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ObamaCare Insurance Plans And Prices In The Kansas Marketplace

Plan Costs Vary Up To 20% Across State

By The Kansas Health Institute

TOPEKA, Kan. — Despite technical glitches and limited online functionality, the highly debated insurance marketplaces, a centerpiece of the Affordable Care Act (ACA), opened in Kansas and around the country today.

The Kansas Health Institute (KHI) has produced an issue brief and regional map which summarize the plans and the prices offered in the marketplace for individuals and families in the seven rating areas of Kansas.

There are 72 plans available in the Kansas marketplace provided by four private insurance companies. 65 of the plans are available for individuals and families, and seven for small businesses. At least two health insurance companies offer coverage in each county, and the average number of plans available per county is 37.

According to the KHI brief, a “benchmark plan” (a middle-of-the-road plan in terms of covered benefits and cost), will be available to a typical family of four at a monthly premium ranging from \$651 to \$771. The same plan would cost a 28 year-old individual \$186 to \$221 per month, and a 63 year-old couple would pay \$1,013 to \$1,200 per month. These figures do not account for any financial assistance that low- and middle-income individuals and families may qualify for.

For that same benchmark plan, a family of four with annual income of \$25,000 living in Jackson County, (the median-priced county in the median-priced rating area), would pay \$42 per month after the premium tax credit, a 28 year-old individual making \$12,000 a year would pay \$20 per month, and a 63 year-old couple with income of \$17,000 would pay \$28 per month.

KHI’s map of Monthly Premiums for Benchmark Plan by Rating Area further depicts the price variance across the state.

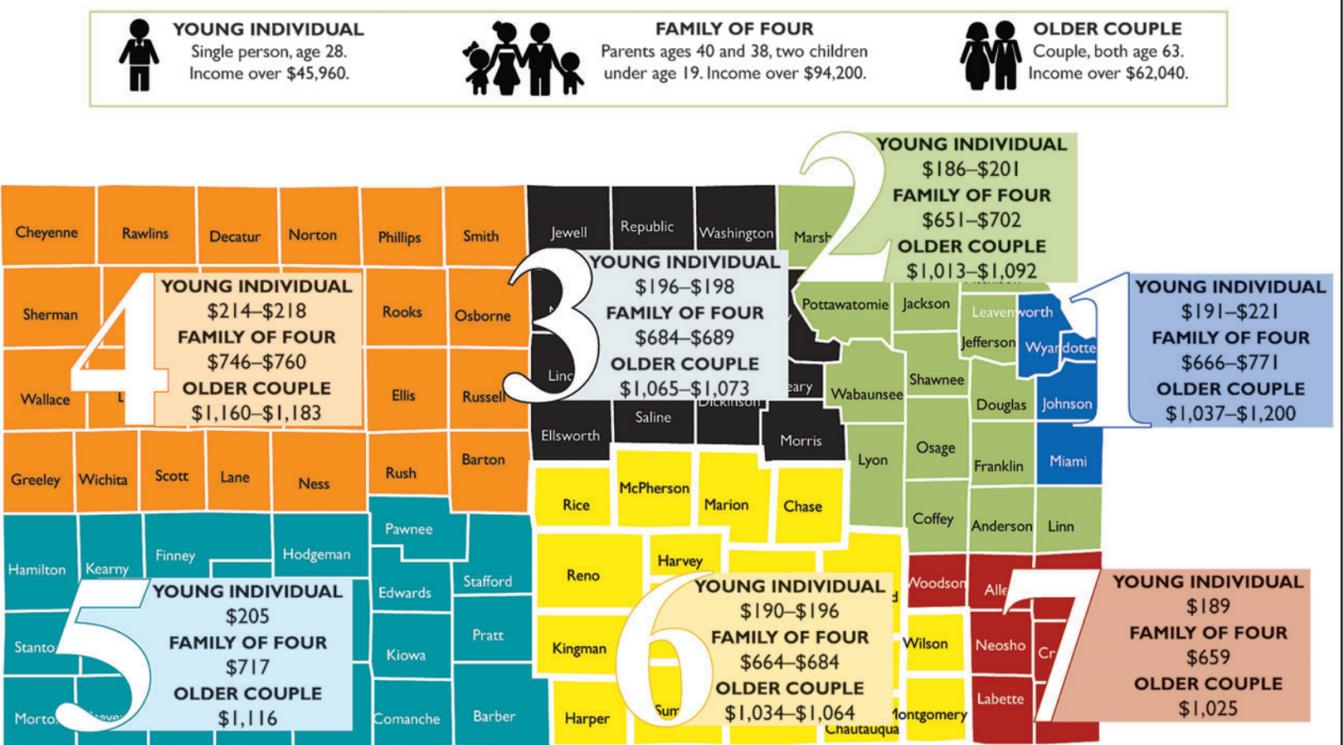
Both more and less expensive plans are also available in the marketplace, and prices vary by region as shown in the brief.

The brief also shows how Kansas and other states that opted not to expand Medicaid, as allowed by the ACA, have created a coverage gap for the poorest people in the state. A 28 year-old individual with annual income below the federal poverty level of \$11,490 would not be eligible to receive a premium tax credit and also would not be eligible for Medicaid. If they wanted insurance, they would have to pay the full premium price on their own. The same situation would apply to a 63 year-old couple with annual income below \$15,510, who would not qualify for a premium tax credit, nor for Medicaid.

“The opening of the Kansas marketplace is an important milestone for the health reform law,” said Robert F. St. Peter, M.D., an author of the brief and KHI president and CEO. “There has been a lot of discussion about whether the variety and prices of the plans offered in the marketplace will be enough to attract the large number of Kansans necessary to make it work efficiently. This first year of operation will be critical in determining that.”

The launch of the marketplaces around the country is expected to be bumpy as kinks and glitches in the system are worked out, and online func-

Kansas Monthly Premiums For Benchmark Plan By Rating Area



On October 1, 2013, the Kansas marketplace opened and began offering a variety of health insurance plans. These plans could provide coverage to Kansans as early as Jan. 1, 2014. The range of monthly premiums for the plans reported here are the actual premiums for the “benchmark plan” in each county, a middle-of-the-road plan in terms of covered benefits and cost among the plans available in the marketplace. Technically, the benchmark plan is the second-lowest-cost silver plan in each county. The premium for these insurance plans is based upon only four factors: age and number of people being covered, where they live and whether they smoke. Higher rates cannot be charged for people with pre-existing conditions.



tionality is improved. “People have time to see how the marketplace works,” said LeAnn Bell, an author of the KHI research brief, “as long as a

plan is selected and payments are made before December 15, coverage can still begin as early as Jan. 1, 2014.”

The Kansas Health Institute is an independent, nonprofit health policy and research organization based in Topeka, Kansas. Established in 1995 with a multi-year grant from

the Kansas Health Foundation, the Kansas Health Institute conducts research and policy analysis on issues that affect the health of Kansans.

The Story Behind The Government Shutdown

By Amy Payne Heritage Foundation

Much like the day after sequestration budget cuts kicked in, most people will wake up today to find that the country and their lives aren’t much different. All the fearful fretting over shutting down the government—which is reaching Y2K proportions in the media—is really a distraction.

Government funding isn’t the issue. It’s Obamacare.

The House has passed multiple bills that would fully fund government but would defend or delay Obamacare. The Senate has rejected these plans.

Congress and the Administration have already delayed major provisions of Obamacare and given special considerations to labor unions and Congress.

The President and Senate Majority Leader Harry Reid (D-NV) continue to go against the will of the public to protect an unworkable law that has raised individuals’ health care premiums, cut workers’ hours, made it more difficult to find a job, and has forced many Americans off their existing health coverage.

The real story isn’t the government shutdown, but rather the insistence by President Obama and Reid to foist Obamacare on the American people.

While this debate plays out on Capitol Hill, essential government services will continue. Airports are still functioning, Social Security checks are still going out, and the military is still protecting us.

To President Obama and his allies, the government takeover of health care is an “essential” function that should move forward, despite deep disagreements about its effect on the nation. This debate isn’t over, nor should it be until the American people are protected from having their health care in the hands of government.

A government shutdown isn’t the end of the world, but an Obamacare shutdown would be a great beginning for real health care reform.

Monthly Premiums				
Consumers purchasing health insurance in the marketplace have a variety of options. In addition to the benchmark plan, consumers can select a plan from another coverage tier if they determine it better meets their health care needs.				
Tables 1 through 3 provide monthly premiums — before tax credits — for a benchmark plan, the lowest cost bronze plan and the highest cost platinum plan in each of the state’s seven rating areas.				
Table 1. Young Individual — Single Person, Age 28				
Rating Area	Benchmark Plan	Lowest Cost Bronze Plan	Highest Cost Platinum Plan	Lowest Cost Catastrophic Plan ^A
1	\$191–\$221	\$132	\$294	\$88
2	\$186–\$201	\$131	\$310	\$87
3	\$196–\$198	\$139	\$302	\$93
4	\$214–\$218	\$150	\$336	\$100
5	\$205	\$166	\$314	\$111
6	\$190–\$196	\$126	\$302	\$84
7	\$189	\$164	\$289	\$111
Table 2. Family of Four — Parents Ages 40 and 38, Two Children Under Age 19 ^B				
Rating Area	Benchmark Plan	Lowest Cost Bronze Plan	Highest Cost Platinum Plan	
1	\$666–\$771	\$460	\$1,027	
2	\$651–\$702	\$457	\$1,082	
3	\$684–\$689	\$485	\$1,055	
4	\$746–\$760	\$523	\$1,172	
5	\$717	\$579	\$1,097	
6	\$664–\$684	\$439	\$1,054	
7	\$659	\$574	\$1,008	
Table 3. Older Couple — Married, Both Age 63				
Rating Area	Benchmark Plan	Lowest Cost Bronze Plan	Highest Cost Platinum Plan	
1	\$1,037–\$1,200	\$717	\$1,598	
2	\$1,013–\$1,092	\$710	\$1,684	
3	\$1,065–\$1,073	\$755	\$1,641	
4	\$1,160–\$1,183	\$814	\$1,824	
5	\$1,116	\$901	\$1,707	
6	\$1,034–\$1,064	\$683	\$1,640	
7	\$1,025	\$893	\$1,569	

Premium Tax Credits		
The premium tax credit is based on the premium for the benchmark plan in each county. The available premium tax credit can then be applied to any plan on the marketplace, except for catastrophic plans.		
The premium tax credits in Tables 4 through 6 are based on the cost of the benchmark plan in Jackson County, which is in Rating Area 2, and may vary slightly in other regions.		
Table 4. Young Individual — Single Person, Age 28		
Annual Income	Percent of Federal Poverty Level	Monthly Premium Tax Credit
less than \$11,490	less than 100%	\$0
\$12,000	104%	\$181
\$25,000	218%	\$57
\$40,000	348%	\$0
more than \$45,960	more than 400%	\$0
Table 5. Family — Parents Ages 40 and 38, Two Children Under Age 19 ^A		
Annual Income	Percent of Federal Poverty Level	Monthly Premium Tax Credit
less than \$23,550	less than 100%	\$0
\$25,000	106%	\$425
\$50,000	212%	\$187
\$75,000	318%	\$108
more than \$94,200	more than 400%	\$0
Table 6. Older Couple — Married, Both Age 63		
Annual Income	Percent of Federal Poverty Level	Monthly Premium Tax Credit
less than \$15,510	less than 100%	\$0
\$17,000	110%	\$1,064
\$30,000	193%	\$942
\$50,000	322%	\$697
more than \$62,040	more than 400%	\$0

Notes: The plans and the prices offered are not always the same in all counties within a rating area.
 A: Catastrophic plans are only available to individuals under age 30 and those with a hardship waiver.
 B: Table assumes that both children are included in the family premium and not enrolled in Medicaid or CHIP. Premiums will be lower if children are covered by Medicaid or CHIP.
 Source: KHI analysis of data provided by the Kansas Insurance Department.

Notes: A: Amount of tax credit assumes that eligible children will enroll in Medicaid or CHIP. In Kansas, children are eligible if family income is less than 225% FPL.
 Source: KHI analysis of data provided by the Kansas Insurance Department.

Courthouse News

Manhattan Free Press

Thursday, October 3, 2013

2A



Riley County Commission Minutes

The Board of County Commissioners Of Riley County, Kansas

The Regular meeting of the Board of County Commissioners met at the Riley County Plaza East Building September 23, 2013 with the following members present: Dave Lewis, Chair; Ron Wells, Member; and Rich Vargo, County Clerk. Robert Boyd, Vice Chair, was absent.

8:30 Pledge of Allegiance
Public Comment, Commission Comments, & Business Meeting

Clancy Holeman, Counselor/Director of Administrative Services; Leon Hobson, Public Works Director/County Engineer; Laura Monsanto, KMAN; Cindy Volanti, Human Resource Manager/Deputy Clerk; Joan Strickler, League of Women Voters; Megan Nider, Lindsey Erickson, Alex Hutchins, Jeremy Holliday, Bailey Liberty – KSU; and Lisa Haflinger, Victim/Witness Coordinator, attended.

Wells said he attended the Riley County Farm Bureau meeting.

Wells moved to approve a Plaza Reservation Request for the Riley County Domestic Violence Task Force for Domestic Violence Awareness Month from 11:30 a.m. to 2:00 p.m. October 4, 2013. Lewis seconded. Carried 2-0.

Wells moved to approve the minutes of September 19, 2013 as amended. Lewis seconded. Carried 2-0.

9:00 Craig Cox, Assistant County Counselor

Megan Nider, Lindsey Erickson, Alex Hutchins, Jeremy Holliday, Bailey Liberty – KSU; Clancy Holeman, Counselor/Director of Administrative Services; Leon Hobson, Public Works Director/County Engineer; Laura Monsanto, KMAN; Joan Strickler, League of Women Voters; Maura Wery, Manhattan Mercury; Lori Muir, Real Estate Specialist; and Dave Ball, Tech Assistant/Training Coordinator, attended.

Cox discussed the vacated portion of Brighton Road right-

of-way.

Cox said Michael and Cheryl Erickson live at 3001 Shaffer Street, Manhattan, Kansas. Their property fronts Shaffer Street with its eastern boundary abutting the vacated right-of-way of Brighton Road.

Cox said in 1965, the City of Manhattan vacated Brighton Road right-of-way from Claffin south to Anderson Avenue (US Highway 24).

Cox said the Ericksons have owned 3001 Shaffer Street since December 2008. They and the prior owners have maintained the east thirty foot of Brighton Road right-of-way even though they did not legally own it. The Ericksons approached the City of Manhattan to attempt resolution of the Brighton Road right-of-way ownership issue. The City of Manhattan informed them there was nothing it could do. The Ericksons contacted my office about resolving the ownership issue. After researching the above information, Cox was able to determine that neither the City of Manhattan nor the State of Kansas (KDOT) has any ownership interest in the east thirty foot of Brighton Road right-of-way.

Cox said since 1976, the Ericksons and all prior owners of 3001 Shaffer Street have been paying taxes on the east thirty foot of Brighton Road right-of-way, property they did not legally own. The ownership issue of the east thirty foot of Brighton Road right-of-way can be resolved by a quiet title case, which would convey ownership of the right-of-way property to the Ericksons. Due to the erroneous collection of taxes for thirty-seven years, it seems equitable the County would allow legal staff to pursue a quiet title case.

Cox said Counsel recommends that he be authorized to file the quiet title action for the resolution of the ownership issue with the east thirty foot of Brighton Road right-of-way. Not only would this resolve the ownership issue for the Ericksons, but it would correct County records for tax collection purposes.

The Board of County Commissioners agreed by consensus to pursue the quiet title action.

9:10 Craig Cox, Assistant County Counselor

Megan Nider, Lindsey Erickson, Alex Hutchins, Jeremy Holliday, Bailey Liberty – KSU; Clancy Holeman, Counselor/Director of Administrative Services; Leon Hobson, Public Works

Director/County Engineer; Laura Monsanto, KMAN; Joan Strickler, League of Women Voters; Maura Wery, Manhattan Mercury; Lori Muir, Real Estate Specialist; and Dave Ball, Tech Assistant/Training Coordinator, attended.

Cox said since Riley County owns all but eight feet of Lot 187 as a street right-of-way, a private owner of the property can put it to no practical use. County ownership of Lot 187 will not only protect its right-of-way interest, but will prevent a private owner from purchasing property that has no practical use.

Cox said Counsel recommends the Board authorize him to bid the judgment lien (\$216.06) for Lot 187.

Wells moved to authorize Counsel to bid the judgment lien for Item 29 (Lot 178). Lewis seconded. Carried 2-0.

9:30 Press Conference

Maura Wery, Manhattan Mercury; Laura Monsanto, KMAN; Joan Strickler, League of Women Voters; Megan Nider, Lindsey Erickson, Alex Hutchins, Jeremy Holliday, Bailey Liberty – KSU; Steve Higgins, Zoning Enforcement Officer; Jennifer Wilson, County Extension Director; Lori Muir, Real Estate Specialist; Angel Dillon, Legal Assistant; Christy Calmes, Records Assistant; Ginny Barnard, County Extension Agent; and Katy Oestman, Health Educator, attended.

Higgins invited everyone to attend the public meeting on the proposed flood insurance rate maps September 25, 2013 from 4:00 – 7:00 p.m. in the Manhattan City Commission Room.

Wilson said Riley County Extension will be hosting an Affordable Care Act Seminar Thursday, September 26th from 6:00 – 8:00 p.m. at the Manhattan headquarters fire station at 2000 Denison Avenue.

Wilson said Riley County Extension will be hosting a Medicare Basics Seminar on October 1st from 6:00 – 8:00 p.m. at Pottorf Hall.

Wilson said a Community Board Leadership Series sponsored by K-State Research and Extension will be held from 6:00 – 8:00 p.m. and will be conducted through a “high tech/high touch” approach at K-State Research and Extension offices across the state for interactive participation!

October 8th: Roles and Responsibilities of Board Members/Effective Meetings

October 9th: Understanding Fellow Board Members/Conflict Resolution

October 15th: Fundraising and Fiscal Responsibilities/Legal and Ethical Issues

October 16th: Strategic Planning

Wilson said Extension is working with Clay Center and Junction City to host the meetings there.

Oestman said Riley County is one of thirty communities and one of 210 worksites in Kansas in the WorkWell initiative, led by the Wichita Business Coalition on Health Care and funded by the Kansas Health Foundation.

Oestman said a sub-committee was formed via the REACH Committee to take the lead on worksite wellness and applied for the WorkWell grant (\$1,000), members include Ginny Barnard, Katy Oestman, Lori Muir, Angel Dillon, Christy Calmes, David Ball, and Allen Todd. Christy and Angel also attended a two day workshop last May with other worksite champions from our

community (six worksites).

Our Goal – A workplace that supports healthier choices. Riley County already has a fantastic health plan, this committee recognizes that and is seeking to augment and complement the existing health plan.

The Plan – An employee survey will be given at Employee Training Day (October 14th) and based on interest levels the committee will explore:

adding lighter alternatives to the vending machines,

offering healthy habits classes in January,

becoming a Community Supported Agriculture (CSA) drop off site,

offer incentives for participating in the Health Quest program, and

incorporate a “Wellness Minute” in the Riley County Employees newsletter.

10:10 Clancy Holeman, Counselor/Director of Administrative Services
Administrative Work Session

Maura Wery, Manhattan Mercury; Laura Monsanto, KMAN; Joan Strickler, League of Women Voters; and Johnette Shepek, Budget and Finance Officer, attended.

Holeman discussed scheduling time to meet with Judge Wilson regarding funding for temporary bailiffs.

10:30 Leon Hobson, Public Works Director/County Engineer

Maura Wery, Manhattan Mercury; Laura Monsanto, KMAN; Cindy Volanti, Human Resource Manager/Deputy Manager; and Johnette Shepek, Budget and Finance Officer, attended.

Hobson discussed Public Works projects.

10:48 Brenda Nickel, Health Department Director and Lisa Ross, WIC Coordinator

Clancy Holeman, Counselor/Director of Administrative Services; Laura Monsanto, KMAN; and Maura Wery, Manhattan Mercury, attended.

Nickel presented the 2014 WIC Local Agency Contract.

Nickel said the contract will begin October 1, 2013 and covers the time period from October 1, 2013 through September 30, 2014.

Nickel said the FFY2014 approved allocation for WIC services is \$652,632. The FFY2014 Fort Riley Breastfeeding Peer Counselor approved allocation is \$7,070. The total approved allocation for our local agency is \$659,702.

Nickel said WIC infuses on average, \$70,817 in federal funds into Manhattan’s retail food economy each month. The benefits of this economic boost extend beyond WIC families to the local economy. In Manhattan there are seven grocery stores authorized to accept WIC checks.

Nickel said she recommends the Local WIC Agency Contract for FFY2014 be signed to continue WIC services to the Riley County, Fort Riley, and Pottawatomie County residents.

Wells moved to authorize the Chair of the Board of County Commissioners to sign the WIC Local Agency Contract. Lewis seconded. Carried 2-0.

11:37 Wells moved to adjourn after the Intergovernmental Luncheon.

39⁹⁵ The Works

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Manhattan Free Press

Reporting

The

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as we see it.

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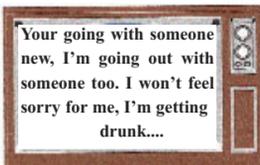
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Wednesdays: 4 p.m. to 7 p.m. Cico Park, Kimball Ave.

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Website: manhattanfarmersmarket.org

Email: marketmanager@manhattanfarmersmarket.org



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Manhattan Free Press

Vol. 22 Number 18 - Thursday, October 3, 2013

Kansas State Wildcat Sports

Tyler Lockett...A Path Of His Own

By Kelly McHugh
KSU Sports Information

When Tyler Lockett decided to play football at K-State, his dad said he wanted just one thing for his son - he wanted him to create his own footsteps as a Wildcat.

Now, fast-forward three years to today - Lockett's 21st birthday - and that's exactly what he has done.

The junior wide receiver has marked his footsteps in the K-State football record books, as did both his dad, Kevin Lockett (1993-96), and his uncle, Aaron Lockett (1998-01), during their Wildcat careers, and he has continued to climb the charts during his junior campaign.

"We always knew it would be difficult for Tyler because people would say, 'You're following in your dad and your uncle's footsteps,'" Kevin explained. "We always talked to him about kind of making his own path, creating his own path, and I think Tyler's done a very good job of that."

But to his dad, creating his own path didn't mean just catching passes on the field. To Kevin, it meant building character off the field as well.

"Tyler's always been wise beyond his years, even when he got here and he was 17 years old, it was almost like he was 25 in the way he thought," Kevin explained in the Vanier Football Complex as he got ready to watch his son play in front of 50,000-plus fans. "So many people are proud of Tyler for what he does on the field - and I am one of those - but I am proud of him for who he is as a young man, what he stands for, what he believes, what's important to him in life and that goes well beyond football. To see him mature in that facet of his life as well as do well on the field, as a dad you're just proud at every angle."

So how did he do it? How did the freshman with the name 'LOCKETT' written in bold white letters across his jersey overcome the expectations that K-State fans nation-wide placed on him because of the memories and respect they shared for both his dad and his uncle?

While he admitted it wasn't easy his freshman year, through his steady personal values and a solid trust in God, Lockett said he was able to make it through - just by being himself.

"When I first came here it wasn't just the thinking about what my dad or my uncle did, but whenever I'd go out there and get ready to play in the games, I'd always think about what the fans would be thinking because they'd be saying so many things about me," Lockett said. "I was like, 'Ah they're hyping me up too much, I don't think I'm all that.'"

"I think the biggest thing was to focus, to remember what I was doing it for and just know that I'm not my dad, I'm not my uncle. So I cast all my cares upon God and just tried to focus,

tried not to worry about all of that and just be me. Being able to do that, I think that has really been able to help me out."

Finding that focus worked for Lockett and was displayed on the football field during the 2011 season he was named Big 12 Freshman of the Year and a First Team Walter Camp All-American as a kickoff returner.

In 2012, he was named the Big 12 Special Teams Player of the Year after returning 13 kickoffs for 688 yards and two touchdowns, while also catching 44 receptions for 687 yards and four touchdowns - the fourth best all-time for a K-State sophomore.

Continuing his success into this 2013 season, Lockett has already climbed charts after recording back-to-back 100-plus yard games, including a record-breaking 237 receiving yards against Texas last weekend. His 237 receiving yards were the most in a single game in Wildcat history, jumping ahead of Jordy Nelson (2005-07) who recorded 214 yards against Iowa State in 2007.

Even Texas head coach Mack Brown had only good to say about Lockett.

"Let me say, first of all, I don't know if it really matters who covers this guy," Brown said. "This guy is for real. I'm telling you, and I've seen good receivers."

After last weekend, Lockett now sits at five 100-plus receiving games in his career and is tied for fifth all-time with Greg Washington (1988). He is one of only six players nationally named to the Bilentnikoff Watch List and is fifth in the nation in total receiving yards with 469.

A COACH'S DREAM

While many may look up to him for his accolades on the football field, off the field players and coaches around the K-State football program look up to Lockett for that and so much more.

"Certainly he's a talented young guy who runs extremely well, but what I appreciate is the way he works at it and how much he genuinely cares," head coach Bill Snyder said one Tuesday afternoon in Vanier Football Complex. "You could look out the window and, I'm not sure that he's not out there right now catching on a machine."

"Last night, it's 10 o' clock here, our players are finished with practice and he's still out there catching off that machine. He just diligently works at it because he cares and he wants to be as good as he can be. If you've got a whole bunch of guys like that, things are a lot easier."

It didn't take new wide receivers coach Andre Coleman long to realize that Lockett was one of a kind, and as a matter of fact, the former K-State (1990-93) and NFL wide receiver said he couldn't be happier with Lockett so far this season.



Tyler Lockett (16) scores his first touchdown of the year in the first game. (Photo by Ben Brake)

"Tyler Lockett is a coach's dream, really," Coleman said. "The kid is going to give you 100 percent every time he is out there. He is going to fight. He is coachable, you tell him something and you see him go out, you see him apply it. The things that I try to teach these guys are the things you teach at the highest level, and he picks them up and he gets better at it, and he gets better at it."

"I think he's going to have a huge season, and it's not for any other reason but that he works hard. He's disciplined and he's probably the most humble kid that I've ever been around."

The two don't even play the same position, and junior linebacker Jonathan Truman relayed the same message as both Snyder and Coleman when asked about Lockett.

"Every time he gets the ball into his hands there's potential for a great play," Truman said. "On the practice field, he's the kind of guy that stays 30 minutes, 45 minutes on the jugs machine practicing catching, and he doesn't even have a problem with catching. It's just that attitude of getting better and better and realizing that he has things to work on too. I feel like he leads by example and people see his attitude to always get better and keep going. I think a lot of people see that and want to imitate that."

When chosen as one of the Wildcats' five captains for the 2013 season, leading by example was exactly what Lockett wanted to do. This season is his first as a team captain, and, from the beginning, it is a position he does not take lightly.

"I didn't know if the players were going to vote for me or not because there's a lot of people who could have been captain," Lockett explained. "To even be brought up into this, to assume this responsibility, I just look at it as a great opportunity and a great experience."

"I'm not somebody that talks a lot and tries to tell people what to do. I try

to show people the way to go by my actions, so when I do talk every now and then people will be able to listen because my actions will line up with what I'm saying."

It is evident that coaches and teammates notice the impact Lockett has had on his team this season, but fellow captain, offensive lineman B.J. Finney, said Lockett has been a leader since day one, whether he realizes it or not.

"I'm really proud of Tyler. The first two years he didn't really recognize the power, the leadership, the influence and the amount of followers he had," Finney explained. "This year he's really recognized that and he's stepped up into a leadership role. He's a strong man of faith and he uses his faith to help him lead. He's a great leader and a great player."

OKLAHOMA STATE AHEAD

Next weekend, K-State (2-2, 0-1 Big 12) will take on Oklahoma State (3-0, 0-0 Big 12) at Boone Pickens Stadium in Stillwater. Lockett, who attended Booker T. Washington High School in Tulsa, Okla., won't be far from home and will be up against long-time friend and former high school teammate, Calvin Barnett.

Barnett is a senior defensive tackle for the Cowboys and was a 2012 First-Team All-Big 12 pick last year after leading the Cowboys' defense and helping his team finish the season with a record of 8-5.

This season, Barnett has proven as one of the leading defensive tackles, not only in the Big 12, but also in the nation.

Since Lockett began playing for K-State, Barnett said he's been following his friend's career and said he isn't surprised with the success Lockett's seen between the white lines.

"Tyler has always been like a little brother to me," Barnett said. "In high school, he was a year younger than me, but his class and my class, they were like our little brothers and they looked up to us. Even though he was

one of the younger ones, he just always did everything right."

Though next Saturday the two will face off as foes on the field, the friendship between them will still be there - after the game, that is.

"It's a bittersweet visit," Barnett laughed. "I told him before, when we cross paths, I've got to do what I've got to do and it's the same way with him. I just keep telling him to keep working hard. I know he won't slow down, and I just hope my team does what they can do to stop him, but I hope all the best to Tyler at the end of the day."

FAMILY FIRST

In the end, while Lockett has a lot of people out there cheering for his success, the value of family preached so vividly throughout the K-State football program is perhaps one value Lockett cherishes among the most.

On game days, you can find Lockett's nine-year-old little brother, Sterling, sporting an oversized No. 16 jersey. While Sterling might just be Lockett's biggest fan, Lockett might just be Sterling's biggest fan, too.

"We have a little bet going on," Lockett laughed, his face brightened up and his smile got bigger with the opportunity to talk about his brother. "He says, 'Let's see who can score the most touchdowns on Saturdays,' because he plays on Saturdays too - he ended up beating me last week."

While Lockett has, no doubt, made a name for himself during his first three years in purple, there's no way around his strong family heritage at K-State, and it's something he will always be proud of.

And who knows, maybe, later down the road, there will be another Lockett on the horizon for K-State football.

"He plays wide receiver," Lockett continued about his little brother. "My dad coaches him and he wants to be able to come here too. So to be able to have a brother like that that's just great."



Kansas State's Tyler Lockett pulls on in. (Photo by Ben Brake)

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Over Easy...

By Bob Strawn,
Mayor emeritus

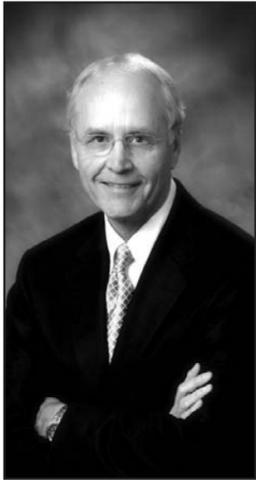
"In an Obama administration, we'll lower premiums by up to \$2,500 for a typical family per year ... we'll do it by the end of my first term as President of the United States."

Yep, that was the then-candidate's pledge in 2008. So, here we are in the second term. The federal government shuts down as ObamaCare opens up. Ironic symmetry in some ways. Liberals cheer. Conservatives jeer. And the rest of us wonder "what in the world?"

Because for many Americans, little is truly known about the Affordable Care Act (ObamaCare). We are only guessing - particularly about benefits. On cue, The Manhattan Mercury says it's Governor Brownback's fault. Old Sam's what's the matter with us ignorant folk here in Kansas.

So, let's devote a few column inches to explain some of what we do know - first, about increased taxes at play with the law. This information was gleaned from many sources and reported by CNN, Forbes, Yahoo and others, but not The Mercury.

A 3.8% surtax on "investment income" when adjusted gross income is more than \$200,000 (\$250,000 for joint-filers). What is "investment income?" Dividends, interest, rent, capital gains, annuities, house sales, partnerships, etc. Landlords beware! Taxes on dividends will rise from 15% to 18.8% - 43.8% if the Bush tax cuts are not extended. Gulp!



Bob Strawn

A 0.9% surtax on Medicare taxes for those making \$200,000 or more (\$250,000 joint). Medicare tax is presently 1.45%. And employers pay another 1.45%. That's a 62% increase.

Flexible Spending Account contributions will be capped at \$2,500. Currently, there is no tax-related limit on how much can set aside pre-tax to pay for medical expenses.

The itemized-deduction for medical expenses goes up to \$10,000. Today, any medical expenses over \$7,500 per year are deductible.

The penalty on non-medical withdrawals from Healthcare Savings Accounts is now 20% instead of 10%.

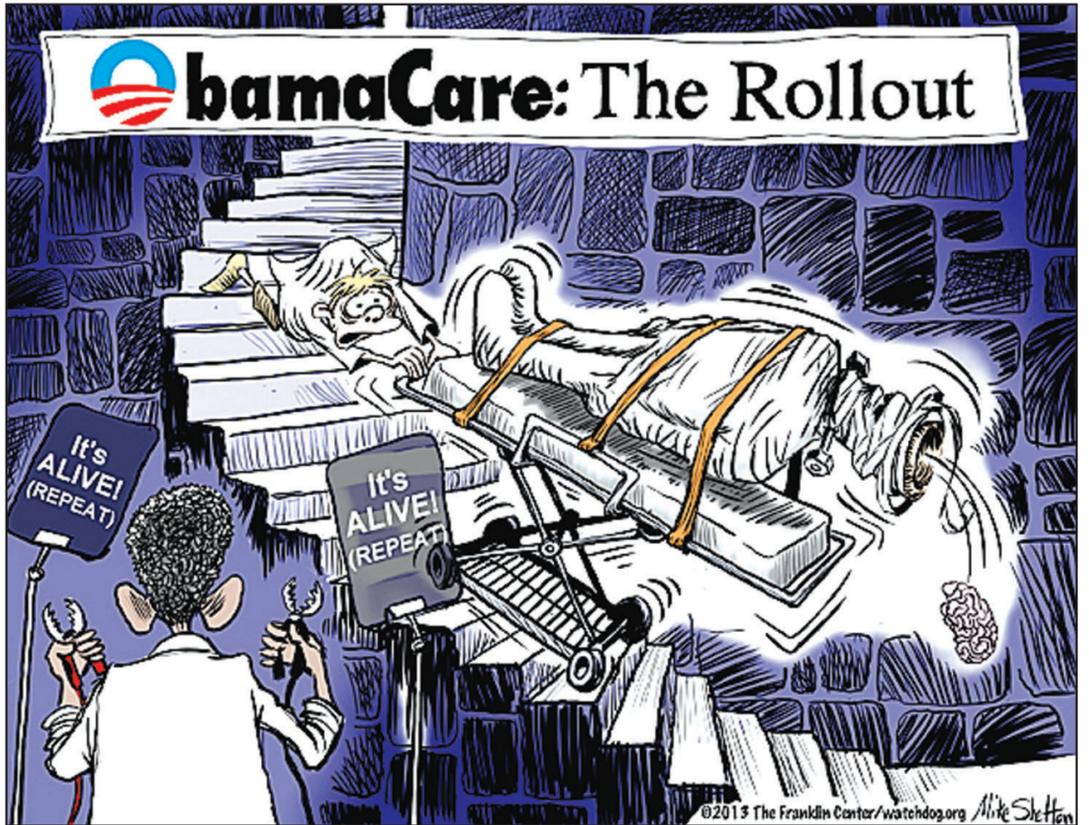
A tax of 10% on indoor tanning services is in effect.

A 40% tax on "Cadillac Health Care Plans" starts in 2018. Those whose employers pay for all or most of comprehensive healthcare plans (costing \$10,200 for an individual or \$27,500 for families) will have to pay a 40% tax on the amount their employer pays. Unions evidently negotiated the later starting date.

A "Medicine Cabinet Tax" that eliminates the ability to pay for over-the-counter medicines from a pre-tax Flexible Spending Account.

A "penalty" tax for those who don't buy health insurance. This will phase in from 2014-

The Conservative Side...



2016. It will range from \$695 per person to about \$4,700 per person, depending on income.

A tax on medical devices costing more than \$100. Starting in 2013, medical device manufacturers will have to pay a 2.3% excise tax on

medical equipment. Everyone with a clue agrees this is the most obvious jobs killer in the law. Even some progressives get the point.

Furthermore, in spite of what progressives at The Mercury would like us to believe, Forbes

reports that ObamaCare will increase underlying insurance rates; for youngsters as much as 100 percent. Even though we have no way of knowing for sure, we'll go with Forbes' analysis over the Seatons' on this one. And if you haven't

figured it out yet, don't expect the President's \$2500 pledge to hold any more water than a cook's colander. Finally, if you own a Cadillac or have a six figure family income, you might want to befriend a good tax accountant. ***



— King Crossword —
Answers
Solution time: 21 mins.

G	A	P	S	D	A	B	P	E	R	U	
A	R	E	A	O	N	E	E	M	U	S	
L	I	E	F	N	I	N	E	P	I	N	S
A	L	P	A	C	A	T	E	S	T	E	R
R	A	T	A	K	I	T					
N	I	H	I	L	I	S	M	N	I	P	S
A	R	A	M	O	T	E	T	N	I	A	
B	A	R	D	N	I	T	R	O	G	E	N
A	I	R	R	A	I	L					
O	W	N	S	U	P	L	O	I	T	E	R
N	I	G	H	T	O	W	L	V	A	R	Y
C	L	U	E	L	E	I	E	R	I	E	
E	Y	E	S	E	T	C	S	O	N	S	

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Mostly Sunny High: 84 °F	Chance Thunderstorms Low: 67 °F	Breezy High: 86 °F	Slight Chc Thunderstorms Low: 68 °F	Chance Thunderstorms High: 81 °F	Chance Thunderstorms Low: 42 °F	Mostly Sunny High: 58 °F	Mostly Clear Low: 37 °F	Sunny High: 64 °F

Cheese Stuffed Mini Meat Loaves



Ingredients
 1/2 cup Progresso® Italian style panko crispy bread crumbs
 1 can (18 oz) Progresso™ Recipe Starters™ fire roasted tomato cooking sauce
 2 sticks (1 oz each) string cheese*
 1 lb extra-lean (at least 93%) ground beef
 1 egg
 1/4 cup sliced green onions (4 medium)
 Hot cooked mashed potatoes, if desired

Directions
 1 Heat oven to 350°F. In large bowl, stir bread crumbs and 1 cup of the cooking sauce until well mixed; let stand 5 minutes.
 2 Meanwhile, cut twelve 1/2-inch pieces from cheese sticks (store remaining portion of cheese stick for another use). Set aside. Add beef, egg, green onions, 1/2 teaspoon salt and 1/4 teaspoon pepper to bread crumb mixture until well mixed.
 3 Spray 12 regular-size muffin cups with cooking spray. Divide beef mixture evenly among cups (cups will be very full). Push 1 piece of cheese into center of each loaf. Place muffin pan on cookie sheet to catch any spillover. Bake about 30 minutes or until thermometer inserted in center of loaves in middle of muffin pan reads 160°F (outer loaves will be done sooner).
 4 Meanwhile, heat remaining sauce until hot. Immediately remove loaves from muffin pan; spoon heated sauce over loaves. Serve with potatoes.

HOCUS-FOCUS BY HENRY BOLTINOFF

CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

DIFFERENCES: 1. Campfire is missing. 2. Light is missing. 3. Cap is different. 4. Zipper is open. 5. Arm is hidden. 6. Flying pan is missing.

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DETECT
 Review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for mistakes.
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 2. Billing for the same thing twice.
 3. Services that were not ordered by your doctor.

REPORT
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KANSAS SMP Kansas Department of Health and Senior Services, Washington, D.C. agency, authorized to represent the State of Kansas in all matters relating to Medicare and Social Security. Points of view or opinions do not, however, necessarily represent official Administration on Aging policy.

Kansas Department for Aging and Disability Services

King Crossword

ACROSS

1	Spaces	37	About 78 percent of our atmosphere	9	enzyme
5	Slight touch	39	Melody	10	Sending out
8	South American country	41	Bar	11	Mysterious letter
12	Geometric multiplication	42	Confesses	17	Cold War country (Abbr.)
13	Individual	45	Hang around	19	"A mouse!"
14	Ostriches' kin	49	Early bird's opposite?	22	Serene
15	Willing, old-style	51	Change	29	Moving about
16	Bowling variation	52	Hint	24	Arrest
18	Wool provider from 8-Across	53	Island neckwear	25	A Gershwin
20	Examiner	54	Great Lake	26	Lecture
21	-tat-tat	55	Watches	27	Made of iron, e.g.
23	Set of parts and tools	56	And so on (Abbr.)	29	Baked dessert
24	Anarchist's belief	57	Half the offspring	30	— Francisco
28	Pinches			33	Threesome
31	Coach			36	Plates
32	Parseghian			38	Martini garnishes
34	Choral composition			40	Trench
35	Actress Vardalos			42	Formerly
35	Poet			43	Crafty

DOWN

1	Festive party	11	Cold War country (Abbr.)
2	Seed covering	17	"A mouse!"
3	Chick's sound	19	Serene
4	Jungle expedition	22	Moving about
5	Philanthropic gift	24	Arrest
6	Blackbird	25	A Gershwin
7	Crooked	26	Lecture
8	Stomach	27	Made of iron, e.g.
		29	Baked dessert
		30	— Francisco
		33	Threesome
		36	Plates
		38	Martini garnishes
		40	Trench
		42	Formerly
		43	Crafty
		44	Staff
		46	Poi source
		47	Ireland
		48	Deli loaves
		50	Drenched

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EVER HAPPEN TO YOU? BIG AND LITTLE DEPT--TWO PARKING SPACES OPEN--SO THE MIDGET CAR TAKES THE BIG SPOT--LEAVING THE SMALL SPACE FOR YOUR BEHEMOTH DATMOBILE EIGHT--
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Free Press Big 12 Sports

6A

Kansas State 2013-2014 SCHEDULE

Date	Opponent / Event	Location	Result/Record
08/30/13	Kansas State vs. North Dakota State		L 21-24 0-1
09/07/13	Kansas State vs. Louisiana-Lafayette TV		W 48-27 1-1
09/14/13	Kansas State vs. Massachusetts	Manhattan	W 37-7 2-1
09/21/13	Kansas State at Texas *	Austin, Texas	L 21-31 2-2
10/05/13	Kansas State at Ok State *	Stillwater, Okla.	TBA
10/12/13	Kansas State vs. Baylor *	Manhattan, Kan.	TBA
10/26/13	Kansas State vs. West Virginia *	Manhattan, Kan	TBA
11/02/13	Kansas State vs. Iowa State *	Manhattan, Kan.	TBA
11/09/13	Kansas State at Texas Tech *	Lubbock, Texas	TBA
11/16/13	Kansas State vs. TCU *	Manhattan, Kan.	TBA
11/23/13	Kansas State vs. Oklahoma *	Manhattan, Kan.	TBA
11/30/13	Kansas State at Kansas *	Lawrence, Kan.	TBA

Big 12 Standings

Team	Big 12 Record	Over All Record
Texas Tech	1-0	4-0
Oklahoma	1-0	4-0
Texas	1-0	2-2
West Virginia	1-1	3-2
Baylor	0-0	3-0
Kansas	0-0	2-1
Iowa State	0-0	1-2
Oklahoma State	0-1	3-1
Kansas State	0-1	2-2
TCU	0-1	2-2

Kansas 2013-2014 SCHEDULE

Date	Opponent	Location	Time/Result	Result/Record
9/7/2013	University of South Dakota	Lawrence, Kan.		<u>W 31-14</u> 1-0
9/14/2013	Rice University	Houston, TX		<u>L 14-23</u> 1-1
9/21/2013	Louisiana Tech	Lawrence, Kan.		<u>W 13-10</u> 2-1
10/5/2013	Texas Tech University	Lawrence, Kan.		TBA
10/12/2013	TCU	Forth Worth, TX		TBA
10/19/2013	Oklahoma	Lawrence, Kan.		TBA
10/26/2013	Baylor	Lawrence, Kan.		TBA
11/2/2013	Texas	Austin, Texas 2:30 p.m.		TBA
11/9/2013	Oklahoma State	Stillwater, Okla.		TBA
11/16/2013	West Virginia	Lawrence, Kan.		TBA
11/23/2013	Iowa State	Ames, Iowa		TBA
11/30/2013	Kansas State	Lawrence, Kan.		TBA

Big 12 Conference Schedule

Date	Home Team	Location	Time (CT)	Media
* Thu, Oct 03	Iowa State	Texas		
Ames, Iowa	6:30 p.m.			ESPN*
Sat, Oct 05	Baylor	West Virginia		
Waco, Texas				TBA
* Sat, Oct 05	Kansas	Texas Tech		
Lawrence, Kan.				TBA
* Sat, Oct 05	Oklahoma	TCU		
Norman, Okla.				TBA
* Sat, Oct 05	Oklahoma State	Kansas State		
Stillwater, Okla.				TBA
* Sat, Oct 12	Texas Tech	Iowa State		
Lubbock, Texas				TBA
* Sat, Oct 12	TCU	Kansas		
Fort Worth, Texas				TBA
* Sat, Oct 12	Texas	Oklahoma		
Dallas, Texas				TBA
* Sat, Oct 12	Kansas State	Baylor		
Manhattan, Kan.				TBA
* Sat, Oct 19	Baylor	Iowa State		
Waco, Texas				TBA
* Sat, Oct 19	Oklahoma State	TCU		
Stillwater, Okla.				TBA
* Sat, Oct 19	West Virginia	Texas Tech		
Morgantown, W. Va.				TBA
* Sat, Oct 19	Kansas	Oklahoma		
Lawrence, Kan.				TBA

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Nicole Ohlde Comes Home

By Mark Janssen
KSU Sports Information
Nicole Ohlde has gone out and viewed the world, and now it's time to come home. "I've enjoyed every minute of my travels, but the down side is leaving your family and friends for eight months out of the year," said Ohlde of playing professionally in Europe and the WNBA. "But it was a once in a lifetime opportunity." Since her graduation as a two-time All-American basketball talent from K-State in 2004, the first-round WNBA draft selection played for Minnesota (five years), Phoenix (two years) and Tulsa in the United States, and logged scads of frequent flyer miles by playing in Belgium, Spain, France, Hungary (two seasons), Italy (two seasons) and the Czech Republic overseas. "It's crazy all the places I've been and it's been that many years," said Ohlde, who had her No. 3 jersey retired at the conclusion of her senior season. "It's just been a great experience." Ohlde officially retired from

the game this past spring after one of her better professional seasons averaging 11.5 points and 6.7 rebounds for Imos Brno in the Czech Republic. The numbers matched her rookie season with Minnesota in 2004 when the 6-foot-5 talent averaged 11.7 and 5.7, respectively, in points and rebounding. "I knew going into the year it would be my last season. I knew it was time to get on with my life, whatever that may be," said Ohlde. "I haven't had any major injuries, but there are times when my body tells me that enough is enough. At times I just wasn't able to do what I used to be able to do. I'm just glad to be able to go out on my terms." Her terms now include coming back to the Flint Hills to "... try to figure out what to do with my life. I feel like a college graduate again." Today, Ohlde is in the process of learning the ropes to be a personal trainer for Manhattan's Max Fitness Center, plus will be on the basketball coaching staff of her alma mater of Clay Center

High School, where she starred for the Tigers in the late-1990s. "I have such pride coming from Clay Center, so it's going to be fun to go home and help coach," said Ohlde. "It'll be fun to try to go from athlete to coach and try to translate what I know to the players." In the midst of all of this, Ohlde will work into her busy schedule an induction into the State of Kansas Sports Hall of Fame with induction ceremonies scheduled for Sunday in Wichita. She'll be joined on the stage by former Wildcat placekicker Martin Gramatica. Ohlde was actually voted into the hall last year, but overseas basketball commitments delayed her induction until this year. "It's definitely an honor... and extremely high honor," said Ohlde, who finished her K-State career as the No. 2 scorer (2,241 points), rebounder (995), shot blocker (204), double-doubles (39) and minutes played (4,103). Reflecting on her decision to travel the 35 miles from home to be a Wildcat, Ohlde said, "I had attended several of Coach (Deb) Patterson's camps and it was a dream to come to Kansas State. I did take four other visits (Drake, Colorado, Colorado State and Missouri), but I was always going to be a Wildcat because of the incredible people."

Ohlde was a part of 80 wins in her final three seasons, which included playing in three NCAA Tournaments, with one of those reaching Sweet 16 status. In Big 12 play, she helped lead the Cats to a 39-9 record, which included a conference title in 2004. "The K-State years were the most fun I've ever had," said

experience, Ohlde said, "It meant so much to my life. You learned discipline, accountability and how to work together to achieve a common goal. They were lessons learned through basketball that carried over to life."



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McGruder Signs With Oklahoma City Thunder

On September 27 the Oklahoma City Thunder announced that it signed Rodney McGruder, former Kansas State basketball player, to undisclosed contractual terms. According to the photo that has been circulated with McGruder in the OKC Thunder uniform, Rodney will be wearing his number 22 that he wore at Kansas State. While at Kansas State

McGruder earned All-Big 12 First Team and he was Honorable Mention All-American. McGruder averaged 15.6 points and 5.4 rebounds through the season. One of the most memorial highlights of McGruders senior year was a last second winning shot against Baylor in Waco. Oklahoma City Thunder has announced their roster is complete now.

Debt Ceiling Raised Seven Times Under President Obama

By Amy Payne
Heritage Foundation
Did you know that since President Obama came into office, the debt limit has been raised seven times? With those increases, Congress has added \$43,000 in debt for every American household in just the last four years.

And now the debt limit deadline is looming again. Treasury will run out of tricks to keep paying the bills on October 17, Secretary Jack Lew announced yesterday.

Leader Responds To Court Budget

By JOHN MILBURN
Associated Press
TOPEKA, Kan. (AP) — A top Senate Republican is suggesting to a court-appointed budget panel that there are other options available to prevent cuts in operations of the Kansas judicial system. Senate Vice President Jeff King sent a letter dated Friday to members of a newly appointed budget council that will look at ways to increase funding and improve efficiencies within the state court system. King, who is also chairman of the Senate Judiciary Committee, said in the letter that not everything that has been said about the court budget is accurate. "Though some of you may have heard otherwise, the budget sky is not falling," King wrote. Kansas Supreme Court Chief Justice Lawton Nuss announced Sept. 19 that he was forming the 10-member advisory council to review the possible consequences of current spending levels, including closing court offices and furloughing judicial branch employees. The council's first meeting is Oct. 7 in Topeka.

Instead of pursuing significant spending cuts and entitlement reforms that are desperately needed to get spending under control, House Republicans reportedly are proposing to suspend the debt ceiling for more than a year, which would add \$1.1 trillion to the debt.

So, take that \$43,000 per household that was added in the last four years and tack on another \$8,800 per household.

What happened the last time Congress raised the debt ceiling? Did they accomplish any meaningful spending cuts before increasing the debt limit? In a word, no:

Congress and the President last suspended the debt ceiling from February 4, 2013, through May 18, 2013, adding \$300 billion to the national debt in less than four months. Their only request was that the Senate produce a budget for the first time in four years, which it did. No savings were accomplished.

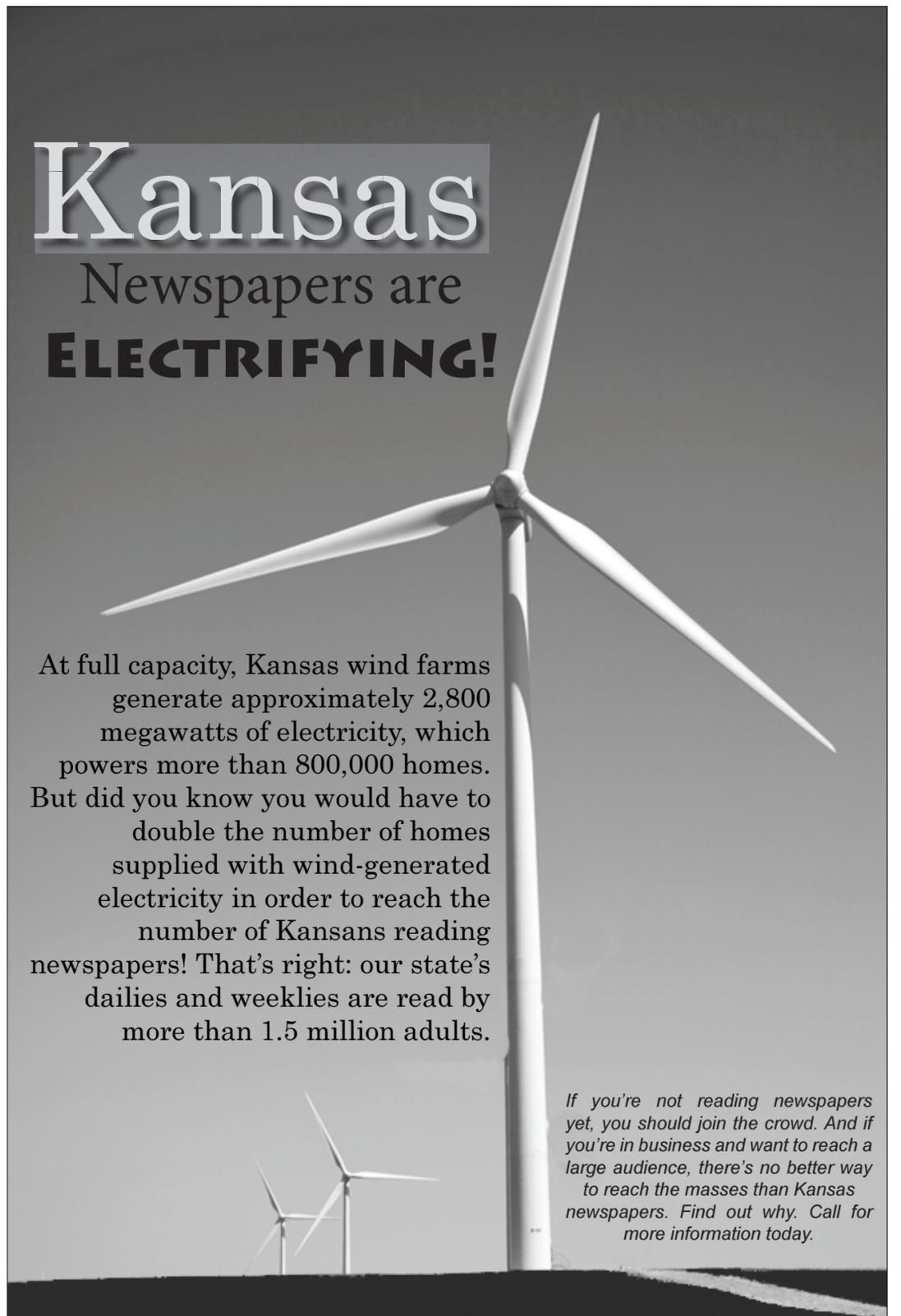
No savings. This is unacceptable.

As Heritage's Romina Boccia, the Grover M. Hermann Fellow in Federal Budgetary Affairs, wrote yesterday:

Congress should implement spending cuts and entitlement reforms before—or as part of—an increase in the debt ceiling. Lawmakers still have time to put forth a plan that puts the budget on a path to balance and avoids a debt crisis today and in the future. The clock is ticking.



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Manhattan Free Press



Kansas Press Association

Source: Kansas Press Association, Kansas Energy Information Network

Local Players Help No. 18 Washburn To A 28-19 Win

**By Tonya Ricklefs
Manhattan Free Press**
While Kansas State took a much needed break to regroup after a loss at the University of Texas and Kansas University had a free weekend to prepare for Texas Tech, football continued in north east Kansas with Washburn University facing the University of Central Oklahoma at Yager Stadium. Many of you may not know that Washburn was entering the game ranked 18th in MIAA football and was still undefeated this season. The closest margin in any of these victories was 37 points.

For Manhattan area football fans, what else could interest you in catching a game an hour down the road besides a ranked undefeated team with ticket prices as low as \$5.00? Washburn University also has five local Manhattan area players on their roster. They have seen a variety of playing time throughout the seasons, but two of them made their mark in the game against UCO.

Jordan Nelson (#6) is a Manhattan High graduate who is currently a sophomore, who has played in nine games in his Washburn career so far. He had a kickoff return run last season of 18 yards. This season Jordan made his mark in the Fort Hays State game with an interception. Calvin Kenney (#16) is a Riley High School graduate. He started all 11 games last season, accumulating 64 tackles and two interceptions. He is also a member of the MIAA Academic Honor Roll. In the two previous games leading up to the UCO game, Calvin broke up a pass in each game with two in the game against Fort Hays State. Other area players on the roster are Chad Williams (#13) from Chapman who has transitioned from quarterback to wide receiver last season. He played in four games last season, and while he did not make an appearance in the game against UCO, he has accumulated five rushing yards this season in the previous three games. In addition, Jordon McCallister (#73) from Junction City was a member of the Ichabod practice squad. This year he is trying to make his mark on the offensive line. He made appearances in the UCO game on the special teams line. Donald Sankey from Junction City is currently competing for a tight end spot his senior year. He transferred to Washburn from Fort Hays State.

Saturday, UCO scored first with a 34-yard pass and was the only team to score in the first quarter. Washburn came back and tied the score in the second quarter. Both teams went into the locker rooms at halftime knowing that it is an entirely new game in the second half. Washburn scored first in the second half. Quarterback Mitch Buheler connected with Tyrell Brown for an 80-yard touchdown pass. UCO attempted to tie the game again



Calvin Kenney (#16) of Riley, hit the runner first on this play. Kenney looks like he is being crushed but he was in on may tackles Saturday.

near the end of the third quarter but missed the extra point. Washburn still led 14-13 at the end of the 3rd quarter. Washburn increased their lead to 28-19 to end the game. Washburn accumulated 47 rushing yards and 349 passing yards. Washburn only converted 3 of 14 third down attempts, but did convert two of three fourth down attempts. Jordan Nelson had one assist tackle. Calvin Kenney had six solo, and four assisted tackles making him one of the game leaders for Washburn. The Ichabod's will face Southwest Baptist University in Bolivar, MO October 5th at 2:00pm.



Manhattan High's Jordan Nelson (6) comes in for a hit on the running back.

**Photos By
Ben
Brake**



Calvin Kenney (16) gets another tackle for Washburn.



Washburn running back is up ended on this play.

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