WORTHWHILE CLUB SEPTEMBER MEETING

The following 14 members attended the Lyons Worthwhile Club meeting at 9:30 a.m. on Monday, Sept. 28, at the beautiful outdoor gardens of President Nancy Reed: Sue Alderman, Cheryl DeWerff, Lela Jean Howerton, Mary Hysell, Darlene McAllaster, Becky McBeth, Erma Moses, Bobbie Neel, Dee Orth, Nancy Reed, Susan Smith, Lola Wall, Rozanna Wedel, and Linda Williams.

Nancy provided a delicious strawberry cake for refreshments welcoming members back after a long, hot summer. Time was allotted to check personal information in new yearbooks and to make corrections as needed.

Courtesy Chairman Bobbie reported sending several birthday and thinking of you cards to members from May through September.

Nancy shared the titles of books that the club has purchased for the Lyons Library. Each year Worthwhile Club donates a monetary gift for the library's use in purchasing reading material in a variety of genres.

After a brief business meeting, roll call was answered with books read and summer activities enjoyed by members.

The next meeting will be held at 1:30 p.m. on Oct. 5 at the Lyons Library with Rozanna as hostess and Darlene providing the review.

WORD — from page 2

"No! On the way over here, he bet me $50,000 he could whiz on your desk, and you'd be happy about it!"

BUCK, ALWAYS SAID

Don't live it up so high that you can't live it down.

LET US HEAR FROM YOU

Submit your observations or jokes to:

word@mainstreetmedia.us or mail them to this publication.

SALE

MULTI-FAMILY GARAGE SALE

Several large furniture items; Assorted Antiques/Vintage items; Kitchenware; Christmas items; Very nice ladies clothing; men's & baby clothing; Shoes; Luggage; Purses, And Lots More!

Fri., Oct. 2, 12noon-6p.m • Sat., Oct. 3, 8a.m.-3p.m.
701 E. Main (Rice County Ext. Bldg.) Lyons, KS

HELP WANTED

Sterling College Physical Plant Office Manager position available. Apply at www.sterling.edu/employment

HELP WANTED

Sterling College General Maintenance position available. Apply at www.sterling.edu/employment

RECYCLE THIS PAPER

Baking brings benefits beyond sweet treats

By Pat Melgares,
K-State Extension news service

Manhattan, Kan. – Cookies and pies, muffins and cupcakes are all very nice, but a leading voice for the Home Baking Association recently told Kansas extension agents that the benefits of baking go well beyond the goodies that come out of the oven.

Sharon Davis, a consultant with the nonprofit Home Baking Association, said mixing it up with a bowl of flour or cracking a few eggs is part of a process that "enriches our lives."

"It gets you off your screen, puts flour in the bowl and lets you take off into an actual experience, instead of a virtual one," Davis said.

She spoke recently to a gathering of K-State Extension family and consumer science agents who came to the university's Manhattan campus for annual training and updates on programs being promoted across the state.

Davis said baking provides five benefits beyond filling one's tummy:

Economic and Practical Benefits

Baking at home can save money versus buying ready-made baked goods in a store. It also reduces food waste by using ingredients you already have, and families can control ingredients – which helps them better understand what's in their food.

Family, Lifestyle and Emotional Benefits

Davis said baking builds relationships in the kitchen and around the table. Young children and teens build self-esteem and a sense of connection by helping to mix ingredients.

Educational Benefits

Measuring, scaling and portioning ingredients builds on math skills. Following a recipe helps with reading skills. Children build their vocabulary by learning such terms as whisk, fold, cream and more.

Nutritional and Food Systems Insights

Home bakers become more knowledgeable of flour types and gluten differences, and why recipes may turn out differently depending on the products you use. Baking also helps bring awareness to the nutritional benefits of such products as whole grains and sourdough, for example.

Cultural, Social and Quality-of-Life Benefits

Many products reflect cultural diversity, such as wheat that has roots in Ukraine, or corn-based foods that symbolize indigenous and Hispanic traditions. The smell of bread baking in a home is a sweet sensation that adds warmth and comfort.

Plus, Davis said, baking can be viewed as a "no-fail" activity for families.

"There are so many simple starts," she said, "and if you fail once, you'll be just like me: How many times have I done things and then had to do them two or three times in baking?"

"Baking draws your family together and everyone can contribute. Even a two-year-old can begin baking."

In Kansas, the Home Baking Association's partners include Kansas Wheat, and K-State Extension. Davis said many organizations produce recipes that are tested by professionals. More information on the organization and access to resources is available online at https://www.homebaking.org.

In addition, the Home Baking Association offers an online Glossary of Baking Terms that includes videos and many other links to help home bakers more fully enjoy the experience.

A longer conversation with Davis also is available on the weekly radio program, Sound Living, produced by K-State Extension.

Parenting Tips: Bond with kids even in routine tasks

K-State Extension news service

Manhattan, Kan. – For some parents, bathing the kids, doing the laundry, making dinner and packing school lunches may seem like check marks on a daily to-do list.

Bradford Wiles sees it much differently.

"If we approach those tasks as opportunities to interact and bond with our kids," said Wiles, a child development specialist at Kansas State University, "it frames it in a much different way."

He said being intentional in what may seem to be mundane, day-to-day interactions is how parents can help their children grow into confident adults.

"The responsiveness really matters to forming a bonded and secure relationship with children," Wiles said. "It's really about parents taking advantage of those everyday situations that can build and maintain that relationship."

Wiles said children form bonds with adults based on trust and responsiveness: "It's when young children to feel confident that if they need something, they more than likely are going to receive that from their parents or primary caregiver," he said.

"That bond is really around forming trust between each other (and) having an emotional connection. That feeling of security that is a foundation. Children know that their primary caregiver is a secure base from which they can explore their world. They can always turn back to that secure base."

Wiles used an example of a child on a playground. They may wander from parents, explore something in the playground, then return to the caregiver for a short time. Then, they go explore more and come back again.

"As children get older, adults need to be more intentional in nurturing that bond because the child's peers become more important," Wiles said. "When that starts to happen, leveraging everyday activities is important for continuing the bonding and sharing (between adult and child)."

One strategy to help adults bond with their children – aside from simply spending time with them – is to ask simple questions about what the child is doing. Wiles notes an example of watching a child drawing pictures at home.

"I love hearing about what is going on in their drawings, even when their drawings are completely undecipherable," he said.

"Mindfulness is really about being open to possibilities. When parents form those relationships, it becomes more about being open to what your children want to teach you about themselves."

More information on child development is available online from K-State Extension, and from local extension offices in Kansas.

SUBSCRIBE TODAY!
mainstreetmedia.us

KANSAS PRESS CLASSIFIEDS

For Sale
Place your 25-word classified in the Kansas Press Association and 135 more newspapers for only $300/ week. Find employees, sell your home or your car. Call the Kansas Press Association @ 785-271-5304 today!

Misc.
We Buy Houses for Cash AS-IS! No repairs. No fuss. Any condition. Easy process: Call, get cash offer and get paid. Call today for your fair cash offer: 1-913-365-1969

Misc.
We Buy Vintage Guitars! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. These brands only! Call for a quote: 1-620-207-3684

Misc.
CASH PAID FOR HIGH-END MEN'S SPORT WATCHES. Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. These brands only! Call for a quote: 1-620-267-6015.

Misc.
GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-877-850-0048

Misc.
BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-877-625-8924

Misc
AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available.
Call 1-877-835-0240 Have zip code of property ready when calling!

Misc
WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-877-420-3509 Have zip code of service location ready when you call!

Misc
NEED NEW WINDOWS? Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation & FREE quote today. 1-877-514-4844 You will need to have your zip code to connect to the right provider.

LEGAL

First published in The Lyons News September 17, 2026. Subsequently published therein on September 24, 2026 and October 1, 2026.

IN THE DISTRICT COURT OF RICE COUNTY, KANSAS
PROBATE DIVISION
In the Matter of the Estate of Barbara Ann Selby, Deceased.
Case No.: RC-2026-PR-000031
K.S.A. Chapter: 59
NOTICE OF HEARING AND NOTICE TO CREDITORS
THE STATE OF KANSAS TO ALL PERSONS CONCERNED:
You are hereby notified that a Petition has been filed in this Court by Jason Selby, one of the heirs of Barbara Ann Selby, deceased, praying:
Kansas:
Descent be determined of the following described real estate situated in Rice County,
The South Half (S/2) of Section Nine (9) in Township Eighteen (18) South, Range Seven (7) West of the Sixth Principal Meridian in Rice County, Kansas.
And
That part of the South Half (S1/2) of the Northeast Quarter (NE1/4) of Section Two (2), Township Eighteen (18) South, Range Eight (8) West of the Sixth (6th) Principal Meridan, Rice County, Kansas, lying Southeasterly of the Right-of-Way of K-4 Highway.
And all personal property and other Kansas real estate owned by decedent at the time of death. And that such property and all personal property and other Kansas real estate owned by the decedent at the time of death be assigned pursuant to the laws of intestate succession.
You are required to file your written defenses to the Petition on or before October 7, 2026,
at 10:00 a.m., in the District Court, 101 West Commercial, Lyons, KS 67554, in the city of Lyons, in Rice County, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the Petition.
SUBMITTED BY:
/s/ Jeremy L. Keel
JEREMY L. KEEL KSC# 28129
JANSSEN ESTATE PROBATE & ELDER LAW
4505 Madison Ave., Suite 230
Kansas City, MO 64111
(913) 322-6300 Telephone JEREMY@staceyelderlaw.com Attorney for Petitioner

LEGAL

(Published in the Lyons News on October 1,8 & 15, 2026)

NOTICE

TO: Jeff Hollis
412 E. 2nd Street
Lyons, KS 67554

YOU ARE HEREBY NOTIFIED that I am in possession of the following personal property:

Push lawnmower, mattresses, scrap lumber, mop bucket, wood paneling, two baby strollers, propane bottle, two table lamps, desk chair, wooden television stand, mini refrigerator, wheel barrel, kitchen refrigerator, rocking horse,gas bbq grill, microwave, snow shovel, broom, sewing machine, and snow shovel.

If you do not pick up the aforementioned property within fifteen (15) days after this notice is first published in a newspaper of general circulation, that the aforementioned personal property will be sold or otherwise disposed of on or around the 15th day of October, 2026.

/s/Jan K. Lent

LEGAL

(Published in the Lyons News on September 24, Oct, 1, & 8, 2026)

Millsap & Singer, LLC
8900 Indian Creek Parkway, Suite 180
Overland Park, KS 66210
(913) 339-9132
(913) 339-9045 (fax)

IN THE DISTRICT COURT OF Rice County, KANSAS CIVIL DEPARTMENT

PennyMac Loan Services, LLC
Plaintiff,
vs.
Osmar Rivera, et al., Defendants,
Case No.RC-2026 CV-000019
Court No.
Title to Real Estate Involved Pursuant to K.S.A. §60

NOTICE OF SALE

Under and by virtue of an Order of Sale issued to me by the Clerk of the District Court of Rice County, Kansas, the undersigned Sheriff of Rice County, Kansas, will offer for sale at public auction and sell to the highest bidder for cash in hand on October 19, 2026 at the time of 10:00 AM at the Rice County Courthouse, Kansas, the following real estate:

THE SOUTHWEST QUARTER (SW/4) OF BLOCK 23 IN LYONS THIRD (3RD) ADDITION TO THE CITY OF LYONS, RICE COUNTY, KANSAS., Parcel ID No. 080-132-04-0-10-09-004.00-0. Commonly known as 517 W Lyon St., Lyons, KS 67554 ("the Property") MS235038

to satisfy the judgment in the above-entitled case. The sale is to be made without appraisement and subject to the redemption period as provided by law, and further subject to the approval of the Court.

Rice County Sheriff
MILLSAP & SINGER, LLC
By: Nicholas Carvajal, #30837
ncarvajal@msfirm.com
8900 Indian Creek Parkway, Suite 180
Overland Park, KS 66210
(913) 339-9132
(913) 339-9045 (fax)
By: Aaron M. Schuckman, #22251
aschuckman@msfirm.com
612 Spirit Dr.
St. Louis, MO 63005
(636) 537-0110
(636) 537-0067 (fax)

ATTORNEYS FOR PLAINTIFF
MILLSAP & SINGER, LLC AS ATTORNEYS FOR PennyMac Loan Services, LLC IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Jim's Metal Roof Coatings
Leak Repair, bin tops,
Quonset roofing metal/galvanized
Asphalt Shingle roof coating
Painting exterior steel or aluminum
Statewide service - Free Estimates
785-201-7622