



Family Switches Focus After Suicide

by Cory Unrein

According to the Center for Disease Control, the suicide rate in Missouri is greater than that of the national rate. In 2014, Missouri's suicide rate was 16.31 per 100,000, whereas the rate for the U.S. was 12.93 per 100,000.

Behind these cold statistics are grieving families, remembering their loved ones and looking back for signs they missed. For one Grain Valley family, it is this unimaginable pain driving them to focus on making memories together and sharing their story in the hope that another family does not have to go through a similar struggle.

Ryan Smith died December 2, 2012 at 24 years old due to suicide. Smith, an Army veteran who served with the 82nd Airborne Division, grew up in Blue Springs. He was stationed at Fort Bragg, North Carolina, and served 4 years in the military, including two tours to Iraq and Afghanistan.

Ryan was known as "Switch" to his fellow soldiers in the Army, for his ability to switch from a happy-go-lucky kid to a soldier in an instant. It is the happy-go-lucky child that his mother, Diana Luppens, likes to remember.

"Ryan was very ornery and would



Diana Luppens is pictured with her son, Ryan Smith, an Army veteran who died in December 2012 due to suicide. Photo credit: Diana Luppens, Switch Focus Studios

get in trouble quite a lot as a child. But he could always make me laugh, so his sisters would complain that he would get out of

trouble too easily," Luppens recalled.

When Ryan returned home from Iraq, Luppens noticed immediately that her joyful, ornery son was not the same.

"When we went to the airport to pick up Ryan when he returned from Iraq, I remember telling my husband that 'my son did not come home,'" she said.

His family encouraged him to seek help through the military, which he attempted to do. Though Ryan sought help, Luppens said he was essentially told to "man up" and not given further resources or advice.

When he was discharged and returned home to live with his father in Blue Springs, Luppens stated she and her ex-husband encouraged him to seek professional help and assisted him in finding a therapist.

"We gave him space, and didn't hound him to find a job immediately. We decided as a family that we were going to love

him through it," Luppens said.

Stressors that all people can experience, including job loss, concern about finances, or the painful end of a personal relationship often cause an emotional or mental health crisis.

According to the Veterans Crisis Line these crises can be heightened by veterans' experiences during military service. Ryan was suffering the effects of Post Traumatic Stress Disorder, PTSD, in addition to stress in his work and personal life.

Ryan had been married and had a young daughter whom he had not seen in several months. He had been working a seasonal job, which was coming to an end, and he was concerned about finding new employment and not being a financial burden to his parents. He was also working through an appeal process to secure GI benefits.

As Ryan's family reflects back, there were a series of signs from

see RYAN on page 3

Good News

480 food items were donated to the Grain Valley Assistance Council as a part of the Mid-Continent Public Library's Food for Fines program held the week of September 10th.

The program allows patrons to exchange food donations for library fines.

To date, the library system's Food for Fines program has collected more than 100,000 food items for local charities and food pantries.

Photo credit: Jodi Vogler

Have good news to share? Send your good news to news@grainvalleynews.com.



Raise Money for Grain Valley Marching Eagles by Taking the Wheel with Ford

by Mahlia Fulk, Contributing Writer

Transporting a high school band with all the uniforms, instruments, and flags is a difficult task, and an aging trailer makes it much more difficult. The Grain Valley High School band program hopes to replace its trailer through an upcoming fundraiser.

One of the most crucial elements is the literal transportation for the band; currently, the band uses a used semi-trailer that is decades old and near its deathbed.

The trailer is vital in transporting uniforms, instruments, and other equipment to competitions and performances. The condition of the current trailer is so dire that many do not expect it to make it to the end of this year's marching band season.

At over thirty years old and with a prior history of break-downs, this is a looming threat that could prevent the band from being able to perform at competitions or finish their season as planned. As one could imagine, the costs of fixing or replacing such a large trailer is high.

Thankfully, Blue Springs Ford is

bringing Ford Motor Company's Drive 4 UR School program to the Grain Valley community in an effort to raise up to a maximum donation of \$6,000 for the Grain Valley Marching Eagles. For every person who test-drives a new Ford vehicle at Grain Valley High School on Saturday, September 22, Ford Motor Company will donate \$20 to the Grain Valley Marching Eagles. The funds will go directly towards replacing the band's trailer to guarantee safe and reliable transportation of the band's gear for this year and years to come.

To participate in this exciting event and test-drive your favorite Ford vehicle, please visit Grain Valley High School, 551 SW Eagles Pkwy, between 9:00am and 4:00pm on Saturday, September 22, 2018. No purchase is necessary; participants must be 18 years of age or older with a valid driver's license and automobile insurance. Please contact Jerry Spooner, Director of Revenue for the Grain Valley Band Parents Association, at revenue@gvbp.net with any questions about the event.

Missouri Dept. of Transportation to Close I-70 and Route F in Oak Grove for Bridge Work

The Missouri Department of Transportation continues work on the diverging diamond project in Oak Grove at I-70 and Route F/H. Crews will close all lanes of I-70 at Route F at 9 p.m. on Friday, Sept. 21 through 5 a.m. on Monday Sept. 24 for bridge demolition. Traffic will be routed over the bridge ramps and back onto I-70, however, motorists should expect delays and plan accordingly.

In addition crews will also close northbound and southbound Route F. There will be no access to or from I-70 and F/H. Motorists can detour back to

Oak Grove via Bates City-Exit 31 or Grain Valley-Exit 24.

Review traffic impacts at traveler.modot.org and click on the camera at mile marker 81.5. All work is weather dependent.

Converting the traditional diamond interchange to a diverging diamond interchange will increase left-turn capacity, improve traffic operation and reduce the number of crashes on Route F. In addition to the improvements to the bridge and traffic, the ramps onto I-70 will be lengthened to allow improved merging onto the interstate.

Road Work to Close Portion of Buckner Tarsney Road Starting October 2nd

The Missouri Department of Transportation will close Buckner Tarsney Road between U.S. 50 and Lone Jack Lee's Summit Road beginning on Tuesday, Oct. 2, until approximately Tuesday, Oct. 16. In addition to this

closure, the left turn lane from eastbound U.S. 50 to Buckner Tarsney Road will be closed. This closure is for paving work. Motorists will need to plan ahead and find an alternate route. All work is weather permitting.

Jackson County Parks + Rec presents Grand Festival of Chez les Canses

Jackson County Parks + Rec will host its annual Grand Festival of Chez les Canses, celebrating the contribution of the French to our regional history, at the Fort Osage National Historic Landmark on Saturday, September 22.

The festival will be held at the Fort Osage National Historic Landmark, 107 Osage Street, Sibley, from 9:00am - 4:00pm. The cost is \$8 for adults, \$4 for

seniors and youth age 5-13, and free for children 4 and under.

Long before Lewis and Clark explored our region, French traders navigated the Missouri River and traded with local Native American tribes in the area that is now Kansas City. The Grand Fest event explores the history of those early French explorers who settled at the confluence of the Kansas and Missouri

Rivers in the late 1700s, including a cannon demonstration performed by the French artillery.

Skilled interpreters, attired in appropriate late 18th century clothing, will display arts, crafts, music and customs of these early European explorers and settlers.

The Fort Osage National Historic Landmark is owned and operated by

Jackson County Parks + Rec. Located on the banks of the scenic Missouri River, services at the site include a museum, year-round living history programs, historic cemetery, curriculum-based education programs for elementary through middle school students, meeting space and a gift store.

Police Blotter

The following information is derived from the Grain Valley Police Department daily calls for service log for the week of September 5-11, 2018.

September 5, 2018 700 Block Main St West Boun I-70 MM24 1300 Block Stonepoint BB Hwy & Ryan Rd 1700 Block Eagles Pkwy 1400 Block Minter Way 700 Block Main St 700 Block Main St 700 Block Main St 100 Block Lee St September 6, 2018 700 Block Scenic 700 Block Main St 1400 Block Amanda Jean 200 Block Aaron Ct 200 Block East Broadway 700 Block Main St 700 Block Main St 700 Block Main St 700 Block Main St 700 Block Main St 800 Block Mill Creek 100 Block Eagles Pkwy 500 Block Brome Dr	Warrant Verification Agency Assist Agency Assist (CJC) Area Check Trespassing Agency Assist (CJC) Civil Matter Civil Matter Citizen Contact Disturbance Agency Assist (CJC) Citizen Contact Animal at Large Suspicious Activity Suspicious Person Citizen Contact Citizen Contact Citizen Contact Child Endangerment Agency Assist (JCSO) Dealer Application Assault	September 7, 2018 600 Block Green East Bound US 40 Hwy 400 Block Wolf Creek 800 Block Foxtail Dr 700 Block Main St 1200 Block Phelps Dr Valley Woods Ct 700 Block Main St 700 Block Main St 1600 Block Eagles Pkwy Misty Glen 600 Block Gateway Dr 900 Block Shorthorn September 8, 2018 700 Block Main St 100 Block Rock Creek 3300 Block Outer Rd Greystone & BB Hwy 1200 Block Graystone 1200 Block Persimmon 1300 Dean Dr 35000 Block Old 40 Hwy	Suspicious Person Careless/Imprudent Driver Citizen Contact Check the Well Being Citizen Contact Parking Complaint Parking Complaint Stealing Fraud Stealing Area Check Shots Fired Citizen Contact Property Damage Alarm Alarm Suspicious Vehicle Suspicious Activity Alarm Keep the Peace Suspicious Vehicles	1500 Block High View September 9, 2018 1100 Block Pamela 00IDA & Valleywoods Ct Area 1000 Block Hickory Ct 200 Block Eagles Parkway East Bound I-70 MM 25 200 Block Aaron Ct 1100 Block Smith 100 Block Rock Creek 100 Block Rock Creek 1000 Block Sandy Ln September 10, 2018 700 Block Main St 1000 Block RD Mize Rd 1100 Block Buckner Tarsney BB Hwy & Greystone Dr 1100 Block Golfview I-70 & BB Hwy 1100 Block Baytree Meadowood Area 700 Block Main St 700 Block Main St 1400 Block Minter Way	Noise Complaint Alarm Shots Fired Parking Complaint Motor Veh Accident Debris in Roadway Protection Order Prisoner Transport Alarm Alarm Disturbance Warrant Verification Disturbance Stolen Vehicle Suspicious Vehicle 911 Hang Up Agency Assist (MSHP) Open Door Check Suspicious Person Citizen Contact Citizen Contact Agency Assist (CJC)	200 Block Rock Creek Dr Sni-A-Bar and 40 Hwy 700 Block Meadow 1000 Block RD Mize Rd 700 Block Squire Ct 1600 Block Eagle Ridge Dr 1400 Block Minter Way 200 Block Rock Creek Dr September 11, 2018 500 Block Eagles Parkway 400 Block Greystone Dr Duncan Rd & Dillingham Rd US 40 Hwy & Sni-A-Bar 700 Block Main St SB BB Hwy from McQuerry 1800 Block Broadway 200 Block Parker 200 Block Front St Sni-A-Bar and 40 Hwy 700 Block Main St 100 Block Lee St 700 Block Main St Woodbury & Pecan	Agency Assist (JCPP) Motor Veh Accident Alarm Prank Call to Dispatch Dealer Application Suspicious Activity Agency Assist (CJC) Agency Assist (JCPP) Alarm Citizen Contact Motor Veh Accident Suspicious Activity Missing Juvenile Suspicious Vehicle Suspicious Person Open Door Check Citizen Contact Traffic Ctrl for BSPD Fingerprints Agency Assist (BPD) Citizen Contact Area Check
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RYAN from page 1

Thanksgiving until he took his life that December 2nd that they now see as signs of his spiraling toward suicide.

Simple questions, such as asking him what he would like for Christmas, would make him angry. He became more withdrawn. But he did not show any outward signs to family members that he intended to harm himself in the days leading up to his death on December 2nd, 2012.

"He was supposed to be at my house at 6:30pm that evening. We were going to take a family photo for the holidays, as it had been several years since we'd had a photo of all of my children together," Luppens said.

When Ryan did not arrive and did not respond to her calls, she began to worry. She called his girlfriend at the time, who told Luppens that he had texted her earlier in the afternoon, apologizing and saying goodbye.

"I knew right then and there that something was wrong," Luppens said.

She called Ryan's father, who found his gun missing and Ryan's truck abandoned. A bottle of alcohol on top of a letter regarding the rejection of his GI benefits was found at his father's house. The police began a search, first by helicopter, and then using search dogs.

"My ex-husband came to the door at 4:00am and I heard him tell my husband as I was walking down the stairs 'They found Ryan'. The sound of the doorbell still haunts

me," Luppens said. Ryan was found in the woods near his father's home in Blue Springs.

"We knew he was struggling, but we didn't know how bad. I was tormented by the fact that I was with him when he took his first breath, but I was not with him when he took his last," Luppens said.

The aftermath of a suicide can wreak havoc on a family. Luppens said that each member of their family processed their grief differently, and it is something that never goes away.

Luppens and her family are focused, however, on honoring Ryan's memory by staying positive and remaining close.

"I was determined to not have this make me the 'weepy mom'. This was the kid who made me laugh all the time and I want to remember that," Luppens said.

"As a family, it's put so many things in perspective for us. We are focused on being together and making memories. It's hard to say because it came at the expense of him."

Ryan's daughter, Annabell, has inherited his ornery nature.

"She's a spitfire," Luppens said.

She takes some comfort in the fact that his spirit is living on through his daughter. The family has also sought ways to work together to bring awareness of suicide and to remember Ryan.

"After Ryan died, we started Random Acts of Kindness (RAKs) for Ryan as a way to spread kindness, serve others, and keep Ryan's

memory alive. The insight I've gained from this is you truly never know what someone is going through just by looking at them. One kind gesture could show someone that people really do care and they are worth saving," Luppens said.

The family has provided scholarships for those impacted by suicide, and performed a number of random acts of kindness in Ryan's memory. Luppens hopes that by sharing Ryan's story, others may be encouraged to seek help for themselves or a loved one who may be experiencing signs of suicide.

According to the National Alliance on Mental Illness (NAMI), there are a number of warning signs individuals may exhibit when contemplating suicide, including:

Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like "I wish I wasn't here" but can become more overt and dangerous;

Increased alcohol and drug use

Aggressive behavior

Social withdrawal from friends, family, and the community

Dramatic mood swings

Talking, writing or thinking about death;

Impulsive or reckless behavior

NAMI emphasizes that having suicidal thoughts does not make

someone weak or flawed. Luppens is likewise emphatic about removing the stigma around seeking help for mental health issues.

According to the Missouri Department of Mental Health, "from late teens into old age, Caucasian males are more likely to die by suicide than any other demographic group. In Missouri, the suicide rate for Caucasian males is 25.1 per 100,000 persons. This is more than 2 times that for African-American males, more than 4 times that for Caucasian females, and more than 11 times that for African-American females."

While many think that youth suffer higher suicide rates, the reality is adults, particularly adult men, have much higher suicide rates. The largest increase in suicide is middle-aged adults age 45 to 59. This jumped from 14.6 per 100,000 in 1999 to 25.54 per 100,000 in 2014, according to the Missouri Department of Mental Health.

If you are thinking about suicide, are worried about a friend or loved one, or would like to request support, the Suicide Prevention Lifeline is available 24 hours a day, 7 days a week. Call 1-800-273-8255 or visit <https://suicidepreventionlifeline.org/talk-to-someone-now/>.

To learn more about Ryan and RAKs for Ryan, visit RAKs for Ryan on Facebook.



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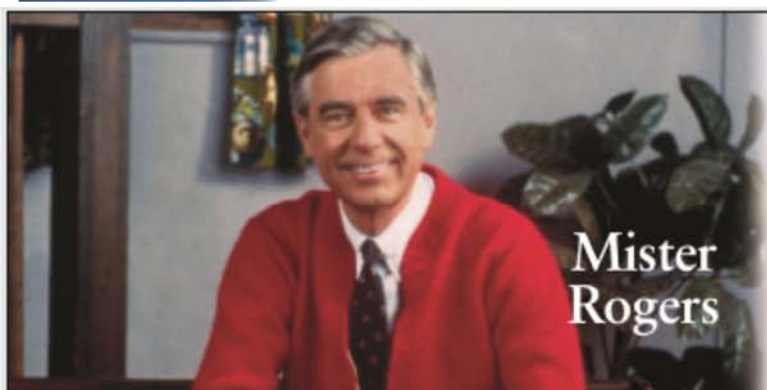
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Families Who Eat Together Stay Healthy Together

by Tracey Shaffer, RDN, LD

September is National Family Meals Month, and dietitians are encouraging you to eat one more meal a week at home together as a family. Created by the Food Marketing Institute and its Foundation, this nationwide event hopes to educate all families on the importance of family meals and how greatly they benefit our youth.

Research has shown that eating more meals together at home can increase self-esteem, encourages healthier eating habits, and improves grades and reduces the risky behavior among children of all ages.

Another positive that comes from families eating more meals together is that structured meals can reduce the risk of children suffering from an eating disorder or being overweight when three or more meals are eaten at home per week.

The beginning of the new school year is a good time to get back on track with schedules and family meals. Start with one meal at home per week and work to add more each week.

Remember to include foods from all the food groups at meals using the MyPlate way. Keeping fruits and vegetables on hand whether they are fresh, frozen or canned can make meals simple by adding those as quick side dishes.

Picking up a rotisserie chicken also makes meal prep easy; simply remove the skin and shred for chicken tacos or slice for chicken sandwiches. Don't forget the slow cooker isn't just for wintertime; using your slow cooker during the week means supper is ready when everyone gets home!

Join in the celebration of National Family Meals Month because families who eat together stay healthy together.

Tracey Shaffer, RDN, LD is a registered dietitian at the Blue Springs Hy-Vee. She can be reached at tshaffer@hy-vee.com. The information is not intended as medical advice. Please consult a medical professional for individual advice.

Sweet Potato Black Bean Burritos

Servings: 6

Ingredients:

4 c. cubed, peeled, sweet potatoes
 ½ tsp. salt
 2 tsp. extra-virgin olive oil
 2 large yellow onions, diced
 4 garlic cloves, minced
 ½ cup dried cranberries or raisins
 1 tbsp. ground cumin
 1 tbsp. ground coriander
 1 (15 oz) can no-salt added black beans, drained and rinsed
 ½ bunches fresh cilantro, chopped
 Juice of 1 lemon
 1 tsp. salt
 1 c. 2% sharp cheddar cheese
 6 (8-inch) multigrain tortillas
 Salsa, light sour cream, pickled jalapeños, optional

Directions:

Preheat oven to 350 degrees

Place sweet potatoes in a medium saucepan with ½ teaspoon salt and cover with water. Cover and bring to a boil, then simmer until tender, about 10 minutes. Drain and set aside.

While the sweet potatoes cook, warm the oil over medium heat in a large skillet or saucepan and add the onions and garlic. Cook, stirring occasionally, until the onions are tender, about 5 minutes.

Add the cumin and coriander and cook for 2 minutes longer. Remove from heat and set aside.

In a food processor or blender, combine the black beans, cilantro, lemon juice, salt and cooked sweet potato and puree until smooth.

Transfer the sweet potato mixture to a large mixing bowl and mix in cooked onions, cranberries, spices and cheese.

Coat a 9-by-13-inch baking dish with cooking spray. Spoon 2 to 3 scoops of filling in the center of each tortilla and roll up. Place each burrito in the baking dish seam-side-down.

Cover tightly with foil and bake for 25 minutes. Serve topped with salsa and other garnishes as desired.

Nutrition Facts

410 Calories per serving
 Fat: 9 grams
 Carbohydrates: 68 g
 Protein: 15 g

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Business News is provided weekly by the Grain Valley Partnership, whose mission is to be a leader in the growth of Grain Valley. The Grain Valley Partnership is located at 1450 SW Eagles Parkway, and can be reached by phone, 816-443-5162 or via email at info@growgrainvalley.org. Learn more about the Partnership at www.growgrainvalley.org

Partnership Member Spotlight: Tequila & Pearls Boutique

Meet Jennifer May, Owner and stylist of Tequila and Pearls Beauty Bar and Boutique.

Single mom. Dog mom. Stylist. Boutique Owner.

8 years ago I said goodbye to corporate America and officially left the banking industry to pursue my dream of being a cosmetologist. In this short amount of time my clientele has flourished! I am a full-time single mom to two teenagers.

My son is 16, a junior at GVHS, and a trumpet player in our amazing marching band. My daughter is 12, a seventh grader at GVNMS. I have a 7 pound miniature Shih Tzu named Dolly Parton and a 45 pound Pit Bull named June Carter. They are the other loves of my life.

I have my dream job! I get to spend all day loving people and helping them be the best version of themselves! Now, I get to let my passion for shopping, styling and being a girly girl come to life with the boutique!

My goal is to make every woman feel comfortable in her own skin at an affordable price.

We invite you to join us on Saturday, September 22nd for our grand opening celebration. The ribbon cutting will be held at 10:00am and the fun continues until 6:00pm.

Join us for a fun day of food and shopping as we celebrate our new boutique.

You're Invited
Tequila & Pearls
Boutique

Grand Opening

Saturday Sept 22, 2018

10am Ribbon Cutting

10 - 6pm

Food ~ Fun ~ Shopping

**105 Armstrong Drive
Grain Valley, MO 64029
816-878-1131**

Upcoming Partnership Events:

September 21, 2018

Coffee Connections
8:00am—Price Chopper Grain Valley
Held the 3rd Friday of each month

September 22, 2018

Tequila and Pearls Boutique
Grand Opening
10:00am—6:00pm
(Ribbon Cutting at 10:00am)
105 Armstrong Drive

September 25, 2018

How Unhappy Employees Can Affect Your Sales
in partnership with Square One
Small Business Services by Mid-Continent Public Library
6:30pm—8:00pm
Acquaint Gathering, 512 Capelle ST
Register at www.mymcpl.org/events

September 28, 2018

Grain Valley Partnership
2nd Annual Golf Classic
Shotgun start at 8:00am
Call Tasha, 816-443-5162, to register.

October 19, 2018

Coffee Connections
8:00am—Price Chopper Grain Valley
Held the 3rd Friday of each month

For more information on these and other upcoming events, visit the Grain Valley Partnership website at www.growgrainvalley.org.

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Musings from the Middle What's In A Name?

by Cathy Allie



After I wrote my first column, I was asked about how it got its name. Well, naming a column is no easy task. Something too cutesy and the ones who like to read only investigative journalism are done. Something too puzzling, and readers are tired before they get to my riveting content. Too hard hitting and soft-hearted grandmothers will rebel.

Musings from the Middle was birthed from the idea that it is just where I am—in the middle (well, maybe a little past the middle in age). In my craft room/office/place-where-the-ironing-board-stays-set-up-in-case-I-get-motivated-room, I am in the middle of no less than four projects. Each project has stalled in about the middle as I either lost full interest or couldn't make time.

My closet is smack dab in the middle of being purged. Part of the purging is due to an expanding middle (see what I did there?), and part of it is due to a fairly recent retirement so that I no longer need all those work clothes. In fact, as I looked at my closet today—full of sort of muted colors, not too bright and not too dull, but just in the middle, I see that I have stopped exactly in the middle of trying on shirts to see if they look okay and won't embarrass my preteen. I got a little worn out from all that buttoning and unbuttoning, so the middle was a great place to pause.

When I taught school, I often found myself right in the middle of a debate about a book or a faculty problem. One side would come to sway me, and I could see their point of view. Then the other side would present an argument, and that made sense to me, too. I would find myself stuck right in the middle.

Years later, when my job was more dependent on presenting one side or another, I often found myself with a

wishy washy version, not wanting to pick one side or another, rather remaining in the middle.

If you call me and ask what I am doing, I am likely in the middle of something as well. "Can I call you back," I will say. "I am in the middle of cooking dinner (or writing a column, or driving in my mid-grade car to pick up a mid-priced dinner from a middle distance restaurant, or on the phone with my middle-child sister).

I am a proud member of the middle class, not at all deterred by sitcoms portraying us so pitifully. I don't have any desire to jet set; if it was good enough for my middle class parents, it's good enough for me. I live in the Midwest, in a middle-priced house, in the middle of the block, and occasionally haggle over clothes with my middle school daughter who tries once in a while to show off her middle.

And speaking of my daughter, I feel as if she may have inherited this 'middledome' from me. She will often say something like, "Veronica says I should cut my hair really short, and Babs says I should grow it really long." (Actually her friends have very middle class names, but these have been changed to protect the innocent.) My reply? "Why don't you just cut it somewhere in the middle?" And our problem is solved.

"How did you do on your test today?" I will ask her. "I think I was right in the middle of the class on scores," she replies. Of course you were, dear. The lovely middle. Except sometimes the middle isn't so lovely.

My husband might tell you I am sometimes in the middle of his business, and I am guessing he doesn't mean that positively. I have let many a bargain go by inadvertently when I have been in the middle of trying to decide whether or not to buy. And often I land squarely in the middle of tense discussions between my friends.

Maybe a not so famous song from the 70's said it just right: 'Clowns to the left of me, jokers to the right, here I am, stuck in the middle with you'. For the most part, the middle is a pretty good place to be. My Sunday afternoon naps spent in the middle of the bed are great. My steak cooked to medium has the perfect pink middle.

And to reward myself for the finish of this column, I think I will have a cold glass of milk with a Double Stuff Oreo—by now you must know I will eat the middle first!

Home & Garden Fall Garage Door Checkup

Andrew Powell

Owner/Operator State Line Door & Lift, LLC

It's that time of year where we get back out into our yards. We filter out of our garages with rakes, mowers, and holiday decorations. We begin to prep our houses for our ever-unpredictable Kansas City winter, making sure we have enough room in our garages to keep our cars warm overnight.

Here's a quick five minute checklist for your garage doors and openers to ensure you won't need an emergency repair this winter. This list is comprised of the most common problems we see as an industry during the winter months. This will definitely save you time, money, and a headache later on.

Let's start with your cables. With the door in the open position, take a quick gander at the bottom bracket where your cables attach. This may be a bit tough to see.

You're looking for any surface rust on the loop of the cable. If there is rust/brown coloration, it's time to get those replaced. Otherwise your door may end up crooked with plenty of room for critters to get in and Jack Frost to get a hold of your water pipes.

Now let's take a look at your springs. There are two types of spring systems. If your springs run along/above your horizontal track, you have extension springs. If your springs run above the door frame itself, you have torsion springs.

While determining life expectancy of springs is nearly impossible for the seasoned technician, we take into account how old the springs are, and how often you use the garage door. This

gives a basic expectancy to when they will break. If your extension springs seem to be stretched, then it's definitely time to get them replaced.

Both spring systems are typically engineered for 10,000 cycles. One cycle consisting of opening and closing. If you really want to do the math, go ahead, however most springs nowadays last anywhere from 3-7 years. If your springs have white paint or drywall mud on them, you have original springs from when your home was built.

Look next at the weatherseal, which may have most of us busy this time of the year. Your weatherseal consists of the seal around the garage door, as well as the bottom rubber on the bottom section. These are the points where the cold air gets into your garage.

There should be very little, if any, daylight coming through around your garage door. Get it replaced this fall before it gets too cold this winter.

Another issue we see are garage doors frozen shut after an ice storm or hard freeze. Here's a tip. An \$8 bottle of garage door lubricant sprayed on the jambs and bottom seal can prevent this. In a pinch, vegetable oil works just the same.

The main thing is to take a moment to do a visual check of your garage doors before winter. If you have any questions or concerns, please call or email. The name doesn't sound local, but I'm right here in Grain Valley, State Line Door & Lift, LLC. 816-616-8352 or visit our site www.statelinedoorlift.com

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Eagles Fight Hard for Four Quarters in Losing Effort to Pirates

by John Unrein

The Grain Valley Eagles encountered a team with many shared traits when they squared off against the Platte County Pirates at Moody Murray Field on September 14. Both teams run a spread offense. Each team has an opportunistic defense that likes to create turnovers. The two teams are both in the Blue Division of the Suburban Conference.

It felt like the game could be won by either side until the 4th quarter. Ultimately, the Eagles came up short falling 38-22 to the Pirates.

"You can't question the effort of our kids, nor can you take anything away from Platte County. They are a good team. We shot ourselves in the foot offensively with turnovers tonight. Our defense gave us opportunities with turnovers they created. We didn't keep our defense off the field enough," Head coach David Allie said after the game.

Grain Valley's defense fought hard all evening. Junior linebacker Seth Dankenbring and senior defensive back Jace Collum stripped the ball from Platte County's Brice Bertram in the first quarter.

Junior safety Trent Flake pitched in with an interception of Pirates quarterback Spencer Stewart in the second quarter, not to be outdone by senior defensive back Trent LeGrotte who had a second quarter interception as well. Junior defensive back William Lanear made a beautiful read, jumping in front of a slant pass for a third quarter interception.



Senior Running Back Ethan Grasher ran hard all night for the Eagles. "Grasher is a leader and a workhorse" Head Coach David Allie said.

Photo credit: John Overstreet

The Eagles also worked hard to get to the quarterback all evening. Defensive lineman contributing sacks included senior Bennett Disco, junior Michael Sanchez, and sophomore Donovan McBride.

Platte County opened their second half possession with an up-tempo offense to thwart the Eagles pass rush as well as attempting to wear them down. It continued the rest of the game. The Pirates were able to muster three second half touchdowns on two passes to wide receiver Dylan Gilbert and a run by Adel Freitek.

Allie's offense showed tenacity as

well. Senior running back Ethan Grasher and Sophomore quarterback Cole Keller each flashed.

Grasher ran hard all night. With 2:21 left in the second quarter of the game, the Eagles called his number on six consecutive snaps. Grasher had runs off tackle and outside that set up a Grain Valley touchdown with fourteen seconds left in the second quarter.

"Grasher is a leader and a workhorse. He's had to play the H position for us some. Tonight, we needed him to run the ball. He hit the hole and did a good job for us," said Allie.

Keller contributed on the night with two touchdown passes to Junior wide receiver Gavin Oyler. The second of his two scores through the air went for 57 yards on a play action pass off jet sweep that brought the Eagles within two points of the Pirates, at 24-22 with five minutes left in the third quarter. Keller also turned in long runs on the evening with a keep off jet sweep and scrambles. He was able to find pay dirt with 8:02 left in the second quarter on a one-yard touchdown run.

"Cole is a competitor. We witnessed that tonight. He'll watch film, and he will be hard on himself because there are things he could've done better, including a couple of balls he shouldn't have thrown. He's a young guy. He's going to make mistakes, but he's explosive and we've got to live and die with that. We've got to do things to not get in our own way. The margin of error in any football game is thin," Allie offered.

Grain Valley goes on the road next in a week five conference matchup versus Winnetonka and will need to bounce back.

"We can't let two (consecutive) losses turn into three. We will be facing a program that has a new head coach in Coach Palmer and he does a good job. We have to go in and play. We can't keep shooting ourselves in the foot," Allie said.

16-2 Victory for Eagles

Eagles Varsity and JV teams picked up two conference wins on Tuesday, September 18th. The varsity team won 16 - 2 and the Eagles JV team won 15 - 0 over Grandview. Coach Garrett Ogle has been impressed with the team's fortitude, given their intense schedule.

"Last week we played 8 games. This week we have 7 games with Varsity, JV, and C team all playing in a tournament on Saturday which will stretch us thin. We will follow that up with four straight games the next week," Ogle said.

The move to the Suburban Conference and several young players joining the team this year has been an adjustment that the team is still working through.

"We played the defending Class Three state champs, Class Three 3rd place finishers twice, multiple district champions and sectional qualifiers from last year all during that stretch. To be able to compete with those teams day in and day out and then actually be able to beat some of those teams is really exciting and means a lot moving forward," Ogle said.

Looking ahead to this weekend, the team will head to Liberty for a tournament where they will face top

tier teams Liberty North, Eureka, and Nixa. Following three games on Friday, the girls will return to compete early on Saturday morning.

"I think what I am most looking

ready to compete at a high level against high level competition," Ogle said.

"This is an amazing group of girls. They are a lot of fun to be around, and



Avery Huffman was 4-4 at the plate, leading the Varsity team in hits on Tuesday evening. The Eagles won 16-2 over Grandview. Photo credit: Valley News staff.

forward to in the Liberty Tournament is to see how well we will handle the adversity that comes our way, being able to compete when we are mentally and physically exhausted but still making sure that we are prepared and

they make coaching a lot of fun. They are a true definition of character and they really represent this program well in everything that they do," Ogle said.

Follow Grain Valley Eagles Softball on Twitter at @GVsftball.

Hileman Finishes 6th in Odessa



Grain Valley Girls Golf competed at the Odessa Tournament on September 17th. Taylor Hileman (pictured) finished sixth overall with her personal best round of 97. Additional scores for the Eagles: Laney Rose III, Brittney McKay 120, Sydney Williams 121, and Maya Bartlett 125.

Community Calendar

September 21, 2018

Grain Valley Partnership:
Coffee Connections
8:00am—Price Chopper Grain Valley
Held the 3rd Friday of each month
www.growgrainvalley.org

September 22, 2018

Tequila and Pearls Boutique
Grand Opening
10:00am—6:00pm
(Ribbon Cutting at 10:00am)
105 Armstrong Drive

September 22, 2018

FOCUS for Grain Valley Trivia Night
6:30pm
Grain Valley High School Commons
Register by calling Jan Reding,
816-225-0713, or email
janreding@earthlink.net.

September 24, 2018

Board of Aldermen Meeting
7:00pm
Grain Valley City Hall

September 27, 2018

Grain Valley Historical Society
Membership Meeting
6:00pm Potluck; 6:30pm program
www.grainvalleyhistory.com

September 28, 2018

Grain Valley Partnership
2nd Annual Golf Classic
Shotgun start at 8:00am
www.growgrainvalley.org

October 3, 2018

Senior Citizens' Luncheon
11:30am—1:00pm
Grain Valley Community Center,
713 S Main ST
Call 816-847-6293 to RSVP.

October 4, 2018

Shooting Stars and Meteor Showers
6:30pm
Mid-Continent Public Library—
Grain Valley Branch
<http://www.mymcpl.com/events>

October 8, 2018

Board of Aldermen Meeting
7:00pm
Grain Valley City Hall

October 10, 2018

Planning & Zoning Commission Meeting
6:30pm
Grain Valley City Hall

October 20, 2018

Household Hazardous Waste Mobile
Collection Event
8:00am—Noon
Jackson County Public Works
34900 E Old US Hwy 40, Oak Grove

October 26, 2018

Trail or Treat
6:30pm—8:30pm
Butterfly Trail, Grain Valley
Trail or Treat is fun for the whole family!
Kids dress in costume and travel
Butterfly Trail to get treats from more
than 30 local businesses, churches, and
organizations. FREE event.

October 27, 2018

On the Move 5K Against Hunger
William Bryant Elementary
8:00am
1101 SE Sunnyside School Rd
Blue Springs, MO
<https://runsignup.com/OntheMoveAgainstHunger>

Post your group's community event
online at
www.grainvalleynews.com.

Looking Back Grain Valley's First School

by Marcia Napier
Grain Valley Historical Society

It was 129 years ago when the first Grain Valley School was built. The year was 1889. Until the 1903-04 school year, the only children going "back to school," were the elementary students.

In 1904 the school was a wooden structure, Sni-A-Bar Farms was still only a vision of William Rockhill Nelson, the town of Grain Valley, only 10 acres in size, had only been in existence for 11 years.

In those times students really did walk to school. Hopefully, it wasn't all

uphill, they had shoes, and the snow was only around for a few weeks in the winter!

The next meeting of the Grain Valley Historical Society will be Thursday, September 27th, with a potluck at 6:00pm and program at 6:30pm. Amy Gan will present on Monarch butterflies at the September meeting.

For more information on the Historical Society, visit
www.grainvalleyhistory.com.



EMPLOYMENT OPPORTUNITIES

The City of Grain Valley is now hiring for a Public Works Maintenance Worker.

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<https://www.cityofgrainvalley.org/employment/>.

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