

# The Cunningham Courier

"The only newspaper in the world that cares about Cunningham, Kansas"

Photo by Amanda Prim

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September 4, 2025  
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## BOE Meets Monday to Approve Exceeding RNR

Cunningham USD #332  
Board of Education Meeting  
104 W 4th St., Cunningham, KS 67035  
Monday, September 8, 2025  
6:40 p.m.  
AGENDA  
I. Call to Order  
II. Approval of Agenda (AI)  
III. Guest Recognition  
IV. Review of Mills in excess of Revenue Neutral Rate  
V. Approve Resolution to exceed RNR (AI)  
VI. Adjournment



## BOE Meets Monday to Approve Budget

Monday, September 8, 2025  
6:50 p.m.  
AGENDA  
I. Call to Order  
II. Approval of Agenda (AI)  
III. Guest Recognition  
IV. Budget hearing  
V. Adjournment

## BOE Meets Monday for Regular Board Meeting

Monday, September 8, 2025  
7:00 p.m.  
AGENDA  
I. Call to Order  
II. Approval of Agenda (AI)  
III. Guest Recognition  
IV. Approval of the minutes of the August 18, 2025 regular meeting. (AI)  
V. Approval of financial reports and payment of bills (AI)  
VI. Reports  
a. Superintendent report – Dr. Arnberger  
b. Principal report- Cody Dunlap  
c. Special Ed report –  
VII. Old Business  
a. Football classification discussion  
b. Future project discussion  
VIII. New Business (AI)  
a. Adopt the Budget for 2025-2026  
b. Approve Lease/Purchase 14 passenger bus  
IX. Other  
X. Adjournment



*The Culinary Essentials class enjoyed their first recipes of the year, no bake cookies and orange julius.*



U.S.D 332 Facebook post

## Wheat Scoop: Breaking the Silence: Mental Health in Farming Communities

Life on the farm has never been easy. Long hours, unpredictable weather and volatile markets are part of the job, but in recent years, wheat growers and farmers across the country have faced a wave of challenges that go beyond the fields. Rising debt, shrinking margins and isolation have placed enormous strain on rural families. Tragically, farm organizations, including the National Association of Wheat Growers, have reported an increase in suicides among producers, often younger growers without the financial cushion to withstand the hardships of modern agriculture.

**The Silent Struggle**  
Farming is more than an occupation; it is a way of life. But it is also one of the most stressful professions in America. Studies show suicide rates among farmers are two to five times higher than the national average. At the same time, rural communities often lack adequate mental health services, leaving producers to carry their burdens alone.

National surveys reveal that three

out of four rural adults believe reducing stigma around mental health is critical. Yet cultural barriers, especially the perception that asking for help is a weakness, continue to silence conversations. For too long, resilience has been defined only as pushing through. True resilience also means recognizing when support is needed.

**Building Awareness and Reducing Stigma**

Farm groups, nonprofits and mental health advocates are working to break that silence. Campaigns like Farm State of Mind from the American Farm Bureau Federation, Rural Minds and Stigma-Free Mental Health are providing resources tailored to the agricultural community. These efforts emphasize that seeking help is not a failure but an act of strength.

"Your wellness is a key to your farm's wellness; stress management is a business strategy," said Sarah Gideon, executive director of Health Innovations Network of Kansas Inc. "More than ever before, we have to look out for one another, to have those hard conversations when we notice changes in our friends and community members."

Gideon added that resources are available locally, regionally and across the state, and no one should feel they

have to manage alone.

Social media has become a valuable tool in spreading the message. Simple posts reminding neighbors that help is just a call away through the 988 Suicide & Crisis Lifeline, or pointing to resources from the National Alliance on Mental Illness, make a difference in connecting farmers to support.

**Where to Find Help**

For farmers and rural residents, support is closer than it may seem. The following organizations and programs offer confidential assistance, education and crisis intervention:

988 Suicide & Crisis Lifeline - 24/7 free and confidential support: [988lifeline.org](http://988lifeline.org)

Rural Minds - dedicated to eliminating mental health stigma in rural communities: [ruralminds.org](http://ruralminds.org)

National Alliance on Mental Illness (NAMI) - nationwide network for mental health education and advocacy: [nami.org](http://nami.org)

Farm State of Mind - American Farm Bureau Federation: [fb.org/initiative/farm-state-of-mind](http://fb.org/initiative/farm-state-of-mind)

AgriSafe Network - health and safety resources for farm families: [agrisafe.org](http://agrisafe.org)

Farm Aid - support services and emergency assistance: [farmaid.org](http://farmaid.org)

Farm Family Wellness Alliance:

[farmfamilywellness.com](http://farmfamilywellness.com)

Rural Health Information Hub: [ruralhealthinfo.org/topics/farmer-mental-health](http://ruralhealthinfo.org/topics/farmer-mental-health)

American Soybean Association #SoyHelp: [soygrowers.com/soyhelp-national-resources-info](http://soygrowers.com/soyhelp-national-resources-info)

Ag-Aware behavioral health providers: <https://www.kansasagstress.org/ag-aware-providers-in-kansas>

Local providers within our service region in northeast Kansas: <https://www.healthinnovationsnetworkofkansas.org/hink-spin>

Every conversation helps. Whether it is checking in on a neighbor, sharing resources online or reminding a friend they are not alone, small actions can save lives. Reducing stigma and building awareness is a community effort and one that rural America cannot afford to ignore.

Farming will always come with challenges, but no one should have to carry the weight of those challenges alone. As Gideon put it, "If you don't ask the hard questions, who will?"

If you or someone you know is struggling, dial 988 to connect with immediate help.

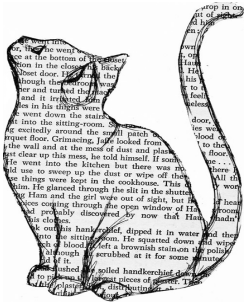
DID  
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KNOW?

Kingman Healthcare Center offers  
3D Mammograms - the latest technology  
Covered by insurance  
Call 620-532-0129 for appointment

CALL US  
TODAY







Meanderings

There's a bit more space here than I really wanted. Let's see if I can fill it up.

If I can't, I'll just make the font larger or space lines and letters it further apart. So easy to do with technology. (Just goes to show why I have a love/hate relationship with technology).

Tallgrass and Tumbleweeds by Gaille Pike

Dear Readers,

Since the 2025 Hurricane Season started, six named storms. The National Hurricane Center (NOAA) is watching a tropical wave off the west coast of Africa, which NOAA reports has “favorable conditions” to develop into Tropical Storm Gabrielle. One of my best Philly friends is headed “down the shore” with her family to spend a week on a New Jersey barrier island. The

After last week's column, the iron fairy came to visit. She brought along some hankies to go with the iron. I will be making many of the little paperdoll/hankie cards.

I currently have made about 10.

I can remember making that first one. It took hours to figure it all out. The second one took just as long as I was trying to work out the kinks in the measurement of the box lids and bottoms. Now I can get one whole card with box done in about 30 to 40 minutes.

The very hardest part is finding a 'lady' to go with the hanky and then

Atlantic ocean is bath-water-warm this time of year. On Labor Day, the summer crowd departs, yet seasonal businesses remain open. So the only threat to vacation bliss is the WEATHER.

As a young child, I rarely considered “the weather” except on snow-days when school was canceled. When tornados were spotted, I was more bothered by cellar we sheltered in than in the storm itself. In adolescence, weather was a nuisance if it interfered with my activities. Through my late teens and into my early twenties, I possessed more

finding paper to match for the background.

But it is getting easier, as I'm learning the 'girls' I have in my "girl folder" here on the computer.

It needs to get easier because I have many other cards to make.

I ordered some die cuts of a farm scene. I think those will make cute cards.

I watch a lot of paper crafting videos. I saw one the other day in which a lady made an Oreo cookie out of paper. I decided I could do that. And I did, with a couple of tweaks. Then I stuck it on a card added an outside sentiment, and a little verse on the inside. Very cute.

than the usual share of youthful exuberant arrogance. I believed I was impervious to THE WEATHER (and pretty much everything.)

When I moved to Philadelphia, Pa., I was advised to watch out for criminals, but no one warned me about East Coast Nor'easters, tropical storms, or hurricanes. Or for all the decisions to be made before, during and after these storms or what officials meant when they said, “have 3-10 days of emergency supplies on hand.” I had to learn new phrases and concepts like, “Batten the hatches” and “hunker

There are some really incredibly talented people out there and they are all so willing to share their ideas and thoughts. Which makes me look good!

Don't forget if you aren't doing anything the evening of Sept. 4 (yes, the same day this paper comes out), come over the Vernon Filley Art Festival. I think I am going to be right in front of the museum.

There was a bit of a snafu with my registration, but the folks over there have been great about getting me in.

I think the weather will be nice as well. (not

down.” And gain a new respect for wind.

Growing up, I heard: “Mighty windy,” “That wind’s been a’blowin’;” OR “Sure nice to get break from that wind.” But mostly, not much was said about wind because...Kansas is windy. Wind’s wind, right?

Initially I thought all the late-summer through fall East Coast fuss about “wind speeds,” “wind shear,” “gale or hurricane-force winds” was hype to get folks to go buy more milk, bread and eggs. That was before my Atlantic City Boardwalk sand-facial. Even then, stung as bad-

sure about the Kansas wind, though).

I guess I could give a Brando update. The little stray fellow is growing. Out. His little tummy is very round. He's not tall, but he's round.

He si such a good kitty. I wish all the others would follow his example. (and the dog can take a lesson or two from him)

Brando NEVER scratches the furniture. When I let him out at night, he immediately runs for the deck post and scratches there. Not the perfect place, but it will do.

He always, always uses the litter box, and

ly as I was and barely able to walk into the reportedly 35 mph wind, I never thought that wind was dangerous. It was “Mighty Windy” and a mighty fun adventure.

October 29, 2012 changed my relationship to both wind and the weather. That was the day Hurricane Sandy made landfall. I was on the Pennsylvania Turnpike when she came made her way inland—in a car dodging uprooted trees and vehicles filled with others, who like me, should not have put ourselves in harm’s way, possibly creating more havoc than the storm.

covers it up... unless he's outside, then he uses the 'facilities' out there. He NEVER jumps up on the cabinets or the kitchen table or my work tables and desks.

He's just a good kitty.

Not much going on this week, and it was difficult filling this paper, but I found a bit of this and that. Surely everyone will find something to read or study.


Always reading, and currently between books until I get to the library to get "Fire Sale" by Sarah Paretsky, Roberta

Perhaps my fellow foolish travelers were all brain surgeons or emergency responders valiantly on their way to work. But I suspect the majority were like me—mucking about because we were cajoled or bullied with the proverbial, “It won’t be that bad. The forecasts are never right. Don’t be a wuss.” When I remember Hurricane Sandy, I am reminded that being reckless is not brave and humans can be more dangerous than weather.

Until next week-keep your eyes on the stars and your back to the wind.

Happy Here!

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Poems about small town life

Bud, Pearl Smith, plus seven kids,  
Once filled up 410 Elm.  
Still call that space  
The “old Smith place”  
Though now another’s realm.

There’s a sweet serenity  
That comes with living here.  
Less hectic pace,  
Less need for mace,  
Existence free of fear.

How much money does it take  
To live in this small town?  
A whole lot less,  
Which means less stress.  
Just have a job nailed down.

It’s okay to like pro sports,  
Appreciate the skill.  
But don’t ignore  
The kid next door,  
cuz local youth can thrill.

Urbanites oft leave their homes  
To venture where WE are.  
A getaway  
Just for the day,  
An hour or so by car.

Trouble? Sure, there sometimes is.  
But not too big a deal.  
Police report  
Is mostly short,  
No mob crime to reveal.

Veterans of foreign wars  
Have served our nation well.  
We have our own,  
From here, home grown,  
With gritty tales to tell.

Poetry from Daily Life to End

I received this note from David Harrison last week: Good morning, Roberta,

I don’t know if you are currently carrying my weekly poetry column or not. If you have, thank you. I hope your readers have continued to respond to it.

I’ve now published 96 consecutive weekly columns in Springfield News-Leader and other papers in Missouri and Kansas. I wanted to let you know that I’ll conclude the column with a final feature on September 30. Didn’t want to catch you by surprise. All 101 columns will remain on archive with Missouri Press Association and will available if you should need them.

Incidentally, I’ve also created an online library of most of the poets reading their columns. It’s already had about 1,700 views. Here’s the link for Poetry from Daily Life Free Video Library: <https://www.youtube.com/channel/UC5wGqp5vbw2K0N7cFcGwN5w>

Thank you very much,  
David Harrison  
Missouri Poet Laureate

(Editor's note: I do believe I have enough of Mr. Harrison's columns "stockpiled" to run them until the middle of December.)

Poetry From Daily Life

edited by  
David L. Harrison,  
Missouri's Poet Laureate

**When writing helps get the words out**

By Dottie Joslyn

*My guest this week on Poetry from Daily Life is Dottie Joslyn, who lives in Springfield, Missouri. She has been writing most of her life in some form, but poetry “landed in me” fairly early, and I’ve been writing it ever since.” Dottie has a published book, “Just Show Up,” and she’s collecting some of her newer poetry for a second book, which she hopes to publish in the next couple of years. She is a Certified Applied Poetry Facilitator in the field of Poetry Therapy and has worked with people with mental illnesses, as well as other community groups. ~ David L. Harrison*

**Poetry therapy works!**

I know that because I’ve used poetry in groups of mentally ill people and watched them expand past their illnesses and blossom. Reading, discussing, and writing poetry helps people find where they are in life and in the world. It’s one step outside the self yet still expresses the self’s pain,

joy, disappointments, and everything else right where they are. There’s something about poetry that allows people to pretend that they are “just writing a poem,” but reveals personal truths that tell a part of their own stories.

Metaphors and similes sit in for what’s really going on in the lives people are living. And when those lives are fraught with depression, anxiety, and other mental illnesses, reading and using those devices release the emotion onto the page. People who can’t talk about their issues can sometimes write about them in poetry.

When I first became certified as an Applied Poetry Facilitator (CAPF) through the International Federation for Biblio/Poetry Therapy (IFBPT), I began working with people with mental illnesses at the National Alliance on Mental Illness of Southwest Missouri (NAMI) in their drop-in center, called the Hope Center. I was completely certain of poetry’s ability to heal but was nervous at that first session. What if it didn’t work? What if

they hated the poetry I was using? What if they didn’t participate? I used Billy Collins’ poem, “Introduction to Poetry,” in that first session that ends:

“... all they want to do is tie the poem to a chair with rope and torture a confession out of it. They begin beating it with a hose to find out what it really means.”

Which is not what poetry therapy is about. It’s about interpreting poetry in the context of each person’s life experience, how it speaks to him/her, not necessarily what the poet meant. Even a poem that we don’t like can spur discussion and writing about our reasons for the dislike. You don’t have to like a poem for it to make you think and respond.

I didn’t have to worry about participation. The people there were hungry to express themselves in discussions about the poems, but were the most receptive to sharing. At that first meeting, I used the protocol I had learned through vigorous study over several years, and at the end asked if anyone wanted to share. It was never mandatory, I told them, but hands shot up all around the table. I knew then that I was in the right place doing the

right thing. Here is the poem that came from that experience.

Poetry Works!  
They are smiling,  
their hands waving in the air,  
eager to share,  
eager to be heard.  
Voices soft at first,  
hesitant,  
echo in the quiet room,  
then grow stronger,  
surer.  
Nods.

A hand reaches out,  
a firm clasp for a moment.  
A sigh of relief,  
then voices raised in solidarity.  
Poetry opened the door.  
They walked through it.

Dottie Joslyn has had poems published in several journals and anthologies including: “American Tanka,” “Buffalo Bones,” “Poetry from the Trail Ridge Writers,” “Beginning Again: Creative Responses to Poetry of Presence,” “The Bards of Moon City: An Anthology of Poetry, Volumes One and Two,” “Paddle Shots,” “Along the Shore: Strategies for Living with Grief,” and “Gyroscope Review.” Her website is [joslynpoems.com](http://joslynpoems.com). Anyone interested in learning more about poetry therapy can get information at [www.IFBPT.org](http://www.IFBPT.org).

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Community Bulletin Board

<b>Thursday, September 4</b> 3:00 p.m. HS/JH Cross Country at Pretty Prairie *** 4:00 p.m. JH VB at Central Christian *** 6:00 p.m. JH FB at Central Christian <b>Friday, September 5</b> 3:30 p.m. K-5 Cheer Clinic *** 7:00 p.m. HS FB vs South Barber at HOME	<b>Thursday, September 11</b> JH VB at HOME vs Fairfield and Stafford *** JH FB at HOME vs Fairfield/Stafford <b>Friday, September 12</b> HS FB at Peabody-Burns <b>Saturday, September 13</b> HS VB United Tournament at Sylvan/Lucas *** JH/HS Cross Country at Skyline <b>Monday, September 15</b> HS JV FB vs Tescott at HOME <b>Tuesday, September 16</b> HS VB vs South Barber and Norwich at HOME *** VB Senior Night *** Lions Club
<b>Monday, September 8</b> HS Band to State Fair *** 7:00 p.m. BOE Meeting	<b>Tuesday, September 9</b> HS VB vs Pretty Prairie and Caldwell at HOME

The Community Calendar is sponsored by



nvalleybank.com

Member FDIC

101 E. First Street  
Cunningham, KS  
620-298-2511

- WANTED -

Old Photos from our communities

Call (620) 298-2659 or email to  
couriernews@yahoo.com

Libraries

Cunningham Public Library

Mon., Wed., Fri.  
2:00 - 6:00 p.m.  
Tues., Thurs., Sat.  
9:00 - 11:30 a.m.  
Closed for Holidays  
298-3163



Zenda Public Library

Monday  
8:30 a.m.- 12:30 p.m.  
Thursday:  
4:00 p.m. - 8:00 p.m.  
Saturday:  
8:30 a.m. - 12:30 p.m.  
620-243-5791



Kingman Carnegie Library

Mon. & Tues. 10:00 a.m. to 8:00 p.m.  
Wed. : 10:00 a.m. to 6:00 p.m.  
Thurs. : 10:00 a.m. to 8:00 p.m.  
Fri. : 10:00 a.m. to 6:00 p.m.  
Sat. : 10:00 a.m. to 2:00 p.m.  
620-532-3061



Pratt Public Library

Mon. - Thurs.  
10:00 - 7:00  
Friday: 10:00 - 6:00  
Saturday: 10:00 - 2:00  
Closed on Sundays  
(620) 672-3041

HAPPY 90<sup>th</sup> BIRTHDAY!

Marilyn Smiley, former publisher of The Cunningham Courier and mother of Mary Stackhouse, is celebrating her 90th birthday on September 11. This calls for a birthday card shower. Send your birthday greetings and wishes to her at:  
207 N. Buckeye  
Stafford, KS 67578

Sterling College Theatre Announces 2025–2026 Season

STERLING, KS — Sterling College Theatre has unveiled its 2025–2026 season, a dynamic lineup of musicals, plays, and student showcases that highlight the power of performance to bring meaning, hope, joy, and entertainment in turbulent times. “Our 2025–2026 mainstage season features works born out of turbulent eras or directly focused on profound human struggle, plus they all offer great entertainment as well as being thought-provoking,” said Lesa Brown, Artistic Director of Sterling College Theatre. “In times shadowed by fear and uncertainty, when words so often fail us, artists step in—not to

escape the darkness, but to illuminate it. Through metaphor, story, beauty, and performance, these plays draw our attention away from the brink and toward resilience and even joy.”

The season begins in October with the classic musical **Bye Bye Birdie** (October 17–19), directed by Lesa Brown with music direction by Marisa Callan. This Tony Award-winning favorite, written in 1958, follows an Elvis-like rock star drafted into the Army who travels to a small Ohio town for one last televised kiss with his biggest fan.

In November, Sterling College Theatre presents the Pulitzer Prize-winning drama **Rabbit Hole** (November 20–22), directed by Technical Theatre faculty member Stephen English. The poignant play by David Lindsay-Abaire

Fall in Love With Your Backyard This Fall – Here's How!

(StatePoint) Just because fall is here doesn't mean your backyard fun has to end! Fall is the perfect season to breathe in crisp air, sip something warm under the stars, watch an outdoor movie, and make the most of your outdoor setup. With the right tools and a few seasonal upgrades, your backyard can stay the place to be long after Labor Day. Here's how.

**Blow Away the Mess: “Leaf” It to the Pros**  
Those golden leaves look lovely on trees, not so much on your lawn. A good leaf blower (especially a cordless or battery-powered model) like the Greenworks 80V Cordless Leaf Blower can keep your yard tidy and pathways safe. But to take it up a level, look no further than the Mammotion Yuka robotic mower with sweeper kit. It doesn't just trim your lawn, it also collects fallen leaves as it goes.

**Bring the Heat: Stay Toasty on the Patio**  
With propane or electric patio heaters, you can keep the chill at bay and enjoy those al fresco dinners well into the season. Try the Dr. Infrared


Heater Outdoor Patio Heater for electric convenience or the Hampton Bay 48,000 BTU Patio Heater for classic propane warmth.

**Cover Up: Furniture that Survives the Season**  
Fall weather can be unpredictable, but with water-resistant covers for patio chairs, tables and lounge sets, your stylish setup won't suffer. Brands like Vailge and Duck Covers make highly rated all-weather options in multiple sizes and styles.

**Pool Days Aren't Over Yet**  
If you're one of the lucky ones with a pool, you might be able to stretch swimming season into September, especially with a pool heater. A reliable robotic skimmer like the Bublue BuVortex V5 will spin around your pool, clearing it of fallen leaves, bugs and branches.

**Backyard Movie Magic: Outdoor Projectors**  
Cooler nights are made for blankets, popcorn and movie marathons under the stars. Outdoor projectors turn backyards into a private cinema. One of the best is the Valerion Vision Master Pro 2, which delivers ultra-bright, cinematic 4K laser projection even in ambient light.

Fall Clean-Ups are



Moms Night Out Book Club

Wednesday, September 10th  
6 to 7 p.m.

Call the Cunningham Public Library for more information: (620) 298-3163

explores the aftermath of a devastating loss as a young couple struggles to find healing and a way back into the light.

January brings a special production: **Senior Showcase** (January 23–24). This performance will spotlight graduating seniors Noah Svaty, Mary Little, and Morgan Pellegrino who will be joined by fellow SC Theatre performers for an evening of musical theatre selections and scenes.

Thornton Wilder's beloved classic **Our Town** is next February 26–28. It will be directed by Lesa Brown. Written in the shadow of World War II, the play invites audiences to rediscover meaning in the small details of life and the beauty of human connection.

April's production is the charming romantic musical **She Loves Me** (April 17–19),

directed by Musical Theatre faculty member Marisa Callan. Set in 1930s Budapest and revived multiple times on Broadway, the show is a heartwarming story about authentic communication and love found in unexpected ways.

The season concludes with the **Evening of One-Acts & Dance** (May 2), a showcase of student-directed plays and original choreography, highlighting the creativity and talent of Sterling College's student artists.

All productions will be held in Culbertson Auditorium on the Sterling College campus. All performances begin at 7:30 pm except for Sundays which are at 2:00 pm. Tickets will be available online three weeks before each production as well as at the door before each performance.

Easier with the Right Tools

Pressure washers, trimmers and gutter vacs are great tools to prep your home for colder months. The Sun Joe SPX3000 Pressure Washer is a fan favorite. When paired with a gutter cleaner like the WORX Universal Gutter Cleaning Kit, you're ready for seasonal upkeep.

**Don't Let Mishaps and Malfunctions Ruin Your Fall Fun**  
Outdoor gear works hard all year—but colder weather puts added stress on everything from leaf blowers to lounge chairs. When something breaks, it can be expensive to replace. The good news? Many of these items can be protected. The surprise? Most Americans don't know it.

An Allstate Protection Plans survey found:

- Only 9% know patio tables can be covered
- Just 7% know about patio chairs and umbrellas
- Only 6% realize lounge chairs qualify

And awareness is also low for leaf blowers (34%), robotic pool cleaners (28%) and patio heaters (22%)

Don't wait for a breakdown. A protection plan helps keep backyard essentials working longer and saves you from surprise repair costs. Visit [www.allstateprotection-plans.com](http://www.allstateprotection-plans.com) for more fall outdoor living tips.

By performing a few maintenance tasks and protecting your gear, you can stretch backyard season into sweater weather.

Kingman Historic Theatre

237 N. Main in Kingman  
(620) 532-1253  
<http://www.kingmantheatre.org/>

September 5 - 7

Closed for the Weekend

Thank YOU for supporting YOUR Kingman Historic Theatre.



## What If? Turning “If Only” Into Hope.

We have all whispered it at one time or another: “If only I had listened... If only I had forgiven... If only I had trusted... If only I had acted...” These two small words, “if only,” carry the weight of regret, longing, and missed opportunities. They echo in personal relationships, in community life, and in the quiet places of our hearts.

Psychologists remind us that regret is one of the most common emotions humans experience. Dr. Neal Roese, in his work *The Psychology of Regret*, notes that regrets often fall into two categories: **things we did that we wish we hadn’t**, and **things we failed to do that we wish we had**.

Dr. Roese and Summerville went further and researched through a meta-analysis and found that Americans’ most common lifelong regrets fall into the following domains, in descending order:

- Education
- Career
- Romance
- Parenting
- The Self (self-improvement)
- Leisure

These “what ifs” can either **hold us captive in the past or serve as stepping stones toward growth and transformation**.



The Bible does not shy away from “if only” moments. King David grieved, “If only I had died instead of you” (2 Samuel 18:33). Martha lamented at the tomb of

Lazarus, “Lord, if you had been here, my brother would not have died” (John 11:21). Peter, after denying Jesus, wept bitterly, no doubt thinking, “If only I had been faithful.” Yet in each of these stories, God’s grace broke through: David found renewed strength, Martha witnessed resurrection, and Peter was restored as a leader in the early church.

As pastoral theologian Henri Nouwen once said, “*Hope prevents us from clinging to what we have and frees us to move away from the safe place and enter unknown and fearful territory.*”

Our “if onlys” need not define us, they can open us to God’s transforming power.



This September, Cunningham United Methodist Church and Penalosa United Methodist Church we are beginning a new sermon series titled “**If Only.**” Across five weeks, we will explore:

1. If Only I Had Listened – finding wisdom in God’s guidance.
2. If Only I Had Forgiven - releasing the weight of grudges.
- 3.If Only I Had Trusted God- discovering courage to face life's storms.
4. If Only I Had Taken Action - learning the importance of faith in practice.
5. If Only God Is With Me – ending with the assurance of God’s presence.

Each week will highlight models of gaining acceptance, rebuilding trust, extending forgiveness, and restoring hope. In this series I will affirm that the **Gospel proclaims:** acceptance, fosters healing, forgiveness frees the heart, trust strengthens community, and hope revives the soul. You will find a community ready to listen, pray, support, and journey with you.

**Penalosa UMC – Sundays at 9:15 a.m.**  
**Cunningham UMC – Sundays at 10:45 a.m.**  
Perhaps your heart has been weighed down with unspoken regrets. Perhaps you’ve wondered, “What if I had done things differently?” This series is for you. Come and discover that with God, “if only” can be transformed into “now I know”, and that the ***God who walks with us turns regret into redemption, and sorrow into joy.***

“At least there is hope for a tree:  
If it is cut down, it will sprout again,  
and its new shoots will not fail.  
Its roots may grow old in the ground  
and its stump die in the soil,  
yet at the scent of water it will bud  
and put forth shoots like a plant. (**Job 14:7-9, NIV**).

By Rev. Mathew Musyoki,  
Cunningham and Penalosa UMC.



## Qualities of an Effective Church Worker

Serving in the Helps Ministry is giving a hand of service towards the fulfillment of your Pastor’s God-given vision. And being effective makes you relevant. It makes your leader consider a job "well done" just because it was committed to you. Through your service, a public image or impression is also created of your church family to the outside world.

To be ‘Effective’ is to be, 'Efficient, able, capable... etc'. It is the definition of your results. Effective people impact the lives of others positively. It was the transportation that drove Joseph political prominence in ancient Egypt. It is God’s tool for touching and blessing others. However, effectiveness is a product of character and not a spiritual gift. Let’s consider some qualities of an effective church worker.

### WALKS IN LOVE

Practicing strife, hatred, jealousy, envy, murmuring, grumbling, complaining and every other vice is an exercise in self-reduction. Walking in love, however is a sensible act of self-preservation.

### UNDERSTANDS THE IMPORTANCE OF HIS/HER DUTIES

A lady applied to be admitted into a certain church's Intercessory Group. On her reason for joining she said, “Joining will help me develop my personal prayer life.” The panel replied, "Then you don't need to join the Prayer Department. Faithfully attend the church's prayer services, and your personal prayer life will be developed!" Getting involved in service should be for the purpose of occupying a duty post to assist the Pastor in fulfilling his God-given Vision.

### DOES A THOROUGH JOB

There are times when it’s only by going the extra mile that the desired results can be achieved. The world has no doubt that your Jesus saves, but they need to see how His indwelling presence can make a practical difference in their lives on a daily basis. So, whatever you do in God’s house, do a thorough job!

### COMPLEMENTS, NOT COMPETES WITH OTHER TEAM MEMBERS!

Some serve to "out-shine" others. No form of service in God's House is inferior to the other. Some may be more prominent, but they are definitely not more important. Each has its specific assignments and purpose in the lives of church members.

### RESPECTS THE ANOINTING

The Anointing is the burden-removing, yoke-destroying, ability-inducing Power of the Holy Spirit. Thus, disrespecting the Anointing is a very dangerous attitude. Avoid it! Respecting it connects you to its vast, wonderful benefits.

### SEEKS AND FOLLOWS THE HOLY SPIRIT'S LEADING

Jesus did only what He saw His Father doing (John 5v19). Can you succeed by doing less? The truth is, the Holy Spirit is the Lord of the Harvest. Things will fall out line if you relegate Him to the background in your spiritual service.

Beloved, no matter how much has already been achieved, you can still attain greater heights. Make that quality decision to be effective in your spiritual duties today. Be effective. Be the 'plus factor'!

Having said all these:

...Effectiveness in spiritual service is achievable and meaningful only when you have a personal relationship with God through Jesus Christ. If you have not yet received Jesus as Lord and personal Saviour, you can today. Please pray this simple prayer:

Lord Jesus I confess that You are Lord. I believe you died and rose from the dead for my sake. Forgive my sins, be my Saviour and make me a child of God from this day forward. Fill me with your Holy Spirit, in Jesus name.

If you prayed this prayer, I would like to send you helpful material information to help you start out your new life in Christ. Please write me NOW!

God bless you richly!!

Tope A. Banjo

*Tope A. Banjo, is a Minister and Trainer whose work develops You to ‘Achieve Your Goals and Fulfil Your Vision’ in Church Workforce, Small Business Start-Up and Personal Development. He is the Founder of Vision Builders, a published Author and the producer of Nigeria's foremost Workforce Training Bulletins, The VISION BUILDER and TRAILBLAZER. You may see Vision Builders’ Training Programs AND easily download current and past editions now from: [visionbuilders.wix.com/buildyourvisions](http://visionbuilders.wix.com/buildyourvisions)*

## Cunningham Hands of Hope, Inc.

**Who:** A Not-for-Profit (501c3) organization providing assistance through donations and volunteers.

**Who we serve:** Residents within the USD #332 school district

**What:** Food

**When:** First Tuesday of the month

**2:00–5:00 p.m.**

**Where:** 117 N Main (Old School Board Office)

**Why:** To provide food assistance to those in need.

**How:** Attend weekly distribution. Adult of household must be present.

**Do you need assistance outside distribution hours?**

Please call 620-770-9507.for immediate food assistance needsThis institution is an equal opportunity provider.

Prov.  
25:26 *NIV*  
Like a  
muddied  
spring or a  
polluted well  
is a righteous  
man who  
gives way to  
the wicked.  
-submitted by  
Alan Albers

### Catholic Churches

**Sacred Heart, Cunningham**  
Sunday 8:30 a.m.

**St. John, Zenda**  
Saturday 4:00 p.m.

**St. Leo**  
Saturday 5:30 p.m.  
Father Daryl Befort

**St. Peter Willowdale**  
Sunday 10 a.m.  
620-246-5370

### Lutheran Churches

**St. John, Nashville**  
620-246-5220  
Sunday School & Bible Class  
9:45 a.m.  
Worship Service  
8:30 a.m.

**Trinity, Medicine Lodge**  
620- 886-3397  
Sunday School & Bible Class  
9:15 a.m.  
Worship Service  
10:30 a.m.

Pastor vacancy until further notice.

### Church of Christ

**Penalosa**  
Sunday 11:00 a.m.

### First Christian Church

**Cunningham**  
Sunday School 9:15 a.m.  
Morning Worship 10:45 a.m.  
Sunday Evening Worship 6:00 p.m.  
Jr High Youth Group 4:00 p.m. Sunday  
Sr High Youth Group 7:30 p.m. Sunday  
Wednesday Prayer Service 7:00 p.m.  
Pastor Mike McGovney 620-770-9507

### United Methodist Church

**Penalosa**  
Worship 9:15 a.m.  
Pastor Mathew Ndambuki Musyoki  
620-298-2090

### Zenda Methodist Church

Worship 9:00 a.m.  
Sunday School: Children 8:30 a.m. Adults 10:00 a.m.

Pastor J L Nichols 620-243-6953



YEARS AGO IN

The Cunningham Clipper

W. A. Bradley / William Bradley

1940

September 6, 1940 – Oh, what a beautiful night it was to sleep after we had slapped Zenda’s pants.

The key to the local’s success was a guy who goes by the handle of John Henry of Johnson. He, by the way, is a pitcher. And is he good! He held the Zenda batsmen in palm of his finn throughout the game, and they never threatened the local’s choke-hold on the lead. Going into the sixth inning with the locals leading 3 to 1, a 4 run splurge salted away victory. Chief instrumentalist in the victory-salting was Donnie Huhman’s 3-run homer.

Johnson, who, just by the way, is not a home-grown boy, held the Zenders to 7 scattered singles. When we say scattered we mean just that, too. He allowed but one measley hit an inning in the first seven frames. He shut off that one-hit-an-inning stuff in the last two innings, losing his former generosity and blanked them.

Our stock of Grade School Books is now complete except for the new Agriculture Book which is not yet ready for distribution by the State Board of Education.

Also as usual we have a full line of approved School Supplies. Buy now while the stock is complete At Burnetts Drug Store.

Miss Beverly Scott was a birthday guest of Miss Colene Fitzsimmons Saturday.

Matt Neises was seriously hurt a week ago Wednesday when he fell from the porch at his home. He is in the hospital.

Mr. and Mrs. Delmer Huffman, took his grandmother and cousin, Mrs. Emma Mow, and Johnnie Beuben Mow of Grinola, Oklahoma, and Mrs. Huffman’s sister, Miss Jean Gilstrap of Mulhall, Oklahoma, all to Wichita Sunday where they took the bus to their home.

1950

September 1950 – The home Mr. and Mrs. James W. Luce, of Cunningham, was the setting for the wedding of their daughter, Helen E., to Bob G. Long, son of Mrs. R. G. Lewis, of Cunnigham, Sunday morning, August 27 at 9 o’clock.

Miss Mary Agness Smith, eldest daughter of Mr. and Ms. L.C. Smith, of Cunningham, and Mr. Melvin Oller, of Limon, Colorado, son of Mr. Gene Oller, were united in marriage at the Sacred Heart Catholic Church in Cunningham, Thursday morning, August 24, at 10 o’clock, in the presence of a large number of wedding guests. Rev. Joseph Tockert, pastor of the Church, read the marriage vows.

Doris Ann (Dixie) Schwartz, daughter of Mr. and Mrs. Chas. Schwartz, of Cunningham, became the bride of Victor Hageman, son of Mr. and Mrs. Joe Hageman, of Fowler, at a solemn high mass, Thursday morning, August 24, at 9 o’clock, in the St. Leo Catholic Church. Rev. Frank Hulsig sang the nuptial mass. He was assisted by Rev. Joseph Tocket and Rev. August Moeder.

Colonel John F. Kaster, Billy Huffman, Bobby Urban, and Jack Watkins returned home Sunday after having spent the past two weeks at National Guard Encampment at Fort Leonard Wood, Missouri.

Cairo News Items: Rev. J. L. Renner was to have two weeks’ vacation. The pulpit was supplied last Sunday by a man from Nashville. We cannot give his name.

Mr. and Mrs. Claude Barker returned from their honeymoon trip Friday. We wish them all the happiness that is coming their way. But how are you going to keep the two Claude Barker’s separate?

1955

September 1- KARD TV, Channel 3, Wichita, began televising today (Thursday), bringing peo ple of this community their fourth television channel. The Station has not major network affiliation as yet, but station officials expect to tie up with one of the major networks In the near future. Reception is expect ed to be very good in this area, and the anten na position for KTVH, Channel 12, Hutchinson, and KAKE-TV, Channel 10 Wichita, will suffice for the new station. Their tower is located one mile east of Colwich, just across the road south of the KAKE-TV transmit ting tower. Lots of Ducks Landing Around Cunningham When you hear the ex pression, “There’s ducks on the

Museum Hours

Tuesdays, Thursdays, and Saturdays

9:00 a.m. - 11:00 a.m.

or contact

Angie Mertens at 620-532-4354 or

Alan Albers at 620-298-2725 or

Mike McGovney at 620-770-9503

(Volunteers Needed at the museum)

pond” around Cunningham these days, people aren’t referring to a baseball game with runners on base, but to the real live variety of ducks which have made their appearance on the river and on local ponds during the past few days.

Douglas Miller and Sam McMichael report large flocks of ducks landing on water on their farms this week. Duck hunters will en joy seventy-five-day sea son this year, beginning in October and ending December 22.

1960

September 1, 1960 - The Senior Methodist youth Fellowship groups of the Cunningham, Cairo, and Preston charges, with their sponsors, went to 99 Springs for an afternoon and evening of fellow ship, Sunday. The group enjoyed swimming and a fish fry, and then gath ered on the shore of the lake for an impressive Galalean Service con ducted by Rev. Sidney Dillinger, with the sing ing led by Miss Norma Greenlee.

1965

September 2, 1965

Enrollment at Cunningham Grade School totaled 83 the opening day of school (Monday), according to the office of Supt. of Schools Will Seacat.

Employees and directors of the Cairo Co-op Equity Exchange and their families, enjoyed a picnic dinner at 99 Springs near Medicine Lodge, Sunday. Attending from Cunningham were Mr. and Mrs. Loren Cooley, and Mr. and Mrs. Dewey Cooley and sons.

1970

September 3, 1970 - Manhattan-Kans.- Kenneth Kerschen, son of Mr. and Mrs. Henry Kerschen of Cunningham, has accepted a position with the Standard Oil Company in Kansas City, Mo.

A June graduate of Kansas State University in Manhattan, Kenneth received a Bachelor of Arts degree in Business Administration.

He was a member of Delta Tau Delta Fraternity at Kansas State University.

Manhattan, Kans.- Kent L. Goyen, son of Mr. and Mrs. Lester Goyen of Cunningham, is enrolled as a freshman at Kansas State University in the university’s College of Arts and Sciences.

YEARS AGO IN

The Cunningham Clipper

Publisher: Charles G. Barnes

Editor: Rex Zimmerman

Reporter: Marie Ann Mantooth

1975

September 4, 1975- Ryan Michael was the name chosen for the son of Mr. and Mrs. Kenneth Kerschen of Cunningham, born at 10:32 p.m. Tuesday, August 26, at the Pratt County Hospital. He weighed 6 pounds, 3 ounces.

Grandparents are Mr. and Mrs. Elmo Bennett, Smith Center, and Henry Kerschen, Cunningham. A great grandparent is Mrs. Tillie Bennett of Franklin, Nebraska.

The Kerschens also have a daughter, Julie.

The fifth grade has two new students, Frank and John Avery. The class has become very interested in the Lizzie Borden legend after seeing the “Legend of Lizzie Borden” on television. This week they are going to have an insanity hearing. They have been busily researching about the legend.

Mr. and Mrs. Kenneth Kerschen, Julie and Ryan, have moved into their home on Highway 54.

Mr. and Mrs. Waldo Shelman moved into their recently purchased home where the Kenneth Kerschen family had been living.

Mr. and Mrs. Dane Huhman, Craig and Chris, have moved into their recently purchased home where the Waldo Shelmans’ have been residing.

Mr. and Mrs. Wayne Jarmer and Eddie are moving into the George McClellan property where the Dane Huhman Family had been living.

Mr. and Mrs. Dale Sheldon and Lance moved to the Sheldon farm east of Cunningham on Highway 54.

Dee Mills and Debbie have moved into their newly purchased home formerly belonging to the Dale Sheldon Family.

A pair of brown riding books was left at the pool. The owner may claim them at the Dean Mantooth home.

YEARS AGO IN

The Cunningham Clipper

Publisher: Charles G. Barnes

Editor:Vickie Lohmann

Reporter: Florine Kampling

1980

September 4, 1980 – School is off to a good start in the Cunningham, Nashville, St. Leo and Zenda attendance centers in U.S.D. no. 332. With the hiring of Mrs. Lorna Poe, mathematics teacher from Norwich, and a recent graduate of Wichita State University, the district has a full complement of teachers. Mrs. Poe teaches mathematics at Cunningham High School.

At the beginning of the school term Cunningham Grade has an enrollment of 110.

A total of 75 high school students make up the student body at Cunningham High School.

At Nashville there is a total of 20.

At St. Leo the total is 44.

Zenda has a total of 44.

Nashville-Zenda High has a total of 44.

These figures, plus eight special education students, makes a total of 354 students, approximately five more than anticipated at the start of the school year.

Dale, Janet, Scott and Robbie DeWeese hosted the annual Labor Day campout at their home this year. Good food, conversation, and recreation was enjoyed by all.

A total of 47 people attended. This year’s washer champions in mixed doubles were Brad Shelman and Sue Malone.

The Kayettes of CHS were hostesses to a breakfast on Sept. 2 at 7:15 a.m. in the home economics room. Invited guests were grade and high school faculties, employees of the Unified District Office No. 332, and school custodians, cooks and bus drivers.

This tasty breakfast, consisting of sausage, gravy, eggs, biscuits and jelly, orange juice, and coffee, was beautifully cooked and served by the girls and enjoyed by all the guests.

Debbie Mills, Kayette president, was in charge of the breakfast, assisted by Debra Glenn, sponsor. Kayette girls who cooed and served the breakfast were Bonnie Fischer, Naola Thimesch, Janice Stillwell, Debbie Beat, Linda Sterneker, and Lori Jarmer.

During the last week of August as part of a civics class project, the eighth grade students conducted a survey of most of the community. A wide variety of questions were asked, ranging from views on the presidential election to the citizens’ reaction to events such as the grain embargo and draft registration. A similar survey will be conducted during the last week of October to see how opinions have changed during this time.

Here are the results of the first survey (118 responses)

- Are you registered to vote? Yes 98, no, 20.
2. Which party do you favor? Republicans 48, Democrats 59
- At the present time, I would vote for Carter (D) 45, Reagan (R) 41, Anderson (I) 19.
- At the present time, I would vote for U.S. Senate Dole ® 51, Simpson (D) 39.
- At the present time, I would vote for 4th Dist. Rep. Glickman(D) 76, Hunter ( R ) 16.
- Do you favor the grain embargo? Yes 38, no 57
- Do you favor the draft registration for wom-en? Yes 39, no 69.
- How much money should be spent on national defense? More 66, less 3, same 24.
- Did you favor the Olympic boycott? Yes 65, no 43.

1985

September 5, 1985 – The public is invited to a pre-view of this year’s football and volleyball season on Friday evening, Sept. 6. At 6:30 there will be a vol-leyball scrimmage at the Cunningham High School Gymnasium and at 7:30 a football scrimmage at the Football Field. There will be no charge for these games.

Mr. and Mrs. Greg Meireis are happy to announce the birth of their son Will Eugene. He was born August 30 and weighed 8 bl. 10 oz.

Grandparents are Mr. and Mrs. Warren Meireis, Preston, and Mr. and Mrs. Willie Thorne, Medicine Lodge.

Great-grandparents are Dorothy Allread, Wichita, Mr. and Mrs. Lester Alley, Cunningham, Mrs. Margaret Meireis, Radium and Mr. and Mrs. Bob Kerr, Wichita.

Great-great-grandparents are Mrs. Millie Hargis, Wichita, and Mrs. Ruby Beagley, Turon.

Jennifer McGuire and Emery Westerman were united in marriage at 5 p.m. Saturday, July 27, 1985, at St. John’s Lutheran Church in Nashville. Pastor Betwo officiated the ceremony.

Three abreast on Friday afternoon, 18 first grad-ers began the first leg of their Social Studies Course. Jason Osner, Jason Woodson, Jay Steffen, Brandon Hansen and Jared Glenn considered the tour of the Cunningham Coop their very own stamping grounds.

Brent Miller, Patrick Lynch, Curtis Beat, and Jeremy Watts viewed it with some trepidation.

Meanwhile, the feminine contingency, consisting of Sarah Larson, Amber Bainum, Bridgett Scripsick, Theresa Witt, Ammy Piehler, Teri Ricke, Kasi Smith, Karie Winkler, and Agnela Cordero were viewing the numerous sizes and volumes of supplies, vehicles, and building in, on, under, and around the premises.

Our sincere thanks to Burnard and Coleen Simonson, Bob Zongkers, and Wayne Woodward for receiving us.



# Meade County Farm Bureau Supports Senior Citizens with Silver Plate Project

End Hunger project provides seniors with meal kits and community care donation\_meade\_beam\_center\_header.jpg

In the southwest reaches of Kansas, populations of entire counties can be fewer than small cities — like Meade County, where less than 4,000 people reside. As many Kansans know, a small population doesn't equate to small impacts. In fact, communities like Fowler, Meade and Plains take "small" as a compliment. In these communities, impacts are made on the people who need them most, and in Meade County, the county Farm Bureau's Silver Plate Project addresses food insecurity among their senior citizens.



Meade County End Hunger boxes

"Our board of directors knew they wanted to support this specific population of our county because not only is it a worthwhile sector, it's also a large part of our membership delegation in Meade County," Leann Krier, Meade County Farm Bureau coordinator, says. "The members of the board felt like it was a good way to support the people who are supporting them."

Through Kansas Farm Bureau's End Hunger program, county Farm

Bureaus can request funding for localized food insecurity programs throughout the state. The board had a direction to go and a grant opportunity in the windshield. Meade County Farm Bureau applied and received funding to support the county's three senior centers — the Beam Senior Center in Meade, the Fowler Senior Center and the Plains Senior Center.

"Our seniors are sometimes an overlooked section of society when considering food insecurity," Krier says. "They aren't any less deserving, of course, so this was our way of providing a direct line of support to our senior centers to fill the gap we were seeing."



## TIKTOK IDEA, A CHICKEN AND DUMPLING DELIVERY

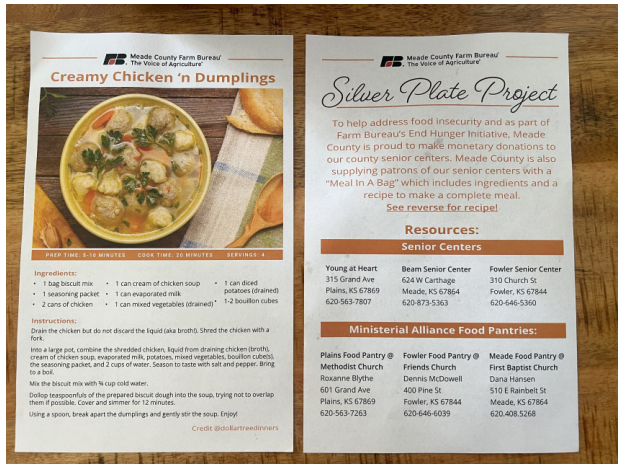
As part of the End Hunger grant, an element of agriculture education is required. That's when an idea came to Krier.

"It just kind of came to me as I was looking at the grant application that I remembered these meals-in-a-bag videos I'd see on TikTok," she says. "I thought that would be a fantastic way for patrons to take home a quick easy meal, so we decided to go ahead and do that as part of the End Hunger grant."

The meal Meade County Farm Bureau put into bags was for chicken and dumplings with shelf-stable ingredients. The meal kit included two cans of chunk chicken breast, evaporated milk, a can of cream of chicken, chicken bouillon for flavoring, a can

of mixed vegetables, a can of diced potatoes and a box of Red Lobster Cheddar Bay Biscuit mix. Also included in the bags was a flyer with the recipe on one side and the other side had information about the Silver Plate Program, End Hunger and a list of the county's senior centers and food banks.

"The meal-in-a-bag kit offers more than just a meal; it empowers seniors to prepare nutritious meals independently, enhancing food literacy by focusing on easy, healthy and small-scale preparation," Krier says. "Additionally, it highlights the significance of agriculture in our county and beyond."



## COMPASSION MEETS COMMUNITY

Each of the senior centers received these meal-in-a-bag kits plus a monetary donation as part of the End Hunger grant after Krier worked with the senior center directors to gauge their needs and to ensure the project would benefit the centers' clients. Brenda Harris, the director of the Beam Center, is new to the position, but after she lost her husband in 2024, she saw the opportunity as a blessing.

"The position came up almost exactly a year to the date of my husband's passing," Harris says. "They offered it to me and I said, 'yes, no, yes, no, yes, no.' But ultimately, I'm a people person — I love our elderly, and I love children because they need voices, and I feel like I'm an advocate for them. The timing seemed to be a sign, too."

Meade County Farm Bureau provides a donation and meals to Beam Center, a senior center in Meade.

Meade County Farm Bureau provides a donation and meals to Beam Center, a senior center in Meade.

After a conversation and an intention of providing a simple monetary donation, Krier realized the senior centers across the county weren't all serving meals consistently. The Fowler Senior Center, for instance, has a potluck every month.

"When Leann reached out to me, she said she had this idea of pre-designed meals and initially we thought since we were already doing potlucks that maybe there wasn't a need," Terry Milford, president of the Fowler Senior Center board of directors, says. "But we would never turn down such a generous donation. It went over awesome when we handed them out in June."

RURAL ROUTES, LONG CONVERSATIONS

In places like Meade County, where depending on where you live, services like a grocery store or the closest senior center can mean several miles on the road. Some senior centers still provide meal delivery services, but for some seniors in Meade County, they can travel up to 40 miles to get their groceries.

"It's an issue for some being a little more remote, but our senior centers offer valuable services and a welcoming social environment," Krier says.

The Beam Center in Meade sees up to 400 people in a month, many of them coming for a meal or another service provided by the senior center, but mostly for friendly conversation. They have affectionately earned the nickname, Beam Buddies, from Harris.

"A lot of times after meals, our Beam Buddies will stick around and talk," Harris says. "It's good because a lot of them are home alone. The majority are widowers. Some say they don't even come for the food; they come for the fellowship. This is kind of our own support group here. It's a place for them to go — to fit in, laugh, talk. Even though they're aging, they're not old."

At the Fowler Center, Milford says the Silver Plate Project helps show they aren't alone.

"I think this project encourages and inspires people to know they're not forgotten, and they're not swept under the rug or pushed to a corner and forgotten," he says.

"They appreciate what Meade County Farm Bureau did and what the program did," Harris says of the impact

the Silver Plate Project had at the Beam Center. "It means a lot and they loved being thought of."

It's really all a connection of love toward each other that makes projects and programs like these successful. The Meade County Farm Bureau understands the importance of caring for its neighbors. Milford's father loves playing Bingo at the Fowler Senior Center — which is what brought him to serve in the board capacity — and Harris's loss of her husband connected her to many of the seniors she serves.

"Being a widow myself, this role has been a great support for me," Harris says. "Many of us are in the same boat with our experience of grief. But this is who I am, I love to be kind."

Small doesn't equal no impact. In fact, small acts are often the most significant connectors. Now to become a Beam Buddy.

To learn more about the senior centers, visit their Facebook pages. Beam Center in Meade Fowler Senior Center No website or Facebook page available for the Plains Senior Center



Meade County Farm Bureau provides a donation and meals to Beam Center, a senior center in Meade.

# Understand Your Options Before Open Enrollment

Medicare open enrollment is scheduled to run Oct. 15 to Dec. 7. That's when seniors can switch coverage between Original Medicare and Medicare Advantage or change a prescription drug plan.

Original Medicare is a health plan that has two parts: Part A (hospital insurance) covers in-patient hospital and skilled nursing care, and Part B (medical insurance) covers services from physicians and other health care providers. Original Medicare is managed by the federal government. This is the typical Medicare insurance most people are familiar with. These plans typically cost about \$185 a month (with the cost deducted from your social security check) plus deductibles and co-payments.

Many people pay extra for Medigap, to cover copays and other out-of-pocket costs, as well as a Part D plan for drug coverage.

Medicare Advantage is a health plan called Part C and is offered by private insurance companies as an alternative to Original Medicare. It replaces and cancels your Original Medicare plan if you choose this option. It provides the benefits of Part A, B, and often D, usually for about the same amount, with lower copays, so there's no need for Medigap. Some Medicare Advantage plans offer benefits not in Original Medicare, such as fitness classes or vision and dental care.

Choosing between Original Medicare and Medicare Advantage requires careful consideration of your finances and health needs. Medicare Advantage plans can carry hidden risks, especially for people with major health issues.

Some people in Medicare Advantage plans may end up paying unexpectedly high costs when they become ill or find that their network lacks the providers they need.

With Original Medicare individuals can see any provider who accepts Medicare, which is most. However, Medicare Advantage plans typically require that you get care from a more limited network of providers, and in most cases, you will need a pre-authorization from the insurance payer to see specialists, receive Part B drugs, get skilled nursing facility stays or inpatient hospital stays, receive mental health services or receive diagnostic services such as procedures, labs, tests, therapy, dialysis, hearing, eye exams, dental care and many other services.

A study in the Annals of Internal Medicine found that switching to Medicare Advantage was associated with increased financial burden among

vulnerable populations, especially those with low incomes. Medicare Advantage plans also may be especially problematic for people in rural areas. A 2024 study found that nearly 6 in 10 Medicare beneficiaries living in rural areas were in Original Medicare driven by that fact that there was limited participation of local doctors and hospitals in Medicare Advantage plan networks. The networks of providers in rural areas are especially narrow, making it harder for people to get care.

In addition, several hospitals across the county have decided not to accept Medicare Advantage plans as they can be detrimental to the patients they serve and often not reliable in payments for care. This also is true in Kansas, where we have seen an increasing number of hospitals not accepting Medicare Advantage plans.

Nearly all Medicare

Advantage plans (99%) require approvals and authorizations before care can be given. In a 2024 American Medical Association survey, 93% of physicians polled said authorizations delayed medical care. Medicare Advantage plans denied 3.2 million prior authorization requests for health care services in whole or in part in 2023, or 6.4 percent of the 50 million requests submitted on behalf of enrollees that year, according to a KFF analysis of federal data.

Kansans should be aware that the only way to learn about a Medicare Advantage plans' approval and authorization practices is to ask your physician and hospital provider. Contact your local health care providers. They can connect you with individuals who can help you navigate the differences between Original Medicare and Medicare Advantage.

The Kansas Hospital Association is a volun-

tary, non-profit organization existing to be the leading advocate and resource for members. KHA membership includes 242 member facilities, of which 124 are full-service, community hospitals. Founded in 1910, KHA's vision is: "Optimal Health for Kansans and Kansas Hospitals."

Cindy Samuelson Senior Vice President Member and Public Relations Kansas Hospital Association 215 S.E. Eighth Ave. Topeka, KS 66603-3906 (785) 233-7436 ext. 117 (785) 249-1727 (cell) www.kha-net.org csamuelson@kha-net.org

KHA Vision: Optimal Health for Kansans and Kansas Hospitals.

KHA Mission: To be the leading advocate and resource for members.



Year Book Staff Attends Workshop



McKenzie Hartley  
Grayci McCurry  
Piper Parkins  
Andi Young  
Nora Huff  
Janessa Schnittker

Proud of these returning yearbook students who just participated in a Jostens Workshop today! So many new ideas and inspirations for this year's theme were discussed. They will bring back these ideas to share with our staff of 15 total kids! We're excited to see their creative work!

U.S.D 332 Facebook post

Congratulations  
2025-2026  
Main Street Singers

Women

Kaylee Mertens  
Whitney Mead  
Grayci McCurry  
Andi Young  
Kyra Morgan  
Maelyn Jump  
Keyonna Raney  
HarLee Barber  
Raven Koester

Men

Andrew Schultz  
Jack Harden  
Stephen Kerschen  
Cole Gridley  
Will Halderson  
Andrew Kerschen  
Caleb Lohrke  
John Paul Kerschen  
Liam McGuire

Sweet Ideas  
for Afternoon  
Snacks

(StatePoint) Snack time is not just about refueling yourself, it's also an opportunity to hit the pause button and unwind, whether that means rewarding yourself for a job well done, connecting with coworkers in the breakroom, or building memories with friends and family.

According to Wonder bread, the iconic brand with over 100 years of expertise in feeding American families, snack time can be a satisfying indulgence without being complicated. That's why the brand has recently introduced a new line-up of nostalgic sweet treats that are making your all-time favorites even yummier. To celebrate the launch, Wonder is of-

- fering these simple ideas for afternoon snacks that will give you and yours that much needed pick-me-up:
1. Enjoy the rich flavor of Glazed Honey Buns or Pecan Cinnamon Twists with a steaming cup of Earl Grey tea. If you're feeling extra indulgent, enjoy these treats à la mode!
  2. Turn the afternoon into a party with Creme Filled Confetti Cakes. Whatever the occasion – a birthday, the completion of a big project or just because – you can pair these airy treats with strawberries and milk. Feeling more chocolatey? Try serving the Creme Filled Chocolate Cupcakes along with bananas or raspberries.
  3. Nothing goes better with an afternoon cup of joe or cappuccino than some classic

and delicious Frosted or Powdered Mini Donuts.

4. Spice up the afternoon with the warmth and sweetness of Brown Sugar Cinnamon Donut Sticks and a chai latte served piping hot or iced.

Of course, all these treats can be enjoyed perfectly on their own and are great for kids' lunch boxes, as workplace treats, or for on-the-go snacking. For more snack ideas that put new twists on nostalgic favorites and that will "Treat Your Wonder," visit [www.wonderbread.com](http://www.wonderbread.com).

Snack time means many different things to many different people, but one thing is certain – these moments can and should be both simple and delicious.



Why is Wheat  
Flour Enriched?

Wheat flour isn't just a baking staple. It's also a powerful tool for public health. Since the 1940s, flour enrichment has helped fight nutrient deficiencies by adding essential vitamins and minerals like iron, niacin, thiamine, riboflavin and folic acid. These nutrients play a vital role in keeping our bodies healthy and strong.

Let's break down what each one does and why it matters.

- Iron**  
Boosting Energy & Fighting Fatigue  
Iron is essential for making hemoglobin, the protein in red blood cells that carries oxygen. Without enough iron, people can develop iron deficiency anemia, which causes fatigue, weakness and even developmental issues in children.
- Why it matters:  
Children: Improved learning and development  
Pregnant women: Lower risk of premature birth and low birth weight  
Everyone: Stronger immune system and better overall health
- The impact: Studies show that iron-fortified flour helps increase iron levels and reduce anemia across populations. It's a simple way to make a big difference.
- Thiamine (Vitamin B1)**

- Powering Your Body's Energy**  
Thiamine is lost during the milling process that turns whole wheat into white flour. That's why it's added back in through enrichment.
- Why it's important:  
Helps convert carbs into energy  
Supports nerve and heart health  
Prevents thiamine deficiency, especially in communities that rely heavily on white flour
- Thiamine mononitrate is used because it's stable during baking and storage—so you get the benefits in every bite.
- Niacin (Vitamin B3)**  
Supporting Skin, Digestion & Brain Health  
Niacin helps your body turn food into energy and keeps your skin, nerves, and digestion functioning properly. A lack of niacin can lead to pellagra, a disease that causes skin rashes, diarrhea, and even dementia.
- The good news: Adding niacin to flour has nearly eliminated pellagra in many parts of the world. It's a proven success story in food fortification.
- Riboflavin (Vitamin B2)**  
Fueling Growth & Cell Healthy  
Riboflavin helps your body produce energy and supports healthy skin, eyes, and blood cells. It also plays a role in metabolizing other nutrients and acts as an antioxidant.

- Why it's added to flour:  
Prevents riboflavin deficiency  
Supports growth and development  
Helps regulate other vitamins like B6 and niacin
- Historically, riboflavin enrichment helped eliminate diseases like beriberi and pellagra.
- Folic Acid**  
Protecting Babies Before They're Born  
Folic acid is a B vitamin that's crucial during early pregnancy. It helps prevent neural tube defects (NTDs) like spina bifida and anencephaly.
- Why it's essential:  
Reduces birth defects by up to 72% in some countries  
Reaches women who may not know they're pregnant  
Especially important for low-income populations who may not take supplements
- Bonus: Folic acid may also help reduce stroke risk and support overall health.
- Bottom Line**  
Enriched wheat flour is more than just a baking ingredient; it's a smart, cost-effective way to improve public health. Whether you're making bread, pasta, or pastries, you're also helping your body get the nutrients it needs to thrive.

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"I'd rather take coffee than compliments just now."  
— Louisa May Alcott, Little Women

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The Kingman County Commission did not meet this week due to the holiday on Monday, so there were no minutes to publish.

I'm not sure if the Pratt County Commission met Tuesday. It was on the schedule. The minutes were not posted when the paper went to press.

"Luck is where preparation meets opportunity."  
— Randy Pausch, The Last Lecture

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DRAIN CLEANING  
KITCHEN/BATH  
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Kingman County Sheriff's Report

<b>Sunday, August 24</b>	
Traffic Stops	4
Follow Up	120 N Spruce St, Kingman
Agency Assist / KMPD / Disturbance	1700 Blk N Sidney, Kingman
Non-Injury Accident	18000 Blk W Hwy 42, Nashville
Miscellaneous	16000 Blk NE 50 St, Cheney
Animal Complaint	S Hwy 14 & SE 50 St, Kingman
Animal Complaint	SE 120 St & S Hwy 14, Rago
Agency Assist / KHP	14000 Blk W Hwy 54, Cunningham
<b>Monday, August 25</b>	
Traffic Stops	4
Damage to Property	8500 Blk SE Burns Ave, Kingman
Theft	13000 Blk SE 30 Ave, Rago
Follow Up	120 N Spruce St, Kingman
Agency Assist / KHP	3200 Blk E Hwy 54, Kingman
<b>Tuesday, August 26</b>	
Traffic Stops	6
Civil Process Service	4
Animal Complaint	SE 50 St & SE 80 Ave, Murdock
Funeral Escort	1600 Blk S Main St, Kingman
Miscellaneous	NE 50 St & NE 70 Ave, Kingman
Transport Civilian	E Hwy 54 & SE 40 Ave, Cheney
<b>Wednesday, August 27</b>	
Traffic Stops	1
Civil Paper Service	1
Theft	16000 Blk NE 30 St, Cheney
Follow Up	SE 60 St & SE 170 Ave, Kingman
Suspicious Activity	15000 Blk SE 40 St, Cheney
Traffic Complaint	18000 Blk W Hwy 54, Cunningham
Agency Assist / KHP	SE 60 St & SE 170 Ave, Kingman
Agency Assist / KMPD / Arrest	200 Blk W D Ave, Kingman
Agency Assist / KHP	130 E A Ave, Kingman

<b>Thursday, August 28</b>	
Traffic Stops	6
Civil Paper Service	2
Miscellaneous	700 Blk W D Ave, Kingman
Follow Up	2400 Blk Murdock Ave, Murdock
Court / Inmate	130 N Spruce St, Kingman
Disabled Vehicle	N Hwy 11 & W Hwy 54, Kingman
Animal Complaint	14000 Blk SE 70 St, Norwich
Agency Assist / KHP	16000 Blk E Hwy 54, Cheney
Follow Up	100 Blk S Main St, Nashville
Court / Inmate	130 N Spruce St, Kingman
Miscellaneous	2700 Blk SE Murdock Ave, Murdock
Miscellaneous	2600 Blk NE 150 Ave, Cheney
<b>Friday, August 29</b>	
Traffic Stops	7
Civil Paper Service	8
Abandoned Vehicle	SE 30 St & SE 160 Ave, Cheney
Abandoned Vehicle	10000 Blk E Hwy 54, Murdock
Agency Assist / KHP	16000 Blk E Hwy 54, Cheney
Transport Civilian	400 Blk E Leiter Ave, Cunningham
Traffic Complaint	15000 Blk W Hwy 54, Cunningham
Fire / Vehicle	W Hwy 54 & NW 30 Ave, Kingman
Transport Prisoner	120 N Spruce St, Kingman
Animal Complaint	5000 Blk E Hwy 54, Kingman
Miscellaneous	120 N Spruce St, Kingman
<b>Saturday, August 30</b>	
Traffic Stops	5
Disabled Vehicle	3000 Blk W Hwy 54, Kingman
Miscellaneous	5000 Blk NE 35 St, Kingman
Check Welfare	500 Blk W C Ave, Kingman
Miscellaneous	16000 Blk NE 50 St, Cheney
Abandoned Vehicle	6000 Blk W Hwy 54, Kingman



Walk or Ride

*Greg Doering, Kansas Farm Bureau*

It's hard to see a yellow school bus and not think about all the hours of my childhood spent sitting on one of those hard seats with a stiff back. I hope the modern versions have a little more comfort than the utilitarian transportation I had to ride uphill both ways.

From the outside, they don't look much different now that the calendar has turned to September and the wheels on the buses are going around and around every day.

As one of the last stops on the bus route, I don't remember much about the ride to school. Being among the last to be picked up made the trip pretty short, and I

wasn't fully awake at that hour despite the sleep advantage I had over the kids who got on earlier.

This meant the reverse was true in the afternoon. I was the last or next to last one off the bus, unless I decided to take a shortcut that would allow me to exit first. The only catch was it meant a half-mile walk home. Faster than riding but more effort, too.

Walking meant getting home about 45 minutes earlier than riding the full route. There were multiple considerations that factored into the decision like weather, who was on the bus that day, whether any neighbors were also walking, if I had a full backpack or happened to be toting a saxophone (better than carrying a tuba, not as good as a clarinet).

What was at home also mattered. Chores and homework weren't a reason to get home earlier than necessary. Video games, TV and snacks

older brother received his driver's license. There were occasional schedule conflicts that necessitated catching the bus, but for the most part my mass transit interactions were limited to sports and field trips.

Walk or ride? It sounds like a simple decision today, but I was fortunate it was one of the few I had to make each day. It's prepared me well for adult life, where there's a steady stream of banal questions like, "What's for dinner?" or "What are our plans for this weekend?" Turns out, you don't really stop riding the bus, you just become the driver.

"Insight" is a weekly column published by Kansas Farm Bureau, the state's largest farm organization whose mission is to strengthen agriculture and the lives of Kansans through advocacy, education and service.

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Statepoint Crossword

Theme: Fictional Canines

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- ACROSS
1. \*"Call of the Wild" dog

5. Lightning McQueen, e.g.

8. Island near Java

12. Popular hairdo in the 1960s and '70s

13. Governmental space agency, acr.

14. Meat in a casing

15. Larry Bird's target

16. Narrative poem

17. Richard Bachman to Stephen King

18. \*Sherman's Mr. \_\_\_\_

20. Fence plank

21. Small jar

22. FedEx competitor

23. \*Tabaqui of "The Jungle Book"

26. Most vital part

30. a.k.a. Home of the Brave

31. Bewilder

34. Y'all

35. Phonograph media

37. Williams sister's return

38. "Two mints in one" classic mints

39. Celt

40. Red carpet suit

42. Pirate's turf

43. Flag on a ship, pl.

45. Solar system model

47. Like a fiddle

48. Sweating room

50. Chesterfield, e.g.

52. \*National Crime Prevention Council's mascot

54. "The Martian" (2015) actor Matt \_\_\_\_
55. Verbal exam

56. Half-man, half-goat

59. Deflect

60. Charge a tax

61. Division word

62. Darn a sock, e.g.

63. Bo Peep follower

64. Long, long time
- DOWN
1. Scrooge's exclamation

2. E.T. transporter, e.g.

3. Photo editing option

4. 1/100th of a ruble

5. Mafia's top dogs

6. "All joking \_\_\_\_"

7. Risky

8. \*Target's mascot

9. "Si, mi chiamo Mimi" in La Boheme, e.g.

10. Law school test acronym

11. "\_\_\_\_ a Wonderful Life"

13. Interstellar cloud

14. Flying stingers

19. Omani and Yemeni

22. Consume

23. TV Judy's title

24. Of the Orient

25. Lawyers' loads

26. Major European river

27. Relating to Scandinavia

28. Like a button, but more so

29. English homework

32. Swine and avian diseases

33. \*Maid Marian of Disney's "Robin Hood" movie (1973)

36. \*The Big Red Dog

38. \_\_\_\_ copia

40. Blast maker, acr.

41. Sullenly

44. James Dean's last movie (1956)

46. Basket-making fiber

48. Nut holder

49. Tequila source

50. "\_\_\_\_ me a seat"

51. Damien's prediction

52. Lawn pest

53. \*Rubeus Hagrid's faithful boarhound

54. Beaver's edifice

57. Beehive State native

58. Us, in Mexico

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## Pre-Labor Day Demonstration in Pratt

On Wednesday, August 27, a group of 20-24 men and women known as Empowered Pratt Citizens (EPC) came together to demonstrate at the Avenue of the Flags with the theme “Workers over Billionaires.” Many were dressed as “workers.” There were those dressed in bright orange construction worker vests, one in a clergy robe, lots of denim, sweatshirts, hard hats, cowboy hats, and baseball caps were present, as well. Signs included comments like “Raise the Taxes on Billionaires,” “Support Immigrants with Kindness & Caring,” “Love Your Neighbor,” and “America Needs Immigrants.” The recognition of their messages by truck drivers passing through town and local drivers going about their business brought hand-waves and shouts of joy from the protestors.

EPC is a bipartisan group dedicated to safeguarding the health of our democracy and to providing a safe, local space for people to take action in defending democracy at all levels of government. The group has been meeting since Spring of 2025. They can be found on Facebook. This was the group’s third protest in Pratt since May.

When asked why she was out demonstrating, Pat Schwartz, retired Pratt teacher said, “I’m standing up for the immigrant workers. They are working in every sector of our economy from agriculture to medicine, from fast food to landscaping, from oil and gas to transportation. They clean bathrooms in our airports and perform surgeries in our hospitals. They repair our autos, replace our roofs, build our homes, and harvest our crops. They teach our kids and care for our elderly. Immigrants are our friends and neighbors.” Schwartz went on to say, “The cruel, racist ICE roundups and imprisonments of these decent human beings at work all across America [must stop]. Immigrants enrich our lives with their family values, amazing talents, and strong work ethic.”

From a different perspective, Tammy Thimesch, Pratt string music teacher, shared her concern for children and the arts, saying, “I’m here so we can protect the education and safety of our children, for the schools, arts, music, and the freedom to choose. [I am here] supporting community, showing that people don’t need to be

afraid to “stand up.” If we don’t stand up for our children in our education, it’s our own fault. [We] shouldn’t be afraid and cower down. Action sets us free.”

Like Thimesch, Marie Hanson, local artist, understands the importance of speaking out. She follows the mantra, “[t]o be silent is to be complicit.” This statement, most often attributed to Martin Luther King, Jr., is commonly used in social justice movements. It emphasizes the ethical responsibility to speak up against injustice when one is able to do so. Hanson stated, “[Demonstrating] is one way I can let my voice be heard.”

Several people see how changed and restrictive life has become in the USA. Stephanie Wiese, Pratt Community College, says “I’m angry that our rule of law is being trampled” while Georgie Fowler, Pratt, says, “I don’t like the injustice to all those people. It shouldn’t be racist. Jobs have been taken away; the Rose Garden has been cemented over; there is so much ‘gold’ in the Oval Office; and ICE and the National Guard are being sent against cities or anyone who goes against [the Administration]. Nancy Briggeman, Pratt, agreed with this view of the use of the military when she says, “I’m really against using military against the homeland. I just don’t understand why Republicans don’t understand this.”

Another important voice from this event belongs to Jess Travis. Travis is concerned for immigration, environmental sustainability, and community empowerment. She expresses her concern for the stress between folks from rural and urban communities by saying “The rural voice has been ignored for too long. We have more in common [with other people], with things that matter [like our values]. I’m tired of feeling like I’m living in a divided community.”

So many diverse and meaningful concerns were mentioned by attendees. Kathy Albers, Kingman, conveys this when asked why she was at the protest. She says, “[t]here is so much. Mostly, I feel so sorry and upset for people who still believe the administration is doing the right thing. There are those who think a dictator is a good idea. I’ve also been upset that people are apathetic about politics.”

Keisha Briggeman, Pratt, a very pregnant and soon-to-be new-mother, also shares a variety

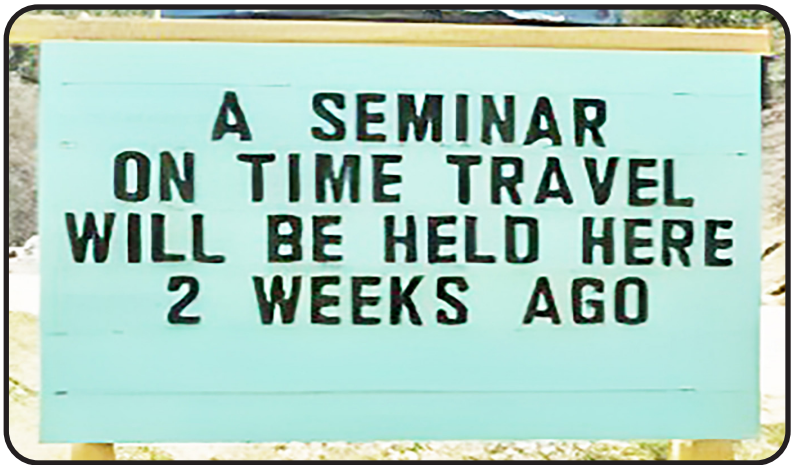
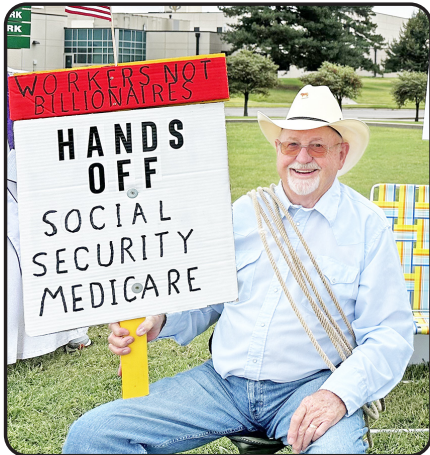
of issues on her heart, pointing out situations like “cutting Medicare, Medicaid, healthcare, women’s healthcare, and how restrictive the control has become over our own [women’s] bodies.”

For some people, protesting in 2025 is a reminder of how they did not respond to political movements in the 1960s and 1970s. This included like the Civil Rights Movement, the Women’s Rights Movements, and protesting against the Vietnam War. Terry Olsen, Pratt, believes that today “[i]t’s about the only thing I can do. I vote and that’s it. I feel like I didn’t get enough of this in the 60’s.” Amber Graves, instructor at Pratt Community College, who is a more current protestor simply says, “How could I not (be here)? This is in our Bill of Rights. We need to uphold that.”

For the first time in the three protests by EPC, there was a small group of counter-protestors. A group of 6-7 young men, mostly in shorts and shirtless, gathered about a block west of the EPC group. Five of the group had the letters T R U M P painted on their chests. Another wore a mask. They were enthusiastically jumping up and down, yelling “Trump.” When they crossed to the south side of First Street, Rev. Billie Blair, retired UM clergy, walked across the street, hopefully, to engage in conversation with the group. She told them, “I’m pleased you are out here, expressing your support for what you believe.” In hopes of getting a response, she asked, “What is it you believe in?” There was no direct response to her question. After watching more cheering toward the cars along the highway, Rev. Blair asked again what the young men were there to support. There was no comment. Shortly afterwards, the young men ran back across the highway and left the area.

Earlier in the same week, Empowered Pratt Citizens hosted the first “Candidate Chats” for USD 382 School Board candidates who will be on the ballot this November 4th. The first two candidates to speak to the group were Kim Staats & Seth Thibault. Future dates and candidates include: Tues. Sept. 16 with Bill Bergner; Tues. Sept. 30 with Donna Queal; and Mon. Oct. 13 with Jenna Zimmerman. These chats will be held at All Saints Episcopal Church at 218 N. Main at 6:00P.M. The public is encouraged to attend.

*submitted by Billie Blair*





KCHS Pets Ready for Adoption

Bows

Sponsored by Joan Thimesch



Just look at those beautiful eyes! Bows is a young lady just looking for a comfy home with treats and pillows and catnip. She is about 1 ½ years old and weighs about 11 pounds. She’s been at the shelter since August 18, and you can take her home for only \$40.00. A long time companion for the upcoming winter.

You or your business can sponsor a Humane Society pet for \$10.00 a week per pet. Fifty percent of the profits will be donated to the Humane Society.

Yara

Sponsored by Baker Accounting



And this young lady, too, is looking for a home. She has been at the shelter since August 1st and would like a home where there’s lots of action and room to run. She wouldn’t mind treats and pillows and toys as well.

Yara is a Border Collie and Australian Shepherd mix. She’s about one year old and weighs about 35 pounds. Her adoption fee is \$180.00/

She has been at the shelter since August 1st. “Let’s get this Pawty started! Yara is all fun and play. She’s the Homecoming Queen, everyone’s best friend and class clown all wrapped up in a doggy suit. This girl will keep you active and moving so put on your sneakers and come on down and meet Yara!”



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*“I talked to a calzone for fifteen minutes last night before I realized it was just an introverted pizza. I wish all my acquaintances were so tasty.”*  
— Jarod Kintz, *This Book Has No Title*

Smart Upgrades for a Cleaner, Healthier Home

(StatePoint) Cleaner spaces are healthier spaces, especially for those who are allergy-conscious, or who have pets or small children. Consider these smart upgrades and devices to simplify deep cleaning, and feel happier and more comfortable in your home:

Touchless faucets: To improve hygiene and eliminate cleaning tasks, consider smart, touchless faucets for your kitchen and bathroom sinks. Today’s choices include not only ultra-modern designs, but classic looks as well to suit every preference. With this upgrade, you can anticipate seamless food preparation and cleaner, healthier surfaces in high-traffic areas, mitigating the spread of germs. The latest models

are also resistant to mineral buildup, reducing the need for long-term maintenance, and feature swivel spouts that rotate, helping you maintain soap and food residue-free sinks.

Cleaner floors, less effort: It’s time to ditch your standard vacuum and mop. The new FLOOR ONE S9 Artist Steam from Tineco is simplifying cleaning into a single, efficient routine with less manual effort, setting a new gold standard in smart floor care. Combining vacuuming, mopping and 284 degree F steam cleaning, this one machine eliminates sticky, stubborn messes on hard and sealed floors, while sanitizing surfaces for a more hygienic home. In fact, internal testing shows its steam function loosens and removes 99.9% of common bacteria, without the need for a cleaning solution, making it a choice those

with young children or pets can feel good about.

Designed to maximize reach, the 180-degree lay-flat design with triple-sided edge cleaning allows for easy access of corners, and gets under heavy, hard-to-move furniture with ease. Plus, it incorporates innovative technology inspired by car gear systems for maximum flexibility. A cleverly placed clean water tank lowers the center of gravity, lightening the machine for effortless maneuverability. Easy to use, its smart features adjust suction power and water flow automatically to simplify cleaning decisions and extend battery life, delivering up to 75 minutes of runtime so you can clean the whole house on a single charge. And when you’re done, the FlashDry system self-cleans and dries the unit in minutes, eliminating the manual maintenance typically required of

machines with similar features.

Tineco has sold over 19 million smart cleaning appliances globally, making it a trusted leader in smart floor care. To learn more, visit amazon.com.

Natural air purification: Indoor gardening is not only a major aesthetic upgrade, some houseplants actually measurably improve indoor air quality and help manage mold growth. For cleaner, healthier air, pair a high-quality air purifier with some carefully placed greenery in your various living spaces. For example, a good choice for bedrooms are snake plants, which remove toxins like formaldehyde and xylene from the air while releasing oxygen and moisture for better breathing at night. Whereas spider plants are great for kitchens and bathrooms, as they can help fight mold in these humid rooms. If you have

pets or suffer from allergies, add an Areca palm to the living room to help trap allergens.

Don’t have a green thumb? Apps like Planta or GardenTags make plant care intuitive for beginners. Simpler still, easyplant offers self-watering plants that arrive in pots featuring built-in

reservoirs you need fill only once a month, along with lifetime access to plant experts over chat.

Cleanliness does not always equate to more elbow grease. Implementing smart upgrades can help you maintain a healthy, hygienic home with less effort.



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**The Courier on September 15th**

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**Public Notice**


*First Published in The Cunningham Courier, Thursday, August 28, 2025.*  
IN THE THIRTIETH JUDICIAL DISTRICT  
DISTRICT COURT OF KINGMAN COUNTY, KANSAS  
IN THE MATTER OF THE ESTATE OF:  
JEANNE E. HOLLIDAY, Deceased.  
CASE NO. KM-2025-PR-36  
(Pursuant to K.S.A. Chapter 59)  
NOTICE TO CREDITORS  
THE STATE OF KANSAS TO ALL PERSONS CONCERNED:  
You are hereby notified that on August 22, 2025, a petition was filed in this Court by Melissa Tetrick, Executrix named in the "Last Will and Testament of Jeanne E. Holliday," deceased, dated March 11, 2022, praying the will filed with the petition be admitted to probate and record; Petitioner be appointed as Executrix, without bond; and Petitioner be granted Letters Testamentary.  
You are required to file your written defenses thereto on or before September 16, 2025, at 10:00 am. in the District Court, Kingman, Kingman County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.  
All creditors of the decedent are notified to exhibit their demands against the Estate within the latter of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.  
**Melissa Tetrick, Petitioner**  
Brandon T. Ritcha  
Ricke & Ritcha Law Office  
349 N. Main, PO Box 113  
Kingman, KS 67068  
Attorney for Petitioners

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Howard Silvey

Howard Lynn Silvey, a man whose life was deeply rooted in the fertile soil of dedication – to agriculture, to community, and above all, to family – peacefully departed this world on August 31st, 2025. Born on June 8, 1940, in Guymon, to Cecil and Rosalie (Smith) Silvey, Howard’s journey was a testament to the enduring values he held dear: an unwavering work ethic, a passion for farming, horses, and cattle, and a boundless devotion to his loved ones.



His formative years saw him graduate from Walsh CO High School in the spring of 1958. He attended Panhandle A&M College, now Panhandle State University. Here, he pursued a Bachelor of Science degree in Animal Husbandry, immersing himself in the science of the land. Howard wasn’t just a student; he was a prominent member of the Livestock Judging team, he traveled to national events, those journeys expanding the horizons of the small-town boy as he experienced the bustling life of larger cities. His competitive spirit shone bright, earning him an intramural meat judging contest win and even a season on the PSU baseball team. But it was not in the fields or on the diamond that his most profound connection was forged; it was in the vibrant, everyday setting of the school cafeteria that he first met Joyce Chase, the woman who would become his life’s beloved companion.

Howard and Joyce’s love story began amidst college life, culminating in their marriage on July 16, 1961. They resided on campus until his graduation, then set out for Walsh. Their early years took them from Walsh to Wichita, then to Liberal, and Elkhart, as he explored various job opportunities.

A turning point arrived in 1972 when Howard accepted a position with Production Credit Association (PCA), prompting a family relocation to Kingman, Kansas. For 15 years, he dedicated himself to PCA, meticulously building a reputation for his deep expertise and unwavering integrity in agricultural finance. His commitment to the farming community didn’t wane; after PCA, he seamlessly transitioned to Citizens Bank of Kansas, serving as a vice president specializing in agricultural loans. In both roles, Howard was more than a lender; he was a trusted advisor and a partner in the success of countless farmers.

Beyond his professional life, Howard cultivated deep personal connections. In January of 1973, a meeting between his wife Joyce and Jeanene Baker blossomed into a profound and enduring friendship between the Silvey and Baker families. Their bond was legendary; it was rare to see one couple without the other. Together, these families created a tapestry of shared memories – countless hours of laughter, support, and companionship that will be cherished by all who witnessed their remarkable connection.

Howard’s spirit was defined by kindness and generosity. Whether it was pitching in as a harvest hand, serving diligently as a Lions Club member, sitting on the hospital board, or delivering meals on wheels. His presence was a constant source of support for his children and grandchildren, as he enthusiastically attended their activities, cheering them on with boundless pride. Even between the generations, his loyalty to Kingman High School athletics remained steadfast.

He leaves behind a legacy of love, anchored by his devoted wife of 64 years, Joyce (Chase) Silvey. His memory will be cherished by his children: Jolinda Goetz, Tressa (Troy) Anderson, Janene (Tim Whitney) McCormick, and Shannon (Susan) Silvey. Howard’s proudest legacy shines through his nine grandchildren: Jennifer (Nathan) Baker, Travis (Jodi) Kaufman, Brandy (Dusty) Mitchell, Brad (Jessica) Anderson, Scott (Morgan) Anderson, Chase (Amanda) McCormick, Chandler McCormick, Adrianah Silvey, and Garrett Silvey. The joy of his life was further multiplied by his great-grandchildren: Andrew, Cannon, and Jayla Reed; Sophia, Kevin, and Isabelle Kaufman; Reagan and Andi Anderson, Emma Burke, Kennedy and Hadli Baker, and William White. Howard had one great-great grandchild who lit up his heart, Asher Kaufman. Other family memeber include his brothers Jim Silvey and Travis Silvey, brother-in-law Rick Sharpe, his mother-in-law Wilma Chase, sister-in-law Karen Johnson, sister - in law Janice Summers, brother-in-law Mike Comer and sister-in-law Judy Silvey.

Howard was preceded in death by his beloved parents, Cecil and Rosalie Silvey, his sister Shirley Sharpe, his father-in-law, Albert Chase, sister-in-law Sandy Silvey, brother in-law Terry Chase, sister-in-law Marilyn Comer and brother-in-law David Summers.

Howard Silvey’s life was a rich harvest of purpose and love, a true patriarch who cultivated not just the land, but an enduring family and community spirit that will continue to flourish in his absence.

Funeral services will be 11:00 a.m., Friday, Sept. 5, 2025 at the Livingston Funeral Home, Kingman. The family will receive friends from 5:00 p.m. to 7:00 p.m., Thursday at the funeral home. Graveside services will be at a later date.

Memorials may be made with Wheatlands Healthcare Center or Kingman Healthcare Services Oncology Department, and be sent to Livingston Funeral Home, 1830 N. Main, Kingman, KS 67068.

Don Naasz

Donald A. Naasz, 89, died Aug. 23, 2025 in Hutchinson.

He was born Nov. 27, 1935, at Nashville, Kansas the son of Adam and Clara Dicke Naasz.

A longtime resident of Hutchinson, he was a retired Lineman for Cessna Hydraulics.

Don was a member of Our Savior Lutheran Church, Hutchinson.

On Aug. 27, 1961, he married Alice Eileen Barnes; she survives. Other survivors include numerous nieces, nephews and cousins.

Services are pending and will be announced by Livingston Funeral Home, Kingman.



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Thank You

*The Holcomb family wishes to thank the community for all the acts of kindness and support that we have received during the passing of our brother, Fred. Even though most of us have spent our adult lives away from here, the reconnection with so many family and friends reminded us that this community is really Home.*

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Some People are Made of Plastic

“There’s so much plastic in this culture that vinyl leopard skin is becoming an endangered synthetic.”  
Lily Tomlin

There is a scene in the movie *The Graduate* (Dustin Hoffman & Anne Bancroft – 1967) where Benjamin Braddock, the 21-year-old disaffected protagonist, played by Dustin Hoffman, is at a cocktail party with his parents. A family friend, a Mr. McGuire, takes young Ben aside during the party and tells him he has just one word of advice for him, just one word – “plastics.”

Young Benjamin may not have taken that advice, but the rest of the world sure did. Our modern society is covered up in plastics. And it seems that we humans have absorbed much of the refuse. Like marbling in a side of beef, our bodies are harboring plastics, or more specifically, *microplastics*. As that great soul and R&B group from the ‘70s, *The Dramatics*, sang - “Some people are made of plastic.” Now, those people are us.

What are microplastics, and why are they a concern? Microplastics are tiny (small to invisible in size) particles of plastic. They have either been intentionally added to products we use or they are fragments that break off of products as they degrade and wear out. All plastics deteriorate and break down over time. Fragments disperse and spread, going everywhere, like sand in your shorts and wallet after a trip to the beach. Microplastics can now be found far and wide, from the pristine beaches of Belize to the blood and tissues of most humans on planet Earth.

Microplastics can be a problem for two reasons. First, tiny plastic particles in our body can be harmful, causing inflammation and an increased risk of disease. But there is another concern related to microplastics.

Microplastics are made of chemicals, and they can carry and deposit these chemicals into our bodies. Most of these chemicals are considered *endocrine disruptors*, mimicking estrogen and affecting bodily functions and contributing to disease. Here are a few of these dastardly chemicals found within the plastic bits inhabiting your body.

*BPA* – Bisphenol-A and other bisphenols are used to make resins and certain hard plastics. BPA can be found in food and drink cans, water bottles, storage containers, sports safety equipment, eyeglass lenses, computers, and more. BPA is also used as a thin coating on thermal paper, including grocery store receipts. BPA easily transfers from receipts to skin and can cause a spike in blood sugar (glucose) within seconds of handling.

*Phthalates* – The term phthalates refer to a group of chemicals that are added as plasticizers, making products flexible and more durable. Phthalates are used in hundreds of products, including cosmetics, nail polish, soap, shampoo, hair spray, garden hoses, shower curtains, flooring, lubrication oils, and medical tubing.

*PFAS* – The term PFAS refers to a large family of chemicals often referred to as “forever chemicals” because once they are made, they don’t break down and essentially persist in the environment indefinitely. PFAS can be found in some plastic products, but they are also added to cloth, metal, paper, and cardboard. PFAS can make products nonstick, grease-proof, stain-resistant, waterproof, and resistant to heat and corrosion. PFAS are often used to make food packaging, clothing, furniture, non-stick pans, and dental floss.

So, how do we avoid all these nasty chemicals and the microplastics that carry them? Is it possible to limit our risk? Yes, it is. Here are some suggestions...

Choose fresh whole foods and avoid packaged and processed foods when you can.

Use and look for BPA-free containers (glass, stainless steel, and ceramic). Some foods and beverages are now available in BPA-free packaging and containers.

Do not put plastic in the microwave – ever. Heating plastic carries the risk of chemicals leaching into your food.

Do not drink from water bottles left in the sun or a hot car. Even moderate heat from the sun can leave chemicals in your water.

Throw away your non-stick pans and cookware. And do not use plastic utensils when cooking. Heat will release chemicals into your food.

Avoid tea bags – use loose leaf tea instead. Plastic bits can leach from bags into hot water.

Avoid handling paper receipts. Remember BPA is used as thin coating on thermal paper and transfers to your skin easily.

Here’s a positive word to go with all this bad news. Recent studies have shown that folks who avoided canned foods and drinks, avoided using plastics for food and water consumption and storage, and minimized their contact with thermal receipt papers saw a significant reduction in chemical exposure.

Our world is full of chemical-filled plastic, so it is hard to avoid. Just do the best you can...