



DICKINSON COUNTY NEWS-TIMES



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Damian Hartman, DPT, joins Rehabilitation and Sports Medicine

(July 13, 2026) – Memorial Health System is pleased to welcome Damian Hartman, DPT, to its Rehabilitation and Sports Medicine department.

A native of Abilene and a 2019 graduate of Abilene High School, Hartman earned his bachelor's degree in kinesiology from Kansas State University before completing his Doctor of Physical Therapy degree in May 2026.

Hartman is certified in LSVT, a specialized treatment program designed to improve movement and mobility for individuals living with Parkinson's disease. He also is certified in dry needling, providing patients with an additional treatment option to help reduce pain and improve function.

"We are excited to welcome Damian to our Rehabilitation and Sports Medicine team," said Kyle Bowers, department director. "Damian brings not only advanced clinical training and specialized certifications, but also a genuine commitment to serving the community where he was raised. We are confident he will be a tremendous asset to our patients and our organization."

Memorial Health System's Rehabilitation and Sports Medicine department provides comprehensive physical rehabilitation services to help patients recover from injury, surgery and illness, while improving strength, mobility and overall quality of life. Hartman's expertise in Parkinson's disease treatment and dry needling expands the department's ability to provide specialized, evidence-based care to patients. Outside of work, Hartman enjoys traveling, golfing, spending time with family and friends and smoking a variety of meats. He and his wife, Turner, who teaches at Eisenhower Elementary School and also grew up in Abilene, are happy to return to the place they have always called home.

For more information about Rehabilitation and Sports Medicine services at Memorial Health System, call 785-263-6664 or visit mhsks.org.



Livingston Receives Konley Harding Memorial Scholarship

Kaylee Livingston was the 2026 recipient of the Konley Harding Memorial Scholarship. Livingston is a 2026 graduate of Chapman High School and has made plans to attend Kansas State University in the fall, majoring in Agribusiness. She is a 12-year Dickinson County 4-H member. As a 4-Her she has held a wide range of leadership and volunteer roles and is a great example of how 4-H can "Make the Best Better."

The Konley Harding Memorial Scholarship is awarded each year to a graduating high school senior who is a current or former 4-H member from Dickinson, Marion, or Morris counties.

Photo: The 2026 Konley Harding Memorial Scholarship was presented to Kaylee Livingston by Jessica Mayhew (right), 4-H Youth Development & Agriculture Agent, Flint Hills Extension District.

A LIFETIME IN THE SADDLE

Abilene rodeo tradition lives on with 88-year-old cowboy

Abilene, Kan. (July 13, 2026) – Seth Lauer has been to the Wild Bill Hickok Rodeo for as long as he can remember.

The 88-year-old cowboy has rarely missed a year of the rodeo in his life.

Lauer is himself "an old cowboy," he says, and lives with his wife Judy in the same house in which he was born, located ten miles south of Abilene. He's not retired; he still works as a cattle buyer and ring man at the Junction City and Clay Center livestock auctions.

His cowboy career got off to a rough start. At age four, his dad bought him a half-Shetland pony and instructed his son to follow him, on the pony, as he planted corn.

"I made about two trips, and the pony bucked me off and went to the barn," Lauer remembered. But the day wasn't over. His dad stopped the tractor, got the horse, and told Lauer, you're getting back on. And he did.

As a young man, Lauer loved baseball. He pitched and played infield for the Abilene Legion Baseball team. The baseball field was located where the rodeo grounds are now.

He played semi-pro in Salina, and was even scouted to play Major League Baseball, but it didn't interest him. "When you're 18 years old, you want to be a farmer or a cowboy," he said.

Lauer never rodeoed but he roped. Every Tuesday night, at the arena at his farm, cowboys around Abilene would come together to rope. His son Brad, who passed away in 1998, roped as well. Brad "was a better roper than I was," Lauer said. "He started at a younger age than I did."

He loves rodeo, not just the Abilene rodeo, but rodeo in general. The Cowboy Channel is what he watches every night. He's not riding pastures anymore; he gave that up a few years ago. He rides now and then, but not very often. He and Judy still have five horses. "I should sell some of them, but it's hard to get rid of

them when you get attached."

In his younger days, he broke a lot of horses for people. He loves watching the saddle bronc riding because of it. "I know what it means to get bucked off, because I've been bucked off quite a few times."

Lauer showed livestock at the Central Kansas Free Fair for years. As a kid, he showed cattle; as an adult, he showed purebred Yorkshire hogs in the swine open class division. His children, Brad and daughter Kim Palenske, did as well. Brad's daughters and their kids continue to show. Lauer served as swine superintendent at the fair for years and was on the Extension Board as well. He continues to help with the 4-H livestock auction.

Lauer is well-known and has a lot of friends and acquaintances.

His daughter recalls her dad's brother and his wife visiting from California during fair week. As they walked through the fair, "every two steps somebody would be talking to my dad. My aunt asked, 'does he know everybody in this town?'" she laughed.

Lauer never misses the rodeo.

"Being a cowboy, I enjoy it."

He was the 2025 Central Kansas Free Fair parade marshal.

He and Judy have five grandchildren and thirteen great-grandchildren.

The 80th Wild Bill Hickok Rodeo is July 28-31 in Abilene at the fairgrounds. Performances start at 7:30 pm nightly. Tickets are \$8 for children ages 4-10 and \$12-\$15 for adults.

Tickets are available online at WildBillHickokRodeo.com, at West's Country Mart, Lumber House, Pioneer Farm and Supply, and at the gate.

For more information, visit the website.

All photos courtesy the Lauer family.

Seth Lauer and his great-grandkids. Lauer was the 2025 grand marshal for the Central Kansas Free Fair. The Abilene rancher still rides and works as a cattle buyer at local livestock auctions.



Lauer's love of horses began as a child. He's been a cowboy since.

Seth Lauer (on the left) with a friend as they ride pastures.



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10:15 a.m. Worship
First Baptist Church
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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
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10:45 a.m. Worship/Service

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10:30 a.m. Worship
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Rev. Connie D. Wooldridge

Chapman United Methodist Church

PASTOR'S CORNER

My job comes with the best perks. I have had connections with so many amazing people of all ages and from many different walks of life. We United Methodist pastors are sent out to churches for one year at a time and sometimes we are sent back to the same church. I consider it a great blessing that I am sent to serve Chapman for my 10th year. I have worked in churches across the state for more than 40 years, and I have learned so much from the people I have met along the way. I want to share some of that wisdom with you. My dear friend Arlene (96) told me that whenever anyone invites her to go somewhere, or participate in something, she always says, “yes” because she wants them to keep inviting her. I think that attitude is the reason she radiates joy. During a wedding rehearsal, the ring bearer kept peeking under the flower girl’s long dress. He made the adults in the room nervous, but when he reached the front of the sanctuary, he excitedly told me about the lights in her shoes. He

Life Lessons

taught me that it’s okay to notice the small details others may miss. His lesson has brought me great joy. Through the years, several young children have made their way to the front of the church to light candles, read scripture, sing, dance, and even bring a word from the pulpit. I have learned that we all have a place to serve and a gift to bring. There is no such thing as being too young (or too old) to contribute. Two dear ladies diagnosed with Alzheimer’s reminded me that love can continue to grow even as disease diminishes opportunities. One could not remember me, but she knew that she liked me and I liked her. We were still friends. The other always asked me where she was supposed to be and then answered her own question with a promise that someone would help her find her way. We all have people that can help us find our way. I want to remember to look for those people. Asking for help is a quality of strength. Space and time prohibit me from telling too many stories here. You likely have some of your own. We are all surrounded by people with life lessons to share. Like my friend the ring bearer I want to pay attention to even the little things I can learn along the way.



Mark Will
DCNT Columnist

THIS DAY - IN THE HERINGTON TIMES

125 years ago – 1901
FORGOT WHICH LEG – A lame tramp was in nearly every home in town last Saturday, selling shoestrings for a nickel a pair. But the joke of it was that after lunch, he forgot which leg he was limping on and changing over gave the whole thing away. However, when asked how it happened that he was limping on the other leg in the morning, he was sharp enough to say that there were two brothers of them and probably it was the other fellow that was in the neighborhood in the early part of the day.

100 years ago – 1926
LOCAL WRESTLER WINS –Giving away twenty pounds to his opponent, Charlie McMillen, who gets his training on his farm south of town, beat Jack Price of the Playground Carnival Saturday night in two straight matches. Charlie won the first match with a toe hold in 28 minutes. The second match was a consolation match, best two falls out of three, which the victor allowed after the carnival man’s song-and-dance about a lame ankle. In both matches, McMillen was the aggressor despite his opponent’s weight advantage and the outcome never seemed in doubt.

75 years ago – 1951
W. F. DUCKWALL DIES –Wilbur F. Duckwall, chair of the board of the A. L. Duckwall Stores Company died last Monday at his home in Great Bend. He and his brother Alva Lease Duckwall opened the first Duckwall store in Abilene in 1901.

AFGHAN KNITTED AS KEEPSAKE

After about a year, Wilbur moved to Ohio while his brother continued in the “Racket Store” business in Abilene. In 1906, Wilbur came back to Kansas and opened the second Duckwall store in Salina. When a group of Duckwall stores were organized into a corporation in 1915, he was elected vice-president and retained that office until 1937 when he became president after the death of his brother A. L. Duckwall. He served 12 years as president and became Chairman of the Board in 1949, which position he held until his death.

50 years ago – 1976
UNIQUE AFGHAN KNITTED AS KEEPSAKE – This Bicentennial year, instead of simply flying America’s flag as often as possible, Mrs. Ernestine Donahue has gone a step farther by knitting herself a flag afghan. Mrs. Donahue made sure she doesn’t forget when she made the item by finishing the project on the Fourth of July. The number 13 is greatly associated with this article. The yarn was purchased on April 13. Mrs. Donahue used 13 skeins of knitting worsted and knitted the piece on circular needles, size 13. There are 13 knitted rows in each stripe, along with 13 stripes and 13 crocheted stars arranged in a 13-inch diameter circle. A total of \$25 was spent on the yarn and the project required 142 hours of knitting time. The flag afghan measures 42 by 76 inches and is almost large enough to cover a regular size bed.

Herington Historical Society & Museum, 800 S. Broadway. Hours: 1 to 5 p.m. Tuesday through Friday. – markcwill1963@gmail.com

VIEW FROM THE HILL- Scott Hill

Defining a star

There are many ways we use the term “star.” We just celebrated a holiday that has as its central theme a star that served as a road sign. Each of us has looked at the nighttime sky and marveled over the number of stars that exist. Even if you have never looked at the night sky, you may have heard of stars in reference to elite entertainers. Recently, in Kansas, you may have heard the term star in reference to a finance tool used by the state of Kansas to promote development. When the first Europeans migrated to North America over four hundred years ago it was primarily to avoid religious persecution. With time the natural resources of this hemisphere resulted in economic opportunities for immigrants. When the group of Americans declared independence 250 years ago, they cited both their rights to live free in their personal lives as well as the ability to be rewarded for their labors as reasons to pursue freedom. Free market capitalism proved to be the greatest economic force the world had ever seen. The success of capitalism has, however, created problems in the ensuing years. While governmental units are not specifically created to reduce the effectiveness

of capitalism, regulation and taxation have incrementally done just that. To stimulate growth in “mature” capitalist markets, creative incentives are often used. In 1993 the Kansas legislature authorized the use of sales tax to help pay off bonds that were sold to finance development. The acronym STAR for “sales tax and revenue” became the phrase to describe this type of incentive. The first major project that used sales tax to pay off debt was the Kansas Speedway. Sales tax generated from sales at the Speedway paid off 25% of the \$283M cost. Since that time the laws regulating STAR bonds have changed several times. Currently the specifications for a STAR bond are:

- 1) If an urban area requires an investment of at least \$75M and expect \$75M in annual sales.
- 2) Sales tax from the new development will be used to pay up to 50% of the repayment of bonds.
- 3) Development will focus on tourism to bring new customers into the area.
- 4) Special provisions to bring sports teams into Kansas (I will discuss next week.)

The most recent report (12/2024) from the Department of Commerce indicates that we currently have 16 projects across the state in vari-

ous stages of completion. The current amount of development invested through these programs is \$700M. Most of the projects funded through STAR bonds have been successful in paying the bond holders off. Usually, the bonds are paid off early. Two exceptions are Heartland Park in Topeka and the Schlitterbahn in Kansas City. It is important to note that if the sales tax revenue is not sufficient to fulfill the obligation, the harm is to the bond holder, not the State of Kansas. Kansas has the motto “Ad Astra per Aspera” which is Latin for “To the Stars Through Difficulties.” The spirit of free enterprise lives even in an era of increased governmental intervention in our lives and businesses. The difficulty of navigating governmental regulations and the burden of taxation dooms many business ventures before they are started. The use of future sales tax revenue as a funding mechanism to bring new economic resources to an area has proven to be effective when used correctly. There are many ways to define a star. Those who work through difficulties to provide a better tomorrow would be one of those definitions.

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Monday, July 20: BBQ Pulled Pork on Wheat Bun, Coleslaw, Mixed Vegetables, Cinnamon Applesauce

Tuesday, July 21: Oven Fried Chicken Patty w/ Mashed Potatoes & Gravy, Green Beans/Onions, Strawberry Shortcake, Wheat Bread

Wednesday, July 22: Roast Pork Loin/Gravy, Roasted Potatoes, Buttered Carrots, Creamed Peas, Cookie, Wheat Roll

Thursday, July 23: Chef Salad w/ Ham OR Chicken, Crackers, Pickled Beets, Watermelon



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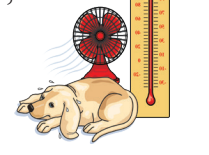
Friday, July 17: BBQ Chicken Quarters, Roasted Potatoes, Baked Squash, Apple Crisp, Roll, Milk

Monday, July 20: Meatloaf, Roasted Potatoes, Broccoli & Cheese, Fruit, Roll, Milk

Tuesday, July 21: Oven Fried Chicken with Gravy, Mashed Potatoes, Green Beans, Strawberry Shortcake, Roll, Milk

Wednesday, July 22: Roast Pork with Gravy, Sweet Potatoes, Carrots, Cookie, Roll, Milk

Thursday, July 23: Chef Salad with Ham with Dressing, Pickled Beets, Crackers, Watermelon, Milk


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Junction City receives \$23.9 million BUILD grant for Grant Avenue Project

TOPEKA – The Kansas Department of Transportation announced today that the U.S. Department of Transportation (USDOT) awarded a \$23.9 million Better Utilizing Investments to Leverage Development (BUILD) discretionary grant to Junction City for the Rebuilding Grant Avenue Project.

The BUILD Grant application was the result of extensive collaboration among federal, state, regional, and local partners. The City of Junction City along with KDOT recognizes the dedication of numerous organizations and individuals whose leadership, technical expertise and advocacy helped secure this historic investment.

The project includes the reconstruction of an approximately two-mile length of Grant Avenue for safety improvements, resilient floodplain design, ADA-compliant multimodal facilities and durable pavement. The four-lane roadway will be reconstructed as an undivided, raised and crowned four-lane road with a center two-way left-turn lane (TWLTL), bus turnouts, vegetated swales, sidewalks, five street crossings and a roundabout.

“This monumental funding for the Grant Avenue Corridor reconstruction, works hand-in-glove with our EPA Recreation Economy for Rural Communities,” said Junction City Mayor Terry

Butler. “Together these projects represent a strategic leap forward. They will prove instrumental in economic growth, connecting our community and military assets, boosting outdoor recreation, revitalizing our downtown and positioning Junction City as a vibrant regional destination.”

“This investment is a testament to the efforts of Junction City, KDOT and local partners to improve a high-volume corridor that will benefit Kansans and visitors alike,” said Governor Laura Kelly. “I look forward to seeing this project increase reliability and mobility for Fort Riley and the greater region.”

Grant Avenue is a vital corridor for a military-connected community and provides critical access that supports Fort Riley operations,” said Congressman Derek Schmidt (KS-02). “I’m happy to see this historic investment that better connects Junction City with Fort Riley.”

This grant will address documented safety and accessibility deficiencies, while providing a better connection for the local transportation network. Grant Avenue now carries over 14,000 vehicles per day, providing important access for commuters, emergency response and Fort Riley operations.

For more details about Junction City, Kansas, go to <https://www.junctioncity-ks.gov/>.

4H JOLLY JAYHAWKS MINUTES

The exchange meeting of the Jolly Jayhawkers and Solomon Wranglers 4-H Clubs was called to order by President Adeline at 7 p.m. at the Solomon Church. The flag salute and 4-H pledge were led by David. Emery led the club in singing "Do Your Ears Hang Low." There were two communications. Roll call was "A tip to prepare for the county fair" and was answered by 11 members, 4 Cloverbuds, and 2 leaders. In officer reports Korbin gave the club balance, reporter Addison stated that the news was sent in and published , and council representatives announced the next council meeting will be July 20. In leaders' reports, Nick reminded members that YQCA needs to be completed, TCFF entries are open, and shared information about the Extension wording and logo changes, the trash can painting contest, the Friends of 4-H Picnic, Fourth of July games, and flag installation. For parliamentary procedure, Adeline shared the importance of laying a motion on the table. There was no unfinished business. In new business, Kinsey moved that the club do the flag installation during the Woodbine fireworks show. The motion was seconded and passed. Program was a pool party at the Solomon Pool. Vice President Kinsey reminded members that the next meeting will be July 12. Charlotte moved to adjourn the meeting by saying the club motto. The motion was seconded and passed.

Bridge repair on K-18 to begin in Dickinson County

The Kansas Department of Transportation will begin a bridge repair project on Monday, July 13, on K-18 in Dickinson County. The bridge is located about 5 miles east of the east K-15/K-18 junction over Chapman Creek.

During the bridge repair, temporary traffic signals will direct one lane of traffic across the bridge at a reduced speed. Motorists should anticipate delays of up to 15 minutes.

PBX Corporation and Subsidiary, of Sapulpa, Oklahoma, is the prime contractor for the \$264,000 bridge repair project, which is scheduled to be completed by December 2026, conditions permitting.

KDOT urges motorists to stay alert, follow posted signs and refrain from hand-held mobile device use in all active 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](http://NewsReleases/District2-north%20central%20Kansas).

Stories & Songs of the Flint Hills

by Annie Wilson – named the “Flint Hills Balladeer” by the Kansas Governor

Ranching Heritage at Pioneer Bluffs

The Flint Hills have so many dimensions to celebrate: landscape, plants, wildlife, cowboy culture, art, music, and more.

But the dominant theme uniting all of these is ranching – raising cattle. I’m proud to be a rancher and an active volunteer in the one nonprofit group dedicated to celebrating this theme: the Pioneer Bluffs Center for Flint Hills Ranching Heritage.

Pioneer Bluffs interprets “ranching heritage” broadly: not just the past, but also the present and future, and not just the business, but also the lifestyle, fun, and community that are part of ranching culture.

At Pioneer Bluffs we host ranching heritage Prairie Talks, where ranchers share their colorful ranch histories, as well the challenges and responsibilities of sustaining their operations. All are recorded for posterity and available on the Pioneer Bluffs website and YouTube channel.

I gave my own Prairie Talk on our Five Oaks Ranch in 2025. Working

with family members to put it all together, then sharing it with the community, was a deeply rewarding experience.

In addition, Pioneer Bluffs hosts an annual Old-time Barn Dance, Day of the Cowboy celebration, and Fall Roundup festival, as well as music concerts, cowboy poets, art exhibits, book talks, workshops, and various panels such as old-timer-storytellers, ranch veterinarians, bison raisers, and ranchers sharing best practices to meet management challenges. All are open to the public.

Every spring we host a Day on the Prairie for schoolchildren, where kids enjoy music and barn dancing, learn about wildlife and early farming practices, and have a picnic in our scenic farmyard with plenty of room to play tag out in the big field.

Located one mile north of Matfield Green along Highway 177 – the Flint Hills National Scenic Byway, Pioneer Bluffs’ 12-acre historic Rogler homestead includes a creek and wildlife trail, as well as a fully restored 1915 barn, the vintage Rogler house, granary, chicken house, old windmill, and replica log cabin.



These architectural treasures represent designs fast-disappearing from the landscape as steel outbuildings and modern “ranch-style” homes replace the early wooden barns and classic two-story “four-square” homes predominant in the early 1900s.

Due to its lovely landscape and historic buildings, Pioneer Bluffs is a popular wedding venue for couples wanting a scenic country location for their ceremony and reception.

It’s all made possible by a group of volunteers who enjoy taking care of the homestead and helping to host events. At a time when many Kansans no longer have relatives to visit on a family farm, Pioneer Bluffs is a place to go and still feel a part of that rural Kansas heritage we all hold dear.

Pioneer Bluffs welcomes all to visit our homestead and enjoy the self-guided tour, check out our rich website and archives, sign up for our newsletter, attend our events, and join what has become like a “family” – of folks united by our love of the Flint Hills and its priceless ranching heritage.

See more stories and songs of the Flint Hills at tallgrassexpress.com

VAN YANDELL

THE JEWISH-CHRISTIAN CONNECTION
Zechariah 2: 8 “For thus saith the LORD of hosts: After the glory hath he sent me unto the nations which spoiled you: for he that toucheth you toucheth the apple of his eye.”
For centuries the Jewish nation has been criticized, hated and many murdered by the misinformed. To base an opinion of a culture, nation or religion on generational thinking rather than truth and fact is unwarranted and unjustified.
Results of those misunderstandings have been catastrophic. The support of Israel against their 4000 year old enemy is imperative for Judeo-Christians. Thousands of deaths on both sides of the conflict have been cataclysmic. Cultures, in many cases, do not coexist in harmony. Tolerance and a “live and let live” philosophy do not appear to be possible.
Dating back to Sarah (wife of Abraham) and Hagar (servant of Sarah) the disdain (Genesis 21:8-14) between the two factions has never ended.
While America was not founded based on Judaism, the foundation of the Christian faith is based on the Old Testament teachings.
One of the American founding fathers admonitions to future generations was a high regard for rights and particularly, the rights of others. One of those basic rights was freedom of religion.
America has many freedoms including freedom from oppression. Christianity through the concepts passed to us by the Jewish nation gives Christians freedom from the bondage of sin.

The first pioneers/settlers on the shores of the western hemisphere were Christian and their religion was Christianity. To be hated or intimidated by another belief is not freedom.
To allow the infiltration of the new country by other religions was essential but problems have been spawned. Over the years those problems have escalated and a solution for coexistence is doubtful.
Jews first arrived in New Amsterdam (now New York City) from Brazil in 1654. The inquisition in Brazil was by the Portuguese, refusing to accept religious tolerance.
Over 600 Jews fled Brazil. Many went back to Europe but twenty-three went to the new world; now America.
The influence those Jews had on the settling of the new world was mostly positive. They assimilated into the population and very little, if any, conflict existed between them and the Christians.
As we consider the history and expansion of the Jewish people throughout the world (Ezekiel 36: 19), we must realize their influence on the rest of us is immeasurable.
Our history has a connection to Jerusalem more than any European city or country. Our blood came from Europe and other parts of the world but our connection to God came from Israel. When Moses went onto Mt. Saini and brought down the Ten Commandments, the stage was set for the formulation of many of man’s laws written yesterday and today. Those laws (commandments) established by God, con-

nected today’s world to the Jews, in a way that can never be severed or disputed.
God established the Jewish nation and their land around 4000 years ago. Their purpose was to provide the world with a Savior (Isaiah 49: 6).

Savior Jesus came nearly 2000 years ago to make eternal salvation a result of a faith based belief in Him. John 3: 16 states “whosoever believes in Him” will have eternal life. What was a horrifying ordeal for Jesus makes eternity simple for us.
For anyone to discredit the Jewish nation for providing the world with a Savior, a great misunderstanding does exist.
Genesis 12: 2-3 “I will make of thee a great nation, and I will bless thee, and make thy name great; and thou shalt be a blessing. And I will bless them that bless thee, and curse him that curseth thee: and in thee shall all families of the earth be blessed.”
We can see from verse three, to condemn and hate Israel is extremely dangerous. That great blessing noted in verse three was to be Savior Jesus.
The Jews set the concept of the blood sacrifice. The practice of the Jews in Old Testament times was to take an animal to the altar and bleed it. That blood sacrifice was for the atonement of their sin.
Leviticus 17: 11 “For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.”
This verse also offers a biological fact. Blood is literally

alive. To analyze the implications of our blood by its characteristics and abilities would fill volumes. Our blood furnishes oxygen and nourishment to all of the thirty-trillion cells in our bodies, one atom at a time.
The shedding of blood and that being associated with death signifies the salvation connection with Jesus’ death on the cross.
Hebrews 9: 22b “without the shedding of blood there is no remission of sin.” The writer of Hebrews was explaining the Old Testament-New Testament connection.
That practice was followed for 1500 years before Christ was born. He became the blood sacrifice for the sin of the world.
When examined in detail, we see how the world is connected to the Hebrew people. Sad to say, billions do not realize this and the hatred of that people will continue.
One of our greatest enemies is misunderstanding. As long as misinformation is passed from generation to generation, the lies and deceptions will continue. Read and study the Bible for yourself.
John 1: 17 “For the law was given by Moses, but grace and truth came by Jesus Christ”; Jesus gave us eternal salvation by grace and mercy by being a believer-follower of Christ Jesus, crucified and resurrected.
Van Yandell is a retired Industrial Arts teacher, an ordained gospel evangelist and missionary. His email is vmy3451@gmail.com

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Political signs not allowed on highway right of way
It's a sign of the season – political campaigning and the posting of campaign signs. The Kansas Department of Transportation reminds the public that all political campaign signs or billboards are prohibited from being placed on state highway right of way.

By law, all right of way on state highways is exclusively for public highway purposes. Only regulatory, guide signs and warning signs placed by KDOT are allowed on the 9,500-mile state highway system. KDOT has jurisdiction over all interstate, Kansas and U.S. routes.

When KDOT maintenance crews find political signs on state highway right of way, the signs will be removed without notice. All such signs will then be taken to the closest KDOT Subarea office. Political campaign signs not retrieved from the Subarea offices will be disposed of after the election.

Political campaign advertising is allowed on private property bordering state right of way. However, people placing or erecting signs on private property must first obtain permission from the property owner.

A state law passed in 2015 related to placement of campaign signs on city- or county-owned right of way does not apply to state highway right of way. Persons placing signs on city street or county road right of way should consult the local jurisdiction on any rules.



New KDOT program to allow open access to broadband infrastructure

The Kansas Department of Transportation is now accepting applications for the Open Access Broadband Program, which was established to help expand broadband access across the state by making it easier for public and private partners to use transportation infrastructure for broadband projects.

The program allows broadband providers to access KDOT-owned infrastructure, such as conduit, vaults and other facilities located within the highway right of way. By using existing infrastructure, when possible, the program can help lower costs and accelerate broadband deployment.

A webinar is set for 1 p.m. on Wednesday, July 29, to discuss how KDOT will share the broadband infrastructure where available with industry. Register in advance for a link to attend the event.

“Connecting the state’s infrastructure with high quality and reliable broadband is a huge benefit as it directly impacts industries, schools and people,” said Secretary Calvin Reed. “Providing enhanced access to expanding and increasing opportunities will help strengthen and support citizens and communities across the state.”

Partners are expected to share the cost of ongoing system use to cover maintenance and operation based on their use of the system.

For an application or more information on the program, go to KDOT’s Open Access Broadband website or contact Michael Flory, Broadband Program Manager, at openaccessbroadband@ks.gov.

Kansas Masons Announce Support for Local Child Advocacy Services

Marvin A. Armstrong Lodge No. 187 Donates \$2,000 to Child Advocacy Center, Inc.

Pittsburg, Kansas (July 7, 2026)—The Kansas Masonic Foundation, a nonprofit organization dedicated to benefiting Kansas communities, has partnered with Marvin A. Armstrong Lodge No. 187 to donate \$2,000 to Child Advocacy Center, Inc. The Pittsburg-based organization works to reduce trauma associated with abuse investigations while ensuring the health, safety, and well-being of all children involved.

Founded in 1879, Marvin A. Armstrong Lodge No. 187 is a Kansas Masonic lodge dedicated to Freemasonry, the oldest surviving fraternal organization in the world. The lodge has over 200 active members who support various community-focused organizations and causes. Some of its most recent areas of impact include activities at Frontenac High School, including the Chess Club, the Debate and Forensics Team, and the Thespian Society.

“The Children’s Advocacy Center is in constant need of resources to provide support to the children that they serve,” said Marvin A. Armstrong Lodge No. 187 Secretary Chad McCubbin. “Their mission to protect children in Southeast Kansas aligns with our lodge’s mission to provide support for the vulnerable population in our community. They serve hundreds of victims each year; the work that they do and the assistance they provide to law enforcement lead to convictions and incarceration of the worst kind of predators and criminals.”

To further their mission of aiding vulnerable populations, the Brothers at Marvin A. Armstrong Lodge No. 187 have teamed up with the Kansas Masonic Foundation to donate \$2,000 to the Child Advocacy Center, Inc. The Center is the only non-profit in a seven-county area that coordinates the efforts of law enforcement, protective services, medical and mental health providers, and family advocates during investigations of child sexual abuse. They aim to provide children with a safe place to share their story in their own words with experts who will listen to them, protect them, and help them heal.

In addition to providing support before, during, and following a child’s interview, they complete referrals for critical services, conduct forensic interviews, and provide community education and prevention resources. All funds donated by the lodge Brothers will be used to purchase supplies for the children they serve, such as backpacks and blankets, and upkeep and maintenance costs associated with their facility. A formal donation announcement previously took place on June 27, 2026.

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
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Alta Vista, KS 66834
620-767-2844
PLEASE CALL TO CONFIRM HOURS
Tue
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Join us today!



Employees of Memorial Health System (MHS) in Abilene participated in another “Jeans Day” fundraiser throughout the month of June. Employees make a donation, of at least \$2, and are allowed to wear blue jeans at work. A total donation of \$644 was presented to Kids in Crisis. Kids in Crisis offers assistance for low-income youth living in Dickinson County. The monthly Jeans Day fundraiser is organized by the MHS Employer of Choice (EOC) Council. Pictured from left are: Brennan Ross, Kids in Crisis Executive Director; Dustin DeWeese, Kids in Crisis President; and Billy Hansen, EOC Council member.

Legal Notice

(First Published in Dickinson County News Times on Wednesday, July 15, 2026)

NOTICE OF HEARING TO EXCEED REVENUE NEUTRAL RATE AND BUDGET HEARING

The governing body of

City of Chapman

will meet on 26 August 2026 at 5:30 PM at City Hall, 446 Marshall Avenue, Chapman, Kansas for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds, the amount of ad valorem tax, and the Revenue Neutral Rate. Detailed budget information is available at City Hall, 446 Marshall Avenue, Chapman, Kansas and will be available at this hearing.

BUDGET SUMMARY

Proposed Budget 2027 Expenditures and Amount of 2026 Ad Valorem Tax establish the maximum limits of the 2027 budget. Estimated Tax Rate is subject to change depending on the final assessed valuation.

	Prior Year Actual for 2025		Current Year Estimate for 2026		Proposed Budget for 2027		
FUND	Expenditures	Actual Tax Rate*	Expenditures	Actual Tax Rate*	Budget Authority for Expenditures	Amount of 2026 Ad Valorem Tax	Proposed Estimated Tax Rate*
General	1,473,449	42.406	1,647,000	45.149	1,685,640	488,911	42.289
Debt Service	258,710		310,336		368,489		
Library	58,362	4.934	60,000	4.708	62,100	53,998	4.671
Fire Equipment	23,050		10,000		7,000		
Employee Benefits	265,330	3.264	313,000		318,000	23,732	2.053
Library Employee Benefits	416		4,000	0.349	4,700		
Special Highway	149,670				150,000		
Special Parks and Recreation					25,000		
Economic Development							
Parks and Recreation							
Water Utility	331,555		350,500		357,500		
Sewer Utility	249,474		240,600		262,700		
Electric Utility	1,522,921		2,335,500		1,727,500		
Non-Budgeted Funds-A	438,098						
Totals	4,771,035	50.604	5,270,936	50.206	4,968,629	566,641	49.013
						Revenue Neutral Rate**	48.085
Less: Transfers	772,744		785,000		758,000		
Net Expenditure	3,998,291		4,485,936		4,210,629		
Total Tax Levied	538,319		555,879		XXXXXXX		
Assessed Valuation	10,637,504		11,072,393		11,561,201		
Outstanding Indebtedness, January 1,	2024		2025		2026		
G.O. Bonds	4,119,927		3,913,059		3,724,112		
Revenue Bonds	0		0		0		
Other	0		0		0		
Lease Purchase Principal	218,242		157,945		188,904		
Total	4,338,169		4,071,004		3,913,016		

*Tax rates are expressed in mills

** Revenue Neutral Rate as defined by KSA 79-2998

Bill Flanery

Official Title: City Clerk

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BLUE CROSS AND BLUE SHIELD OF KANSAS PARTNERS WITH YMCA 360 TO PROVIDE STATEWIDE ACCESS TO THE DIGITAL HEALTH SOLUTION

Wichita, Kansas — YMCA 360, the digital health solution for YMCAs across the United States, and Blue Cross and Blue Shield of Kansas (BCBSKS) are teaming up to make healthy living accessible to BCBSKS members 24/7. BCBSKS is the largest and only local, not-for-profit, health plan, serving more than one million members in 103 of 105 Kansas counties. Beginning June 26, YMCA 360 will be available to BCBSKS members who access their benefits through BlueAccess, creating a connected wellness experience through web, TV and mobile app technology.

Launched locally by the Greater Wichita YMCA in 2019, YMCA 360 extends into 977 YMCA branches in 43 states. To date, YMCA 360 has logged four million visits, providing a holistic health approach for the mind, body and spirit that aligns with BCBSKS objectives to invest in healthy communities and eliminate barriers to healthy lifestyles.

“Making it easier for people to care for their health means meeting them where they are,” said Matt All, President and CEO of Blue Cross and Blue Shield of Kansas. “Through our partnership with the YMCA and YMCA 360, we’re expanding access to wellness resources that help people stay active, connected and engaged—wherever they are. We’re proud to support opportunities that make healthy living more achievable for Kansans.”

Additionally, YMCA 360’s introduction within the BCBSKS network helps to bridge health and wellness service gaps across Kansas.

“We’re incredibly proud to partner with Blue Cross and Blue Shield of Kansas to provide their members with equitable access to the transformative YMCA 360 experience,” said Ronn McMahon, president and CEO of the Greater Wichita YMCA and YMCA 360 Co-Founder. “For communities that lack physical fitness, nutrition and educational access, YMCA 360 becomes an important lifeline that connects them to tried-and-true YMCA programs that have the power to elevate their health and well-being so they can live to the fullest.”

YMCA 360’s vast and growing content library combines immersive, healthy living with the values of the YMCA. On-demand videos and a livestreaming schedule focus on the best of what physical YMCA branches have to offer: fitness and strength for all ages, sports, wellness/ mindfulness, cooking/nutrition, martial arts, youth programs (gymnastics, ballet, dance),

Impact the Cause 2026 to support well-ness for mind and body (July 7, 2026) ABILENE, Kan. — Impact Sports & Fitness and the Memorial Health Foundation invite the community to participate in Impact the Cause 2026: Wellness for Your Mind and Body at 8 a.m. on Saturday, Sept. 12, at Memorial Hospital, 511 NE 10th Street, Abilene. The annual event is designed to bring individuals and families together through movement, education and community connection, while promoting overall wellness. Participants may choose between a 5K run or 2-mile fun walk. Families also can enjoy a Story Walk, obstacle course for children, community resources and local food and coffee vendors. Proceeds from Impact the Cause 2026 will fund Wellness Prescriptions, allowing local health care providers the opportunity to encourage healthier lifestyles and support overall well-being. Depending on an individual’s needs, a Wellness Prescription may include a complimentary one-month membership to Impact Sports & Fitness or other resources that help remove barriers to healthier living and managing chronic health conditions. “Wellness is about much more than exercise,” said Anita Larson, Impact Sports & Fitness Manager. “It’s about helping people build healthy habits, strengthening connections and accessing resources that support both their physical and mental well-being.” Community organizations from throughout Dickinson County will also be on site to share information about programs and services available to

area residents – providing attendees with valuable resources that support wellness. Individuals are encouraged to pre-register by August 7 to guarantee an event T-shirt. Registration will remain available through the morning of the event; however, shirts will be available while supplies last following the pre-registration deadline. Businesses and organizations also are invited to support the event through sponsorship opportunities. “The Memorial Health Foundation is proud to partner with Impact Sports & Fitness on an event that brings our community together for such an important purpose,” said Jonee Crump, Foundation Manager. “Every registration and sponsorship is an investment in the health of our community. Wellness begins when people know it’s okay to care for themselves, both physically and emotionally. My hope is that this initiative builds a community where caring for your mental well-being is viewed the same as caring for your physical health, and where people know they are supported, valued and never alone.” Whether you’re running, walking, volunteering or sponsoring the event, every participant helps make a difference in the health of the community. For event information, registration, sponsorship opportunities or to learn more about participating, visit <https://mhsk.org/impact-the-cause/or> call Impact Sports & Fitness at 785-263-3888.

2026 JUNCTION CITY BRIGADE

SCHEDULE

5.29 Kansas Cannons 7:00 PM

5.30 Kansas Cannons 7:00 PM

6.1 Newton Rebels 7:00 PM

6.3 Newton Rebels 7:00 PM

6.4 Haysville Aviators 7:00 PM

6.5 KC Knights 7:00 PM

6.6 Haysville Aviators 7:00 PM

6.9 KC Monarchs 7:00 PM

6.10 Kingman Islanders 7:00 PM

6.12 Kingman Islanders 7:00 PM

6.13 Hutchinson Monarchs 7:00 PM

6.14 Hutchinson Monarchs 6:00 PM

6.16 Great Bend Bat Cats 7:00 PM

6.17 Great Bend Bat Cats 7:00 PM

6.18 Derby Twins 7:00 PM

6.19 Derby Twins 7:00 PM

6.22 PF Phenoms 7:00 PM

6.23 PF Phenoms 7:00 PM

6.24 Kansas Cannons 7:00 PM

6.25 Kansas Cannons 7:00 PM

6.27 Newton Rebels 7:00 PM

6.28 Newton Rebels 7:00 PM

6.29 Haysville Aviators 7:00 PM

7.1 Hutchinson Monarchs 7:00 PM

7.2 KC Monarchs 7:00 PM

7.3 KC Knights 7:00 PM

7.6 Kingman Islanders 7:00 PM

7.7 Kingman Islanders 7:00 PM

7.8 Hutchinson Monarchs 7:00 PM

7.9 Hutchinson Monarchs 7:00 PM

7.10 Great Bend Bat Cats 7:00 PM

7.11 JCL All-Star Game 7:00 PM

7.12 Great Bend Bat Cats 3:00 PM

7.14 Derby Twins 7:00 PM

7.15 Derby Twins 7:00 PM

7.17 PF Phenoms 7:00 PM

7.18 PF Phenoms 7:00 PM

HOME

AWAY

challenges, Parkinson’s and cancer support, pickleball, water safety, personal training, art instruction and more. Further details about the YMCA 360 digital platform and its features are available at ymca360.org.

ABOUT THE GREATER WICHITA YMCA
Since 1885, The Greater Wichita YMCA has been volunteer-led and mission driven to promote healthy lifestyles, strong families and positive youth development for all in Central Kansas. Today, we employ more than 1,400 individuals and serve well over 300,000 of our neighbors in Butler, Harvey, Reno, McPherson and Sedgwick Counties. We support a healthy spirit, mind, and body through community development, education and wellness initiatives, youth and family programs, licensed child care and camp, and physical activity. Our more than 190,000 members have access to over one million square feet of fitness space across our 12 area branch locations in Andover, El Dorado, Newton, McPherson, Hutchinson and Wichita as well as four seasonal, outdoor water parks, three indoor/outdoor sports complexes, Camp Hyde and Camp Hiawatha. Our annual Strong Community Campaign, which funds our free and reduced-cost programs and enables scholarships, grants and income-based member and program pricing for those who qualify, allows us to honor our commitment to serve all, regardless of their ability to pay. Learn more at ymcawichita.org.

ABOUT BLUE CROSS AND BLUE SHIELD OF KANSAS
For more than 80 years, Blue Cross and Blue Shield of Kansas has built a reputation of trust with its members and contracting providers by providing outstanding customer service while quickly and accurately processing claims; fairly administering benefit plans and contracts; offering programs, services and tools to help members improve or maintain their health; and operating under the highest ethical standards while being good stewards of premium dollars. Blue Cross and Blue Shield of Kansas is an independent licensee of the Blue Cross Blue Shield Association and is the state’s largest insurer, serving all Kansas counties except Johnson and Wyandotte. For more information, visit bcbsks.com.

ABOUT YMCA 360
YMCA 360 is the preferred proprietary digital health solution for the YMCA community that gives individuals the ability to customize their health and wellness journey wherever they are. Built for the Y by the Y, YMCA 360 users have access to thousands of pieces of on-demand and live content for mind, body and spirit as well as an array of advanced features. For more information, ymca360.org.



Garlic confit pasta is the perfect dinner for garlic lovers. Featuring both the cloves and infused olive oil from making slow-roasted garlic confit, this recipe is hearty and delicious.

Rich garlic pasta is the ‘confit’ package

A couple of weeks ago, I wrote about my adventures in making garlic confit. After slow-roasting all those beautiful garlic cloves, making them soft and deeply flavorful, we’ve been using them on everything we could think of, but if you’re interested in using a boatload of cloves in one recipe, I have the perfect one to share with you.

The original recipe also included instructions for making garlic confit, if you want to check it out, but I opted to follow the procedure I shared with you a few weeks ago. It’s on my website (spiceupkitchen.net), if you missed it.

**I found this recipe on the blog “Dang That’s Sweet.” You can see the original post at [## SpiceUpYourLife-GarlicConfitPasta

Lindsey Young](https://dangthatssweet.com/garlic-</p></div><div data-bbox=)**

confit-pasta/. I added meatballs, mushrooms and spinach, along with a bit of extra cheese, to my version to really make it a meal.

Garlic Confit Pasta

Ingredients

26 ounces frozen meatballs, cooked according to package instructions

1 pound bow-tie or similarly shaped pasta, cooked according to package instructions

1 tablespoon garlic-infused olive oil from making garlic confit

12 to 16 ounces fresh mushrooms, sliced (I used baby bellas)

25 roasted cloves of garlic confit (drain off the oil)

8 tablespoons butter, softened

3/4 cup heavy cream or milk

1/2 cup parmesan, freshly grated (plus more for serving)

1/2 teaspoon red pepper flakes

salt and pepper, to taste

1 cup fresh baby spinach, roughly chopped

Directions

Begin cooking your frozen meatballs according to package instructions.

In the meantime, boil your pasta, and be sure to reserve about one cup of the pasta water when it’s finished.

In a large, deep skillet, heat the garlic-infused oil over medium heat. Add the mushrooms and saute until they are softened to your liking.

Meanwhile, add the cloves of roasted gar-

lic and the butter to a bowl, and mash until everything is well combined.

Add the cooked pasta, one-quarter cup pasta water, garlic butter, milk, parmesan, red pepper flakes, salt and pepper to the mushrooms in the skillet, and stir to combine, letting the butter melt and the flavors marry.

Turn the heat to low, and stir regularly to keep the dairy from sticking to the bottom of the pan. Let the sauce thicken to your desired consistency. If it’s too thick, add pasta water until it thins to how you want it.

Stir in the fresh spinach until it wilts, and if you want to coat them in sauce, add the meatballs, or just serve them on top of the prepared pasta, topping with more grated parmesan.

This was absolutely delicious. The garlic was definitely the star, but adding in the extra ingredients helped to make it feel more balanced.

We ate our pasta with some crusty bread and fresh green beans (sauteed in garlic olive oil, of course), and it felt a bit fancy for how easy it was to make.

This would be a great meal to make for someone special, if you’re trying to impress them with your cooking skills.

Of course, make sure it’s someone you don’t mind having garlic breath around.

Even a strong mint will be no match for this meal.

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.

Prairie Doc Perspective

Sip to Stay Strong: Why Hydration Matters More Than We Think
By Carissa Regnerus, RDH, MA, FADHA

During the warm summer months in South Dakota, many of us spend extra time outside walking, working or enjoying community events. The heat and wind can pull moisture from the body faster than we realize. Hydration becomes important for everyone, from kids running around at the park to adults juggling busy schedules to older adults who may not notice thirst as quickly. Water supports our health in every season, but summer reminds us just how essential it is. We often think of dehydration as something that only happens when a person is ill, running a marathon or working outside on a hot day. But in reality, our bodies lose two to three liters of water every day just by breathing, urinating and through our skin. If we don’t replace that water, the body begins borrowing it from tissues, including the mouth and brain. And here’s the remarkable truth: every single cell in the human body requires water to function. We can survive for weeks without food, but only a few days without fluids. Water fuels energy production, carries nutrients, removes waste, regulates temperature and supports the electrical signals that keep our hearts and brains working. It is the foundation of life. Hydration needs change across the lifespan While everyone needs water, the reasons vary across the lifespan. Children lose water faster and may forget to drink while playing. Teens and adults often push through busy days relying on caffeine instead of water. Athletes and

outdoor workers lose more fluid through sweat. Although dehydration can affect anyone, it can be especially impactful on older adults and is a well-recognized contributor to confusion. Older adults are more prone to fluid loss because they don’t sense thirst as easily, many take medications that cause the body to lose water, and they naturally have about 15-20% less total body water than younger adults. Hydration and oral health: a connection for all ages Saliva is 99% water, and dehydration can cut salivary flow by half. When the mouth dries out, problems follow: Higher risk of cavities and gum disease Denture discomfort Difficulty chewing and swallowing Changes in taste that reduce appetite Hydration and the brain

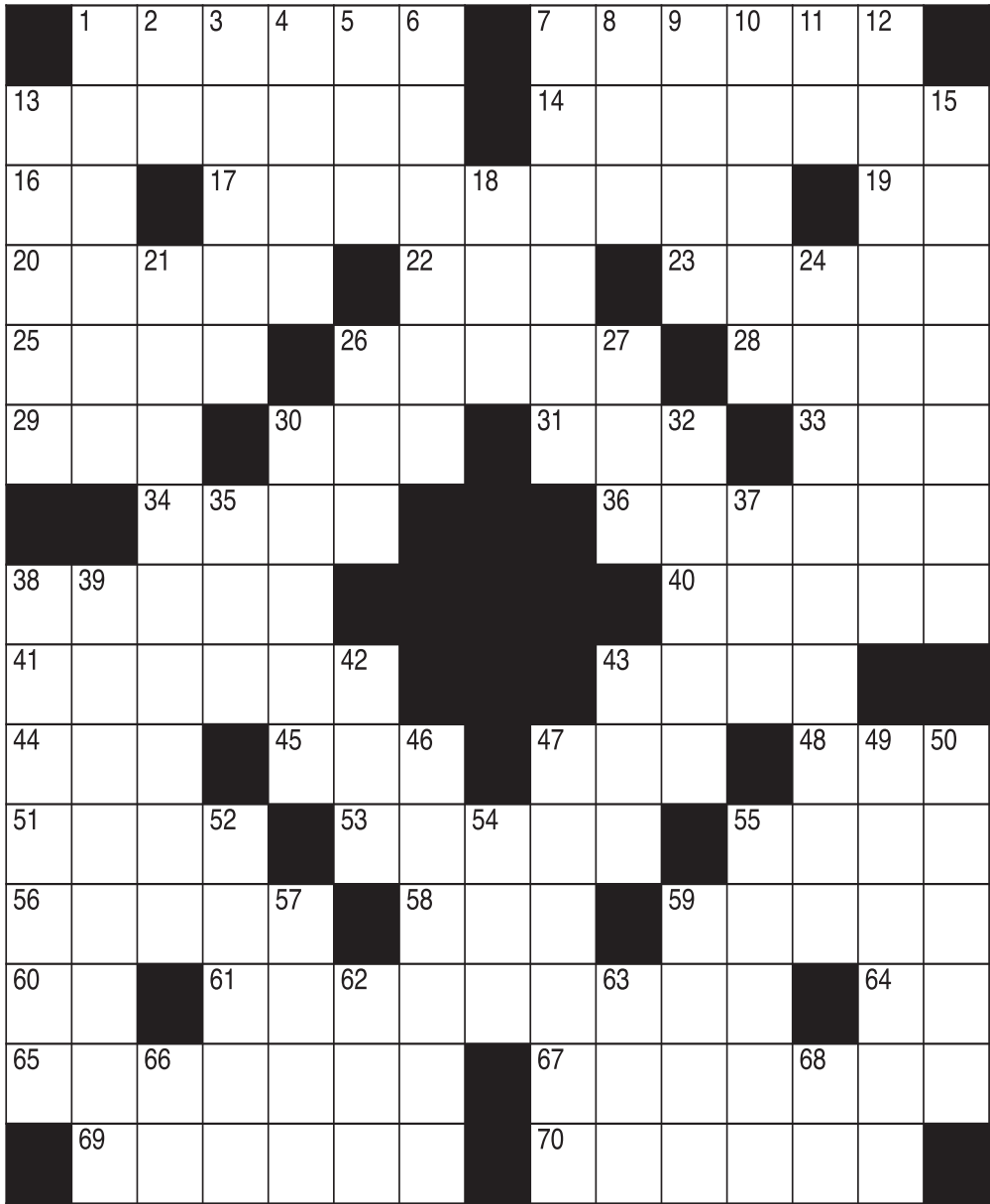
The brain is about 73% water, and losing just 1-2% of that water can affect you even before you feel thirsty and negatively impact things like attention span, memory, mood and reaction time. For kids, this can mean trouble focusing in school. For adults, it may feel like brain fog. For older adults, it can increase fall risk. Simple habits that help everyone Keep a bottle or glass nearby at home, school or work and sip it regularly even if you’re not thirsty Choose infusions that don’t lower pH, such as mint, basil or cucumbers. If you enjoy citrus, use it occasionally rather than sipping it all day to protect enamel. Choose hydrating

foods like fruits, yogurt, soups and smoothies Avoid excessive salt and alcohol intake which can both contribute to dehydration As we move through the warm months, staying hydrated is one of the simplest ways to support comfort, clarity and wellbeing. Water helps us enjoy the activities we love-working, learning, playing and aging well. Small habits that support hydration can help people of all ages stay healthy and strong throughout the South Dakota summer and beyond.

Carissa Regnerus, RDH, MA, FADHA, has been a licensed dental hygienist for more than 25 years and a faculty member in the University of South Dakota’s Department of Dental Hygiene since 2001. She teaches courses in dental public health, nutrition and preventive care, with a focus on helping students understand the oralsystemic connections that shape overall health. Her work in medical mission settings reflects her dedication to improving oral and systemic health across diverse communities. She can be reached at Carissa.Regnerus@usd.edu. Follow The Prairie Doc® at www.prairiedoc.org, Facebook, Instagram, YouTube, and Tik Tok. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7pm on YouTube and streaming on Facebook), 2 podcasts, and a Radio program (on SDPB, Sundays at 6am and 1pm).

HOROSCOPES	
ARIES - Mar 21/Apr 20	
There is nothing that you cannot handle this week, Aries. Expect to juggle a lot at the same time, but somehow you make it look easy. A calm demeanor is a big asset.	
TAURUS - Apr 21/May 21	
This week will be fairly quiet for you, Taurus. You are likely to connect with a task and dig down deep until it is completed. If someone tries to persuade you to take a break, you likely won't.	
GEMINI - May 22/Jun 21	
Many forces are working together to provide insight, Gemini. Take a step back and consider all of the variables in play. The solution may be simpler than you can imagine.	
CANCER - Jun 22/Jul 22	
Cancer, there is no time for daydreaming right now. You will be tasked with managing multiple projects in the days head. Remain focused.	
LEO - Jul 23/Aug 23	
Are you getting pummeled by obstacles, Leo? It could be that you need to set aside more time to yourself to complete the tasks expected of you. You also may need to ask for help.	
VIRGO - Aug 24/Sept 22	
Virgo, an ability to communicate clearly is among your most notable assets. If you have thoughts about explaining your ideas to others, keep reinforcing your goals.	
LIBRA - Sept 23/Oct 23	
Libra, your projects will take some time to set up. A patient approach will pay off as results begin to materialize. Your ability to multi-task will drive you forward.	
SCORPIO - Oct 24/Nov 22	
Life isn't an individual sport, Scorpio. You don't have to do everything alone. Interact with others as much as you can this week.	
SAGITTARIUS - Nov 23/Dec 21	
Sagittarius, when a person has found his or her path, naturally the desire is to start walking down it. You are eager to get started on something that has been on your mind.	
CAPRICORN - Dec 22/Jan 20	
Capricorn, keep an open mind so you can discover new experiences. You don't have to completely reinvent yourself, but make a concerted effort to be open to new ideas.	
AQUARIUS - Jan 21/Feb 18	
The horizon is clear and you have all of the information you need to navigate what life is throwing at you right now, Aquarius. Keep the faith that you are on the right path.	
PISCES - Feb 19/Mar 20	
Pisces, share your experiences and feelings with someone close to you. Let your feelings out and express your gratitude to the person who lends a listening ear.	

Crossword



CLUES ACROSS

- 1. Mended
- 7. Hymns
- 13. Commercial transport of goods
- 14. Poked holes in the ground
- 16. They precede C
- 17. Branch of knowledge concerned with wealth
- 19. Larry and Curly’s pal
- 20. Injured
- 22. Popular type of dance
- 23. Moon crater
- 25. American state
- 26. Places to lock valuables
- 28. Stalk that supports the capsule
- 29. Keyboard key
- 30. ‘ ___ death do us part
- 31. A type of cage
- 33. A place to sleep
- 34. Annual music awards show
- 36. Made over
- 38. Hard, stony substance

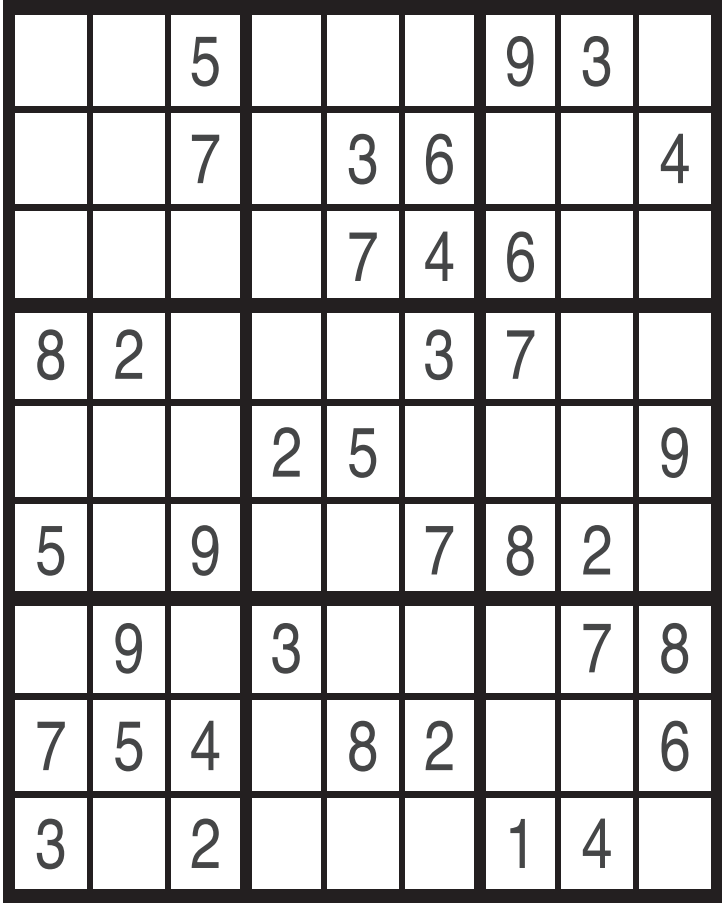
CLUES DOWN

- 1. Hard things to kick
- 2. Collective of countries
- 3. Letter of Hebrew alphabet
- 4. One-time Alabama running back Eddie
- 5. One’s sense of self-esteem
- 6. Of the teeth
- 7. Treat with care
- 8. Type of whale
- 9. Curved structure
- 10. Emits coherent radiation
- 11. One of the Gospels (abbr.)
- 12. Smallest interval in western music
- 13. Netherlands seat of government
- 15. Gives to charitably
- 18. Lout
- 21. Pastas
- 24. Release from restrictions
- 26. Female sibling
- 27. Title of respect
- 30. Silver coins

- 40. Incantations
- 41. Long-legged, wading bird
- 43. Breathe noisily
- 44. Congressman
- 45. Rip off
- 47. Golf score
- 48. Popular pickup truck
- 51. Where infants sleep
- 53. Music term
- 55. Small opening in a surface
- 56. Musical term meaning “very”
- 58. Soviet Socialist Republic
- 59. Treats with powder
- 60. Email subject line feature
- 61. A British lawyer
- 64. Expression of laughter
- 65. Farmer’s calendar
- 67. Seeds used as food
- 69. Eurasian shrubs
- 70. Periods of inactivity

- 32. Region in India
- 35. Partner to cheese
- 37. Dark or dusky
- 38. Pacific Northwest tree
- 39. Exaggerate
- 42. Toddler
- 43. Touch lightly
- 46. Fundamentals
- 47. Jeopardies
- 49. Curved structures
- 50. Isolated, flat-topped hills
- 52. Forming the bottom layer
- 54. Reciprocal of sine
- 55. Genus of Old World birds
- 57. New York college
- 59. Cloak
- 62. Kawhi Leonard’s team (abbr.)
- 63. Vietnamese offensive
- 66. “The Great Lakes State”
- 68. “ __, myself and I”

SUDOKU



Level: Beginner

Here’s How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Double Word Puzzle for Kids

Unscramble the individual words to reveal letters for the phrase.

NKTEBAL

123

SFROK

45

KCIEOO

67

DNREIN

8

45738

H

676231

P

76176

PUZZLE SOLUTION

HEALED

PAALWE

PHOULAGE

AFRATED

AB

CONOMER

AD

GIWAP

STAP

DESLA

UTAN

SAFER

DETA

EGG

YU

HUB

COI

SEPS

REDOND

BOHAR

POINER

AVOGEE

PANT

SEN

ION

PZR

RIAN

COLE

MADE

PORR

AREAN

SEB

BRICO

AR

TOULQUION

HA

ALMANAC

LEGUMER

LITLAGE

STAGTER

465821937

217936584

938574612

826493751

173258469

549617823

691345278

754182396

382769145

Answers:

blanket, forks,

cookie, dinner

Fried chicken picnic

Local Schools to
Professional Leagues,
OUR SPORTS
SECTION
Covers All the Bases

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