As school begins, students may face new anxiety

By PAT MELGARES
K-State Extension news service

MANHATTAN, Kan. – There is, for sure, a lot of excitement associated with the beginning of another school year.

But Elaine Johannes, the Kansas Health Foundation's Distinguished Professor of Community Health at Kansas State University, says parents should also be aware that their teenager may at the same time be coping with anxiety and stress.

"The way that middle school and high school students do school today is different from what I did many years ago, when it meant only that we were going to school physically," Johannes said.

Today, she said, "though many schools have policies that reduce screen time and cell phone use while in class, many of our students have remote learning part of the day – maybe at home, but maybe even at school. And then some have a dual enrollment in which they are taking college courses, perhaps at the high school, maybe remotely, or they're driving to a nearby college campus."

Factor in friendships, academics, sports, extra-curricular activities, a side job (for some) and more, and the onset of school is not always an easy transition for teenagers.

"When we think about back-to-school as one generalized topic," Johannes said, "there are a lot of things that can create anxiety and stress."

To help their teenager adjust, Johannes suggests parents establish a solid foundation at home, including a routine of sleep, a healthy diet and appropriate physical activity.

"Another part of that foundation is practice," Johannes said. "Practice getting up, getting to school on time, getting on the Internet. The basics of success – which includes good physical and mental health – can be helped through routine, consistency and communication."

When picking up children from school, parents may also want to avoid bombarding them with questions that reflect achievement, such as test scores or how fast they ran the mile in gym class.

"Those are things that can create more stress, too," Johannes said.

"As parents, we should be wise with our inquiry; it could be that the child has had to answer questions all day. They don't want to say anything more. But maybe during the evening there is time for inquiry when parents can listen to their child's response without judging it or putting an achievement indicator on it."

See SCHOOL, Page 13

Legal Notices

First Published in The Erie Record on July 24, 2026

IN THE THIRTY-FIRST JUDICIAL DISTRICT COURT, NEOSHO COUNTY, KANSAS CIVIL DEPARTMENT

EMPRISE BANK, a banking corporation, Plaintiff,
vs.
LEVI GARRICK PALET, a/k/a Levi Palet;) Title to Real Estate Involved the unknown heirs, executors, administrators, devisees, trustees, creditors, and assigns of MARILA K. BARNETT, f/k/a Marila K. Palet, deceased; the unknown heirs, executors, administrators, devisees, trustees, creditors and assigns of any deceased defendant; and the unknown guardians, conservators and trustees of any defendant who is a minor or is under a legal disability, Defendants.

NOC-2026-CV-000060
Pursuant to Chapter 60 of K.S.A.

NOTICE OF SUIT

TO: LEVI GARRICK PALET, a/k/a Levi Palet; the unknown heirs, executors, administrators, devisees, trustees, creditors and assigns of MARILA K. BARNETT, f/k/a Marila K. Palet, deceased; the unknown heirs, executors, administrators, devisees, trustees, creditors and assigns of any deceased defendant; and the unknown guardians, conservators and trustees of any defendants that are minors or are under any legal disability.

You are hereby notified that a First Amended Petition was filed in the Chanute division of Neosho County District Court by Emprise Bank, a banking corporation on July 14, 2026, praying for judgment on a certain promissory note and foreclosure of a certain mortgage covering land

located in Neosho County, Kansas, and you are hereby required to plead to the First Amended Petition on or before September 4, 2026, in the court at Neosho County, Kansas. If you fail to plead, judgment will be entered upon the First Amended Petition.

If you are served with a summons and the First Amended Petition filed in such case, you should plead to the First Amended Petition as instructed in such summons.

/s/ Karl R. Swartz
Karl R. Swartz #12532
MORRIS LAING LAW FIRM
300 N. Mead, Ste. 200
Wichita, Kansas 67202-2745
Telephone: (316) 262-2671
Email: kswartz@morrislaing.com
Attorneys for Plaintiff

Published in The Erie Record August 7 & August 14, 2026

Notice of Hearing 2026-2027 Budget

The governing body of Unified School District 101 will meet on the 8th day of September 2026 at 6:05 PM at 205 South Main, Erie, KS 66733 for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds and the amount of tax to be levied. Detailed budget information, including budget profile, building needs assessment and Board state assessments review is available at District Office on the district website and will be available at this hearing.

The Amount of 2026 Tax to be Levied and Expenditures (published below) establish the maximum limits of the 2026-2027 Budget. The 'Est. Tax Rate' (column 7), shown for comparative purposes, is subject to slight change depending on final assessed valuation.

		2024-2025 Actual		2025-2026 Actual		2026-2027 Proposed Budget		
	Code 99 Line	Actual Expenditures (1)	Actual Tax Rate* (2)	Actual Expenditures (3)	Actual Tax Rate* (4)	Budgeted Expenditures (5)	Amount of 2026 Tax to be Levied (6)	Est. Tax Rate* (7)
OPERATING								
General	06	4,993,019	20.000	4,736,444	20.000	5,050,950	617,431	20.000
Supplemental General (LOB)	08	1,650,729	18.566	1,628,830	23.041	1,738,633	833,423	20.317
SPECIAL REVENUE								
Federal Funds	07	220,549		217,685		225,486		
Adult Education	10	0	0.000	0	0.000	0	0	0.000
Preschool-Aged At-Risk	11	16,019		27,483		33,113		
Adult Supplemental Education	12	0		0		0		
At-Risk Education Fund	13	1,196,236		1,379,490		1,260,922		
Bilingual Education	14	749		326		1,217		
Virtual Education	15	0		0		0		
Capital Outlay	16	957,419	7.988	1,443,561	8.000	2,468,455	328,175	8.000
Driver Training	18	4,976		6,405		26,794		
Declining Enrollment	19	0	0.000	0	0.000	0	0	0.000
Extraordinary School Program	22	0		0		0		
Food Service	24	340,485		294,279		339,952		
Professional Development	26	36,231		20,417		56,512		
Parent Education Program	28	0		0		0		
Summer School	29	0		0		0		
Special Education	30	925,509		922,330		1,491,396		
Cost of Living	33	0	0.000	0	0.000	0	0	0.000
Career and Postsecondary Education	34	130,220		130,823		288,759		
Gifts and Grants	35	189,930		102,784		213,795		
Special Liability Expense Fund	42	0	0.000	0	0.000	0	0	0.000
Extraordinary Growth Facilities	45	0	0.000	0	0.000	0	0	0.000
Special Reserve Fund	47	0		0				
KPERS Special Retirement Contribution	51	455,171		482,607		544,139		
Contingency Reserve	53	0		125,000				
Textbook & Student Material Revolving	55	23,277		10,036				
Activity Fund	56	26,935		23,341				
DEBT SERVICE								
Bond and Interest #1	62	1,380,326	23.450	1,378,831	23.273	1,403,235	961,942	23.450
Bond and Interest #2	63	0	0.000	0	0.000	0	0	0.000
No-Fund Warrant	66	0	0.000	0	0.000	0	0	0.000
Special Assessment	67	0	0.000	0	0.000	0	0	0.000
Temporary Note	68	0	0.000	0	0.000	0	0	0.000
COOPERATIVES[1]								
Special Education	78	0		0		0		
TOTAL USD EXPENDITURES	100	12,547,780	70.004	12,930,672	74.314	15,143,358	2,740,971	71.767
Less: Transfers	105	2,180,736		2,253,858		2,282,134		
NET USD EXPENDITURES	110	10,367,044		10,676,814		12,861,224		
TOTAL USD TAXES LEVIED	115	2,513,314		2,716,323		2,740,971		

1. Sponsoring District Only
**Tax Rates are expressed in Mills*

		2024-2025 Actual		2025-2026 Actual		2026-2027 Proposed Budget		
	Code 99 Line	Actual Expenditures (1)	Actual Tax Rate* (2)	Actual Expenditures (3)	Actual Tax Rate* (4)	Budgeted Expenditures (5)	Amount of 2026 Tax to be Levied (6)	Est. Tax Rate* (7)
OTHER								
Historical Museum	80	0	0.000	0	0.000	0	0	0.000
Public Library Board/District	82	0	0.000	0	0.000	0	0	0.000
Public Library Board Employee Benefits	83	0	0.000	0	0.000	0	0	0.000
Recreation Commission	84	0	0.000	0	0.000	0	0	0.000
Rec Comm Emp Benefits & Spec Liab	86	0	0.000	0	0.000	0	0	0.000

Notice of Hearing 2026-2027 Budget

TOTAL OTHER	120	0	0.000	0	0.000	0	0	0.000
TOTAL TAXES LEVIED	125	$2,513,314		$2,716,323		$2,740,971		
Assessed Valuation - General Fund	128	$29,002,022		$29,422,761		$30,871,559		
Assessed Valuation - All Other Funds	130	$38,661,562		$39,219,822		$41,021,823		
Assessed Valuation - Capital Outlay	129	$38,661,562		$39,219,822		$41,021,823		
Outstanding Indebtedness, July 1		2024		2025		2026		
General Obligation Bonds	135	17,240,000		16,380,000		14,545,000		
Capital Outlay Bonds	140	0		0		0		
Temporary Note	145	0		0		0		
No-Fund Warrant	150	0		0		0		
Lease Purchase Principal	153	0		0		0		
TOTAL USD DEBT	155	17,240,000		16,380,000		14,545,000		

**Tax Rates are expressed in Mills*

/s/ Brad DeMeritt
Board President

/s/ Connie Buskirk
Clerk of the Board

Exceeding Revenue Neutral for the 2026-2027 School Year

The governing body of Unified School District 101 will meet on the 8th day of September 2026 at 6:00 PM at 205 South Main, Erie, KS 66733 for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds and the amount of tax to be levied. Detailed budget information, including budget profile, is available at District Office and will be available at this hearing.

Revenue Neutral

	2025-2026				2026-2027	
	Actual Taxes Levied (1)	Actual Tax Rate (2)	Revenue Neutral Taxes (3)	Revenue Neutral Tax Rate (4)	Proposed Taxes to be Levied (5)	Proposed Tax Rate (6)
General	$588,455	20.000	$588,455	19.061	$617,431	20.000
ALL OTHER FUNDS						
Supplemental General (LOB)	$903,687	23.041	$903,664	22.029	$833,423	20.317
Adult Education	$0	0.000			$0	0.000
Capital Outlay	$311,394	8.000	$313,759	7.591	$328,175	8.000
Cost of Living	$0	0.000			$0	0.000
Special Liability Expense Fund	$0	0.000			$0	0.000
Extraordinary Growth Facilities	$0	0.000			$0	0.000
Bond and Interest #1	$912,787	23.273	$912,763	22.251	$961,942	23.450
Bond and Interest #2	$0	0.000			$0	0.000
No-Fund Warrant	$0	0.000			$0	0.000
Special Assessment	$0	0.000			$0	0.000
Temporary Note	$0	0.000			$0	0.000
Historical Museum	$0	0.000			$0	0.000
Public Library Board/District	$0	0.000			$0	0.000
Public Library Board Employee Benefits	$0	0.000			$0	0.000

Revenue Neutral Calculation

Total Taxes Levied Including General Fund	$2,716,323	74.314	$2,718,641	70.932	$2,740,971	71.767
Total Taxes Levied Excluding General Fund	$2,127,868	54.314	$2,130,186	51.871	$2,123,540	51.767

/s/ Brad DeMeritt
Board President

/s/ Connie Buskirk
Clerk of the Board