

Lions lose doubleheader at Larned

By MANUEL GOMEZ

The Lyons/Sterling Lions traveled to Larned to begin the 2023 baseball season and dropped both games of a Central Kansas League doubleheader. In the first game, the

Lions could not hold an early 5-2 lead and were outscored 8-3 in the final four innings to suffer a 10-8 loss. Jaiden Diasio pitched four innings and gave up six earned runs to take the loss. Blake Smith led the

Lions with three hits and three RBIs. Lyons/Sterling scored 14 runs in the second game but came up short in a 16-14 loss. Ethan Luck had three hits two RBIs and scored three runs to lead the Lions.

The Lions led 12-8 in the sixth inning but the Indians scored eight runs in the bottom half of the

inning and held the Lions to two runs in the seventh to seal the win. The Lions will next face

the Hoisington Cardinals Tuesday at Lyons High School. First game begins at 4 p.m.

HONORS — from page 1

Contreras, Allyson Dean, Tyler Deering, Omar Dominguez Rivera, Ashley Gutierrez Cano, Tyvion Hamilton, Natascha Jamie, Shelby Johnston, Carlos Reyes, Anilec Rios, Nathalie Rodriguez, Mariana Silva-Paez, Stone Starbuck

Juniors: Mia Bryant, Alexa Guzman, Makenna Martinez, Odalys Moreno Landeros, Erik Ordaz

Sophomores: Landon Ankerholtz, Diego Cabral, Andrea De La Rosa, John Denton, Peyton Kruse, Lilianna Miranda, Joliette Pennington, Karson Peter, Joycelin Rascon,

Jenedy Rodriguez, Lucas Timberlake, Jocelyn Vargas

Freshmen: Derek Alvidrez, Easton Benavidez, Tyler Crider, Kaliber Dalke, Diego Gamez, Kennedy Grizzle, Anahi Pina, Sydney Reazin, Hendrix Starbuck, Cain Villaseñor, Zayn Zambo

Honorable Mention

Seniors: Matthew Adams, Kevin Fuentes, Juliana Gonzalez, Millie Jamie, Gabriel Kennedy, Jesus Rodriguez, Breanne Schloemer, Dionte Stanley

Juniors: Anthony Almanza, Sofia Bruno,

Brandon Enriquez-Haro, Olivia Hunt, Seth Laymon, Elijah Martinez, Saul Rivera, Edwin Rodriguez, Wrikin Scobee

Sophomores: Jorge Alvarez, Les'igh Braxton, Willa Bryant, Jasmine Budke, Isaac Fall, Mya Fierro, Aries Gallegos, Kaden Hammond, Lee Loughridge, Sienna Pulley, Xavier Solis, Kimberly Vazquez, Kyrsten Young

Freshmen: Juan Becerra-Enriquez, Olivia Butts, Keirah Davis, Francisco Espinoza, Mitzy Gomez-Perez

COUNTY — from page 1

them informed of how the business is performing;

- Developing work schedules to accommodate employee needs;
- Considering older workers for employment;
- Implementing older strategies that helped build business;
- Targeting young fam-

ilies and recent retirees who might be looking for a smaller town to raise their families or a slower-paced environment to retire; and,

- Selling our central location that is close to bigger cities and helpful when looking for goods and services not available

in the county.

The meeting ended with participants sharing what resources they have that could be utilized by other local business and any needs they currently have.

A total of 27 businesses participated in this year's job fair.

PAYMENT — from page 1

building is complete and is currently being used for EMT classes. Klein also presented a request to purchase five AEDs for area businesses and organizations. The purchases are a pass through and the recipient organizations will reimburse EMS for the expense, but Klein can get a better deal purchasing the AEDs for them.

Commissioners approved the \$4,223 purchase for Knight's Feedlot, Lyons Middle School, Alden First Baptist Church, Lil' Cubs Daycare and Iron Works Fitness.

In other business commissioners:

- Heard a quarterly update from County Attorney Remington Dalke. He is expecting 3-4 jury trials in the next six months;
- Approved a conditional use permit request from Joseph Crawford for Professional Industries, LLC, subject to the completion of a Real Estate transaction at 1310 12th Rd., Lyons;
- Approved the expenditure of not more than \$10,000 for care of animals from a seized livestock case for the Sheriff's department; and,

- Discussed complaints received about courthouse offices not being open 8 a.m. to 5 p.m. Commissioner Derek McCloud noted there is a policy in the handbook stating that the courthouse is open 8 a.m. to 5 p.m.

It was discussed that while certain services may not be offered the entire time, for example the Treasurer's office does not process titles after 4 p.m., but employees should still be in the office with the office open during the stated hours.

SPAIN — from page 1



Institut Sunsi Mora High School Principal Jordi Canalda Thursday presents Lyons Mayor Dustin Schultz with a gift from Spain at the Lyons City Hall. City officials and USD 405 staff welcomed Spanish cultural exchange participants to town for their week-long stay with host families. (Photo by Manuel Gomez)

"I was telling Francisco this morning that I was glad we came to Lyons because people are much friendlier here than they are in big cities," Canalda said. "The people seem to be more open and approachable. "We have been invited to several barbecues and have been able to talk with the host families and they are all very friendly people." Canalda said that he is very pleased with how well all the students have been getting along. He said he has been involved in organizing many exchange trips with other countries and he was amazed with how quickly the students have bonded on this trip. "The connection the kids have made here has been automatic and immediate and we hope to plan many more trips to Lyons in the years to come," he said. Canalda said when his students went to Berlin, they did not assimilate as well with the German students as they have with the students here in Lyons. "We went to Kansas City on Saturday and all the kids were intermingled throughout the bus," he said."The fact that the students are mixing with the American students is proof that this exchange program is working far better than expected."

LHS students said they had a great trip and a lot of fun despite having a few unfortunate incidents. However some of the students had ideas of what they might see in Spain including the architecture. "We all thought we would see mostly old architecture and that is what we mostly saw," Colby Keesling said. "We visited an old church that is still under construction and it's a few 100 years old. "It has many towers

that represent the apostles along with many carvings that depict stories from the bible It was very interesting." Keesling said they did much more walking than he expected. It was not because there was not adequate transportation available but it was just an activity that many people in Spain preferred. As for the local cuisine, the students said it was very good and plentiful and they seem to eat considerably more than Americans do. Keesling said the Spaniards eat fresh fruit and vegetables and bread is a staple at every meal. Sam Steele said the food was good but was not seasoned as much as the food eaten in America. Cadet de Mar is located on the coast of the Mediterrean Sea on the side of a mountain. Victor Escobedo said the most impressive part of the trip was the views the area afforded. He said the view of the beach when the sun is setting over the mountains provided a great sight every evening. "One thing about Spain that was surprising to me was how compact it is," Keesling said. "Everything is so close and everyone seems to know one another despite the fact that so many people live there. "There are so many villages there even though technically they are connected and the pace of the people is much slower. They don't seem to be rushed."

Spanish student Marc Sole said he has enjoyed his stay in Lyons and the town reminds him a lot of what he sees on television. He said there are considerably more trucks in Kansas than there are in Spain. Although, he said trucks in Spain are somewhat bigger and shaped differently.

"I like Kansas and I would like to live here," Sole said. "The houses are big and it's beautiful." Sole said the only thing he didn't like about Lyons was the fact that there was not much to do here and it is somewhat isolated. He said he lives in a town much bigger than Lyons with Barcelona and the beach nearby where activities are more numerous. Gabriel Domenech said their school in Spain is much smaller than LHS and constructed using material that is similar to plastic. He said approximately 400 students attend the high school. Domenech also said organized sports are not offered at the high school but towns do form their own local teams.

Students from both countries said they would recommend taking this trip to any other students considering it. They all agree they have made lifetime friends during the past two weeks. LHS Spanish teacher Roser Puig organized the trip and said the Spanish students had enough activities to keep them busy while they were here. However, they were not too busy to enjoy their newly-made friendships during an experience they likely will never forget. "Since their arrival, the students have been able to visit and speak with Mayor Schultz, visited Kansas City, walked around Lyons, attended classes with their colleagues all while they prepared a document in which they will have to reflect on what they have learned from both cultures and their travelling experiences," Puig said. "It will truly be a busy week before they leave and I am sure they will miss each other as well."

Smile, and be happy: K-State specialist shares tips for healthy aging

MANHATTAN, Kan. – A smile or words of encouragement may seem like small things, but Erin Yelland knows they add up. "We know from research that having a positive outlook on aging actually adds 7 ½ years to your life," said Yelland, a specialist on aging with K-State Research and Extension. "If you have that positive outlook, you're able to embrace aging and look for the positives. And it's going to add years to your life."

Yelland, in fact, has come up with an acronym that supports her belief that living with positivity is the healthy path for most. The acronym is SMILE BIG.

Successful aging requires practicing positivity. "If we have a positive attitude, we are more likely to make changes and implement healthy behaviors into our lives that are going to help us be successful as we age."

Manage our expectations. "We are not always going to be at the pinnacle of healthy aging, and that's okay. We need to make our expectations something that are attainable."

Interact with positivity. "Research shows that when you interact with positive people and places, you're more likely to embrace positivity as well."

Looking for positives. "We know that bad things happen sometimes, but when you take the time to truly reflect, I bet you'll find something positive that came from the situation. Thinking about the COVID-19 pandemic, we were able to stay home

more and make more meaningful connections with our family members."

Escaping ageism. "Make it a priority to escape stereotypes associated with aging. Your age does not define who you are."

Being healthy. "We know that there are a lot of healthy behaviors that we should be doing, but we don't always do them. Eating healthfully, exercising regularly, taking care of our brain...all of those things lead to successful aging."

'I Can' approach. "Instead of saying, 'I can't do this or that anymore,' take the 'I Can' approach. For example, 'I can utilize a cane that will help me move around more safely....'"

Give yourself grace. "Sometimes we're going to mess up or have a bad day. We need to give ourselves grace so we're not beating ourselves down when we don't always embrace positivity. It is okay to not be okay."

"One of the things I heard when I was young was that older adults are supposed to have gray hair, sit in a rocking chair, knit and stay home..." Yelland said. "That's really quite the opposite of what older adults are able to do. Many are able to stay active and engaged and not fall into the stereotypical mindset that older adults are supposed to be sedentary and stuck at home."

Yelland said K-State Research and Extension agents across Kansas are working to help older

adults remain independent, exercise and maintain their living spaces in ways that help them remain healthy.

A couple key resources include:

Simple Home Modification for Aging Place. This publication outlines free or low-cost changes to make the home a safer place to live. Some of the modifications include removing such trip hazards as rugs; installing grab bars and sturdy handrails; moving frequently used items to lower shelves in the kitchen; and arranging furniture strategically to reduce hazards.

Keys to Embracing Aging. This program outlines 12 ways to healthy living, physical activity, healthy eating, brain health, staying social and taking care of finances, among other topics.

"We do a lot of community-based education on healthy aging, and how to support caregivers, and how we can embrace aspects of positive aging," Yelland said. "We are also doing work in communities to help make sure that older adults are considered when we are creating policies and practices in our communities."

"Extension really values the lives of older adults and the big and important roles that they play in our lives and our communities. We're working to enhance that and make sure that older adults are not the throw-away generation."

For more information and guidance on aging well, contact your local extension office.

General
Public
Transportation

DO YOU HAVE MEDICAID?
Call the number on the back of your Medicaid card and transportation rides to Doctors appointments may be FREE!

QUIVIRA TRANSIT

Monday-Friday
7:30-5:00

APPOINTMENTS ARE FIRST-COME, FIRST-SERVED. THIS PROJECT FUNDED BY THE KDOT TRANSPORTATION PROGRAM AND THE RICE COUNTY COUNCIL ON AGING.