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regionals were not as competitive as the one I was in.”

Pando, a sophomore, will also be making his first trip to state. His jump of 21-0.75 was more than one foot better than his best effort during the regular season but he knows competing at state will be difficult.

“It will be my first year at state and I know it will be tough,” He said. “There will be a lot of good jumpers out there so for me to place, I know I will need a good jump.”

In team standings the Lions placed 11th with 15 points.

Best finishes for the Lady Lyons were Keirah Davis, 10th in 400M Dash; Taylor Baxter, 10th in 100M Hurdles; Avery Goforth, 10th in Shot Put; and the 4x400M Relay team was also 10th.

Starbuck is scheduled to compete at 8 a.m. tomorrow morning with Solis beginning his quest

for a medal at 9:45 a.m. Pando will have to wait until Saturday morning with his event beginning approximately 8 a.m.

Results

100M: 1) 11.01; 6) Pando 11.60; 13) Ordonez 12.04

200M: 1) 22.05; 14) Pando 24.06; 24) Ordonez 26.51

400M: 1) 48.99; 7) Thompson 53.11; 17) Silva 58.37

800M: 1) 1:58.34; 9) Villasenor 2:12.56; 10) Espinoza 2:14.14

110H: 1) 14.20; 11) Recendiz 18.54

300H: 1) 38.27; 15) Recendiz 47.62

4x100M: 1) 43.20; 8) Lyons 46.02

4x400M: 1) 3:21.88; 7) Lyons 3:37.96

LJ: 1) 21-10.75; 6) Pando 21-0.75; 7) Solis 20-5

TJ: 1) 44-10.75; 3) Solis 43-3.75; 14) Morales 34-10.75

DISC: 1) 168-7; 6) Starbuck 145-10

JAV: 1) 193-6; 19) Fall

134-6; 25) Gallart 118-1

SP: 1) 61-10; 22) Starbuck 34-11

Girls

100M: 1) 12.32; 12) Grizzle 13.95; 13) Solis 14.00;

200M: 1) 26.00; 13) Solis 28.64; 17) Davis 30.20;

400M: 1) 58.02; 10) Davis 1:07.45

100H: 1) 15.01; 10) Baxter 17.80; 12) Showalter 18.08

300H: 1) 46.13; 13) Baxter 53.34; 19) Moore 58.55

4x100M: 1) 49.68; 12) Lyons 53.97

4x400M: 1) 4:09.13; 10) Lyons 4:39.73

HJ: 1) 5-6; 12) Boese 4-8

LJ: 1) 17-11.75; 11) Grizzle 15-4.5

TJ: 1) 36-8.75; 16) Grizzle 30-8.75

DISC: 1) 144-3; 20) Goforth 79-8

JAV: 1) 119-7; 12) Showalter 99-2

SP: 1) 45-7.25; 10) Goforth 32-5.25

Heartfelt musical offered for Sterling’s Summer Show

Continuing a beloved tradition that began in 1983, the Sterling Community Theatre Troupe turns up the heat—and the heart—with a summer production unlike any the town has seen before. The Spitfire Grill: The Musical will be presented as part of Sterling’s Old Fashioned Fourth of July Celebration with performances on Thursday and Saturday, July 3 and 5 at 7:30 PM, and at 2:00 PM on Sunday, July 6 at the Betsy Dutton Theatre at Sterling High School.

For most of the past 42 years, Sterling’s summer musical has been a cornerstone of the town’s Independence Day festivities. Recent Sterling summer shows have offered the razzle-dazzle of Gypsy, the madcap hilarity of Disaster! and the upbeat charm of Me and My Girl. The Spitfire Grill offers a refreshing and emotional shift. This year’s show trades high kicks and comedy for quiet power, rich storytelling, and a deeply human journey set to a hauntingly beautiful score.

“What truly sets The Spitfire Grill apart is its music,” explains director Dennis Dutton. The show’s folk- and bluegrass-infused soundscape—featuring an evocative blend of accordion, guitar, violin, cello, and keyboard—creates a sonic palette that’s earthy, intimate, and emotionally resonant. It’s not just accompaniment; it’s a heartbeat, pulsing with the spirit of small-town America and the redemptive power of hope.

The story follows Percy, a young woman just released from prison, who seeks a second chance in the quiet town of Gilead, Wisconsin. As she becomes entangled in the lives of the townspeople

and the fate of the local diner, the Spitfire Grill, Percy’s journey becomes a stirring testament to healing, forgiveness, and finding family where you least expect it.

With a moving narrative and a distinctive instrumental ensemble featuring accordion, guitar, violin, cello, and keyboard, this production offers an immersive experience that’s both uplifting and unforgettable.

“This show is quieter than our usual fare, but more powerful in many ways,” Dutton says. “It’s about connection, hope, and the music of second chances—a perfect fit for the spirit of Sterling and our audiences.”

Tickets for the Sterling Community Theatre Troupe’s production of The Spitfire Grill will be available at the door before each performance.

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.345 and was second in RBIs with 16 and Kathleen Elliott hit .359 and was third in hits with 23.

Moor said if he wanted to do anything differently this past season it would probably have been bunting more to move players into scoring position.

“Watching the girls hit the ball hard all over the diamond more often made me lose sight of playing small ball. Playing more small ball will be in the cards next season,” he said.

Moor mentioned that

immense improvements were made defensively as well. He said it wasn’t just physical challenges but the mental side had to be addressed as well.

“We threw some different challenges at the girls in practice during the season which they wanted and were able to meet,” he said. “With much repetition and focus, we were significantly better by the end of the season.”

Moor will lose four seniors from this year’s squad but many of the underclassmen will bring with them plenty of varsity experience. He

will still be able to count on Sierra Belote who was a leader offensively and defensively.

“Sierra made a plethora of tough plays look easy along with the routine plays,” Moor said. “Not having her there at third base next season would leave a major league size hole that would be tough to fill.

“She commanded the girl’s attention respectively but she had their attention every step of the way. She is going to be the essential piece of the puzzle next season.”

Beware of uninvited party guests: Foodborne germs

K-State Research and Extension news service

Manhattan, Kan. – It’s the season of outdoor parties, buffets, picnics and gatherings. Amidst the food and fun, Kansas State University food scientist Karen Blakeslee said foodborne germs can crash your buffet and make people sick with food poisoning.

When cooking, preparing, or serving food for large groups, follow these steps to keep food safe:

- Keep your hands and surfaces clean. Washing your hands is one of the most important prevention methods to prevent foodborne illness.
- Separate raw meats from other foods. Prevent cross contamination by using separate or clean utensils and dishes. Keep raw meat packed in their own package and even a separate ice chest.
- A food thermometer is your friend! Use it to check doneness of meats and to keep foods out of the temperature danger zone between 40-140°F. Keep these three temperatures in mind – 145°F for steaks, roasts, chops; 160°F for all ground meat; and 165°F for all poultry.
- Check the clock and use the 2-hour rule to keep hot foods hot and cold foods cold. A food thermometer is a handy tool for this

step! Discard foods left out at room temperature more than two hours. When outside in temperatures above 90°F, discard foods left out more than one hour.

- Store leftovers promptly and divide large amounts of food into smaller containers before placing them on ice or in the refrigerator.

Blakeslee, who also is coordinator of K-State’s Rapid Response Center for Food Science, publishes a monthly newsletter called You Asked It! that provides numerous tips on food safety.

More information is also available from local extension offices in Kansas.

Healthy Body, Healthy Mind: The food you eat can affect your mood

By Pat Melgares, K-State Research and Extension news service

Manhattan, Kan. – Most Americans understand that the food we eat is important for physical health, but perhaps a little less well known is that food also affects our mental health.

“If we think about our brain cells, our nerves, our gut and other parts of our body, the food we eat is going to be part of those cells,” said Priscilla Brenes, a nutrition and wellness specialist with K-State Research and Extension. “So, what we eat will in turn affect the mood we have (and) the

way we sleep. All of it affects our mental health.”

Brenes cites research indicating that a diet high in fruits and vegetables, whole grains, and healthy fats are associated with fewer depressive symptoms, less anxiety and overall well-being.

“Diets that are high in saturated fat, sugar and processed foods tend to be associated with an increase in depression and anxiety symptoms,” she said.

The U.S. Department of Agriculture’s Center for Nutrition Policy and Information publishes guidelines to help Americans eat a variety of foods in proper proportions. The campaign is called MyPlate.

“The idea is that if half of your plate is fruits and vegetables, then you will get a lot of the essential nutrients that our body needs to promote brain health, such as magnesium and folate (a B-vitamin),” Brenes said. “These are the types of foods that help ease our nerves, help our gut, help us maintain our brain function and keep our neurons healthy so that we can process our daily lives better.”

Brenes said additional guidelines for eating that promotes brain function comes from a pair of popular eating plans known as The Mediterranean diet and the MIND diet. Free, online publications about these diets are available from the K-State Research and Extension bookstore.

“There is a bi-directional connection between our

brain and our gut,” Brenes said. “All of the nerves from our brain that go to our body also go to our gastrointestinal tract. The food we eat has the potential to influence those nerves...and send messages to the brain.”

She adds: “So if we eat diets like the Mediterranean diet and the MIND diet that promote good gut health, the good gut bacteria sends messages to the brain that can help with the neurotransmitters that help our mood.”

Some foods that contribute to good brain and gut health include fatty fish like salmon, tuna and white fish (which contain important Omega 3 fatty acids), nuts and seeds, dark leafy greens, berries, whole grains and fruits and vegetables.

“Western diets tend to be very reliant on processed foods, and processed foods generally do not contain the polyphenols and the combination of nutrients that, for example, fruits and vegetables will have,” Brenes said. “Processed foods try to add these nutrients, but they don’t work the same way as if we eat the real food.”

More information and assistance on eating healthfully is available at local extension offices in Kansas. A longer conversation with Brenes about the mental benefits associated with healthy eating is available on the May 23 segment of Sound Living, a weekly podcast from K-State Research and Extension.

Cattle Chat: Herd health metrics

By Lisa Moser, K-State Research and Extension news service

Manhattan, Kan. — Managing sickness from a cold to a serious illness is something people deal with regularly. Illness and death loss in a cow herd are also situations that cattle producers have to routinely address.

To help producers know where their herd health metrics should be, the experts at Kansas State University’s Beef Cattle Institute offered some guidelines in their weekly Cattle Chat podcast.

“The first metric in cow-calf operations that I look at is the first treatment response percentage,” K-State veterinarian Brian Lubbers said.

He recommends producers aim for an 85% to 90% treatment success rate when treating one of the most common illnesses – Bovine Respiratory Disease, also referred to as BRD. He said that metric can be deceiving.

“Producers who aggressively treat BRD cases are likely treating some

animals that didn’t have BRD, and that leads to a high spontaneous recovery rate,” Lubbers said. “If you are seeing a 100% first treatment success rate, you may be treating some animals who didn’t need the treatment. Very high treatment response rates should at least trigger a conversation with your veterinarian about case definitions.”

Another metric that producers should be aware of is the percentage of death loss in the calves, said K-State veterinarian Bob Larson. He said that in the first year of life, there are three key times when calves are more susceptible to death – at birth, between birth and three weeks of age, and from about one month to weaning.

For each of these periods, producers can expect a 1%-2% loss, Larson said; however, that percentage will vary from year to year.

“In the first year of life, difficult births, scours and pneumonia are some of the reasons that calves get seriously ill and sometimes die,” Larson said.

K-State beef nutritionist Phillip Lancaster said what he monitors in the herd is the body condition of the cows.

“If the cows are receiving good nutrition and maintaining their body condition, that is an indicator of the overall health of the herd,” Lancaster said.

Along with those metrics, K-State beef cattle extension sustainable grazing specialist Logan Thompson recommends producers treat the herd against parasites as part of an overall wellness program.

“Treating the herd against parasites is an easy win from a production efficiency and cattle longevity standpoint, and it increases the rate of passage of grass through the rumen,” Thompson said. “It is a hard metric to measure, but in some herds, cattle that are treated for parasites have an increased efficiency between 20%-30%.”

To hear the full discussion, listen to Cattle Chat on your preferred streaming platform.

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