

CROSSING — from page 1

around the clock in rotating four-hour watches. From the bridge and observation posts, men scanned the sea for anything unusual — especially the telltale wake of a submarine.

Should a German U-boat be sighted, the ship’s captain would order six sharp blasts from the whistle, the standard submarine alarm. The warning closely resembled the signal sounded during heavy fog, differing only in the use of a foghorn instead of the whistle.

One night during the crossing, dense fog settled over the convoy. When the foghorn suddenly echoed through the darkness, many soldiers mistook it for the submarine alarm. Inside the mess hall, conversations stopped abruptly. Soldiers bolted for their bunks, snatched up their life vests, and scrambled toward their assigned lifeboats.

The panic quickly subsided, but the incident left its mark. From that night forward, Frank and Hobart kept their life vests

close at hand and slept fully clothed for the remainder of the voyage.

Upon reaching Saint-Nazaire, France, it took several days to unload all troops and equipment. Every troop movement was conducted under secrecy to guard against possible German espionage and sabotage. The newly arrived troops, still inexperienced and not yet combat-ready, were to undergo intensive training at undisclosed military bases scattered throughout the French countryside. The first unit deemed battle-ready would be sent to the front lines.

As they disembarked, the mayor greeted Frank and Hobart’s unit, and a local French band played in their honor. After a three-mile march from the port to Camp No. 1, they were assigned tents, where a stack of letters from home awaited them.

The handwritten notes and hometown newspapers stirred an immediate longing for their old, familiar lives. Though the newspapers were already

several weeks old, one news item in particular captured their attention: plans for a new north-south highway cutting directly through the heart of Rice County.

To the boys, the highway project seemed even bigger news than Jesse Ainsworth’s retirement, which they learned about while stationed along the Mexican border.

Known as the Nebraska, Kansas, and Oklahoma Short Line, the highway would run south from Hastings, Nebraska, through Lyons and Sterling before continuing on to Oklahoma.

The new highway soon became a frequent topic of conversation during their rare idle moments. Lying beneath the French night sky, they imagined their buddies back in Kansas methodically driving black-and-white wooden stakes into the prairie. To the boys camped half a world away, the project represented progress and served as a reminder that life at home was continuing without them.

Mulch rings help to promote healthy trees

K-State Extension news service

Manhattan, Kan. – Homeowners who are looking for ways to promote healthy, growing trees in their yard are well-advised to remember this axiom: A ring is a tree’s best friend.

For trees in the landscape, that means a mulch ring, says Kansas State University horticulture expert Matt McKernan. A mulch ring is a circular border surrounding the base of a tree. When planting a new tree, he recommends including a mulch ring that covers the soil beneath the tree canopy.

“Mulch rings will benefit trees of any size, however, one of the greatest benefits of using a mulch ring around trees in a lawn area is to prevent maintenance equipment from coming too close and damaging the trunk,” he said. “Also, plants grown directly beneath the tree canopy compete for water and nutrients, so a mulch ring keeps that soil covered without creating competition for the tree.”

Research from K-State has shown that newly planted trees with mulch rings around them grew 2-3 times more in the first

two years of establishment than trees surrounded by turf, according to McKernan. “This little change can make a big difference in the overall growth and health of the tree.”

McKernan suggests using organic mulch, “for the same reasons it is selected for landscape beds,” he said. “Organic mulches are plant-based mulches, and will break down over time, contributing to soil health around the tree”.

Organic mulches could include wood mulch, bark mulch, shredded leaves, cottonseed hulls, or others. In addition to benefiting soil health, these mulches conserve and extend available water, protect from soil erosion, and reduce competition by suppressing weeds.

“The mulch ring around trees in a lawn should be at least 3-6 feet in diameter depending on the overall size of the tree,” McKernan said. “Ideally, the mulch ring should extend to the drip line of the tree, which means the ground beneath the entire canopy of the tree should be covered. This is not always practical, but the larger the mulch ring, the more the tree will benefit.”

The mulch ring should

include a 6-12 inch diameter circle of bare soil at the center so that mulch is not right up next to the trunk, to prevent rotting and girdling roots. The mulch should be 2-4 inches deep and re-applied annually.

“If mulch is applied too deep (more than four inches), the mulch can actually restrict oxygen from the soil and negatively affect the tree’s root development,” McKernan said. “It’s also critical that mulch is never applied against the trunk or covering the root flare of the tree. In these scenarios, mulch may do more harm than good for the tree’s health.”

McKernan and his colleagues in K-State’s Department of Horticulture and Natural Resources produce a weekly Horticulture Newsletter with tips for maintaining home landscapes and gardens. The newsletter is available to view online or can be delivered by email each week.

Interested persons can subscribe to the weekly newsletter, or submit their garden and yard-related questions, by sending email to hortsupport@ksu.edu. More information also is available at your local K-State Extension office.

OPENER — from page 1

pass from quarterback Hamilton to Detrell Stanley. The long reception set up the Lions to score their first touchdown of the night.

Young scored two touchdowns. The first touchdown took 11-plays and covered 79 yards and with 51.3 seconds to go in the third quarter he ran for 40 yards scoring his second touchdown for the night and giving the Lions the lead.

The victory was sealed by Hamilton who scored the final touchdown on a 20-yard run. The defense produced two turnovers in the second half of play which was crucial for keeping

the Buffaloes scoreless in the second half of play.

This victory was a huge win for Lyons. They battled two turnovers in the first half but did not give up. Young had 13 carries for 161 yards and led the team with 18 tackles, including one for a loss. Hamilton did his fair share of running and was two for four in the passing game.

Also coming up big for the Lions were Ismael Chico with one fumble recovery, Jace Thompson with one interception and Stanley recorded 15 tackles.

Coach Seidl noted the importance of the “mental toughness” for the

game. He had the team focused on “believing” in each other and this is where they are supposed to be. Seidl shared the offensive line was also a game changer in the second half.

“I want the kids to believe in each other and believe they can win,” Seidl said in his post game show with Ad Astra Radio.

The victory was the Lions first season-opening win since 2013.

The Lyons Lions are set to square off against Southeast of Saline Trojans in the first home game on Friday, Sept. 11 which will be a true test of endurance.

Healthier eating is a lifestyle choice

K-State Extension news service

Manhattan, Kan. – The growing popularity of a plan that encourages people to eat more healthy foods and less added sugars is not really about getting rid of specific foods in the diet completely, says a K-State Extension agent in Johnson County.

Chelsea King notes that the Mediterranean diet “is really more about an overall lifestyle and making small changes to eat more nutritious foods and less of the not-so-nutritious foods most of the time.”

“Typically, when you hear ‘Mediterranean’ you think of the region or a specific cuisine, when – really – eating the Mediterranean way is focused on a holistic approach to incorporating healthy protein and healthy fats. It’s also about eating more fruits, vegetables and whole grains; incorporating nuts and seeds; and eliminating added sugars.”

King – a nutrition, food safety and health extension agent – says some studies have shown that eating nine servings of fruits and vegetables a day could reduce a person’s risk of cardiovascular disease by as much as 60%.

“Antioxidants, which are found abundantly in fruits and vegetables, are really important for heart health, as well as overall health,” she said. “So when we eat these foods,

we’re talking about getting the most bang for our buck.”

‘Heart Healthy’ fats – such as avocado oil and olive oil – are more friendly to the heart than saturated fats like butter and lard, according to King.

“One of the problems with fruits and vegetables is that many people do not like the taste or texture,” King said. “But there are a multitude of ways that you can cook vegetables to make them tasty. Grilling fruit and vegetables can be a great way to add a different flavor profile. Roasting them in the oven, or sautéing them in a pan are also great options.”

“The one thing to be aware of is that we don’t want to cook fruits and vegetables for long periods of time. The longer they’re exposed to heat, the more that those traditional benefits – vitamins and minerals – can be lost.”

Some heart-friendly whole grains include brown rice and whole wheat flour. Beans, legumes and other high fiber, high protein foods are also good for the heart and overall health.

King said a traditional Mediterranean diet encourages eating fish or seafood 2-3 times a week. Fresh fish is a good option but may be more expensive. Frozen and canned varieties are beneficial as well and may be more budget friendly. If buying canned products, choose low-sodium options.

Meats can be part of the diet, though consumers should choose leaner options.

All of those recommendations, King says, fall into the traditional way of thinking about a Mediterranean diet, “and help us eat a healthier diet whether or not the individual is purposefully following the Mediterranean style.”

King recently talked at length about healthy eating and the importance of physical activity on living a longer, healthier life on the weekly radio program, Sound Living, produced by K-State Extension. The program is available online.

More information about healthy eating also is available at local extension offices in Kansas.

COUNCIL — from page 1

\$100,000 set aside for the Fire Department.

In other business the council:

- Held the public hearing to exceed the revenue neutral of 54.379;
- Approved Resolution 983 to exceed the revenue neutral rate for the 2027 budget by a 4-3 vote with council members Shirleen Cook, Debbie Metzger and Jim Cedeno dissenting. The city’s property tax levy will be increased by 15 mills to 69.379 mills;
- Held a public hearing for the 2027 budget;
- Approved the 2027 City of Lyons Budget by a 4-3 vote with Council Members Metzger, Cedeno and Cecil Burdette dissenting;
- Approved a special event request for a 5K race during Fair on the Square, Sept. 26 at 8:30 a.m. The event is orga-

nized by the Rice Community Hospital with funds raised going to the Rice Community Healthcare Foundation;

- Approved Resolution 982 as presented requesting its selection as a participant in the Kansas Main Street Program. The program assists cities in developing a public-private effort to revitalize the downtown district.

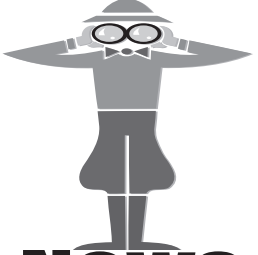
The program cost is approximately \$250 for the first year and approximately \$150 for subsequent years. The program will require a budget of \$15,000 to support activities and will likely be funded with available transient guest tax revenues;

- Approved the Memorandum of Agreement for the Kansas Main Street application as presented;
- Approved the Lexi contract as presented.

Lexipol Policy provides public safety agencies and local governments with an integrated solution for developing, maintaining, distributing and reinforcing mission-critical policies;

- Approved the purchase of two self-contained breathing apparatuses for the Lyons Fire Department. Each apparatus will include a mask, air pack and voice amplifier and will cost approximately \$18,000 to be paid with capital outlay funds.;
- Approved Ordinance 2084 to vacate 408 E. 6th street as presented. The City of Lyons has determined that a certain portion of a platted street located within the city is not used for public travel and has functioned as a private driveway serving adjoining property and continued dedication of said street is unnecessary.

WANTED



NEWS about Your Family, Friends, and Neighbors

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

SUBSCRIBE TODAY!

mainstreetmedia.us

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★