkably common. Approximately 62% of

adults have experienced at least one ACE, and one in six report four or more.

The evidence for a dose-response relationship between ACEs and negative health outcomes is striking.

Individuals with high ACE scores (four or more) face significantly increased risks for nine of the ten leading causes of death in the United States. This includes a 2.1-fold increased risk of heart disease, 2.3-fold for cancer, and 3.1-fold for chronic lower respiratory disease. The impact on behavioral health is even more acute, with high ACE scores associated with a 4.7-fold increase in depression, a 10.2-fold increase in substance dependence, and a staggering 37.5-fold increase in suicide attempts.

The biological mechanism driving these outcomes is the toxic stress response. When significant adversity is experienced without the buffering protection of safe, stable relationships, it leads to prolonged activation of the

body's stress response systems. This disruption to neuro-endocrine-immune-metabolic (NEIM) function, alters gene expression via epigenetic markers, and accelerates cellular aging through the shortening of telomeres. However, the most critical takeaway for clinicians is that ACEs are not destiny. The brain and body remain malleable throughout the life course, and targeted interventions can improve outcomes even for adults with high ACE scores. A modern clinical response requires moving beyond isolated medical treatments toward a multidisciplinary "Network of Care" that leverages the expertise of Community Health Workers (CHWs). CHWs are essential mitigating factors because they are uniquely positioned to solve for social determinants of health (SDOH). Because ACEs often co-occur with challenges like housing instability, food insecurity, and economic hardship, CHWs help patients secure these basic needs. By addressing these external stressors, CHWs effectively lower the "cumulative dose" of adversity the patient experiences, which is necessary for the body to return to a state of homeostasis. Furthermore, as culturally congruent navigators, they build the trust needed to coach patients in self-care and "stress-Busting" strategies. Robust evidence suggests that seven key evidence-

based strategies can mitigate NEIM disruptions and enhance neuroplasticity: Supportive Relationships: Buffering stress through strong emotional connections. Quality Sleep: Improving immune regulation through healthy sleep habits. Balanced Nutrition: Counteracting pro-inflammatory states with anti-inflammatory diets.

Regular Physical Activity: Promoting neurogenesis and metabolic health. Mindfulness Practices: Reducing stress hormones and improving emotional regulation. Access to Nature: Lowering blood pressure and calming the stress response. Mental and Behavioral Healthcare: Trauma-informed therapies to reverse cellular "wear and tear". Implementing trauma-informed care (TIC) allows providers to move the clinical inquiry from "What is wrong with you?" to "What happened to you?". By recognizing toxic stress as a treatable health condition and utilizing CHWs to address underlying social needs, we can offer genuine healing. In doing so, we not only improve individual adult outcomes but also interrupt the intergenerational transmission of adversity, providing a healthier foundation for the next generation.

Chrissie Young, MS, is the Director of the Center for the Prevention of Child Maltreatment at the University of South Dakota. She leads statewide efforts to strengthen child- and family-serving systems through training, technical assistance, prevention initiatives, and cross-sector collaboration. Her work focuses on building community and professional capacity to better recognize, respond to, and prevent child maltreatment and adverse childhood experiences. 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 on YouTube and streaming on Facebook), 2 podcasts, and a Radio program (on SDPB, Sundays at 6am and 1pm).