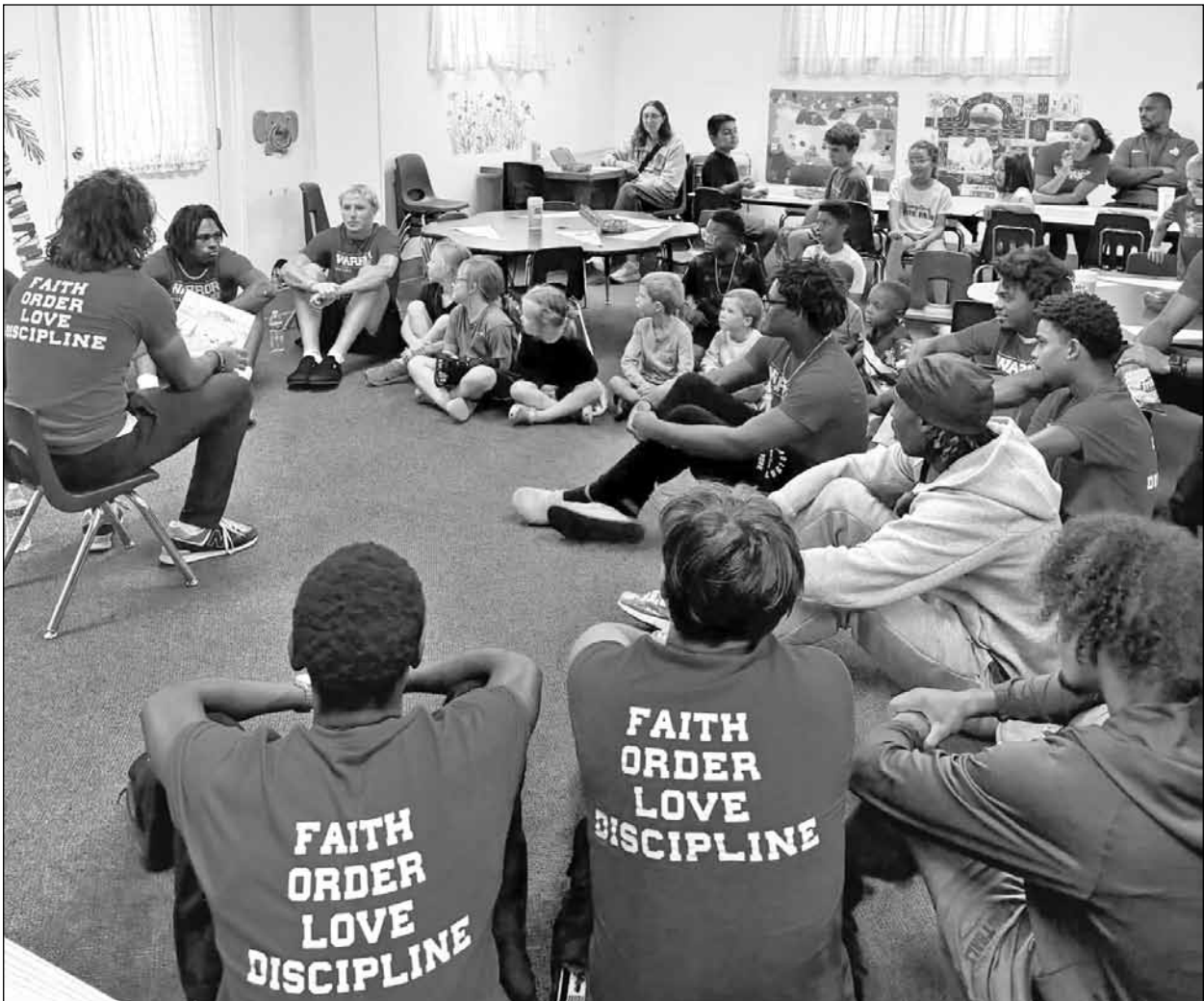


—SC FOOTBALL KING CHASING DAY—



STERLING COLLEGE FOOTBALL players take time to participate in story time with Sterling youth at the Sterling Free Public Library (above). They also helped with moving and throwing out unwanted items from the library basement (right). Warrior athletes stepped beyond the field and into the community, serving others and putting their faith into action Monday. From lending a helping hand to sharing encouragement, SC athletes showed what it means to chase the King and serve His people on the NCCAA King Chasing Day.



Silver Threads Senior Center

220 N 3rd, Sterling • 620-680-1068 by Loida Leone, Director

There is always something going on at the Center, whether coffee and conversation, music, speakers, puzzles or games. Come and see at 220 N. 3rd Street. We are open 10 a.m. to 2:30 p.m. All individuals 55+ years of age are always welcome to participate. We'd love to see you. Feel free to call Loida at 620-680-1068 for information, and look for us on Facebook. Our photographer is frequently posting something, and you can find the calendar of activities and the daily menu posted at the beginning of each month.

Monday through Friday except federal holidays at 10 a.m. we serve coffee and fellowship. Every other Tuesday we are having coffee and cinnamon rolls at the Sterling Village – come join us.

At noon Friendship Meals serves on site Congregate Meals and delivers Meals on Wheels. If interested in eating with us we request that you complete an assessment and make a reservation 48 hours

ahead of time. Call to schedule one at 620-680-1068. Leave a message if no answer and we will call you back.

Mondays from 9:45 a.m. – noon, retired nurse Deb Scott offers a foot clinic for anyone in the community. After she clips and cleans and massages, your feet will feel great. Appointments need to be made with her at 620-509-7153. On Tuesdays after lunch we play bingo and dominoes on alternate weeks and at 5 p.m. we play bocce, ladderball or cornhole on the Plaza circle. The heat has impacted these games.

Wednesdays from 10:30 to 11, chair exercises resume with Verlinda Poor, senior exercise specialist. She is so great. Come limber up and strengthen your legs and core to improve stability and reduce the chances of falling.

Thursdays at 9 a.m. Silver Threads offers rides going to businesses in Sterling. Call Seneca at 620-204-1746 to reserve a spot. Reservations need to be made a day

ahead for these Sterling Stops.

Throughout the month we do crafts, celebrate birthdays, just for fun holidays (like no rhyme or reason day, milkshake day, punctuation day) and go on trips and to special events. We'd love for you to join us.

Highlights for September:

Sept. 25 – 7:30-10:30 a.m. Open House for Silver Threads senior program, free breakfast

If you are interested in participating or volunteering, please call Loida at 620-680-1068 and

leave a message if there is no answer. You will be called back the same day or within 24 hours. We are in need of substitute drivers for Meals on Wheels and volunteers for the kitchen. Please contact Loida if interested.

Weather

Moisture YTD: 13.73

2025 Total: 36.96

	Prec.	Lo	Hi
Wednesday..	0	63	90
Thursday.....	0	73	99
Friday.....	0	76	99
Saturday.....	56	63	98
Sunday.....	0	62	76
Monday.....	0	58	78
Tuesday.....	0	58	77

Sterling Markets

Wednesday Market Session

Wheat, per bu	\$7.23
Wheat, per bu	\$4.80
Corn, per bu	\$5.20
Soybeans, per bu.....	\$12.74

Catch the Bears on radio!

SHS vs. Sedgwick Kick Off 7 p.m.

Friday, Sept. 27

adastraradio.com

Black Bear Pre-Game Show airs @ 6:30 p.m.

Ad Astra Radio

95.8 96.7 KMP

KMR KOL KIKS

FYI Phone 620-680-1068 SCKAAA - Friendship Meals/Meals on Wheel

Monday, Sept. 28 – tact, manager, Brigitte tuna noodle casserole, Bennett, 620-200-3437 or seasoned peas, snickerdoodle cookie, bread and treasurer, Fran Wolcott, 316-435-2473.

Wellness Center Tuesday, Sept. 29 – The Wellness Center is open Monday through Thursday from 5 a.m. to 9 p.m., Friday 5 a.m. to 7 p.m. and Saturday 7 a.m. to noon. The SRC board will meet Monday, Oct. 5, 2026, at 6 p.m. at the high school conference room.

Commodities Thursday, Oct. 1 – The Sterling/Alden Commodities Distribution is held at the Encounter Church located at 407 North 6th Street in Sterling. Sterling does not have a distribution date as of press time. Check The Bulletin for updates on next distribution date.

Food Bank Individuals must be signed up with Seneca The Sterling Food Bank is open the first and third Tuesdays of every month from 8:30 to 10:30 a.m. and the first and third Thursdays of every month from 5 to 7 p.m. For information con-

Monday, Sept. 28 – tact, manager, Brigitte Bennett, 620-200-3437 or treasurer, Fran Wolcott, 316-435-2473. The Wellness Center is open Monday through Thursday from 5 a.m. to 9 p.m., Friday 5 a.m. to 7 p.m. and Saturday 7 a.m. to noon. The SRC board will meet Monday, Oct. 5, 2026, at 6 p.m. at the high school conference room. The Sterling/Alden Commodities Distribution is held at the Encounter Church located at 407 North 6th Street in Sterling. Sterling does not have a distribution date as of press time. Check The Bulletin for updates on next distribution date. Individuals must be signed up with Seneca Bates to receive food at the Sterling location. Those who are not will have to go to Lyons for distribution. To sign up or for more information call Seneca 620-204-1746.

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(Required by 39 U.S.C. 3685)

TITLE OF PUBLICATION: The Sterling Bulletin

PUBLICATION NO. 521-460

DATE OF FILING: September 24, 2026

FREQUENCY OF ISSUE: Weekly

NO. OF ISSUES PUBLISHED: 51

ANNUAL SUSCRPTION PRICES: \$50-\$65.00

COMPLETE MAILING ADDRESS OF OFFICE OF PUBLICATION: 107 N. Broadway, P.O. Box 97, Sterling, KS 67579-0097

COMPLETE MAILING ADDRESS OF THE HEADQUARTERS OF GENERAL BUSINESS OFFICES OF THE PUBLISHER: MAIN STREET MEDIA, 958 E. WICHITA AVE, RUSSELL, KS 67665

FULL NAMES AND COMPLETE ADDRESS OF PUBLISHER, EDITOR AND MANAGING EDITOR

PUBLISHER: Frank Mercer, 958 E. Wichita Ave., Russell, KS 67665

EDITOR: Rene Wilson, Sterling Bulletin, P.O. Box 97, Sterling, KS 67579-0097

MANAGING EDITOR: Same

OWNER: JOE AND LAURIE BLUM, 14754 HIGHWAY 30, CARROLL, IA 51401; FRANK AND ELAINE MERCER, 325 W. 7th, RUSSELL, KS 67665;

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I CERTIFY THAT THE STATEMENTS MADE ABOVE BY ME ARE CORRECT AND COMPLETE.

Koni Hendricks

(Published in the Sterling Kansas Bulletin, Sterling, Rice County, Kansas, on September 26, 2026).

Answer below • Puzzle on page 6

8	1	8	6	9	7	9	2	4
4	2	9	1	8	8	7	6	9
9	6	7	5	2	4	8	1	
1	7	8	4	9	6	8	9	2
6	8	9	2	8	1	4	9	7
2	5	4	9	7	8	6	1	8
7	8	1	8	6	2	9	4	5
5	4	6	7	1	9	2	8	8
8	9	2	8	4	5	1	7	6