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Thursday, February 26, 2015

No. 8 Kansas blows lead, loses 70-63 to K-State

MANHATTAN, Kan. (AP) — After struggling to keep Kansas from blowing an eight-point lead in a loss to its biggest rival, coach Bill Self faced an even tougher challenge Monday night.

Getting back to the locker room.

After a sea of Kansas State students flooded the floor following a 70-63 victory over the eighth-ranked Jayhawks, Self found himself crushed near the scorer's table. He needed the help of Kansas State counterpart Bruce Weber just to escape the jubilant melees.

"That's disappointing that happened again, but we also allowed it to happen again," Self said of the fans storming the court, which also happened when the Wildcats beat the Jayhawks last season.

It was more than just a happy pile-up, though. Several students appeared to intentionally jump into Kansas players, and Weber was quick to apologize for their actions.

"I love the students, and it's a cool thing to be part of that," he said, "but you also have to be careful of making sure no one gets hurt."

Perry Ellis had 24 points to lead the Jayhawks (22-6, 11-4 Big 12), whose lead over Iowa State in the league race was whittled to a half-game. Kelly Oubre Jr. also had 14 points.

"It was really us not getting the stops we needed to get, that was the key thing," Ellis said. "We definitely knew it'd be a difficult, hostile environment. We knew we'd get their best."

Nigel Johnson scored a career-high 20 points, Nino Williams added 15 and Thomas Gipson scored 12 for the Wildcats (14-15, 7-9), who overcame an eight-point, second-half deficit to beat their bitter rival for only the fifth time in the past 54 meetings.

The Wildcats had lost seven of their last eight games amid suspensions and strife, and it appears a lock that their string of eight straight 20-win seasons

will end. But at least for one night, against their biggest foil, they looked like a Top 25 team in their own right.

"Like Coach said, it's good for the fans, alums, all the students," Williams said. "It's a big-time win for everyone."

Kansas State never allowed the Jayhawks to pull even in a tense final few minutes.

After Oubre made the first of two foul shots to cut Kansas' deficit to 64-61, Williams made two free throws at the other end. And when Brammen Greene scored with just under a minute left to make it 66-63, Williams knocked down a 15-footer to help wrap up the victory.

Johnson, who had played just 10 minutes total in the Wildcats' last two games, provided the surprising lift. He hit a pair of 3-pointers on his way to 10 first-half points, helping Kansas State to overcome a slow start and cut into an early Kansas lead.

A silly foul on the Jayhawks' Landen Lucas with 1.3 seconds left sent Williams to the foul line, and he made both shots to give Kansas State a 31-30 lead at the break.

The Jayhawks made another big run to start the second half, but a missed dunk by Ellis proved pivotal when Johnson scored at the other end. Instead of the Jayhawks taking a 43-33 lead, the Wildcats had trimmed the lead back to six points and had the momentum on their side.

Johnson added another 3 as the shot clock expired to knot the game 53-all, then scored again when the Jayhawks were called for goaltending as the Wildcats pulled ahead.

Kansas State never trailed again, beating the Jayhawks for just the fourth time in 27 meetings at Bramlage Coliseum.

"I would expect that from Kansas State," Oubre said, "that they would bring their best game."



Not everything went right for Kansas State, here Justin Edwards (14) hits the rim not the basket.

Photos by Ben Brake



KU Freshman Kelly Oubre Jr. (12) gets his hands on the ball as Wesley Iwundu (25) tries to get the ball on the board.



Perry Ellis (34) had a great night for KU, but K-State had people with a great night too, like Jevon Thomas (1).

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Riley County Minutes Cost Taxpayers \$700 Per Month

8:30 AM Call to Order

Attendee Name	Title	Status	Arrived	
Robert Boyd	County Commissioner	Present	8:30 AM	
Ronald Wells	County Commissioner	Present	8:30 AM	
Ben Wilson	County Commissioner	Present	8:30 AM	
Rich Vargo	County Clerk	Present	8:30 AM	
Clancy Holeman	Counselor/Director of Administrative Services	Present	8:30 AM	
Laura Monsanto	Mercury	Present	8:30 AM	
Kevin Howser	IT/GIS Director	Present	8:30 AM	
Leon Hobson	Public Works Director/County Engineer	Present	8:30 AM	
Mel Van Der Stelt		Present	8:42 AM	
Chris Haxel	Mercury	Present	8:45 AM	
Craig Cox	Assistant County Counselor	Present	9:26 AM	
Brenda Nickel	Health Department Administrator	Present	9:28 AM	
Greg McHenry	County Appraiser	Present	9:40 AM	
Trent Armbrust	Chamber	Present	9:40 AM	
Lyle Butler	Chamber	Present	9:40 AM	
Debbie Regester	Register of Deeds	Present	11:05 AM	
Monty Wedel	Planning & Special Projects Director	Present	11:08 AM	
Cindy Volanti	Human Resource Manager/Deputy Clerk	Present	11:09 AM	
Kathy Carpenter	Office Manager	Present	11:15 AM	
Shelly Williams	Community Corrections Director	Present	11:15 AM	
Pledge of Allegiance				
Public Comment				
1. Public Comments				
Commission Comments				
2. Commission Comments				

Wilson's comments:
Monday I attended the Ft. Riley Listening Tour with the other commissioners and several county staff. I was very encouraged by the number of people who turned out to voice support for Fort Riley.

Tuesday morning Greg McHenry and I joined Cathy Dawes on KMAN's 'In Focus.' Greg explained the change valuation notices and the appraisal process, and I shared a little bit about the Ft. Riley listening tour and about being a County Commissioner.

Tuesday evening, I was the moderator for the Ogden City Council Candidate Forum. I appreciated hearing more about the issues facing Ogden. A couple candidates mentioned wanting better police presence and a better fire station in Ogden.

Wednesday I met with Robin Cole at Pawnee Mental Health to learn more about their work.

Boyd's comments:
Monday 02.09.15

1. Attended the Manhattan Regional Airport Advisory Board meeting. The Board is committed to a more active role in the airport decision making process to better inform the decision makers.

2. Attended and presented at the Fort Riley Listening tour held at the Junction City Convention Center.

3. Attended the AUSA dinner and reception for the Fort Riley Listening Tour contingent. A general insight was that the Fort Riley communities did very well presenting a united group in support of our neighbors.

Tuesday 02.10.15

4. Attended the Manhattan Regional Airport Advisory Board Art Working Group to evaluate the decor of the new terminal building and to recommend decorations.

5. Met with Gen Mike Dodson and briefed him on the many County/City efforts and the cooperative relationship which have been developed.

6. Attended the reception for Katie Oestman who is leaving the area for Meced CA to continue her work in Public Health.

7. Attended the Circles meeting in Manhattan 8. Attended the Riley City Council at the Riley Centre. We discussed the Fort Riley Listening Tour of the previous day. Most of those present attended the meeting or stood outside in the crowded parking lot. I presented the Riley County Public Health Improvement Public meeting schedule; meetings to be held in the cities of Northern Riley County. There was good interest in these meetings. We entered into discussions regarding the proposed grocery store fronting Highways 77 and 24. The subjects covered were annexation, development, liquor sales, TIF/CID structure, expansion and tax incentives. There are no firm plans going forward and no commitment by the developer as yet, thus there is not a position the BOCC needs to determine at this time.

Wednesday 02.11.15

9. Attended the Small Business Committee monthly meeting at the Chamber of Commerce. Riley County Assessor Greg McHenry made a presentation in which he discussed the role of his office, the state of property sales, property values and pricing metrics. Eric Peterson discussed the NetWork Kansas E Community program which Manhattan was recently selected to participate in.

10. Attended the Downtown Manhattan Inc. lunch group and discussed County and State challenges.

11. Met with RCPD to finalize the Law Board meeting agenda for Friday February 20th.

12. Attended the Manhattan After Hours event at the Leonardville State Bank. Great turn out with great conversations.

13. Attended the Randolph City meeting. They are progressing with plans for the park rest rooms improvements and various city cleanup efforts. We discussed the Listening session and the overwhelming public support displayed, thanks to them for their efforts in such. We discussed the upcoming Riley County Public Health Improvement Community meetings to be held in Leonardville on March 2nd and 4th.

14. Riley County Public Works installed a street light on the east corner of RL402 and US24 which has improved a drivers night time vision when exiting off of 24 on to 402. I have had several compliments on its benefit to safety from residents. Thanks to Public works for an economical improvement to our road structure.

Wells discussed the Fort Riley Listening Tour.

Wells said he discussed taxes with some coffee groups. Wells discussed the impacts government regulations have on local units of governments taxes.

Wilson suggested writing a letter to our federal delegation on the impacts to local government.

Boyd agreed.

Business Meeting

3. Out of State Travel Request for Jacob Galyon to attend 2015 Pictometry FutureView Conference

Move to approve an Out of State Travel Request for Jacob Galyon to attend 2015 Pictometry FutureView Conference.

RESULT: ADOPTED [UNANIMOUS]

MOVER: Robert Boyd, County Commissioner

SECONDER: Ben Wilson, County Commissioner

AYES: Boyd, Wells, Wilson

4. Casement Ditch Outfall Structure Grading Contracts

Boyd asked Hobson to provide back ground information on items presented in the business meeting.

Move to approve and sign contracts with Jueneman Excavation, Inc. In the amount of \$49,964.77 for the Casement Ditch Outfall Structure Grading Project.

RESULT: ADOPTED [UNANIMOUS]

MOVER: Robert Boyd, County Commissioner

SECONDER: Ben Wilson, County Commissioner

AYES: Boyd, Wells, Wilson

5. Discuss Joint City/County/County Meeting Agenda

Review Minutes

6. Board of Riley County Commissioners - Regular Meeting - Feb 9, 2015 8:30 AM

Move to approve the minutes.

RESULT: ACCEPTED [UNANIMOUS]

MOVER: Robert Boyd, County Commissioner

SECONDER: Ben Wilson, County Commissioner

AYES: Boyd, Wells, Wilson

Review Tentative Agenda

7. Tentative Agenda

Press Conference Topics

8. Discuss Press Conference

9:00 AM Clancy Holeman, Counselor/Director of Administrative Services

9. Administrative Work Session

Holeman said HB2296 requiring any public building commission building project to be voted on prior to issuing bonds to finance any project.

Holeman discussed County Official Luncheon meeting topics.

The Board discussed topics for future county officials meetings.

Holeman said HB2255 would eliminate the KDOT Revolving Loan Fund. Holeman stated he could draft a letter opposing the bill to be signed by the Chairman.

The Board agreed.

9:20 AM Break

9:30 AM Brenda Nickel, Health Department Director

Move to recess as the Board of Riley County Commissioners and convene as the Riley County Board of Health.

RESULT: ADOPTED [UNANIMOUS]

MOVER: Robert Boyd, County Commissioner

SECONDER: Ben Wilson, County Commissioner

AYES: Boyd, Wells, Wilson

10. Renewal of KDHE Statewide Farmworker Health Program Agreement

Nickel stated she would like permission to sign the renewal of the KDHE Statewide Farmworker Health Program Agreement.

Move to approve the request to renew the 2015 Kansas Department of Health and Environment Kansas Statewide Farmworker Health Program "Agreement to Provide Primary Healthcare and Behavioral Health Services" and authorize the Health Department Director to sign the Agreement.

RESULT: ADOPTED [UNANIMOUS]

MOVER: Robert Boyd, County Commissioner

SECONDER: Ben Wilson, County Commissioner

AYES: Boyd, Wells, Wilson

Nickel presented the monthly budget review and monthly report.

Move to recess as the Riley County Board of Health and reconvene as the Board of Riley County Commissioners.

RESULT: ADOPTED [UNANIMOUS]

MOVER: Robert Boyd, County Commissioner

SECONDER: Ben Wilson, County Commissioner

AYES: Boyd, Wells, Wilson

9:45 AM Lyle, Butler, Manhattan Area Chamber of Commerce

11. Economic Development update

Butler discussed the success of the Fort Riley Listening Tour.

Armbrust said Network Kansas E-Community did sell most of its tax credits to help small business gap financing. Armbrust said the program will begin in March.

Butler discussed Chamber projects.

Butler said the Annual Chamber meeting will be held Friday, February 20th. Butler said 644 tickets have been sold to the event.

10:00 AM Brenda Nickel, Health Department Director

Move to recess as the Board of Riley County Commissioners and convene as the Riley County Board of Health.

RESULT: ADOPTED [UNANIMOUS]

MOVER: Robert Boyd, County Commissioner

SECONDER: Ben Wilson, County Commissioner

AYES: Boyd, Wells, Wilson

12. January 2015 Budget Review & Monthly Report to the Board of Health

Nickel presented the Health Departments monthly report.

Move to recess as the Riley County Board of Health and reconvene as the Board of Riley County Commissioners.

RESULT: ADOPTED [UNANIMOUS]

MOVER: Robert Boyd, County Commissioner

SECONDER: Ben Wilson, County Commissioner

AYES: Boyd, Wells, Wilson

10:30 AM Budget and Planning Committee

13. 2014 year-end and January Monthly Cash Flow Reports

Shepek presented the 2014 Year-End and January Cash Flow Reports for the Capital Improvement Fund, Building Fund, Economic Development Fund and Road and Bridge 1/2 Cent Sales Tax fund.

10:50 AM Katy Oestman, Health Educator

14. Behavioral Factor Risk Surveillance System Data Report - 2013 Local Data

Oestman discussed the Behavioral Factor Risk Surveillance System Data Report.

11:05 AM Johnette Shepek, Budget and Finance Officer

15. Approval of update to the Riley County Procurement Code

Shepek presented the proposed changes to the procurement code.

Move to approve the addition of the language, "All bids shall be placed on the Riley County Bid Posting web page on the Riley County Website" to the Article 2 - Source Selection and Contract Formation to the Riley County Procurement Code.

RESULT: ADOPTED [UNANIMOUS]

MOVER: Robert Boyd, County Commissioner

SECONDER: Ben Wilson, County Commissioner

AYES: Boyd, Wells, Wilson

Wells discussed the Fort Riley Listening Tour.

Wells said he discussed taxes with some coffee groups. Wells discussed the impacts government regulations have on local units of governments taxes.

Wilson suggested writing a letter to our federal delegation on the impacts to local government.

Boyd agreed.

Business Meeting

3. Out of State Travel Request for Jacob Galyon to attend 2015 Pictometry FutureView Conference

Move to approve an Out of State Travel Request for Jacob Galyon to attend 2015 Pictometry FutureView Conference.

RESULT: ADOPTED [UNANIMOUS]

MOVER: Robert Boyd, County Commissioner

SECONDER: Ben Wilson, County Commissioner

AYES: Boyd, Wells, Wilson

4. Casement Ditch Outfall Structure Grading Contracts

Boyd asked Hobson to provide back ground information on items presented in the business meeting.

Annual Dinner

On Saturday, March 7, the

Riley County Fish and Game

Association will hold its

annual Dinner and Art

Auction at Pottorf Hall.

Opinion Page

Manhattan Free Press

Thursday, February 26, 2015

3A

Impact of King v. Burwell: The ACA's Key Design Flaws

By Edmund F. Haislmaier
Heritage Foundation

On March 4, the Supreme Court will hear oral arguments in King v. Burwell, a challenge to an IRS ruling related to the Affordable Care Act (ACA) granting premium support subsidies to those enrolled in federal exchanges. While claims that a ruling in favor of King would disrupt coverage to millions [it is important to recognize that the ultimate source of any dislocation would be a direct result of the ACA's fundamental design flaws.

Many of the ACA's key components—and in particular related to this case—the exchanges, the premium tax credits, the cost-sharing subsidies, and the individual and employer mandates—are complicated, confusing and disruptive. The complexity and cascade of adverse effects are the inescapable byproducts of major flaws in the legislation's basic design.

Design Flaw #2: Complex Tax Credit Design

A second major design flaw in the ACA is its inordinately complex rules for calculating the amount of the premium tax credit for each recipient. Even when someone qualifies for a premium tax credit under the law's eligibility rules, calculating the correct amount is absurdly complicated. The amount varies not only based on the recipient's income but also according to the size of his family, and also according to the price of the second-lowest-cost Silver-level plan in the county where he lives.

Specifically, the ACA offers substantial premium tax credits, but only to individuals who have incomes between 100 percent and 400 percent of the federal poverty level (FPL), and only if they also do not have access to another source of coverage, such as an employer-sponsored plan.

Even within those limits, this design still creates a major financial incentive for millions of Americans with employment-based coverage to shift to plans that qualify for the new, more generous, premium tax credits. Furthermore, in cases where most of an employer's workers have incomes in the 100 percent to 400 percent of FPL range, it also creates a corresponding incentive for such employers to discontinue their group plans so that their work-

ers can qualify for the better deal offered by the new premium tax credits.

In an attempt to prevent those effects, Congress added mandates to the ACA that employers with 50 or more full-time workers offer their employees "minimum essential coverage" and make a "minimum contribution" toward the cost of that coverage, along with requirements that employers report to the government detailed information on their plans and the coverage status of each employee.

Of course, this complicated design requires some kind of administrative mechanism to screen applicants and determine their eligibility—so Congress vested the new exchanges with responsibility for performing those complicated, confusing, and disruptive tasks.

Design Flaw #3: Overly Generous Subsidies

One of the biggest mistakes in the design of the ACA was that Congress made the new premium tax credits overly generous, and then sought to limit the cost of the program by restricting eligibility for those new tax credits to a narrow subset of the population.

Specifically, the ACA offers substantial premium tax credits, but only to individuals who have incomes between 100 percent and 400 percent of the federal poverty level (FPL), and only if they also do not have access to another source of coverage, such as an employer-sponsored plan.

Because the premium tax credits are applied on a monthly basis, the amount must be recalculated every time there is a change in the enrollee's family income, or in the size of the enrollee's family, or in the premium for the "reference" plan in the county where the enrollee lives. Furthermore, all of those calculations must be redone, and any advance-payment amounts reconciled, on a new two-page, 36-line tax form (accompanied by a 15-page set of instructions containing three additional worksheets), which must be included with the enrollee's annual federal income tax return.

The source of this administrative nightmare is the fundamental error made by the authors of the ACA when they specified that the amount of the premium tax credit be calculated based on the recipient's income relative to the FPL.

There is no other comparable



provision in the federal tax code that bases the amount of a tax, or a tax preference, on the filer's income relative to the FPL. That is because the calculation of income relative to the FPL is not compatible with the basic structure of the income tax system, which uses just four filing categories—(1) individual, (2) head of household, (3) married filing jointly, and (4) married filing separately. Furthermore, even in other cases where a tax benefit is cal-

culated with reference to the number of dependents—such as personal exemptions or child tax credits—the calculation is simply the number of qualified dependents times the statutorily set amount per dependent.

Moreover, from the context of health care, measuring household income with reference to the FPL is also incompatible with how health insurance is generally priced—on the basis of "self only" or "family" (two or more related indi-

viduals) coverage.

Design Flaw #3: A Blanket Prohibition on Pre-Existing Condition Exclusions

Yet another major mistake made by the authors of the ACA was their ill-considered and ham-fisted approach to addressing the issue of access to health insurance for individuals with pre-existing medical conditions. In the process, they not only created a major new problem but also discarded an earlier—more sensible—

approach that had been working successfully for the vast majority of Americans.

Before the ACA was enacted, people with pre-existing medical conditions being denied health insurance was only a problem in the individual market—which accounts for 10 percent of all private health insurance. It was not a problem for the other 90 percent of Americans with private coverage through employer plans.



— King Crossword —
Answers
Solution time: 25 mins.

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

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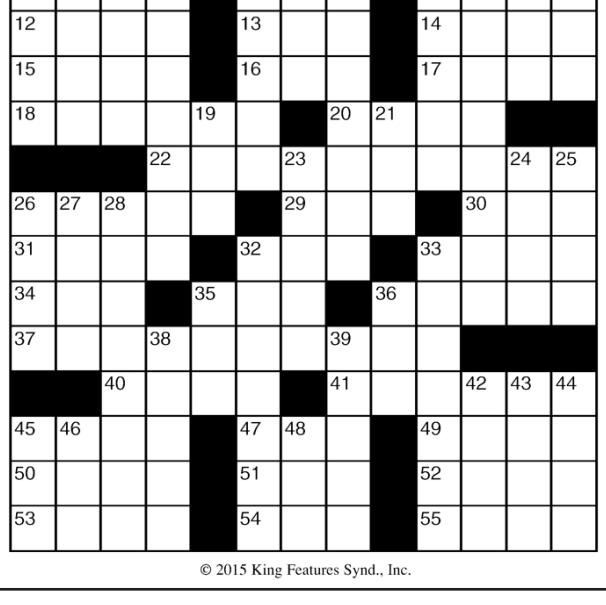
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King Crossword

ACROSS	40	Blue hue	11	Type units
1 Venomous vipers	41	Geronimo, for one	19	Rule, for short
5 Panhandle	45	Fonteyn's frill	21	Chum
8 Pinnacle	47	Ailing	23	Louisiana waterway
12 Secular	49	Membership fee	24	Count counterpart
13 Pitching stat	50	On the briny	25	Genealogy chart
14 Slender Culture medium	51	Ultramodern acronym	26	Noah's passengers, e.g.
15 Shriner's topper	52	Memo Reiner or Sandburg	27	Accompanying
17 Wet wrigglers	54	Sermon subject	28	Pangolin, for one
18 Jungle expedition	55	Nimble		
DOWN	32	Territories		
20 Grand story	1 "Oh, woe!"	33	Noisy insects	
22 Killjoy	2 "The Forsyte —"	35	A/C meas.	
26 Nasality	3 Chanteuse Edith	36	Gratuity	
29 Every last bit	4 Not merely 14-Across	38	Same	
30 Rowing tool	5 Suit	39	Beauty	
31 Like a Cabernet	6 Preceding	42	Point	
32 Color	7 Graceful runner	43	Listen to	
33 Remedy	8 Had a home-cooked meal	44	Catch sight of	
34 Mel of Coopers-town	9 Supermarket section	45	Middle O?	
35 Greet the villain	10 Wire measure	46	Mex. neighbor	
36 Name		48	Island garland	



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Answers On Page 3**Make-Ahead Meat-Lovers' Lasagna Roll-Ups**

Make a large batch of these meaty and cheesy lasagna rolls, and freeze them to help make quick dinners on busy days.

Ingredients**Roll-Ups (to make ahead and freeze)**

- 16 uncooked lasagna noodles
- 1 lb lean (at least 80%) ground beef
- 1/2 lb bulk pork sausage
- 1/2 cup chopped onion
- 1 1/2 cups tomato pasta sauce
- 2 containers (15 oz each) ricotta cheese
- 1 box (9 oz) Green Giant™ frozen spinach, thawed, drained and squeezed dry
- 2 teaspoons dried basil leaves or Italian seasoning
- 1 egg
- Sauce and cheese (for baking roll-ups)
- 3 cups tomato pasta sauce
- 2 cups shredded mozzarella cheese (8 oz)
- 1 In 5-quart Dutch oven, cook lasagna noodles as directed on package. Drain; rinse with hot water. Drain well.
- 2 Meanwhile, in 12-inch skillet, cook beef, sausage and onion over medium-high heat, stirring frequently, until meat is no longer pink; drain. Stir in 1 1/2 cups pasta sauce. Reduce heat to low; simmer uncovered 10 minutes, stirring occasionally. Remove from heat.
- 3 In small bowl, mix ricotta cheese, spinach, basil and egg. Spread about 3 tablespoons ricotta mixture over each cooked lasagna noodle to within 1 inch of one short end. Spoon about 1/4 cup meat mixture over ricotta mixture on each. Roll up firmly toward unfilled end. Line 15x10x1-inch pan with foil. Place rollups, seam side down, on pan; cover loosely with foil. Freeze about

2 Meanwhile, in 12-inch skillet, cook beef, sausage and onion over medium-high heat, stirring frequently, until meat is no longer pink; drain. Stir in 1 1/2 cups pasta sauce. Reduce heat to low; simmer uncovered 10 minutes, stirring occasionally. Remove from heat.

3 In small bowl, mix ricotta cheese, spinach, basil and egg. Spread about 3 tablespoons ricotta mixture over each cooked lasagna noodle to within 1 inch of one short end. Spoon about 1/4 cup meat mixture over ricotta mixture on each. Roll up firmly toward unfilled end. Line 15x10x1-inch pan with foil. Place rollups, seam side down, on pan; cover loosely with foil. Freeze about

30 minutes or until firm.

4 Place frozen rolls in airtight freezer container; label. Freeze up to 3 months.

5 To bake 16 lasagna roll-ups, spray two 13x9-inch (3-quart) glass baking dishes with cooking spray. Remove roll-ups from freezer bag; place 8 in each baking dish. Cover with foil; thaw in refrigerator at least 8 hours but no longer than 24 hours.

6 Heat oven to 350°F. Pour 1 1/2 cups pasta sauce over and around roll-ups in each baking dish. Cover tightly with foil; bake 30 to 40 minutes or until hot and bubbly. Sprinkle each baking dish with 1 cup mozzarella cheese; bake uncovered 3 to 5 minutes longer or until cheese is melted. Let stand 5 minutes before serving.

Expert Tips

You can actually bake any number of these tasty lasagna roll-ups that you need, using about 3 tablespoons of your favorite pasta sauce and about 2 tablespoons shredded mozzarella cheese for each roll-up you are baking.

Save some time by using 4 cups frozen (thawed) Make-Ahead Seasoned Ground Beef and Sausage for the beef, sausage and onion in this recipe. Place the thawed mixture in skillet, and add the pasta sauce; continue as directed in recipe.

Since you won't use a whole jar of pasta sauce when preparing the roll-ups for the freezer, place remaining sauce in a freezer container; label and freeze. Thaw along with the roll-ups.

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—Juan, Kansas Credit Union Member

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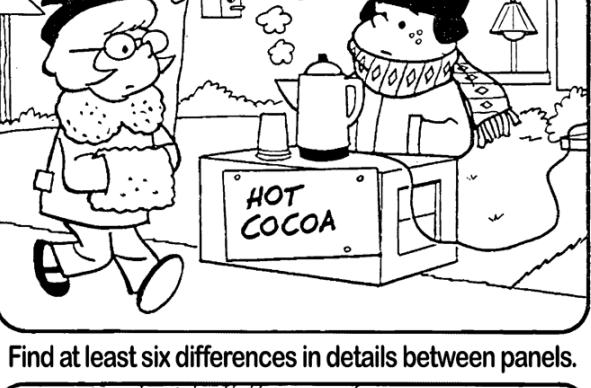
THEY'LL DO IT EVERY TIME

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BY HENRY BOLTINOFF



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Manhattan Boys 3th, Girls Ranked 5th

Kansas Basketball Coaches Association (KBCA)
February 23, 2015

GIRLS RANKINGS

6A Girls

- 1 - Maize
- 2 - Wichita South
- 3 - Olathe South
- 4 - SM Northwest
- 5 - Manhattan
- 6 - Washburn Rural
- 7 - Free State
- 8 - Dodge City
- 9 - Hutchinson
- 10 - SM West

4A D1-Girls

1. Bishop Miege
2. Paola
3. Topeka Hayden
4. McPherson
5. Buhler
6. Labette Co
7. Chanute
8. Andale
9. Abilene
10. Ottawa

3A Girls

1. Hesston
2. Clarendon
3. Garden Plain
4. Silver Lake
5. Caney Valley
6. Sabetha
7. NE Arma
8. Sterling
9. Lyons
10. Beloit

1A-Div 1-Girls

1. Hoxie
2. Waverly
3. St. Paul
4. Ingalls
5. Dighton
6. Goessel
7. Centralia
8. Thunder Ridge
9. Centre
10. South Haven

5A Girls

1. Aquinas
2. Leavenworth
3. Andover Central
4. Andover
5. Kapaun
6. Mill Valley
7. Salina Central
8. Blue Valley SW
9. Seaman
10. Carroll

4A D2-Girls

1. Hugoton
2. Baldwin
3. TMP-Hays
4. Pratt
5. Wichita Trinity
6. Concordia
7. Clay Center
8. Holton
9. Iola
10. Columbus

2A Girls

1. Central Plains
2. Ellinwood
3. Washington County
4. Olpe
5. Moundridge
6. Pitt-Colgan
7. Valley Falls
8. Northern Hts
9. Meade
10. Chase County

1A-Div 2-Girls

1. Moscow
2. Cunningham
3. St. John's/Tipton
4. Axtell
5. Wheatland/Grinnell
6. Triplains/Brewster
7. Golden Plains
8. Norwich
9. Attica
10. Wallace County

BOYS RANKINGS

6A Boys

1. Wichita East
2. Lawrence
3. Manhattan
4. Olathe East
5. Wyandotte
6. Derby
7. BV North
8. Wichita South
9. SM North
10. SM East

4A-Div 1-Boys

1. McPherson
2. Baseler Linwood
3. Independence
4. Ottawa
5. Eudora
6. Miege
7. Andale
8. Abilene
9. Circle
10. Fort Scott

3A Boys

1. Scott City
2. Sabetha
3. Wichita Collegiate
4. Hesston
5. Osage City
6. Burlington
7. Nemaha Central
8. Eureka
9. Northeast Arma
10. Maur Hill

1A-Div 1-Boys

1. Hanover
2. Osborne
3. Centralia
4. Hoxie
5. Stockton
6. Doniphan West
7. Valley Heights
8. Victoria
9. Dighton
10. Hartford

5A Boys

1. Shawnee Heights
2. Maize South
3. Salina Central
4. Wichita Hts.
5. KC Washington
6. Bishop Carroll
7. Kapaun Mt. Carmel
8. St. Thomas Aquinas
9. Andover Central
10. Blue Valley West

4A-Div 2-Boys

1. Holcomb
2. Rock Creek
3. Girard
4. Wichita Trinity
5. Hugoton
6. Holton
7. TMP-Hays
8. Atchison
9. Royal Valley
10. Concordia

2A Boys

1. St. John
2. Olpe
3. Central Plains
4. Sacred Heart
5. South Gray
6. Jackson Heights
7. Troy
8. Washington County
9. Spearville
10. Bennington

1A-Div 2-Boys

1. St. John's-Tipton
2. Wallace County
3. South Barber
4. Caldwell
5. Attica
6. Central Christian
7. Ashland
8. Wheatland-Grinnell
9. Greeley Co
10. Pike Valley

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is entitled
to my
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Big 12 Mens Standings

Men's Basketball

Team	Record	Pct	Home	Away	Neutral	Streak	Record
<u>Kansas</u>	11-3	.786	7-0	4-3	0-0	W1	22-5
<u>Iowa State</u>	10-4	.714	7-0	3-4	0-0	W3	20-6
<u>Oklahoma</u>	10-5	.667	6-1	4-4	0-0	W2	19-8
<u>West Virginia</u>	9-5	.643	5-2	4-3	0-0	W2	21-6
<u>Baylor</u>	8-6	.571	5-2	3-4	0-0	W2	20-7
<u>Oklahoma State</u>	7-8	.467	5-3	2-5	0-0	L3	17-10
<u>Texas</u>	6-8	.429	3-4	3-4	0-0	L2	17-10
<u>Kansas State</u>	6-9	.400	5-2	1-7	0-0	L2	13-15
<u>TCU</u>	3-11	.214	2-5	1-6	0-0	L1	16-11
<u>Texas Tech</u>	2-13	.133	2-6	0-7	0-0	L5	12-16

Big 12 Womens Standings

Women's Basketball

Team	Record	Pct	Home	Away	Neutral	Streak	Record
<u>Baylor</u>	15-0	1.000	8-0	7-0	0-0	W15	26-1
<u>Oklahoma</u>	11-4	.733	7-0	4-4	0-0	W1	17-9
<u>Oklahoma State</u>	8-7	.533	5-3	3-4	0-0	W5	18-8
<u>Texas</u>	7-8	.467	5-2	2-6	0-0	W3	18-8
<u>Iowa State</u>	7-8	.467	5-2	2-6	0-0	L1	16-10
<u>TCU</u>	7-8	.467	5-2	2-6	0-0	L1	15-11
<u>West Virginia</u>	6-9	.400	5-3	1-6	0-0	W1	16-11
<u>Kansas State</u>	5-10	.333	4-4	1-6	0-0	L3	15-11
<u>Texas Tech</u>	5-10	.333	3-5	2-5	0-0	L2	15-12
<u>Kansas</u>	4-11	.267	2-5	2-6	0-0	L5	13-15

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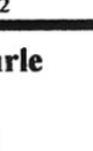
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Manhattan Free Press - Thursday, February 26, 2015

6A

K-State Takes Sunflower Showdown 70-63

By Tonya Rickliffs

Free Press

Leading up to the second Sunflower Showdown of 2015, K-State had been in a losing skid, with the last lost in Ft. Worth at TCU. In that game, the Wildcats scored only 15 points in the first half. Following the game, Thomas Gipson was quoted saying that the Cats may lose by 27 points to the Jayhawk Monday night against KU. After that Gipson took to social media to defend his quote stating that the reporter misquoted him. So, all this drama, and that is just the K-State drama Saturday through Monday.

Coming into the game on Monday, most people were not expecting a win. But, then again, it is the Sunflower Showdown anything can happen. After the tip off,

Kansas is on the board first, but Kansas State seemed to be playing with more intensity than normal. Maybe they were feeling off the crowd that was easily the loudest they had been all year. Soon, Iwundu has a steal that puts the Cats in the lead. The lead changes again quickly, but then Thomas Gipson quickly put the Cats back in the lead.

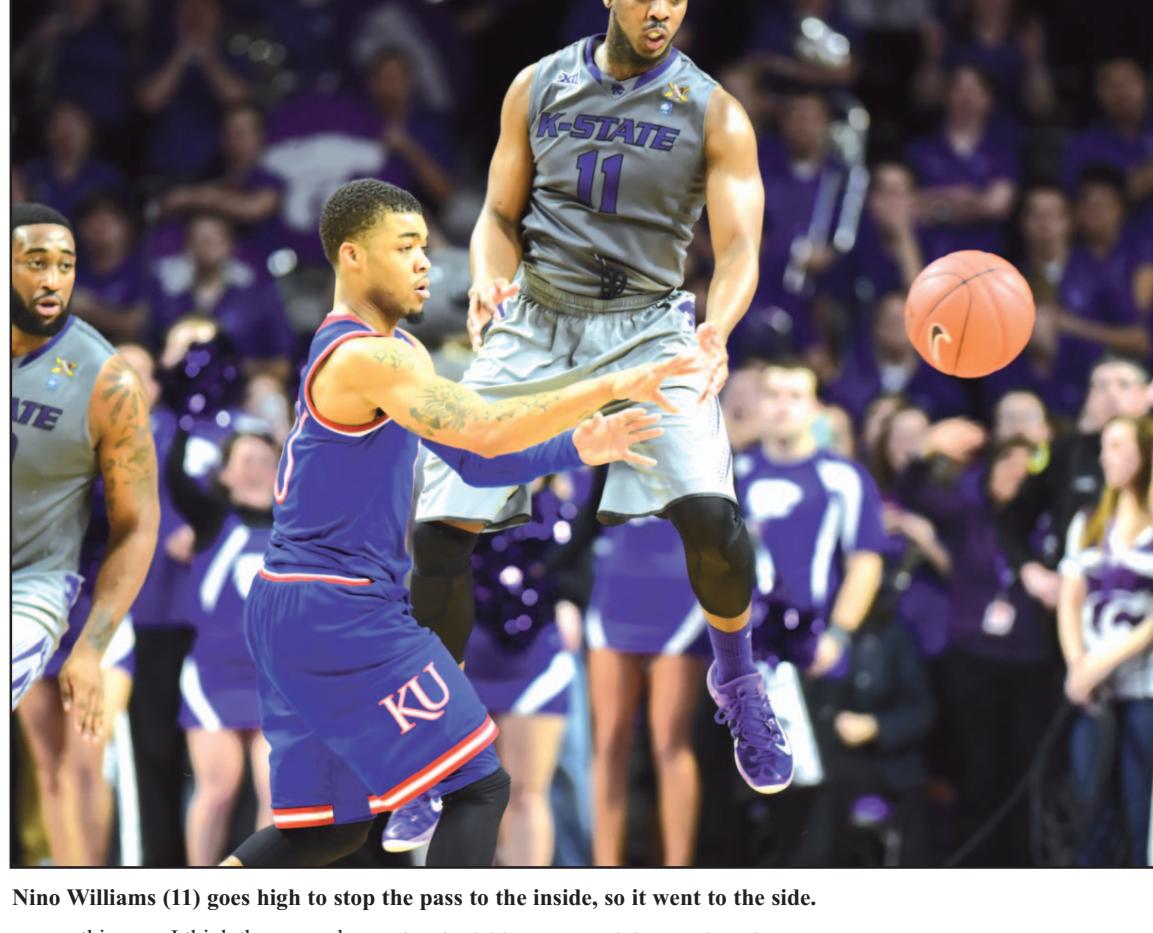
Soon, in the first half, KU goes on a 7-0 run. Nigel Johnson breaks that run and becomes the guy that is unstoppable during this game. While K-State makes mistakes and turns the ball over 13 times, they also continue playing with passion and energy. They begin to close the shooting gap, and defense begins to step up. While Perry Ellis also had an amazing game,

KU also ends up turning the ball over 13 times, and K-State capitalized on those turn overs to the tune of 19 points.

After halftime, the game never seemed to lose its intensity. Marcus Foster continued to disappoint after his 4 points in the first half, with only two points in the second half. But, Johnson, Williams, and Gipson continued to play steady with final score totals of 20, 15, and 12. The final score was an exciting 70 points for K-State over the Jayhawks 63 points.

So, after the fans leave the court and wake up after a night spent dreaming of Wildcat Victory, or a night waking up in Aggierville (if you ever slept), you may find yourself having a thought that makes you a bit upset. Why are we in the bottom four of the Big 12 if we play like that? How come we have not played like that? K-State cannot blame losing skids on Marcus Foster; they basically won without him tonight. Where did they find the inspiration? Did Thomas Gipson's words fire others up? I will say, he was more vocal tonight on the court than he has been for awhile. And, of course, the fire Bruce Weber crowd is continuing to be vocal. It is an important win, but many of the Weber firing crowd is now worried this win will keep him on the bench another year.

I am not the fire Weber crowd yet, I think there has been complicated reasons that the wheels have fallen off the wagon this year. I think there are players that have lost their fire, a senior whose has seen his fire in the game influence his team, as well a coach who maybe will take the time to see what inspired his team tonight. I do ask questions like anyone does, why did Foster play as much as he did, why did Nigel start on the bench in the second half. But, it's easy to play arm chair quarterback, and right now, I want to pretend the season is not almost over and enjoy the Sunflower Showdown replay on ESPN.



Nino Williams (11) goes high to stop the pass to the inside, so it went to the side.

wagon this year. I think there are players that have lost their fire, a senior whose has seen his fire in the game influence his team, as well a coach who maybe will take the time to see what inspired his team tonight. I do ask questions like anyone does, why did Foster play as much as he did, why did Nigel start on the bench in the second half. But, it's easy to play arm chair quarterback, and right now, I want to pretend the season is not almost over and enjoy the Sunflower Showdown replay on ESPN.

Free Press Column Gets Over 6,300 Hits On Facebook

Did K-State Fans Ruin It For Everyone... Really?

By Tonya Rickliffs

Free Press

Last night, Kansas State Basketball surprised the sports world, K-State fans (admit it, you had doubts), and probably themselves with a victory over the number 9 Kansas Jayhawks. And then, because of actions of a few fans, the victory has been overshadowed by a court storming gone wrong.

So, before I get started, I am going to say it once. No person should put his or her hands on the opposing team. No player should fear his or her safety after the game; no coach should have to protect his or her own players. I cannot speak for what mistakes security did or did not do, but when you rush the court, celebrate with your team, your coach, your friends and leave the team alone.

Ok, now, this is the part that people will say is an excuse, or not admitting the problem, or whatever, but what is happening across the news this morning is what we do all the time in the news and sports world, focus on one incident and never look at the whole picture good or bad.

Before the game, players are warming up and the students are warming up after sitting outside 8 hours to get their seats. The cameramen are setting up the cameras and journalists are settling in. The students are arriving, many of them wearing their Beat KU T-Shirts provided. Someone arrived in a chicken suit, others with funny signs. The students are giving the KU players a hard time in the warm up, yelling comments, etc. There is a buzz in the air before a major game. You feel it from the crowd, you feel it from the teams, and you feel it from the journalists waiting to cover the game. The flame of excitement is just starting, and there are plenty of people there to fuel it.

What am I getting at then? The stories start hitting social media, coverage of the game; it shows a K-State fan in the background with a KU player warming up. The fans sign says "I Hate You". A photojournalist saw a good picture, an interesting shot. Now, the fan is on social media, his picture is in the paper. KU fans are upset, they

forward the story around. How rude! How can anyone hate us?

Think about it, why go to the game instead of watching at home: atmosphere, the feeling. I was on a business trip in 2008 when K-State finally won at home against KU. The customers at the Red Robin in California did not understand my screaming. I missed the experience, the atmosphere. That is created every time Sandstorm is played; it is what happens for each and every sports anthem pumped out of the giant scoreboard. The beat gets the blood flowing, the adrenaline rushing, basically, the crowd pumped. Which is what every sports channel wants. You want to cover the game where the announcers have to raise their voice over the noise. Every cameraman looks for the student or the fan that does something even crazier than the last one so they can be put on TV. And, yes, the university loves it because you think, "I have to get tickets to go next year, I have to be at that game". This year a student even fainted and had to be taken out on a stretcher.

You want to be that school, the school that is fun to watch on Big Monday. ESPN wants to be at that school to show the crazy upset that is about to happen. The players, fans, and even coaches are not immune to the hype. How many jobs would you encourage someone to scream at someone else because they were not doing a good job, yet two coaches got red-faced at some point last night yelling at the officials, and it made for good TV. Students were heckling the players last night, and then before the game KU's Greene threw the ball into the crowd at the fans. You sensed it, and before the court storming, most people at the game were excited at the intensity. ESPN wanted the ratings; photos were taken of funny signs, papers are sold and tweets sent out showing the emotion of the game. It is the drama of the game, and it is not new. K-State fans have crashed the court before; Elijah Johnson from KU blew kisses at the crowd before.

Taunting and intensity, which has been promoted over and over again to sell tickets and get ratings, and out of the



Bill just wasn't himself during the game with Kansas State Monday night. (Photos by Ben Brake)

entire crowd on the floor, it was just a few stupid people. You know, that friend that always takes things too far.

Do I think that fans would storm the court if they won and it was not on TV? Yes. Do I think that sports channels, announcers, journalists, and even K-State pumps up an atmosphere that gets everyone hyped up for a game? Yes, and yet now, it seems to be written about an isolated case. Boy, fans are crazy, but those K-State guys are just nuts, but not too nuts to put on TV

throughout the game.

Do I hope for a day will come that beating KU is so normal, so acceptable that we do not storm the court. I think we will have to get another generation through, one that does not remember the 20-year dry spell. But, do I condemn fans for doing it, no. Why not? The only fans that get to sit back and talk about how low class and ridiculous it is to run onto the court are the sorta basketball teams that are a bit elitist and judgmental of the others in

the pack, the Dukes, the KU's, the Kentuckys. Yes, you win enough; you forget the feeling of knocking someone off the high horse.

So, for a while here in Kansas the rivalry will deepen, the sting will stay, but before the world of NCAA sports focus their glare on us for being the bad kids on the block, I think everyone may want to look in the mirror and examine their own actions as a fan or professional.

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