

# The Cunningham Courier

"The only newspaper in the world that cares about Cunningham, Kansas" \$1.50

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May 15, 2025  
Volume 35 Number 20

## Bob and Mary Stackhouse Inducted into USD 332 Hall of Fame



Mary and Bob Stackhouse

This year's inductees could be described as a team. While they each have separate interests, they are often found supporting and helping one another.

Born in two small towns north of here and raised a half hour away in either direction, HE went to school to be a computer programmer before realizing he really wanted to be a teacher and a coach. SHE would have loved to be a newscaster, but life took her in a different direction, too.

His first teaching and coaching job was in Stafford, where he taught math and coached junior high football and high school basketball. Fun fact: his team defeated Cunningham in the semi-finals of Regionals in 1988 by the score of 61-58. That score may sound familiar to some of the basketball guys. Another fun fact: he coached against an Attica team that had a young Lance McGuire on the roster.

You may be wondering where he lived during his time at Stafford. He happened to live across the street from the Smileys, owners of the Stafford Courier, whose daughter was away at Bethel College. She may have been living in North Newton, but she had her eyes on "that handsome teacher across the street" back home. After a bit of stalking on her part, they finally met during Christmas break of her sophomore year and married a year later. She

re-started the local newspaper, which she ran from home.

While she was busy with Quality Powder Application (or QPA) at diaper-changing time, he was busy leading teachers through Quality Performance Accreditation (also QPA – that generation's accreditation program) at school. After one year as assistant principal, he became the high school principal.

As is the case in small schools, the job included wearing many hats: from building a schedule, supervising transportation, discipline, and, of course, the occasional bus driving, mopping, shoveling, and mowing, among other duties. He's the first to tell you he couldn't have done his job without the help of several very capable secretaries and assistants over the years. During his tenure as principal, he taught at least one class nearly every year.

He also sponsored STUCO, SADD, which at the time stood for Students Against Drunk Driving, and Scholars Bowl through the years, as well as coaching every sport except for golf and volleyball. Although ... he did substitute a few times in junior high volleyball and had a perfect record!

After five years at the Cunningham Courier, she decided it was time to return to school to become a speech-language pathologist. With two young

boys at home, she began the drive to Wichita State to fulfill a dream she had since she took some electives at Fort Hays. In 1998, she finished that degree and went to work for the South Central Kansas Special Education Cooperative with Cunningham as her home base. Over the years, she has served students at Cunningham, Zenda, Pratt, Medicine Lodge, Stafford, and Kingman.

At some point, he took a break from the principal's office to return full-time to the classroom. Beginning his tenure as Athletic Director led him to complete a master's in sports administration. As AD, he helped begin the 54 Classic Basketball Tournament, along with Skyline; administered regional and sub-state volleyball tournaments, and the annual B-team tournament.

With both of them working in the school, the team work really began. He found himself needing an announcer at basketball games and she was clueless about sports, but enjoyed public speaking. She agreed to announce starters only ... none of that play-by-play that Dwayne Elliott did for years. That led to several years of announcing and even one game of play-by-play, which happened to be a state girls' game, hosted by Cunningham during the COVID pandemic. She also learned how to keep the scorebook for basketball and volleyball. Not bad for a non-athlete. Anyone who heard her announce knew that the pep band had a special place in her clarinet-playing heart.

She served as forensics coach for four years and he was nicknamed "The Easel" for his support of the arts. They teamed up to direct the school play on two occasions. She exceed a few fundraisers at school and in the community and even talked him into singing a duet with her once.

He served as the HOPL treasurer and league president and helped develop part of the league constitution when the league was formed. He represented the HOPL on the Board of Directors of the Kansas State High School Activities Association for six years. During that time, he presented documentation to the Board of Directors that led to splitting 1A into two divisions in volleyball, basketball, and scholars bowl to make it more equitable for state competition.

He had success as a coach, including co-coaching the first junior high football team to play competitive games. Other highlights included winning the

GGPL tournament in both junior high and high school girls basketball; cross country teams which qualified runners for state 9 out of 11 years, including a 6th place state finish one year; success in track including winning league titles; a league championship in scholars bowl; trips to state as an assistant girls basketball coach; and steady progress in boys basketball, culminating with the state championship and a coach of the year nod in 2024.

Having returned to the principal's office for a decade or so, in 2016 he retired for good from administration and returned to the classroom. This past year, he resigned from all coaching and picked up bus driving, easing his way into full retirement. This led to opportunities for the two-person team to sit next to each other at ball games, he on the clock and she on the book. He also has been running the clock at football games.

She has spent the past 27 years helping students become better communicators. After countless IEP meetings, speech/language sessions, and students finding a place in her heart, she is ready for a break.

The two hope to have more time to continue their volunteer activities in the community. Both are active in the Cunningham United Methodist Church, she at the piano and he helping with finances. She volunteers at the Cunningham Public Library, including serving on the board, and he is often "voluntold" to pitch in when needed, including most recently joining the cast of a fundraising radio play. He takes a turn putting up flags in the community and is often found on his lawn mower, donating his time to keep several lawns looking nice.

The two have two grown sons and daughters-in-law: Brian, married to Sarah; and Justin, married to Isabel. Both sons have taken lessons learned at Cunningham Schools and are working in service fields. Justin credited his parents with being an example of the countless benefits of life in public service. Brian expressed how both parents have been examples of teaching and guidance for the sake of students' understanding and not just for the next test.

This year's Hall of Fame honorees are Bob and Mary Stackhouse.

-submitted by Bart Ricke  
(photo by Cody Dunlap)

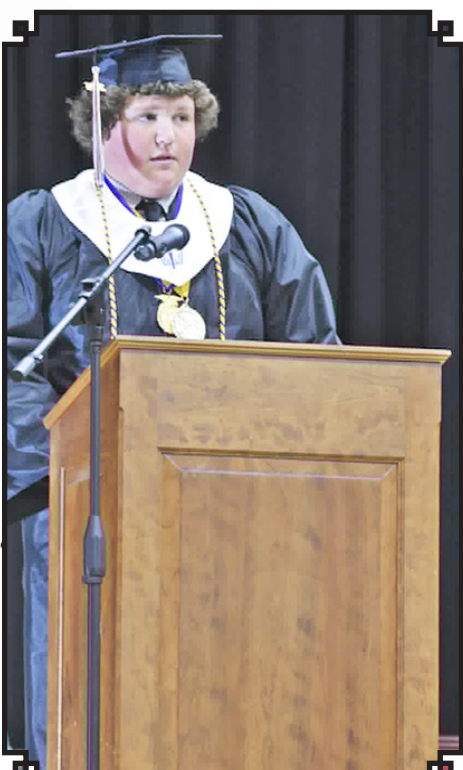
## Honored Students Speak at Graduation



Ava Bock, Co-Valedictorian



Will Wegerer, Co-Valedictorian



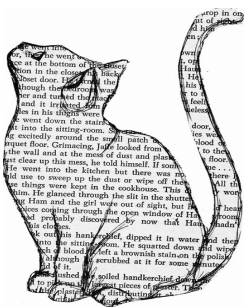
Nate Sterneker, Salutatorian

### NATIONAL HOSPITAL WEEK (MAY 11-17)

In recognition of National Hospital Week, we extend our heartfelt appreciation to our staff, volunteers, and board members for their contributions that make Kingman Healthcare Center truly exceptional. We also wish to thank our patients for placing their trust in us to care for their health and wellness needs.







Meanderings

Last Wednesday night, Skippy Jones took a turn. She had a difficult time getting comfortable and didn't seem to be able to sleep or rest. And, thus, neither could I as I listened to her wheezing and coughing most of the

night. The next morning, I called the vet and made an afternoon appointment for my old friend's last visit. That Thursday was a truly glorious day that we can get here in Kansas, so the Jones of my heart spent the last morning of her kitty life lazing on the deck chair. I coaxed her to eat a couple of treats, but she wasn't really hungry. That afternoon I drove her to Kingman. It didn't take long for the medication to work and suddenly Skippy was free of all discomfort. I

brought her home and buried her under the bedroom window next to the kind and sweet Ol' Boris, who's been gone now for more than four years. It's been quiet and sad around here. \*\* Now my veteran cat is Peter, the one-eyed-monster-ogre kitty. I got him in August of 2009 or 2010. That makes him 15 or 16 years old. He seems to be healthy, just a lot slower and more deliberate in his movements than he once was. As we all become the older we get.

Eddie Fisher MAY be older, but he's not been with me as long as Peter and we don't really know how old that pain in the butt is. He seems healthy at this time as well. Knock on wood, all cats seem healthy. For now. \*\* And, no, I have not yet been able to pet Marlon Brando. We are making progress. Very slow and miniscule steps, but I think someday we will get to a trusting relationship. I have let him outside in the back yard. So far he's not wandered far

off the deck. Some day he will, and he will jam around the yard, and be a happy kitty. I may not ever be able to tame him, but he'll have a good and safe home. here at the Kobbe Cafe and Cabana for Cats and Canines \*\* I've been meaning to mention in this columns that I did get my trees cut down. Braden from Mae's Tree Service showed up here on a Friday morning a couple of weeks ago. He started work about 7:30. He cut down three

trees, cut up another that was laying on the ground, cut off a large limb on this big ash tree in the backyard and sawed off the stump in the front yard. And he was done by 12 noon. He did a magnificent job. I highly recommend the gentleman

Always reading, and currently reading, "Alien Secrets" by Annette Curtis Klause, Roberta



Tallgrass and Tumbleweeds by Gaille Pike

I know, Dear Readers, that a few weeks back I promised I would put a moratorium on my fixation with my ducks and my chickens and the plethora of critters ambling about my little patch of Kansas Countryside. I promised I would not share with you their trials and tribulations. Today I break that promise because of things that have happened to no small

amount of my amazement. Sometimes, the unexpected can be the most delightful parts of a day. But before I get into that I have to say, as a columnist, chronicling both the mundane and magnificent aspects of life in Kansas, that I rarely get to experience a reaction to my words. That is to be expected. As William Faulkner once told an interviewer asking the meaning of his latest effort, "I wrote it. You read it." And I stand on that. I put words in the air and hope you enjoy them but never really

get to hear from you. I rarely get to hear "Hey Gaille, that was great!" or "Hey, Gaille, you really messed that up." And either response is welcome. That connection between you and I is invaluable. It is also invisible. This column is not a "Tweet" or a social media post. It is me talking to you over a cup of coffee at the donut shop. Though in my heart I will admit I would LOVE to hear what you think of these missives, I realize that is Pollyannish, egotistical and not very realistic. So all I can hope for is when

I bang these stories out is that you, in some way, appreciate it. All that being said we come to the point, which is this: On my latest visit to Western Kansas a woman came up to me and said, "Have your ducks ever found your pond?" And that was magic! That was my realization that a reader KNEW my crazy ducks, who have been waddling around my lawn for over a year and have not yet ventured into the pond at their disposal. That is 10 darn ducks within a spitting

range of a lovely hunk of water they could not care less about. And, frankly, it was as infuriating as it was baffling. The expression "Taking like a duck to water" did not apply here. But then I got some new ducks. Young ducks, barely six weeks old. Twelve new ducks who in their youth and naivete discovered that that pond might not be such a bad place to go paddling about. And because of their boldness and fearlessness about jumping right into that brave new world the old-

er ducks followed. And it was glorious. Every morning when I open the coop 22 ducks (Pekins, Rouens, Cayugas and Welsh Harlequins) make a B-Line for the pond, diving in with abandon and, well, being ducks. And there are two lessons I learned here. One is that real contact with a Dear Reader is possible. The other is that (forgive me) a young duck can teach an old duck new tricks. *Until next week—keep your eyes on the stars and your back to the wind.*



Out to Pasture

Greg Doering, Kansas Farm Bureau The middle of May was usually the quietest time on the ranch when I was growing up. With the cattle just turned out to pasture and hay season still weeks away, the tasks didn't seem to carry much urgency. There's never a shortage of things to be done, but priorities change when cows aren't calving or waiting for their breakfast to be delivered. It was a season de-

fined by upkeep rather than urgency. We'd spend time fixing fence, patching weak spots in the corral or painting. We'd make a dent in the backlog of maintenance items, but I'm convinced fencing wears out faster than it can be fixed and paint seems to start fading while it's still in the can. Occasional and odd chores also occupied our time during this quiet season, and a couple stand out most notably because they were worse than fixing fence. One year we brushed on several five-gallon buckets worth of sealer for the asphalt driveway. Another year we spent two days hoist-

ing buckets of silt out of the spring that delivered water to the house. Maintenance tasks during this clam period also extended to pastures. We'd haul rock to create crossings in ditches, clean debris around outflow pipes in ponds and hunt for things that didn't belong like cedar trees and musk thistles, which are considered nuisances or invasive plants because cattle won't eat them and they grow faster than the native grasses, disrupting the natural habitat. Small cedars are difficult to spot this time of year as they blend in with the tender shoots of prairie grasses, but

they're not impossible. Whenever I took the four-wheeler out through a pasture, I always carried a pair of long-handled clippers. They made easy work of the small cedars. The thistles were far easier to spot as the stems bolted several feet above the short spring growth. They also helpfully announced their presence with a bright purple bloom, which was easy on the eyes and full of risk. Each flower could produce hundreds of seeds capable of surviving a decade or longer in the soil. Thinning thistles was considerably more work than chopping cedars. The first order of

business was donning leather gloves to guard against the spiny leaves, then with hand shears I'd clip the blossoms off into an empty feed sack. Then out came the spade, which was used to slice through the taproot. The goal was to get at least two inches below ground level, but the rocky terrain where the weeds readily sprouted didn't always allow for that. One benefit of being out in the pasture alongside the cattle, aside from preserving the prairie, was stumbling on a patch of wild strawberries just as they were ripening. Finding a cluster of the plants bearing small red orbs made the work more

worthwhile. It's been a long time since I've gone hunting for a wild strawberry patch, but I can still taste the sweetness of those berries and appreciate the slower pace that came when the cattle were out to pasture. The slower, quiter place allowed everything room to breath just a little easier. "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. Copyright © 2025 Kansas Farm Bureau, All rights reserved.

Poetry From Daily Life

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

Poetry from Daily Life: Learning from Humpty Dumpty, Jack and Jill By Virginia Lowe

My guest this week on Poetry from Daily Life is Virginia Lowe, who lives in Melbourne, Australia. Dr. Lowe says she has always written, from editing newsletters and maintaining a monthly blog, to her favorite genre, writing poetry. Her husband, John, is a poet too. A favorite activity has been teaching a U3A (University of the Third Age) creative writing group. One unique fact about Virginia is that she studied her two children's development and responses to books from infancy to early adolescence. Her research, including 5,500 pages of notes, became part of her studies for a Ph.D. ~ David L. Harrison

Nursery rhymes, the first poetry

"Uff uff me, or my hearts will break," cried daughter (D) when presented, at age 3, with her new baby brother (S). Already she was integrating nursery rhyme words with her own language. S used the same phrase at roughly the same age, begging Grandpa to read a specific rhyme. D: "I'm going to Jack and Jill him" of her sibling, fortunately sharing a bath. Did their deliberate overstatement imply a nascent understanding of irony? Real/pretend concepts also and beginning morals are in some rhymes. "Why did he say 'What a good boy am I?'" D asked me of Little Jack Horner, and then repeated to the baby in his high chair. "It's just nonsense, Little Man" (S at 11 months). S had shown recognition of a poster in a public mothers' room in the city, where I had taken him to breastfeed at 3 months, waving his arms at Humpty Dumpty and vocalising to it. I immediately sang to him: "Humpty Dumpty sat on a wall, Humpty Dumpty had a great fall. All the king's horses and all the king's men couldn't put Humpty together again." There were always four or five nursery rhyme books at home — ours or the library's. The children knew that the same words could be illustrated by different pictures. Much older, almost 5, S came running through the house and grabbed my hand, pulling me to his room: "Mummy Mummy there's something wrong!" then when we arrived "It's Humpty Dumpty!" pointing to the cover of a library book. Dressed in the tight fancy clothes of a Victorian gentleman was his ovoid friend, along with other familiar characters, simply sketched. There is no other book where the actual words are well known, but the artists' illustrations are completely different (except a couple for older children, e.g. "Alice's Adventures in Wonderland," where Sir John Tenniel's familiar drawings have been redrawn by many others. He recognized several very different Humptys, but thought that here his exotic garb made it worthy of comment. So they learned about versions, style, and interpretation, too. Studying children's literature I was aware that the

critics and theorists underestimated young children. The children of the few parent-observers were read to from early on, though the actual published records didn't begin until about age 2. I determined that I would keep a close record of mine, when I had them. Their father, a librarian, was all in favor and often helped with the reading and the hours it took in the evening to record it all, especially when both children were at home during the day. Nursery rhymes are not as inevitable to child rearing as they have been for centuries but they still have a lot to offer infants and carers. First there is the interesting vocabulary, phrases not available in everyday conversation, then simple but memorable tunes, and the actions that traditionally go with some. Even syntax. S at 3: "He's like King Cole 'cos it said 'was he'" of the unfamiliar (Robin Hood) song on the radio. But it's not only the words and the tunes I want to discuss here. We expected books to be a comfort and an amusement as they always had been to us parents, part of our lives. For instance in a long car trip, when it wasn't my turn to drive, I was keeping D entertained by singing all the nursery rhymes I could think of. She'd allow me to sing each rhyme three times in a row, but any more than three, or repeating one I'd already sung, were immediately stopped. They understood about rhyme too, leading to a first joke from S at 2 years and 3 months. We had a book not of actual nursery rhymes, but very simple verses. I often stopped for them to fill in the rhyming word. He would have shouted "feet" many times to rhyme with "sweet," and as a realistic lamb is clear in the picture, but instead at 2 he shouted "wheels" to everyone's surprise and delight. Don't wait. Start your baby on nursery rhymes today. Virginia Lowe is an Australian poet. Her collection, one poem for each of her eighty years, is "The Myopic's View" (Ginninderra Press). Her book on young children and books is "Stories, Pictures and Reality: Two Children Tell" (Routledge).

The Cunningham Courier

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Community Bulletin Board

<b>Thursday, May 15</b> JH/HS League Track Meet at South Barber	<b>Saturday, May 31</b> HS State Track Meet at WSU
<b>Monday, May 19</b> Drivers' Education begins	<b>Monday, June 2</b> HS/JH Weights
<b>Thursday, May 22</b> HS Track 1A Regionals at Greensburg	<b>Tuesday, June 3</b> HS/JH Weights
<b>Monday, May 26</b> Memorial Day	<b>Wednesday June 4</b> HS/JH Weights
<b>Wednesday, May 28</b> FFA State Convention *** Book Club	<b>Thursday, June 5</b> HS/JH Weights
<b>Thursday, May 29</b> FFA State Convention	<b>Monday, June 9</b> HS/JH Weights *** BOE Meeting
<b>Friday, May 30</b> FFA State Convention *** HS State Track Meet at WSU	<b>Tuesday, June 10</b> HS/JH Weights



The Community  
Calendar is sponsored by

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- WANTED -

Old Photos from our communities

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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

WKCEF Announces Scholarship Recipients

This year is the 25th anniversary of the West Kingman County Education Foundation (WKCEF). The Foundation’s main purpose is to provide scholarships and other educational benefits for the students and alumni of Cunningham High School. Including this year, the Foundation has given over \$327,000 in scholarships.

This year there were two valedictorians who were both awarded scholarships for that achievement, one provided by Ninnescah Valley Bank to Will Wegerer and the other presented by WKCEF to Ava Bock. The Salutatorian scholarship was presented by WKCEF to Nate Sterneker.

Additional WKCEF scholarships were presented to seniors:

Ada Adams

Luke Albers

Julia Hageman

Emma Harden

Kaitlyn Hennessee

Ellie McGuire

Lexie Murphy

Elizabeth Paris

Dagim Reed

Trenton Schnittker

and alumni:

Levi Adelhardt

Trey DeWeese

Lane Halderson

Alice Huelskamp

Maranda Lohrke

Luke McGuire

Keiden Mills

Keldon Mills

Jack Ruckle

The following individual/family scholarships are also given through WKCEF. The Foundation wishes to thank all the people who sponsor these scholarships for their interest in our school and education, and their generous donations toward the students’ future education.

C H S A l u m n i

Scholarship: Will Wegerer and Ava Bock

Anonymous

Scholarship: Dagim Reed

Bradley

Scholarship: Ada Adams

The Bug Guys

Scholarship: Trenton Schnittker

Class of 1955

Scholarship: Will Wegerer

Class of 1994

Scholarship: Ada Adams and Emma Harden

Jack and Eileen

Crick Scholarship: Lane Halderson and Maranda Lohrke

Dale DeWeese Family

Scholarship: Ava Bock, Nate Sterneker, and Will Wegerer

Kenny and Marilyn Glenn Family

Scholarship: Nate Sterneker

Kevin Huffman

Scholarship: Levi Adelhardt

Bob and Jeanette

Kerschen Scholarship: Ada Adams

Velma E. Lauterbach

Scholarship: Ava Bock and Elizabeth Paris

Warren Meireis

Family Scholarship: Dagim Reed and Will Wegerer

Jack and Jane Meyers

Family Scholarship:

Nate Sterneker and Will Wegerer

Dee Mills Scholarship: Ada Adams and Trenton Schnittker

Dennis Raney

Scholarship: Nate Sterneker

Alvin J. Rohr

Scholarship: Ada Adams, Ava Bock, Julia Hageman, Ellie McGuire, Lexie Murphy, Dagim Reed, Will Wegerer.

Helen and Shorty

Rose Scholarship: Ava Bock, Elizabeth Paris, Will Wegerer, and Maranda Lohrke

Leroy J. Schnittker

Scholarship: Lexie Murphy and Trenton Schnittker

Bob and Mary

Stackhouse Scholarship: Lexie Murphy, Luke McGuire, and Alice Huelskamp

Swander Scholarship: Lexie Murphy

United Methodist

Church Scholarship: Trenton Schnittker

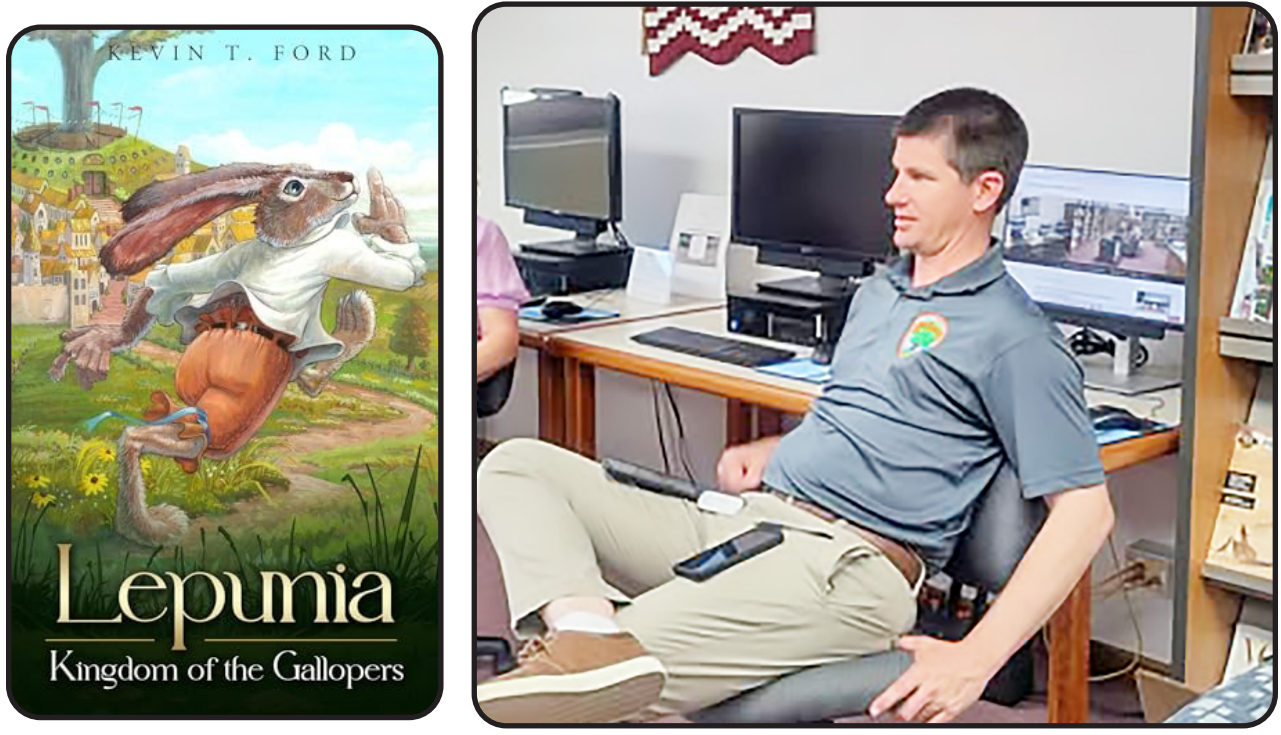
Robert Zrubek

Scholarship: Levi Adelhardt

Author Visit by Kevin Ford



Kevin Ford speaks to the students at Cunningham Schools.



Kevin Ford met with Cunningham Public Library patrons.

Kevin Ford, CHS Class of '03, returned to his hometown to talk about the writing process and the books he's authored. He has written two books, a third will be published in the not-too-distant future. "Lepunia: Kingdom of the Gallopers" was released n 2003. And in January of this year, "The Last Galloper" was published. The books are illustrated by Michael Genova and can be ordered at:

<https://lepunia.com/>

Editor's note: I meant to go to one of these presentations, but the day flew by while I was working on the paper. Apologies to Kevin. I seldom pass up a chance to meet an author.

Thank you for  
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Sod and Stubble

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YEARS AGO IN

The Cunningham Clipper

W. A. Bradley / William Bradley

1930

May 16, 1930 – Rev. Olin Boyd, pastor of the local Christian Church, will deliver the address at the Grade School Graduation Exercises tonight (Friday) in the High School Auditorium. Members of the graduating class are Dorothy Pelzl, Eleanor Shelman, Eleanor Crow, Mary Louise Anderson, Luelma Park, Martha Naanes, Jessie Haden, Martha Cooley, Doris Baker, Maude Hatch, Freddy Ruth, Benjamin Hildyard, Richard Cozens, Kenneth Weaver, and Warren Nighswonger, all of Cunningham Grade School; Leo Bainum of Sunny Slope School; Victor Rohling and Sadie Shurm of Union Star School; Mary DeWeese, Lawrence DeWeese, and Virginia Barngrover, all of Mead Creek School; Ralph Liebl of Oklahoma and Leo Shockey of Maud School.

1935

May 17, 1935 – The federal lake on the Homer Kelly farm is now completed and has about nine feet of water in it.

Mr. and Mrs. Darrel Kelly of Wichita, paid a short visit to his former home town last Saturday, enroute to Montana where they plan to prove up a homestead.

Miss Anna Crow will teach in the Nashville Grade School next year.

1940

May 17, 1940 – Shortstop Ray Shafer belted a home run as Cunningham swamped Preston by a 22-9 score in a South Central Kanas League baseball game here last Sunday afternoon. Ben German was on the pitcher’s mound for Cunningham.

Eugene Chasey of Bluff City, has been employed as Principal of Cunningham Grade School for the coming year. He has taught at Bluff City for the past three years. Miss Ruth Wylie of Wichita, is the new third and fourth grade teacher, and Miss Josephine Shafer and Miss Cozette Taylor have been re-hired to make the grade school faculty complete for the coming year.

1950

May 19, 1950 – A new linotype for the Clipper was purchased this week from the Kansas City Star.

A small tornado struck the Charles Kemp farm, six miles south of town, Tuesday afternoon, destroying a barn, brooder house, and tin granary.

Rev. Joe Riley Burns of Winfield, will deliver the address at the High School Commencement Exercises next Tuesday evening. Members of the graduating class are Beverly Barr, Ivan Cain, Donna DeWeese, Merle Duff, James Gagnebin, Gordon Heeke, Wilmer Huffman, Jerry Schafer, Mary Smith, Bobby Urban, Jack Watkins, and Romana Zrubek.

1955

May 19, 1955 – Commencement exercises will be held this (Thursday) evening at 8:00 o’clock in the High School Auditorium for thirty Seniors, the largest graduating class in the history of Cunningham Rural High School.

Dr. Harold Choguill, Professor of Chemistry at Fort Hays State Teachers College, will deliver the commencement address. He will speak on the subject, “Goals of Living. Musical numbers will be given by Clarinetist Donald Pelzl, Trombonist Roger Buntmeyer, and Vocalist Donna Renner. The invocation and benediction will be given by Rev. W. F. Ramsdale. Presentation of the class will be made by Principal Will Seacat, and School Board Director Loren Cooley will present the diplomas to the class. Jeanne Seacat will play the processional march.

Scholastic honors will go to Valedictorian Barbara Johnson and Salutatorian Johnna Cooley.

The Cunningham City Fire Department made a run to the new school building under construction to extinguish a trash burner fire about 9:30 o’clock, Tuesday evening.

1960

May 19, 1960 – Kenneth Winters and Jerry Pelzl will represent Cunningham Rural High School in the State Track Meet at Manhattan, following stellar qualifying performances in the Class B Regional Track Meet at Hutchinson last Saturday.

Kenneth won the 180-yard low hurdles race in the time of 20.4 seconds, tying the meet record. Jerry placed second in the broad jump behind Charles Bolinger of Cheney, with a leap of 20 feet, 7 inches. It was the fourth time this year that Charles and Jerry placed one-two in the broad jump. Jerry also placed fifth in the 440-yard dash.

According to the 1960 school census, completed this week by Grade School Board of Education Clerk Dean Cooley, there are a total of 330 pupils in the grade school and high school, 150 girls and 180 boys.

Mr. and Mrs. Brenton Bortz of Glendale, announce the birth of a daughter, Saturday, May 14, at the Pratt County Hospital. She weighed six pounds, 13 ½ ounces, and has been named Teri Lee.

Wednesday, May 25, at 12:00 noon, all parents, friends, and patrons of the school and community are invited to meet in the gym with well-filled baskets for the “last-day-of-school” dinner.

1965

May 20, 1965 – Five ball teams will see action in Cunningham this summer under the City Recreation Program.

The line-up lists three baseball teams and two softball teams.

Fr. Eugene Robl will serve as manager of two teams, the Pee Wee baseball team (lower grades), and the girl’s softball team. Kent Williamson will handle the Babe Ruth baseball team (upper grades), and Merle McCune will manage the American Legion baseball team (high school). Jack Meyers has charge of the men’s slo-pitch team.

The newly organized Zenda-Nashville Lions Club will hold their “Charter Night” banquet and program, Saturday evening, May 22, at 6:30 o’clock in the Zenda School Lunchroom.

Officers of the Zenda-Nashville Lions Club include Joe Strong of Nashville, President; Bob Otto of Zenda, First Vice-President; Harold Borgelt of Zenda, Second Vice-President; Richard Morisse of Nashville, Third Vice-President; V. O. McMichael of Zenda, Secretary and Treasurer; Leon Vierthaler of Zenda, Tail Twister; Larry Whitmer of Zenda, Lion Tamer.

City Clerk Jack Meyers administered the oath of office to the two new councilmen, K. C. Jones and Ivan Cain, and the new Police Judge, Lester Yarberry, along with incumbent officials, Mayor Francis Dafforn, and Councilmen Roy Lewis, Waldo Graves, and Floren Rose.

Mayor Dafforn, with the approval of the Council, appointed Jack Meyers as City Clerk; Rufus Leiter as City Treasurer; and G. L. Hergert as City Marshal.

1970

May 21, 1970 – Commencement exercises for 18 members of the Senior Class of Cunningham High School, will be held in the school gym-auditorium tonight (Thursday, May 21), at 8:00 o’clock.

Members of the Class of 1970 are Mary Adelhardt, Bonnie Albers, Gene Albers, Jim Brady, Rogene Cooley, Mike Cunningham, Marilyn Fischer, Darlene Freund, Gail Hageman, Linda Kampling, Curtis Kitson, Teresa Long, Marvin Oller, Ed Panek, Lewis Park, Kenny Reif, Kathy Sallee, and Cheryl Simon.

Class Colors are Purple and White.  
Class Motto: “We Shall Lead, Let Others Follow”  
Class Sponsors are Eva Cundiff and Larry Nolte.  
Gene Albers is the valedictorian and Teresa Long is the salutatorian.

Commencement exercises for the 22 graduates of Nashville-Zenda High School, were held last night (Wednesday, May 20), in the school gym-auditorium in Zenda.

Members of the Class of 1970 are Steven Adelhardt, Rodney Blasi, Gloria Bohrer, Shirley Dick, Jane Goertz, Charlette Goetz, Randy Goetz, Steven Goetz, James Hauser, Debra Hellman, Steven Hensiek, Karen Jacobs, Janice Marx, John Mattal, Edwin McGuire, Janet Moore, Gary Nowak, Rebecca Ricker, Wayne Schwartz, Edward Vierthaler, Linda Watkins, and Mark Westerman.

Class Colors are Dark Green and White.  
Class Motto: “Forward Ever, Backward Never.”  
Class Sponsors are Mrs. Edmond Hartshorn and Mrs. Terry Schrag.  
Eddie McGuire is the valedictorian of the class and Linda Watkins is the salutatorian.

Dr. William Mudge of Turon, will hold his annual rose show, Sunday afternoon, May 24, from 2:00 to 5:00 o’clock, and he invites his Cunningham friends to come and see his 124 plants of 80 different varieties.

Mr. and Mrs. C. M. (Chick) Howell will hold a public auction at their home, located at the southwest edge of Cunningham, Saturday afternoon, May 23, beginning at 1:00 o’clock.

They will sell the farm of 39 acres; the farm machinery; and some household goods.

YEARS AGO IN

The Cunningham Clipper

Publisher: Charles G. Barnes  
Editor: Rex Zimmerman  
Reporter: Marie Ann Mantooth

1975

May 15, 1975 – On Friday May 9th the Cunningham girls and boys track teams traveled to Coldwater for the Regional Track Meet. The boys track team placed 6th out of 36 teams, and the girls track team placed 7th out of 33 teams.

Those who placed, and will go on to State Track will be Cheri Mantooth, placed second in high jump, Janel Rohr placed fourth in long jump and discus, Scott Elliot placed second in javelin, Greg DeWeese placed second in discus, Curt Shelman placed third in the two-mile race.

Others who placed, but will not qualify for state are Steve Schreck, who placed fifth in high jump, and

Gary Vierthaler who placed fifth in pole vault.

Allan Pagenkopf, son of Mr. and Mrs. Dean Pagenkopf, of Nashville will received a Bachelor of Arts Degree during the Spring Commencement exercises at Emporia Kansas State College Friday, May 16.

HILLTOP – It has been a long time since your reporter came to the Hilltop House and a good many things have happened since then. The 13 years I have spent here seem like a long time. There are only four men left that were here when I arrived on January 26, 1962. – reported by Olin Northrop

YEARS AGO IN

The Cunningham Clipper

Publisher: Charles G. Barnes  
Editor: Vickie Lohmann  
Reporter: Florine Kampling

1980

May 15, 1980 – Vivian DeWeese, a Cunningham Elementary School teacher, will be honored along with 349 other Kansas teachers and administrators who have served 25 years or longer as educators.

Ruth Weir was a Sunday supper guest of Mr. and Mrs. Larry Weir and family in Pratt a week ago Sunday evening.

Roger Theis of Cunningham has been accepted into the local chapter of the Sigma Delta Pi honorary society at Wichita State University. Admission into the society is dependent upon high interest and past activities relating to the Spanish language and culture. Roger is a sophomore at WSU, studying the language, government and business of Latin America.

The Cunningham 4-H Club met Monday, April 21, at 7 p.m. in the high school. This was “Parents Night.”

Roll call was answered by ‘progress I have made in my projects.’ There were 11 members, six parents, one leader and three present.

The program included was a project talk by Diana Albers on “The Correct Way to Sit in a Chair,” Joyce Gridley gave some tips on bicycle safety; Alice Murphy led the group in singing “Row, Row, Row, Your Boat” and for recreation a bean race as led by Alice Murphy.

1985

May 16, 1985 – Delmer O. Huffman died Thursday, May 9, 1985, at the Kingman Community Hospital in Kingman. He was a lifetime resident of Cunningham and was 67 years old.

Services were conducted at 2 p.m. Monday at the Livingston Funeral Home in Kingman with Rev. Robert Walter officiating. Burial was at the Maud Cemetery.

ADV: Cunningham Through the Years: Dedication of Santa Fe Depot as Museum; Antiques & Photos – Arts and Crafts Displays; Street Dance; Hamburgers, Barbeque, Fried Chicken; Parade; Alumni Banquet & Dance; Community Church Service; Tournament & Games; Wooden Nickles; Style Show; Ole Timers Ballgame; Cemetery Memorial Services; Bury Time Capsule; Join in the Celebration May 24th thru May 27th.

LIKE BLACK CATS?  
THEN HERE’S A JOB

SAN FRANCISCO, Dec. 30 — (UP)—There is an opening here for someone with a fondness for black cats, providing there are no children in the household. The will of Shirley Moore, retired postal clerk, bequeaths \$25,000 to anyone who will care for and feed his four cats. But there must be no children around, Moore stipulated.

“Like black cats? Then here’s a job.” In 1936, a retired postal clerk left \$25,000 in his will to anyone willing to “care for and feed his four cats”. . . as long as there were “no children in the household.” The \$25,000 bequest is the equivalent of over \$570,000 today!

Who finally got guardianship of the cats? A follow-up article in the Los Angeles Daily News reported that, despite hundreds of eager volunteers, a relative would care for them. See this clipping in the Jefferson City Post-Tribune on our site:

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4th Grade Actors....



**4th Grade Wax Museum**  
On Friday, May 2nd, the 4th graders showcased their hard work at the annual Wax Museum. This year featured a diverse array of characters. The students came up with amazing costumes and outstanding props, highlighting both creativity and dedication.  
The students presented remarkable figures including Lane Frost, Amelia Earhart, Harry Houdini, the notorious John Wayne, George Washington, Cleopatra—who lived 69 years before Christ—Dolly Parton, Kobe

Bryant, James Naismith, the founder of basketball, Neil Armstrong, Hans Rey, the author of the *Curious George* books, and Derek Thomas.  
Each student wrote and memorized their character’s story and proudly presented their knowledge in an engaging manner, demonstrating their commitment to learning and sharing history. The effort put forth by all participants was truly impressive!  
In the Photo are:  
Front Row (Left to Right)- Gauge Kamstra, Linux

Thimesch, Olivia Halderson, Daniel Hellman, and Chase Simon,  
Second Row (Left to Right) standing on the Floor - Graham Huff, Mrs. Vahsholtz, and Clay Young  
Third Row (Left to Right) Sitting on the Stage - Mia Dillon, Jordan Koester, Jonathan Ogg, Liam Henning, and Caleb Williams  
*(photo and story submitted by Carrie Vahsholtz)*

.... and 4th Grade Authors



The 4th Grade class embarked on an exciting journey to create and publish their own class book titled “Red, White, and Blue Gnome Clues.” This project began with a patriotic theme, which was beautifully integrated with the whimsical gnomes found in our classroom.  
The students displayed remarkable hard work and creativity as they crafted three original poems and illustrated them. They wrote “What Am I?” poems, cleverly hiding gnomes throughout the environment. Additionally, they composed a color poem featuring the vibrant hues of red, white, and blue, making sure to include a gnome along with other red, white, and blue items in their illustrations.  
The final touch was the creation of “I Am” poems, showcasing their imaginative flair and dedication to the project. This collaborative effort not only highlighted their artistic talents but also fostered a sense of community and pride in their work.  
The students were honored with a book signing party held on Wednesday, April 30th, 2025, which was held at the school. The students showcased their hard work and shared the books with their families.  
*(photo and story submitted by Carrie Vahsholtz)*

More Community Service People Visit Second Graders



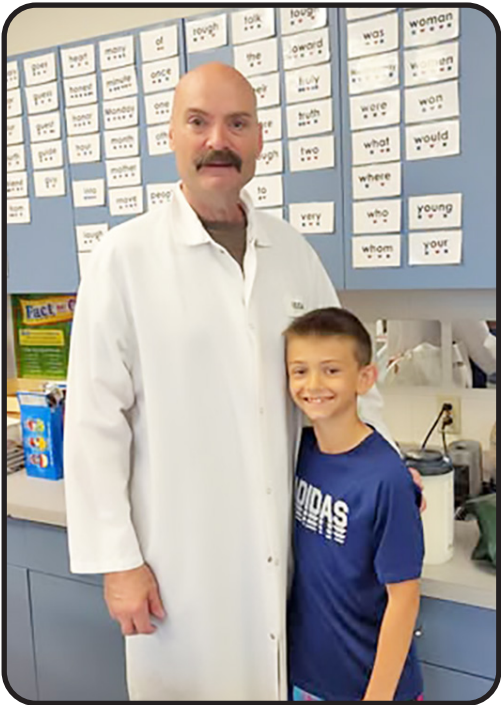
**John Paul Hageman invited Aaron Ford to talk to his class about construction**

Thank you to Aaron Ford, of Ford Construction in St. Leo, for teaching us all about your business. The kids really enjoyed seeing all of your equipment, tools, saws and how each worked. It was fun seeing the shop and where you make the cabinets and do other jobs. Thank you for your time and devotion to our class and for letting us tour your business!



**Jarrett Ford invited Matt Simon to visit his class.**

Thank you to a local farmer, Matt Simon, for teaching the class about farming today. It was interesting to learn how one wheat seed can produce so many new ones and to see how much of a role technology plays in farming. The kids enjoyed seeing the soil sample maps and appreciated you answering all of their questions. Thank you for your time and devotion to our class!



**Connor Hellman with his friend, Mike Kirby**

Thank you to Mike Kirby, owner of T & W Meats, for teaching the class about your business. It was very interesting to learn how we go from a cow to different cuts of meat ready to be bought and eaten. The kids enjoyed the videos of the steps in the process of butchering the cows along with seeing and learning about the different organs. Thank you for your time and devotion in teaching my class. Thank you also to Katie Hellman for the videos and photos during the presentation.

**Comfortably Dumb**

by Bruce Quast

“I’m so happy, I feel like I’m jumping on a trampoline, just boinging around inside myself.”  
— Jandy Nelson, I’ll Give You the Sun

“Don’t use that part.”

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## CHS Forensics Team

The Cunningham Forensics Team competed in State Festival and the State Championship on Saturday, May 3, 2025. The State Festival was held at the Maize High School. Elizabeth Paris and Julia Hageman, both Seniors, attended the State Festival. Elizabeth Paris performed her Prose piece, “Junie B. Jones Loves Handsome Warren”; she received a 2 rating. Julia Hageman performed her Poetry

piece, “Apology”. Julia received a 1 rating at the State Festival. The 1A State Championship was held in McPherson. Cunningham had two students who attended the 1A State Championship. Sean Kostner, a Junior, qualified in Extemporaneous Speaking and his written Oration, titled “How to Save a Life”, for the State Championship. Nora Huff, a Sophomore, qual-

ified her Serious Solo, “The Good Mother,” for the State Championship. There were three preliminary rounds, a Semi-Finals round which consists of the top 12, and a Finals round which is the top 6 in the state of Kansas. TheCunningham kids did an amazing job! All three events made it into the Semi-Finals round. Sean placed 12th in Extemporaneous Speaking and 8th in the State of Kansas with

his Oration! Nora Huff placed 9th in the state of Kansas with her Serious Solo, “The Good Mother!” These students have worked very hard, and they did an amazing job.

photo and story submitted by Carrie Vahsholtz

pictured on the right are Sean Kostner and Nora Huff



## CHS Track and Field Update

The track and field season is flying these past few weeks. We finish up the regular season then off to HOPL league meet at South Barber for JH and HS on May 15th. This league meet is the last for the junior high.

The Junior High has had a great run this season. Both the 7th division and 8th division teams have had good success. An almost undefeated season for the 8th grade girls, boys and 7th grade girls. The 7th grade boys division has been undefeated this season heading into the league meet. Good luck to the

JH on the 15th, there is a good chance to sweep the HOPL in all the divisions this year!

The HS teams are busy with 2 meets a week with hardly any time to rest and work on our events. Busy time, but that helps the season move along to the end of the school year. The HS heads to Regionals at Greensburg on May, 22nd. Some hopeful state qualifiers this year are: Will Wegerer in the PV and 300 hurdles. Skyler Thimesch in the PV and 200 meter dash. Stephen Kerschen Discus. Trent Schnittker

Shot Put. Nate Sterneker Shot Put. Andrew Kerschen Javelin. Kyra Morgan Shot Put, Discus and Javelin, Emily Ogg 100 meter dash. The boys 4x400 mile relay also has a chance to make the cut with Jack Harden, Will Wegerer, Skyler Thimesch and Stephen Kerschen. Good luck to all the athletes the rest of the season. We are hopeful for the boys to win the HOPL title again this year for a 3 peat.

Coach Eric Kerschen



The winners of the Kingman Health Center Mental Health coloring contest. K-1 winner is Trey Albers. 2-3 winner is Avery Beat. 4-5 is Willow Preisser

# SUMMER SPARK SESSIONS

Mindful Mondays at Norwich Public Library

June 2, 9, 16, 23  
9:00 am to Noon

Try-It Tuesdays at Zenda Public Library

June 10, 17, 24 July 1, 8  
10:00 am

Wonder Wednesday at Kingman Public Library

June 4, 11, 18, 25 July 2, 9, 16  
10:00 am

Thoughtful Thursdays at Cunningham Public Library

June 12, 19, 26 July 3, 10, 17  
10:00 am

## JOIN US THIS SUMMER!

Join K-State Research and Extension - Kingman County at each of the Libraries this summer! Each week participants will learn something new! This program is open to all, there is no cost to participate!

### K-STATE

Research and Extension

Kingman County

K-State Research and Extension is an equal opportunity provider and employer. Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Melissa Thimesch at 620-532-5131.

### K-STATE

Research and Extension

Kingman County

## Tractor Safety

Parents and Youth 14-15 years old,

K-State Research and Extension cooperating counties Kingman, Pratt, and Reno, along with partners Kingman and Reno County Farm Bureau, are once again hosting “Tractor Safety” training. This is the federally required course for youth aged 14 and 15 to work for someone other than their parents or grandparents. There can be stiff penalties for farmers who employ youth of this age without this training. We know that you also want

of tractor/implement training with a parent or employer.

As a Kingman County Resident, the Registration fee has been sponsored by the Kingman County Farm Bureau. Registration for this training is due May 16<sup>th</sup>. Please sign up early so youth can get started on their online coursework. This can be done at the Kingman County Extension Office (125 N Spruce, Kingman, KS), by phone at 620-532-5131, or by emailing Ag Agent Grace Schneider at gschnei@ksu.edu.

## Sydney Albers Signs with Pace University



Sydney Albers has signed a letter of intent to swim for Pace University, Westchester County Campus, New York. Pace is a NCAA Division II university and she will swim in the Northeast Conference.

Pictured in the photo at her letter signing are family members: Sharon and Shaun Clark, Kathy and Alan Albers, Fiona, Taylor and Jon Albers, Sydney, Tanner Albers, Carla and Bob Loffland.

Sydney started her swimming career in Cunningham, so a big thank you to all coaches and teammates who supported her.

Sydney graduates from NE Magnet High School on May 12th and is a class Valedictorian.

Go Pace Setters!









## Minutes from April BOE Meeting

The West Kingman County Board of Education meeting was called to order at 7:00 p.m. on Monday, April 14, 2025, by President Brent Miller.

President, Brent Miller; Vice-President, Bjorn Halderson; Travis Thimesch, Megan Green, Jason Osner, Abby Bock; Superintendent, Kelly Arnberger; Principal, Cody Dunlap; Clerk, Stacy Webster and Guests, Vince Haines, Janet DeWeese, Aimee Ogg, Bart Ricke, Roberta Kobbe and Sebastian Huelskamp.

Motion made by Bjorn Halderson, seconded by Travis Thimesch, to approve the agenda as presented. Motion carried 6-0.

President Brent Miller welcomed the guests.

Cody recognized Janet DeWeese and the West Kingman County Education Foundation. Janet’s hard work through the foundation for 25 years has led to hundreds of thousands of scholarship dollars for the continued success of our students into their futures.

Guest Janet DeWeese left the meeting at 7:15 p.m. and Guest Lynann Hageman arrived at that time.

Motion made by Jason Osner, seconded by Abby Bock, to approve the

minutes of the March 10, 2025 Regular meeting. Yeas: Miller, Halderson, Thimesch, Green, Osner, Bock. Nays: none. Motion carried 6-0.

Motion made by Bjorn Halderson, seconded by Megan Green, to approve the payment of bills and the financial reports as presented. Motion carried 6-0.

Superintendent Arnberger reported on current and summer facility repairs and updates.

The meeting was turned over to Vince Haines with Gravity Works Architecture. He presented a proposal with estimates for adding a new gym. Discussion followed. No action taken.

Guest Tammy Beat arrived to the meeting at 7:26 p.m. during the discussion.

Guest Topaz Krehbiel arrived at 7:51 p.m.

Guest Vince Haines left the meeting at 8:02 p.m.

Superintendent Arnberger invited Topaz Krehbiel to discuss the financial impact of an all-day 3 and 4 year old program. Tammy Beat was invited to discuss what the all day schedule would look like.

Motion made by Travis Thimesch, seconded by Abby Bock, to enter into a Memorandum of Understanding with the Southcentral Kansas education coop to expand the 3 and 4 year old program to all day for the 25-26 School year. Motion

carried 6-0.

Guests Tammy Beat, Topaz Krehbiel, Lynann Hageman and Roberta Kobbe left the meeting at 9 p.m.

Superintendent Arnberger continued his report discussing our Open enrollment capacity policy and strategic planning status.

Motion made by Jason Osner, seconded by Bjorn Halderson, to accept the open enrollment capacity policy for the 25-26 School year. Motion carried 6-0.

Principal Dunlap presented information on Driver’s Ed and out of town prom dates. He discussed Handbook changes including cell phone policy and screen time. He presented a proposal for a content filter company called Go Guardian. Discussion but no action.

Mr. Dunlap then talked about upcoming events and end of year activities. Lastly he shared plans for a student lead parent teacher conference structure for the 25-26 school year.

Guest Becky Huelskamp arrived to the meeting at 9:37 p.m.

Bjorn Halderson reported that the COOP has renewed its KASB membership and are working on the KPP grant and negotiations.

Principal Dunlap reviewed the quote from Nanonation for the digital screen and shared a comparison quote. Discussion followed. No action taken.

President Brent Miller declared a break at 9:50 p.m. until 9:55 p.m.

Guests Becky and Sebastian Huelskamp left the meeting at 9:50 p.m.

Motion made by Travis Thimesch, seconded by Abby Bock to go into executive session with Superintendent Arnberger, Principal Dunlap, and Bart Ricke at 9:55 p.m. to discuss personnel performance matters under the KOMA non-elected personnel exception and return to the board room at 10:25 p.m. Motion carried 6-0.

President Miller declared the meeting in open session at 10:25 p.m.

Motion made by Travis Thimesch, seconded by Abby Bock to go into executive session with Superintendent Arnberger, Principal Dunlap, and Bart Ricke at 10:25 p.m. to discuss personnel performance matters under the KOMA non-elected personnel exception and return to the board room at 10:35 p.m. Motion carried 6-0

President Miller declared the meeting in open session at 10:35 p.m.

Bart Ricke left the meeting at 10:35 p.m.

Motion made by Travis Thimesch, seconded by Abby Bock to go into executive session with Superintendent Arnberger and Principal Dunlap, at 10:35 p.m. to discuss personnel performance matters under the KOMA non-elected

personnel exception and return to the board room at 10:50 p.m. Motion carried 6-0

President Miller declared the meeting in open session at 10:50 p.m.

Motion made by Bjorn Halderson, seconded by Abby Bock to go into executive session with Superintendent Arnberger and Principal Dunlap, at 10:50 p.m. to discuss personnel performance matters under the KOMA non-elected personnel exception and return to the board room at 10:55 p.m. Motion carried 6-0

President Miller declared the meeting in open session at 10:55 p.m.

Motion made by Abby Bock, seconded by Jason Osner to go into executive session with the board and administration at 10:55 p.m. to discuss contract negotiations under the exception for employer-employee negotiations under KOMA and return to the board room at 11:05 p.m. . Motion carried 6-0

President Miller declared the meeting in open session at 11:05 p.m.

Motion made by Travis Thimesch, seconded by Abby Bock to go into executive session with the board and administration at 11:05 p.m. to discuss contract negotiations under the exception for employer-employee negotiations under KOMA and re-

turn to the board room at 11:11 p.m. . Motion carried 6-0

President Miller declared the meeting in open session at 11:11 p.m.

Motion made by Travis Thimesch, seconded by Abby Bock, to accept the resignation of Eric Kerschen as assistant JH boys basketball coach. Motion carried 6-0

Motion made by Travis Thimesch, seconded by Abby Bock, to accept the resignation of Kayla Fiegel as assistant Junior Class Sponsor and High School Cheer Sponsor. Motion carried 6-0

Motion made by Bjorn Halderson, seconded by Jason Osner, to accept the resignation of Bailey Hansard as Junior Class Sponsor. Motion carried 6-0

Motion made by Jason Osner, seconded by Travis Thimesch, to accept the resignation of Emily Meireis at the end of the 2024-2025 School year. Motion carried 6-0

Motion made by Abby Bock, seconded by Bjorn Halderson, to approve Cassie Johnston as Teacher for the 2025-2026 School year. Motion carried 6-0

Motion made by Travis Thimesch, seconded by Bjorn Halderson, to adjourn the meeting at 11:14 p.m. Motion carried 6-0

## Minutes from the Kingman County Commission

Chairwoman Lyon called the Board of County Commissioners meeting to order at 8:30 a.m. May 5, 2025, in the County Commissioners room at the Kingman County Courthouse. Present: Julie Lyon, Chairwoman; Jack Thimesch, Commissioner; Pat Elpers, Commissioner; Carol Noblit, County Clerk

Brandon Ritcha, County Counselor

Visitors: Bob Morris, Kingman Leader-Courier; Dale Enyart

Online Visitors: Caller 01; Caller 02; Amanda Stucky; Jamie Smith

Staff: Jamie Smith, County Treasurer; LaDawn Stegman, Financial Officer; Amanda Stucky, Field Appraiser, Zoning and Charles Arensdorf, Public Works Director.

Chairwoman Lyon asked if there were any additions to the agenda.

Chairwoman Lyon received correspondence from Zenda Fire and would like to add discussion.

MOTION: Commissioner Elpers moved to approve the Agenda with addition of Zenda Fire request discussion. Commissioner Thimesch seconded the motion. The motion was approved with a unanimous vote 3-0.

Chairwoman Lyon asked if there was any public comment.

No comments were made.

Commissioners discussed a request from Zenda Fire for radio repair expenses in the amount of \$1,068.37.

MOTION: Commissioner Elpers moved to approve radio expense for Zenda Fire in the amount of \$1068.37. Commissioner Thimesch seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

Jamie Smith, County Treasurer was in to discuss that she has ordered tax statement paper and the cost had gone up which made it over \$750.00 limit.

Ms. Smith requested overtime for the Treasurer’s Office as they will be short staffed for six weeks.

MOTION: Commissioner Elpers moved to approve temporary overtime for the Treasurer office. Commissioner Thimesch seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

Ms. Smith discussed that she is looking into getting a new credit card vendor and will bring it to them after she has looked into all the vendors.

Charles Arensdorf, Public Works Director was in to discuss a truck quote received with the County Commissioners.

Mr. Arensdorf gave an update on the FAS 989 Hot Mix Overlay to the County Commissioners.

MOTION: Commissioner Elpers moved to approve the April 28, 2025, Commission meeting minutes as amended.

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

Amanda Stucky, Field Appraiser was in with the following building permits:

Cody Swinehart for a Commercial Building in section 25, township 30, Range 05W.

TK Holding LLC for a storage building in Section 32, Township 29, Range 09W.

Eck Fabrication LLC for an office building in Section 35, Township 27, Range 08W.

Erin Light for a New Home in Section 4, Township 30, Range 05W.

Outpost @ Cheney Lake for a storage shed in Section 11, Township 27, Range 05W.

Kevin Rau for a Pole Barn in Section 13, Township 27, Range 05W.

Ms. Stucky presented the solar regulations with changes from the old regulations for the Commissioners to review.

Commissioners discussed the special use permit that the Zoning Board of Appeals approved at their last meeting and that the appeal will have to go through the Clerk of the District Court.

Tiffany Aumiller, Benefits Administrator was in with some policies for wording changes from HR to Benefits Administrator.

MOTION: Commissioner Thimesch moved to approve Policy

#17 personnel policy manual with the changes. Commissioner Elpers seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

MOTION: Commissioner Elpers moved to approve Policy #8 with the changes presented. Commissioner Thimesch seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

MOTION: Commissioner Elpers moved to approve Policy #10 with the changes presented. Commissioner Thimesch seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

MOTION: Commissioner Elpers moved to approve Policy #12 with the changes presented. Commissioner Elpers seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

MOTION: Commissioner Thimesch moved to approve Policy #12 with the changes presented. Commissioner Elpers seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

MOTION: Commissioner Thimesch moved to approve Policy #22 with the changes presented. Commissioner Elpers seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

MOTION: Commissioner Elpers moved to approve Policy #24 with the changes presented. Commissioner Thimesch seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

MOTION: Commissioner Thimesch moved to approve Policy #25 with the changes presented. Commissioner Elpers seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

MOTION: Commissioner Elpers moved to approve Policy #9 with the changes presented. Commissioner Thimesch seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

EXECUTIVE SESSION: Commissioner Elpers moved to go into executive session at 9:56 a.m. with Brandon Ritcha, County Counselor to discuss pending administrative proceedings pursuant to the exception under the Kansas Open Meetings Act, and they will return to open session in the Board meeting room at 10:16 a.m. Commissioner Thimesch seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

EXECUTIVE SESSION:

Commissioner Elpers moved to go into executive session at 10:16 a.m. with Brandon Ritcha, County Counselor to discuss pending administrative proceedings pursuant to the exception under the Kansas Open Meetings Act, and they will return to open session in the Board meeting room at 10:21 a.m. Commissioner Thimesch seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

Commissioners returned to regular session at 10:21 a.m. with no action taken.

Commissioners chose to wait on paying an Integris IT bill as the Register of Deeds refuses to come down to explain the bill and why the expenses were incurred.

MOTION: Commissioner Thimesch moved to adjourn the regular board meeting at 10:30 a.m. Commissioner Elpers seconded the motion. The motion was approved upon the unanimous vote of the County Commissioners 3-0.

## Upcoming Auctions

For more information and a complete list of auctions, see our website at [www.hammauction.com](http://www.hammauction.com)

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Pratt County Commission Minutes  
(con't from page 8)

are looking at real estate in the Pratt Area. The location of the old PRRC building and land on the corner of Highway 54 and Howard may be of interest. Marisa offered a broker price opinion free of charge. Tyson Eisenhower, County Counselor stated if the county were to sell county property over \$50,000 it would need to go to be appraised and go to public bid. Marisa provided contact information to the County Clerk. Commissioners thanked Marisa for her time.

**Approval of Minutes**  
Motion to approve the minutes from April 28, 2025. Motion by Commissioner Trinkle. Seconded by Commissioner Jones. Motion passed 3-0

**Commissioner Room Heat/Air Repair**

Final signatures requested for repairs to begin. The scheduled work will begin Friday, May 16, 2025 from 3:00 p.m. to 5:00 p.m. Power will be off on the first floor of the courthouse during that time to allow access to and replacement of the electrical panel. All affected departments have been notified and confirmed the power loss will not significantly disrupt operations.

**Road Crossing Application**

MOTION to approve a road crossing application for SC Telcom at 40290 Southeast 30th Ave. Motion by Commissioner Shriver. Seconded by Commissioner Trinkle. Motion passed 3-0.

**Pratt Regional Medical Center Update**

Tammy Smith, CEO and Tonya Powell, Interim CFO presented a financial overview as of March 31, 2025. Patient revenue, deductions from revenue, operating expenses and contract labor

all were under budget. PRMC was approved and received the ERC Funding for two quarters in 2021. Tammy reported a significant reduction in contract labor. The clinical assessment is complete, the hospital assessment funded by USDA is underway. The formal recovery plan will be submitted to PRMC Board in August or September. Tammy also reported the Mobile PET/CT services have started and they offer a new community service and boost revenue with low overhead. Commissioner Shriver asked about the current bond, Tammy reported that no tax support is being requested at this time.

Both Tammy and Tonya asked to submit monthly income statements via email and present in person on a quarterly basis. All parties agreed.

**EMS – Personnel Request**

Motion – To hire Reva Shepard as a part-time EMT for \$15.00/hour. Motion by Commissioner Shriver; seconded by Commissioner Trinkle; motion passed 3-0

**Executive Session – Non-Elected Personnel**

MOTION – To move to executive session under the non-elected personnel exception to the Kansas Open Meetings Act to discuss a position opening for 5 minutes with Brian Atteberry, EMS at 2:23 p.m.

Motion by Commissioner Shriver; seconded by Commissioner Trinkle; motion passed 3-0.

Motion – To move to come out of executive session at 2:28 p.m. Motion by Commissioner Trinkle; seconded by Shriver; motion passed 3-0. No action taken.

**Senior Services – Personnel Request**

Tara Pagenkopf presented a new hire request for Ashia Brown for \$20.00/hour.

**Executive Session – Non-Elected Personnel**

Motion – To move to executive session under the non-elected personnel exception to the Kansas Open Meetings Act to discuss position opening for 10 minutes with Tara Pagenkopf, VSP/COA at 2:30 p.m. Motion by Commissioner Shriver; seconded by Commissioner Trinkle; motion passed 3-0.

Motion – To move to come out of executive session at 2:40 p.m. Motion by Commissioner Trinkle; seconded by Shriver; motion passed 3-0. No action taken.

Motion – To move to executive session under the non-elected personnel exception to the Kansas Open Meetings Act to discuss position opening for 10 minutes with Tara Pagenkopf, VSP/COA at 2:41 p.m.

Motion by Commissioner Shriver; seconded by Commissioner Trinkle; motion passed 3-0.

Motion – To move to come out of executive session at 2:48 p.m. Motion by Commissioner Trinkle; seconded by Commissioner Shriver; motion passed 3-0. No action taken.

**Fire/Rescue Department Update**

Billy Hampton, Fire/Rescue, presented emergency vehicle designation card applications.

Motion – To approve emergency vehicle light application for the following: Clint Phye, Terry Williamson, Walter Allard and Dalton Hodkinson. Motion by Commissioner Shriver; seconded by Commissioner Trinkle; motion passed 3-0.

Motion – To approve emergency vehicle light application for Colby Shriver

Motion by Commissioner Trinkle; seconded by Commissioner Jones; motion passed 2-0.

Commissioner Shriver abstained due to conflict of interest Bill Hampton presented the renewal of the ESO reporting

program used for fire reporting and resource management.

Motion – To approve the renewal of the ESO contract in the amount of \$3,500.50

Motion by Commissioner Trinkle; seconded by Commissioner Jones; motion passed 3-0.

Bill Hampton reported rescue truck one and rescue truck two are needing replacement. Bill announced his resignation as County Fire Chief, effective July 1, 2025. He will remain active as a volunteer and assist in the transition. Commissioners thanked him for his service. Two internal candidates may be interested. Proposed additions to the department leadership include Jared Shriver and Robbie Thomas as new lieutenants pending acceptance and further board approval. There was discussion of reallocating \$5,000 from the chief's salary to other key roles for increased motivation and coverage. No action taken due to pending budget assessment.

**Senior Services – Personnel Request**

Motion to hire Ashia Brown as Assistant Director/Transportation Manager at \$18.50/hour. Motion by Commissioner Shriver; seconded by Commissioner Trinkle; motion passed 3-0

**Road Maintenance Request**

Justin McCovey expressed ongoing concerns with the condition of NW 110th Ave, especially after rain, creating mud trenches. He requested the shoulders be pulled up and drainage improved. Commissioners acknowledged limited staffing for grading and agreed to talk with Doug and explore options.

**Budget Workshop Preparation**

Cescha Hoffman, County Clerk presented budget worksheets provided by The Loyd Group for the Courthouse and Commission Budgets. No changes requested except

to add Rattlesnake Creek Project and Sand Pit for discussion on the commission budget.

**City-County Joint Meeting Planning**

Preferred new date is May 27, 2025 at 11:00 am but any day that week will work. Cescha will confirm availability and circulate final date.

**Executive Session – Attorney-Client Privilege**

Motion to move to executive session under the Attorney-Client Privilege exception to the Kansas Open Meetings Act to discuss an addendum to the HIPAA engagement letter for 15 minutes at 3:21 p.m. Motion by Commissioner Jones; seconded by Commissioner Trinkle; motion passed 3-0.

Motion to move to come out of executive session at 3:31 p.m. Motion by Commissioner Trinkle; seconded by Commissioner Shriver; motion passed 3-0. No action taken.

**Engagement Agreement**

Motion to sign the engagement agreement with Kutak Rock for \$430/hour; motion by Commissioner Shriver; seconded by Commissioner Trinkle; motion passed 3-0.

**Public Feedback**

Pat Schwartz submitted an email to commissioners praising the Clerk's office staff for their professionalism and support during a May 1st protest coordination effort.

**Clerk Comments**

Cescha Hoffman, County Clerk reported Susan Pixler successfully completed certification as a Kansas Certified Election Official. Susan is 1 out of 64 in the State of Kansas.

**Approval of Vouchers**

Motion to approve the vouchers from May 5, 2025; motion by Commissioner Trinkle; seconded by Commissioner Shriver; motion passed 3-0.

**Recess**

Motion to recess at 3:42 until 9:00 a.m. Friday May 9, 2025, for the Budget Workshop; motion by Commissioner Jones; seconded by Commissioner Shriver; motion passed 3-0.

**Call to Order**

Commissioner Shriver called the recessed meeting to order May 9, 2025, at 9:00 a.m. for Budget Workshop. The following members were present: Rick Shriver, Morgan Trinkle, Tyson Eisenhower, County Counselor, Cescha Hoffman, County Clerk and Mark Graber, IT Director, Scot Lyod, Loyd Group, LLC.

**Presentations of Proposed Budgets**

Department Heads presented 2026 proposed budgets to the commissioners. No Decisions were made.

**Recess**

Motion to recess at 11:58 am for lunch, resume at 1:00 pm. Motion by Commissioner Shriver; seconded by Commissioner Jones; motion passed 2-0.

**Call To Order**

Commissioner Shriver called the recessed meeting to order May 9, 2025 at 1:00 pm for Budget Workshop. The following members were present: Rick Shriver, Morgan Trinkle, Tyson Eisenhower, County Counselor, Cescha Hoffman, County Clerk and Mark Graber, IT Director, Scot Lyod, Loyd Group, LLC.

**Presentations of Proposed Budgets**

Department Heads presented 2026 proposed budgets to the commissioners. No Decisions were made.

**Adjournment**

MOTION – To adjourn the meeting at 2:52 p.m. Motion by Commissioner Shriver; seconded by Commissioner Trinkle; motion passed 2-0.

KCHS  
Pets will be back next week.


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Seth Thibault, OD  
Andrew W. Piester, OD  
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Pratt, Kansas 67124  
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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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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!

The Cunningham Burn Site is locked. A \$50.00 deposit is required to obtain a key at City Hall. Your deposit is cheerfully refunded when you return the key.

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or contact  
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Alan Albers at 620-298-2725 or  
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(Volunteers Needed  
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B-29 Museum

is open on Sundays from 2:00 to 4:00 pm  
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Bud Henning

Vernon “Bud” Lee Henning, 64, was born August 4th, 1960 in Nashville, KS. He is the youngest child of Leonard and Rosalyn “Rosie” Schwartz Henning and brother to Geneva, Stan, Randall, Sheila and Sharon.

Bud graduated from Nashville/Zenda high school in 1979. After high school, he continued to do what he’d done his whole life - farm and raise cattle and pigs with his parents in Willowdale, KS.



Bud never married or had children but loved watching and “guiding” his nieces and nephews. Everyone enjoyed spending time with Uncle Bud hunting or fishing or tending to the baby pigs. The time was never boring and many valuable Uncle Bud “lessons” were learned along the way, including how to hunt deer without leaving the vehicle.

Bud was especially close to his nephew, Jed Dick. For many years, the two were inseparable. In 1995, Jed died in a car accident, leaving Bud with a hole that would never be filled.

Bud was known by many different names. Depending on how and when you knew him, he was either Vernon, Fuzz, Rusty or Bud. He didn’t care what you called him though. He was always just happy to visit with whomever stopped by. He was even happier if you wanted to play a game of pitch or dominos while you were there.

Bud was an incredible mechanic. For a period of time, him and his brother Stan, operated a NAPA store on Main Street in Kingman. There wasn’t much that they couldn’t fix and you were always greeted with a smile and an insult when you walked in the door.

Bud also loved to fish. When the work on the farm was done, you’d find him on the banks of some creek, lake or in Corpus Christi, usually with his Dad and brothers. The big one always got away and the arguments never stopped about who had caught the most.

Any other down time, Bud could be found cruising around Kingman County. He loved to raise a little cain in a fast car.

Bud was also a huge lover of animals. Over the years, he had many beloved pets including his dog, Wolfe and his cat, Lucky.

Bud battled health problems in the later years of his life. His sister, Geneva, was by his side through it all. Also beside him for the last few years was his best friend, Felicia, and his brother, Stan.

Bud fought hard for as long as he could, but was called home to heaven on May 11th, 2025.

He was preceded in death by: his parents, Leonard and Rosie; his nephew, Jed Dick; his brother, Randy Henning; and his sister, Sheila Dick.

He is survived by: his sisters, Geneva Henning (Gary), and Sharon Nowak (Randy), his brother, Stan Henning (Becky), his brother-in-law, Ed Dick, his best friend, Felicia Ryder, and numerous nieces, nephews, and great nieces and nephews.

Parish rosary will be 10:00 a.m., Thursday, May 15, 2025 at the St. Peter Catholic Church at Willowdale with Mass of Christian Burial immediately following at 10:30 a.m. Burial will be in the Church Cemetery.

Memorials may be made with the Kingman County Humane Society and sent in care of Livingston Funeral Home, 1830 N. Main, Kingman, KS 67068.

Mary Myers

Mary Anna Myers, 89, died May 5, 2025, at Wheatlands Healthcare Center, Kingman.

She was born April 19, 1936, in Harper County, the daughter of Ernest and Mary Catherine Ritter Myers. A longtime resident of Kingman County, she was a cook and food preparer for Kingman Hospital and Ranch House restaurant.

Mary was a member of St. Patrick Catholic Church, Kingman.

Survivors include sisters Helen Wippler, Jeanne Bertels and Sylvia (Larry) Antrim. She was preceded in death by her parents and brother Leo Myers.

Mary was an excellent seamstress and enjoyed making many things for her family.

Parish Rosary will be 9:30 a.m., Tuesday, at St. Patrick Catholic Church, followed by a Mass of Christian Burial at 10:00. Burial will be at Spring Grove Cemetery in Anthony, Kansas.

Memorials may be made with Wheatlands Healthcare Center or Kingman Carnegie Library in care of Livingston Funeral Home, 1830 N. Main, Kingman, KS 67068.

Sherri Nickelson

Sherri Lynn Nickelson, 70, passed away Monday, May 12, 2025 at Pratt Regional Medical Center. She was born on November 17, 1954 in Hays to Charles and Waltzie (Yeatts) King. Sherri married Terry Nickelson on May 27, 1972 in New Almelo, Kansas. They were married for 52 years.

Sherri graduated from Smith Center High School in 1972. She attended Pratt Community College. She worked at Rosewood Services. She enjoyed gardening, quilting, crocheting, fishing, wedding planning, baking and sewing.

She is survived by her husband, Terry; children, Bryan (Kami) Nickelson of St. John, Amy (Jeremy) Kilwein of Macksville and Curtis (Crista) Nickelson of Pratt; sisters, Janet (Ken) Benson of Gilbert, Arizona and Judy (Chris) Dutton of Aylett, Virginia; brother, Mark (Heidi) King of Smith Center; 11 grandchildren; and 11 great-grandchildren.

Sherri is preceded in death by her parents.

Visitation will be Sunday, May 18, 2025 from 1:00 p.m. - 5:00 p.m. with family receiving friends from 1-3 at Larrison Mortuary, 300 Country Club Rd, Pratt. Funeral service will be held at 10:00 a.m., Monday, May 19, 2025 at Larrison Mortuary, Pratt with Mike McGovney presiding. Burial will follow at Byers Cemetery, Byers.

Memorials may be made to Rosewood Roots and Wings Foundation in care of Larrison Mortuary.



Sherri graduated from Smith Center High School in 1972. She attended Pratt Community College. She worked at Rosewood Services. She enjoyed gardening, quilting, crocheting, fishing, wedding planning, baking and sewing.

She is survived by her husband, Terry; children, Bryan (Kami) Nickelson of St. John, Amy (Jeremy) Kilwein of Macksville and Curtis (Crista) Nickelson of Pratt; sisters, Janet (Ken) Benson of Gilbert, Arizona and Judy (Chris) Dutton of Aylett, Virginia; brother, Mark (Heidi) King of Smith Center; 11 grandchildren; and 11 great-grandchildren.

Sherri is preceded in death by her parents.

Visitation will be Sunday, May 18, 2025 from 1:00 p.m. - 5:00 p.m. with family receiving friends from 1-3 at Larrison Mortuary, 300 Country Club Rd, Pratt. Funeral service will be held at 10:00 a.m., Monday, May 19, 2025 at Larrison Mortuary, Pratt with Mike McGovney presiding. Burial will follow at Byers Cemetery, Byers.

Memorials may be made to Rosewood Roots and Wings Foundation in care of Larrison Mortuary.

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

Correction

In last week's paper I misspelled TWO names incorrectly. You would think I'd catch things like that... The kids are, after all, my great-niece and great-nephew ...maybe it is time for an eye check.

Sarairah should be Samairah

Blaze should be Blaz.

Because Stevi always cuts things out of the paper to save, here's the corrected announcement that she can put with the photo of little Elia.

Joan Thimesch is proud to announce the birth of her 18th great-grandchild, Eila Arabella McGinnis. She was born April 14 and weighed 8 pounds 4 ounces.


Eila's proud grandparents are Jackie and Ray Schonlau of Union, Missouri. Her proud parents are Stevi and Jesse McGinnis of Creswell, Oregon.

Welcoming her home are Samairah, 20, Aabel, 18, Aaven, 15, Blaz, 10, Acotas, 8, Penelope 6, and Clover, 2.

A Note of Thanks

*I want to thank each and every one of you for your incredible support during my illness. The prayers, cards, food, flowers, and kind thoughts brought comfort and support during a difficult time. I am blessed beyond words to be surrounded by such compassionate friends in our great community.*

Thank you, Jane Meyers



Monday, Tuesday, Thursday, Friday,  
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Heart disease is the leading cause of death in the United States today. More than 800,000 people will die from heart disease this year. With these numbers in mind, it behooves us to consider things we can do to lessen the odds of becoming a statistic. Disclaimer – before simply taking my advice, it would be wise to do your own research and consult your doctor, especially if you have heart issues.

First, we need to remember that good nutrition, regular exercise, and deep sleep provide the foundation for good health. Also, it is best to avoid smoking and excessive drinking. Cannabis use (smoking, eating, or vaping) is another factor that has been linked to cardiovascular problems. In 2022, Danish researchers found that even the use of medical marijuana was associated with a 64 percent higher risk of arrhythmia (irregular heartbeats).

Besides avoiding the bad stuff and eating well, what can we do to foster good heart health and ward off disease? Consider adding the following to your regular routine. Your heart will thank you.

Nattokinase (NATTO) is a fermented soybean dish that is considered a Japanese super food. Available in supplement form, natto breaks down unwanted blood clots by digesting fibrin. Fibrin

is a protein needed for blood clotting. It is needed when you have a wound to repair. But when your body is inflamed, clumps of fibrin can form, contributing to atherosclerosis. Natto is a potent blood clot dissolving protein used for the treatment of cardiovascular disease. Natto is often taken along with ginseng.

Garlic offers tremendous benefits for heart health. Garlic contains the compound y-glutamyl cysteines which can lower blood pressure. Garlic contains allicin which can prevent LDL (bad cholesterol) from oxidizing. Garlic has also been shown to reduce the risk of blood clots (thrombosis).

To protect against the buildup of plaque, include tocotrienols on your list of good things to take. Tocotrienols are a type of vitamin E that provide super powerful antioxidant protection for the heart and are

especially beneficial if you suffer from angina. Tocotrienols are available in supplement form and can be taken along with vitamin K2, vitamin D3, and vitamin C. K2 prevents calcium buildup in the arteries by directing calcium into the bone and is usually taken along with D3. Vitamin C also helps protect the inside of your arteries. Note – when taking vitamin C, be sure that it is whole food vitamin C, not just synthetic ascorbic acid.

Berberine is a Chinese super berry (also available in supplement form) that regulates blood sugar levels, supports your immune system, improves cardiovascular health, and can give you increased energy.

Another fruit (or capsule) to add to your diet is the lime-like citrus bergamot from Italy. It promotes heart health, manages blood lipids, and is anti-inflammatory.

Next we have niacin (a B3 vitamin – be sure

to get the straight niacin, not the non-flush kind) and TUDCA (a bile acid). Both are very good for cholesterol problems.

CoQ10 (coenzyme Q10) is an especially beneficial antioxidant for the heart. It is good to take if there is any damage to the heart, or if you are simply aging. CoQ10 provides energy for the heart muscle, and that’s a very good thing.

Potassium and magnesium are also beneficial for the heart, especially if you have an arrhythmia.

All of the B vitamins are vital for heart health. A good source of vitamin B is nutritional yeast (this is not the same as brewer’s yeast).

If you have an enlarged heart, be sure to take B12 along with TUDCA, previously mentioned.

Other things to include in your diet to maximize your heart health include: pomegranate juice (very good for your blood), beets and all red,

yellow, and orange fruits and vegetables – full of carotenoids and flavonoids), onions (super healthy and full of organic sulfur compounds), Omega 3 fatty acids – found in fish (try canned sardines).

If all these possibilities are too much to consider, let me leave you with two simple, easy to make, quick drink options for heart health.

The first is a simple shot to help keep your blood pumping and your arteries clear. Fill a small glass with 1-2 oz. of extra virgin olive oil (EVOO), add a small amount of chia seeds and a dash of cayenne pepper. Drink it fast.

The other is cinnamon coffee. If you do nothing else, simply add a dash of cinnamon to your coffee each morning. Cinnamon coffee is amazingly good for your heart. Drink it and live!

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