

# The Cunningham Courier

January 16, 2025  
Volume 35 Number 3

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cares about Cunningham, Kansas"

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(620) 298-2659

photo by Martha Hellar

## Reception for Kerri Steffen January 26th

There will be a come-and-go reception honoring Kerri Steffen as she retires from her years of service as the Cunningham Public Library Librarian. The event will be Sun., Jan. 26th, from 2-4 p.m. at the library. Please stop in and wish Kerri well as she embarks on her next chapter.

### Minutes from the Kingman County Commission

Chairman Henning called the Board of County Commissioners meeting to order at 8:30 a.m. December 30, 2024, in the County Commissioners room at the Kingman County Courthouse. Present: Jerry Henning, Chairman; Jack Thimesch, Commissioner; Pat Elpers, Commissioner; Carol Noblit, County Clerk; Brandon Ritcha, County Counselor

Visitors: Bob Morris, Kingman Leader-Courier; Dale Enyart; Rob Frampton; Jamie Flusche; Russell Clouse; Ivan Boroughs; John Pierson.

Online Visitors: Caller 01; Tammy

Staff: Jamie Smith, County Treasurer; Sheriff Brent Wood; Heather Kinsler, 911 Dispatch and Charles Arensdorf, Public Works Director

Chairman Henning asked if there were any additions to the agenda.

MOTION: Commissioner Thimesch moved to approve the Agenda. Commissioner Elpers seconded the motion. The motion was approved with a unanimous vote 3-0.

Chairman Henning asked if there was any public comment.

Dale Enyart let the Commissioners

know that the City has hired a new Fire Chief.

Rob Frampton and Jamie Flusche with Dale Township Board were in to discuss the open position on the Township board.

Commissioners discussed David Stucky had the second most votes on Election Day and they appointed him to the position.

Mr. Frampton said that they are okay with Mr. Stucky filling the position.

Mr. Frampton also let the Commissioners know that whoever takes the Treasurer position will have big shoes to fill.

LaDawn Stegman, Financial Officer was in to request a non-elected personnel matter with the Commissioners.

EXECUTIVE SESSION: Commissioner Thimesch moved to go into executive session at 8:41 a.m. with LaDawn Stegman, Financial Officer and Brandon Ritcha, County Counselor to discuss an individual employees evaluation pursuant to the exception under the Kansas Open Meetings Act, and they will return to open session in the Board meeting room at 8:56 a.m.

Commissioners returned to regular session at 8:56 a.m. with no decision made.

Tiffany Aumiller, Benefits

Administrator was in to go over some information with the Commissioners.

EXECUTIVE SESSION: Commissioner Thimesch moved to go into executive session at 9:07 a.m. with Tiffany Aumiller, Benefits Administrator and Brandon Ritcha, County Counselor to discuss an individual employees evaluation pursuant to the exception under the Kansas Open Meetings, and they will return to open session in the Board meeting room at 9:17 a.m.

Commissioners returned to regular session at 9:17a.m.

MOTION: Commissioner Thimesch moved to approve 50 hrs of shared leave for an employee. Commissioner Elpers seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners.

MOTION: Commissioner Thimesch moved to approve the correction to the salary amendment. Commissioner Elpers seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners.

Ms. Aumiller discussed renewing the posters for compliance with the County Commissioners.

MOTION: Commissioner Elpers moved to approve the purchasing of the posters. Commissioner Thimesch

seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

Commissioners signed abatements.

Carol Noblit, County Clerk submitted the December 23, 2024, Commission meeting minutes for approval.

MOTION: Commissioner Thimesch moved to approve the December 23, 2024, Commission meeting minutes. Commissioner Elpers seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

Chairman Henning noticed a change to be made on minutes.

MOTION: Commissioner Thimesch moved to amend the motion to make the change to the minutes of December 23rd. Commissioner Elpers seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

Charles Arensdorf, Public Works Director was in to update the Commissioners on roads and bridges.

MOTION: Commissioner Thimesch moved to adjourn the regular board meeting at 9:55 a.m. Commissioner Elpers seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

## Accident Caused by Icy Road

photo by Teresa McClendon

On January 10, a semi-truck and trailer from Pennsylvania was heading west on Highway 54 when the driver lost control on the ice about a mile east of Cunningham. The vehicle overturned into the north ditch along the highway.

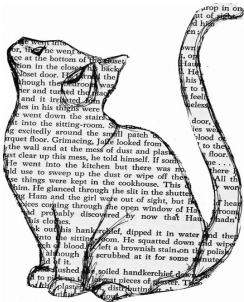
The driver of the truck did not sustain any injuries, but the passenger, who was asleep in the sleeping berth at the time of the accident, was taken to Pratt Regional Medical Center with possible injuries.

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Meanderings

I was contacted by a gentleman named Dean Marple. He enjoys writing, and would I be interested in an occasional column. I read the three pieces he sent as a teaser. I enjoyed them, and now we have another writer on board with our paper. The first column is on page 2, under Gaille’s Tumbleweeds and Tall

Grass column.

I think grandparents will enjoy his first column. Be sure to check it out.

\*\*

New year, old frustrations--technology, of course.

Little annoyances seem to be building up and creating frustrations in my life. I lost my garage door opener. The last time I remember using it was when I came home from the city council meeting on December 30<sup>th</sup>.

If I keep the darn thing in the car during the winter, it doesn’t work, so I TRY to keep it in the pocket of a coat, or on the chair by the door going

to the garage. It’s not on the chair. It’s not in any pocket of any coat. I have no idea where it could be. I can’t find the 2<sup>nd</sup> one I had either. Now, granted, it could have quit working a decade or more ago, and I wouldn’t remember its demise. Or where I put it if it’s still working.

That’s frustration number 1.

I dropped my computer’s mouse control on Saturday. Now the right click button doesn’t work properly. It works properly when it wants to, but for the most part it’s not working. I’ve ordered a new one (on-line is so incredibly convenient) and hoping it will work properly. My computer

is an oldie, so there’s no telling how it’s all going to come together.

That is frustration number 2.

And then there’s the battery backup for the computer. A few weeks ago, I plugged the little space heater into the same outlet as the battery backup and had quite a little overload/outage. Beeps and groans and whatever other sounds come from pieces of equipment exploding, so to say.

That is frustration number 3.

Then the telephone handset, which sits so conveniently on my desk, quit working. I ordered new batteries for it, (on-

line, of course) but didn’t order the rechargeable ones, and then I had to go and buy the rechargeable kind, but they didn’t help the issue. I went on-line and ordered a new phone. (waaaay too convenient, on-line ordering).

The new phone came, but the handset didn’t work. Further investigation of the issue was conducted.

It seems one side of the battery backup quit working after the shutdown/ overload.

I am keeping the new phone, though, as my current one I’ve had for several years, and it will, no doubt go out unexpectedly, like it’s predecessor did.

That is frustration number 4.

Now, before I conveniently go on-line and order a new battery backup, I am going to have to remember to unplug the one I have, and reset it. But that can be done only when the computer isn’t in use. And, thus, when I don’t think about it.

That is frustration number 5, and hopefully the last one for now.

Always reading, and currently reading, "And Then She Was Gone" by Lisa Jewell, Roberta

Tallgrass and Tumbleweeds by Gaille Pike

Dear Readers,

In those long ago days of my youth, the anticipation of snow was as exciting as the first day of school, Halloween Night and Christmas morning. Snow is to kids what rain is to flowers. You could feel it on the wind, you could smell it in the air as Jack Frost came nipping at your nose, foreshadowing the Winter Wonderland to come. As I waited by the door

in the warmth of the gas heater, already dressed in my overcoat, wool cap and mittens, I dreamt of the snowman and snow forts and snowball fights and snow angels to come. You could see it coming on the grey clouds looming on the horizon and soon fat, wet flakes sprinkled down like feathers. And once a respectable accumulation was reached, at least enough to run and slide on, out I went, just another kid in the snow.

I could snow dance, watching my breath ris-

ing, and I’d play until my face froze, my feet went numb and those mittens turned to bricks. Back inside the steam would rise off my Winter garb as I’d sit back at the heater, rubbing my hands, the warmth causing little, stinging pin pricks on my fingers.

That being said (and as most of you may be thinking after this week’s Winter storm) that was then and this is now. And outside of those kids who I hope had the chance to go snow dancing, I’d hazard to guess most of

us grown-ups had a different experience. One that lacked the magic of Jack Frost and Old Man Winter. One that was just plain miserable.

I mean, cold is one thing. We’re Kansans. We’ve been there. But when you’re talking two inches of ice covered by over a foot of heavy snow, topped off with single-digit real temperatures dropping as low as -17 with the wind chill factor—that’s a whole new kind of misery. It has been five days since I have been able to leave

the farm. Outside of constantly refilling fresh water for the animals and keeping the home fires burning I’ve been completely socked in. The snow removal folks, overwhelmed by this storm, and rightly dedicated to clearing emergency routes, didn’t clear my gravel road for three days. And that is great, but the problem is that between that road and my house is about 100 yards of impassable ice-caked, snow-drifted driveway.

I knew this would

happen and I did stock up on essentials, but there is still a definite feeling of Cabin Fever when you realize if you REALLY had to go somewhere—you simply could not. So here I sit, taking the hit. As are many of you. Still, as I sit watching the windows sweat inside my cozy little house, I look out and marvel at that snow. And it truly does evoke that child in me. But there is just no way I am going to go outside and play in it.

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

A Column by Dean Marple

Thunder

By W. Dean Marple

As we tucked our 4-year-old grandson in bed, he assured us he was a big boy, and the gathering thunderstorm didn’t scare brave boys like him. With sweet kisses and a whispered “I love you,” we tip toed out of the room. It was later I learned tiny toes and Papa’s nose made for a strange combination.

All was well as the clock struck 10 p.m., and we went to bed accompanied by a gentle rain that gave us false hope. Later, I wasn’t sure which came

first, the lightning flashes and rolling thunder or the little hand poking me in the ear. Our little man was scared and wanted to sleep with Nana and Papa. As I lifted him up and placed him between us, I remembered doing the same thing with his mother thirty years ago. Strange, the lifting part seemed much easier with her.

A few minutes went by, and I thought he’d drifted off to sleep. That’s when his right hand and my left ear became reacquainted. He was worried that his stuffed lion, Tony, was all alone in his bed and must be scared. Mumbling something about lions and bravery, I started to drift back to

sleep until some mysterious force started tugging open my eyelids. I was informed, in no uncertain terms, that a rescue mission was needed. Soon I could feel two skinny arms, a head, chest, warm belly and legs wiggling over me, down the side of the bed. The rescue was in operation. He ran—I trudged—to his bedroom, and the lion was swiftly scooped up in loving arms. Have you ever tried to follow, in the dark, a 42-inch 4-year-old dragging a 48-inch lion? I was informed, in no uncertain terms, that Tony did not appreciate me stepping on his toes. Back to Nana and Papa’s bed.

We now had my wife,

a lion, a grandson and me packed in the bed. Having more brains than I did, my wife got up, heading for the spare bedroom and something called sleep. Not wanting the little guy to wake up all alone, I bravely (that’s spelled f-o-o-l-i-s-h-l-y) stayed. It soon became apparent that his definition of sleep and my definition were two entirely different things. My definition of sleep was to lie there like the dead and not move. His was to immediately lose consciousness and let his arms and legs go wild.

At 1 a.m., my nose tickled. A groggy look revealed his body bent to the side and five wiggly toes brushing my nose.

Roughly an hour later, it was a bony elbow jabbing my ribs, followed by a lion attack at 3:10. It’s not every night one awakes to find a lion sprawled across one’s head. Finally, the gods of sleep smiled, and we both drifted to sleep.

Until 5:37. That’s when the questions began. Why do ducks quack and cows moo? Why does my preschool teacher not like it when I scratch my butt and then hand her my paper drawing? Why is your belly so big? Mommy says ladies with big bellies have babies in them. Do you have a baby in your tummy?

Not knowing about ducks and cows and wanting nothing to do

with a birds and bees explanation, I decided to roll my massive, gigantic, protruding stomach out of bed and head for the bathroom and a shave. Little feet followed me. I started to lather up, and he sat on the closed toilet seat clutching that mangy lion in a death grip. He watched as I spread the thick, white foam over my face and asked if he could touch it. Telling him I had a better idea, I picked him up, sat him on the counter and liberally covered his cheeks with shaving cream as his giggles rolled out of the bathroom. All that was left was for me to ask a simple question, “Why don’t you go hop in bed with Nana?”

Poetry From Daily Life

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

Poetry from Daily Life: You can meet 100 people and only like a few. Poets are the same.

By Lola Haskins

*My guest this week on “Poetry from Daily Life” — marking a full year of weekly columns — is Lola Haskins, who lives in Gainesville, Florida. She discovered her love for poetry when she was read AA Milne at the age of four, and she’s never looked back since. Her latest collection, “Homelight” (Charlotte Lit Press, 2023), was named Poetry Book of the Year by Southern Literary Review and has been shortlisted for the Hoffer Prize. Lola walks in the woods every*

*day and owes a lot to trees. She has collaborated with dancers, visual artists and musicians, and sings mariachi and Hindu classical music. ~ David L. Harrison*

I feel so strongly that poetry is for everyone, that I could stand on a street corner and preach it. And by poetry, I mean both the poetry you read and the poetry that lives in all of us if only we’re willing to listen. Take the first. If you think you’re not a “poetry person” that’s only because you haven’t met the right poet. Look at it like this: If you were in a room with any hundred people — doesn’t matter what KIND of people — how many of them would turn out to be your soulmates? One? two? I had a friend in England who would pantomime a yawn every time I mentioned poetry, so I went to the library and checked out books by three poets I thought he’d like. And when he’d read a bit of each, he said, OK, OK, so not all poets are boring.

But poems can reach way beyond reading. Some of them can literally change lives. When I was teaching programming at University of Florida, I’d put a poem on my door (never mine) and make my students read it before they came in. Once, it was Robert Haydon’s “Those Winter Sundays,” one of the most eye-opening poems about love that’s ever been written. One day a kid came in with his program under his arm, and when I reached for it, he said he didn’t need to talk about it after all, because he’d read the poem on my door. And without saying another word, he left my office and drove 2 ½ hours to his father’s grave in Tampa to tell him he was sorry, that he understands now. Later, two other students — years apart — told me that they’d decided not to kill themselves because of something I wrote. I wrote it for the first one and put it in one of my books and the second student found it there. I don’t care if it’s a good poem or not, but the fact that it exists is proof positive that poetry can not

just change, but save lives.

Now, to my second point. It’s true that writing poetry can be a career (it is for me, but it’s not just that, it’s so much who I am that I couldn’t retire from it any more than I could retire from breathing), but it absolutely doesn’t have to be. And the fact you write poems at all (or do anything else categorized as “artistic”) leaves you richer inside than if you didn’t AND — this is important — don’t let anyone tell you it’s a hobby unless you see it that way yourself.

I’ll finish with a poem from “Desire Lines” about something we all do.

**Sleep Positions**

This is how we sleep:  
On our backs, with pillows covering our chests, heavy as dirt  
On our sides, like wistful spoons  
Clenched, knees in-tucked, arms folded  
Wide, like sprawling-rooted lotuses  
In Iowa on top of pictures of Hawaii, huge white flowers on blue  
In New York on black satin  
In China on straw.

This is how our dreams arrive:  
As hot yellow taxicabs  
As sudden blazing steam, we who have been pots on a stove, looking only at our own lids  
As uninvited insects, all at once on our tongues.

O hairdresser, auditor, hard-knuckled puller of crab traps, you who think poetry was school, you who believe you never had a flying thought, lie down.

Lola Haskins has published 14 books. Learn more about her at <http://www.lolahaskins.com>.

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Community Bulletin Board

<b>Thursday, January 16</b> HOPL HS Scholars Bowl at HOME ***  JH BB vs South Barber at HOME	<b>Tuesday, January 21</b> HS BB Boys 54 Classic at HOME ***  Lions Club Meeting
<b>Friday, January 17</b> HS BB at South Barber	<b>Wednesday, January 22</b> FFA Public Speaking *** 7:00 p.m. Board of Education Meeting
<b>Saturday, January 18</b> B-Team Tournament begins	<b>Thursday, January 23</b> JH BB at Fairfield
<b>Monday, January 20</b> Martin Luther King, Jr. Day ***  Teacher Inservice - No School ***  HS Girls BB vs Attica ***  JH BB vs Skyline at HOME	<b>Friday, January 24</b> HS BB Boys 54 Classic at HOME ***  KAY Unit Conference
	<b>Saturday, January 25</b> HS BB Boys 54 Classic at HOME ***  HS Forensics at Clearwater



The Community  
Calendar is sponsored by



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620-298-2511

The Ninnescah Valley  
Bank will be closed  
Monday, January 20th  
in observance of Martin  
Luther King, Jr. Day.

**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

School Board Will Meet Next Wednesday Evening

AGENDA

Regular Meeting  
Wednesday, January 22, 2025 7:00 p.m.  
104 W 4th St., Cunningham, Kansas

I. Call to Order

II. Approval of Amended Agenda (AI)

III. Guest Recognition

IV. Election of Officers

V. Approval of the minutes of the December 10, 2024, regular meeting. (AI)

VI. Approval of financial reports and payment of bills. (AI)

VII. Reports

a. Superintendent Report –Dr. Arnberger

b. Principal Report- Cody Dunlap

c. Special Education Report – Bjorn Halderson

VIII. Old Business

a. Construction Project

b. KESA Update

c. Review Bus Lease

IX. New Business

a. Executive Session – Personnel

b. Administrative Contracts

c. KASB Policy updates

X. Adjournment



TICKET  
\$1

WILDCAT QUILT RAFFLE

SATURDAY, | AT HALFTIME OF  
JANUARY 25 | THE CHS GAME

2025 BOYS 54 CLASSIC

Win a Custom Cunningham Wildcats Quilt!  
Designed, created, and generously donated by  
Rita Kinsler.

 Get Your Tickets: Available at all home varsity  
games through the CHS 54 Classic on Saturday,  
January 25th.

 All proceeds benefit the 2025 CHS Prom!  
Don't miss your chance to support a great cause  
and take home this one-of-a-kind quilt!



.WANTED -

Old Photos for Our Community  
Album

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DRAIN CLEANING  
KITCHEN/BATH  
SEPTIC SYSTEMS

We  
ALWAYS  
need  
photos for  
the paper!!

Kingman Historic Theatre

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

All Seats are \$3.00  
(cash or local check only)

Showtimes:  
Friday at 7:30  
Saturday 7:30  
Sunday at 5:30

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January 17 - 19

Sonic the  
Hedgehog 2

Rated PG

### Developing a Transformed Mindset.

One of the things we have been doing with our teenage son since he obtained his driver's license is to help him appreciate the positive aspects of driving. We aim to foster a sense of enjoyment whenever he is behind the wheel and encourage him to pay attention to details that may not have been covered during his driving education. We want him to have some good music that he likes, exhibit kindness towards fellow drivers, ensure the dash cam is functioning properly, allow sufficient time for travel, and avoid tardiness for classes or appointments.

As parents, our objective has been to help him develop a balanced

perspective on driving, acknowledging both its benefits and drawbacks. We strive to instill a healthy mindset in him while driving. Thus far, we have been impressed with his progress, having accompanied us on trips to Nebraska and Oklahoma without incident or citation. We eagerly anticipate our next excursion with Nate at the helm.

It is evident that mindset plays a crucial role in every aspect of life. This is particularly true for Christians, as we navigate a world filled with negativity, distractions, and pressures that can easily clutter our minds with fear, doubt, and anxiety. However, God offers us an alternative mindset, one that brings peace, clarity, and purpose.

Join us over the next couple of weeks as we

embark on our new sermon series, "Mindset." We will delve into the incredible power of our minds, exploring how aligning our thoughts with God's truth can lead to spiritual renewal, inner peace, and transformation.

This series is designed for everyone, whether you are seeking clarity, facing challenges, or yearning for a deeper connection with God. It is an opportunity to relinquish toxic mindsets and embrace a mindset that fosters true transformation, lasting peace, and a purpose-driven life.

We invite you to join us starting January 19, 2025, at Cunningham UMC at 10:45 a.m. and Penalosa UMC at 9:15 a.m. as we embark on this journey together. Feel free to bring a friend, family member, or neigh-

bor – everyone is welcome. Come prepared to be encouraged, challenged, and empowered to view your life from a fresh perspective.

We look forward to seeing you there!

Blessings,  
Pastor Mathew Musyoki  
Cunningham-Penalosa UMC.



### Peter, do you love Me?

It was the week after the resurrection, and disciples were still scattered about

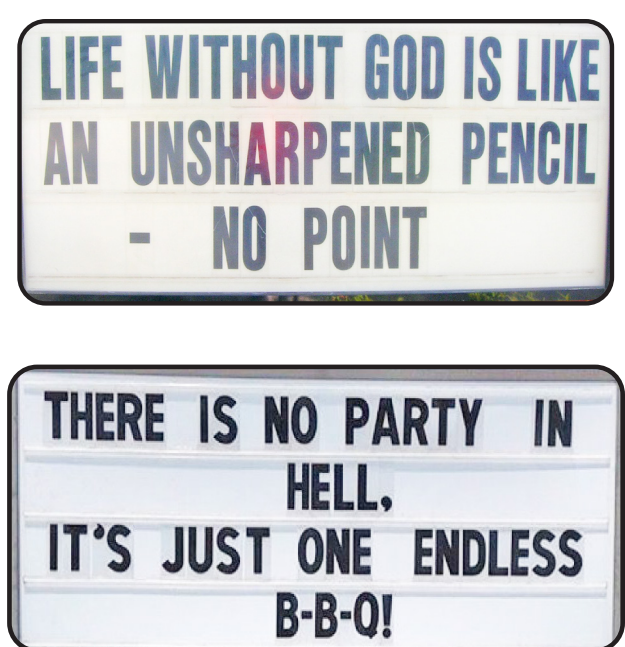
Jerusalem and the surrounding villages. John searched high and low for Peter and finally found him hanging out in the upper room. “Peter, Peter!” he said excitedly. “I have good news and bad news. Which would you rather hear first?”

“By all means, give me the good news. We’ve had enough bad news lately,” Peter said.

“The good news is Christ is risen,” John said.

“That’s great!” said Peter. “Now, what’s the bad news?”

John looked around anxiously and said, “Well, He’s steamed about last Friday.”



In his beautiful book, “I Shall Not Want,” Robert Ketchum tells of a Sunday School teacher who asked her group of children if anyone could quote the entire 23rd Psalm. A golden-haired, four-and-a-half-year-old girl was among those who raised their hands.

A bit skeptical, the teacher asked if she could really quote the entire psalm.

The little girl came to the front of the room, faced the class, made a perky little bow, and said, “The Lord is my shepherd, that’s all I want.”

She bowed again and went and sat down.

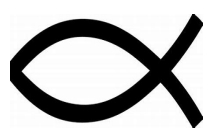
That may well be the greatest interpretation of the 23rd Psalm ever heard.

Free Groceries at the  
Cunningham Methodist Church  
2 to 5 p.m.  
on  
Tuesdays

Check the Blessing Box east  
of the Methodist Church.  
Anyone can give or take from  
the Blessing Box at any time.

### All Preachers Here We Go

We had a substitute preacher preaching at our church and he told this story. He said, when he was younger, he thought that the doxology went: “Praise God from whom all blessings go, Praise him all preachers here we go (instead of creatures here below), then praise him above the heavenly host, praise Father, Son, and Holy Ghost.” He said he thought that because, when everyone sang that, often the preacher leaves the pulpit and walks out!



### 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 and Third Tuesday 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 620-491-0292 and leave a message. Your call will be returned as soon as possible. This institution is an equal opportunity provider.

### Giving Opportunities in our Community

**4C Day Care** Leave a donation with the Methodist Church.

**West Kingman County Education Foundation**  
Use your Dillon's Card! (to donte contact Janet DeWeese 620-298-2717)

**Hands of Hope** (contact any church)

**Cunningham Alumni Scholarship Fund**  
(send checks to the West Kingman County Education Foundation)


**Cunningham Community Center** (leave donation at the bank)

**Lions' Club**

**Cunningham Museum** (to donate contact Alan Albers or Mike McGovney)

**Cunningham Public Library** (to donate, contact Kerri Steffen)

**Cunningham EMS** (to donate, contact Monte Rose or Kathy Albers)



#### Catholic Churches

<b>Sacred Heart, Cunningham</b> Sunday 10:00 a.m.	<b>St. John, Zenda</b> Saturday 5:30 p.m.
<b>St. Leo</b> Saturday 4:00 p.m. .	<b>St. Peter Willowdale</b> Sunday 8:30 a.m.

Father Daryl Befort    316-706-1627    620-246-5370

#### Lutheran Churches

<b>St. John, Nashville</b> 620-246-5220 Sunday School & Bible Class 9:45 a.m. Worship Service 8:30 a.m.	<b>Trinity, Medicine Lodge</b> 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 9:30 am  
Morning Worship 10:45  
Sunday Evening Worship 6:00  
Jr High Youth Group 4:00 pm Sunday  
Sr High Youth Group 7:30 pm Sunday  
Wednesday Prayer Service 7:00  
Pastor Mike McGovney 620-298-3201

#### United Methodist Church

<b>Penalosa</b> Worship 9:15 a.m. Pastor Mathew Ndambuki Musyoki 620-298-2090	<b>Cunningham</b> Worship 10:45 a.m.
--	---

#### 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

For sale or rent: Warm, cozy 2-bedroom house on large corner lot close to downtown. Might sell on contract. Call Audrey Cain 298-4692.

CHS Pep Band!



Kansas Profile  
– Now That’s  
Rural: Deb  
Goodrich, Sod  
& Stubble

At a glance: Henry and Rose Ise settled on the Kansas plains in 1873, surviving many hardships to raise 11 children. One of those, John Ise, wrote a book called Sod and Stubble about his parents’ remarkable pioneer experiences, which is now the basis of a soon-to-be-released film.

Sod & Stubble. That’s the name of a classic book about an early pioneer family of Kansas settlers. Now, thanks to a talented and creative group of Kansans, that story is coming to the silver screen.

Deb Goodrich is the Garvey Texas Foundation Historian-in-Residence at the Fort Wallace Museum in western Kansas. She is also the producer of the new film, Sod & Stubble, based on the classic book of the same name.

Goodrich is a historian, author, filmmaker, television host, columnist and more. A Virginia native, she came to



Washburn University in Topeka in 1992.

Sod & Stubble tells the story of Henry and Rosa Ise. In May 1873, Henry Ise and 17-year-old Rosa Haag were united in marriage before moving to their new homestead in Osborne County, Kansas. Here they moved into a one-room, sod-roofed log cabin.

At right: Portion of the movie poster for Sod & Stubble | [Download this photo](#)

Imagine a young woman making a home out on the open Kansas plains more than 150 years ago: No running water, no electric appliances, no telephones, no

modern conveniences, no modern medicine.

Sod & Stubble describes the challenges that the Ises faced. There were droughts, storms, horse thieves, rabid wild animals, plagues of grasshoppers, dust storms, prairie fires, market collapses and more. Their first child died shortly after being born.

Henry and Rosie Ise worked hard. They scrimped and saved, persevered and expanded the farm. They were able to build a new house for the growing family, and this became their permanent home. Here, Henry and Rosie raised their eleven children. Henry

Ise passed away in 1900.

Henry and Rosie had a strong belief in education. Rosie herself had only a half-day of schooling, so she firmly wanted better for her children. The Ises sacrificed so that their children could go to college.

As the children grew up and left, Rosie had to think about the future. Her children persuaded her to move to Lawrence where several of them were in school at the time. The book ends with an account of the farm sale and Rosie’s departure from the farm.

The Ise children had a phenomenal record in education. They would go on to Harvard, Yale, Stanford and beyond. Son John Ise became an economics professor at the University of Kansas and decided to write a non-fiction novel about his parents’ experiences.

That became the book Sod & Stubble, which was published in 1936. It takes its name from the prairie sod of Kansas and the stubble left standing in wheat fields after the grain is harvested.

Now a group of Kansans have come together to create an independent movie based on the book. Filmmaker and Friends University history professor Ken Spurgeon became the screenwriter and director. “Ken did a great job on the screenplay,” Goodrich said.

People in Downs, Kansas really wanted the movie to be filmed in Osborne County, where the events in the book actually happened. The Ise home had fallen into disrepair, but Don and Linda Miller – the local hardware store owners – had a full-size replica of the Ise house built on their farm.

The replica home is located between the rural communities of Downs and Cawker City, population 453 people. Now, that’s rural.

In summer 2023, filming took place at that house and at Old Cowtown Museum in Wichita.

The film stars Bailey Chase, who appeared on Longmire and other shows. Rosa Ise is played by Dodie Brown. “People are going to be blown away by her performance,” Goodrich said.

Other actors in the cast are Barry Corbin from

Yellowstone, Buck Taylor who was in Gunsmoke, Mary McDonough from the Waltons, and western stars Wyatt McCrea and R.W. Hampton. The movie was screened in fall 2024.

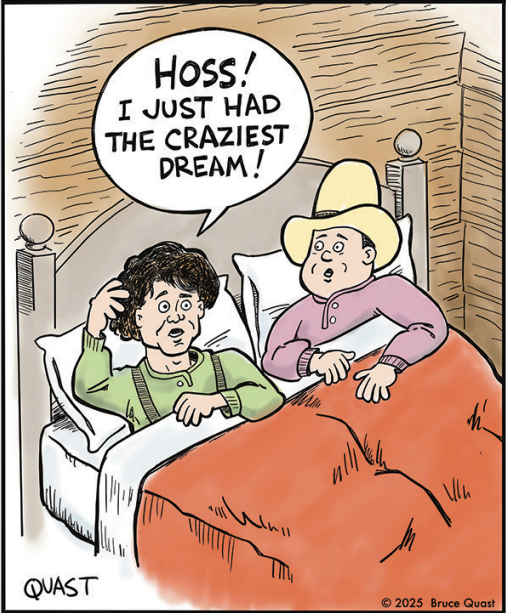
For more information, see [www.sodandstubble.com](http://www.sodandstubble.com).

Sod & Stubble. Now the classic book is coming to the silver screen. We salute Deb Goodrich, Ken Spurgeon, and all those who are making a difference by depicting this pioneer story on film. They are bringing the story of Sod and Stubble to life.

And there’s more. Deb Goodrich has written a new book about an even more famous Kansan. We’ll learn about that next week.

More information: Ron Wilson, [rwilson@ksu.edu](mailto:rwilson@ksu.edu), 785-532-7690  
Photos: Ron Wilson | [Sod & Stubble Movie Poster](#)  
Website: [Huck Boyd National Institute for Rural Development](#)  
By Ron Wilson, director of the Huck Boyd National Institute for Rural Development at Kansas State University

Comfortably Dumb by Bruce Quast

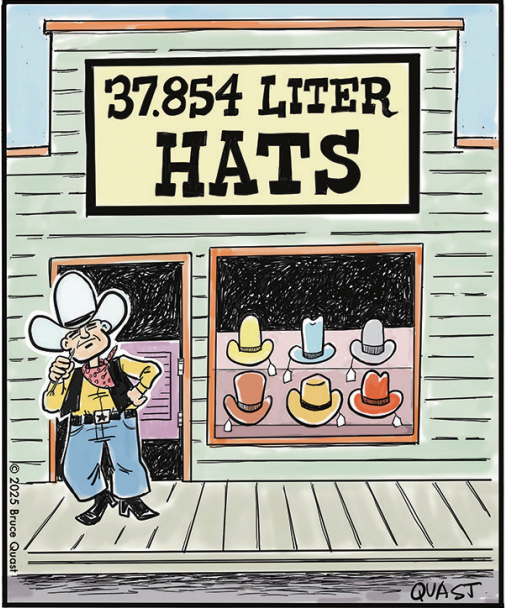


Unused scene from finale of “Little House on the Prairie”

Comfortably Dumb by Bruce Quast



Comfortably Dumb by Bruce Quast



Cowboys adopt the metric system



Kingman County Sheriff's Report

Sunday, January 5

Traffic Stops	2
Disabled Vehicle	2800 Blk SW 100 St, Spivey
Disabled Vehicle	18000 Blk W Hwy 54, Cunningham
Disabled Vehicle	17000 Blk W Hwy 42, Nashville
Miscellaneous	400 Blk E Burns Ave, Norwich
Medical	7000 Blk SE Sugar St, Kingman
Miscellaneous	300 N Main St, Spivey

Monday, January 6

Traffic Stop	1
Disabled Vehicle	NE 10 St & NE 40 Ave, Kingman
Abandoned Vehicle	NE 20 St & NE 30 Ave, Kingman
Check Welfare / Animal	15000 Blk NE Trailridge Rd, Cheney
Accidental 911 Dial	17000 Blk SW 30 St, Cunningham
Medical	300 Blk S Amberside St, Norwich

Tuesday, January 7

Traffic Stops	5
Civil Paper Service	1
Follow Up	300 Blk N Main St, Kingman
Agency Assist	120 N Spruce St, Kingman
Traffic Complaint	SE 90 St & S Hwy 14, Kingman
Miscellaneous	800 Blk E D Ave, Kingman

Wednesday, January 8

Traffic Stops	2
Civil Paper Service	1
Accidental 911 Dial	1500 Blk W Hwy 54, Kingman
Transport Prisoner	120 N Spruce, Kingman
Check Welfare	4400 Blk S Hwy 14, Kingman
Non Injury Accident	NE 30 St & N Hwy 14, Murdock
Miscellaneous	100 Blk S Sandpiper St, Norwich



Thursday, January 9

Traffic Stops	3
Civil Paper Service	2
Animal Complaint	E Hwy 42 & SE 30 Ave, Rago
Miscellaneous	400 Blk S Valley St, Cunningham
Disabled Vehicle	SE 50 Ave & E Hwy 42, Rago
Animal Complaint	500 Blk S Gregory St, Nashville
Disabled Vehicle	6000 Blk E Hwy 42, Rago
Non-Injury Accident	S Hwy 14 & SE 150 Ave, Rago
Non-Injury Accident	NW 20 St & NW 170 Ave, Cunningham
Disabled Vehicle	10000 Blk W D Ave, Kingman
Disabled Vehicle	4000 Blk E D Ave, Kingman
Traffic Control	1200 Blk E Hwy 54, Kingman
Disabled Vehicle	W Hwy 54 & N Hwy 11, Kingman
Disabled Vehicle	2100 Blk W Hwy 54, Kingman
Miscellaneous	200 Blk N Vail St, Spivey

Friday, January 10

Traffic Stops	3
Civil Paper Service	2
Transport Prisoner	120 N Spruce St, Kingman
Non-Injury Accident	9000 Blk W Hwy 54, Cunningham
Injury Accident	15000 Blk W Hwy 54, Cunningham
Disabled Vehicle	14000 Blk W Hwy 54, Cunningham
Traffic Complaint	2000 Blk W Hwy 54, Kingman
Disabled Vehicle	W Hwy 54 & N Four Wheel Dr, Kingman
Unlock Vehicle	100 Blk W 2nd Ave, Norwich
Non-Injury Accident	8000 Blk W Hwy 54, Cunningham
Suspicious Person	500 Blk S Main St, Kingman
Fire	4000 Blk E Hwy 42, Rago
Injury Accident	16000 Blk NE 50 St, Cheney

Saturday, January 11

Traffic Stop	1
Suspicious Person	16000 E Hwy 54, Cheney
Miscellaneous	400 Blk E Burns Ave, Norwich
Non-Injury Accident	13000 Blk SE 20 St, Murdock

Enjoy the Snow

Jackie Mundt, Pratt County farmer and rancher

All across the state, Kansans have been enjoying or perhaps dealing with the snow for more than a week. I have heard countless people remark that there’s been more snow than we have had in years. It definitely feels like the longest snow streak we have had in the 12 years I have lived in Kansas.

There are a lot of people who hate snow. It is cold and messy. It can be dangerous and inconvenient. Others see snow as beautiful, helpful and fun. For me, snow feels like home and is a great source of joy.

My love of snow comes from the childhood adventures and joys I experienced growing up in Wisconsin. There are so many ways to have fun in the snow: sledding, tubing, snowmobiling, snowshoeing, skiing, ice skating, snowball fights, building forts,

making snow angels and snowmen.

On snow days, my older brothers and I couldn’t wait to suit up in snow gear and claim spots to build snow forts in the ditches of our driveway. We would spend hours designing elaborate defenses and letting our creativity run wild as we’d create our snow forts in preparation for the inevitable snowball fight.

Some of the best memories we made as a family were in the snow. I remember wandering around for hours in a snowy forest like Clark Griswold in search of the perfect Christmas tree only to cut down the first one we had considered. Many winter weekends were filled with long hours in convoys with dozens of snowmobiles trail riding through the beauty of the North woods. My siblings and I would be so mad because no matter how much of a head start we got, my dad

always beat us to the bottom of the ski hill on the fastest skis in the world.

Snow wasn’t only fun and games. There were many sibling bonding moments and character-building opportunities shoveling snow, getting hit by a snowball in the face or a surprise attack with snow going down your shirt. We learned to navigate the dangers of driving on ice and snow and how to avoid frostbite or other physical injuries in the snow.

My snow days are often less focused on fun as an adult. Snow in the forecast means prep work to get animals to a good place to wait out the snow, putting out extra feed and prepping water tanks for the cold. Instead of racing out to build a snow fort, my days are spent navigating snow drifts or icy roads, checking cows, clearing snow and any other unavoidable chores that will take a little longer because everything goes slow with

extra layers.

There is also a different level of appreciation of snow’s value on the farm as it is the moisture we need for the coming crop year in a convenient, slow-release form.

Waking up to the winter wonderland of pristine snow will probably never get old for me. I relish the peaceful moments as the world slows down. My soul fills with a nostalgic joy that comes from so many happy memories. My mind fills with the underlying excitement of not knowing what adventures the day will bring.

Snow can be seen as an inconvenience, but I hope that it was filled with great moments. I hope that it brought you a chance to slow down and rest for a moment, that you experienced beauty and nourishment, that children played in the snow and families created memories.

“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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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Statepoint Crossword

Theme: Grammys

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- ACROSS
1. 43,560 square feet

5. Undergarment

8. “She \_\_\_\_ a Yellow Ribbon”

12. Ocean Spray \_\_\_\_-Apple juice

13. #5 Across, pl.

14. Concentration of solution, in chemistry

15. CISC alternative

16. Swearing-in words

17. Goodwill branch

18. \*Artist with most Grammy nominations

20. ALCS counterpart

21. Winter Olympics participant

22. IX minus II

23. Drum roll sound

26. Front of building, pl.

30. Get it wrong

31. Upholstery choice

34. Reflect deeply

35. Raccoon’s cousin

37. “\_\_\_\_ the fields we go”

38. Binary digits code

39. Capital on a fjord

40. Isaac of science fiction fame

42. Consumed

43. Within shortest distance

45. \*100-year-old Grammy Award nominee

47. Beer faucet

48. Corpulent

50. Self-satisfied

52. \*2025 Grammy nominated former band, with The

55. Twist and distort

56. Bank’s provision

57. Flock’s response

59. Ranee’s wrap
60. Elvers

61. \*2003 Lifetime Achievement Award recipient \_\_\_\_ Puente

62. Like some wines

63. \_\_\_\_ it or lose it

64. Formerly, formerly
- DOWN
1. Acronym, abbr.

2. Discarded cards in cribbage

3. Tear down

4. Enclose in a cyst

5. Orthodontic appliance

6. Motion Picture Association of America, e.g.

7. Certain tray content

8. \*Former multiple time Grammy host Andy \_\_\_\_

9. Related to ear

10. RPMs

11. Before, in verse

13. Predatory fish

14. Gin’s partner

19. Giraffe’s striped-leg cousin

22. \*1995 “Have I Told Your Lately That I Love You” winner \_\_\_\_ Morrison

23. Scout’s mission

24. What phoenix did

25. \_\_\_\_ - \_\_\_\_-la

26. Old negotiable

27. Old European coin

28. Last 8 in college basketball

29. More than sly

32. \*Nominated artist Post Malone’s actual last name

33. Hula dancer’s necklace

36. \*Taylor Swift’s “The \_\_\_\_ Poets Department”

38. Nautical “Stop!”

40. Nile viper

41. \*Grammy winners Frank and Billy

44. Top scout

46. Make a connection

48. Double-reed instruments

49. Famous Memphis street

50. Unforeseen obstacle

51. Foal’s mother

53. Chieftain in Arabia

54. Tennis amount

55. General Services Administration

56. Romanian money

58. \*Kendrick Lamar’s “\_\_\_\_ Like Us”

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It's STILL Winter Photos



photos by Teresa McClendon



photo by Joyce Depenbusch



photo by Marci Adams

*“The snow began to fall again, drifting  
against the windows, politely begging  
entrance and then falling with  
disappointment to the ground”  
— Jamie McGuire, Beautiful Disaster*



photo by Joyce Depenbusch

*“Snow was falling,  
so much like stars  
filling the dark trees  
that one could easily imagine  
its reason for being was nothing more  
than prettiness.”  
— Mary Oliver*



photo by Joyce Depenbusch

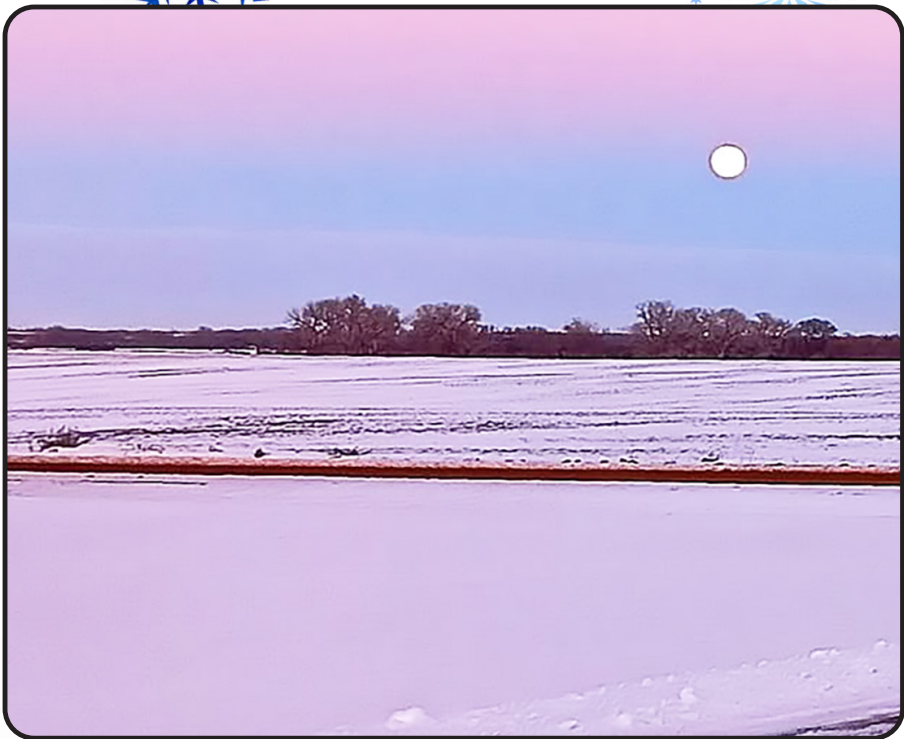


photo by Darren Parker

KCHS Pets Ready for Adoption

**Thor**  
Sponsored by The Cunningham Courier



Thor is a Staffordshire Bull Terrier. This gentleman with the rugged good looks is about 4 years old and weighs about 70 pounds. He’s been at the shelter since December 30 and can be adopted for \$150.00. He is house-trained, but should be adopted by someone with no other dogs.

“Meet Thor, a charming and fun-loving brown male dog who is eagerly waiting for his forever home. Thor is the epitome of joy and friendliness, always ready to bring a smile to your face with his silly antics. Whether it's going for a hike or simply cuddling on the couch, Thor is up for any adventure you have in mind. His boundless energy and affectionate nature make him the perfect companion for an active family or individual. If you're looking for a loyal and spirited friend to join you on life's journey, Thor is the dog for you. Adopt Thor today and let the adventures begin!”

**Adrian**  
Sponsored by Baker Accounting



Adrian, handsome in black, is a Bombay cat. He is about 2 years old, has been at the clinic since November 14. As a full-grown kitty, this lovebug weighs about 12-13 pounds, and he enjoys a good snuggle on a warm lap.

He is quite “a loveable kitty – vivacious and spontaneous. He does love to play and talk.”

You can have this fine young feline for a \$40.00 adoption fee.

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.



Monday, Tuesday, Thursday, Friday,  
from 8:00 - 5:30  
(except during lunch 12-1)  
on Wed., from 8:00 - 12:00  
Call for Saturday hours.  
1015 East U.S. 54, Kingman, KS

What is a Bombay Cat?

Adrian, the cat next door to this article is listed as a "Bombay Cat". I had not heard this term until I read it on the Kingman County Humane Society webpage. I googled it to see what I could learn.

There was quite a bit of information out there, but here's the general run down of this feline breed:

The foundation for the breed is the Burmese cat breed, which, like the Siamese were considered cats for royalty in Southeast Asia. Bombay is an apt name for these cats in relationship to their ancestors' place of origin. However, the Bombay is a cat breed developed in Louisville, Kentucky in 1958 and finally recognized by the Cat Fanciers’ Association and the International Cat Association in 1970.

They are pure medium-sized felines with short pure black fur coats and copper-colored eyes.

Like Siamese and Burmese cats, the Bombay enjoys a chat, but they tend to be a bit less vocal and demanding than the Burmese. They are social and people friendly. They also get along well with other pets in the home.

More information can be found on cat-world.com, Wikipedia, and other cat breed sites.

Public Notice				
Published in The Cunningham Courier, Thursday, January 16, 2025				
CITY OF CUNNINGHAM Annual Financial Statement				
FUND	January 1, 2024 Balance	Receipts	Expenditures	December 31, 2024 Balance
GENERAL	\$ 269,605.57	\$ 410,977.75	\$ 358,292.72	\$ 322,290.60
EMPLOYEE BENEFIT	\$ 2,023.32	\$ 25,419.49	\$ 24,984.75	\$ 2,458.06
DEBT SERVICE	\$ 28,410.90	\$ 28,831.48	\$ 38,737.86	\$ 18,504.52
LIBRARY FUND	\$ -	\$ 13,998.77	\$ 13,998.77	\$ -
WATER UTILITY	\$ 92,983.53	\$ 134,618.43	\$ 96,820.25	\$ 130,781.71
SEWER UTILITY	\$ 23,506.38	\$ 68,543.55	\$ 55,608.73	\$ 36,441.20
SPECIAL HIGHWAY	\$ 15,125.81	\$ 11,315.84	\$ -	\$ 26,441.65
CAPITAL IMPROVEMENT	\$ 105,121.23	\$ 148.67	\$ -	\$ 105,269.90
EQUIPMENT RESERVE FUND	\$ 9,639.85	\$ -	\$ -	\$ 9,639.85
YEAR-TO-DATE BALANCE	\$ 546,416.59	\$ 693,853.98	\$ 588,443.08	\$ 651,827.49
INDEBTEDNESS:				
General Obligation Bond Series 2012 (Water System Improvements)			\$	120,000.00
Kansas Public Water Supply Loan - Project #2929 (Well No. 3)			\$	241,700.98
Lease Purchase (Ford Super Duty Service Truck)			\$	19,525.17
TOTAL INDEBTEDNESS:			\$	381,226.15
City of Cunningham Molly Morgan, City Clerk				

Please consider  
volunteering or adopting or  
fostering or  
donating to your local  
Animal Shelter.

KINGMAN COUNTY  
HUMANE SOCIETY

The Pratt County Commission minutes were not available this week at press time.

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**Cunningham Clinic**  
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Bus: 620-532-3179  
Toll Free: 800-824-6681  
www.jonwollen.com

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Troy Maydew, OD  
Seth Thibault, OD  
Andrew W. Piester, OD  
  
216 S. Oak  
Pratt, Kansas 67124  
620-672-5934  
8:00 a.m. - 5:00 p.m. M - F  
  
604 N. Walnut  
Medicine Lodge, Kansas 67104  
620-886-3222  
8:00 a.m. - 12:00 p.m.  
1:00 - 5:00 p.m.  
Tuesday, Wednesday, Thursday  
  
Seth Thibault, OD  
Andrew W. Piester, OD  
104 West C Ave.  
Kingman, KS 67068  
  
620-532-3154  
1-800-371-3154  
  
8:00 a.m. - 5:00 p.m.  
Monday - Thursday  
8:00 a.m. - 3:00 p.m. Friday

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Effective October 1, 2024: Ads are \$6.50 per column inch. Front page ads are \$11.00 per column inch. All ads are subject to approval of this paper, which reserves the right to edit, reject, or properly classify any ad. Note: The views and opinions expressed in advertisements in The Cunningham Courier do not necessarily represent the views and opinions of the Courier or staff. Errors will be corrected when brought to my attention.  
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This advertising space  
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Place your 25-word classified in this paper and 135 more for only \$300/ week. Find employees, sell your home or your car. Call the Kansas Press Association @ 785-271-5304 today!

Miscellaneous

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-519-3376 You will need to have your zip code to connect to the right provider.

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-866-481-0747

We Buy Vintage Guitar's! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. These brands only! Call for a quote: 1-877-560-1992

CASH PAID FOR HIGH-END MEN'S SPORT WATCHES. Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. These brands only! Call for a quote: 1-866-481-0636.

Attention: VIAGRA and CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - Only \$99! 100% guaranteed. CALL NOW: 1-866-481-0668

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-877-560-5087

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$10,000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-920-1883

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-877-589-0093 Have zip code of property ready when calling!

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-877-586-6688. Have zip code of service location ready when you call!

NEED NEW WINDOWS? Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation & FREE quote today. 1-866-766-5558 You will need to have your zip code to connect to the right provider.

Help Wanted

The City of Turon is looking for a part-time or as needed sub-clerk, if interested please call 620-497-6443.

Professional  
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Income Tax Preparation & Bookkeeping

Melissa Tetrick

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620-532-1477 / melissatetrick@gmail.com

Over 35 years' experience. Give me a call  
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Service Hours: 7:30 a.m. - 4 p.m.  
First Come - First Served

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Cunningham Liquor

OPEN — 11 a.m. to 9 p.m. — Monday thru Thursday  
11 a.m. to 10 p.m. — Friday & Saturday  
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B-29 Museum

is open on Sundays from 2:00 to 4:00 pm  
Pratt Army Airfield – 82 Curran Road  
Visit them on Facebook at www.prairie-bombers.org for more information. If you would like to visit the museum at another time call  
672-8321,  
672-2444 or 620-797-2919 to  
schedule an appointment!

Trash Reminder

Trash and recycling schedules are available at City Hall.  
If you have large, bulky items for pick up (i.e. appliances or furniture) please call Nisly at 620-662-6561. They pick up bulky items once a month. This service is included in your trash bill with the city! No extra charge!

C-1 Construction

620-532-4195

Soil Conservation Practices,  
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Public Notice

First Published in The  
Cunningham Courier, Thursday,  
January 16, 2025 (3t)

IN THE THIRTIETH  
JUDICIAL DISTRICT  
DISTRICT COURT OF  
KINGMAN COUNTY,  
KANSAS

IN THE MATTER OF  
THE ESTATE OF:  
DOUGLAS W. HENSIEK,  
Deceased.  
CASE NO. 2023 PR 20  
(Pursuant to K.S.A.  
Chapter 59)

NOTICE OF HEARING  
THE STATE OF KANSAS  
TO ALL PERSONS  
CONCERNED:

You are hereby notified that a  
Petition has been filed in this  
Court by Steven V. Hensiek,  
duly appointed, qualified and  
acting Administrator of the  
Estate of Douglas W. Hensiek,  
deceased, praying Petitioner's  
acts be approved; account be  
settled and allowed; the heirs

be determined; the Estate be  
assigned to the persons entitled  
thereto pursuant to the laws of  
intestate succession; fees and  
expenses be allowed; costs be  
determined and ordered paid;  
the administration of the Estate  
be closed; the Administrator be  
discharged and Petitioner be  
released from further liability.

You are hereby required to file  
your written defenses thereto  
on or before February 3, 2025,  
at 10:00 o'clock a.m., in the  
District Court, Kingman County,  
Kansas, at which time and  
place the cause will be heard.  
Should you fail therein, judg-  
ment and decree will be en-  
tered in due course upon the  
Petition.

Steven V. Hensiek,  
Petitioner  
Matthew W. Ricke  
Ricke & Ritcha Law Office  
349 N. Main, PO Box 113  
Kingman, KS 67068  
Attorney for Petitioner

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Please call or text for FREE brochure 507-217-1326 or visit our website:  
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KS 67035  
620-298-7000

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Thanks for  
recycling  
The Courier on  
January 21st  
Recycle - Reduce - Reuse - Repurpose

The Cunningham Courier  
320 North Stadium Street  
Cunningham, KS 67035

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ - \_\_\_\_\_

Subscription Rates:  
In Kansas: \$48..00 per year / Out of State: \$53.00  
Students: \$33.00 and \$38.00

Sandra Gates

Sandra Lee Gates, 77, passed away Saturday, January 11, 2025 at Parkwood Village. She was born on January 25, 1947 in McPherson, Kansas to Norman Durwood and Doris Mae (Brumback) Harrison.

Sandra graduated from Salina High School in 1965. She graduated from Wesley School of Radiologic Technology in 1967. She worked as an x-ray tech, owned Ackley's Garden Gate Designs and worked in the family business, Pratt Well Service Inc. She was a member of Church of Christ, Pilot Club and the Gardening Club. She enjoyed watching her grandchildren and great-grandchildren grow up, attending sporting events of family, decorating, flower gardening and traveling.

She is survived by her children, Kevin (Shari) Gates and Michele Wilkinson all of Pratt; grandchildren, Mitchell Gates of Manhattan, Cooper Gates of Pratt, Austin (Allison) Gates of Pratt, Brandon (Patricia) Becker of Omaha, Nebraska and Tara Becker of Pratt; great-grandchildren, Lauren Chalker, Elon Chalker, Madilyn Gates and Teagan Gates; sister-in-law, Traci Harrison of Wichita; and brother, Steven Harrison of Oklahoma City, Oklahoma.

Sandra is preceded in death by her parents; brother, Gerald Harrison; and infant sister, Susan Harrison.

Visitation will be Thursday, January 16, 2025 from 9:00 a.m. - 8:00 p.m. with family receiving friends from 5-7 at Larrison Mortuary, 300 Country Club Rd, Pratt. Funeral service will be held at 10:00 a.m., Friday, January 17, 2025 at Larrison Mortuary, Pratt with John Hamm presiding. Burial will follow at Greenlawn Cemetery, Pratt.

Memorials may be made to Pratt Parks Department or Pratt Area Humane Society in care of Larrison Mortuary.



Coffee – Real Medicine for Your Brain

“Why, yes, I could start my day without coffee. But I like being able to remember things like how to say words and put on pants.”

Nanea Hoffman

Here’s some good news for those of us who are coffee lovers – sometimes known as coffeeheads. Recent research has shown that drinking coffee can help protect you from developing frightening common neurodegenerative disorders like dementia, Alzheimer’s, and Parkinson’s disease. This is great news! Coffee is good for your brain!

Coffee is the #1 source of antioxidants found in the western diet. No other food that we consume on a regular basis comes even close. Coffee is packed with antioxidant phytochemicals and polyphenols that help block oxidation in the body, and especially the brain.

Chlorogenic acids (CGAs) are potent and protective polyphenols found in coffee. They have been shown to be one of the primary compounds found in coffee that positively impacts brain function.

Two recent groundbreaking studies have shown that regular coffee consumption reduces the risk of cognitive decline and dementia later in life.

The FINE (Finland / Italy Netherlands / Elderly) study (pubmed.ncbi.nlm.nih.gov/16929246/) followed 600 men over the course of 10 years and found that those who regularly drank coffee had less cognitive decline than those who did not drink coffee. CGAs were noted as the key ingredient linking these brain benefits to coffee consumption.

The CAIDE (Cardiovascular Risk Factors / Aging / and Dementia) study followed 1,400 (pubmed.ncbi.nlm.nih.gov/19158424/) people and found that drinking 6-18 ounces of coffee a day (approx. 3-5 cups) was associated with a decreased risk of Alzheimer’s disease and dementia later in life.

A research review covering 94 studies and published in the European Journal of

Nutrition (pubmed.ncbi.nlm.nih.gov/28391515/) found CGAs linked to multiple brain benefits. Coffee consumption, and the resulting positive effects of CGAs were linked to the stimulation of healthy neurons and the inhibition of amyloid protein buildup in the brain due to anti-inflammation compounds ingested, better blood sugar control fostering healthy nourishment streams to the brain and improved vascular function and increased cerebral blood flow.

Caffeine from coffee can boost the production of serotonin in the body. This feel-good chemical is beneficial to mental health and regulates many brain tasks. Researchers at the Harvard T.H. Chan School of Public Health tracked 50,000 women for 25 years (jamanetwork.com/journals/jamainternalmedicine/fullarticle/1105943). They found that drinking 4 cups of coffee a day resulted in a 20% reduced risk of depression compared to those who did not drink coffee.

A monster study of over 1 million people linked coffee consumption to a reduced risk of developing Parkinson’s disease (pubmed.ncbi.nlm.nih.gov/15522854/),

specifically in men.

Another study, published in the Journal of Alzheimer’s Disease found a greater positive protective effect of caffeine from coffee against cognitive decline in women over men. (pubmed.ncbi.nlm.nih.gov/20182036/).

Oxidative stress and inflammation in the brain can also contribute to anxiety, depression, and memory loss. The anti-inflammatory compounds found in coffee can help to calm this stress and foster mental health.

The consistent intake of coffee appears to be a major factor relating to coffee’s health benefits. Those of us who drink coffee tend to drink it every day. We are giving our brains a daily dose of beneficial antioxidants and compounds that can help keep our brains healthy and functioning, so we can remember to put on pants.

Here’s the bottom line. Drinking coffee daily is linked to a reduced risk of Alzheimer’s disease, Parkinson’s disease, dementia, cognitive decline, and depression. Drink coffee.

A good cup of coffee every morning is like a hug for your brain!

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Cleo's Flower Shop  
229 N. Main in Kingman  
kingmanksfiorist.com  
(620) 532-3883  
\*\*\*  
221 N. Main in Cheney  
cheneyksfiorist.com  
(316) 542-0054  
Sheila Jayne,  
Owner/Operator

Upcoming Auctions

Consignment Auction 9:30 a.m. on  
January 18, 2024

Dave Johnston Trust - House,  
Barns, Pond, Acres Auction -  
Open House, January 20th  
from 3:00-6:00 pm.

Auction - Wednesday, January 29th  
@ 1:00 pm. \$100,000 Opening Bid, Not  
contingent on Appraisal or Financing.

For more information and a complete  
list of auctions, see our website at  
www.  
hammauction.com  
107 NE State Road 61,  
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Kansas  
Farm Bureau  
Foundation  
Accepting  
Scholarship  
Applications

MANHATTAN —  
The Kansas Farm Bureau  
(KFB) Foundation for  
Agriculture is now ac-  
cepting applications for  
2025 scholarship awards.  
“Supporting education  
is one of the core mis-  
sions of the Kansas Farm  
Bureau Foundation for

Agriculture,” says KFB  
President Joe Newland.  
“We are so proud to sup-  
port the next generation  
of leaders in agriculture  
as they continue their  
education at institutions  
across the state.”

The program offers  
up to 47 scholarships at  
universities, community  
and technical colleges  
in Kansas for students  
who demonstrate a com-  
mitment to agriculture,  
leadership and commu-  
nity involvement. To  
apply, students or their  
parents must have an ac-

Jane!

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tive Kansas Farm Bureau  
membership.

Detailed guidelines  
and the application form  
are available at www.  
kfb.org/scholarships.  
The deadline to apply is  
March 1.

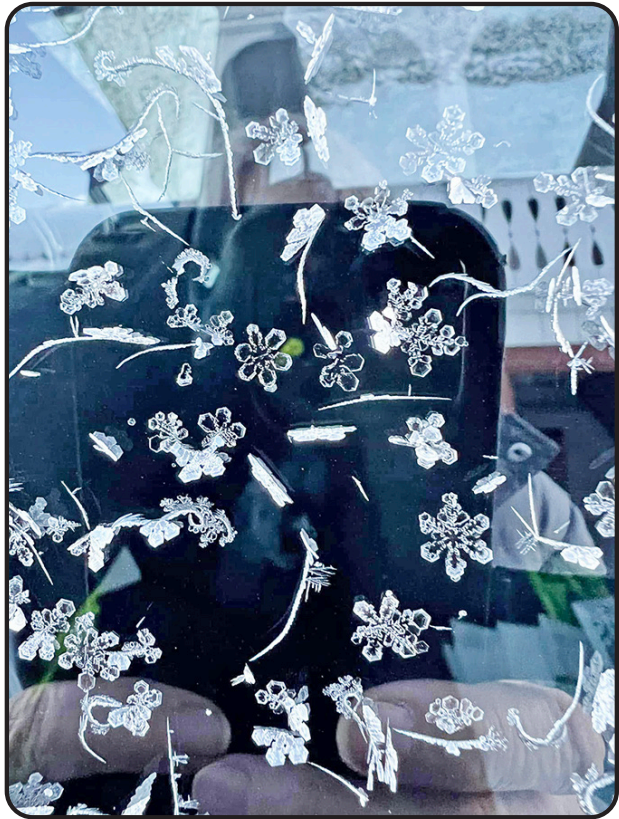
The KFB Foundation  
for Agriculture has award-  
ed more than \$250,000 in  
scholarships over the past  
decade to ensure the con-  
tinued growth and suc-  
cess of the agricultural  
industry.

For additional infor-  
mation about the schol-  
arships, contact Shannon

Martin at 620-886-1703  
or martins@kfb.org.

About KFB's  
Foundation for  
Agriculture

The Kansas Farm  
Bureau Foundation for  
Agriculture is committed  
to promoting agricultural  
education, leadership and  
development. Through  
scholarships, educational  
programs and community  
support, the Foundation  
aims to strengthen the  
agricultural industry and  
ensure a thriving future  
for Kansas farmers and  
rural communities.



I was scrolling through Facebook, and this photo caught my eye. I found it unusually lovely. I copied it to share in the paper. I THINK it came from the Facebook page "View from YOUR window", but I am not 100% sure of that. I do remember two things about the photo. It was taken in a car window in Norway and they call these ice/snow formations "snow roses."

I went back later to get the name of the photographer, but like much information on the internet, it seemed to disappear.

Free Groceries  
at the  
Cunningham Methodist Church  
2 to 5 p.m. on Tuesdays