CENTRAL KANSAS TIMES

Where our Communities build Kansas Stronger

Covering Dickinson County, Geary County, Morris County, Marion County, and Riley County.

Vol. 1 Edition 14 $1.50 Sunday , October 25 , 2026

Lady Cougars made it to sub-state but fell to Argonia 25-14, 25-9. They fought hard and are ready to give it another shot next year. Congrats to making it to sub-stat Ladies.
(Courtesy USD 397)





What a performance from Chapman senior Audiel Becker, who accounted for all 36 of the Fighting Irish's points in a 36-14 victory over Clay Center on Friday night.
Becker rushed for 204 yards and five touchdowns while adding three rushing two-point conversions, accounting for all 36 points in the win. He also had a 41-yard punt return, finishing with 245 total yards on the night.
The senior has been one of the state's most productive running backs this season, averaging an impressive 204 rushing yards per game with 20 touchdowns through seven games.
Chapman has also put together one of the most impressive turnarounds in Kansas high school football. After finishing just 1-8 last season, the Fighting Irish are now 6-1 heading into their regular-season finale against Hesston on Friday.
An incredible turnaround for Chapman and a remarkable senior season for Becker, who continues to put up some of the top rushing numbers in the state. (Courtesy sports in kansas)
Photo: Lizzy Harvey



CC at sub-state at Belleville today.
So proud of how well everyone ran!
Two course records. Four PRs. Two season bests.
A great way to finish the year.
PRs-
Justus N 20:05
Ty H 21:03
Athen M 22:31
Cariah C 31:20
Course Records
Justus N
Carter CS
We bid farewell to five seniors today. Two (Justus, Isaac) ran for me for the past 7 years. During this time (dating back to 6th grade), they have been part of back to back state qualifying teams (2024, 2025), five time Wheat State League runner-up (2023, 2024, 2025, 2026B&G), set two course records, between all of them, PRed 52 times, and received 12 medals.

(Courtesy USD 393)

Central Kansas Time - Centralkansastimes@gmail.com • Phone 785-524-4200

Closed: Monday - Tuesday for Delivery and Production
Phone Hours: Wednesday - Friday 11 am - 3 pm

WORSHIP GUIDE

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

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

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

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

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

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

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

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

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

St. Michael's Catholic Church
210 E. 6th St. Chapman, KS
9 a.m. Sunday Mass
Fr. Peter O'Donnell

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



Rev.Connie D. Wooldridge

Chapman United Methodist Church

PASTOR'S CORNER

I AM GREEN

I took my granddaughter on an adventure last week. One of the highlights was several hours in the Oklahoma City Skeleton Museum. The building was chuck full of skeleton representations of many creatures we know and love, as well as some we fear. We learned so much without even trying. We unlearned things we thought we knew. I look at a penguin in the zoo for example, and I see a really long body and a pair of feet, but the skeleton reveals long legs with knees. Who knew?

I have been thinking about all I saw and the expectations that were shattered. Sometimes I think I have already learned most of what I need to know. Surely at my age, that must be true.

Here's the thing, I don't know all I need to know. Some of what I have been sure I had figured out is different than I thought. The museum was fun, but often learning is hard because it forces me to let go of old ideas and habits. I am guessing I am not the only one.

I am confident in the fact that I have more to learn and I am grateful to God who created me with the capacity to continue to develop. I heard a radio preacher say, "If you think yourself ripe, you'll rot; if you think yourself green, you'll grow." Old as I am, I am not interested in rotting. I want to keep growing. How about you?





Mark Will
DCNT Columnist

THIS DAY -IN- THE HERINGTON TIMES

125 years ago – 1901

OLD FASHIONED SPELLING BEE – An old-time spelling bee was held last Saturday evening at Creech's hall in Herington. About fifty, old and young, stood up to spell and there was at least twice that number in the audience. Mrs. Childs and Prof. Rose pronounced the words from the Kansas Edition of the Student's Speller, which is in common use throughout the state. The contest was a very pleasant and agreeable one, resulting in Mrs. C. M. Rose winning the prize. It is hoped that future contests be held in a hall where the floor is carpeted and that the very best of order be preserved.

100 years ago – 1926

BUILDING PROGRESS – The brick structure on West Walnut behind the Scott Store, which is to be the new of the Duke Furniture Company, is taking form and will be completed in another thirty days according to Walter Covert, the contractor. The walls have been completely raised this week and by Saturday evening it is expected that the roof will be finished. (Note: Duke Furniture and Undertaking remained in business until 1944 when Fred Lee of the Lee Maytag Co. purchased the Duke Furniture business. Fred Lee's daughter, Beverly Bayes, joined the business in 1970 and the business became "Fred Lee and Daughter". Beverly Bayes continued to operate the store until its closing in 2005 after 67 years in business.)

75 years ago – 1951

BEVERLY LEE CHOSEN AS CARNIVAL QUEEN – The junior class carnival **Progression in Herington** was held in the Community Building at the fairgrounds on Monday night. The main event of the evening was the crowning of the Carnival Queen, Miss Beverly Lee. Beverly was the junior candidate for the queen. She was escorted to her royal throne by Maurice Morgan, president of the junior class. Beverly's first attendant was Jackie Reissig, freshman candidate. Jackie was escorted by Dean Floyd. Bob Hannegan escorted Claire Hyde, senior candidate and second attendant to the queen. Marilyn Bittner, sophomore candidate and third attendant to the queen, was escorted by Glenn Bayes. The program given in honor of the queen and her attendants consisted of songs by two junior trios, and a mock marriage of two Olympic stars given by the junior class and a dancing exhibition by Junior and Charlene Brown.

50 years ago – 1976

BOY SCOUTS REPRESENT HERINGTON – Seventeen scouts of Troop 43, Herington, attended the Quivira District Camporee at Milford last week. Our troop participated in activities including knot tying and lashing, compass courses, first aid, pioneer cookery, knife and ax, and cross-country racing. The troop received the ribbon representing the highest award possible for their activities. The scouts from Troop 43 who attended the Camporee were: Mike Weber, Gerald and Allen Mein, Glenn Backhus, Jay Huggins, Jeff Stiles, David Stover, Jeff Kiley, Rick and Billy Barber, Rex Hay, Mike McGettrick, Ronnie Cain, Charles Weeks, David Schneider, James Mosier and Alan Kelso. – signed, David L. Welch (Scoutmaster).

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

Business & Service Directory

Call 785-524-4200 or Email centralkansastimes@gmail.com to order your directory ad!

FINANCIAL

First National
Investment Professionals
DAN COOK
112 North Main
Hope, KS
785-366-7225
Fax
785-366-7333
dan.1.cook@ampf.com

INSURANCE

HARRIS CROP INSURANCE, LLC
785-479-5593 or
Toll Free 888-408-7487
A family-owned and operated crop insurance agency serving central Kansas since 1981.
1207 Hwy. 15, Abilene, Kansas 67410
www.harriscropinsurance.com
This agency is an equal opportunity provider.

STEVE CRICHTON State Farm Insurance Agent



OFFICE HOURS
Tues & Thurs
9:30 am - 4 pm
Sat 9 am - 12 pm
220 W Walnut St.,
Ste 2 Herington
PHONE 785-258-2203
shelly@stevecrichton.com
steve@stevecrichton.com
State Farm®
Here to help life go right.™
stevecrichton.com

HEALTH

'A Tradition of Caring Since 1970'
Chapman Valley Manor
A Non Profit Skilled Nursing Facility
Administrator:
Amanda Jeardoe
1009 Marshall • PO Box 219
Chapman, KS 67431
785-922-6525
chapval@chapmanvalleymanor.org
christyloy@chapmanvalleymanor.org

HVAC

KVK INC.
Heating & Air Conditioning
Residential • Commercial
24 HOUR SERVICE
Master Mechanical
Licensed
Bonded • Insured
785-257-3224
kvkinc.biz
YORK

Home comfort you can depend on
You can count on Heil® Air Conditioning systems for high efficiency Air Conditioning and reliable performance, backed by outstanding warranties.
Herington Heating, Air Conditioning, Plumbing & Appliances
110 E. Main, Herington
785-258-3355
Mon. - Fri.
8 a.m. - 4:30 p.m.

LET US HELP PROTECT YOUR DREAMS.



Brian Tajchman, Agent, Inc.
Brian J. Tajchman, Agent
104 Nw 3rd S. Abilene
btajchman@amfam.com
(785) 263-2512

24-HOUR CLAIMS REPORTING & CUSTOMER SERVICE
1-800-MYAMFAM (692-6326)

AMERICAN FAMILY INSURANCE®

HOME | AUTO | LIFE | BUSINESS | FARM & RANCH AMFAM.COM

American Family Mutual Insurance Company, S.I. and its Operating Companies, American Family Insurance Company, American Family Life Insurance Company, 6000 American Parkway, Madison, WI 53783 010996 – Rev. 7/17 ©2015 – 16146547

Hilltop Community Center
Fun for Seniors

2 South A St. • Herington • 785-258-2956

8 a.m. ~ Coffee is on! Monday - Friday

Every Monday ~ 1 p.m.
Mexican Train Dominoes
Come Join This Fun Bunch!

Everyday ~ 1 p.m. Cards

Puzzles and Games every day!



Saturday, October 31 -
Happy Halloween

For Meals on Wheels, Meals to go, or Dine-in Eating call: 785-258-2956
Suggested Contribution:
$4 - 60 Years Old $7 – Under 60 Years

General Public Transportation Bus Service:
Monday-Friday, 8 a.m. ~ 4 p.m.
$1.50 one way or $3.00 round trip
Bus Tickets can be Purchased from the Driver.

HOMESTEAD VILLAGE APARTMENTS

NOW LEASING
1100 N. Broadway St. Herington, KS

- 1 and 2 bedroom units
- Laundry hookups
- Snow removal & lawn care
- All utilities included plus cable
- Appliances furnished
- Single detached garage
- Pet with pet deposit
- Clubhouse on site

For more information contact Mgr. Lori Dornbusch
(785)258-2956 • Lori.Hilltop@yahoo.com

Jim's Metal Roof Coatings
Leak Repair, bin tops,
Quonset roofing metal/galvanized
Asphalt Shingle roof coating
Painting exterior steel or aluminum
Statewide service - Free Estimates
785-201-7622

DPA AUCTIONS

Biggest auctions of the year!
CONSIGN TODAY



NEXT AUCTION
NOV. 3rd at 10 AM
NOV. 17th at 10 AM
DPAauctions.com

Subscribe Today!

$38
For Digital Edition



centralkansastimes@gmail.com
JLSnewsgroup.com
785-524-4200

Business Directory Ads Starting at $25 a Month. Contact us Today to Find Out More.

CENTRAL KANSAS TIMES
Where our Communities build Kansas Stronger
Covering Dickinson County, Geary County, Morris County, Marion County, and Riley County.

Business & Service Directory

Call 785-524-4200 or Email centralkansastimes@gmail.com to order your directory ad!

Classified

Misc

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available.

Call 1-877-835-0240 Have zip code of property ready when calling!

Misc

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-877-420-3509 Have zip code of service location ready when you call!

Misc.

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-877-625-8924

Misc

NEED NEW WINDOWS? Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation & FREE quote today. 1-877-514-4844 You will need to have your zip code to connect to the right provider.

For Sale

Place your 25-word classified in the Kansas Press Association and 135 more newspapers for only $300/week. Find employees, sell your home or your car. Call the Kansas Press Association @ 785-271-5304 today!

Misc.

We Buy Houses for Cash AS-IS! No repairs. No fuss. Any condition. Easy process: Call, get cash offer and get paid. Call today for your fair cash offer: 1-913-365-1969

Misc.

We Buy Vintage Guitars! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. These brands only! Call for a quote: 1-620-207-3684

Misc.

CASH PAID FOR HIGH-END MEN'S SPORT WATCHES. Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. These brands only! Call for a quote: 1-620-267-6015.

Misc.

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-877-850-0048

SUDOKU

	8		7		2	6		3
	5			3	4		1	7
			1		9			
2						8	5	
5	9	3						
	7				6			
	2				1	5	7	8
						3	6	
	3				5	1		

Level: Beginner

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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!

ANSWER:

1	8	9	7	5	2	6	4	3
6	5	2	8	3	4	9	1	7
3	4	7	1	6	9	2	8	5
8	7	1	5	2	6	4	3	9
4	2	6	3	9	1	5	7	8
5	9	3	4	1	8	7	2	6
2	6	4	9	7	3	8	5	1
9	1	5	6	8	7	3	6	4
7	3	8	2	4	5	1	9	2



Senior Center Menus

Abilene Senior Center

100 N Elm St. • Abilene • 785-263-7059

Chapman Senior Center

439 S Marshall • Chapman • 785-922-6958

Solomon Senior/Friendship Center

119 W 4th Ave • Solomon • 785-655-9435

Monday, October 26: Swiss Steak w/ Tomatoes & Carrots, Roasted Potatoes, Mixed Fruit, Wheat Roll

Tuesday, October 27: Smothered Chicken, Glazed Carrots, Brussel Sprouts, Blushing Pears, Cookie

Wednesday, October 28: Taco Salad w/ Chips, Fiesta Corn, Cinnamon Baked Apples, Bread Stick

Thursday, October 29: Pulled Pork on with Bun, Baked Beans, Apple Sauce, Chocolate Chip Cookie

Friday, October 30: Chicken Tenders or Fish, Hash Brown Casserole, Broccoli, Apricots, Bread



Hilltop Community Center

2 South A St. • Herington • 785-258-2956

Monday, October 26: Meatloaf, Mashed Potatoes, Corn, Jello with Fruit, Roll, Milk

Tuesday, October 27: Bierocks, Seasoned Brussel Sprout, Cookie, Canned Fruit, Milk

Wednesday, October 28: Taco Salad, Corn Salad, Tortilla Chips, Spanish Rice, Cinnamon Apples, Milk

Thursday, October 29: Pulled Pork on Bun, Baked Beans, Applesauce, Cookies, Milk

Friday, October 30: Mummy Meatballs, Mashed Potatoes, Broccoli, Pumpkin Cake, Milk ~ IN HOUSE: POTLUCK



Abilene
Move well. Live well.
Physical Therapy & Sports Rehab
103 NW 15th • Abilene, KS 67410



SpiceUpYourLife-PapasArrugadasandMojoVerde
Lindsey Young

Papas arrugadas, alongside mojo verde, is a unique dish that originated with sailors in the Canary Islands. These salty potatoes pair well with the bright, slightly acidic sauce to create an excellent appetizer.

Make potatoes with more flavor than you can shake a stick at

I would say that most of the savory dishes I share with you are in the snack, side dish or main dish categories.
This week's is firmly in the realm of appetizers.
Papas arrugadas, or wrinkled potatoes, is a recipe that originated in the Canary Islands, when sailors would boil potatoes in seawater.
Traditionally, they are served with a red sauce, but the one I'm sharing with you has a green sauce instead. It comes from Chef Michael Voltaggio, who explained the history of the dish in a great video I watched.
The amount of salt on these potatoes is...well.. .intense. It's a lot. I would say they are absolutely delicious for about four or five potatoes, and then the saltiness really hits, and it's tough to want to eat any more of them—hence the appetizer category.
I certainly wouldn't recommend these to anyone with a heart condition, but especially paired with the brightness of the sauce, they are worth a try otherwise.
You can find the original recipe on the Food Network site at https://www.foodnetwork.com/recipes/papas-arrugadas-with-mojo-verde-24877362. I added extra garlic in my version.
Papas Arrugadas and Mojo Verde
Potatoes Ingredients
1 pound small, Yukon gold potatoes (think ping-pong ball size)
4 cups water
4 tablespoons salt
Mojo Verde Ingredients
1 bunch fresh Italian parsley leaves (about 2 cups)
1 bunch fresh cilantro leaves (about 2 cups)
1 bunch green onions, sliced (about 1 cup)
6 to 8 cloves garlic
1 cup olive oil
1/3 cup red wine vinegar
Potatoes Directions
Add the potatoes to a large pot. The more they can move around while the cook, the better. Add the water and salt (if you need more water or less, the ratio should be one tablespoon salt to each cup of water). You want the water to just cover the potatoes. Place the pot on the stove on high heat, and just let the potatoes come to a boil, and keep boiling until the water is boiled out. Swirl the potatoes in the pan to get a good crust of salt on them, and remove them to your serving dish.

Mojo Verde Directions
Add the parsley, cilantro, green onions, garlic and olive oil to a blender and blend until the mixture is smooth. Once it is all incorporated, blend in the red wine vinegar, and pour the sauce into your serving bowl.
Serve the potatoes alongside the mojo verde as a dipping sauce. Refrigerate any leftovers.
We really liked these, and the sauce is worth making, even if you don't do the potatoes. It is delicious.
Actually, because it's just the two of us and we obviously had a ton of leftover salted potatoes, Joey had the brilliant idea of mashing them, adding some sauteed onion and garlic confit and mixing the leftover sauce into them to create a great mashed potato that we ate alongside some steaks.
And for those very rare people who actually need a little more sodium in their diets, I can't recommend these enough. For the rest of us, though, a few bites are just enough.

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.

Results of Chapman Cross Country at "Sub-State" (used to be called "Regionals") on Saturday, October 24, 2026

Congratulations to Liberty Cuevas (2nd Place) and the Boys Team (3rd Place) Qualifying for State!!

Varsity Girls (5K)—5th Place out of 7 Teams
2nd Liberty Cuevas 19:45 (medal)
21st Laney Thornton 23:15
26th Kaylee Brabender 23:37
36th June Linville 25:14
38th Addison Gibson 25:19

Varsity Boys (5K)—3rd Place out of 8 Teams and Qualified for State
2nd Riley Delorenzo 16:45 (medal)
15th Slayde Crouse 18:15 (medal)
18th Elliot Solander 18:27
21st Asher Solander 18:34 (season PR)
24th Charlie Purdue 18:51
28th Ethan Falls 19:27
Boys also on Regional/State Roster…Jackson Fong, Baptiste Balmitgere, Shiloh Solander, Bryar Cochran

Comments: What a GREAT day for Chapman Cross Country! It was a beautiful, gorgeous day to run on a great course! The course was a natural prairie grass location (not a golf course). At this time of the season, it is awesome to have State Qualifiers, but it is also hard to have the rest of the team members to be finished with their season (we have a great group of kids and great parents and I'm talking about our ENTIRE team/Cross Country Family). We continue to carry on with one more week with this State Crew. If you see them, please tell them "Congratulations".

Next up: State at Wamego on Saturday, October 31

Kansas Farmers Union SOD Chapter Invites Members and Guests to Annual Meeting

ENTERPRISE, KS – The Kansas Farmers Union SOD Chapter, including Saline, Ottawa, and Dickinson Counties, invites all members, guests, and interested persons to attend our annual meeting on Sunday, November 1st, in Solomon, Kansas. This meeting will include a business meeting to elect delegate members to the 119th Anniversary Kansas Farmers Union Convention. Please join us for a potluck meal at 1:00 p.m. at the Solomon City Park, 100 E 4th Street, Solomon, KS.

Since 1907, Kansas Farmers Union (KFU) has worked to protect and enhance the economic interests and quality of life for family farmers and ranchers and their communities. We welcome new members to join us. For more information about KFU membership, visit www.kansasfarmersunion.org. To RSVP for the Nov. 1 meeting, please contact Amanda Lindahl at aslindahl@gmail.com.

SUBSCRIPTION RATES
Single Copy.....$1.50
Digital Only.....$38.00
(Tax is included in all prices)

CENTRAL KANSAS TIMES
Where our Communities build Kansas Stronger
Covering Dickinson County, Geary County, Morris County, Marion County, and Riley County.

ADVERTISING AND NEWS DEADLINE - FRIDAYS AT NOON

JLS GROUP LLC
-CENTRAL KANSAS TIMES-
Dale Worley
Owner - JLS Group
Lauren Houchens
Publisher
Brandy Sensmeier-
Operations Manager- JLS Group/ Pagination
Anna Kristek -
Graphic Designer

TO SUBMIT NEWS: The Central Kansas Times welcomes news and will print it as it fits our guidelines. The best to submit news is to e-mail it to centralkansastimes@gmail.com.
TO ADVERTISE: The Central Kansas Times offers retail and classified advertising. We can build an ad campaign to fit your budget and reach our loyal readership. Please email centralkansastimes@gmail.com, call the office at 785-524-4200.
SUBSCRIPTIONS: Questions and updates regarding subscriptions should be sent to centralkansastimes@gmail.com

PO BOX 109, HERINGTON, KS 67449 - PHONE (785)524-4200 - JLSNEWSGROUP.COM - CENTRALKANSASTIMES@GMAIL.COM

Prairie Doc Perspective Week of October 25th, 2026
"Why Do My Gums Bleed? More Than Just a Dental Problem"
By Katie Pudwill, RDH, Ph.D.
If you've ever noticed pink in the sink after brushing or flossing, you're not alone. Many people assume bleeding gums are normal or that they brushed too hard. In reality, healthy gums don't bleed. Bleeding is one of the earliest signs that your body is fighting an infection.
My favorite analogy to use when discussing tooth structure is a tree and its roots. In order for a tree to be strong, the roots need a solid foundation under the ground. The trunk has a thick layer of bark to protect it. The roots are softer and not meant to be exposed to the elements. Your teeth are the same way; enamel protects the crowns of your teeth and the roots are only covered in a thin layer of cementum. Many people will notice the difference once they have recession and their roots are exposed, because their teeth are more sensitive, especially to cold.
To protect the roots, your tooth sits in a socket of bone that is sealed with gum tissue. This seal and the pocket above the seal are what you brush and floss every day. Every tooth passes through the gums before attaching to the bone underneath. When bacteria collect along the gumline, your immune system responds by sending blood and inflammatory cells to the area. The redness, swelling and bleeding you see are signs that your body is trying to eliminate the bacteria.
Unlike a cut on your skin that heals within days, bleeding gums often represent a chronic infection that can persist for months or even years if left untreated. Many people ignore it because it doesn't hurt. But painless doesn't mean harmless. The mouth is one of the few places in the body where inflammation can be seen with your own eyes.
When your gums bleed, tiny blood vessels beneath the surface are exposed. This creates an opportunity for bacteria and inflammatory molecules to enter the bloodstream, where they can interact with the rest of the body. What happens in your mouth doesn't stay in your mouth.
Researchers have found strong links between periodontal disease and several chronic health conditions, including cardiovascular disease, diabetes, rheumatoid arthritis and pregnancy complications. While gum disease is not necessarily the cause of these conditions, chronic inflammation appears to be an important connection. Scientists continue to study exactly how oral bacteria and the body's immune response influence overall health. What we do know already though is that a healthy mouth supports a healthier body. Chronic inflammation can cause some long-term major problems.
The good news is that bleeding gums are often reversible when caught early. Daily brushing, cleaning between your teeth and regular dental visits can eliminate the bacteria causing the inflammation before permanent damage occurs. If your gums bleed every time you brush or floss, don't stop cleaning them. Bleeding is your body's way of asking for attention. Professional cleaning or periodontal therapy is likely the answer, and the only way to remove the source of infection.

Katie Pudwill, RDH, Ph.D., is a registered dental hygienist and educator in South Dakota. She teaches periodontics, ethics and jurisprudence, and dental anatomy in the University of South Dakota Department of Dental Hygiene. Katie is passionate about improving oral health through education, prevention and advocacy. Follow us on Facebook, Instagram, YouTube, and TikTok to stay connected.
Our programming includes the medical Q&A show On Call with the Prairie Doc® (most Thursdays at 7pm on YouTube, and Facebook), along with two podcasts and a weekly radio program (Sundays at 6am and 1pm on SDPB).

FOR IMMEDIATE RELEASE

Thursday, November 5, 2026 is the monthly meeting of the Abilene Christian Women's Connection, operating under the guidelines of Stonecroft Ministries. November is the annual BAZAAR and fundraising event. Special Feature is "What Will You Bid". A silent and Live Auction with many beautiful and useful items and some "wonderfully delicious home baked goods" will be on the tables for silent auction as well as a fun and lively auction with local auctioneer Kenny Chamberlin.
Gathering Music will be provided by LaDonna Junghans and Mary Jo Miles will be providing some very special music for this month's gathering.
Our Stonecroft Speaker is Mary Walton, from Hutchinson KS. Her title is "POURED OUT". She shares her life's journey and has a wonderful sense of humor to go along with her welcoming and interesting story.
Emmanuel Church is the location for the monthly meeting. It is located at - 1300 N. Vine Street- Abilene – A little different time for November 9:12 to 11:30 AM. Costs is $6. Reservations are encouraged by calling Nancy Larson at 785-802-9199 or emailing to Lrnelarson@cox.net. And are due by Saturday – October 31, 2026.

MEMORIAL HEALTH SYSTEM
Home Health & Hospice of Dickinson County
ABILENE Salina Regional Health Center

Annual Hospice Meeting
Thursday, October 29th at 7:00 pm
Nichols Education Center
1003 N. Brady
Abilene, Ks 67410
Please enter through the back door where parking is available
Community members welcome to attend.

KVK INC.
Heating & Air Conditioning
Residential & Commercial
We Service & Warranty Parts For All Makes


24-HOUR EMERGENCY SERVICE
kvkinc.biz
Master Mech.
Licensed
Bonded
Insured
ENERGY STAR
YORK
Ask About Our Discount Club Membership
DKEDC
BBB ACCREDITED BUSINESS
/KVKinc.hvac
785-257-3224

Public Welcome
OFFICE: 785 236-3238
Herington Housing Authority
Business Meeting
Thursday, October 29, 2026, 6pm
Golden Age Homes Clubhouse, 201 E. Helen Street, Herington, Kansas

PUBLIC NOTICE

(First Published in the Central Kansas Times on Sunday, October 25th, 2026)

Notice of Budget Hearing for Amending the
2026 Budget
The governing body of
City of Chapman
will meet on the day of November 11, 2026 at 6:45 PM at Chapman City Hall, 446 Marshall Avenue for the purpose of hearing and answering objections of taxpayers relating to the proposed amended use of funds.

Detailed budget information is available at Chapman City Hall
and will be available at this hearing.

Summary of Amendments

	2026 Adopted Budget			2026 Proposed Amended Expenditures
Fund	Actual Tax Rate	Amount of Tax that was Levied	Expenditures	
Employee Benefits			300,000	373,000
			0	0
			0	0
			0	0
			0	0
			0	0

Bill Flanery
Official Title: City Clerk

VIEW FROM THE HILL
BY SCOTT HILL

Socialism - The Illusion of Utopia

David Copperfield, one of the great illusionists of our time, recently turned seventy years old. In case you are wondering if we are running out of magicians to entertain us, don't worry. You only have to look to the realm of public policy to see masters of great deception. I believe in a state and country where honesty and integrity are traits that are honored and respected. The motto of our state: "To the stars, through difficulty," boldly indicates that hard work and tenacity are the keys to success. The use of AI, coupled with candidates who seem to spare no effort to stretch the truth, has left many of us wondering if the core values at the heart of our nation still pump the life-giving blood of freedom.

The greatest political deception of the last century seems to be coming to the forefront of American politics. The roots of socialism actually go back more than a century. In fact, two of the ten commandments dictated by Moses directly condemn socialism as a principle for government. Commandment eight says, "Thou shalt not steal" and commandment ten says, "Thou shalt not covet." Socialists in government, in direct contrast, say that you should covet what someone else has and use the government to steal it.

The history of our country has many examples of individuals utilizing their skills and the opportunity that a free economy presented to make great wealth. Some used the wealth they had acquired to help other people, and some did not. Some have chosen to squander wealth, and others have chosen to hoard wealth. Some have invested in institutions that outlived them and others have lived miserable lives having the ability to buy anything except the things in life that really matter. The truth is that characteristics of love, joy, peace, and contentment have no relationship to expendable income.

The illusion of wealth redistribution exists in both political parties. The targeted recipients of excessive taxation collected from the masses varies by political persuasion. The principle however, is the same: "The government is wiser at utilizing the money you have earned than you are." If we examine the countless government resources that have been squandered over the years, that statement becomes even more ridiculous than it appears at first glance.

Our nation was founded on the idea that government would be limited and that the primary role of government was to protect your rights including the right to opportunity.

People from all walks of life have responded to that concept for two and a half centuries.

Freedom lovers from all over the globe have come to our shores to experience economic freedom. Our government has responded to the success of our system with the flawed idea that centralized authority of resources can improve on the concept of individual accountability. While most would agree that the government should help support those who truly cannot support themselves because of disability, etc., socialism kills the incentive to work harder or work smarter to increase your income or standard of living.

Across our state and our nation, the sweeping idea of a "new collectivism" is shrouded in the illusion of compassion. We need to be very clear that while the heart of the individual has great capacity for compassion, government has none. We are experiencing the greatest socialist push our country has ever seen. In New York a successful candidate advocated government provided housing, food, and transportation. Now clones of the New York City mayor are promising utopic redistribution of wealth through either Islamic socialism or Christian socialism depending on whether you are running for Senate in Michigan, Kansas or Texas. Do not be deceived.

The latest version of socialism is no different than the myriad of attempts made previously. Socialism has never worked as a governmental philosophy and the cost in human lives has been horrific. Support candidates who advocate for opportunity, not the sleight of hand that supports the redistribution of wealth using the false cloak of governmental compassion.

Scott Hill
State Senator

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

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

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

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

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

KYLIE KILMER
FOR KANSAS HOUSE



- Pro Veterans' Services
- Pro Working Families
- Pro Public Schools
- Medicaid Expansion
- Rural Transportation Expansion
- Rural Tax Relief

Paid for by Kilmer for Kansas,
Wesley Emberlin, Treasurer
www.kilmerforkansas.com

MEET YOUR CANDIDATE FOR KANSAS ON OCTOBER 31ST AT 10 AM. VFW IN HERINGTON , KS WILL BE HOSTING AN EVENT FOR A MEET AND GREET FOR YOUR ELECTED OFFICIALS. INVITES HAVE BEEN SENT OUT BUT WE CANNOT GUARANTEE THEIR ATTENDANCE. AS OF TODAY KYLIE KILMER HAS ACCEPTED.