

Minutes from the Kingman County Commission

Chairwoman Lyon called the Board of County Commissioners meeting to order at 8:30 a.m. February 24, 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; Larry Landwehr; Dale Enyart; Melissa Tetrick; Leslie Schrag; Mike Floyd; Kristin Floyd; Ryan Koerker, Venture; Daniel Young, APAC; David Berch, Schwab-Eaton; Chris Walker, Kansas Paving and Michael O'Gorman, Pearson Construction.

Online Visitors: Not available

Staff: LaDawn Stegman, Financial Officer; Sheriff Brent Wood; Amanda Stucky, Zoning Director; Charles Arensdorf, Public Works Director

Chairwoman Lyon 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.

Chairwoman Lyon asked if there was any public comment.

Dale Enyart thanked the Commissioners for attending the GOP meeting last Thursday evening at the Expo Center.

Commissioners discussed the Hometown Grant contract for the next 12 months with a cost of \$96,000.00.

MOTION: Commissioner Elpers moved to approve the Hometown Grants contract for the next 12 months in the amount of \$96,000.00 with \$20,000.00 contingency. Commissioner Thimesch seconded the motion. The motion was approved with a 2 for-1 against vote with Commissioner Lyon against.

Commissioners discussed a fee structure resolution.

MOTION: Commissioner Elpers moved to approve Resolution 2025-R8, Fee structure. Chairwoman Lyon seconded the motion. The motion was approved with a vote of 2 for and 1 against with Commissioner Thimesch against.

Commissioners discussed having legal assistance from Trish Voth.

MOTION: Commissioner Thimesch moved to approve Legal assistance from Trish Voth. Commissioner Elpers seconded the motion. The motion was approved upon the majority vote of the County Commissioners.

LaDawn Stegman, Financial Officer was in to review January financials with the County Commissioners.

Ms. Stegman discussed the repairs to the County Buildings with the

Commissioners.

Sheriff Brent Wood was in with a department update for the County

Commissioners.

EXECUTIVE SESSION: Commissioner Thimesch moved to go into executive session with Sheriff Brent Wood and Brandon Ritcha, County Counselor at 9:18 a.m. to discuss an individual employee's performance pursuant to the exception under the Kansas Open Meetings Act, and they will return to open session in the

motion was approved upon the unanimous vote of the County Commissioners 3-0. Commissioners returned to regular session at 9:28 a.m. with no action taken Ron Leroux, Noxious Weed Director was in to have his annual report signed

Board meeting room at 9:28 a.m. Commissioner Elpers seconded the motion. The

by the County Commissioners.

Melissa Tetrick was in to talk to the night-time rentals at the Kingman Expo

Center and the revenues that have come are much lower than they were due to

Center and the revenues that have come are much lower than they were due to the increase in fees.

Ms. Tetrick discussed the fees on room rentals and asked the Commissioners to give HYRA a discount for the March 8th and 9th event.

Chairwoman Lyon discussed that it would be bad to see HYRA take their events

Chairwoman Lyon discussed that it would be bad to see HYRA take their events somewhere else due to the fees they are charged.

Ms. Tetrick thanked the Commissioners for their time.

Amanda Stucky, Zoning Director was in with a quote from Olsson in two phases with Phase 100 Zoning Regulations Review of \$8,000.00 and Phase 200-Zoning Regulations Update in the amount of \$15,000.00 for it will not exceed \$23,000.00.

Commissioners would like to table the quote until discussion can be had by all Commissioners.

Ms. Stucky presented the NRP plan that we currently have and discussed some changes that could be done to possibly improve the plan.

Chairwoman Lyon let Ms. Stucky know that she has done some research on

area NRP programs and would like for Ms. Stucky to review what she has found.

Commissioners would like to have a comparison of options to review.

Ms. Stucky let the Commissioners know that the Solar Farm that was wanting to go in on the East side of the County has scrapped the project.

Chairwoman Lyon read correspondence received from Barber County Development Inc. and that they had decided not to move forward.

MOTION: Commissioner Elpers moved to not accept or payout any new or old remaining applications for the Façade and Dilapidated programs as of January 20th, 2025, program cancellations. Commissioner Lyon seconded the motion. The motion was approved with a majority vote of 2-0.

MOTION: Commissioner Elpers moved to approve vacation payout for an employee. Chairwoman Lyon seconded the motion. The motion was approved upon the majority vote of 2-0.

10:48 a.m. Charles Arensdorf, Public Works Director was in with a permit from the following:

Haviland Telephone to lay fiber optic cable and road crossings- various locations in Allen Township.

Mr. Arensdorf submitted information to the County Commissioners on the SKACE Meeting that will be held in St. John on April 3^{rd} , 2025, at the Stafford County Annex located at 210 E. 3^{rd} Ave.

Mr. Arensdorf submitted the Construction Engineering Agreement for Inspection of FAS Bridge #56.

MOTION: Commissioner Elpers moved to approve the Construction Engineering Agreement for Inspection FAS Bridge #56 and not to exceed \$55,548.00. Chairwoman Lyon seconded the motion. The motion was approved upon the majority vote of the County Commissioners.

Mr. Arensdorf and the Commissioners opened the following Hot Mix quotes for FAS 989 (Norwich Road):

01 1110 707 (i toi ti ioii i toudi).				
	VENTURE	APAC	PEARSON	CONSPEC	
HMA-Com	ım Grade A				
	1,045,855	982,533.25	924,756.00	1,089,891.00	
HMA-Com	ım Grade A patcl	1			
	1750.00	1050.00	1715.00 350	00.00	
Milling	28635.00	12293.96	9545.00 229	00.800	
Pavement 1	Marking				
	1420.00	2130.00	4615.00	5325.00	
Mobilizatio	on				
	60,000.00	19,000.00	25,000.00	11,500.00	
Traffic Con	itrol				
	25,000.00	16,000.00	16,000.00	15,000.00	
TOTA	L				
	1.162.687.00	1,033,054.21	981,658.00	1,251,651.00	

Engineers estimate was \$1,504,972.00

MOTION: Commissioner Elpers moved to approve the bid from Pearson pending engineer approval for \$981,658.00. Chairwoman Lyon seconded the motion. The motion was approved upon the majority vote of the County Commissioners of 2-0.

Commissioners discussed that the majority would be paid out of sales tax funds for the Hot Mix overlay program.

Mr. Arensdorf submitted sealed quotes for asphalt from the following:

	Ergon	Coastal	Vance Bros.	Asphalt Fuel
MC800	3.45	2.52	3.24	2.65
CMS-1	2.85	2.37	2.94	
CRS-1H	2 44	2.05	2 74	

MOTION: Commissioner Elpers moved to approve the quote from Coastal. Chairwoman Lyon seconded the motion. The motion was approved upon the majority vote of 2-0.

Mr. Arensdorf let the Commissioners know that the FAS 56 bridge repair will start February 25, 2025.

Carol Noblit, County Clerk submitted the February 10, 2025, Commission meeting minutes.

MOTION: Chairwoman Lyon moved to approve the February 10, 2025, Commission meeting minutes. Commissioner Elpers seconded the motion. The motion was approved upon the majority vote of 2-0.

MOTION: Commissioner Elpers moved to adjourn the regular board meeting at 11:44 a.m. Chairwoman Lyon seconded the motion. The motion was approved upon the majority vote of 2-0.



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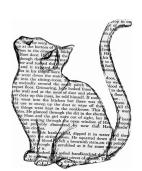
- Upper Endoscopy or EGD
- Appendectomy (Appendix Removal)
- Cholecystectomy (Gall Bladder Removal)
- Portacath (Insertion & Removal)
- Colonoscopy
- Melanoma/Skin Lesion Removal
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Meanderings

Bother! This wind is crazy!! I was all set to be done by 11:30. Everything was done except for this column, which was only partially thought out. 11:00 straight up, there was a blink of power failure and the computer had to restart. But the internet light was red as well.

So I reset the box for the internet, then waited for the computer to come back on, but it wasn't being cooperative

That darn little circle thing just kept spinning. I finally shut down again, and restarted and finally it all came back on. But I'd lost ½ an hour of time. It is now 11:30 and I am just starting this meandering. I won't have it done by midnight, but I'm trying. Don't grade my grammar or spelling on this bit of work.

My eyes are gritty. You know that feeling when you are too tired and it feels like there is sand in your eyes. Of course, rubbing doesn't help. If you rub it feels like you have boulders under your lids. Amazing how the tired you get them bigger those little bits of sand get.

Another connection to

Belle Plaine. And I can't believe I forgot this one. My first day on the job, a very lovely woman came up and introduced herself and told me that her husband's family hailed from here. Maggie and Jim McPeek would come out on Memorial Day for family reunions at the Community Center. She said his family had cemetery plots at Maude Cemetery and that is where they would be

Maggie really was one of the most beautiful women I'd ever met. She was kind and gracious and funny. They were both delightful people.

They have passed away, and they are buried out at Maude on the east side of the cemetery.

I know that sometimes we despair about the 'kids of today'. They can't read analog clocks. They can't write checks. They can't balance a checkbook... all those old-fashioned things we can do. But then the flip side is that they can do things we can't do, and if we didn't have them around, we'd no doubt flounder in the society we live in.

Did anyone else see the bit in the Hutchinson News two or three weeks ago about the young person who has developed a device to prevent vehicle theft? This young lady entered a contest "Why Didn't I Think of That?". She won first place.

Her device is called OCT-D: Defense for Your Car. When you leave

your vehicle this device will make the windshield opaque. It will also send a message to your phone via an app. The app will ask if you are the one starting the vehicle. If the answer is yes, the windshield becomes clear and the driver is allowed to drive the vehicle. Rather clever. If a thief can't see out of the windshield they can't steal the car. It also would help prevent the theft of the contents, as a person can't see into the vehicle.

The young lady, Ava-Elizabeth Bell is 13 years old! Amazing. She is now working on marketing the device.

I will have my cards at the Hot and Cold Market this Saturday. It might be a good day to get out and head over to Pratt's Municipal Building and shop small, local, businesses.

There will most likely be some interesting crafts there and someone always is selling homemade food amd preserves.

So go one over.
Support those small businesses.

Enjoy a day out and about.

**

I got to get this thing emailed. My eyes are squinting and I am getting a bit of a headache.

> Always reading, and currently reading, "Kalpana's Dream" by Judith Clarke, Roberta

Tallgrass and Tumbleweeds by Gaille Pike

Dear Readers,

I can't find an official "reasonable occupancy" for my 120 sq. ft. my home office. But I learned this week that sharing my office with 18 animals exceeds any sensible limit or notion of common sense. Because of that killer cold, I've had a baker's dozen chicks and one duckling in a big tub with me for a week.. They had been too cute to be anything but a distraction.. So, as I began to work it didn't bother me that I was already outnumbered 14-1, nor did I dream that Lolly and my three cats would conspire with these babies to create a hullabaloo.

I suspected something was amiss when I began transcribing an interview and could barely hear anything over the noise coming out of the tub. Overnight, my brooding babies had gone from sweetly chirping to clamoring like the crowd at Arrowhead Stadium. I tried to tune them out and focus by taking a deep breath. But that didn't help because even though

the I'd cleaned broodertub last night right before I put the babies to bed... let's just say that vocal capacity wasn't the only volume that had grown overnight.

An hour later as I sat down to work again, Lolly quacked in the living room. My special needs duck requires less attention than she once did, but she has a quack for, "Feed me," a quack for, "Peas Please," and a loud, "I've gotten myself stuck somewhere. Come help me NOW," quack, which was the quack I heard now. Usually she falls fast asleep after I rescue her and put her back in her towel bumpered "pen" because she's worn herself out. But this time, repeatedly, she played possum until I left the room. Then she'd plough over her walls again and I'd barely have started working before she started squawking again. So I brought her, pen and all, into the office. She continued to jailbreak, but in a space that was more constrained. Her quacking riled up the babies and their chatter egged her on, but at least I wasn't running hither and yon.

My cats generally ignore Lolly and they showed little curiosity

when we brought the babies in the house. So I was generally surprised when all three made an entrance. And of course, their presence stirred all the birds up. Lolly flopped into a corner. When I went to retrieve her, the cats fought over who would commandeer my chair. And from the babies came not just clamor but fluttering thuds and thumps... When I'd cleaned out the brooder-tub, I didn't bother putting the screen "topper" on because ten day old chicks can't jump 18 inches high. But one COULD jump to the top of the waterer, more

than halfway up. From there, to the cheer of her peers, she hopped on up to perched on the edge of the tub, playing Tweety Bird to three, thankfully oblivious, Puddy Tats. I wish I could say I regained control. All I can tell you is that the next morning the babies went back to their big brooder in the shed. So at least that Mayhem was only a one-day show. And if I'm tempted to share my office again, I hope I remember my limits.

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

A Column by Dorothy Rosby

Save Time: Work in Your Pajamas

I read that the average woman spends 16 minutes on weekdays and 14 minutes on Saturdays and Sundays deciding what to wear. That adds up to a whopping 287 days of our lives, standing in front of our closets in our bathrobes, mumbling, "I don't have a thing to wear!"

The average man spends somewhat less time choosing an outfit—only 13 minutes—which

is why I think men should be responsible for cooking breakfast.

I'm well below average—as is often the case. There's no way I'm spending 16 minutes a day agonizing over what to wear. I work at home, so deciding what I'm going to wear is a matter of grabbing the first pair of sweatpants I come across when I'm digging in the dryer.

dryer.

But I used to work outside of my home and I developed the following powerful strategies for deciding what to wear in far less than 16 minutes. As you'll see, they are mainly based on the simple premise that choosing

is always easier when you have less to choose from. Use these tips and you'll be on time for work every day, though I can't speak to how you'll look when you get there.

- 1) I couldn't choose it if I couldn't find it and half an hour before work was not a good time to be looking for it. It's amazing how often I couldn't find it.
- 2) I couldn't choose it if it wasn't clean and depending on how caught up I was on laundry, that could narrow my choices considerably.
- 3) I considered the thermostat. For most people, the weather report is a determining factor

when they're choosing what to wear. But weather only matters if you're a construction worker or a ranch hand and you work all day outdoors. If you mainly spend your days indoors like I do, consider the thermostat instead. I tend to be on the chilly side so a useful weather report for me would read like this: "Dress in layers if you're heading to XYZ Business. The owner is a woman of a certain age, and she keeps that place as cold as a meat locker. Likewise it will be 40-45 degrees at the movies this evening. The butter on your popcorn will harden before you get to your seat, but the ice in your

beverage should last you through the credits."

- day. What will I be doing, how many people will see me doing it and how judgmental are those people? Will I be on my feet a lot? If so, I should avoid certain shoes if I still want to be walking tomorrow. Will I be sitting a lot? I have pants that would cut me in half by the end of the day.
- 5) Finally, I considered how much time I had before I had to be at work. There were many days I didn't have 16 minutes to get ready, let alone decide what to wear. I never went to work in the clothes I slept in, but if I

hit the snooze button too many times, I may have looked like it.

These days I definitely look like I slept in my work clothes. That's because I do. Or rather I work in my sleep clothes, which I don't recommend unless you work at home

Most days, I crawl out of bed and go directly to my computer. Eventually, I'm overcome by shame that I'm still in my pajamas, so I change into sweatpants for the rest of the day. If anyone dropped by, they'd think I teach aerobics in my home. Yes, it's embarrassing but think of all the time I'm saving.

Poetry From Daily Life

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

Poetry from Daily Life: Grieving
— and healing — through poetry

By Ken Slesarik

My guest today on Poetry from Daily Life is Ken Slesarik, who lives in Phoenix, Arizona. Ken became a writer 17 years ago and after the loss of his son began to focus on grief and loss poetry. Two books he recom-

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320 Stadium Street, Cunningham, Kansas 67035. E-Mail: couriernews@yahoo.com mends are "Voices of the Grieving Heart," edited by Mike Bernhardt and one of his own titles for children, "Grievers and Poets: When a Loved One Dies." One unique fact about Ken is that he was an amateur boxer in his youth. ~ David L. Harrison

In December of 2019, my son Kenny died. My grief was crushing and profuse. Love, anger, pain and anguish screamed for my attention as I struggled to come to terms with the empty seat at our kitchen table.

My body was flooded with the stress hormone cortisol for the better part of two years. I lived in a state of panic and my whole world was altered. Being in crowds became unbearable. Gradually, I learned that poetry can be therapeutic. Reading the words and experiences of others made me feel less alone and realize that isolation is not a healthy path. Grief is not linear, so I often revisit a favorite poem as needed.

I had written poetry for children for many years before Kenny's passing. During a painful and prolonged grieving period my passion was rekindled after I was asked to contribute to a grief anthology for adults.

My writing process has changed. I learned to surrender to the pain and even befriend it. When I write a poem about my grief, I often open a sealed bag that holds Kenny's unwashed basketball jersey. As I breathe in his pungent smell, I mourn and heal. I am unconcerned with writing anything "good" or publishable. The result for me is a stronger first draft and then the real work begins.

Just as eulogies are written for the living, so is grief poetry. Poetry can say what needs to be said when ordinary words won't suffice. It can remind us of a connection and love shared. It can heal and make us feel less alone.

One of the major lessons I've learned about grief is that we need to feel it to heal it. By that I mean we need to gently confront the nuances of our loss in small but manageable doses. What better way to do this than by reading or writing poetry that cuts deep and subsequently heals.

For those that have experienced a crushing loss, reading and writing poetry can be an integral part of the grieving process and I want you to know that I weep with and for you.

Without Question

All is quiet, but much is happening. Questions answered, feelings sorted, and some things I'm not yet ready to know. And so, I close my eyes and realize: love remains, despite the pain, and without question, you're still with me always.

Ken Slesarik is a children's poet and grief educator from Phoenix, Arizona. Many of his poems have been published in magazines and anthologies. Ken's mission is to empower those who grieve through the healing power of poetry. He regularly hosts poetry programs for students. Ken speaks at conferences, writes poetry curricula, and enjoys providing professional development for teachers. For information on his programs for grieving children please visit http://grieversandpoets.com.

Community Bulletin Board

Thursday, March 6 Parent/Teacher Conferences

Friday, March 7 HS Girls Sub-State Finals ***

3rd 9 weeks ends *** 1:30

Early School Dismissal

Saturday, March 8 HS Boys Sub-State Finals

Forensics Meet at Kingman

Monday, March 10 Family Game Night

Tuesday, March 11 **HOPL HS Music**

sponsored by KAYs 7:00 **BOE** meeting

Festival at Norwich

Wednesday, March 12 **HS State Quarter** Finals at Colby

Thursday, March 13 HS State Quarter Finals at Colby

Friday, March 14 NO SCHOOL

HS State Finals at Colby

Spring Break Begins

Saturday, March 15 HS State Finals at Colby

> Tuesday, March 18 Lions Club

Wednesday, March 26 7:00 p.m. Book Club

Thursday, March 27 **HS Forensics** at St. John

Friday, March 28 JH Play

The Community Calendar is sponsored by



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- WANTE

Old Photos from our communities Call (620) 298-2659 or email to couriernews@yahoo.com

KINGMAN'S ANNUAL



Sunday, March 9th ~ 3:00-6:30 p.m. (Daylight Savings Time)

St. Patrick School Gymnasium

Serving Fried Chicken, Country Sausage, Potatoes/Gravy, Cole Slaw, Green Beans, Homemade Bread & Pies

Adults \$15; 5-14 \$10 Children 4 & under FREE

*****Drawing for valuable prizes.****

P&Z Will Meet Monday Evening

Cunningham Planning Commission Special Meeting, Monday, March 10, 2025

Meeting at City Hall, 119 N. Main, 6:00 p.m.

- 1) Opening of meeting
- Approval of Agenda 2)
- 3) Approval of Minutes from the November 21, 2024 Meeting
 - 4) Comprehensive Plan Discussion
 - 5) Update on Extraterritorial Jurisdiction
 - 4C Daycare Fence Update
- 7) Permit application(s) Received by March 10th
 - Motion to adjourn



Legion Post 98 201N. Main, Isabel Annual Pancake, Eggs & Sausage Supper Saturday March 8. 4:00-6:30 PM

Free will donations.



Come on Over to Pratt on Saturday and Shop Local!

I'll have a booth there! Come and see me!



BOE Will Meet Monday Evening

AGENDA Regular Meeting Monday, March 10, 2025 7:00 p.m. 104 W. 4th, Cunningham, Kansas

- Call to Order
- Approval of Agenda (AI)
- III. Guest Recognition
- IV. Approval of the minutes of the February 17, 2025 regular meeting. (AI)
- V. Approval of financial reports and payment of bills. (AI)
 - VI.
 - Superintendent Report Dr. Arnberger
 - Principal Report- Mr. Dunlap
 - Special Education Report -
 - VII. Old Business
 - Construction project
 - **Summer Painting**
 - Strategic Plan data
 - Early Learning discussion
 - **Bus Liquidation**
 - 25-26 Calendar f.
 - VIII. New Business
 - Executive Session for Negotiations.
 - Executive session for personnel.
 - IX. Adjournment



Thank you for Supporting The Courier

Libraries

Cunningham Public Library Mon., Wed., Fri. 2:00 - 6:00 p.m. Tues., Thurs., Sat. 9:00 - 11:30 a.m.

298-3163

Zenda **Public Library**

Closed for Holidays

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



Carnegie Library

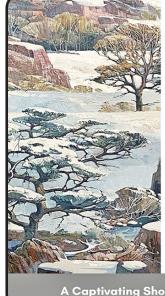
Mon. & Tues. 10:00 a.m. to 8:00 p.m. Wed.: 10:00 a.m. to 6:00 p.m. Thurs.: 10:00 a.m. to 8:00 p.m. Fri.: 10:00 a.m. to 6:00 p.m. Sat.: 10:00 a.m. to 2:00 p.m.

> Pratt Public Library

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•••••• Kingman Historic Theatre

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

March 7 - 9

Captain America: Brave New World

Rated PG13

All Seats are \$3.00 (cash or local check only) Showtimes: Friday at 7:30 Saturday at 7:30 Sunday at 5:30

Thank YOU for supporting YOUR Kingman Historic Theatre.

Comfortably Dumb

by Bruce Quast



New Sermon Series and Lent Bible Study: The Message of Jesus That Changed the World.

Dear friends, I extend greetings to you all. We are set to commence our new sermon series on Sunday, 3/9, which also coincides with the start of our Lent Bible Study in both of our Churches.

I take this opportunity to welcome you "to The Message of Jesus, a sixweek sermon and worship series that explores some of the most important themes in Jesus's teachings, why they matter, and how they speak to us today." (Hamilton, The Message of Jesus).

For the outlined sermons, I will retain the selected texts but choose one to focus on each week. I will also maintain the theme and topics outlined for each week, as well as the central focus.

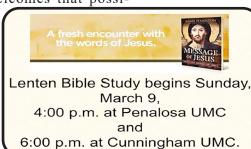
Which is, "to explore Jesus's preaching on the kingdom of God, the Sermon on the Mount, the parables, the I Am sayings in John, the significance of Jesus's words during his final days, and his teaching throughout the Gospels on heaven,

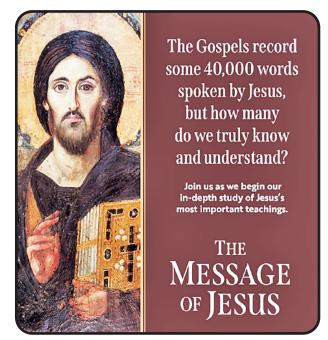
the after life, and his own resurrection."(Hamilton, *The Message of Jesus).*

In doing so I will conduct my own textual and contextual analysis. While Adam is an exceptional preacher, we each bring our own unique perspectives and approaches to the text. I also intend todraw from my personal experiences to illustrate key points. Adam himself has already noted it and welcomes that possibility. When he tells us to"Use as much or as little of the sermon outlines as you like [and to] feel free to change and adapt them for [our]own needs or follow the outline closely." (Hamilton, The Message of Jesus).

I am eagerly looking forward to seeing you.

MathewMusyoki. PastorCunningham-Penalosa UMC.





Questions and Answers

By Melanie Kerr

"They will not return in time. You will die without your answer. You will end your life, with the faint murmur ringing in your ears that you failed to do the one thing God gave you to do."

For just a moment, John could imagine a man, as if his thoughts could be embodied in flesh, standing, no...leaning arrogantly against the other side of the bars. Such artfully careless questions fired at him would not come from an uncouth mind, but an educated man.

John imagined stripping away the bars that separated them, dismantling the stone walls of the prison, and seating them both at a table outside a café. The sunshine

hidden behind the shade of a tree would warm their bodies and their ears would ring with the drone of crickets in the scorched grass.

"I have my answer." "Then why send your men with the question?

"That day...even before his baptism...before the dove hovered.."

"You recognised your Messiah? What was it that convinced you, John? Was it a certain look in his eye? Was it the confidence of his stride? Or some glimmering halo that circled his head with a divine glow? Oh yes, there was recognition, John, like a familiar scent, half remembered, not forgotten. It was a cousin you recognised, John, just the familiarity of family... nothing more."

His mother spoke to him when he was younger, filling him with stories of his birth. She told John of how he had leapt within her womb when Mary, Jesus' mother approached. When Jesus approached that day to be baptised, was there not that same leap in his spirit, long before the dove hovered? Recognition went beyond the physical features of family.

"I knew him that day. Knew him as a cousin? Yes. But even now I can remember the pull of my heart. The veil of heaven was pulled aside and I saw not just the man..."

"You wanted it to be him. How simply wonderful for your Messiah to be so humble in his origins! Not this great prince, this warrior that everyone was anticipating, but just a humble carpenter. A gentle, harmless soul, spouting homespun philosophies clothed in

stories about everyday life."

"No!"

"And what have you done to this man? You have given him an impossible task - to be someone that God never intended him to be. What words did you use - he will baptise with fire, not water? The thongs of his sandals that you were unworthy even to untie? You had the ear of the people, John. They listened to you. All you had to do was to point the finger and they shifted their allegiance! They left their homes, John, and for what... to follow your dream? They gave up families, made enemies of their parents, deserted fields and ploughs, nets and fishing boats because you said "The lamb of God who takes away the sins of the world". Your words will have

destroyed so many lives, John."

"The Spirit spoke... not me."

"Oh yes, the Spirit spoke. How convenient! But whose spirit really spoke, John? Does God's Spirit really talk to you? Wasn't it just your spirit? Your need to give purpose to a wasted life?"

In all his life there had been an inner conviction that what he said and did was right. He never mused over the words he spoke. He never tilted them in the light to see what shadows they cast. He never weighed them. They burned like fire in his heart and would have consumed him had he kept quiet. But now... today...imprisoned and with death approaching, the questions tumbled over in his head.

There was a sound that interrupted his inner conversation. It was the sound of people on the steps coming down to his cell. Their talk was stifled by the cold stone but still lively and animated.

"John? We saw him! We saw Jesus! We told him that you had sent us to ask him if he was the one who was to come. He told us to tell you the things we had seen! Such magnificent things, John! It is as Isaiah foretold the blind receive sight, the lame walk, those who have leprosy are cured, the deaf hear, the dead are raised, and the good news is preached to the poor. Scripture is being fulfilled, John."

As they spoke, words cascading from their lips in a torrent of testimony, all of John's questions were answered.

New Minister



Recently a large seminar was held for ministers in training. Among the guests were many well-known motivational speakers. One such boldly approached the pulpit and, gathering the entire crowd's attention.

said, "The best years of my life were spent in the arms of a woman that wasn't my wife!" The crowd was shocked! He followed up by saying, "And that woman was my mother!" The crowd burst into laughter and he gave his speech, which went

over well.

About a week later isters who had attended the seminar decided to use that joke in what was his first sermon to the congregation. As he shyly approached the pulpit one Sunday, he tried to

rehearse the joke in his head. He was notably very nervous and getting to the microphone he said loudly, "The greatest years of my life were spent in the arms of another woman that was not my wife!" His congregation sat shocked.

After standing there for almost 10 seconds the pastor finally blurted out, "...and I can't remember who she was!"



<u>Cunningham Hands of</u>

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

Who we serve: Residents within the USD #332 school dis-

What: Food

When: First Tuesday of the month 2:00-5:00 p.m.

Where: 117 N Main (Old School Board Office)

Why: To provide food assistance to those in need.

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

Do you need assistance outside distribution hours?

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

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)

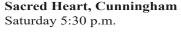
Lions' Club

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



St. John, Zenda Sunday 8:30 a.m.

St. Leo Sunday 10:00 a.m. St. Peter Willowdale Saturday 4:00 p.m.

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

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

† † † † † † **Lutheran Churches** Trinity, Medicine Lodge



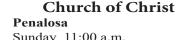
St. John, Nashville 620-246-5220 Sunday School & Bible Class 9:45 a.m. Worship Service

8:30 a.m.

620-886-3397 Sunday School & Bible Class 9:15 a.m. Worship Service 10:30 a.m.

Pastor vacancy until further notice.





††††† United Methodist Church



Cunningham Worship 10:45 a.m. Pastor Mathew Ndambuki Musyoki



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

620-298-2090



Sunday 11:00 a.m.

YEARS AGO IN

The Cunningham Clipper

W. A. Bradley / William Bradley

1940

March 8, 1940 – The high school basketeers won the Class B District Tournament at Preston last Saturday night, defeating Langdon in the finals game. They advanced to the finals by beating Sawyer and Pretty Prairie. Cunningham wound up their season, Wednesday evening, when they dropped their first round game to Mullinville in the Class B Regional Tournament at Pratt.

Newell Hamilton, of Isabel, a pioneer resident of this community, passed away last Saturday. Mr. Hamilton was well known by many Cunningham residents, as he lived for many years in the old Lawndale community south of town, where he and his brother, Owen, operated the Lawndale General Store and Post Office.

Honor Roll students ast the high school for the first semester are Betty Amick, Mary Anne Ebenkamp, Chester Fee, Junior Neagle, Delbert Schwartz, and Bill Stanley.

1950

March 10, 1950 –

Dorothy Mae McGeorge, daughter of Mr. and Mrs. Roy McGeorge Sr., of Cunningham, became the bride of Lt. Ernest Staveley, commanding officer of the minesweeper, Chaterer, last Saturday in Yokosuka, Japan.

Miss McGeorge has been employed by General Douglas MacArthur's civil property custodian, general headquarters, Tokyo. Lt. Staveley's home is in Detroit, Michigan.

Miss McGeorge has been living in Japan about a year, having taken a civil service examination following her graduation from Kansas State College. She graduated from Cunningham High School in 1943.

Richard Deem Crow, son of Mrs. Bernice Crow of Cunningham, has been appointed to the mechanical engineering committee of the 26th annual Engineer's Open House at Kansas State College at Manhattan. The 1950 exposition will be March 17 and 18, and "Engineering for Modern Living: is the theme for this year's Open House.

Cunningham High School has received an invitation to attend.

Notice – Your moving problems handled anywhere in the United States. Guaranteed satisfaction. B. F. Doty, phone 99.

1955

March 10, 1955Mr. and Mrs. Al Joe Sterneker announce the birth of a son, Wednesday, March 9, at the Nashville Hospital. He weighed six pounds, six ounces.

Winning records were posted this year by the girls and boys basketball teams at Cunningham Grade School.

The girls team, coached by Janet Harper, won eight and lost three, taking second place in the Kingman County Girls Tournament behind Penalosa.

Diana Rathbun was the team's high scorer during the season with 117 points, followed by LaVelle Whitmore with 53, Karen Wilson with 29, and Mary Ann Crosley with 25.

The boys team, coached by H. T. Sullivan, wound up the season with nine wins and six defeats. They won the Kingman County League Championship, and the County Tournament at Norwich.

The high school basketeers saw their current season come to a close, Wednesday evening, when they dropped a 66-55 decision to Haven in the first round of the Class B Regional Tournament at Haven.

Victor Becker paced the local scoring attack with 22 points, and LeRoy Schnittker dumped in 18 points.

Jack C. Lemon of Pratt, has been elected President of the First National Bank of Cunningham, and the Coats State Bank, succeeding his father, the late George W. Lemon.

1960

March 10, 1960 – If all the snow that's fallen in Cunningham since January 1 were still on the ground, how deep would it be?

According to John Schnittker, who keeps a daily record of the weather, the snow would be three feet deep. Mr. Schnittker says, give or take a bit, that his unofficial measurements show 36 inches of snowfall in the first 60 days of this year.

Mrs. Letha Jones of Cunningham, Kingman County Treasurer, will appear on the television program, "Coffee Time" with Charlotte Briscoe over KTVH (Channel 12) next Tuesday morning, March 17, at 9:30 o'clock.

Mrs. Jones is not appearing on the program on her reputation as a competent county treasurer, but on her reputation as an excellent authority on cake decorating, for which she is widely known in the Cunningham area.

You may be holding a lucky key. If you are a Western Light and Telephone Company, Inc. residential customer, you have probably received or soon will receive a key in the mail. It's all part of a March Lucky Key Treasure Hunt promotion under the sponsorship of local electric appliance dealers and WL&TCo.

Over 40,000 keys have been mailed to WL&TCo's residential customers and lucky keys were included at random among them. At stake for lucky key holders are 10 free electric dryers valued at \$2500.

Local appliance dealers are cooperating by placing locked treasure chests in their stores where customers may try their keys. Lucky keys open the chest and the holder wins an electric dryer.

Local dealers participating in the promotion are B & H Electric and Dafforn Appliances.

1965

March 11, 1965 – The 1964-1965 basketball trail for the Cunningham Wildcats came to an end last Friday night when they dropped a 66-54 decision to the undefeated Harper Bearcats in the finals of the Class Be Regional Tournament at St. John.

Cunningham advanced to the finals by edging out Kiowa, 75-73, in an exciting first-round game, and crunched out a 65-59 win over Inman in the semi-finals game.

The community is mighty proud of "their" Wildcats and Coaches Lewis Mann and R. C. McNerlin. The team won 17 games; lost three; tied for the Ninnescah League championship with Sylvia; won second place in the Ninnescah League Tournament; won first place in the district tournament, and won second place in the regional tournament.

Jerry Schnittker paced the Wildcat's scoring in every regional tournament game; scoring 28 against Kiowa, 24 against Inman, and 21 against Harper.

One hundred and fifty-five mothers and daughters attended the annual Mother and Daughter Banquet, sponsored by the Community YWCA, in the Sacred Heart School Auditorium Monday evening.

Mr. and Mrs. Marvin Shelman have moved from the Walter Freund farm property south of town to the Roy Wetherall farm property northwest of town.

Mr. and Mrs. Larry Ruckle and family of Glendale, have moved into the Frances Nossaman property in the southwest part of town.

1970

March 12, 1970 – Wedding vows were read on February 15 at 2:30 o'clock in the afternoon for Mary Kathryn Fitzsimmons and Richard Alvin Webster. Rev. Henry Dutcher, pastor, read the double ring vows in the Cairo United Methodist Church before an altar lighted with spiral nine-branch candelabra. A basket of white stock, red carnations, and white statice was used at the altar, and the pews were marked with red and white satin bows. Mrs. William Bradley of Cunningham, provided the traditional wedding music, and accompanied the soloist, Mrs. Waldo Graves of Cunningham, who sang "The Lord's Prayer" and "Because."

Parents of the bridal couple are Mr. and Mrs. Paul Fitzsimmons of Cunningham, and Mr. and Mrs. Alvin Webster of Langdon.

Mike Oller paced the Cunningham Grade School boys basketball team's scoring attack this season as they posted a 7-1 record. Mike scored 56 points in the eight games, an average of seven points per game.

Mike was trailed closely by Kent Scripsick, who scored 48 points in seven games for an average of 6.9 points per game. Next was Bob Kampling with a 6.6 points per game averaged, followed by Jeff McCune 4.6, Steve Jones 4.5, Lloyd Bishop 4.0, and Greg DeWeese 2.0.

The grade school girls team also marked up a 7-1 record for the season, with Reta Ratcliff leading the scoring with 89 points, an average of 11.1 per game. A close second was Delores Mertens with 85 points, an average of 10.6 points per game. Bonnie Hamlett scored 29 points, an average of 3.6 per game.

Fresh channel catfish dinner, Friday, March 13. Virginia's Café, Cunningham, Kans. – adv.

Auction, Tuesday, March 24, 1970 at 10:00 a.m. Farm Machinery, Shop Equipment, tools. Martin Pelzl Estate. Banbury Auction Service.

YEARS AGO IN

The Cunningham Clipper

Publisher: Charles G. Barnes Editor: Rex Zimmerman

Reporter: Marie Ann Mantooth

1975

March 6, 1975 - Mr. and Mrs. Jack Vermillion, Greg, Curt and Steven of Mullinville, were callers of Mr. and Mrs. John Vermillion Saturday evening and to get a piece of birthday cake that was baked for Curt on his birthday.

Mr. and Mrs. Bud Osner, Kingman, announce the engagement of their daughter Martha to Ron Albers, son of Mr. and Mrs. Leo Albers, St. Leo.

Miss Osner is a graduate of Carousel Academy of Hair Design, Wichita, and is employed at Fashion Beauty Shoppe, Kingman.

Mr. Albers is a graduate of Fort Hays State College and is engaged in farming near St. Leo.

A fall wedding is being planned.

A concerned group of about 40 Cunningham citizens met Monday evening in the Wildcat Den to discuss the Hilltop House problem and try to arrive at a starting point to solving the situation. The facility, due to new HEW regulations, is scheduled to be closed in about a year leaving the residents without permanent homes.

After much related discussion, a steering committee was named of further study the problem and possible solutions and report back to the people. Named to the committee were Harold Schreck, chairman, Ralph Baber, Wava McGovney, Helen and Bob Long, Anna Dafforn, K.C. Jones, and Everet Swongers.

YEARS AGO IN

The Cunningham Clipper

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

1980

March 6, 1980 – Two new students enrolld in the Cunningham schools on March 2. They are Kenneth Wogoman, and sophomore, and Bobby Wogoman, an eighth grader. Their parents are Mr. and Mrs. Larry Bohannan who live southeast of Cunningham. They came from Grove, Okla.

A Cunningham native, Everett "Ev" Shelton was nominated for election to the Naismith Basketball Hall of Fame located at Springfield, Mass. He has since been elected to receive the award.

As Shelton passed away in 1974, his son Steve and family of Topeka, and the widow, Berniece, of Sacramento, Calif. Will be present for the ceremonies April 28.

Michael and Melva Oller, Pratt, are proud to announce the arrival of a son, Michael Austin Oller II. He was born on February 26 at 9:20 p.m. in Wesley Medical Center weighing 8 lbs. 1 oz.

Grandparents are Mr. and Mrs. Edwin E. Tatro, Pratt and Mr. and Mrs. Melvin Oller, Cunningham. Great-grandparents are Clara Oller, Preston, and Ethel Tatro, Pratt.

The Wildcat boys basketball team won their second straight Regional Championship Saturday night by defeating the Trinity Celtics. It was a good week for the Wildcats as they won three games and raised their season record to 17-5. The Wildcats were seeded second coming into the tournament and had to play arch rival N-Z on Tuesday Night.

The practices for the musical "Bye, Bye Birdie" are well underway. The production is under the direction of Jean Anne Willhite and Pat Deighton.

1985

March 7, 1985 – Saturday, March 2, the Wolf and Bear Scouts met at the Gray Miller home. The afternoon was spent working on an eagle for their woodworking project and planning some future projects. The eagles are looking great but will be finished at the end of the game of tag.

The USD No. 332 fifth and sixth graders visited the Cosmosphere in Hutchinson on Tuesday, Feb. 26.

Ladies of the Pinocle Club enjoyed playing at the home of Edna Westerman Thursday evening.

Mr. and Mrs. Gene Hellman, Mr. and Mrs. Alvin Lampe and Emma Charles Hellman played Pinochle Friday evening with Mr. and Mrs. Erwin Hensiek.

Mr. and Mrs. Melvin Westerman of Tulsa, Okla., were weekend guests of Melvin's parents, Mr. and Mrs. Alvin Westerman.

The Lady Cats ended an exciting year by finishing as the runner-up to Otis-Bison in the Sub-state Tournament held at Skyling, March 1 and 2, last week. The girls missed going to state by one point, 44-45. To get to the fials we had to first lay Ingalls, ranked number two in the state. This game was a give-and-take affair as we would take the lead from the tough Bulldogs and then relax and give them chances to come back, which they did.



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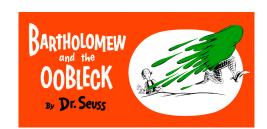
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It was Dr Seuss Day in 2nd grade! We made green eggs and ham that the students loved eating, and we had a lot of fun with making and playing with Oobleck! Thank you to Bart Ricke, Avery's grandpa, for reading the book Green Eggs and Ham to the class while I cooked. Thank you, Kelsey Beat, for helping me with all of it! Happy early Birthday, Dr. Seuss!!







Those Lady Wildcats vs Deerfield & vs Bucklin



















Molly Morgan photo





photos by Josh Theis

"Flying a helicopter is like flying a magic carpet. It's the most fun in all aviation." — James Joyce, Pucker Factor 10: Memoir of a U.S. Army Helicopter Pilot in Vietnam

CHS Students Attend Academic Olympics at PCC





Back row:

Sean Kostner, English III 1st place Ada Adams, English IV 2nd place Animal Science 1st place Nate Sterneker, Wildlife Management 2nd place Tyler Osner, Agronomy 3rd place

Kollin Fischer, Agronomy 2nd place and Caleb Lohrke, World Geography: 1st place

Gracie Smyth, Spelling & Vocab 1st place Ava Bock, Nutrition 1st place Lexi Murphy, Photo Student Life/Sports 3rd



CHS Powerlifting Team Places 8th

Olathe East hosted their 2nd annual powerlifting meet this past weekend. This meet was virtual with 132 lifters and 16 teams participating.

Cunningham boys turned up with Trent Schnittker, Stephen Kerschen, Andrew Kerschen, Cole Gridley, and Cole Hageman. Along with these HS boy participants were a handful of JH lifters and a great group of parents to cheer on the kids. The results are as follows.

Trent lifted in the PWR weight division and had an outstanding day placing 2nd overall with a 1,045 lb total PR, beating his previous best by /01bs! Trent ended up winning the Bench press with a 305 lb lift, a PR. 2nd place in the Squat lifting an enormous weight of 495 lbs, also a PR and improving on his previous best by 40 lbs! Unreal!! Trent lifted a conservative clean of 245 lbs for 3rd place. A great overall day for the young man.

Stephen lifted in the 198 weight class, he didn't have quite the day he wanted in the squat but he matched his PB in the Bench and the Clean still putting up a good total of 960lbs. Overall, Stephen placed 4th. In the Bench Stephen lifted 260 lbs placing him 8th, in the Clean he lifted a solid 285 for 1st place and for his Squat he lifted 415 lbs placing him 4th.

Andrew Kerschen lifted in the 156 weight class. Andrew finished his day placing 4th overall with a total of 575lbs. Andrew benched 150lbs for a PR and 4th place, he Squatted 245lbs for 5th place, and he Cleaned 180 matching his best, placing him 4th in that

Cole Gridley is a fast up and coming lifter! Cole is making huge strides and loving the sport. In the Bench press Cole lifted 185lbs for a PR placing 6th, In the Squat Cole lifted a huge PR squatting 265 lbs a 30lb improvement! This lift placed Cole 6th in

Congratulations to the following JH kids who lifted. They also put up some

Liam McGuire B-185 PR. Cl-185 PR. Sq-245. total 615

Carly McGuire B-95 PR. Cl-105 PR. Sq-140 PR. total 340

that event. Normally Cole doesn't lift in the clean event but this meet he did lifting the bar at 135lbs adding to his total. His overall total added up to 585 adding 170lbs to his total with each lift being a PR and adding the clean really gave him some bonus points in the meet. Cole finished overall placing at 6th bringing in some points for the team.

Cole Hageman lifted for the 1st time this season. Cole was nervous and struggling with a shoulder injury. Even with those obstacles in the way he still put up some PR numbers. Cole Benched 185 lbs for 6th place, Cole scratched the clean due to the shoulders hurting, and he Squatted a PR of 275lbs placing him 6th in that event.

As a small team out of 16 teams we ended up placing 8th as a team overall. Very proud of these boys and hope we can get some more lifters competing for the end of the season.

THE BILLIONAIRE'S Banquet

Dinner and an Interactive Murder Mystery

SATURDAY

MARCH

SACRED HEART HALL, CUNNINGHAM

To Benefit West Kingman Co. Education Foundation Scholarship Fund

LIVE AUCTION ITEMS

ndmade Children's ABC Quilt

Jane Meyers and Marilyn Glenn)

Milwaukee Impact Driver onated by PrairieLand Partners)

Beef Bundle

(variety of cuts of local beef) **CHS Memories**

int and commemorative display ick from the old CHS building, and Wildcat blanket)

4 Royals Tickets/Parking Pass

(donated by McCownGordon Construction)

K-State Football

Signed by Head Coach Chris Kliema

K-State Football Helmet KSU Items from Ken & Linda Kersche

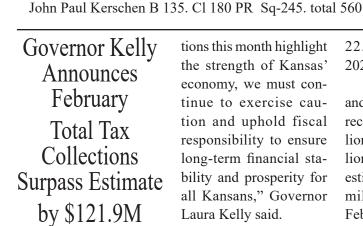
The Patriot Bundle

(handmade wood flag, fireworks from Hansard Fireworks, RTIC cooler

Reservations required by March 14.

Contact Shawna Sterneker 620-332-3948.

USD 332 Staff Spotlight: Mary Stackhouse: Speech Therapist



great numbers!

TOPEKA - The State of Kansas ends February 2025 with total tax collections at \$548.2 million. That is \$121.9 million, or 28.6%, above the estimate. Total tax collections are up 5.1% from February 2024.

"While our tax collec-

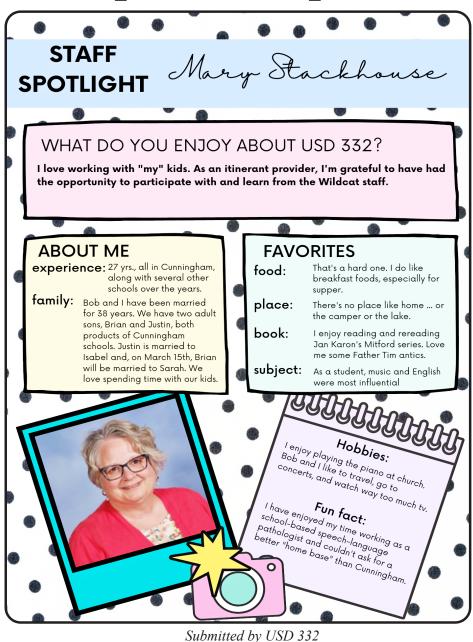
tions this month highlight the strength of Kansas' economy, we must continue to exercise caution and uphold fiscal responsibility to ensure long-term financial stability and prosperity for all Kansans," Governor Laura Kelly said.

Individual income tax collections were \$239.4 million. That is \$149.4 million, or 166.0% above the estimate, and up 37.9% from February 2024. Corporate income tax collections were \$16.3 million. That is \$3.7 million, or 18.7% below the estimate, and down

22.8% from February

Combined retail sales and compensating use tax receipts were \$247.1 million, which is \$1.1 million, or 0.4% above the estimate, and down \$5.5 million, or 2.2%, from February 2024.

To view the February 2025 revenue numbers go to: https://content.govdelivery.com/attachments/ KSOG/2025/03/03/ file attachments/3181019/08 February Revenue FY2025 03-03-2025 Final.pdf



The Cunningham Courier Serving Cunningham and **Surrounding Communities**

Thursday, March 6, 2025 page 8



Washington Days

I had never heard of Washington Day until a little more than two years ago. I guess that would be understandable since I was a Republican most of my life.

Washington Day is the two-day gathering of Kansas Democrats to elect their leaders for the next two years. Two years ago, Kathy and I decided to skip the banquet at the end of the day. The

banquet was going to cost \$100 per plate and we didn't think we could afford the meal. In retrospect we should have invested the money.

Tim Walz was the keynote speaker and became the Vice-Presidential candidate for Kamala Harris two years later. This year's keynote speaker wasn't an elected official. Retired Capital guard Harry Dunn was our speaker. Mr. Dunn recalled the events of the invasion of the Capital Building on January 6,

2021. He recalled how he was on guard duty in the Senate Chamber when an aide to the Senator at the podium came and told the Senator that the Trump supporting crowd had broken open the building's doors and were entering the building.

Harry told of his efforts to get the elected officials to safe places and then confront the attacking vandals. Mr. Dunn spoke of his feeling when any group of Americans would attack and damage the US Capital. He went on to say that he felt betrayed by America then and now. Harry spoke to his love of his country, America. Harry said he had always loved America even when it seemed America didn't love him.

He also stated that people constantly ask him if he is better with his physical and mental injuries sustained on January 6th. He said the answer to that question is always "No!" He said he won't be better until this country returns to what was once expected as normality.

Leaving the large room where the banquet was held I was walking by a man about my own age. Striking up a conversation with him I found out he was from Emporia. I asked if he had been to

many Washington Days. He said he hadn't attended the last couple of the gatherings as he had been a Republican for 42 years. He as a Democrat had run for elected office last fall. At 73 he is one year younger than I, so our stories are very similar. We both see the great harm that the present president is causing in our country and are doing anything we can to resist it. Part of the reason that I've attended the last two Washington Days gatherings is I'm an elected official of the Kingman County Democrats. I'm Chairman of the County Democratic group. Our numbers are growing

and we are holding Democratic get-togethers about once a month. We are planning several events in the next few weeks. All registered Democrats can expect to get a questionnaire in the mail soon and an invitation to a meeting in Kingman on April 12th to create a Platform of what is important to Kingman Co. residents. We also plan a cookout here in town for all democracy loving area individuals. Please consider joining us as we resist.

Alan Albers



Cure for Cabin Fever

Kim Baldwin, McPherson County farmer and rancher

I drove my kids to school one morning last week. As we drove to town, we passed a farm pond that had the remains of a homemade hockey rink pulled onto the wheat surrounding the pond. This particular pond has had many days this winter where the ice has been so thick that hockey games and ice skating has been a common sight for passersby. Now, the ice on the pond has melted and replaced by an impressive number of geese floating on the water.

Since the hockey rink had not been stored away yet, it left me wondering if someone still believes that the pond will freeze thick enough for a few more rounds of hockey this winter.

I would soon discover not everyone shared the belief as the owner of the beached hockey rink.

As I inched closer to the school drop-off line, I couldn't believe my eyes. Shorts!

They were everywhere. Kids with exposed legs walking into the school building. Some kids wearing sweatshirts, some wearing long sleeve shirts, some wearing jackets. But so many kids entering the building wearing shorts!

Yes, the temperature outside that morning was significantly warmer than the majority of the days we've experienced the last few months.

But in my mind, it was as if those same kids had just gone to school in heavy coats, insulated overalls, knit caps, gloves and snow boots. Literally just days before.

These were the same kids who didn't have outside recess because of extreme wind chills just days before. The same kids who had multiple days of school called off and late start days because of the wintery conditions. And now, these same kids were all walking into school that morning wearing shorts.

Perhaps the youth do believe that we are still in the throes of winter. Maybe they saw an opportunity to shed some

of the extra layers that have been weighing them down for what seems like months. Perhaps they are simply capitalizing on temporary warmer temperatures.

Whatever the case, I caught myself saying out loud as I drove off from the school: "Madness! Pure madness!"

The next day, after much pleading by the kids and double checking the forecast by the parents, both of my kids went to school wearing shorts, too.

Who knows if winter will reappear again before spring officially sets in? Who knows if the kids will have to layer up and stay inside for recess again due to cold temperatures? Who knows?

All I know is that the warmer temperatures, the

bright sun and the lack of wind have left many who experienced extreme cabin fever ready to embrace the next season. Yes, there are many

experiencing this fever right now. And for many kids in our school district, the cure for this fever is in the form of shorts.

"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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News from Kansas Farm Bureau

There was no report from the Kingman County Sheriff's Office this week.

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News Breaks by Charles Keller

The president of the tailors' union called a press conference today.

A new lumberjack union was formed by a splinter group.

A new headache pill was sold but people found it hard to swallow.

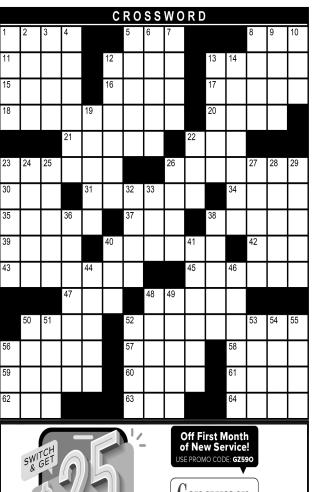
After twenty years of trial and error a new flypaper was discovered by a man who really stuck to his work.

A new non-slip-off watch band was introduced for people who can't afford to lose time.

A brand new hair coloring kitwas introduced and it really got to the root of the problem.

A new branding iron was invented and the cattle were really impressed.

Statepoint Crossword Theme: March Madness



CALL CONSUMER CELLULAR 888-804-0913

ACROSS 1. Giant Himalayan

5. *M in MAC

8. Bathtub libation 11. Joie de vivre

12. Do like fly fisherman

13. East side of Jersey

15. Tucked in

16. Diva's solo

17. Length of a forearm

Sunday 20. Osiris' wife

21. Freshwater fish

22. Stir fry pan

23. Victorian era overcoat

26. Smallest

30. *Like attending band at the NCAA Tournament

31. Kaa of "The Jungle Book"

34. Great Lake

35. Prep mushrooms for steak, e.g. 37. Cooking fat

38. Bible song

39. Second to last word in some

fairytales

40. False

42. Dip oreo into milk, e.g.

43. Tiresome

45. Hoariest

47. NBC's sketch comedy show

48. Misrepresent

50. South American monkey

52. *2025 NCAA Championship game venue

56. Renaissance fiddle 57. "To and to hold"

-friendly 59. Founding Father Thomas 60. Damien's prediction

61. Reunion group

62. Bancroft to Hoffman in "The

Graduate"

63. Agreement word

64. Ages and ages

DOWN

1. Nay opposers

2. River in Bohemia

3. 1.3 ounces, in Asia

4. Owes money (2 words)

5. Angelina Jolie's 2024 singing

role

6. "Kick the bucket," e.g. Smith, coach of 2 champs

and 11 Final Four teams 8. Mongolian desert

9. Fleur-de-lis

10. *Cut down at end of last game

12. Like rheumy eyes

13. Descendant

14. *2024 winners

19. Thin pancake and move on

22. *

23. *Cinderella's victory 24. Furlough

25. Spew, past tense 26. Cough syrup balsam

27. Use other end of pencil?

28. Farm structures

29. Dangle a carrot

32. * -up or evenly matched

game

33. Step on it 36. *2024 Most Outstanding Player

38. Paralyzing disease, for short

40. Afghan monetary unit 41. Neolithic tomb

44. "Riunite ____, that's

nice"

46. Figure out 48. Scapegoat's due

49. Roof overhang

50. Salty drop

51. Avian wader 52. Sailor call

53. Capital of Norway

54. Statistics calculation

55. Sea eagles

56. Dashboard acronym

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Pratt County Commission Minutes

The Pratt County commissioners met in regular session Monday, February 24th, 2025, at 2:00 p.m. in the commissioner room, 1st floor of the courthouse. The following members were present: Thomas W. Jones III, Rick Shriver, Morgan Trinkle, Tyson Eisenhauer, county counselor, Cescha Hoffman, county clerk and Mark Graber, IT director.

Patrick Romm, Blue Cross Blue Shield, gave an update on Pratt County insurance usage and data used for our renewal premiums. He reported that our usage as of now is on average and comparable to last year. No large changes in premiums are expected unless aew data comes in.

Heather Morgan, economic development, stated Clerk Hoffman had a resolution for the rural opportunity zone program, the commissioners will need to approve and sign.

Heather explained the ROZ program offers tax breaks for those moving to rural counties and allows employers to participate in student loan repayment incentives.

Pratt County participates at no cost to the county. Heather also gave an update on the Love, Kansas program. The county received \$5,000 from the Department of Commerce that will be paid out to the Pratt Library. Heather reported the Sawyer project bid deadline was officially extended and efforts are underway to ensure adequate resources. Heather updated commissioners on the affordable housing development. A local developer is preparing to apply for Kansas housing resources support once the housing study is complete. The chamber is hosting small-group meetings to collect necessary data. Heather stated she will be attending the Southwest Kansas Road Task Force meeting on behalf of the county and will report back.

Commissioner Trinkle made a motion to approve resolution 02-24-25 the ROZ agreement, Commissioner Shriver seconded the motion. Motion carried 3-0.

Commissioner Trinkle made a motion to approve the minutes from February 10th, 2025, Commissioner Shriver seconded the minutes. Motion carried 3-0.

Doug Freund, road department and John Riggins, Kirkham Michael, presented the bids for the NE 30th St. Asphalt overlay project. Three valid bids were received. The bids are as follows, APAC Kansas for \$574,476,.09 with a start date in May/June. Heft & Sons, LLC for \$486,297.94 with a start date of October and venture for \$544,665.60 with a start date of mid-July. The lowest responsible bid was from Heft & Sons, LLC. Commissioner Shriver made a motion to approve the Heft & Sons bid. Commissioner Trinkle seconded the motion. Motion carried 3-0. A notice of award for was prepared and presented by Kirk Michael and signed by Chairman Jones. The contract documents will be sent to the contractor, who will complete bonding paperwork before returning them for

final county approval.

Doug Freund, also requested full-time inspection services for the overlay project through Kirk Michael. A work agreement will be generated based on working days, with costs determined on an hourly rate with a maximum

cap. Doug presented bids for asphalt rock from Cornejo and Pearson. Cornejo was the lowest bid. Commissioner Shriver made a motion to approve the Cornejo bid. Commissioner Trinkle seconded the motion. Motion carried 3-0.

Doug presented a quote for spray foam insulation for the road department barn. They currently use used oil to heat and have limited storage for oil. Commissioner Trinkle made a motion to approve the quote from advance seal for road barn insulation in the amount \$24,732. Commissioner Shriver seconded the motion. Motion carried 3-0.

Doug requesed an executive session. Commissioner Shriver made a motion to go into executive session for nonelected personal to discuss continued employment for 10 minutes at 2:41 p.m. Commissioner Trinkle seconded the motion. Motion carried 3-0. Commissioner Shriver made a motion to come out of executive session at 2:43 p.m. with no action taken. Commissioner Trinkle seconded the motion. Motioned carried 3-0. Commissioners thanked Doug and his department for their hard work during the last winter storm.

Catherine Rohrer, SCKCCA director, gave an update on the fiscal year 2025 budget and probation statistics for SCKCCA. She reported spending is on track with some planned purchases of vehicles and office updates. Catherine reported adult services is currently at 28% probationers going to prison, they aim to be at 20% or lower. The lack of local drug and alcohol programs limits rehabilitation options. She also gave an update on juvenile services most juveniles go through diversion programs instead

of probation. Pratt is on trend with state statics. And all juveniles on probation this year have successfully completed their terms

Catherine presented her 2026 budgets and plans and asked for commissioners approval. Commissioner Shriver made a motion to approve the Juvenile Compressive Plan in the amount of \$312,517.55. Commissioner Trinkle seconded the motion. Motion carried 3-0. Commissioner Trinkle made a motion to approve the Adult Comprehensive Plan in the amount of \$535,862.06. Commissioner Jones seconded the motion. Motion carried 3-0.

Clerk Hoffman updated the commissioners that the Sunflower H20 program sent back unused funds that were donated from the county. They will be deposited back into the fund it was paid out of in the amount of \$1,481.00. She also updated them about the thank you letter and gift cards sent from Vernon Filley.

She presented an invoice and contract from Kansas Natural Resources Commission that met with the commissioners in a previous session. The commissioners decided to not join the commission. Clerk Hoffman asked commissioners what department would be paying for the insurance on the PRRC building and commissioners instructed to pay it out of commissioners budget.

Clerk Hoffman presented a quote from Sanchez Striping. Commissioner Trinkle made a motion to approve the quote to paint the front 3 offices of the clerk's office in the amount of \$1,996.88 from Sanchez Striping. Commissioner Shriver seconded the mo-

tion. Motion carried 3-0.

Tammy Smith, CEO and Tonya Powell interim CFO, Pratt Regional Medical Center gave an update on the PRMC financials and the Urgent Care Clinic closure. Tammy reported that 86% percent of hospitals get tax assistance but PRMC does not. She reported that PRMC has had an operational loss most of the last 10 years. The cost of health care has increased 35% and reimbursement rates have stayed the same. Collections have been a struggle for PRMC as well. They have implemented cost cutting across the board and the closure of urgent care. Tammy reported they may need to cut other areas to get expenses under control.

Commission Trinkle asked if admin have taken any cuts. Tammy reported she took a 10% pay decrease, implemented a pay freeze and contract labor was cut in half. They now limit overtime, send home employees if not busy and saved \$80,00 in software costs. They are also looking into ways to add revenue by adding a PET scan, it has little upfront cost but PRMC would be able to bill for it. Tammy also reported they are reviewing each department to make cuts. Tammy reported they are in the early stages of an assessment with the National Rural Hospital Association. They make recommendations on how to statically move forward.

Tonya Powell introduced the January financials and commissioner Jones asked that we get monthly financial reports after the PRMC board meetings, board meetings are 4th Monday of the month.

Commissioner Shriver made a motion to approve the sewer pond project

agreement with Kirkham Michael for \$24,150. Commissioner Trinkle seconded the motion. Motion carried 3-0.

Commissioner Shriver made a motion to approve minutes from February 10th, 2025. Commissioner Jones seconded the motion. Motion carried 3-0.

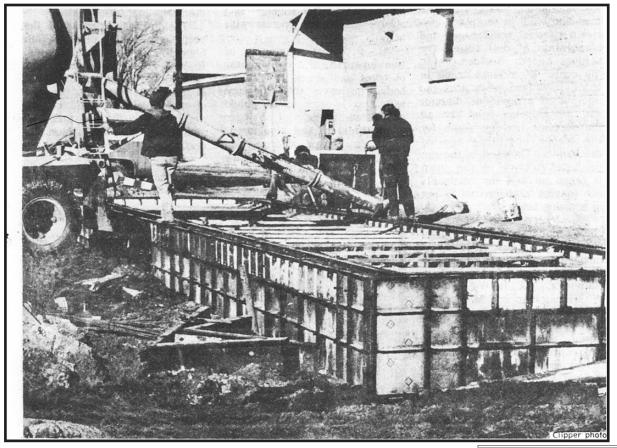
Tyson requested an executive session for attorney client privilege to discuss employee handbook and the Ninnescah Flats Solar Project. Commissioner Shriver made a motion

to recess into executive session for 15 minutes at 3:44 p.m. Commissioner Trinkle seconded the motion. Motion carried 3-0. Commissioner Shriver made a motion to come out of executive session at 3:59 p.m. with no action taken. Commissioner Trinkle seconded the motion. Motioned carried 3-0.

Commissioner Shriver made a motion to recess into executive session for 15 minutes at 4:00 p.m. for 15 minutes to discuss the Ninnescah Flats Solar Project. Commissioner Trinkle seconded the motion. Motion carried 3-0. Commissioner Shriver made a motion to come out of executive session at 4:13 p.m, with no action taken. Commissioner Trinkle seconded the motion. Motioned carried 3-0.

Commissioner Trinkle made a motion to approve the payment vouchers from February 18th and 24th . Commissioner Shriver seconded the motion. Motion carried 3-0.

Commissioner
Trinkle made a motion
to adjourn at 4:18 pm.
Commissioner Shriver
seconded the motion.
Motion carried 3-0.



K-STATE
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Kingman County

Cover Crop Meeting

Join Kingman County K-State Research and Extension for a Cover Crop Meeting on Wednesday, April 2, 2025, at 6 pm at the Hangar (126 N Main, Kingman, KS 67068). At this meeting, we will have speakers Logan Simon, Assistant Professor and Southwest Area Agronomist, discussing Productivity and Water Use. Augustine Obour, Associate Professor in Soil Science, will cover Soil Health. Lastly, Jaymelynn Farney, Extension Beef Systems Specialist, will discuss Grazing Cover Crops and Cattle Performance. Complimentary meal will be provided, but RSVP is requested for meal head count. Contact Grace with questions or for more information at 620-532-5131 or gschnei@ksu.edu. Please RSVP by March 28. Special Thanks to the sponsors: Heartland Soil Services, Kingman County Farm Bureau, and Farmers Cooperative Equity Co. for sponsoring the meal.

New Scales

Workers started pouring concrete Wednesday for the new scales at the Bunge elevator in Cunningham. The scales, located on the south side of the elevator office, will help eliminate the problem of trucks backing up to the highway while waiting to be weighed during harvest.

February 27, 1975 The Cunningham Clipper

"Nobody is qualified to become a statesman who is entirely ignorant of the problem of wheat."

— Socrates

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Poppy is such an interesting-looking short-haired tuxedo cat. She is about 8 months old, has been at the shelter since the beginning of February. She would like a warm and cozy home with a family who will adore her as she deserves to be adored.

Her adoption fee is \$50.00

Suki Sponsored by Baker Accounting



One can't be sure which is more interesting on this fine young lady: her ears or her pretty gold eyes.

Suki is a Border Collie mix and is a bit over 2 years old and has been at the shelter since February 21. She does want a home where she can play and run and enjoy life.

She is good with dogs. She's good with kid., She doesn't have much use for cats, though. But who can blame her, they are wily little beasts.

"Suki, at 33 pounds, is a perfect medium-sized family dog. She loves to play with sticks and balls and enjoys being outdoors. Up until now, Suki has not received a lot of love and attention, but she responds to both and has a big heart. We love this dog!"

Her adoption fee is \$180.00

A Column by Dean Marple

Shep

Both being around six, they shared certain similarities: boundless energy, a tendency to stick their tongues out when they ran, and a deep-seated dislike for baths. It also went without saying that neither of them had any use for cats.

However, there were also differences. The four-legged one had brown-and-white fur and one ear that refused to stand up. His two-legged companion was a towhead with a tiny scar on his right cheek, which he earned by crashing his bicycle on the blacktop road in front of their farmhouse. Shep, so named by the boy, was a six-month-old mutt who just showed up one day, while the six-year-old was called Timothy Allen Wilson Jr., though only by his mother. Everyone else just called him Tim. His mom joked that having the dog around was like having a second son. It was hard to tell who got the dirtiest. Good buddies and partners; Tim did the talking, while Shep proved to be a very skillful listener.

Whenever Tim felt the urge to talk, which was quite frequent, they headed to the front porch steps. The porch roof provided cool shade, and only the screen door separated them from the kitchen and Mom's cookies. With Shep's head resting atop Tim's thigh, they were deep in serious conversation.

"I'm worried, Shep. School starts in a few days, and I have Mrs. Schulz as my teacher. Billy Preston told me she was really, really mean. Once, when he was talking, she drew a circle high on the board and made him stand on his tiptoes with his nose in the circle. What if she does that to me?"

Two soft brown eyes looked up at Tim, but the dog said very little. A yawn and a sigh were Shep's only comments. He just wanted his belly rubbed.

rubbed.

A week later, school started, and Tim soon learned that Mrs. Schulz was not the ogre Billy described. In fact, school went well for Tim as the years drifted by. He grew, as all kids do, and eventually junior high arrived with multiple teachers, class schedules, football, and morning announcements. Thursday's

announcement, the one about his first girl-boy dance, had him worried. This was something to talk about on the porch steps.

With his best listener flopped beside him, Tim rambled on in a voice that peaked and valleyed as it swung from high and squeaky to something that sounded like his father. "Shep, I'm worried. Mom says I have to dress up and ask a girl to dance, but I don't know how to dance. What if I step on her toes? I kinda like Amy Nixon. What if I ask her to dance and she says no?"

Two soft brown eyes looked up at Tim, but the dog said very little. A yawn and a sigh were Shep's only comments. He just wanted his belly rubbed.

To Tim's relief, his mom taught him some basic dance steps, his new clothes weren't too scratchy, and Amy said yes—twice. Life moved on. Tim's voice settled, and Amy got prettier. Before he knew it, seventh grade became ninth grade and then twelfth grade. Everything was changing—well, almost everything.

He still had Shep, and they still had the porch steps.

eps. Tim bound up the steps, eager to talk. "Boy, I don't know what to do," Tim began. "Graduation is two weeks away, and I don't know what I want. I could go to college. Mom would like that. Maybe I should join the Marines? Dad would be proud if I joined. Amy says I could stay here and get a job at her dad's lumber yard. She'd like me to stay. I know what other people want, but what do I want?"

Tim rambled on, never noticing that Shep climbed the steps more slowly, his brown hair now mottled with gray. His ears, still one up and one down, probably didn't hear as well as they used to, but he still heard. he still listened. Just like that first time twelve years ago, two soft brown eyes looked up at Tim, but the dog said very little. A yawn and a sigh were Shep's only comments. He wasn't worried, always knowing that Tim would figure it out. Besides, he just wanted his belly rubbed.

This is a work of fiction. Any similarities between names in this story and real people are entirely coincidental.



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Visit them on Facebook at www.prairiebombers.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!

To reserve the Cunningham Community Center, contact

Lauren (Murphy) Beat at 620-770-6054

murphylauren2001@gmail.com

Help Wanted

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

Vendors Wanted!

The City of Sharon, Kansas, is having their First Annual "Seed Exchange and Garden Fair!" on Saturday, April 12. There is no fee, and we can provide some tables to those who reserve early. Vendor apps can be emailed to you. Call 620-294-5432 or email to sharoncityclerk@outlook.com.



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Priscilla Greene

Powell, Tennessee - Priscilla Ann Greene, 86, passed away Friday, February 28, 2025 at Morning Pointe of Powell. She was born on June 5, 1938 in Goodland. Kansas to Meritt L and Bertha E. (Coss) Goings. Priscilla married Roger Allen Greene on June 6, 1959 in Sharon Springs, Kansas. He preceded her in death on May 22, 2016.



Priscilla graduated from Sherman Community High School in Goodland, Kansas in 1956. She went on to earn her Bachelor and Masters Degree from Kansas State University. She taught for 1 year at K-State, 39 years in Kansas High Schools and 10+ years at Pratt Community College. She attended United Methodist Churches, Dodge City and Pratt Presbyterian Church. She was a member of Delta Kappa Gamma, American Association United Women, Retired School Personnel, Santa Fe Trail Association, Kansas Communication Association, National Forensics League, National Education Association, Pratt Community Concert Association, Kansas State Alumni Association, Pratt Retired School Personnel, Kansas and National Association of Teachers of English and Association of 4-H Influence. She enjoyed doing genealogy and studying Native American History.

She is survived by her children, Earl (Kelly) Greene of Oak Ridge, Tennessee and Elizabeth (Jay) Sanders of Corryton, Tennessee; grandchildren, Nathanael (Hannah) Sanders of Knoxville, Tennessee and Katherine Sanders of Corryton, Tennessee; step-grandchildren, Debbie (John Currin) Williams of Oak Ridge, Tennessee, Corey (Carlos Diaz) Taack of Sevierville, Tennessee and Ryan (Libby Evans-McClure) Williams of Sevierville, Tennessee; great-grandchildren, Nathanael Sanders, Natalie Sanders, Nicole Sanders, Nolan Sanders, Jeffery Sanders with another on the way; brother in-law, John Fink of Colorado; and many other relatives and friends.

Priscilla is preceded in death by her parents; husband, Roger; sisters, Amy Fink and Maridell (Robert) Steimel; and great-grandchild, Neal Sanders.

Funeral service will be held at 11:00 a.m., Thursday, March 6, 2025 at Larrison Mortuary with Pastor John Kissell presiding. A graveside service will follow at 2:30 p.m. at Appleton Cemetery, Minneola.

Memorials may be made to Pratt Area Humane Society, Pratt Presbyterian Church, Knoxville Cedar Lane United Methodist Church or Pratt Public Library in care of Larrison Mortuary. Online condolences may be made at www.larrisonmortuary.com.



Upcoming Auctions

March 19, 2025 - 1:30 p.m. 469 Acres of Barber Co Hunting Land - Heritage Center in Medicine Lodge, KS

For more information and a complete list of auctions, see our website at www.hammauction.com

107 NE State Road 61, Pratt, Kansas, 67124 620-672-6996





Saturday 10-2 621 South Main Pratt, KS (620) 388-0366

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Will mail or deliver. Cards and stamps make nice gifts for shut-ins. 620-298-2659

Wayne Parsons

Darrell Wayne Parsons, 99, passed away Thursday, February 20, 2025 at South Wind Home in Pratt. He was born on May 19, 1925 in Minneapolis, Kansas to Rollo Ray and Ada Estelle (Calkins) Parsons. Wayne married Flo (West) Parsons on March 26,



1949 in Kansas City, Kansas. They were happily married for nearly 76 years.

Wayne graduated from Cheney High School and was drafted into the United States Army in August of 1943, serving in the Pacific Theater with the Americal Division during World War II. At the end of the war he was discharged in January of 1946 at the rank of 1st Sgt. Upon returning home he decided to attend the Kansas City School of Watchmaking graduating in 1949. After working in a few jewelry stores he decided to move his family to Pratt, Kansas and open his own store, Parsons Jewelry in November of 1959 and was active in the store until its closing in November of 2023. He was a member of First United Methodist Church, and formerly a member of Pratt Masonic Lodge, Pratt Midian Shrine, Kiwanis International, Pratt Elks Lodge 1451, Kansas Jewelers Association and Pratt Greenbacks Booster Club. He was an avid tennis player, golfer and bowler. He enjoyed attending all of the local sporting events, spending time with his grandchildren and driv-

He is survived by his wife, Flo Parsons of Pratt; children, Steven Wayne (Susan) Parsons of Pratt, Mark Alan (Debbie) Parsons of Beeville, Texas and Nancy Ann Coss of Tulsa, Oklahoma; 6 grandchildren; 6 great-grandchildren; and many nieces and nephews.

ing his 1966 Mustang convertible.

Wayne is preceded in death by his parents and siblings, Ray Elton Parsons, Myraline Slusser, Dorothea Collumber, Veral Forrest Parsons, Galen E. Parsons, Richard A. Parsons, Ruth Joanne Compton and Almira Zimmerman.

A Celebration of Life with military honors will be held at 4:00 p.m., Saturday, March 29, 2025 at Pratt Elks Lodge. The family will visit with friends until 6:00 p.m. Inurnment will be at a later date at Pioneer Cemetery, Cheney, Kansas.

Memorials may be made to St. Jude Children's Hospital, Shriner Children's Hospital, Iuka Methodist Church, First United Methodist Church Puppet Ministry or Donor Choice in care of Larrison Mortuary, 300 Country Club Road, Pratt. Online condolences may be made at www.larrisonmortuary.com.



Cleo's Flower Shop 229 N. Main in Kingman kingmanksflorist.com (620) 532-3883

221 N. Main in Cheney cheneyksflorist.com (316) 542-0054 Sheila Jayne,

Owner/Operator



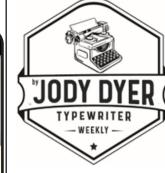
(photo by Teresa McClendon)

"Home's where you go when you run out of homes."

— John le Carré, The Honourable Schoolboy

"Every traveler has a home of his own, and he learns to appreciate it the more from his wandering."

— Charles Dickens



Best Beverages for Bulletproof Health

"Just Brew It" - Anonymous

In every area of life there is great benefit in cultivating good habits. This is especially true when it comes to our health. What we habitually eat and drink matters. I recently discovered some fascinating material from Dr. William Li. Dr. Li is a Harvard trained medical doctor most famous for his book Eat to Beat Disease. His classic treatise on self-healing through nutrition is a fantastic read. I highly recommend this book. Digging through Dr. Li's insights, most recently I learned some interesting things about beneficial beverages that we might all consider habitually drinking every day. Specifically, Dr. Li recommends beverages that can regenerate stem cells in our bodies.

Stem cells (adult stem cells) are special cells that have the ability to develop into various types of cells in our bodies, as needed. Stem cells can generate healthy cells to replace diseased, dysfunctional, or injured cells. This unique ability of stem cells to self-renew our various body parts make them highly valuable. As we age, the function and number of stems cells decreases impacting their potential for regeneration. Maintaining healthy stem cells may be the key to staying strong in old age. As such, anything that we can do to stimulate the production and health of stem cells is a very good thing. Dr. Li recommends drinking the following.

Mentioned first, and an obvious consideration, is WATER. Without adequate water, the functioning of our bodies is hampered. Water is needed to keep all our metabolic processes working properly.

On the top of our list is GREEN TEA, an amazingly beneficial drink. Green tea is packed with phytochemicals - plantbased bioactive compounds produced by plants for their protection. Among these is a natural polyphenol called Catechin (EGCGepigallocatechin-3).

Catechins help you relax, promote healthy lipid production, fight inflammation, and can help prevent cancer. Catechins have also been shown to increase stem cells. Green tea is good for you. Black tea can also help increase stem cell production.

Next on the beneficial beverage list is COFFEE, my favorite. Coffee is loaded with chlorogenic acid. Chlorogenic acid is a biologically active dietary polyphenol that is anti-inflammatory, good for your metabolism, and helps activate your health defenses. The chlorogenic acid in coffee improves blood flow, fosters a healthy gut microbiome, and strengthens your immune system. And chlorogenic acid stimulates the production of stem cells, allowing the organs in your body to regenerate as

A recent study from the UK and published in the journal Annals of Internal Medicine, highlights the massive benefits of drinking coffee. 171,000 participants aged 50-60 were monitored for over nine years. Those who drank $2 - 3 \frac{1}{2}$ cups of coffee daily showed a 30% decreased risk of all-cause mortality. My goodness drink coffee every day. It's good for you!

Our next healthy beverage is a treat -HIGH FLAVANOL HOT CHOCOLATE. This is not the sugar-laden hot chocolate that you find on most grocery store shelves. This is the dark healthy chocolate with 70%-80% CACAO content. If you find the cacao, cocoa, chocolate dynamic confusing, here's a quick synopsis. Cacao refers to cacao beans that have not been roasted. When roasted, cacao becomes cocoa. Cocoa is used to make chocolate. Cacao is raw. Cocoa is roasted cacao. Chocolate is made by fermenting and processing cocoa. Hope that makes sense.

To make healthy high flavanol hot chocolate (flavanols are super healthy antioxidants), you will probably have to make your own. Here is a simple recipe. Mix and heat until bubbling 2 cups whole milk, 2 tablespoons cacao powder, and 2 tablespoons maple syrup. You can purchase cacao powder online. Look for organic powder, with no sugar or other ingredients added. Regular high flavanol hot chocolate consumption (approx. 2 cups a day) has been linked to vastly improved blood flow and increased stem cell levels in humans. This is good stuff.

Enjoy these best beverages for bulletproof health!

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