

THE TIMES

POTTAWATOMIE COUNTY, KS

Established in 1889
USPS 665-660

Subscriptions
\$59.40 per year in Kan.
Payable in advance
Postmaster
Send address changes to:
The Times
PO Box 787
Manhattan, KS 66505
785-776-8808

Official Newspaper
Pottawatomie County
Unified School Districts
320, 321, 323
and the cities of Wamego,
St. Marys, St. George, Belvue,
Louisville, Westmoreland

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The Times is published every
Thursday. Periodicals postage
paid at Wamego, Pottawatomie
County, Kansas 66547.

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Lookin' at Cookin'?
Locally sourced, step-by-step recipes
Beth Day
Mad kitchen experimenter extraordinaire

Thanks to a friend

It's always good to have friends, especially when you're so busy and can't come up with a new recipe.

My friend, and former co-worker here at *The Times*, Lori Scoggins is a great cook. She makes this strawberry and spinach salad that we always request when she comes to dinner.

Healthy? Maybe not so much, it has bacon (you can never go wrong with bacon). But it also has spinach and strawberries, both good for you.

The salad has mushrooms in it, which I serve on the side because I'm the only one in my family who eats them. But I whipped this up for Easter Sunday and it went great with our lamb.

So thanks Lori!

Strawberry-Spinach Salad

Salad Ingredients

- 1 lb Spinach Leaves, washed and patted dry
- 1 pkg Strawberries, sliced thin
- 5 boiled eggs, smashed up
- 6 slices of Bacon; cooked and diced
- ½ lb mushrooms diced
- ¼ to ½ cup shredded Parmesan Cheese or feta. (Really to taste)

Dressing Ingredients

- 1 Tbsp. Extra Virgin Olive oil
- 1 Tbsp. Raspberry Vinaigrette Dressing
- 1 Tbsp Brown Sugar
- 1 Tsp Dijon Mustard.

(For Larger salads, make as much dressing as you need)

Directions

- Place spinach in large salad bowl and top with mushrooms, onions, boiled eggs and cheese.
- Cook bacon until crisp, remove from pan and drain, reserving drippings. Place bacon atop salad in bowl.
- For dressing: Add olive oil to bacon drippings in pan over medium heat, whisking to blend and scraping browned bits from bottom of pan. Add vinegar, mustard and brown sugar; whisk just until blended and heated through. Immediately drizzle over salad, tossing to coat spinach leaves evenly. Serve immediately.

St. Marys

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up an idea to me, a little bit ago, about starting an insurance fund," said Cordell. He explained that this would involve transferring carry-over amounts from different budgets to cover insurance. This was similar to how the city originally did the employee benefits fund, Cordell explained.

"This fund is going to take a lot of thought," he added. The commission decided to discuss this idea further at the next meeting with Brooke Steiner from Charlson & Wilson.

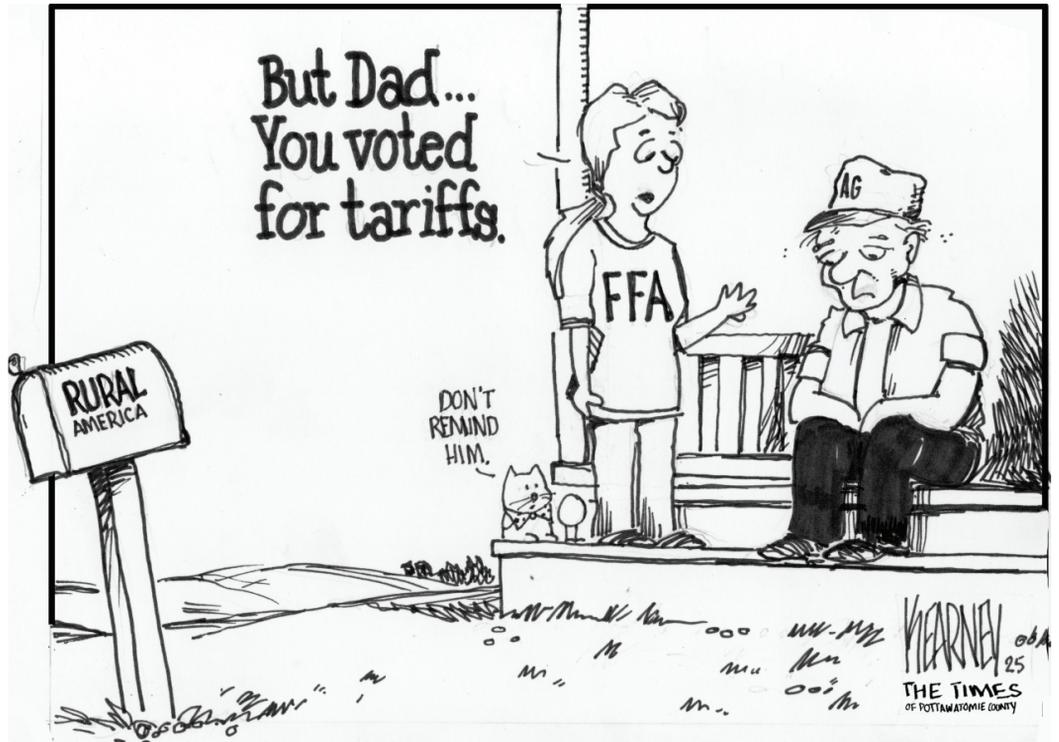
SIDEWALK TALK

The commission then discussed the sidewalk on Elm Street.

"I'm curious, when did we approve that sidewalk that we were going to pay for?" asked Commissioner Gerard Kleinsmith. Commissioner Matt Childs said that there was a consensus to build the sidewalk a few meetings ago, but that the dollar amount to spend was not agreed on.

"That should have been something that should have been voted on," said Kleinsmith. "As long as it's been approved, spend the money."

OPINION



The communities most at risk to retaliatory tariffs are rural areas.

USD 323 appoints member to Recreation Commission

Lily Hansen
The Times

Representatives from the Rock Creek Recreation Commission attended last Monday's USD 323 School Board meeting to request a district representative.

Board member Brandi Miller volunteered to take the seat and will serve at least a one year term on the board.

The School Board's presence on the commission is meaningful as it is intended to bring cohesion from within the community. The school board gives its thanks to the Rec Commission and all of the hard work they put in.

Helping Middle Schoolers

Rock Creek Middle School Principal Rachel Buessing told the board how helpful high school support has been to the 8th grade class.

The high school students were able to present to the eighth graders about what to expect from high school and how to prepare for the upcoming year. This is expected to increase student readiness as well ease the transition between grades.

The high school journalism students were also able to talk with the middle schoolers to inspire and spark interest in the craft. This exposure to student organizations is another great way to prepare students for high school life, according to Buessing.

She added pre-enrollment for the incoming freshman class going well.

NURSING PARTNERSHIP.

Rock Creek will be partnering with the Wichita State Nursing program to allow student nurses to shadow school nurses. The students will be able to observe and aid the school nurses in their work, all while getting the training

needed for their degree. These nursing students are on K-State's campus in Manhattan.

Text-to-Speech

USD 323 schools will continue to allow students to have Text-to-Speech accommodations when participating in state testing despite recent changes.

In previous years, if a student had an IEP accommodation stating a need for a Text-to-Speech feature it would be allowed to carry over to state testing. However, recently it was decided that teachers would have to submit a screener for every student asking for accommodations to prove their need. This puts an unnecessary burden on both the educator, who now has extra work on their plate, and the student, who might not have access to the supports they need for testing.

In light of this, USD 323 has chosen to provide students access to the Text-to-Speech feature anyway.

The students who use this will have their test scores counted against district data, but it is for the best interest of the students.

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NOTICE OF PUBLIC HEARING

Wednesday, April 30, 2025, at 4:00 pm
A public hearing will be held at the Special Services Office in Rossville to discuss and review proposals for the Indian Education Grant
Members of the Indian Education Grant Parent Committee will be available. Interested patrons are invited to attend.



SHRED DAY

April 26
10am-Noon
Saturday

530 Lincoln Avenue

Limit 5 boxes of household, paper material.
No CD's, floppy discs, debit or credit cards, etc.

Edward Jones

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MAKING SENSE OF INVESTING



Adam Greenwalt
Financial Advisor

Steps to take before — and after — a divorce

Going through a divorce is emotionally painful and can disrupt one's life in many ways — but does it also have to be financially devastating?

Not necessarily. You can help yourself greatly by making a series of moves. Here are some to consider:

Before the divorce is final ...

- Determine how you'll cover the cost of the divorce.** To meet the costs of a divorce, which can be tens of thousands dollars, you may need to tap in to your income stream and savings accounts, or even explore alternative options, such as borrowing from your retirement plan, if it's allowed by a divorce court judge.
- Create a budget.** You may want to build a temporary budget. Your divorce attorney can advise you on how long your separation period may last in a contested case.
- Start building separate bank and brokerage accounts.** Consult with your divorce attorney on ways to establish independent bank and brokerage accounts without harming your spouse.
- Understand your retirement benefits.** Know the value of your and your spouse's 401(k) or similar plans, IRAs, pensions, stock options and other employer benefits. Also, you might need to negotiate the splitting of retirement benefits through a qualified domestic relations order (QDRO). A tax professional and a financial advisor can help you understand how different QDRO proposals can affect your retirement goals.

After the divorce is final ...

- Finish building your separate financial accounts.** You may want to close any joint accounts or credit cards, change online access to financial accounts, remove your name from bills for which you are no longer responsible and complete any agreed-upon asset transfers, such as dividing retirement assets.
- Create a new budget.** You can now create a longer-term budget, incorporating any spouse or child support you receive as income. You may also need to adjust your spending to reflect items in the divorce agreement, such as expenses now covered by your former spouse and court-ordered responsibilities for paying college education expenses for dependent children and possibly the attorneys' fees for a former spouse.
- Review your protection plans.** You may need to review your life, homeowners and auto insurance policies. And if you were covered under your spouse's health insurance plan, you may want to apply for COBRA to stay on that plan up to 36 months or switch to your own employer's plan, if available. If you don't have access to an employer's health insurance, you may want to explore a marketplace plan from the Affordable Care Act or contact a health insurance broker.
- Review your estate plans.** To reflect your new marital status, you may need to work with your legal professional to change some of your estate-planning documents, such as a will, living trust, advanced health care directive or power of attorney. Also, review the beneficiary designations on life insurance policies, IRAs, annuities and investment accounts, as these designations can likely supersede instructions on your will or trust.
- See your tax professional.** You may need to consult with your tax professional on issues such as changing your tax return filing status, claiming a child as a dependent and dealing with tax implications of assets received in the divorce.

Going through a divorce is not easy — but by taking the appropriate steps before and after the divorce is finalized, you can at least help put yourself in a more secure and stable financial position to begin the next phase of your life.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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