

Mental health addressed at LHS

Lyons High School hosted its second annual Mental Health Day on April 8.

The day began with a keynote presentation followed by mini lessons on a variety of topics including anxiety, eating disorders, safe relationships, substance use, mental health crisis/how to recognize and help. Other topics discussed were activities that could be used as a positive coping strategy in difficult times (gardening, creating stress bottles, exercise, etc.).

A panel of mental health professionals answered student questions, and an extended lunch period was provided outside with yard games, football, puppies, and music. There was also a resource fair where students were able to mingle with the mental health professionals present and to pick up information/swag.

A total of 23 community and area volunteers and a grant from the RCCF Community Fund made the day possible. The volunteers represented mental health and/or helping agencies including The Center for Counseling, Av-



Students visit the resource fair to gather information and speak with mental health professionals during Mental Health Day at Lyons High School. (Photo courtesy Courtney Craig)

enues for Change, Bright-house, Pivotal Point and the Rice County Child Advocacy Center.

K-State food scientist shares tips for safe – and perfect – Easter ham

K-State Research and Extension news service

Manhattan, Kan. — Ham is a staple for many families' Easter feast, but between all the varieties available, consumers are often confused on how to safely prepare this holiday favorite.

Kansas State University food scientist Karen Blakeslee said hams come in two categories: cooked/ ready-to-eat, or uncooked.

“Package labels will state if it is uncooked or ready-to eat,” said Blakeslee, who also is coordinator of K-State’s

Rapid Response Center for Food Science. “Always read the package label and instructions to be informed on how to safely handle the ham.”

Cooked Hams

Varieties of cooked ham include canned, vacuum packaged and spiral-cut cooked ham.

“Ready-to-eat ham may be called cooked,” Blakeslee said. “Ham that is not ready-to-eat but has the appearance of ready-to-eat products will bear a statement on the label indicating the product needs cooking.”

All cooked ham can be eaten cold, straight out of the package. If preferred hot, Blakeslee said ham should be heated to an internal temperature of 145 degrees Fahrenheit in an oven set at a minimum temperature of 325 F. If the ham has been repackaged in a location outside the processing plant -- such as inside the grocery store deli -- heat to an internal temperature of 165 F. Reheat any leftover cooked ham to 165 F.

Blakeslee said the best way to check the internal temperature is to use a food thermometer.

Uncooked Hams

Varieties of uncooked hams can include fresh, cured and smoked – with or without the bone. Blakeslee suggests reading the label and instructions on the package. Some may look like they are ready-to-eat, but they are not and must be cooked thoroughly before eating, she said.

The package should contain directions on how to cook the ham, but for additional guidance, the USDA offers an online timetable for cooking ham. There is a minimum cooking temperature for all uncooked hams.

“Ham that requires cooking before consumption must reach an internal temperature of 145 F (with a three-minute rest time),” said Blakeslee. “Set the oven no lower than 325 F.”

Blakeslee said the ham’s end quality can be affected by the type and size of uncooked hams. Cooking and resting time can differ significantly between varieties, total weight, and portion, so for the perfectly cooked ham, check the USDA guidelines.

Blakeslee publishes a monthly newsletter called You Asked It! that provides numerous tips on being safe and healthy. More information is also available from local extension offices in Kansas.

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second in the 200M dash; Paco Espinoza, third in the 800M run; 4x400 relay team, second; and Isaac Fall, second in javelin.

The boys were third in team standings with 82 points. Little River placed first with 124 and Chase was ninth with 26.

Greta Showalter had the best finish for the Lady Lions placing second in the 100 meter hurdles. The 4x400 meter relay team was third and Taylor Baxter was fifth in the 300 meter hurdles.

The Lady Lions were sixth in team standings with 21 points. Russell placed first with 135, Little River was fifth with 66 and Chase was eighth with one point.

Both teams will compete Tuesday at Little River. Events begin 4:30 p.m

Local Boys Results

100M: 1) Bristow 11.38; 3) Carson 11.69; 5) Ewertt 11.77; 7) Q. Hamilton 11.83; 10) Ordonez 11.96; 18) J. Hamilton 12.82; 22) Krause 13.65

200: 1) Carson 23.14 2) Bristow 23.30; 4) Robinson 23.90; 7) Q. Hamilton 24.30; 9) Ordonez 25.13; 11) Young 25.47; 20) Higgins 31.41

400M: 1) 53.56; 2) Vil-lasenor 54.15; 3) Robinson 54.31; 4) Baldetti 55.53; 5) Bergkamp 55.93; 6) Thompson 56.60

800M: 1 2:11.28) ; 3) Espinoza 2:19.23; 4) Enriquez 2:23.93; 5) Janette 2:24.88; 6) Olander 2:28.13; 7) Feldman 2:28.31

110H: 1) 17:36; 3) Schubert 18.17; 4) Recendiz 19:20;

300H: 1) 43.50: 3) Schubert 45.33; 6) Miller 47.83; 7) Recendiz 47.97;

10) Chico 50.08

4x100M: 1) Little River 44.56

4x400M: 1) Little River 3:39.27; 2) Lyons 3:40.88

4x400M: 1) Little River 3:39.27; 2) Lyons 3:40.84

4x800M: 1) Little River 9:46.04

HJ: 1) 5-10; 2) Janette 5-8; 6) Martinez 5-2; 8) Olander 5-0

LJ: 1) Carson 20-3; 2) Solis 19-4.75; 6) Schubert 18-9.5; 7) Ordonez 18-7; 11) Baldetti 17-10.5; 13) Konen 17-2

TJ: 1) Solis 41-3.5; 9) Landeros 34-2; 7) Martinez 36-7; 8) Feldman 35-0; 9) Landeros 34-2

DISC: 1) Dieball 151-7; 2) Starbuck 135-0; 5) Garrison 114-3; 9) English 102-3; 10) Cereceres 101-10; 15) Prose 92-0; 17) Cavender 84-9

JAV: 1) Norez 172-4; 2) Fall 128-5; 8) Peter 113-9; 12) Cavender 95-10; 13) Galliart 94-7; 19) Stagner 81-1.5; 20) Hjetland 74-11;

SP: 1) Dieball 49-10.5; 2) Cereceres 48-0 3) Starbuck 41-9; 5) English 41-1; 6) VanEaton 40-5; 17) Aragon 32-9.5; 22) Cavender 28-9

Local Girls Results

100M: 1) Raleigh 13.24; 8) Lara 14.51; 12) Beavers 14.93; 15) A. Silva 15.53

200M: 1) 27.09; 2) Raleigh 27.17; 8) Reyes 31.89; 11) Beavers 32.16;

400M: 1) 1:00.68; 2) Raleigh 1:04.38; 8) Pena 1:21.18

800M: 1) Schroeder 2:44.50; 4) Meyeres 2:52.35; 6) Landeros 2:56.10; 8) Becker 3:09.18; 10) Bowen 3:13.51

1600M: 1) 5:54.64; 3) Schroeder 6:05.61; 6) Love 7:11.49; 9) C. Silva 8:14.68

3200M: 1) 12:34.31; 4) Love 16:03.16;

100H: 1) 16.19; 2) Showalter 18.46; 6) Fierro 20.34; 7) Baxter 21.42

300H: 1) 50.20; 5) Baxter 58.67; 7) Fierro 1:00.43

4x100M: 1) 51.73; 3) Lyons 55.75

LJ : 1) 17-2.25; 4) Meyeres 14-10.75; 7) Myers 14-3.75; 8) Fernandez 14-0; 10) Lara 13-6.5; 11) Beavers 13-2; 15) Baxter 11-3

TJ: 1) 32-8.25; 3) Myers 30-6; 4) Meyers 30-5; 6) A. Silva 27-9

DISC: 1) 117-8; 2) Laferty 94-10; 1) Demoret 7-3; 2) Evans 4-11

JAV: 1) 109-8; 4) Look 90-1; 5) Showalter 84-7; 11) Bowen 64-7; 18) Evans 30-5; 19) Kleinsorge 25-3

SP: 1) 36-5; 6) Laferty 29-11; 11) Demoret 27-10; 12) M. Cereceres 26-11.75; 15) Rios 21-10.25; 16) J. Silva 21-10; 17) Kleinsorge 19-0; 19) Higgins 15-2.5; 20) Evans 15-0

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(Published in the Lyons News on April 3, 10 & 17, 2025)

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IN THE DISTRICT COURT OF RICE COUNTY, KANSAS
CIVIL DEPARTMENT

PennyMac Loan Services, LLC. Plaintiff,
vs.
Michelle R. Vezina, et al. Defendants,
Case No.RC-2024-CV-000026
Court No.

Title to Real Estate Involved
Pursuant to K.S.A. §60

NOTICE OF SALE

Under and by virtue of an Order of Sale issued to me by the Clerk of the District Court of Rice County, Kansas, the undersigned Sheriff of Rice County, Kansas, will offer for sale at public auction and sell to the highest bidder for cash in hand at the of the Rice County, Courthouse, Kansas, on April 28, 2025 at the time of 10:00 AM, the following real estate:

THE NORTH FORTY (40) FEET OF LOT FOURTEEN (14) AND THE SOUTH FIFTEEN (15) FEET OF LOT FIFTEEN (15) IN BLOCK ONE (1), OF LANTOW'S ADDITION TO THE CITY OF LYONS, RICE COUNTY, KANSAS., Parcel ID No. 0801320302025020000. Commonly known as 715 S. Purdy Ave., Lyons, KS 67554 ("the Property") MS223354

to satisfy the judgment in the above-entitled case. The sale is to be made without appraisal and subject to the redemption period as provided by law, and further subject to the approval of the Court.

/s/Rice County Sheriff

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ATTORNEYS FOR PLAINTIFF
MILLSAP & SINGER, LLC AS ATTORNEYS FOR PENNYMAC LOAN SERVICES, LLC. IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

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