

Specialized Concussion Care offered at MCHHS

Concussions can happen to anyone—athletes, students, or adults in daily life. These mild brain injuries occur when the head experiences a sudden jolt or impact, causing the brain to move within the skull. Symptoms can include headaches, dizziness, blurred vision, balance issues, and difficulty concentrating.

At Mitchell County Hospital Health Systems (MCHHS), we specialize in supporting patients through concussion recovery. Our Emergency Room team, in collaboration with your provider, performs thorough evaluations—including ImpACT testing for student-athletes—to assess cognitive function and guide safe return-to-play decisions. Early intervention ensures that every patient receives a personalized care plan designed to support a safe and effective recovery.

Following initial care, the MCHHS Physical Therapy Department guides patients through the next phase of recovery with specialized rehabilitation

designed to restore balance, coordination, and cognitive function. Every treatment plan is tailored to the patient's specific needs, helping them return to school, work, or sports safely.

At MCHHS, our integrated approach connecting physicians, Emergency Room staff, and Physical Therapy services reflects our commitment to comprehensive, local care. Amber Krier, Rehabilitation Services Director, states, "We're proud to offer a successful, specialized concussion treatment program that provides our community with expert care close to home. Our team is trained in the latest evidence-based interventions to help patients recover safely and effectively, so they can return to the activities they enjoy."

If you or someone you know may have a concussion, please contact your physician for a referral to the MCHHS Physical Therapy Department. Early evaluation and treatment are key to full recovery and lifelong wellness.

Fall Health Fair set for Oct. 29

The Osborne County Fall Health Fair for 2025 has been scheduled for Wed., October 29, 2025 at the Osborne County Health Department at 115 N. First, Osborne Kan. Hours will be from 7 to 10 a.m.

Tests that will be available are: Health Fair Profile (CBC w/diff, CMP, Lipid) - \$36, TSH - \$20, T4Free -

\$20, Hemoglobin A1C - \$26, PSA - \$26, Vitamin D Level- \$62, & Uric Acid - \$25.

Remember for best results — no eating or drinking for 10 to 12 hours prior to blood draw.

To schedule an appointment, call the Osborne County Health Dept at 785-346-2412.

Motorists encouraged to be on the lookout for deer

Vehicle-deer crashes can happen any day of the year on Kansas roadways. Across the state, 39% of all single-vehicle crashes in 2024 involved a collision with a deer. The Kansas Department of Transportation reports five people were killed and 674 people were injured in collisions with deer in 2024.

These crashes greatly increase from now until the end of the year because of deer breeding season, with November typically the peak time.

This is why KDOT, the Kansas Highway Patrol, the Kansas Department of

Wildlife and Parks, AAA Kansas and the Kansas Turnpike Authority are joining to raise awareness and help decrease deer-vehicle crashes.

"Serious crashes are more likely to occur when drivers swerve to avoid a deer, as this can lead to loss of vehicle control, departure from the roadway or collisions with oncoming traffic," said KHP Lieutenant Chad Crittenden. "It is often safer to brake firmly and stay in your lane."

Shawn Steward, Public Affairs Manager for AAA Kansas, said that in addition

to the inconvenience of your vehicle damage, the cost of repairs may put a serious dent in your wallet, especially if you don't have comprehensive auto insurance coverage.

"AAA insurance statistics show the average claim in Kansas for an animal strike in 2024 was \$8,430 — up 103% in just five years," Steward said. "This is largely due to advanced vehicle technology such as cameras and sensors, driving up the cost of repairs."

Anyone involved in a collision with a deer or other animal resulting in personal injury or property damage totaling \$1,000 or more is required to immediately report the incident to the nearest law enforcement agency.

KDWP prioritizes reducing deer-vehicle collisions in managing the Kansas deer population. However, motorists should be prepared for a higher risk of collisions in the fall, said Levi Jaster, KDWP Big Game Program Coordinator.

"Even in areas with

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Work Session-Sign off on bills:
Council president Carl Suter called the meeting to order in the absence of Mayor Doug Bader
ROLL CALL: Jake Wise, Teresa Cobb, Steve McMillan, Colleen Eberle & Carl Suter
CITY EMPLOYEES PRESENT: Charles Gullion, Jo Biddle, Denelle Mick & City Attorney Martin
PLEDGE OF ALLEGIANCE:
CONSENT AGENDA: J. Wise made the motion to approve the minutes from August 10 regular council meeting. S. McMillan seconded Motion carried 4 AYES C. Suter abstained
J. Wise made a motion to approve Claims Ord. 1573A. C. Eberle seconded Motion carried 4 AYES C. Suter abstained
PERMIT APPLICATIONS: J. Wise made a motion to approve the yearly food truck permit for Taqueria Las Carhitas. C. Eberle seconded Motion carried 4 AYES C. Suter abstained
PUBLIC COMMENT: nothing to report
CITY ATTORNEY REPORT: Gave a brief report on the old water tower property deeds
CITY EMPLOYEES REPORT : C. Gullion: 7:35 p.m. J. Wise made a motion to into executive session for non-elected personnel for 15 minutes with City Attorney Martin, C. Gullion, D. Mick and J. Biddle. S. McMillan seconded Motion carried 4 AYES C. Suter abstained. 7:50 p.m. J. Wise made a motion to return to regular session. T. Cobb seconded Motion carried 4 AYES C. Suter abstained
NO ACTION
D. Mick : Clerk reported on the upcoming

meetings - Sept 20 – 8:30 AM budget hearing & October 1-6:30 p.m. for KDHE loan meeting. Clerk Mick also asked council about paying for the RO filter changes at the school that needed to be done due to boil notice. Clerk Mick also reported that the city had paid Remus plumbing for supplying water to the school during the boil notice. J. Wise made a motion to not pay for the RO services at the school. C. Eberle seconded Motion carried 4 AYES C. Suter abstained
J. Biddle J. Biddle presented the information on the new software for the new water meters and stated that the software update would cost \$1,250.00 and good till 2027. Also, a tablet would be needed for the guys. Consensus of council was to table till October council meeting. She also reminded them that the last Capital Improvement meeting would be Sept. 17 at 7:00 p.m.

ORDINANCES: Reso-

lution 6-2025 – Establishing a fund for park donation. This fund was established to donate the money from the Lee Mick memorials

NEW BUSINESS:

1. A resident had asked about the payment of a large water bill. The council stated that a policy had been put in place to let residents pay ½ one month and balance due the following month.

2. Clerk Mick presented the 2025 Emergency Water Supply Plan to council. C. Eberle made a motion to approve the plan. S. McMillan seconded Motion carried 4 AYES C. Suter abstained.

8:00 p.m. J. Wise made a motion to go into executive session for non-elected personnel for applicant #1 for the assistant city clerk position for 15 minutes with C. Martin, C. Gullion, J. Biddle and D. Mick present C. Eberle seconded Motion carried 4 AYES C.

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Big Kansas Road Trip Pop Up for 2026 Announced

Humboldt in southeast Kansas will be the first Big Kansas Road Trip (BKRT) Pop Up site for 2026. A project of the Kansas Sampler Foundation, the day-long showcase will take place on Saturday, May 2 with some activities starting the day before.

Marci Penner, Foundation Director, announced the news at the opening "Stump" session in Hoxie during the third Pop Up of 2025 that took place

throughout Sheridan County on October 4. The BKRT Pop Up is an event that feels like a community open house for attractions and locally-owned shops and restaurants. Also on the menu of things to see and do are mini-talks and tours that feature unusual or intriguing places and stories not normally shared with the public.

Simone Elder, Foundation Power Up & Engagement Manager, said, "All

we ask is that the community be good at being itself. The public seeks first-hand experiences in a rural community and this event delivers exactly that." The core audience at the Pop Ups are members of the Foundation's Kansas Explorers Club.

In Humboldt, visitors will find a 19th-century woodworking shop, the Whitetails & Wildlife Museum, a music hall in a con-

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ROOMS Grants Available for qualified Upper-Floor Housing

Lieutenant Governor and Secretary of Commerce David Toland today announced \$250,000 is available under the Residential Opportunities on Main Street (ROOMS) grant program to support new upper-floor housing in

commercial buildings in Designated Kansas Main Street communities.

"Rural downtowns are full of history and character — and many have unused upper-floor spaces that could be utilized for additional housing options,"

Lieutenant Governor and Secretary of Commerce David Toland said. "These funds give our community leaders the resources to turn these historic assets into vibrant, livable spaces — and increase the number of cus-

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News Office still closed

The newspaper office located in Downs remains closed to the public until the position of editor is filled. Applicants can call 785-454-3514 for more information or email downsnews@ruraltel.net.

While the physical office is closed, the phones will be answered from 9 a.m until 5 p.m. Monday thru Thursday, and emails will be checked. Mail will be checked weekly, so you can still submit news items and subscription payments through the mail or by dropping off at the office, 717 Railroad, Downs.

News items, including photos, and advertising submissions can be sent via email for the weekly edition to: downsnews@ruraltel.net