

Sheet Pan Meals Make Supper Simple

As the weather begins to cool, many may find themselves turning the oven back on more often. One easy cooking method that requires very little preparation and makes cleanup a breeze is the sheet pan meal.

Sheet pan meals are a convenient way to prepare an entire meal using just one pan. Start by preheating the oven and lining a baking sheet with foil or parchment paper. Plan for about 3 ounces of protein and one half to one cup of vegetables per person. Cut vegetables into similar-sized pieces so they cook evenly and leave space between foods to allow heat to circulate. Avoid overcrowding the pan. If needed, use a second baking



sheet. Arrange larger food items toward the center of the pan, and drizzle the ingredients with about 2 tablespoons of oil, such as olive, peanut, or avocado oil. A combination of seasonings, herbs, and spices can add flavor without much extra effort. To ensure foods are fully cooked, use a food thermome-

ter. Chicken and turkey should reach 165°F, while beef cooked to medium should reach 145°F. The following recipe was shared with Southwind District by the Johnson County Extension Master Food Volunteers: Sheet Pan Turkey Sausage and Sweet Potato (4 servings) This delicious dish provides a nutritious meal in less than 30 minutes. Leave the skin on sweet potatoes for added fiber and nutrients. Serve with your favorite mustard. Ingredients 4 turkey brats or linked sausages 2 sweet potatoes, diced into ½-inch cubes 1 red bell pepper, cut into

strips 1 onion, cut into wedges 3 tablespoons olive oil 1 teaspoon salt ½ teaspoon ground black pepper ½ teaspoon garlic powder 1 teaspoon paprika 3 sprigs rosemary Directions: Preheat oven to 425°F. Place sweet potatoes, onion, and red bell pepper on a sheet pan. Drizzle with olive oil and sprinkle with salt, pepper, garlic powder, and paprika. Add rosemary sprigs and toss to coat. Add sausages to the pan, poking a small hole in each link to allow steam to escape.

Roast for 20 to 25 minutes, stirring vegetables halfway through cooking. Cook until the turkey sausage reaches 165°F and the vegetables are tender. Refrigerate leftovers in an airtight container within two hours. Sheet pans can also be used for weekly meal preparation. Bake several chicken breasts with different seasonings or sauces to create a variety of quick meals throughout the week. Vegetables such as cauliflower and sweet potatoes can be sliced vertically and roasted as hearty "steaks" for a flavorful side dish or meatless meal. To learn more, join a free Sheet Pan Meals program this

fall at one of the following locations: Thursday, October 1, 6:00 p.m. – Bressner Hall, Yates Center Tuesday, October 13, 6:00 p.m. – Southwind Extension Office, Iola Wednesday, November 4, 10:00 a.m. – Fort Scott Public Library Thursday, November 5, 5:30 p.m. – Central Park Pavilion, Chanute For more information or to schedule a Sheet Pan Meal program in the Southwind District, contact Sandy Haggard, Nutrition, Food Safety, and Health Agent, at SJHaggard@ksu.edu or 620-365-2242

Remember when

FROM PREVIOUS PAGE

TEN YEARS AGO

INSURANCE AGENT CAUTIONS COUNCIL

~ Zo Bohrer of Professional Insurers of Erie, LLC, insurance agent for the City of Erie, was a surprise guest at the city council meeting Monday night.

She had two things on her mind and left the meeting after dropping a possible bombshell on the city. First, she discussed with the city a resolution dating back to 2000 in regards to bidding out the city’s insurance (non-health insurance) every other November. Resolution 2000-336 states that the City of Erie will accept bids for the City’s insurance every other year. In the resolution, the city could send bid specifications to insurance agents with offices located in Erie, unless the council decides to send bid specifications to insurance agents with offices located outside the city.

The final item on the resolution stated, “City Council reserves the rights to amend the resolution in any way, and at any time, it deems appropriate.”

Bohrer informed the council the advantage of maintaining the current insurance and at longer lengths than a “two-year deal.” She described the “dynamics” of it with the council.

“It’s the same players in the business,” Bohrer explained. “Making the bids requires an extreme amount of time. We don’t want to keep screwing with this.”

Bohrer then dropped the “bombshell” that there was no legal lawsuit filed as of yet,” but said she had received a letter from an attorney in regards to the incident on Friday night of Reunion Week when a horse and carriage was spooked by fireworks shot off early, sending at least four individuals to the hospital.

“A lawyer for an insurance company thinks we need more insurance,” City Attorney Seth Jones replied.

Bohrer left with a final message to the council, “This thing with the horse (and carriage) is going to get ugly.”

LETTER TO THE EDITOR: Explaining Position on County Budget

~ When I was present for the official Budget Hearing held by the Neosho County Commission on Sept. 9, I made many comments relative to the current sad state of affairs with the operation of the business of Neosho County. A couple of those comments were reported in the newspaper. Part of my request to the Commission was to raise the County-only mill levy substantially. This is to clarify a bit of what was expressed at the hearing.

For at least the past 10 years, the operation of the services provided by employees of Neosho County has been underfunded and the extent of underfunding proposed for next year is the worst yet.

The budget that was proposed, and adopted later in the meeting, was largely based on taking existing funds from reserve

accounts to allow reduction of the overall mill levy to be assessed the coming year. No provision was made for replacing those reserve funds so that they could be available for their true purpose, unexpected circumstances requiring immediate funding.

~ William Cook, Stark CITY ACCEPTS LAND DONATION FOR PARK

~ In a 60-minute meeting Monday evening, the Erie City Council covered a lot of ground, and gained some in the process.

Council member and Park Board committee member Cindy Friedrich discussed three issues with the council in regard to the park. The first was a land donation from Judy Mays for land adjacent to the park – the Runyon property. At the previous meeting, Friedrich discussed the offer, but with two council members absent, the council wanted to take up the matter with a full board.

According to Friedrich, Mays agreed to pay all of the real estate taxes due for the year, but requested a sign be erected including the land was donated by the Runyons. Friedrich suggested signs similar to those at the Dinosaur Park. Friedrich also said the land could possibly be used as an RV park.

The council unanimously agreed to accept the donation of the Runyon property.

15 YEARS AGO

ERIE GROUP TO APPEAR IN KANSAS 150TH CELEBRATION

~ Several Erie residents will help the state celebrate its 150th birthday in style. A local contingent of residents from Erie, including the Erie High School band, will participate in the Kansas 150 Parade in Wichita.

In addition to the high school band, a group of students from the middle school will also be on hand. The students are planning to carry the banner that flies over Main Street during the Old Soldiers & Sailors Reunion.

There will also be a golf cart designed as a bean pot in the parade and bookmarks with highlights of Erie will be distributed.

35 YEARS AGO

RECEIVES LETTER FROM PRESIDENT BUSH

~ Bethany Lero, daughter of Rusty and Cindy Lero, rural Erie, recently received a letter from President George Bush in response to a letter she had sent him in August.

Bethany, 9, a fourth-grade student at Erie Elementary School, wrote to President Bush with an idea on how to get more people involved in recycling. In his reply, President Bush thanked her for her ideas and hoped she would use her enthusiasm in the future.

60 YEARS AGO

COUNTY OFFICIALS ASK DRIVERS TO OBSERVE SAFE DRIVING RULES

~ Neosho County officials are asking drivers to observe safe driving practices

and the cooperation of the citizens in the maintenance of traffic signs on county roads.

“The Sherriff and County Commissioners are concerned about the rash of accidents on county roads. Last year, Neosho County received the safety award for counties in our class, but this year our record is not good,” stated a release from the County Commissioners.

“The element of driver error is present in all accidents, however, contributing factors are concern to officials. Two recent accidents were at intersections which had stop signs that were not in place.

“The public is reminded that a reward is posted for information leading to the arrest of persons damaging traffic signs.

“It appears, however, that since there are 985 miles of county road, the County Highway Department cannot do a perfect job, the sheriff cannot adequately patrol this distance, so the solution must be with the drivers.

“Seventy miles per hour speed limits are for state highways, 40 miles per hour is too much on some county roads.”

85 YEARS AGO

NEW COURSES BY EHS: Classes Planned for Truck-Auto Repair and Elementary Electricity

~ Superintendent O. O. Caldwell of the Erie Schools announces that in co-operation with the State Board for Vocational Education, Erie High School will work out plans for offering classes of instruction in the care and repair of tractors, trucks and automobiles and in elementary electricity provided the number of young men in Erie and vicinity will warrant such a program.

Out-of-school men between the age of 17 and 25 are eligible for such instruction and should see Mr. Caldwell immediately. Similar instruction is being provided in the larger schools and Erie is fortunate in being able to offer a course of this kind.

110 YEARS AGO

ALL READY FOR THE BIG FAIR: Erie Will Be Well Represented at CHANUTE OCT. 3-6

~ Are you going to the Neosho County Fair at Chanute, Oct. 3-6, inclusive? To be sure, we are going.

Wednesday will be featured by pacing, trotting, and running races. The Four-County pace or trot will be staged this day, also a mule race. Thursday this program will be repeated with the addition of green pace or trot and Farmers’ races.

Friday will be motor day, ladies riding contest, boys, pony races, motorcycle and automobile races. There will be a \$10,000 in premiums, \$2000 in amusements. And there will be a fine display of domestic science and art, manual training exhibits, and all kinds of free amusements.

Each day there will be a big balloon ascension with a parachute leap at 4 p.m. prompt. Are you going?

Carlson

FROM PREVIOUS PAGE

In 1839 it finally reached Vandalia, Illinois, then the capital of Illinois and the western end of the road due to lack of funds. However, it was eventually completed when it reached St. Louis, as originally planned. As we all know, St. Louis was and I guess still is considered the “Gateway To The West”.

By the 1850s a new form of transportation, the railroads, overshadowed the National Road. In 1853 the first locomotive reached the Ohio River.

In 2002, The National Road was designated as an All American Road by the Federal Highway Administration and is now known as the “Historic National Road”. It follows Highway 40.

Snyder

FROM PREVIOUS PAGE

The next Sunday my grandfather came to church and brought the pastor’s hat with him. After the service, he went up to the pastor with the hat and said, “Pastor, you left your hat at my place this past week. I thought I’d bring it to you today.”

The pastor was happy because he couldn’t remember where he left his hat. He took it from my grandfather, put it on his head, and it slid down to his chin. Very slowly, the pastor took his hat off, looked at my grandfather, and tried to smile.

That’s just the beginning of the pranks I remember my grandfather playing.

That event brought a Bible verse to mind.

“But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you” (John 14:26).

I often get frustrated when I forget something. As a Christian, I can rely on the Holy Spirit to bring to my mind what I need to know and when I need to know it.

Volleyball

FROM PAGE TWO

“We were able to snap back and played pretty decent the first game against Crest,” Daniels shared. “Then we fell apart again and that is the consistency thing I’ve been talking about.”

Your Lady Devils fought hard against Crest but ended up falling in three sets. The Lady Devils won the first set then lost the final two of the evening. The next night out for your Lady Devils will be a home triangular on Monday, Sept. 28, against the Humboldt Lady Cubs and the Yates Center Wildecats. If you can, be sure to come out and show your support for the Lady Devils.

Erie Senior Center

The Friendship Table

Lunch Menus for Seniors

‘The Friendship Table’

The Southeast Kansas Area Agency and the SEKAAA hot meal program are providing meals every Monday through Thursday at the Erie Senior Center. Meals will be available, starting at 11:45 a.m., for individuals 60 and older. Reservations are requested and should be made to (620) 244-4123.

Upcoming menus for the “Friendship Table” include:

Monday, Sept. 21: Chicken pot pie, green beans, peaches, whole wheat dinner roll, and milk.

Tuesday, Sept. 22: Homemade meatloaf, roasted rosemary potatoes, glazed carrots, breadstick, applesauce, and milk.

Wednesday, Sept. 23: Roast beef with gravy, mashed potatoes with gravy, chuckwagon vegetable blend, whole wheat sliced bread, peaches, and milk.

Thursday, Sept. 24: Biscuits and gravy, sausage patties, hard boiled egg, baby carrot sticks, fruit cup, and milk.

Monday, Sept. 28: Baked fish, roasted sweet potatoes, buttered peas, fruit cocktail, whole wheat dinner roll, and milk.

Tuesday, Sept. 29: Chili, seasoned corn, side salad, cornbread, cinnamon rolls, and milk.

Wednesday, Sept. 30: Beef stew, green beans, whole wheat dinner roll, pears, and milk.

Aging

FROM FRONT PAGE

Doors will open at 8:30 a.m. The first 100 attendees will receive a welcome bag.

Whether individuals are planning for their own future, caring for an aging parent or spouse, supporting a neighbor, or simply interested in learning more about aging well, the Aging = Living Conference offers an opportunity to gather information and build connections.

SEKAAA encourages older adults, caregivers, families, and interested community members to attend.

For more information or to register, contact SEKAAA at 620-431-2980 or visit SEKAAA’s website at www.sekaaa.com for information about conference registration and available resources.

Budget

FROM FRONT PAGE

Per the resolution shared at the special meeting, the city is submitting a proposal in the amount of \$456,885 (the figures discussed during the meeting did not match precisely on the printed resolution distributed) for the project. The city’s required local match at 25 percent for construction costs and 100% of Design and Construction Engineering in the amount of \$259,795.

Buntin made the motion to have the mayor, Lester “Butch” Klingenberg” authorizing his signature on the resolution, which was seconded by

Event Information At a Glance

Event: Aging = Living Conference
Date: Wednesday, October 14, 2026
Time: 9 a.m.–4 p.m. (Doors open at 8:30 a.m.)
Location: SEK Impact Center, 1500 W. 7th St., Chanute, Kansas
Who Should Attend: Older adults, caregivers, families, and community members
Special Feature: Welcome bags for the first 100 attendees
The Southeast Kansas Area Agency on Aging is committed to supporting older adults in living the lifestyle of their choice through individualized, person-centered services and connections to resources that promote independence and well-being in the community.

Thompson and passed unanimously.

Unrelated to Monday’s meeting, but still pertaining to City of Erie business, the city has published a Public Hearing Notice for Monday, Oct. 26, in regards to the recently update floodplain management (map). The full notice appears on Page 8 of this edition.

For individuals seeking additional information or seeing the flood maps in advance of the Oct. 26 meeting, they should call the City of Erie Floodplain Manager at (620) 244-3461.

GENERAL STORE

Take pride in YOUR heritage!

Shop in your local community!