

Community News/Sports



Porch Swing Conversations
Jeanie Hart
www.fstribune.com

Hot and Frito, Taco, You Name It Casserole

In the winter I wish for hot weather. I don't like the really cold zero degree type stuff. But, honestly, I'm tired of sweating. I try to do my work early in the day so I can rest in the afternoon, but sometimes I can't make it work. Hobby Lobby (my favorite store) has fall and Christmas stuff on the shelves, but that seems a little early to me. Besides, I don't remember what I have decoration wise from years past and I don't want to have a whole bunch of stuff I don't need.

Speaking of "don't need" – I must disagree with some of the decoration advice I have seen lately. I've said before that I don't like open concept or floating shelves, especially in the kitchen. But that's just me, and I can have my own opinion. Please don't take as gospel the advice to change your

home completely according to some expert. Frankly, you and I are the experts in our own homes. For instance, signs such as "gather, etc." are out. I never liked them anyway, but if you do, stick to it! You live in your home, it's the one place you have a little control and you should make it yours. I do. Our house is different from other's because I make sure it's right for us. Husband just lets me do as I please as he has no decorating sense what so ever. He will admit that; it's no secret.

I have been kept busy watering plants because of this extreme heat and lack of rain. While watering the cherry tomatoes I saw three grasshoppers and knew I had trouble. Sure enough, when I got to the mint it had been stripped down to the stems! We like mint in our tea and I freeze it in

ice cubes for later use. No more. They had not touched the flavored kind and so far the sage is OK. My guess is that the sage is too strong in scent. A friend saw our sweet peas blooming and asked for seeds. I already had some dried pods on the vine and will get more as they dry. Husband has been removing worms from our shrubs and proudly gives me the number picked each time. Actually, he's saving those shrubs because those worms are destructive. Perhaps this can become a paying job. Back to the watering – my fern is a showpiece. Wow! We've been eating our Roma tomatoes on sandwiches and the cherry ones on salads, but it's time for me to step back a little. Too much acid and I can feel it.

Lots of things come in threes, and mine are laun-



Jeanie Hart photo

If you're looking for a one-dish meal, try the Frito, Taco, You Name It Casserole.

dry, dishes and trash. If I have those under control I feel better. Problem is, there is always more. Hmmm

Now for our recipe. I saw this on Pinterest, but as always, I modified it. Normally, I don't use the oven

much in the summer, but I needed something different from what we've been eating. It was easy to put together and it was really good. There won't be any measurements in the recipe, so just wing it.

Frito, Taco, You Name It Casserole
Fritos
Browned hamburger
Taco seasoning
Refried beans
Taco sauce
Canned chilies
Shredded cheese
Lettuce
Tomatoes
Layer the Fritos, then the hamburger with the taco seasoning mixed in it. Then spread the refried beans over that and add the taco sauce, chilies and top with shredded cheese. I like to use part of the cheese and then when it's out of the oven use more. Bake at 350 degrees for about 30 minutes or until it's heated through and serve. I topped it with sour cream and lettuce which added even more flavor. I don't know why you couldn't use an air fryer (the oven type like mine) or the microwave to cut down on heating up the kitchen. A casserole is always an easy way to serve a meal that everyone likes and has one dish to clean, a real plus for me. Now, make this your own – add or leave out ingredients. We all have different tastes.

Former Chiefs players visit treatment facility

BY JASON E. SILVERS
The Fort Scott Tribune

With the start of football season rapidly approaching, staff and residents at the Kansas Renewal Institute received a visit from three former Kansas City Chief players Wednesday morning at the facility, which is located at the former hospital building at 401 Woodland Hills Blvd.

J.C. Pearson and Trent Bryant, both former defensive backs, and Tim Barnett, former wide receiver, received a guided tour of the facility led by Chief Operating Officer TJ Denning, visited with young residents, signed autographs and passed out Chiefs memorabilia.

The three former players are also members of the Kansas Chiefs Ambassadors, a group of former Chiefs players who support the team's community outreach efforts. They represent the Chiefs organization through community outreach and charitable initiatives.

Youth at the center, who range from six to 17 years of age, had the chance to ask questions and get autographs from the former Chiefs, who also shared personal stories with the group.

Denning said the event was organized through his connection with a friend within the NFL Alumni organization. He said the goal was to teach the youth about "different experiences in life" and "changing your whole perspective of life."

Bryant talked about the reason for the visit and gave his thoughts on the experience.

"I love, love speaking to kids," he said. "I used to work for a mental health unit ... I feel it's my calling just to be here."

Bryant said the Chiefs Ambassadors make appearances every couple of weeks. According to the



Jason E. Silvers/Tribune photo

Former Kansas City Chief players JC Pearson, from left, Tim Barnett and Trent Bryant sign autographs during a visit Wednesday to the Kansas Renewal Institute. The Chiefs Ambassadors also toured the facility, spoke to young residents and passed out Chiefs memorabilia.

Chiefs website, www.chiefs.com, the Ambassadors are a charitable organization of former players "that have made significant contributions to the club."

The current Chiefs squad is participating in training camp in St. Joseph, Mo., with their first preseason game set for Saturday, Aug. 9.

"What the players can't do, we do," Bryant said. "We're their backbone."

Bryant provided a message for youth as they navigate life, including those interested in pursuing careers in athletics.

"Don't ever give up on your dreams," he said, adding life will present challenges to overcome. "If you persevere, it will come to light. And there are other professions than football."

The psychiatric residential treatment facility admitted its first patient in May 2024, and more than 100 residents have been served since then. Officials said the current census is about 55 kids.

Staff at the facility were presented with the New

Business of the Year Award during the annual Fort Scott Area Chamber of Commerce Dinner and Awards Celebration in April.

"With an average census of 55 and 110 residents served so far, the organization is proud to have discharged 58 individuals, each taking meaningful steps toward healing and hope. Their current census stands at 56, and the average length of stay is 158 days—demonstrating our focus on individualized, therapeutic care," according to information presented at the event.

The facility has a staff of 125 people and partners with USD 234 for on-site education. KRI is also partnering with Freeman Health System, which is in the process of bringing a 10-bed acute care hospital and emergency department to the community. The health care services will be housed in the same building.

During the guided tour, which included the guests and KRI staff, the former players were able to view the layout of the treatment facility and various programs and activities offered,

as well as interact with youth. They also viewed the space to be used by Freeman Fort Scott Hospital, Inc., for the hospital and emergency care.

The tour concluded with the former players being greeted by cheers, applause and high-fives as the popular song, "Red Kingdom," an anthem dedicated to the Chiefs, played over the sound system.

Pearson, who played for the University of Washington during his college career, played for the Chiefs and Minnesota Vikings from 1986 to 1993.

Barnett spent three seasons with the Chiefs, from 1991 to 1993. Barnett played college football for Jackson State University in Mississippi.

Bryant played for the Chiefs during the 1982-83 seasons and the 1987 season. He also played for the Washington Redskins in the NFL and played for various teams in the United States Football League and Canadian Football League during the 1980s. He played college football at the University of Arkansas.

Items from the past

Wages increased for section hands on Missouri Pacific

25 Years Ago
2000
Aug. 2

Paula Gilchrist gave the city two checks during the Fort Scott City Commission meeting Tuesday. Gilchrist, director for Network for Families, said the city initially gave the organization \$1,000 to help fund summer recreational programs for needy children who otherwise might not be able to go to the swimming pool or be involved in summer sports. Gilchrist said the need almost doubled from 1999 when 83 youth were served with about \$1,800.

50 Years Ago
1975
Aug. 2

Navy Airman Apprentice Chris M. Bowman, son of Mr. and Mrs. Arthur T. Bowman of 222 Arthur, was graduated from Basic Aviation Anti-Submarine Warfare Operator School at the Naval Air Technical Training Center, Millington, Tenn. Bowman is a 1974 graduate of Fort Scott High School.

75 Years Ago
1950
Aug. 2

Mr. and Mrs. Norman Ayers, Chelan, Wash., former Fort Scott residents, write The Tribune telling of their enjoyment in reading hometown news. Mrs. Ayers, the former Opal Sisson, is a graduate of the Mercy Hospital School of Nursing. Ayers is the son of Mr. and Mrs. Bud. Ayers, 717 S. Crawford.

100 Years Ago
1925
Aug. 4

The proprietors of three local business houses called today at the office of Justice J.A. Stanton and paid fines for the handling of eggs which had not been candled according to law. The complaints were signed by B.F. Fiegenbaum. The minimum fine for such an offense is \$10.

125 Years Ago
1900
Aug. 2

It is reported that an order is to go into effect today raising the wages of section hands on the Missouri Pacific to \$1.25. The wages have never been higher than \$1.15 heretofore.

Sports brief Softball tournament to benefit Care to Share

A co-ed softball tournament is being planned as a fundraiser for the Care to Share cancer support organization.

The tournament, which will feature pool play and double elimination, is scheduled for 8 a.m. Aug. 30 at the Ellis Park fields in Fort Scott.

The registration deadline is Aug. 16. There is a maximum of 10 teams, which must provide their own balls.

The tournament is being hosted by Addi and Frank Miller. For more information, contact Addi at 620-224-8567, or Frank at 620-719-7019.

THE FORT SCOTT
TRIBUNE
Fort Scott, Kansas County Seat 1884

Lorie Harter
Publisher

Tammy Helm
Editor

Chris Jones
Production Supervisor

A Rust Communications MOKS LLC publication
6 N. Main, Fort Scott, KS • 620-223-2110
The Fort Scott Tribune is published, Wednesday and Saturday mornings, except certain holidays.

If you have news of general interest, please phone The Fort Scott Tribune at (620) 223-2110. Display and classified advertisements can be placed between 8 a.m. and 5 p.m. Monday through Friday by calling (620) 223-2110.

If you would like to subscribe to The Fort Scott tribune or if you have a question about delivery, please call (620) 223-2110 between 8 a.m. and 5 p.m. Monday through Friday. Published by Rust Publishing MO-KS, LLC, 6 N. Main, Fort Scott, Kan. 66701. Periodical postage paid at Fort Scott, Kan. POSTMASTER: Send address changes to The Fort Scott Tribune, P.O. Box 150, Fort Scott, KS 66701

Our letter policy

The Tribune welcomes letters to the editor on topics of community interest. Letters submitted for publication should be typed or clearly written and should bear the signature of the writer, as well as an address and telephone number that the editor may use to reach the writer for verification or clarification. Unsigned letters will be immediately rejected.

The Tribune reserves the right to edit letters to correct spelling or grammar or due to space constraints or policy guidelines. Preference is given to letters of local interest. **Letters for or against political candidates or issues will be not be accepted.**

It also reserves the right to refuse to publish, in part or whole, any letter that the editor determines to be libelous or to violate accepted standards of good taste.

E-mail letters to the editor at thelm@fstribune.com

Tribune emails

Advertising
Teresa Klumpp
(classifieds/legals)
tklumpp@fstribune.com
Andy LaSota
(display ads)
alasota@fstribune.com
News
Tammy Helm
thelm@fstribune.com
Jason E. Silvers
jsilvers@fstribune.com
Sports
sports@fstribune.com