

# The Sheridan Sentinel

The Official Newspaper of Sheridan County

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Hoxie, Sheridan County, Kansas 67740

Thursday, April 25, 2019

75c Single Copy

## TAXPAYERS' REPORT

On April 1, we had a major blessing in our community. Seven of the new homes in Sunrise Addition here in Hoxie were accepted into a special housing program that makes renting and eventual homeownership possible for the young families here in Hoxie. This program was made possible by the participation of several local banks, attorneys, builders, concrete, building suppliers, and the Kansas Housing Resources Corporation.

This is what it looks like when a community works together for the betterment of our community. Since I have served as your County Commissioner, I have continually promoted the importance of all of us working together. When we do, it is remarkable the things we can accomplish.

Families will start moving into these new homes about May 1 and will continue to move in throughout the month. We hope to have all these homes inhabited by the end of May.

I want to thank our rural residents that have participated in our Commissioners' Meetings and have offered help and input about solving problems. With their help, we are on a positive course in Sheridan County to make improvements and solve problems.

Thanks for reading and have a great life!  
WES BANTER, County Commissioner

## HOUSES for RENT

7 Homes in the  
**SUNRISE ADDITION**  
in Hoxie, KS

## City of Selden Receives Donation

(Correction from last week)



The City Council of Selden featured from left to right: Ryan Stevenson, Tammie Stevenson, Bernie Koerperich, Mayor, Dusty Spresser, Danielle Schiltz, and Steve Rogers. The City of Selden plans to use the money to begin improvements to the tennis and basketball courts. Commissioner Wes Bainter donated his check to the Selden City Council. (Courtesy photo)



## HHS Athletes to be Honored at 1st Annual Hoxie Athletic Banquet

The Indian Pride Booster Club is sponsoring the 1st Annual Hoxie Athletic Banquet on Wednesday, May 8 at 6:30pm to honor all of the Hoxie High School athletes, and their families for the 2018-2019 sport season.

A potluck meal will be served, with the team members bringing their designated food item and the Booster Club providing the main dish. A silent auction will be held for several HHS items, and a Letter Jacket Representative will be on hand to take orders.

RSVP for the event is Friday, April 26 to ensure there will be enough food for everyone. Sign up in the school office or messaging on their Facebook page: Indian Pride Booster Club.

## DSNWK Receives \$2,500 Matching Grant from Pete Henry Foundation

Developmental Services of Northwest Kansas plans to begin renovation of its center at 733 9th St., Hoxie, with its first donation to the project being a \$2,500 matching grant from the Pete Henry Foundation.

Once this grant has been matched, DSNWK plans to utilize the \$5,000 towards Phase 1 of a much-needed renovation project of its developmental center in Hoxie. Phase 1 of this renovation will be to create accessible restrooms and a new utility room. As the intellectual and developmental disability (I/DD) population ages, the need to address growing accessibility needs has become one of DSNWK's top priorities being addressed in their Stronger Forever Together capital campaign.

This developmental center, which was built in 1972 and

opened by DSNWK in 1995, is home to DSNWK's College for Living program. The College for Living provides structured learning opportunities for individuals on life skills and opportunities to participate in classes and subjects that interest them.

If you would be interested in supporting this effort and donating toward the match of this grant, would like more information on the project or the services that DSNWK provides, contact DSNWK at P.O. Box 310, Hays KS 67601, 785-625-5678 or steve\_keil@mysnwk.org.

DSNWK is a 501(c)3 nonprofit serving 18 counties in northwest Kansas with a mission to advocate for persons with disabilities and those who care about them by planning and supporting a life of dignity, interdependence, and personal satisfaction in the community.

## SCCF Donates to Hoxie Blood Drive



The Sheridan County Community Foundation presented a check in the amount of \$750 to assist with building rental/ utilities in support of the Hoxie Blood Drive events this year. Pictured at the April 17 blood drive are Marty Cressler, volunteer and Blood Drive Coordinator; Amy Seegmiller, Hoxie Fair Board Representative; and Karl Pratt, SCCF Board Liaison. (Sentinel Staff photo)

## NUT DAY MIXES EDUCATION WITH FUN



The Sheridan County Conservation District and the local NRCS, taught the Hoxie second graders the importance of growing trees. Last fall we gathered Bur Oak acorns and Black Walnuts. Following a process to encourage germination, this week each child planted their seeds to take home and nurture. (NRCS photo)



The Sheridan County Conservation District and the local NRCS help the kids get ready to plant their tree nuts. (NRCS photo)

## GPES Receives Midwest Energy Grant

By Judy Rogers

Golden Plains Elementary recently was notified that they were the recipients of a Midwest Energy Grant. The grant, which was written by Justine Tuttle, will be used to purchase wobble chairs for the classroom.

"All students learn differently and develop their academic skills at different rates," said Tuttle. "One way to self-monitor the behavior in the classroom is through flexible seating. I had purchased a couple of wobble chairs to test out the theory at the beginning of the year and it has worked tremendously. The chairs assist students who struggle with sitting still

## EASTER BUNNY VISITS TO HOXIE



Mader's Munchkins went to spend time with their "Grand Friends" at the Long Term Care on Thursday, April 18, and met with the Easter Bunny too! He also helped find the eggs he hid for them. (SCHC Activities photo)



Maxine Patmon gets Easter snuggles from the Easter Bunny at the Long Term Care, Thursday, April 18. (SCHC Activities photo)



## NASA Live Downlink on May 10

From Jim Howard, Superintendent, USD #412

Hoxie will have a unique opportunity for live communication with Nick Hauge and the other astronauts aboard the International Space Station. I have been working with NASA, the Kansas Cosmosphere and few other Kansas schools to prepare for the live event the morning of May 10. All are welcome to attend and we will have more information as we get closer to the date.

The first step was for students to submit questions that NASA would screen. There were nearly 300 questions submitted by the participating schools and the following students' questions were selected from Hoxie.

Congratulations to 10 Hoxie students whose questions were selected.

Question Order, Student's Name & Grade

- 1-Lillie Denio, 3rd
- 7-Dylan Mader, KDG
- 14-Carley Cooper, 4th
- 15-Mea Affolter, 3rd
- 16-Jensen Armknecht, 3rd
- 17-Kenzie Nondorf, 1st
- 20-Genesis Harvey, 7th
- 21-Gavin Schippers, 7th
- 22-Helaina Heskett, 4th
- 23-Skyler Tremblay, 8th

## NOTICE

Beginning May 1, The Sheridan Sentinel's office hours will change.

We will be closed Wednesdays until 1pm for Commissioners' Meetings & lunch.

The Sheridan Sentinel 716 Main Street, PO Box 78, Hoxie, KS 67740 785-675-3321 sentinel@sheridansentinel.com

### Words of Faith

MAY YOUR LIFE BE LIKE A  
**WILDFLOWER**-  
GROWING FREELY IN THE  
BEAUTY AND JOY OF EACH DAY.  
NATIVE AMERICAN PROVERB

### Grain Report

Reported on: Tuesday, Apr. 22

Wheat	3.84
Corn	3.07
Milo	2.76
Beans	7.00

### Weather Report

SC Conservation District

Date	High	Low	Moisture
4/14	70	31	--
4/15	81	39	--
4/16	77	44	--
4/17	72	43	--
4/18	64	35	--
4/19	73	37	--
4/20	88	45	--

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### Words of Wisdom

The flower  
doesn't dream  
of the bee.  
It blossoms  
and  
the bee comes.  
-Mark Nepo



# Community News

## The Sheridan Sentinel

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## JENNINGS NEWS

By Louise Cressler

The weather is the big news. It feels more like summer temperature-wise than it does spring.

Jennings United Methodist church Good Friday services were attended by 16 people including three from Norcatur. About the same number of members attended Sunday Easter services. It was a beautiful Sunday morning.

Next Sunday the Gideons will preside over the church services at Jennings.

Kara and Gordon Kuntz, Hays, attended church with her parents Doyle and Kay Brown Easter Sunday.

Easter Sunday dinner guests at the home of Ramona Shaw included Alice Wagoner, Hoxie; Kevin and Colleen Wagoner, Sharon Springs; Mark and

Shelley Shaw, rural Logan; Cindy Black, Gem; Bowen Black, Colby; Jordan Nuss, Colby; Adam and Sierra Wahlmeier, Norton; Nick and Kerrie Wahlmeier, Trenton, Kyndal and Brynn, rural Oberlin; Jeff and Mary Wahlmeier, rural Clayton.

Ramona Shaw attended a birthday party last Saturday at the home of Nick and Kerrie Wahlmeier, rural Oberlin, honoring their daughter, Brynn, on her third birthday. Additional guests included great-grandmother, Darlene Feikert, St. Francis; grandparents, Randy and Sharon Olson, rural Oberlin; Jeff and Mary Wahlmeier, rural Clayton; aunts and uncles, Matt and Kristy Ostmeier and boys, Oberlin; Brent and Molly Olson and boys, Oberlin; big brother, Trenton; big sister, Kyndal.

### Brush Pen Calligraphy Class at the Hansen Museum

The Hansen Museum Continuing Education Program is pleased to present its first-ever Brush Pen Calligraphy class on May 20 at 6:00 p.m. in the Hansen Museum Community Room.

Led by instructor Chandra Feldman of "Sarcasm & Calligraphy" out of Glen Elder, KS, participants will discover the basics of modern calligraphy while using a brush pen. Feldman will demonstrate and teach the convenience of the brush pen to practice consistent calligraphy techniques in this illustrative class. Students will take home two brush pens and workbooks to allow them to continue creating art on their own.

Class size is limited; please register by May 13. Registration is \$45 per student with discounts

available for Patron and Sustaining Hansen Museum Members.

This learning opportunity is brought to you through the Hansen Museum Continuing Education Program. For more information, please call 785-689-4846.

The Dane G. Hansen Museum is open Monday through Friday 9-12 & 1-4; Saturdays 9-12 & 1-5; Sundays & Holidays 1-5. We are closed Thanksgiving, Christmas, and New Year's Day. The Museum is handicapped accessible and admission is always free thanks to the generous support of the Dane G. Hansen Foundation. For more information or if you have questions, please contact us at 785-689-4846.

### Nicole Heim Inducted into The Honor Society of Phi Kappa Phi

Nicole Heim of Hoxie, Kansas, was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Heim is pursuing a degree in Life Sciences at Kansas State University.

Heim is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 75 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized

excellence in all academic disciplines. Today, the Society has chapters on more than 300 campuses in the United States and the Philippines. Its mission is "To recognize and promote academic excellence in all fields of higher education and to engage the community of scholars in service to others."

**More About Phi Kappa Phi**  
 Since its founding, more than 1.5 million members have been initiated into Phi Kappa Phi. Some of the organization's notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards nearly \$1 million to outstanding students and members through graduate and dissertation fellowships, undergraduate study abroad grants, funding for post-baccalaureate development, and grants for local, national and international literacy initiatives. For more information about Phi Kappa Phi, visit [www.phikappaphi.org](http://www.phikappaphi.org).

## Area Calendar

**Every Tuesday:**  
 12pm Hoxie Rotary Club-upstairs at Oscar's

**Every Wednesday:**  
 Moms in Prayer Meetings: Contact Kristin Johnson for more information 785-657-1478

6pm Connect-UMC  
 7:30pm FOUNDRY-Hoxie UMC (6:30pm-3rd Wednesday)

**2nd Monday - each month:**  
 5pm Sheridan County Hospital Auxiliary Meeting-SCHC Conference Room

**1st Wednesday - each month:**  
 6pm Grinnell VFW monthly supper at VFW Hall

**2nd Wednesday (Sept-May):**  
 2pm UMC Coffee Club-UMC Social Hall

**2nd Thursday - each month:**  
 9:30am HAMA Theological Book Club. Location changes each month, contact Pastor Micah Howery for location & information [micahhowery@](mailto:micahhowery@)

[gmail.com](mailto:)

**Last Monday (Aug-May):**  
 7pm Indian Pride Booster Club Meetings-Hoxie HS Cafeteria

**Last Thursday:**  
 7pm Jennings Book Club Meeting-Jennings City Library

**Every Sunday:**  
 7pm SED (Spiritual Education & Discernment) Bible Study w/ Pastor Jake Schadel (Cross & Flame Parish)

**Hoxie Thursday, April 25:**  
 5:30pm Hoxie Farmers' Market Vendor Interest Meeting @ Sentinel Building, 712 Main Street.

**Friday, June 7:**  
 SAVE the DATE for the Sheridan County Benefit Walk!

**Thursday June 13:**  
 9am Stroke Detection Plus Screening Event

## Sheridan County Commissioners' Meeting Agenda

EFFECTIVE Wednesday, May 1, 2019, the regular Commissioners' Meeting will move to 9am every Wednesday.

If you would like to be on the Agenda, please contact the Clerk's Office at 675-3361 by noon on the Monday prior to the meeting.

WEDNESDAY, APRIL 24, 2019

Sheridan County Courthouse  
 Agenda Subject to Change

- 2pm Joe Pratt, County Attorney
- 2:30pm Ross Carder
- 3pm Shirley Niermeier
- 3:30pm Niceta Farber & Mike O'Dell
- 4pm Old Business

Public Invited

### 2019 ELECTION NOTICE

Deadline to file or withdraw Candidacy for the 2019 Election is Monday, June 3, 2019 at 12:00 noon.

The following offices will be nominated:  
 City of Hoxie Street Commissioner  
 Sheridan County Health Complex Board of Trustees

- 2 Positions: USD #412 School Board
- 4 At-Large Positions: City of Selden Mayor & 5 Councilmen
- Twin Creeks Extension: 2 At-Large Board Members

There is a \$20 Filing Fee for Each Office. Filing packets may be picked up at the Clerk's Office or contact the office with questions at 675-3361.

### Submission Guidelines

Print-ready ads and content deadline: noon Tuesday  
 Non-print-ready ads MUST be in by 3 pm Monday.

Due to time constraints, all ad & content submissions must be emailed in .doc, .docx, or .pdf format; photos in .jpg or .png format. All non-print-ready ad submissions are subject to a design fee (starting at \$10).

Please email articles, news, and photos to: editor@sheridansentinel.com or bring them by our office at 716 Main Street, Hoxie.

We confirm receipt of all emailed submissions within 24-hours. If you have not received confirmation, or if it is a time-sensitive submission, please call us at 785-675-3321. [sheridansentinel.com](http://sheridansentinel.com)

Find us on the newsstand at these locations:

- JD's ~ Red's ~ Joslyn's
- Hoxie Stop 2 Shop
- Mahanna Pharmacy
- The Hitchin' Post



The Sheridan Sentinel

[www.sheridansentinel.com](http://www.sheridansentinel.com)



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**GARAGE SALE FUN!**



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 \$10/location

Contact: Viktorija Briggs  
 Sheridan County  
 Hwy 24 Garage Sales Coordinator  
 Call 785-675-3321

Stop by The Sentinel office:  
 716 Main Street, Hoxie

Email: [sentinel@sheridansentinel.com](mailto:sentinel@sheridansentinel.com)



785-675-1295

[www.cresslercreeklogcabin.com](http://www.cresslercreeklogcabin.com) \* "Like" us on Facebook

**JD's RESTAURANT**  
 744 Main Street, Hoxie  
 785-675-3302

Daily Specials  
 Daily Buffet  
 Monday ~ Friday  
 and  
 5-Meat Sunday Buffet

DINE IN or CARRY OUT



## TACO BAR SUPPER FUNDRAISER

Homemade Desserts  
 benefiting the new  
 Scout Troop 161

**Sunday, April 28**  
**6:00 PM - 7:30 PM**  
**Bowen Scout House**  
**FREE WILL DONATION**





Thursday 4/25  
 Cheeseburger  
 Friday 4/26  
 Taco Salad  
 Saturday 4/27  
 Sloppy Joes  
 Monday 4/29  
 Pork Tender  
 Tuesday 4/30  
 Chicken Bacon Swiss  
 Wednesday 5/1  
 Chicken Salad

**Hours:**  
 Grill  
 Monday ~ Saturday  
 10:30am ~ 9pm  
 Bar  
 Open Daily

*\*\*Menu Subject to Change*

[www.facebook.com/The-Hitchin-Post-287459552126428](http://www.facebook.com/The-Hitchin-Post-287459552126428)  
**901 MAIN STREET \* HOXIE KS**  
**785\*657\*7711**



# Community News



## Mealsite Menu

April 29 ~ May 3

**Monday:** Beef Frank, Mashed Potatoes, Sauerkraut, Bread, Mixed Fruit

**Tuesday:** Turkey a la King, Green Beans, Blushing Pears, Biscuit, Brownie

**Wednesday:** Ham & Potato Casserole, Green Beans, Bread, Peaches

**Thursday:** Bierock Casserole, Spinach Salad, Blushing Pears, Pudding

**Friday:** Tuna Salad, Tomato Soup, Pineapple, Crackers, Bar Cookie

The Hoxie Mealsite wishes to invite those 60 and older and their guests to attend daily luncheons in the community room at Ridgewood Manor Monday - Friday. Calling 675-2154 by 11 a.m., the day before, may make reservations. Home Delivery is also available for those unable to attend due to social or physical disabilities. We also invite those working, who would like to pick up. For individuals 60 and over, a contribution of \$3.25 per meal is requested. We also invite those less than 60 years of age to attend or pickup a meal at a cost of \$6.00 per meal. A monthly menu can be picked up at a Meal Site. Pinochle is played every Tuesday (bring a quarter) & Friday after lunch. Make checks payable to HOMESTEAD Nutrition Project.

### Fighting Food Waste - We Can Make a Difference!

The USDA, EPA, and FDA recognizes April as "Reducing Food Waste Month." Here are some ways we all can make a difference.

It happens easily - we take more food at the buffet than we can eat, or the last potato in the bag "goes bad" before it gets used. Maybe that large jar of pasta sauce is more than you can use at one meal, but the leftover portion just gets old in the refrigerator.

Food waste occurs when an edible food goes uneaten - and food waste happens in many ways. Maybe a store owner can't sell a funny-shaped or "ugly" carrot, or maybe portions served in a cafeteria were so large there was lots of food left on plates after customers finished. By some estimates, about 40 percent of the U.S. food supply goes uneaten. Of that uneaten amount, food thrown away in homes and foodservice makes up over half of the total amount of food waste.

When we are trying to stretch our food budget, why would we waste food? It may seem unlikely, but research shows that the very tips we follow to save money - such as buying groceries in bulk,

monthly shopping trips (rather than frequent, smaller trips) and cooking once for multiple meals have been shown to lead to food waste.

What can we do? Studies show that better meal planning and careful food storage help prevent food waste. Many easy practices help us use food more wisely. Start by planning meals you would like to prepare at home and writing down what foods you will need. A key strategy is making a list of what you will need to buy - what is already on hand in the refrigerator or cupboard?

Cutting our own food waste is something each of us, as global citizens in a hungry world, can work on. Being aware of our food habits is an important first step.

**Leftovers**  
Leftovers can be money-saving, or they can be food-wasting! Safe, careful storage of leftover prepared food and extra ingredients prevent food waste. Wrap or cover leftovers to prevent drying in the refrigerator. Store fruits and vegetables properly - for maximum life, some should be kept in the refrigerator, while others should be stored at room temperature.

Here is a list of proven ways to fight food waste.

- Shop the refrigerator and cupboard shelf before going to the store. Make a list and

## Preacher's Point

By Pastor Timothy Johnson



On the evening of April 21, 2019; when it was time to finally kick back and relax which of the following went through your mind?

A. What a wonderful day! Getting to celebrate the resurrection of Jesus Christ is always a blessing.

B. Boy, I am glad that is over with; I am already dreading having to go through it again next year.

use what's on hand before buying more!

- Check your refrigerator temperature - by keeping it at 40° F. or below, food will stay fresh longer.

- Fix the right amount of food. If leftovers sometimes go uneaten, consider cutting that stew recipe in half before you buy extra ingredients and cook too much.

### How to Keep Produce Fresh Longer

Fruits and vegetables are often stored improperly. This improper storage causes them to go bad quickly and ultimately get thrown away. Take steps to store your food properly to reduce food waste.

Some fruits and vegetables should be stored in the refrigerator while others are cold-sensitive and should be stored at room temperature. Make sure you store your produce in the proper place to increase its life span.

**In the Refrigerator** store apples, cantaloupe, figs plums apricots, honeydew, cauliflower, cucumber, cabbage, broccoli, lettuce and Brussel sprouts.

**At room temperature** store uncut avocados, peaches, bananas, watermelon tomatoes, and nectarines.

**Never refrigerate** uncut potatoes, onions, winter squash or garlic. Keep them in a cool, dark, dry cabinet.

C. Was today Easter?

The question I am getting at is this - What effect does Easter have on your life?

If you are thinking, "It's just another day on the calendar." In other words, answer C above; or if you are thinking, "It is a holiday, getting together with family, a good meal. You know, like a lot of other holidays, but with Easter stuff" (Answer B above). Then I would like you to consider some things.

Have you ever noticed that many holidays are about change?

New Year's Day is changing from one year to the next. Often there is personal contemplation with at least the acknowledgment that some things in our life need to change. Yes, many New Year's resolutions fall to the wayside by the first of February, but at least the attempt of change was there.

Valentine's Day - Change on Valentine's Day? Yes, think about it, the change may only be for a day, but there is change, nonetheless. If February 14 was not Valentine's Day, if there were no Valentine's Day, would those flowers be bought? Would that special meal be made, or the fancy restaurant been paid a visit? Would that date have taken place on a Tuesday night? We all know the answer. Again, albeit only for one day, but that holiday did bring a change of behavior.

Memorial Day, the Fourth of July, and Veteran's Day all bring another day of change. Do not get me wrong, every day, every American should be thankful for the blood, sweat, and tears of the generations current and previous that protected us and gave their blood for our freedom. Often a young person, through talking with a veteran, or hearing about the experiences and the recognizing the results of the heroic efforts gain an appreciation for the sacrifices made and the nation in which they live that will stay with them the rest of their lives.

Easter, with many people, is either forgotten, set in some family or religious traditions, or so bogged down with so much activity the meaning of the day has escaped, and all anyone can anticipate is the day coming to an end.

Easter should bring change more than any other holiday. The day's ramifications are eternal, and if the events of Easter are unworthy of changing a person's

life, then the last two thousand years of human history is worthless.

What if the resurrection is a fake? What if the body was stolen? What if Jesus' body is out there somewhere, a skeleton amongst the dust? If Christianity is a hoax or a lie that got way, way, out of hand, then Jesus Christ is a liar, a fraud, and definitely not God.

But what if the resurrection is real? Then Christ is exactly who He said He is - God. If the resurrection is real, then everything the Bible teaches about life, eternity, and the condition of humanity is the truth. If the events of the first Easter are factual, then should not Easter and the Bible make an impact on our lives? Should not the holiday Easter, be more than just another day on the calendar or a day filled with family and religious traditions?

Every one of us in the human race has done something wrong. Regardless of the level or the amount of wrong we have done we are all guilty of something. Because we are sinners, God needed a way for our sin debt to Him paid. God decided that innocent blood would be the payment for our sin debt.

When Christ was dying on the cross, He cried out, "It is finished!" God was telling the world the payment for sin was complete. The separation between God and man was no longer there; the blood had bridged the gap.

God acted on His power over sin, by sending His only begotten Son to the cross, then three days later, God proved His power over death, by Jesus walking away from the grave.

All hope in life and death is in the resurrection of Jesus Christ. Should Easter not make a difference in who we are and how we live?

Let me add another answer to the Easter question above -

D. Easter has made a difference in my life.

Preacher Johnson is Pastor of Countryside Baptist Church in Kingman Indiana. Email: [preacherspoint@gmail.com](mailto:preacherspoint@gmail.com); mailing address: 410 S. Jefferson St. Rockville IN 47872; he is available for revivals, prophecy conferences, and other speaking; archived Preacher's Points and sermons may be found online at: [www.preacherspoint.wordpress.com](http://www.preacherspoint.wordpress.com).

**SAVE THE DATE!!**

**Sheridan County Benefit Walk**

**Friday, June 14**

### Area Churches

*Christ Community Church*  
454 W Hwy 24  
Hoxie

*Christian Fellowship Church*  
God's Living Stones  
2008 Sheridan Ave  
Hoxie

*First Presbyterian Church*  
1101 Sheridan Ave  
Hoxie

*Hoxie Baptist Church*  
1000 Valley  
Hoxie

*Hoxie Christian Church*  
1025 Queen  
Hoxie

*Hoxie Church of Christ*  
1541 Oak  
Hoxie

*Hoxie United Methodist Church*  
1325 15<sup>th</sup> St  
Hoxie

*Immanuel Lutheran Church*  
1400 Locust St  
Hoxie

*Living Word Fellowship*  
454 Hwy 24  
Hoxie

*McGraw United Methodist Church*  
12602 N Rd 40 E  
Dresden

*Mt. Pleasant Baptist Church*  
14988 E Rd 70 S  
Hoxie

*Sacred Heart Catholic Church*  
202 S Missouri  
Selden

*St. Frances Catholic Church*  
924 17th  
Hoxie

*Selden United Methodist Church*  
Selden

*St. Martin's Catholic Church*  
Seguin

### Bainter Chiropractic

Dr. Raquelle Bainter

Tuesday 9:00 - 12:00  
Thursday 2:00 - 5:30  
Saturday by Appointment

800 Main St.  
Hoxie  
785-677-3077

## NOTICE

### -Taxpayers-

May 10, 2019  
Is The Deadline For The  
Second Half 2018 Taxes

Reminder - Please bring your copy of receipt off your statement

The second half of the 2018 taxes are now due. If not paid on or before May 10<sup>th</sup>, 2019 your taxes will draw interest at the rate prescribed by K.S.A. 79-2968. All delinquent real estate taxes will be published by name and description as per K.S.A. 79-2301, 79-2302 and 79-2304. All delinquent personal property taxes will be published by name, last known address and tax amount as per K.S.A. 19-547

Shirley Niermeier  
Sheridan County Treasurer

## HOUSES for RENT

7 Homes in the  
**SUNRISE ADDITION**  
in Hoxie, KS

Please contact BAINTEK CONSTRUCTION at  
**785-675-3297**  
for more information

## The Kitchen Cabinet

Rachel Farber

**More Strawberry Dishes**  
A pint of nice berries will furnish plenty of dessert for a family of five or six, if the berries are used wisely. A most dainty dessert is either angel food or sponge cake cut in rounds, heaped with crushed berries mixed with whipped cream or the berries may be covered with the cream.

**Cottage Strawberry Sauce** - Bake a cottage pudding in an angel cake pan, or a simple sponge cake mixture may be used. Remove from the pan to a serving dish, fill the center with sweetened and flavored whipped cream and pour around it a sauce using some crushed berries to make juice, sugar and a few sliced

or quartered berries. Keep warm until serving time.

**Strawberry Ice Cream** - Wash, hull and mash one quart of berries. Sprinkle with a cup of sugar and let stand for three hours, then mash and squeeze through a double thickness of cheese cloth. Mix one and one-half cupfuls of heavy cream, one and one-half cupfuls of milk, the whites of four eggs beaten stiff and a little salt. Freeze to a mush, then add the strawberry juice and continue freezing. More sugar may be added if the fruit is quite acid.

**Steamed Rice-Strawberry Sauce** - Cook one cupful of rice in milk until well done but whole. For the sauce take three tablespoonfuls of softened butter, add one cupful of powdered sugar, mixing it until creamy, then stir in a half cupful of whipped cream and a pint of sliced strawberries, which have been slightly sweetened. Serve at once.

A few strawberries add much to the appearance and flavor of any fruit salad, and as a garnish for ice cream nothing is nicer than fresh berries crushed with sugar, using equal parts of each. Berries, the small ones, when crushed and mixed with equal parts of sugar, will keep indefinitely if in a cool place. This preserve may be used in countless ways.

By Nellie Maxwell  
The Sentinel Archives  
The Hoxie Sentinel  
April 24, 1919

Jams, Jellies  
& More

Carol & Rachel  
Farber

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# KENOXIE ARCHIVES & MUSEUM'S Now & Then

Compiled by Rachel Farber, Archive Director

125 Years Ago

April 26, 1894

Jake Schroth was in town Saturday and was carrying his arm in a sling. It seems that his little fracas proved more serious than was first thought.

Steve Sutton the Grainfield merchant was in town Tuesday, accompanied by his wife.

T. S. Palmer, is building an addition to his popular hotel.

Miss Maggie Treasure, is visiting with her parents at Macgraw, this week.

Pearl Toothacre informs us that they are through sowing alfalfa and that part of it is up.

W. S. Quisenberry moved his real estate office from the Chambers building to the building lately occupied by the billiard hall.

Mr. Rodgers, a new comer in Prairie Dog township, was in our city Saturday and took out a load of furniture and other household goods.

Ed Lupton thinks the United States Treasury will need checking up after Coxey's army leaves Washington, and is thinking of sending in a proposition to do it.

Another building has been moved from Grainfield to Gove City. About the next thing we expect to hear will be that "Ike" Purcell has moved his patent medicine sheet to Gove City.

The Independent Order of Odd Fellows was first established in the United States, April 26, 1819, making today the 75<sup>th</sup> Anniversary of that Grand and good Order which is intended to make men social and humane.

Lew Korb says he is quite a politician as he gets letters from office seekers of all parties asking for his "influence". He says he does not believe the report that Gen. Weaver was coming to Kansas to run for congress, as he had received a line from him.

A foreigner of some kind was tuning pianos in Hoxie the first of the week.

A Smith Center firm of hog buyers failed the other day, caused by the loss of three dollars, however they made a raise of \$6 in the afternoon and resumed operation on a much larger scale.

This is not intended for a dun, but we would like for someone of our many delinquent subscribers to liquidate to the extent of \$1 by May 1<sup>st</sup>, thereby enable us to save our poor dog's head for another year.

General J. B. Weaver, the man of many parties, partially denies the statement which appeared in the papers that he was going to move to Kanas to make a race for congress from the sixth district.

Some Logan county farmers have stopped seeding and will sow no more 'till we have a change of administration which will only be two years from this fall, but the ground will go back to sod in two years.

**Tasco News**  
Irwin Hedge is in Salina attending school.

Miss Anna Bird is visiting relatives near Hill City.

George Pratt has put in a dam on Museum, and will irrigate several acres.

A prairie fire started very mysteriously last week just north of Guy, the neighbors turned out and soon stopped it.

Some land buyers were out Saturday looking over the Brown ranch, and three other sections, with a view of buying. They come from Chicago.

Reporter

100 Years Ago

April 24, 1919

**Local News**  
Jay Steinshouer is helping out with the rush of business at the Watson grocery this week.

Reports come from Thomas county that farmers are mowing their wheat to keep it from jointing too soon.

Miss Mae Minor, of the Chicago neighborhood, spent a few days here the first of the week the guest of Miss Elizabeth Pearson.

William Dillon returned the first of the week from a three months' trip to Colorado, Wyoming, Montana, and Idaho, where he has been working.

Andy Nestor was up from Saline township on business Monday. Owing to bad roads



This photo was from the collection of items found in a trunk that had been left behind at the jewelry store in Tasco. (Kenoxie Archives and Museum photo)

this was the first trip Andy has made to the shire city in several months. He gave mighty encouraging reports of crop conditions in his part of the county.

Gypsy Rover, a musical comedy, will be staged by the high school pupils, at Beers' hall, Friday evening, May 2.

Representative McIvor came in from Topeka, Saturday evening, for a few days. He says he likes his position as deputy fire marshal quite well.

**Tasco Items**  
Sent In

The R. C. C. Club met with Mrs. Crum last Thursday. Mrs. Ben Taylor was a visitor and worker.

Several ladies spent Monday with Mrs. Roswell in the manner in which they have observed her birthday for many years. They were pleased to have Mrs. Hanson to go with them.

Charles Currier and family enjoyed a visit with Mrs. Currier's brother who has been in camp. Another brother, who is across, sent Gordon and Jefferson German helmets of which they are very proud.

Holly Creek Sunday school started out for the year 1919 with new officers. Mrs. Elma Conard is superintendent and will appreciate the help and attendance of everyone. An Easter service was given last Sunday.

**Leoville Items**

By Gabriel  
Miss Nellie Otter, of Goodland, is the new hired girl at Pete Paul's.

Zimmerman Bros. drove one of their steam engines, which they sold to a Jennings party, to Dresden Tuesday.

The Leoville church, parsonage and sisters' house are being equipped with electric lights. George Tacha and John Stegeman are doing the work.

**Houck's Landing**  
By Remus Spaulding  
Mr. and Mrs. Al Saathoff

were autoing in these parts Sunday.

Our little friends, Ethelyn and Vesta Williams, of Selden, are visiting relatives here.

Miss Edith Doubleday closed a very successful term of school in the Bloomfield district Friday.

E. A. Patterson has named his dog Woodrow because he hasn't been home but three days this spring.

**Bow Creek**  
By Mary Hoepotatoes

Joe Yantiss is looking well, a little rest does one a world of good sometimes.

Revival meetings commenced at Bow Creek church, Tuesday evening, conducted by the Nazarenes.

**Saline Pick-ups**  
By X. Y. Z.

Miss Ida Davis, of Studley, closed a successful term of school at Square Top recently. We are sorry her services can not be secured again.

William Brown who has been doing his bit serving Uncle Sam in an Oregon lumber camp has been honorably discharged and stopped off here a few days before going on to his home in Missouri.

Married at the home of the bride's parents near Codell, Mr. George Simon and Miss Nellie Carley. Rev. J. D. Miller officiating. Miss Carley is one of Rooks county's popular young school teachers and George is one of our steady young farmer boys. We congratulate them both on their wise choice and join their many friends in wishing them a long and happy life. They are at home to their friends on the Sam McWilliams farm. They were given an old-fashioned chivari Saturday night to which they responded liberally with the treats.

**75 Years Ago**  
April 27, 1944

**The Senior Play**  
The Senior Play, "Apron String Revolt" was presented Friday evening to a comfortably filled house. Thirteen members

of the Class took part. Several others entertained during the several intermissions with vocal and instrumental solos.

Louise Mosier must have had nearly half of the words in the play in her part of an over-solicitous mother of her high school son, played by Bill Vickers. Top honors go to Miss Mosier and Mary Katherine Summerson for their long and well played parts. Miss Summerson was the friend and counselor of Louise Mosier.

The others having parts included Doris Morgan, Vesta Simon, Clarice Oelke, Verle Pomeroy, Nelda White, Erwin Cooper, Dave Potter, Kenneth Weeks, Ralph Shafer and Max Roadhouse.

**Local Happenings**

Mrs. J. H. Bradbury and Mrs. C. E. Toothaker spent last Thursday and Friday in Osborne where they attended District Presbyterial.

The Bernard Rueschhoff family were dinner guests a week ago Sunday evening in the country at the William Goetz home. Marilyn Rueschhoff remained there until Thursday for a visit with the Goetz children.

Private Raymond Dancer arrived in Hoxie Sunday on furlough from Camp Roberts, Cal. He and his mother will go to Colby Friday to visit his sister the Stegman family. On next Sunday he will begin the return trip to Camp Roberts.

Miss Betty Leister is spending a few days in Denver. She left Monday evening to visit her friend private Willard Treu who is stationed at Lowry Field.

**Society News**

The Ralph Cooper family and Dean Richardson were Sunday evening dinner guests at the Milton Cooper home.

Ruth and Juanita Moss were at the Carl Collins home for dinner on Sunday. The winter weather and bad roads kept them from going to their home in the country this past week

end.

The April W. S. C. S. meeting was with Mrs. Dorrance Steinshouer. Mrs. Alex Fromme and Mrs. Roscoe Blackford were co-hostesses. This was Thursday, April 20<sup>th</sup>. Mrs. Anna Reed led the devotions. Mrs. Milton Cooper was study leader for the day on Chinese students in rural education. Twenty ladies and several children were present. Plans were made for a Bazaar and doughnut sale to be held May 13<sup>th</sup>. All aprons and other bazaar items are to be in my May 11<sup>th</sup>. The May meeting of W. S. C. S. will be May 18<sup>th</sup> with Mrs. Rob Davis. The Bazaar group will at that time have a business meeting and election of officers.

**East Saline News**

The H. H. Club met in the home of Mrs. Sam Coburn Thursday afternoon, April 6 with 15 members present. The afternoon was spent quilting for Mrs. Walter Ulrich. Delicious refreshments were served by the hostess and club adjourned to meet with Mrs. Ray Rhoades Wednesday, April 19.

Mr. and Mrs. C. H. Ringer and Wallace, Mr. and Mrs. J. D. Ringer and Doreen and Mr. and Mrs. Phillip Martin and sons were Easter dinner guests of Mr. M. Ringer and the W. E. Lane family.

**Mickey's Want Ads**

We have some very nice cloth baskets at a reasonable price.

White: "I'm going to get a divorce, my wife hasn't spoken to me for six months."

Brown: "You'd better go easy old man. You'll never get another wife like that."

**50 Years Ago**  
April 24, 1969

**Attend O. E. S. Meeting**

Mrs. Lloyd Cressler and Mrs. LeRoy Shaw of Hoxie were in Topeka April 15, 16 and 17 where they attended the Constellation Sessions of the Grand Chapter, Order of Eastern Star. The sessions were held in Municipal Auditorium there.

**Taylor's Place Now Open**

Mr. and Mrs. Harold Taylor and family have opened the former Hoxie Dairy Crème and it will be known as Taylor's Place. They will be open from 3 p.m. until 10 p.m. on week days and from 11 a.m. to 10 p.m. on Saturday and Sunday.

The Taylors extend an invitation to everyone to visit them anytime for a cool, soft drink, ice cream treat or short order.

**Five Hoxie Students Win State Speech Medals Saturday**

Five speech contestants from Hoxie High School were awarded medals for excellent showing in the State Speech and Drama Festival held at Fort Hays State College last Saturday.

Those receiving the honors were Leonard Wegman in extemporaneous speaking; Lynn Pratt and Daren Neuenschwander in informative speaking; Debbie Cooper in dramatic interpretation and LaDonna Krannawitter in prose interpretation.

**McGraw News**

Mrs. Bob Bainter attended the 50<sup>th</sup> wedding anniversary celebration for Mr. and Mrs. George Simon at Mt. Pleasant Baptist Church Sunday afternoon.

Wade Smith was a Monday dinner guest of Oren and Stella Smith. Mr. and Mrs. Wade Smith and family of Manhattan were Tuesday dinner guests of Oren and Stella Smith.

**Lucerne Vicinity**

Mr. and Mrs. John Herman, Cindy and Lisa were visitors of Mr. and Mrs. Fred Teel Sunday evening.

Jeanette Kemper stayed a few days with Stella Rutherford of Hoxie last week.

Elaine and Lynn Wente stayed with Mrs. Rudolph Wente Friday night. Rhonda Wente came up Saturday and they all went to Quinter and visited Mr. and Mrs. James Patterson and Mr. and Mrs. Rodney Wente.

**Studley Items**

Mrs. Margaret Husted, Mrs. Ruby Bangle and Mrs. Beryl Covalt received word Sunday of the death of a great aunt in Texas. Burial was at Alton

Wednesday.

Our Pastor, Bill Brazil came down with the measles Saturday night so Penokee didn't have church Sunday. A lay leader, Mr. Kump of Jennings preached at Morland.

Galen Covalt stayed with the Albert Bell family Monday evening until his parents returned from the FFA banquet.

**Tasco Notes**

Joyce Babcock and children, Mrs. Al Weeks and children and Mrs. Vic Karnes and children were Sunday supper guests of Mr. and Mrs. Floyd Karnes.

Mr. and Mrs. Archie Edgell and children visited Mr. and Mrs. Glen Brown Thursday evening.

**Seguin Items**

Mrs. Margaret Stephens returned home from the hospital at Colby Sunday evening. She is feeling much better. We welcome her back home.

Mr. and Mrs. Joe Mannebach and Willie were Sunday dinner guests of Mr. and Mrs. John Mannebach and Carol.

**Mickey's Want Ads**

Get that extra shelf, drawer, or bin you need for your cabinet. They are made by Rubber-Maid and fit all cabinets.

Angry father: "What's the idea, young man, bringing in my daughter at two o'clock in the morning?"

Suitor: "It started to rain."

Hot off the press: Winchesters pellet guns advance showing, direct from the factory. See them now.

25 Years Ago

April 21, 1994

**Second Grade Pow Wow**

The second grade students at the Hoxie Grade School will be hosting their annual Indian Pow Wow on Tuesday, April 26. There will be an afternoon performance at 1:30 p.m. and an evening performance at 7 p.m. Both shows will be held in the grade school gym. The children will be singing and dancing. They will also tell of Indian history and have a craft display. The community is invited to share in this learning experience.

**New Cellular Tower Up Near Hoxie**

Kansas Cellular, the state's largest cellular telephone system, is pleased to announce that a new cellular tower in Hoxie was turned up on Monday, April 18, at 12:30 p.m. Kansas Cellular customers should experience both an increase in coverage and an improved quality of cellular calls southeast of Hoxie.

**Bow Creek F. C. E. Meets**

Bow Creek F. C. E. met April 14 at the small 4-H building, shortly after the Spring Tea. Nine members and two guests of our unit were in attendance. We missed our regular meeting due to bad weather.

Pennies for C. A. S. A. were brought. Reports from officers were presented.

A thank you was read from the library for a book donated, "Addy's Surprise: A Christmas Story."

Things to remember: May 10, we meet at Sheridan Inn for our birthday party. Bring your secret pal's gift. High school forensic students will give a program.

Verlene will give modified recipe lesson. Roll call is what you want for your birthday.

Our annual tour is June 14, will talk more on this in May.

Several tickets were bought for the district meeting May 3. Reporter, Deloris

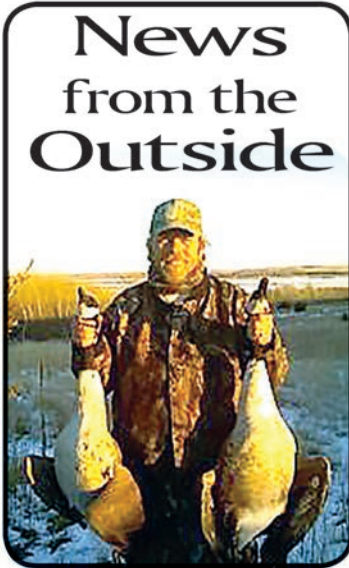
Paintin

**HHS Students In All-Star Pep Band**

Five Hoxie High School band members traveled with Mr. Tom Hunt, high school band director, to Colby to play in the All-Star Pep Band during the All-Star Basketball Classic. Students from the schools represented in the Classic rehearsed in the afternoon and played for the girls and boys games in the evening. Approximately 40 students played in the band directed by CCC Band Director Julie Groom. The five students that volunteered for the event were Megan Garrett, Laura Ziegler, Stacey Schaffer, Ellen Ziegler, and Sabrina William.



# NWKS News



**News from the Outside**

*By John Liester*

Finally went turkey hunting on Saturday. And I have to admit, my shooting was less than stellar. Trying to figure out how I could miss a turkey 3 times at twenty yards. Actually, I know why, and I should take my own advice. Keep your head down on the stock! It was quite embarrassing. And speaking of turkeys, there sure are a lot of them around! We saw them pretty much everywhere we looked. Getting them to come to calls however, didn't work so well. That's why it's called hunting! And that challenge is what keeps me going back. If you've never experienced a tom turkey coming to the calls at close range, you're missing out. The funny thing was hens would come right in. I had several within ten

feet of me. What a rush! Fishing is going strong now. I've seen and heard of several people catching some very nice fish. I even heard of a nineteen-inch saugeye that was caught Saturday morning. Other species are really starting to bite well with the waters warming up. I think whatever you like to catch, get out there and get after them. I saw a very nice smallmouth from Glen Elder recently. I love catching them! Talk about a good fight!

Speaking of fishing, if you're at Webster and need bait or tackle the bait shop there at the lake has just about everything you could ever want. The owners are very nice and helpful too! I look forward to talking with them!

I'm going to try to get in some fishing this next week. I'll just have to see what the weather and mowing brings!

This morning I had the pleasure of witnessing two baptisms! I love seeing young people accept Christ. It took me way too many years to do that, and I have been blessed ever since

Easter Sunrise Service was awesome! Thank you to the ministers who were there!!

I don't have a whole lot more to say. The whole political thing is pretty much S.S.D.D. and if you know what that means, you'll understand.

In closing I just want to say as usual, be safe and enjoy the outside. Until next week.

## Grant Program for Community Redevelopment and Foreclosure Prevention

The Kansas Bar Foundation (KBF) is now receiving proposals for its 2020 CRHA Grant Program. CRHA is the Community Redevelopment and Homeowners Assistance grant program which provides funding to legal aid organizations in Kansas for the provision of legal services relating to foreclosure prevention and community redevelopment benefitting Kansas residents. Legal aid organizations eligible for these grants include any not-for-profit organization (or distinct part of such organization) in Kansas that regularly provide civil legal assistance to low-income individuals or groups without charge or at a greatly reduced cost.

"We are excited to have been given this opportunity to help revitalize and stabilize low- and moderate-income communities and help our fellow Kansans by removing legal barriers to housing," said Amy Fellows Cline, President, Kansas Bar Foundation.

Kansas Legal Services (KLS) received a CRHA grant in 2019. An example of how they have used the funding is the story of an elderly Kansan who owned her home for over ten years but was struggling with health issues and defaulted on her mortgage. A default judgment was entered against her and KLS was able to enter an appearance and had the judgement set aside. Eventually the monthly mortgage payment was reduced, and the foreclosure dismissed, which allowed the client to stay in her home.

Since 2015, the KBF has distributed \$925,000 in CRHA grants. Please visit <https://www.ksbar.org/mpage/crha> grant to learn about the grant process and eligibility requirements. Proposals for 2020 funding are due by June 28, 2019.

## Passport to the Past Launches a New Year of Exploration

The Northwest Kansas Museum Coalition is once again offering a great opportunity for individuals and families to explore the rich history in their own backyards. "Passport to the Past" encourages everyone to pick up a passport at any of 16 participating museums to start their adventure - and earn the chance to win cash prizes in the process.

Passports contain information about 16 different museums, as well as questions that must be answered by actually visiting the museums. Each passport holder, upon finding and writing down the answer to each museum's question, will receive a stamp in their passport as well as a small treasure.

Participants have until December 31 to visit as many museums as possible in order to be entered into the prize drawings. Those who visit all 16 museums will be entered into the drawing for the Grand Prize of \$275; visiting 14 museums earns entry into the \$175 drawing,

while visiting 12, 10, 8 and 6 museums enters participants in drawings for \$125, \$100, \$75, and \$50, respectively.

"Passport to the Past" began in 2017 as a project of the High Plains Museum Coalition, then a group of 8 northwest Kansas museums. In 2018, an additional 8 museums joined the project, making the Passport adventure a whole new experience even for those who participated previously. Many families made this a weekend adventure, visiting two or three museums on a Saturday, having lunch in a different town and exploring area parks.

Passports can be picked up at the following participating museums: Butterfield Trail Museum, Russell Springs; Cheyenne County Museum, St. Francis; Cottonwood Ranch, Studley; Decatur County Museum, Oberlin; Fick Fossil Museum, Oakley; Fort Wallace Museum, Wallace; Grinnell-Angelus Area Heritage Center, Grinnell; Herndon Community

Museum, Herndon; High Plains Museum, Goodland; Highway 36 Museum, Norcatour; Norcatour Museum, Norcatour; Prairie Museum of Art & History, Colby; Rawlins County Museum, Atwood; Sheridan County Museum, Hoxie; Trego County Museum, WaKeeney; and Tri-State Antique Engine site in Bird City.

Several of the museums included in this year's Passport program are open only during the warm months and have limited hours, so participants should plan their museum visits accordingly. Schedule information for each museum is included in the passport.

For more information, check our Facebook page, "Exploring the Museums of Northwest Kansas," or contact any sponsoring museum. A truly unique adventure awaits you and your family as you explore the museums of northwest Kansas with your Passport to the Past!

## National Small Business Week 2019 to Kick-off in the Nation's Capital

Leading organizations unite with SBA to honor the achievements of small businesses.

The U.S. Small Business Administration's 2019 National Small Business Week kicks off on May 5 and 6 with awards ceremonies in Washington, D.C. where national award winners, including the naming of this year's National Small Business Person of the Year, will be recognized and honored for their achievements.

National Small Business Week is an annual event dedicated to recognizing the nation's top small businesses,

entrepreneurs, small business advocates and champions from across the country. Every day, small businesses create 21st century jobs, drive innovation, support our neighborhoods and cities, and increase America's global competitiveness.

Events throughout National Small Business Week are made possible thanks in part to the support of leading companies and organizers who serve as cosponsors: Co-Chair-SCORE Association; Gold Co-sponsor-Visa; Silver Co-sponsors-Chase, Constant Contact, Square, Google; Bronze Co-sponsors-Lockheed Martin,

LinkedIn, UPS Store, ADP, Facebook, Spectrum Reach, AWeber Communications, Intuit; Supporting Co-sponsors-America's SBDC, Fundera, National Association of Secretaries of State, National Cyber Security Alliance, Small Business Majority, Small Business Trends, Gusto, Grow Biz Media, Accion, Small Business Edge, Amazon, National Association of Guaranteed Lenders.

For additional information on National Small Business Week, please visit <http://www.sba.gov/nsbw>.

**HOME FOR SALE**

**817 15th Street Hoxie**

- \* 5 Bedroom Brick Home
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- \* Full Finished Basement
- \* Attached Single-Car Garage
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entrepreneurs, small business advocates and champions from across the country. Every day, small businesses create 21st century jobs, drive innovation, support our neighborhoods and cities, and increase America's global competitiveness.

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## Blood Drive at CCC May 2

The Colby Community College Presidential and Leadership Scholars, along with Phi Theta Kappa, will be assisting with the American Red Cross blood drive from 9 a.m. to 3 p.m. on Thursday, May 2, in the Robert Burnett Student Union.

All donors receive a free T-shirt and a \$5 Amazon gift card. CCC has challenged Northwest Kansas Technical College to see which school can collect the most pints. The

NWKC drive in Goodland is May 1.

Appointments can be made by visiting the American Red Cross website and entering sponsor code Colby CC or calling (785) 460-5400.

Less than 3 percent of the U.S. population gives blood. The American Red Cross urges those who have never given blood before and those who have not given recently, to make an appointment to give blood or platelets and

help sustain a sufficient community blood supply this summer.

To donate blood, a person must be in general good health and feeling well, be at least 17 years old and weigh at least 110 pounds. Donors must present identification at registration in the form of a Red Cross donor card, a valid driver's license or other official photo identification.

**Hoxie Medical Clinic**

"Healthcare From the Heart"

**Victor Nemechek, M.D.**

**Jill Stewart, M.D.**

**Kerri Schippers, APRN-C**

**Sarah Hille, APRN-C**

**Amanda Volchko, PA-C**

.....

**Please Call for Your Appointment Today!**

**Hoxie Medical Clinic**

Victor Nemechek, M.D. \* Jill Stewart, M.D.  
Kerri Schippers, APRN-C \* Sarah Hille, APRN-C  
Amanda Volchko, PA-C  
Jodi Dumler, LCSW \* Taylor Leitner, LMSW

**785-675-3018**  
Hours: Monday - Friday  
9:00 am - 5 pm  
Walk-Ins: Monday - Friday  
7:00 am - 8:30 am

**Selden Community Clinic**

Kerri Schippers, APRN-C

**785-675-3018**  
Hours:  
Thursday - 10:00 am - 2:00 pm

.....

**Don't Have Insurance? We Can Help!**

Hoxie Medical Clinic now employs a Case Manager and Navigator to assist with insurance enrollment on the healthcare marketplace, other needed services, and we also accept VA Choice. Free mammograms and Pap tests are available to women with no insurance.

**Dr. Michael Machen is available to see patients.**  
Please call to schedule an appointment.  
**785-675-3018**

**Get ready for:**

**Global Employee Fitness Day**

Students! Teachers! Employees! Employers!

**Wednesday, May 15 4pm-??**  
(Gather in SCHC parking lot)

**Kickball, Obstacle Course, Jousting**

**Contact:**  
Peggy Ritter 785-677-4172  
Shelby Moss 785-677-4148

**Registration Fee:** \$15/person  
Includes T-Shirt & Meal

**BBQ starts at 5pm**  
Free for participants

**Registration due by April 27 (Health Fair Day!)**

**Obstacle Course & Jousting just for fun unless you want a shirt & meal, then you need to register & pay \$15.**  
Kickball team rosters posted at event.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Shirt Size: \_\_\_\_\_  
Address: \_\_\_\_\_ PO BOX: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip code: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Amount Enclosed: \_\_\_\_\_ Any known medical concerns? Yes or No  
If YES, describe here: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

By signing below, I understand I will be waiving my rights and/or the rights of my minor child/ward to all claims for injuries which may be sustained by participating in today's event. I will indemnify, hold harmless, and defend Sheridan County Health Complex for any claims arising out of participation in today's activity.

As a participant or the legal guardian of a participant under 18 years of age, I recognize there are certain risks of physical injury, and I agree to assume the full risk of injuries, including death, damages, or loss which I may sustain as a result of participation.

I agree to waive and relinquish any and all claims I may have arising out of, connected with, or in any way associated with activities sponsored by Sheridan County Health Complex.

I do hereby fully release and discharge Sheridan County Health Complex its officers, agents, and employees from any and all claims from injuries, including death, damage, or loss which I or my minor child/ward may have which may occur on account of participation in today's activities.

I further agree to indemnify, hold harmless and defend Sheridan County Health Complex its officers, agents, and employees from any and all claims from injuries, including death, damages and losses sustained by me or my minor child/ward and arising out of, connected with, or in any way associated with SCHC activities.

In the event of an emergency, I authorize SCHC to secure any treatment deemed reasonable and necessary and understand that I will be responsible for payment of any and all medical services offered.

Signature of Participant or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**Make checks payable to SCHC. Payment must be included with registration. SCHC PO Box 167 Hoxie, KS 67740**





# Area Schools

## School Board Roles and Responsibilities

The deadline to file for the next school board election is Monday, June 3, 2019. USD # 412 currently has 4 members at large for this election. New members or re-elected members assume office the second Monday of January 2020.

Over the next several weeks, important roles and responsibilities of the Board of Education will be highlighted, courtesy of the Kansas Association of School Boards. The fifth role to be addressed is LOCAL GOVERNANCE STRUCTURE.

### LOCAL GOVERNANCE STRUCTURE

With the exception of Fort Leavenworth USD 207, all Kansas school boards consist of seven elected members, and all unified school districts are responsible for the education of children in grades kindergarten through 12. Increasing numbers of school districts are involved in early childhood and adult education programs as well. Many school districts are also members of interlocal cooperatives or service centers. These cooperatives, whose governing bodies consist of local board members from participating school districts, provide services ranging from group purchasing to special education.

The Fort Leavenworth schools operate with two major differences compared to other Kansas districts. The district only serves grades K-9, and the board is composed of three residents of the base appointed by the commanding officer of Fort Leavenworth.

## JV Track Teams 3<sup>rd</sup> at Trego Meet

By Peggy Eland

The Hoxie High School junior varsity track teams competed at the Trego County High School meet on Monday, April 15. Both the girls' and boys' teams placed third, the girls with 53 points and the boys with 79 points. The winning girls' team was Colby with 173 points, followed by Hays-TMP-Marion with 54 points. The boys winning team was Colby with 151 points, followed by Oakley with 91 points.

### Girls Results:

100-meter dash: Karlee Geisinger 6<sup>th</sup> 15.07; Haley Heskett 11<sup>th</sup> 15.95  
200-meter dash: Sadie Reynolds 12<sup>th</sup> 40.80  
400-meter run: Hayley Jacobs 2<sup>nd</sup> 1:10.61  
800-meter run: Molly Foote 2<sup>nd</sup> 2:51.62  
1600-meter run: Sadie Reynolds 7<sup>th</sup> 8:41.14  
300-meter hurdles: Haley Heskett 4<sup>th</sup> 1:04.09  
4 x 400-meter relay: Molly Foote, Karlee Geisinger, Hayley Jacobs, Haley Heskett 2<sup>nd</sup> 4:56.46  
Shot Put: Abby Depenbusch 9<sup>th</sup> 24' 6.25"; Sadie Reynolds 20<sup>th</sup> 13' 11.5"  
Discus: Abby Depenbusch 17<sup>th</sup> 55' 7.5"; Sadie Reynolds 21<sup>st</sup> 33' 0"  
Javelin: Haley Heskett 7<sup>th</sup> 69' 3"; Hayley Jacobs 8<sup>th</sup> 67' 2"; Abby Depenbusch 14<sup>th</sup> 58' 9"  
High Jump: Molly Foote 2<sup>nd</sup>

4' 0"  
Long Jump: Karlee Geisinger 2<sup>nd</sup> 13' 4"; Molly Foote 7<sup>th</sup> 10' 11.5"

### Boys Results:

100-meter dash: Dominik Jones 9<sup>th</sup> 13.70; Lane Kennedy 12<sup>th</sup> 13.83  
200-meter dash: Cade Gourley 3<sup>rd</sup> 26.71; Lane Kennedy 12<sup>th</sup> 29.14  
400-meter run: Cade Gourley 1<sup>st</sup> 59.17; Dominik Jones 7<sup>th</sup> 1:11.06  
800-meter run: Zach Cooper 5<sup>th</sup> 2:38.12  
1600-meter run: Dylan Jones 5<sup>th</sup> 6:17.70; Clay Johnson 6<sup>th</sup> 6:27.28  
3200-meter run: Clay Johnson 6<sup>th</sup> 13:34.38  
110-meter hurdles: Donovan Balluch 1<sup>st</sup> 19.49  
4 x 400-meter relay: Cade Gourley, Dominik Jones, Dylan Jones, Zach Cooper 1<sup>st</sup> 4:14.59  
4 x 800-meter relay: Zach Cooper, Dylan Jones, Clay Johnson, Lane Kennedy 2<sup>nd</sup> 10:42.80  
Shot Put: Donovan Balluch 2<sup>nd</sup> 35' 1.5"  
Discus: Donovan Balluch 3<sup>rd</sup> 96' 8"  
Javelin: Donovan Balluch 1<sup>st</sup> 96' 7"; Dylan Jones 12<sup>th</sup> 74' 3"  
High Jump: Cade Gourley 5<sup>th</sup> 4' 10"; Dominik Jones 6<sup>th</sup> 4' 4"; Clay Johnson 8<sup>th</sup> 4' 4"  
Long Jump: Zach Cooper 5<sup>th</sup> 16' 0"; Lane Kennedy 8<sup>th</sup> 12' 6.5"

## Thunderhawks Strive for First



Sophomore Isaiah Dickman focuses on his shot before he drives the ball at the Goodland JV meet on April 16. (WHS photo)

By Jett Schmidtberger, Staff Reporter

On Monday, April 15, the varsity Thunderhawk Golf team traveled to Plainville to take on a meet. Juniors Ethan Beckman and Kyler Haffner, along with Sophomores Elliot Godek and Wendell Mong, are the ones who attended. Beckman shot a 90 and placed 15th. Mong followed close behind with a 97. Haffner finished with a 104 and Godek rounded out the Hawks with a 120.

On Tuesday, April 16, there were two meets that the Hawks attended. The varsity, consisting of Beckman, Haffner, Godek, Mong, and

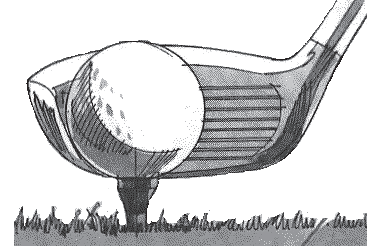
joining them was Junior Jordan Ostmeier traveled to Scott City. Haffner came in first for the Thunderhawks and placed 10th with a score of 90, and Beckman followed right behind and placed 12th with a score of 92. Mong was next with a score of 97. Then, Godek was next with 107. Ostmeier finished out the Hawks with a score of 131.

The junior varsity, which consisted of Junior Jett Schmidtberger, Sophomore Isaiah Dickman, and Freshmen Laredo Allemand and Braden Gormley traveled to Goodland. Schmidtberger came in on top of the team with a score of 59, but didn't place. Dickman and Gormley each followed with a score of 69. Allemand rounded out the team with a score of 82.

"My first time ever traveling to the Goodland golf course was definitely one to remember. It was a gorgeous course, and it challenged me. It was a little longer than I was used to, but a great meet to participate in. I would do it all over again," commented Junior Jett Schmidtberger.

The last meet of the week was held on Thursday, April 18. It was a varsity-only meet, and everyone that participated was Haffner, Beckman, Katt, Ostmeier, Schmidtberger, Mong, and Godek. Beckman placed 7th

with a score of 86. Haffner wasn't too far behind with a score of 90 and placed 14th. No one else placed, but Mong was next with 102. Then came Schmidtberger with 103. Godek was next with 107. Ostmeier shot a 114 and Katt finished out the Hawks with a 120.



## GPMS Boys Score at NV



Mason Green clears the high jump bar at the Northern Valley Invitational in Logan on April 15. Green placed fourth in the event with a 4' 8" jump. (Photo by Jorja Juenemann)

By Judy Rogers

The Golden Plains Middle School boys track team scored 20 points at the Northern Valley Invitational in Logan on April 15.

Seventh grader Landon Meier placed in three of his events including fourth in the 1600m run (5:59.2) and the 800m run (2:53.5). He placed sixth in long jump with a 12' 6" jump. We learned from the first meet what we needed to do to improve, and we did," said Meier.

Seventh grader Tayten Barnett placed in two events. He finished fourth in the 400m dash (1:07.8) and fifth in the 200m dash (31.74). Also placing in two events was eighth grader Mason Green. He placed fourth in high jump with a 4' 8" jump and sixth in the 800m run at 3:11.4.

The Bulldogs will compete again in Hill City on April 22. "Hopefully we will have more people to compete in the relays at the next meet to give us the opportunity for more points," added Meier.

4 x 400m Relay: Loya, Patmon, Weese, N. Ritter 4:01.44  
Long Jump: Weese 18' 11"  
Shot Put: Tanner Trussel 37' 1", Rush 38' 3"  
Discus: Trussel 82' 2", N. Ritter 103' 4"  
The boys will compete again in Oakley on April 18.

## Varsity Track Team Competes at Scott City

By Peggy Eland

The Hoxie High School varsity track team competed at the Scott City 83<sup>rd</sup> Annual Relays on Tuesday, April 16. Fifteen boys' teams and fourteen girls' teams competed. Winning the meet was Scott City for the boys and Phillipsburg for the girls. The Hoxie boys team placed fifth and the Hoxie girls team placed sixth. Individually, senior Jared Kennedy placed first in high jump and senior Trinity Balluch placed first in discus.

### Hoxie Boys Results:

400-meter run: Aidan Baalman 10<sup>th</sup> 55.55; Wylie Weems 16<sup>th</sup> 56.91; Ashton Dowell 28<sup>th</sup> 1:03.35  
800-meter run: Thaddeus Friess 10<sup>th</sup> 2:17.33; Logan Weimer 18<sup>th</sup> 2:28.48  
1600-meter run: Thaddeus Friess 3<sup>rd</sup> 4:57.36; Logan Weimer 14<sup>th</sup> 5:21.61; Matthew Diercks 17<sup>th</sup> 5:26.64  
3200-meter run: Thaddeus Friess 5<sup>th</sup> 11:29.50; Matthew Diercks 13<sup>th</sup> 12:13.46  
110-meter hurdles: Ben Aumiller 4<sup>th</sup> 16.59  
300-meter hurdles: Ben Aumiller 8<sup>th</sup> 45.15  
4 x 400-meter relay: Kaden Tremblay, Gavin Tremblay, Wylie Weems, Jared Kennedy 6<sup>th</sup> 3:39.48  
4 x 800-meter relay: Gavin Tremblay, Logan Weimer, Thaddeus Friess, Ashton Dowell 8<sup>th</sup> 9:00.79  
Shot Put: Sam Bretz 16<sup>th</sup> 38' 8.5"; Tye Washington 19<sup>th</sup> 38' 3"; Harlan Obioha 21<sup>st</sup> 37' 9.5"  
Discus: Harlan Obioha 3<sup>rd</sup> 126' 7"; Tye Washington 12<sup>th</sup> 110' 3"

Javelin: Tye Washington 11<sup>th</sup> 120' 1"; Harlan Obioha 14<sup>th</sup> 115' 2"

High Jump: Jared Kennedy 1<sup>st</sup> 5' 10"

Long Jump: Ben Aumiller 5<sup>th</sup> 19' 11.25"; Kaden Tremblay 7<sup>th</sup> 19' 9.25"

Triple Jump: Ben Aumiller 8<sup>th</sup> 38' 10.75"; Ashton Dowell 19<sup>th</sup> 35' 1.25"

### Hoxie Girls Results:

400-meter run: Addison Campbell 4<sup>th</sup> 1:03.24  
800-meter run: Baylee McKenna 4<sup>th</sup> 2:36.76; Emily Diercks 13<sup>th</sup> 2:50.29  
1600-meter run: Emily Diercks 6<sup>th</sup> 6:04.40  
100-meter hurdles: Macalee White 3<sup>rd</sup> 17.63; Morgan Keith 6<sup>th</sup> 18.28  
300-meter hurdles: Macalee White 5<sup>th</sup> 53.22; Morgan Keith 6<sup>th</sup> 54.17  
4 x 400-meter relay: Baylee McKenna, Macalee White, Macy Schamberger, Maiah Castle 5<sup>th</sup> 4:27.00  
4 x 800-meter relay: Baylee McKenna, Ayleen Dimas, Emily Diercks, Macy Schamberger 3<sup>rd</sup> 10:31.25  
Shot Put: Trinity Balluch 14<sup>th</sup> 29' 5.25"; Paiton Rogers 21<sup>st</sup> 27' 5.50"  
Discus: Trinity Balluch 1<sup>st</sup> 115' 1"; Chloe Johnson 14<sup>th</sup> 86' 3"  
Javelin: Laura Rietcheck 5<sup>th</sup> 95' 9"; Maiah Castle 8<sup>th</sup> 91' 2"; Paiton Rogers 15<sup>th</sup> 84' 11"  
High Jump: Morgan Keith 2<sup>nd</sup> 5' 0"  
Long Jump: Addison Campbell 3<sup>rd</sup> 16' 6.5"; Paiton Rogers 20<sup>th</sup> 13' 7"  
Triple Jump: Addison Campbell 33' 9"; Morgan Keith 10<sup>th</sup> 31' 4.25"

## Bulldogs Set PR's in Hill City



Golden Plains Senior Jacob Ritter set two personal records at the Hill City Invitational on April 15. He placed second with a PR in long jump of 20' 4.5" and fifth in triple jump with a PR of 36' 5.75". (Photo by Mabel Lugo)

By Judy Rogers

The Golden Plains High School boys track team competed at the Hill City Invitational on April 15. This meet was rescheduled from the previous week due to weather. The Bulldogs posted up 16 1/5 points against some quality competition.

Senior Jacob Ritter led the points with a second-place personal record jump of 20' 4.5" in long jump. He also placed fifth in triple jump with another PR of 36' 5.75".

Placing fifth was Roberto Loya running the 3200m in 11:59.80—a new PR for him. Nolan Ritter tied for fifth in shot put by tying his previous distance of 42' 7". Sixth place points came from Wade Rush with a PR in Discus of 125' 9". He also set a PR of 145' 10.5" in Javelin for 6<sup>th</sup> place.

The 4 x 100m relay team of Austin Patmon, Jacob Ritter, Dylan Spresser, and Harley Weese rounded out the scoring with a sixth-place time of 47.70.

Additional results include:  
100m: Patmon 12.31, J. Ritter 12.36, Josh Spresser 13.52  
200m: J. Spresser 28.12, Patmon 25.41  
400m: J. Spresser 1:02.88  
800m: Loya 2:27.17  
1600m: Joseph Yanez-Perez 5:50.94 (PR)  
3200m: Yanez-Perez 12:59.16  
300m Hurdles: Weese 47.70

## 2018 Wheatland School Booster Businesses


## 2018 Golden Plains School Booster Businesses


## 2018 Hoxie School Booster Businesses




# FarmNews

## Kansas Milk Production

Milk production in Kansas during March 2019 totaled 328 million pounds, up 3 percent from March 2018, according to the USDA's National Agricultural Statistics Service. The average number of milk cows was 164,000 head, 7,000 head more than March 2018. Milk production per cow averaged 2,000 pounds.

## Workshops for Woman-Owned Small Businesses

Presenters from the Kansas SBDC, U.S. SBA, NetWork Kansas, Kansas Women's Business Center and Women's Capital Connection, PTAC and SEG Media Collective will offer workshops on May 3 to help woman-owned small businesses take advantage of resources and growth opportunities. The workshops from 8:30 a.m. to 4 p.m. will be at the Milford Lake Conference Center. Cost is \$25. Register online <https://ksbdc.ccenterdirect.com/events/24754>

## Kansas Cattle on Feed Up 2 Percent

Kansas feedlots, with capacities of 1,000 or more head, contained 2.38 million cattle on feed on April 1, according to the USDA's National Agricultural Statistics Service. This inventory was up 2 percent from last year. Placements during March totaled 470,000 head, up 16 percent from 2018. Fed cattle marketings for the month of March totaled 375,000 head, down 6 percent from last year. Other disappearance during March totaled 15,000 head, unchanged from last year.

## Kansas Farm Numbers Higher

Kansas's number of farms and ranches increased during 2018, according to USDA's National Agricultural Statistics Service. The number of farms and ranches in the State, at 58,900, was up 300 farms from 2017. Numbers of farms and ranches in Kansas with less than \$100,000 in agricultural sales increased 200 farms from a year earlier while operations with more than \$100,000 in agricultural sales increased 100 farms.

Land in farms and ranches in Kansas totaled 45.8 million acres, unchanged from 2017. The average size of operation, at 778 acres, was down 4 acres from a year earlier.

## Kansas Crop Progress and Condition

For the week ending April 21, 2019, there were 6.0 days suitable for fieldwork, according to the USDA's National Agricultural Statistics Service. Topsoil moisture supplies rated 1 percent very short, 9 short, 82 adequate, and 8 surplus. Subsoil moisture supplies rated 0 percent very short, 4 short, 86 adequate, and 10 surplus.

Field Crops Report: Winter wheat condition rated 3 percent very poor, 8 poor, 32 fair, 47 good, and 10 excellent. Winter wheat jointed was 44 percent, ahead of 33 last year, but behind 61 for the five-year average.

Corn planted was 17 percent, near 14 last year, but behind 24 average.

## AG Derek Schmidt: Replace WOTUS With Lawful New Rule

Kansas Attorney General Derek Schmidt this week urged the U.S. Environmental Protection Agency (EPA) and the U.S. Army Corps of Engineers to adopt the agency's new proposed Waters of the United States (WOTUS) rule.

In a letter to EPA Administrator Andrew Wheeler and Assistant Secretary of the Army for Civil Works R.D. James, Schmidt and 16 other state attorneys general offered support for the new WOTUS rule, which would replace the existing 2015 WOTUS rule adopted under the Obama Administration. That rule sought to vastly expand the

definition of "waters of the United States" to include ditches, ponds, and wetlands in order to more aggressively regulate private land use under authority of the federal Clean Water Act. Kansas and other states challenged the legality of the sweeping Obama-era rule, and federal courts have blocked its enforcement.

The Trump Administration's proposed WOTUS rule, which would replace the previous rule, is "faithful to the Clean Water Act's text and spirit of cooperative federalism" in the U.S. Constitution by restoring "reasonable, predictable lines between those waters subject

to federal jurisdiction and those properly within the States' regulatory sphere" and therefore should be adopted, the attorneys general said.

The proposed new rule addresses the legal concerns raised by Kansas and other states in their successful legal challenge.

"The old rule was an illegal power grab that exceeded the limited authority Congress has granted to federal agencies to regulate private property use," Schmidt said. "The proposed new rule protects water quality while respecting those legal boundaries, which is why I favor it."

## Kids These Days

Kim Baldwin, McPherson County farmer

Kids today sometimes get the raw end of society. From time to time, I'll read an article focusing on what's wrong with them or overhear a conversation over coffee focusing on the problems with kids today.

Don't be fooled — there's still plenty of good out there!

I was recently privy to observing a group of teens band together and make a positive difference in the world by helping their neighbors because of the action of one. It is yet another testament proving there are great kids in the world. It just so happens these great kids come from my community in rural Kansas.

It all began when Makayla Schroeder, an 18-year-old high school senior, recognized a need and made the conscious decision to take action. She had been following reports of devastation in Nebraska so many are experiencing following the recent floods. She wanted to pack a bag, jump in her truck and go help, but knew she had to be in school. She has less than a month until she graduates, and final exams are right around the corner.

Instead, what this young lady from central Kansas did opened the eyes of our small community and surrounding areas, left an imprint on her peers and spurred people to action.

Since she couldn't pack her bags and go to Nebraska to help for an extended period of time, she decided to begin gathering items to assist flood victims here at home. She called her effort "Operation Feed the Critters." She got her school advisers onboard, rallied her friends in the local FFA chapter, made phone calls, used social media, and made things happen.

It began as a post on her FFA chapter's Facebook page letting the community know their ag shop was a collection point for Nebraska flood relief items. Her initial plan was to collect enough items to fill a pickup truck to deliver at a distribution point on a Saturday. However, a few days into "Operation Feed the Critters," Makayla realized she would need a bigger truck.

Bags of dog food, bales of hay, milk replacer, work gloves, pallets of range cubes and other items started streaming in.

Area businesses, FFA chapters and others throughout south-central Kansas began collecting items from their staffs and communities and made trips to our small school to deliver their donations. Area stores even began offering discounts on items that were to be donated directly to the "Operation Feed the Critters" drive.

Soon, Makayla started making calls to secure a tractor-trailer.

After a week, she needed a second semi. So far, Makayla has helped send three truckloads of supplies to flood victims. All because of the initial action of one Kansas teen.

Many people were involved in collecting items, loading the donations, spreading the word, and driving the semis. All of this happened because of one individual who saw an immediate need and wanted to make a difference by helping her neighbors.

Simply put, she acted. The true beauty of it all was the ripple effect that took place when other teens jumped in to join their friend in serving others.

It's amazing to see what the power of one person's actions can do to make positive change. It's even more amazing when those good things are done by kids these days.

"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.

## NRCS Announces Sign-Up Period for Updated Conservation Stewardship Program

The next deadline for Conservation Stewardship Program (CStP) applications to be considered for funding this year is May 10, 2019. USDA's Natural Resources Conservation Service (NRCS) plans to invest up to \$700 million for new enrollments and contract extensions in fiscal year 2019. The 2018 Farm Bill made several changes to this critical conservation program, which helps agricultural producers take the conservation activities on their farm or ranch to the next level.

"CStP continues to be a very effective tool for private landowners working to achieve their conservation and management goals,"

NRCS Chief Matthew Lohr said. "It is the largest conservation program in the United States with more than 70 million acres of productive agricultural and forest land enrolled."

While applications are accepted throughout the year, interested producers should submit applications to their local NRCS office by May 10, 2019, to ensure their applications are considered for 2019 funding.

**Changes to the Program**  
The 2018 Farm Bill authorizes NRCS to accept new CStP enrollments from now until 2023, and it makes some important improvements to the program. These updates include:

- NRCS now enrolls eligible, high ranking applications based on dollars rather than acres. For fiscal 2019, NRCS can spend up to \$700 million in the program, which covers part of the cost for producers implementing new conservation activities and maintaining their

existing activities.

- Higher payment rates are now available for certain conservation activities, including cover crops and resource conserving crop rotations.

- CStP now provides specific support for organic and for transitioning to organic production activities and a special grassland conservation initiative for certain producers who have maintained cropland base acres.

**About the Program**  
CStP is offered in all 50 States and the Pacific and Caribbean areas through continuous sign-ups. The program provides many benefits including increased crop yields, decreased inputs, wildlife habitat improvements, and increased resilience to weather extremes. CStP is for working lands including cropland, pastureland, rangeland, nonindustrial private forest land, and agricultural land under the jurisdiction of an Indian tribe.

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## Farm Equipment Auction

Wed., May 1, 2019 • 1:00 p.m.

Sale Location: From Hoxie, KS, Junctions of Hwy. 23 & 24, go 2 miles West, 1 mile North, 1 mile West, then 1/4 mile North to Sale Site.



IHC 84 Hydro Tractor



1961 Model 60 Chevy Truck



JD Zero Turn Lawn Mower, 2-Trk

NOTE: All statements or representation herein are believed to be correct. The auctioneer makes no warranties either expressed or implied. Announcements made day of sale shall take precedence over printed material. All guarantees are between buyer and seller. TERMS: Cash day of sale.

54' Grain Auger, PTO  
36' Grain Auger w/gas engine  
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Charlie Schippers  
Loan Officer



# Commission Minutes

## Commission Minutes 3/27/2019

Now on this 27<sup>th</sup> day of March 2019, Board of Commissioners, Sheridan County, Kansas met in regular session with Chairman Joe Bainter presiding. Others present were Wes Bainter, Troy Dewey and County Clerk Heather Bracht. Guests were Rachel Farber, Viktorija Briggs, and Ross Carder.

Joe Bainter called the meeting to order.

Julie Eskew, Sheridan County Sheriff's Office Communications Manager/Dispatcher, entered the meeting. Eskew presented the resignation letter from dispatcher Dana Hess. Board and Eskew discussed dispatch issues.

Joe Bainter made a motion to move the meeting to the Courthouse main floor foyer to accommodate the area road volunteers. Dewey seconded the motion. Carried 3-0. The meeting reconvened at 2:15.

Present were Shannon Bird, Travis Garrison, Joe Herskowitz, William Lyons, Rob Nordquist, Paulette Feldt, all from Road & Bridge Department, David Anderson, Mary Ellen Welshon, Jodi Dumler and Taylor Leitner (all from High Plains Mental Health), Viktorija Briggs, Rachel Farber, Joe Pratt, Jim Howard, Tom Feldt, Niceta Farber, Rebecca Bird, Mike Beckman, Tyler Goetz, Ed Goetz, Joe Broeckelman, Roch Meier, Ross Carder, Brian Baalman, David Schippers, Lance Coburn, Harold Murphy, Alvin Wildeman, Dexter Zerr, Matt Schippers, Brendon Gourley and Undersheriff Brian Diercks.

Shannon Bird, Road & Bridge Equipment Operator, spoke first. Bird addressed the Board and people in attendance, starting with reading three of the principles under the Kansas County Commissioners Association Code of Ethical Conduct for County Commissioners. **Principle 1. A county commissioner should be vigorously dedicated to the democratic ideals of honesty, openness and accountability in all public matters involving county government.** A commissioner should exert good faith effort to communicate the full truth about county matters and avoid structuring information so as to mislead or gain personal advantage. Accountability requires a commissioner to accept responsibility for his or her public conduct as well as the actions of the county commission, especially when mistakes occur. A commitment to the spirit of open government is characterized by the broadest possible provisions for public access and information sharing and qualified only by those instances when meetings or certain public records are shielded by state law. A commissioner has an obligation to report suspected illegal misconduct by another elected official to the proper investigative authorities. The confidentiality of executive sessions of commission meetings must be strictly honored. **Principle 2. A county commissioner should model decorum, respect for others and civility in all public relationships.** The honor of public office requires a commissioner to behave with courtesy and respect for the dignity of others in all public relationships with other elected officials; employees; citizens, media and representatives of other units of government. Commissioners should affirm the value of services provided by government and maintain a constructive attitude about governmental affairs. Meetings of the county commission afford a prime opportunity for commissioners to promote conduct that enhances respectful civic discourse. **Principle 5. A county commissioner should perform the duties of public office with fairness and impartiality so as to enhance public confidence in county government.** Impartiality requires a commissioner to engage in conduct unswayed by public clamor, without fear of criticism and without seeking personal financial gain or partisan advantage. A commissioner should make decisions free from the influence of family members,

private business relationships, or other personal relationship. A commissioner should promote county business practices that contribute to public perception of the impartiality of county decisions. A commissioner should abstain from voting even if not required to by law if his or her impartiality might be reasonably questioned. A commissioner should support the principle of equal employment opportunity and vigorously oppose discrimination in county operations.

Bird, reiterating that he is speaking only for himself, made several comments about why he works for the County, what his job entails, and the lack of respect the Road Department is currently receiving. Bird stated he "is offended by the comments in the paper that County employees are out there for nothing but a paycheck. I like my job, the work I do. It is honest, something I am proud of. All three of the Commissioners, not one, not two, all three make the decisions. Quit addressing one Commissioner, let all three do their job so I can do mine." Someone asked who tells the maintainer operator what roads to work. Bird answered that the operator is responsible for driving the roads in his area and to know what needs worked or they get a call from the Road & Bridge Supervisor or foremen. It was asked if Bird felt he could maintain the roads in the time available and Bird responded, "No, there never seems to be enough time, I can always do better." Bird stated, "You pay taxes, I pay taxes, it doesn't give us the right to tell each other what to do on a personal level. We tell each other what to do when we vote. Then our civic duty is complete. We allow these gentlemen to make the best decision based on their integrity, knowledge and experience because that is what we picked them to do." Wes Bainter asked, "What is the primary objective of the Sheridan County Road Department?" Bird answered, "To do the best job you can do. There is no magic answer." Discussion continued with other employees becoming involved as time sheets were discussed as well as road work. Wes Bainter said these farmers/volunteers could be a big help if everyone works together on the roads. It isn't we against them, it won't work. Harold Murphy spoke and stated he appreciates what Bird said. Be respectful of each other. There are two sides to every story.

Murphy would like to fill in a washed-out area on the road where he works. Will need to discuss and come up with an agreement with the Board.

At 3:00, the Board reconvened to the Commissioner's Room.

Paulette Feldt, Road & Bridge Supervisor, Rob Nordquist, Foreman and Jerrol DeBoer from Penco Engineering entered the meeting. DeBoer came to discuss bridges in Sheridan County. Wes Bainter stated there is a lot of bridge work to be done and we are going to do it in house. We are not going to spend \$500,000 on bridges. Need priority of bridges. DeBoer will put the list together, based on where the bridge is located, mail route, business, etc. Discussed the dimensions of box bridges, which is what they want to build. Wes Bainter will check with Northwest Kansas Planning & Development to see if there is any funding available. Discussed the need of a crane depending on the type of bridge built. DeBoer state the bridges should be permitted. Penco will get a proposal for engineering fees.

Scott Foote entered the meeting. Foote distributed an aerial view of the feedlot road. He is proposing the County pave the road, approximately 2.4 miles. Foote has bids from Venture Corporation and McCormick and both are close in the amount, about \$1,000,000. Foote believes this is a good investment for Sheridan County, the road is heavily traveled. Penco Engineering will be contacted to inspect the base. The question was asked by a guest if this was something the public would hear about and shouldn't it be voted on it is a lot of money. Pratt will contact the bond company to come up with the next step and confirm that it should be on a ballot.

Joe Bainter made a motion to

amend the Agenda to include High Plains Mental Health. Dewey seconded the motion. Carried 3-0. David Anderson, Director of Clinical Services, explained the services provided and how they work with law enforcement, school and hospitals. Anderson went on to explain that every county in the state is associated with a mental health service. Jodi Dumler spoke about working within the clinic and the integrated service provided. Dumler stated you need the partnership with High Plains Mental Health because they are limited in what they do, and referrals have to be made to High Plains for further care. These are not duplicated services. Mr. Howard, USD #412 Superintendent, stated that the school students very much utilize the service.

Board discussed Road 130N and 50W with no decision being made.

At 4:10 pm Joe Bainter made a motion, seconded by Wes Bainter, to move the meeting to the foyer to accommodate the employees wanting to meet with the Board. Motion carried 3-0. Road & Bridge employees present were Shannon Bird, Shannon Jewell, Paulette Feldt, Rob Nordquist, Jesse Thompson, Blaine Joslyn, Chris Mikkelsen, Mike Shaw, Travis Garrison, Joe Herskowitz, William Lyons, Curtis Higby, Rob Aitken, Nicholas Roudybush, Barry Quanz and Rex Storer. Sheriff Brandon Carver, Undersheriff Brian Diercks, and Deputies Adam Babcock and William Cousins were also present. The first question asked of the Board was if the health benefits were in jeopardy? Dewey stated he will totally support continuing the insurance and will not vote against it. Wes Bainter stated he has never mentioned to anyone in any context at all that the medical benefits were something that was going to be taken away. The employees discussed the job description that was put out for the Road & Bridge Supervisor job. The job description is exactly what Feldt does now. Why does she have to apply for her job? It is agreed there seems to be a lack of communication on both sides. The employees feel they are trying to keep the peace with the farmers but are under attack. The employees want assurance that the Board has the best interest of Sheridan County in mind. Everyone agrees there is road work to do. It was suggested that another blade be purchased so that Rob Nordquist would be able to train employees on equipment. There was a lot of discussion on the roads, ditches and equipment, with the discussion becoming very heated most of the time. It was agreed by everyone that the farmers need to quit farming the ditches and putting fence right up to the road. Sheriff Carver stated the county needs to start enforcing farming the ditches. The employees stated they have put in more culverts in the last two years than in the last ten. "We are trying." The employees feel it would be nice to hear from the Commissioners every once in while, so the employees know what is going on. Bird stated that because the meetings are held every two weeks, the employees hear things, they are upset about it for two weeks and they can't get together and squash it or fix it or at least settle it down. Dewey and Joe Bainter both stated to the Road and Bridge employees that they appreciate their work and they do a good job. The consensus was it was good to hear everyone talk together today so they know what is going on instead of feeling like a soap opera. Based on the discussion, there is total support for Paulette.

County Attorney Joe Pratt came to the table. Pratt stated that after further research the agreement that pertained to farmers being allowed to lease county equipment is not a good idea so that will no longer be an option. Pratt has done some research on the Historical Society Agreement. There are still changes/corrections to be done. Once the Commissioners have approved it, it will be forwarded to the Historical Society for their review and then a time will be set for them to come and visit with Board. Pratt stated that he supports High Plains Mental Health and the work they do with the County, especially with

law enforcement. Pratt attended the bid letting for the airport runway. The Airport Board had gone back to the engineers and had changes made to the original bid. The new bid came back at \$1,281,690. The airport currently has \$880,000 accumulated to pay for this project. They have submitted to the state for additional funding.

At 5:10, Wes Bainter made a motion to enter in to executive session for a period of 10 minutes for the discussion of non-elected personnel, personnel matters. Joe Bainter seconded the motion. Carried 3-0. Present were the Board and Pratt. The door opened at 5:20 with no decision being made.

The Board will hold a special meeting on Wednesday, April 3 at 8:00 a.m. for the purpose of interviewing for Road and Bridge supervisor.

Bids were presented from Gourley Excavating for the installation of two culverts; one at approximately one-half mile west of intersection at 130S and 90E at a cost of \$475.25 and the other one-fourth mile west of intersection 110S and 10W at a cost of \$440.25. Wes Bainter made a motion to approve the bids, seconded by Dewey. Carried 3-0.

A bid was presented from Spresser Excavation for rebuilding a road with grader and terracing machine, scraper and dozer work at 110N and Hwy 23 about one and one-half miles east. Estimate was \$10,000. This does not include sand. There is fencing that will have to be addressed on each side. County Attorney Joe Pratt will contact the landowners about the fence. Wes Bainter made a motion to approve the bid, seconded by Dewey. Carried 3-0. The Board signed the Agreement and Pratt will have Spresser sign and return to Bracht along with proof of insurance.

Dewey made a motion to approve the minutes of March 13, 2019 as presented, seconded by Joe Bainter. Carried 3-0.

Payroll and warrants were approved on a motion by Joe Bainter and second by Dewey. Carried 3-0.

Correspondence was received by Northwest Local Environmental Protection Group (NWLEPG) asking if Sheridan County was still going to participate. The cost is approximately \$2,700/annually. Wes Bainter made a motion to continue participation in NWLEPG, seconded by Dewey. Carried 3-0.

A Change Order was presented and approved on a motion by Dewey and second by Joe Bainter. Carried 3-0.

Dewey made a motion to amend the Agenda to include Sheridan Co. Sheriff Brandon Carver and Undersheriff Brian Diercks. Joe Bainter seconded the motion. Carried 3-0. Ross Carder, Sheridan County Fire Chief, spoke about dispatch and issues that were still occurring. At 5:40, Dewey made a motion to enter in to executive session for a period of 5 minutes for the purpose of discussing non-elected personnel, personnel matters. Joe Bainter seconded the motion. Carried 3-0. Present were Board, Carver and Diercks. The door opened at 5:45 with no decision being made.

Dewey made a motion to amend the agenda to include Sheridan County Dispatcher Dana Hess. Joe Bainter seconded the motion. Carried 3-0. The Board and Hess discussed dispatch issues.

Bracht advised the Board that due to the Affordable Care Act, the part-time hours need to remain at 30. Dewey made a motion to rescind the motion made in the previous meeting to change the part-time hours to 32 and to not offer insurance to employees working less than that. Joe Bainter seconded the motion. Carried 3-0. The wording in the employee handbook will remain as it had been. Interviews will be held on Wednesday, April 3, beginning at approximately 8:15 a.m. Bracht will set up the times and advise the Board the names of the applicants.

The following warrants and payroll were audited and approved: General \$123,209.79 Road & Bridge \$84,016.26 E911 \$1,127.87 Noxious Weed \$2,172.55

Public Health \$6,232.68 Public Transp. \$1,249.75 Landfill \$4,648.22 Conceal Carry \$200.00 VIN \$179.68 Hospital Bond \$11,600.00 Offender Registry \$278.65

No further business, Dewey made a motion to adjourn, seconded by Wes Bainter. Carried 3-0. The next regular meeting will be Thursday, April 11, 2019 at 2:00 pm in the commissioner's room on the main floor in the Courthouse.

Attest: Heather Bracht, County Clerk, Joe Bainter, Chairman

## Commission Minutes 4/3/2019

Now on this 3<sup>rd</sup> day of April 2019, the Board of Commissioners, Sheridan County, Kansas met in regular session with Chairman Joe Bainter presiding. Others present were Wes Bainter, Troy Dewey and County Clerk Heather Bracht. Others in attendance were Mike Beckman, Tom Beckman, Lance Coburn, Ed Goetz, Tyler Goetz, Roch Meier, Ron Bixenman, Joe Broeckelman, Lea Herl, David Schippers and County Attorney Joe Pratt.

Joe Bainter called the meeting to order. The Waiver of Notice of Meeting was approved and signed on a motion by Dewey and second by Wes Bainter. Carried 3-0.

Joe Bainter made a motion to enter in to executive session for a period of 5 minutes for the purpose of discussing non-elected personnel, personnel matters. Wes Bainter seconded the motion. Carried 3-0. Present were the Board, Pratt and Bracht. The door opened with no decision being made.

At 8:15, Dewey made a motion to enter in to executive session for a period of 10 minutes for the purpose of discussing non-elected personnel, personnel matters. Joe Bainter seconded the motion. Carried 3-0. Present were the Board, Pratt and Julie Eskew, Communications Director in the Sheridan County Sheriff's office. The door opened at 8:22, and a motion was made to extend the executive session for a period of 10 minutes by Dewey and second by Wes Bainter. Carried 3-0. The door opened at 8:32 with no decision being said.

Joe Bainter made a motion to move the meeting to the foyer to accommodate the guests. Wes Bainter seconded the motion. Carried 3-0. Prior to moving from the Commissioner's room, Joe Bainter stated that the guests present cannot be involved in the question/answer part of the interview process for Road & Bridge Supervisor.

The Board reconvened in the foyer at 8:35.

Interviews were held with Rob Nordquist, current Road & Bridge Foreman, Loran Sulzman, current Road & Bridge Foreman, Paulette Feldt, current Road & Bridge Supervisor, Ross Carder and Bill Moore. At 9:18, Wes Bainter made a motion to enter in to executive session for the purpose of discussing the applicants, seconded by Joe Bainter. Carried 3-0. Present were the Board and Pratt. This closed-door session was held in the Commissioner's room. The door opened at 9:47. Joe Bainter moved the Board return to the foyer, seconded by Wes Bainter. Carried 3-0. Wes Bainter made a motion to replace

Paulette Feldt as Road & Bridge Supervisor with Ross Carder, effective immediately. Joe Bainter seconded. Carried 2-0. Dewey abstained. Feldt asked what Carder's qualifications were over her and Wes Bainter stated, "Ross has a lot of managerial experience with people, employees and organizations." Feldt asked what her position was and was advised she would have to talk to Ross and work it out. He is in charge of the employees and department.

Broeckelman asked if the supervisor's phone number could be placed on the website and if the minutes could be more up-to-date. Bracht advised she would have to check with Carder first and be sure it was ok, and the minutes are placed in the paper after they have been approved. Bracht also stated that the minutes would be posted on the Facebook page for the Clerk the day after the minutes have been approved by the Board.

Wes Bainter made a motion to amend the Agenda to talk about road 130S. Dewey seconded the motion. Carried 3-0.

Wes Bainter presented a bid for Gourley Excavating to work on a road in the southeast part of the county. Wes Bainter made a motion that County Attorney Joe Pratt put the information into a contract form for Gourley Excavating and have him get to work. It was suggested that the new supervisor review the road and then get with Gourley. Bracht stated the Board had agreed in a previous meeting that Agreement's would be signed, and proof of insurance presented prior to work being done. Pratt stated that prior to next week's meeting he would have Gourley sign the Agreement, have the locates done and then be ready at the next meeting for the Commissioners to approve or not approve. Further discussion was held on roads and plugs. This is where the farmers are a real help - where we really need the road work done and where we don't.

Roch Meier discussed some road work that was not done in his area. Meier also had strong feelings about how a Road and Bridge employee spoke to the Board last week. Joe Bainter stated that the farmers/volunteers have been allowed every week to come in and voice their opinion and to take shots at the Road and Bridge employees and they never got to rebuttal. This employee had a right to voice his opinion and the other employees as well. County Attorney Pratt stated they have made a change, hired a new supervisor, give him a shot, be respectful and let's see if changes come that are good. There will be bumps in the road. All of us need to have patience. Joe Broeckelman wants to maintain some ditches, about a mile, has the sand and drag. Can Joe sign something that says Joe and neighbor will maintain this road? Trying to save the County some time and money. Pratt advised he would need to come in and meet with the Board, talk about it and agree to it. Sand was discussed. Broeckelman thanked the Commissioners for their work. Commissioners have made a change, time to move on.

Dewey made a motion to approve and sign the warrant presented, seconded by Joe Bainter. Carried 3-0.

No further business, Dewey made a motion to adjourn, seconded by Joe Bainter. Carried 3-0.

Attest: Heather Bracht, County Clerk, Joe Bainter, Chairman

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# Legals & Obits

Legal Rates: \$5.90 per column inch

(First published in The Sheridan Sentinel April 18, 2019)

IN THE FIFTEENTH JUDICIAL DISTRICT DISTRICT COURT, SHERIDAN COUNTY, KANSAS PROBATE DEPARTMENT

IN THE MATTER OF THE ESTATE of CLARE M. HERVEY, a/k/a CLARA M. HERVEY, Deceased.

Case No. 19 PR 000010

**NOTICE OF HEARING** (Pursuant to K.S.A. Chapter 59)

THE STATE OF KANSAS TO ALL PERSONS CONCERNED: YOU ARE HEREBY NOTIFIED, that a Petition for Determination of Decent and Approval of Valid Settlement Agreement was filed in this Court by Nancy H. Shoemaker, one of the heirs of Clare M. Hervey, a/k/a Clara M. Hervey, deceased, praying that: Decent be determined of the following described real property and personal property situated in Sheridan County, Kansas:

Oil and Gas Mineral Interests (commonly known as ZIEGLER) (Lease # 99760) (Operator - CHS McPherson Refinery, Inc.) The North Half (N/2) of the Northeast Quarter (NE/4); and the Southwest Quarter (SW/4) of the Northeast Quarter (NE/4); and the Northwest Quarter (NW/4) of Section Thirty (30), Township Eight (08) South, Range Twenty-six (26) West of the 6<sup>th</sup> P.M., Sheridan County, Kansas.

and all other personal property and other Kansas real estate owned by decedent at the time of death, and that such property and all personal Property and other Kansas real estate owned by the decedent at the time of death be assigned pursuant to the Family Settlement Agreement.

You are required to file your written defenses thereto, on or before the 15th day of May, 2019, at 11:00 a.m. of said day, at the Sheridan County Courthouse, 925 9<sup>th</sup> Street, Hoxie, KS 67740, at which time and place the cause will be heard. Should you fail, Judgment and Decree will be entered in due course upon the Petition.

Nancy H. Shoemaker  
Petitioner

(First published in The Sheridan Sentinel April 18, 2019)

IN THE FIFTEENTH JUDICIAL DISTRICT DISTRICT COURT, SHERIDAN COUNTY, KANSAS

HILL FARMS, INC.	)	Plaintiff,
vs.	)	
EMMA WALKER; ELLA K. FORD; and the unknown heirs, executors, administrators, devisees, trustees, creditors and assigns of any deceased defendants; the unknown spouses of any defendants; the unknown officers, successors, trustees, creditors, and assigns of any defendants that are existing, dissolved or dormant corporations; the unknown executors, administrators, devisees, trustees, creditors, successors and assigns of any defendants that are or were partners or in partnerships; the unknown guardians, conservators and trustees of any defendants that are minors or are under any legal disability; and the unknown heirs, executors, administrators, devisees, trustees, creditors and assigns of any person alleged to be deceased,	)	Defendants.

(Pursuant to K.S.A. Ch. 60.)

**NOTICE OF SUIT**

THE STATE OF KANSAS TO ALL OF THE ABOVE NAMED DEFENDANTS AND ALL OTHER CONCERNED PERSONS:

You are notified that a Petition has been filed in District Court of Sheridan County, Kansas, by Hill Farms, Inc., seeking an order Quieting Title in and to the following described property located in Sheridan County, Kansas:

Northwest Quarter (NW/4) of Section Thirty-four (34), Township Eight (8) South, Range Twenty-nine (29) West of the 6<sup>th</sup> P.M., Sheridan County, Kansas

And you are hereby required to plead to the Petition on or before **Monday, June 3, 2019** in the District Court of Sheridan County, Kansas. If you fail to plead, judgment and decree will be entered in due course upon the Petition.

Michael J. Baxter #26459

(Last published in The Sheridan Sentinel May 2, 2019)

(First published in The Sheridan Sentinel April 25, 2019)

IN THE DISTRICT COURT OF SHERIDAN COUNTY, KANSAS

In the Matter of the Estate of WILLIAM D. HOFFEDITZ, Deceased

Case No. 2019-PR-11

**NOTICE OF HEARING ON PETITION FOR REFUSAL TO GRANT LETTERS**

The State of Kansas to All Persons Concerned:

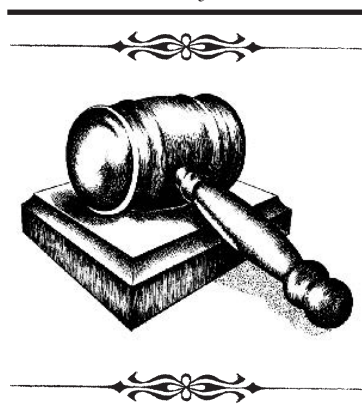
You are hereby notified that a Petition has been filed on April 17, 2019 in said Court by Petitioner praying for an order refusing to grant Letters of Administration in this estate and further requesting that the Last Will and Testament of the decedent dated October 9, 2007 be adjudged the Last Will and Testament of the decedent and be admitted to record for the purpose of preserving the same in the event that probate proceedings are later required.

You are hereby required to file your written defenses thereto on or before May 20, 2019 at 9:00 a.m. of said day, in said Court, in the City of Hoxie, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon such petition.

Mary Courtney  
Petitioner

Ken Eland, #12054  
Attorney for Petitioner  
ELAND & PRATT, LLC  
Attorneys at Law  
P.O. Box 565  
736 Main Street  
Hoxie, KS 67740  
(785) 675-3217  
Fax No. (785) 675-3983

(Last published in The Sheridan Sentinel May 9, 2019)



Fred A. Johnson, SC#08672  
359 South Hydraulic  
Wichita, Kansas 67211-1908  
Telephone: (316) 263-5661  
Attorney for Petitioner

(Last published in The Sheridan Sentinel May 2, 2019)

## Mary Morgan

April 24, 1925 ~ April 18, 2019



Mary Theresa Morgan, 93, died April 18, 2019, at Locust Grove Village, La Crosse, Kansas. She was born April 24, 1925 in Wheeling, West Virginia, the daughter of Charles & Matilda (George) Rahall.

On December 27, 1947 she married Arthur Glenn "Art" Morgan at Mansfield, Ohio. He died July 31, 2018.

She raised the family while following Art in his 21-year military career. After settling in Hoisington in 1969 she became an avid collector of antiques and had her own shop, Mary Morgan's Antique Shop.

She is survived by her three children; Ann Eulert and husband Bud of Hays, Hope Krug and husband David of Topeka, and Scott

Morgan of Great Bend; brothers: James Rahall and wife Helen of Ohio and Robert Rahall and wife Sandy of Florida; three grandchildren, Heather McGlocklin of Wichita, Bobbi Hase of Miami, Florida, and Austin Krug of Kansas City, Missouri; and two great grandchildren, Memphis and Liberty.

She was preceded in death by her husband, son, Glenn Morgan, brothers, Joseph, Ronald, and Phillip Rahall, and a sister, Patricia Van De Mark.

Family will greet friends from 3 to 5 p.m., Saturday, April 27, 2019, at Nicholson-Ricke Funeral Home. Inurnment will follow in Olivet Cemetery. Friends may sign the book Monday through Saturday, there will be no viewing as cremation has taken place.

In lieu of flowers memorials may be made to Locust Grove Village (Capital Fund Campaign) or Hospice of Hays Medical Center, in care of Nicholson-Ricke Funeral Home, PO Box 146, Hoisington, KS 67544.

Condolences may be sent, and notice viewed at [www.nicholsonrickefh.net](http://www.nicholsonrickefh.net)

## Alice Pratt

March 10, 1927 ~ April 17, 2019



Alice A. (Weeks) Pratt passed away on Wednesday, April 17, 2019 at the Sheridan County Health Complex LTC, after a lifetime of living in Sheridan County. Alice was born March 10, 1927 to Clarence and Pearl (Godfrey) Weeks, the third of seven children. She attended school in Hoxie graduating from Sheridan County High School. Alice attended Fort Hays State University to obtain a teaching certificate during war years and taught in several rural schools in the area.

Alice married James "Jimmy" E. Pratt on May 17, 1948 in Seguin, Kansas. Two children, Charles "Chuck" and Karen completed the family. After marrying, Alice joined the Catholic Church and was a member of Sodality. The family lived on the family ranch for the first years of their marriage and later moved to Hoxie.

Alice always enjoyed working and her jobs. She babysat until her own children graduated from high school. She worked for many years for the Hoxie Sale Barn cooking the meals on sale days. She was a clerk at the Ben Franklin Store and at the Hoxie Stop 2 Shop. She enjoyed seeing and visiting with the people who came into the businesses. At the Stop to Shop, Alice opened the store early in the morning. The regulars enjoyed seeing her each morning. After retirement, Alice would mention how

she loved to work and had a wish to go back to work. When she was not working, she loved to cook and taught many to make pies. She was a seamstress and enjoyed sewing and making clothes for her children. She liked flowers especially red roses.

Alice is survived by her son, Charles "Chuck" and his wife Diane of Hoxie, Kansas; daughter, Karen Deibert of Hoxie, Kansas; brothers, Bill Weeks of Hoxie, Kansas, and Murl Weeks and wife Anita of Oklahoma; sister-in-law, Judy Weeks; five grandchildren and eight great-grandchildren; and friends.

She was preceded in death by her husband, Jimmy; parents, Clarence and Pearl Weeks; Infant Grandson, Shane Pratt; brother, Al Weeks; sister, Violet Rogers, Marge Thaden, and infant sister, Nellie Weeks.

A Mass of Christian Burial is planned for Tuesday, April 23, 2019, 10:30 A.M. at the St. Frances Cabrini Catholic Church in Hoxie, Kansas. A visitation will be held on Monday, April 22, 2019, at Mickey-Leopold Funeral Home from 2:00 P.M. until 8:00 P.M. with a Vigil Service at 7:00 P.M. There will be a private family inurnment at a later day. The family has chosen the Sheridan County Health Complex LTC or the Sheridan County Benefit Walk as memorials. Memorials may be sent in care of Mickey-Leopold Funeral Home, PO Box 987, Hoxie, Kansas 67740. Online condolences may be left at [mickyleopoldfuneral.com](http://mickyleopoldfuneral.com)

Alice loved to work, her family, visiting with people, and especially "doing things her way". She has gone home to be with the Lord Jesus Christ. Every step of the way she did "things her way".

## Jerome Heim

September 14, 1930 ~ April 14, 2019



Jerome N. Heim of Hoxie, Kansas passed away on Sunday, April 14, 2019 at Hays Medical Center at the age of 88. He was born to William and Marie (Mannebach) Heim, at their home in Leoville, KS on September 14, 1930. Jerome grew up and attended school in Leoville. While in school, he enjoyed playing in the band and participating in basketball. During high school he helped his father by working in his store and helping with construction projects. He graduated from the Leoville High School with the Class of 1948. He entered the United States Army and served from July 24, 1952 until May 28, 1954 in the Korean War. He was stationed in Suwon, Korea and held the rank of Sergeant in the 78<sup>th</sup> Division Anti-Aircraft Artillery Radar Division. Nineteen men were under his command. Jerome served in the Army Reserves until he was honorably discharged on July 23, 1960.

After serving in Korea, Jerome returned home and worked with his father doing construction work and helping to build Highway 24. He decided he did not want to do either of those things the rest of his life and made the decision to go to Denver, CO to attend the Television-Radio Repair Institute. Completing his training, Jerome returned home and opened Heim Radio and TV in the Odd Fellow Building in 1956. In 1960, he moved his store to 724 Main Street and, in 1969, he built a new store in the current location. In 1984, he added Heim Auto Sales to his business. From 1972 to 1982, Jerome owned and operated Heim TV and Appliance in Hays, Kansas.

Jerome and Pauline Walden were united in marriage on June 4, 1958 at the St. Frances Cabrini Catholic Church in Hoxie, KS. They celebrated their 60<sup>th</sup> Anniversary last June. They became the parents of six children, Sue, Nick, Bob, Steve, Alan, and Doug. He was a life-long member of the Catholic Church and the Knights of Columbus 4<sup>th</sup> Degree. He was a member of the Hoxie Lions Club, serving as Secretary; the Hoxie Elks Lodge 2415, serving as the 3rd Exalted Ruler; Hoxie Chamber of Commerce; he served on the St. Frances Cabrini Church Building

Committee in 1979, served as a Bank Director of Peoples State Bank Rexford, KS, and was a member of the Grinnell VFW Post #2864. When asked what his hobbies were, everyone would say "work"; however, he did enjoy attending his grandkids activities, watching them race, and playing cards.

Jerome is survived by his wife, Pauline of the home, Hoxie, KS; daughter, Sue Katt and husband Allan; sons, Nicholas Heim and wife Beverly; Robert Heim, Steven Heim and wife Sheila; Alan Heim and wife Christy; and Douglas Heim; brothers, Gerald Heim and wife Helen, all of Hoxie; Joseph Heim and wife Sharron of Carmel, IN; Don Heim of Phoenix, AZ; Bill A. Heim and wife Grace of San Diego, CA; sisters, Bonnie Lager and husband Alfred, and Mary Niblock and husband Don, all of Hoxie; grandchildren, Jared Truetken and wife Andrea, Caitlin Katt, Connor Katt, Ryan Bellew, Misty Stewart and husband Jason, Mathew Heim and wife Brooke, Aaron Heim, Christopher Heim and wife Taylor, Colin Heim, Landon Heim, Abigail Heim, Adam Heim and Makenna Heim; and great-grandchildren Jenna Bondegard, Emily Truetken, Allie Truetken, Brayden Stewart, Kasya Stewart, Gordon Heim, and Savannah Heim.

He was preceded in death by his parents, William and Marie Heim; brother, James Heim; sister, Eileen Thompson; sisters-in-law, Jan Heim and Gail Heim, and brother-in-law, Phil Thompson.

A Mass of Christian Burial will be held Monday, April 22, 2019, 10:30 A.M. at the St. Frances Cabrini Catholic Church in Hoxie. Interment will be immediately following the service in the St. Frances Cabrini Catholic Cemetery. Visitation was held at the Mickey-Leopold Funeral Home in Hoxie, Saturday, April 20, 2019 and on Sunday April 21, 2019 with family receiving friends in the evening. The Vigil and Rosary Service was held at the Funeral Home on Sunday, April 21, 2019. The family suggests memorials to the St. Frances Cabrini Catholic Church Remodeling Fund or the Sheridan County Amusement Company and may be sent in care of Mickey-Leopold Funeral Home, PO Box 987, Hoxie, KS 67740. Online condolences may be left at [www.mickyleopoldfuneral.com](http://www.mickyleopoldfuneral.com).

Jerome was a man who loved his Lord Jesus Christ, his family, and life itself. He was a long-time, friendly face on the Main Street of Hoxie, KS. Everyone has a "Jerome" story or can speak of the deal he gave them when purchasing a new appliance, TV, furniture, or car. Family and friends will carry his memory in their hearts for all time to come.

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# Fun Page



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## Newspaper Fun!

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### Ready to Read?

Thanks to the 'eagle-eyed' teacher who noticed my cousin squinting, he went to have his eyes examined. He needed glasses or contact lenses to help correct his vision. Now, he can read all of the books, screens and boards in his classroom. He is ready to read everything and loves it!

**What other things or people help us get ready to learn how to read? Study the clues to fill in the crossword:**

- book of words and their meanings
- the classics make for good \_\_\_\_\_
- words of a language; a list of words
- printed pages bound between two covers
- 26 letters, A-Z
- the order of letters that make up a word
- a way to teach reading by learning the sounds of letters or groups of letters
- person at home who reads with you
- helps people find information and books
- reading begins for most people when they use their \_\_\_\_\_ to see printed words
- a person trained to help children learn how to read
- what one needs to do every day to get better at something

How many words can you find that have 3 or more syllables? Circle them.

Lots of people are reading text messages on their cell phones.

Books are so tasty!

I love to read the newspaper.

Math and Science Fun

Pssst...not yet, Four!

Math comes alive in this book!

dictionary vocabulary 1 2 3 4 5 6 7 8 9 10 11 12

alphabet parent spelling books reading phonic practice librarian teacher

Spooky Mystery

Fantasy

### Fun at the Library!

prizes 1 storytimes 2 programs 3 books 4 talks 5 movies 6 party 7 reading 8 theme 9 logs 10

magazine calendar recipe bulletin postcard rhymes computer newspaper instructions

test GPS book comics letter poetry map

report card lunch menu sports scores text messages musical notes

Ask a grownup if you can sign up at the library for the summer reading program and lots of other summer fun!

Find and circle our reading list above:

**What Do You Read?**

E U S A K R Z R A X I H X F Y Y R  
 F B I T W X I M P A N R A N C D S I  
 O R V T E N X N L O D S I A P P M I  
 M J C S B Y J V E J T R S A D C U P  
 O R V T J I P G V E K R M R M O S  
 C P H R Q I S R R K U A R A M I S  
 M M P A I E Y K M T T I R O A C C A  
 O H S O M S C E M T T I R O A C C A  
 P Y F R L X S P U A B N I K N P O D  
 E D T T U R V E J S W O S P Q E T A  
 T E Q S N R P K S S O Q E F T V E K  
 R E C S C H W R L Z S K H A L X J S U  
 G O S C M M Y Z S H C A L E N D A R  
 G A R E N E C E M W L E T T E R R G  
 B W E N N B U L L E T I N N X I E  
 C W S U M S E G A S S E M T X E T

Read the clues to fill in the crossword with library reading fun:

- activities planned
- pages of words bound
- the main idea
- enjoying written stories
- rewards and treats
- fun gathering of friends
- tales being read aloud
- series of pictures on screen
- discussions of books
- lists of books read

### Off to the Library We Go!

I know, I know...there are so many great things to read at the library - so

A science fiction book will doooooo! I like pecking through mysteries, too.

Can you help Pop Rooster guide his chicks to the library?

We love the library!

Yup!

Town Library

Map: 1. Library, 2. Garden, 3. Field, 4. Garden, 5. Field, 6. Garden, 7. Field, 8. Garden, 9. Field, 10. Garden, 11. Field, 12. Garden, 13. Field, 14. Garden, 15. Field, 16. Garden, 17. Field, 18. Garden, 19. Field, 20. Garden, 21. Field, 22. Garden, 23. Field, 24. Garden, 25. Field, 26. Garden, 27. Field, 28. Garden, 29. Field, 30. Garden, 31. Field, 32. Garden, 33. Field, 34. Garden, 35. Field, 36. Garden, 37. Field, 38. Garden, 39. Field, 40. Garden, 41. Field, 42. Garden, 43. Field, 44. Garden, 45. Field, 46. Garden, 47. Field, 48. Garden, 49. Field, 50. Garden, 51. Field, 52. Garden, 53. Field, 54. Garden, 55. Field, 56. Garden, 57. Field, 58. Garden, 59. Field, 60. Garden, 61. Field, 62. Garden, 63. Field, 64. Garden, 65. Field, 66. Garden, 67. Field, 68. Garden, 69. Field, 70. Garden, 71. Field, 72. Garden, 73. Field, 74. Garden, 75. Field, 76. Garden, 77. Field, 78. Garden, 79. Field, 80. Garden, 81. Field, 82. Garden, 83. Field, 84. Garden, 85. Field, 86. Garden, 87. 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# Classifieds

**WORD AD RATES**  
\$4.25 - first 20 words  
\$.15 - per word after  
Deadline Noon Tuesday.

**DISPLAY AD RATES**  
\$5.90 per column inch  
Deadline Noon Tuesday.

Subscription Rates: \$39/year (paper & digital) ~ \$15/year (digital only)

## FOR SALE

**FOR SALE:** 32 Registered Angus Open Heifer Calves St. Francis, KS 785-332-6206.

**FOR SALE:** Crooked Creek Angus Registered 2-year old & yearling bulls. St. Francis, KS 785-332-6206. [www.crookedcreekangus.com](http://www.crookedcreekangus.com).

## FOR RENT

**FOR RENT:** Hoxie Housing Authority has one-bedroom apartments and two-bedroom homes for rent. Ridgewood Manor has one-bedroom apartments available. Office hours M-F 9am-4:30pm. Rent based on income. 675-2171. EHO

## HELP WANTED

**HELP WANTED:** Four Temporary Summer Positions Open: The Twin Creeks Extension District is looking for temporary summer help positions in each of our offices. This is a 50-hour support position in Hill City, Hoxie, Norton, and Oberlin in preparation for county fairs. Pay will be \$7.25/hour. Please visit your local Twin Creeks District Office for an application. All completed applications are due back to the office by Tuesday, April 30. Hill City (785) 421-3411; Hoxie (785) 675-3268; Norton (785) 877-5755; Oberlin (785) 475-8121.

**HELP WANTED:** Hoxie Feedyard & PSI are always interested in visiting with good people about a good job. We offer competitive pay and great benefits. Please call Scott Foote 785-386-4519.

**HELP WANTED:** The Sheridan Sentinel is looking for an Advertising Sales Rep. Set your own hours - work around your family schedule! 25% Commission. If interested, call 785-675-3321, email [advertising@sheridansentinel.com](mailto:advertising@sheridansentinel.com), or drop by The Sentinel office: 716 Main Street, Hoxie.

## SERVICES

**SERVICES:** Stop by Hoxie Implement for your factory direct prices on heavy-duty commercial batteries; Baldwin filters for cars, trucks, tractors, combines, etc.

## HELP WANTED: COMMUNICATIONS OFFICER



**Requirements:**  
• Must be at least 18 years of age  
• Valid Driver's License  
• Pass background check  
• no felonies, domestic violence history  
• High School Diploma or Equivalent

**General Duties Include, But Not Limited To:**  
• Use of CAD (Computer Aided Dispatch System)  
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## Last Week's Fun Page Solutions

### Super Crossword

Answers

B	L	A	S	T	C	R	O	A	K	A	D	O	S	R	O	K	S		
I	O	N	I	A	L	O	R	D	E	F	O	N	T	E	P	E	E		
B	L	A	C	K	C	O	M	E	D	Y	R	I	C	E	P	A	P	E	R
B	A	S	K	E	T	S	M	I	N	I	A	T	U	R	E	G	O	L	F
O	L	M	O	S	N	O	R	S	O	D	A	A	N	T	E	S			
C	E	I	L	I	N	G	F	A	N	P	O	P	C	U	L	T	U	R	E
C	A	N	A	P	E	T	H	O	M	F	E	E	S	S	N	O	W		
A	P	U	E	S	T	O	R	A	D	R	E	W	E	S					
M	O	T	H	E	R	C	O	U	N	T	R	Y	E	R	I	N			
S	N	E	E	R	H	E	R	D	E	J	A	D	R	O	S				
S	E	A	R	L	N	A	T	U	R	A	L	H	E	A	L	T	H		
T	N	T	S	A	U	L	Y	O	O	I	S	O	D	E	E				
A	C	E	S	G	M	A	N	T	U	B	A	L	A	P	E	E	R		
L	A	S	T	S	U	P	P	E	R	S	I	L	L	Y	B	I	L	L	Y
E	A	T	A	T	S	W	A	P	T	A	I	S	P	I	E	L			
I	R	A	N	I	Y	A	R	N	I	N	G	E							
R	E	F	E	R	E	N	C	E	B	O	O	K	C	I	N	E	M	A	S
A	B	Y	S	S	I	N	I	A	N	I	N	E	O	F	C	L	U	B	S
N	O	T	A	L	I	A	R	G	R	I	L	L	E	S	S	E	N		
K	N	O	T	L	E	O	S	E	T	O	N	S	E	E	D	S			

### Hitori

answer

5	3	2	2	2
2	4	4	5	1
3	4	3	1	2
4	4	5	3	1
1	5	2	4	3

### Even Exchange

- answers
1. Leave, Weave
  2. Forger, Former
  3. Moore, Moose
  4. Change, Chance
  5. Shrub, Shrug
  6. Kitten, Mitten
  7. Nanny, Nancy
  8. Expert, Export
  9. Yodel, Model
  10. Tempt, Tempo

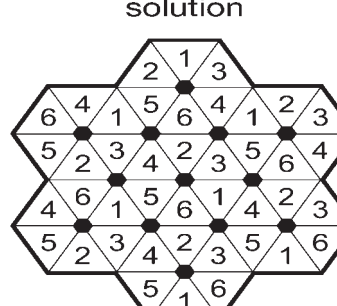
### CryptoQuip

answer  
When two jailbirds band together while working on a task, could you say they are con-joined?

### Kids' Maze Solution



### SNOWFLAKES



### Weekly SUDOKU

Answer

9	5	8	3	4	7	6	1	2
1	7	6	5	9	2	4	3	8
3	2	4	6	8	1	7	9	5
2	3	1	9	6	5	8	4	7
4	8	9	2	7	3	5	6	1
7	6	5	8	1	4	9	2	3
5	4	3	7	2	6	1	8	9
8	1	2	4	5	9	3	7	6
6	9	7	1	3	8	2	5	4

### Puzzles4Kids

Answer

A	R	E	D	N	I	A	M	E	O
A	R	N	W	H	O	L	E	M	O
E	N	I	N	Y	A	T	W	O	
M	U	L	T	I	P	L	Y	R	A
L	N	X	O	H	O	C	E	D	
E	I	T	O	U	M	O	I		
S	U	P	M	L	U	E	F	I	C
S	U	B	T	R	A	C	T	V	L
N	E	V	E	U	S	D	V	A	
G	H	U	N	D	R	E	D		

### Go Figure!

answers

7	+	6	x	1	13
+		÷		+	
8	x	2	-	5	11
÷		+		+	
3	x	8	-	4	20
5		11		10	

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J. E. L. L. Y. beans 10 5 12 12 25  
M. A. R. S. H. M. A. L. L. O. W. animal 13 1 18 19 8 13 1 12 12 15 23  
C. H. O. C. O. L. A. T. E. rabbit 3 8 15 3 15 12 1 20 5  
D. E. C. O. R. A. T. E. D. egg 4 5 3 15 18 1 20 5 4  
G. R. E. E. N. P. L. A. S. T. I. C. grass 7 18 5 5 14 16 12 1 19 20 9 3  
S. M. A. L. L. toy 19 13 1 12 12  
I am a baby rabbit. I am a kit or kitten. Later, I can be called a bunny or a rabbit.  
In two shakes of a lamb's tail the weather turned as gentle as a lamb.



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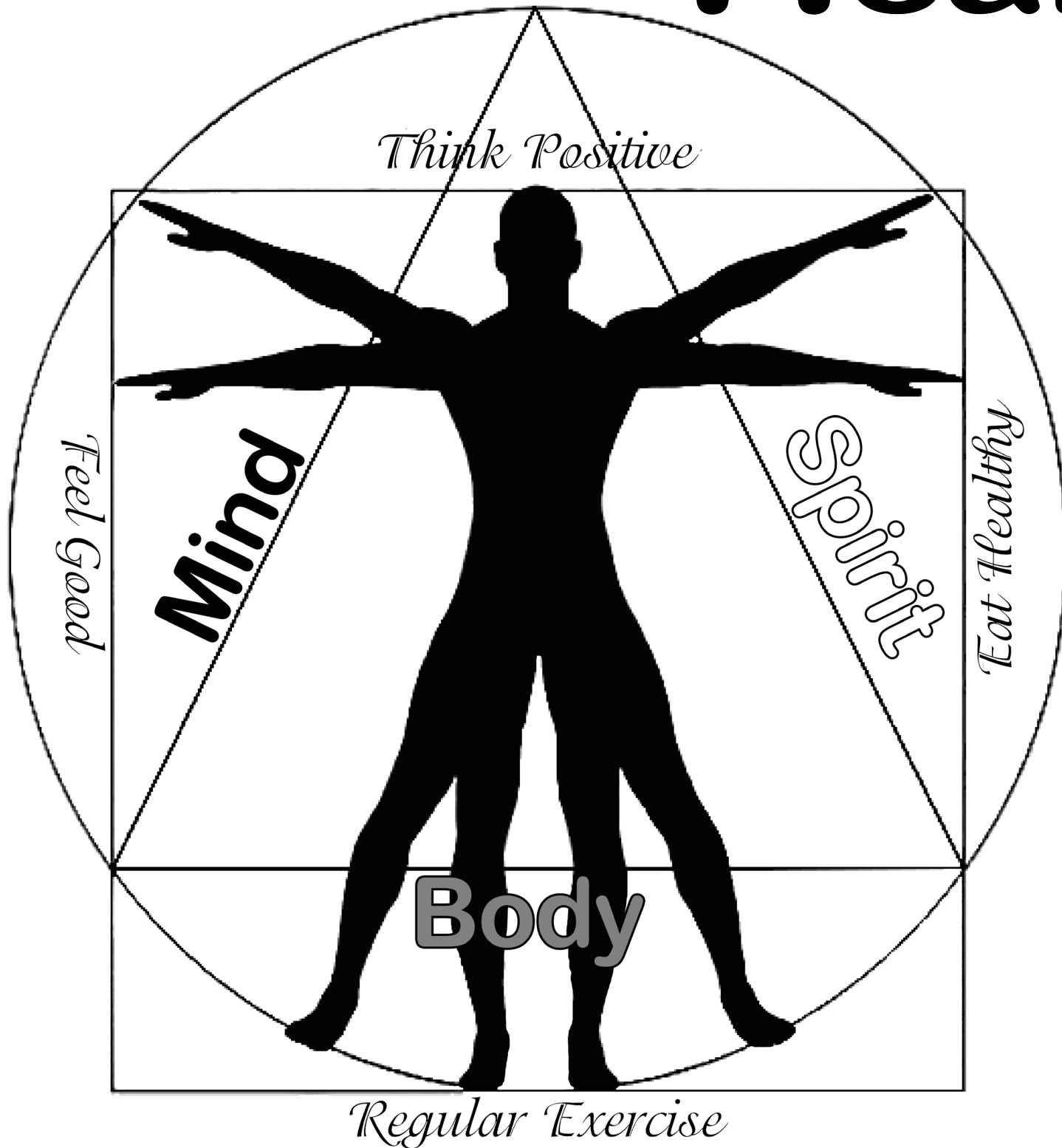
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# Physical Well-Being

## Body & Environment

### Can Massage Therapy Help Improve Your Health?

By Dr. Tony Sun, Chief Medical Officer, UnitedHealthcare of Kansas

People who treat themselves to an occasional massage often describe feeling deeply relaxed and rejuvenated afterward. But allowing a professionally trained massage therapist to manipulate your tissue and muscles can be more than just an enjoyable hour of pampering. Massage therapy offers potential health dividends that can extend beyond the session.

Some benefits are obvious, like less pain or stiffness in your hips, back, neck and shoulders. Maybe an injury heals faster, or a headache goes away. But what's going on beneath the surface?

For starters, massage therapy could improve your immune system and enhance blood and lymph functions to fight infections. It may even help restore muscle tone lost due to long-term

bed rest and ease anxiety, depression and stress, according to the Cleveland Clinic.

While many people find it beneficial for their overall wellness, massage therapy is also used to complement standard treatments for a range of medical conditions. In fact, a survey conducted by the American Massage Therapy Association (AMTA) found that 41 percent of respondents received a massage for medical reasons, such as pain, stiffness, spasms or injury recovery. Around 90 percent considered the hands-on manipulation good for their overall health and wellness.

Now that you know a few of its potential health benefits, let's look at the

most common types of this popular therapy, each targeting different results.

**Swedish massage** uses long, gliding strokes, kneading, circular movements and tapping to relax and energize. This can lead to improved circulation, increased flexibility and relief from chest congestion, headaches and muscular or digestive disorders.

**Deep-tissue massage** targets layers of muscle and tissue with slow, intense pressure and more forceful strokes. Deep massage can help relieve pain, loosen connective tissue and repair muscle damage from injuries or overuse.

**Sports massage** combines techniques of Swedish and deep-tissue massage to release muscle tension and help

prevent sports injuries.

**Trigger point massage** releases tight muscle fibers from injuries or overuse and can relieve respiratory disorders such as sinus pressure.

**Acupressure** applies deep finger pressure firmly on specific areas called acupoints to send healing signals to other parts of the body. Acupressure can help minimize migraine and other headaches, neck pain, nausea, back pain, anxiety, insomnia and depression, according to the UCLA Center for East-West Medicine.

Massage therapy may be covered by your health insurance, or you may be able to use health savings account (HSA) or flexible spending account (FSA) dollars to pay for it. If you have pre-existing medical conditions, make sure you discuss massage therapy with your doctor before treatment.

### Tidying Tips That May Impact Your Health

By Dr. Tony Sun, Senior Medical Director for UnitedHealthcare of Kansas

With the ease of online shopping and doorstep delivery, items easily pile up, quickly throwing our homes into disorder. People are looking to declutter, and many are looking to popular tidying books and streaming shows. It's gained so much popularity that thrift stores report receiving record amounts of donations.

So what is this Japanese art of decluttering? It all comes down to the idea of *mottainai*, which translates to "don't be wasteful." This means to live off of what you need, use the items to their full extent and to pay respect to the items that bring you joy. And it may be doing more for you than just keeping the shelves organized.

According to several studies, decluttering may have positive impacts on your health, such as:

- **Potential reduced stress:** Clutter may cause stress. According to a study, people living in cluttered homes had higher levels of cortisol—the stress-causing hormone—in their bodies. Another study found women who consider their home stressful due to clutter or unfinished projects rather than restorative had increased depressed mood over the course of the day.

- **May experience deeper sleep:** This goes hand and hand with reduced stress. Less stress can mean better sleep. A survey conducted for the National Sleep Foundation found those who make their bed in the morning were 19 percent more likely to report getting a good night's sleep on most days.

- **May boost productivity:** Clut-

ter may be overstimulating and distracting. According to a Princeton Neuroscience Institute study, the number of items you can see affects your ability to concentrate. Getting rid of clutter may help you work more efficiently, increasing productivity.

- **Can lead to healthier eating habits:** A study found people with extremely cluttered homes were 77 percent more likely to be overweight. Emotional eating can be triggered by stress. Tidying up your home may reduce your stress levels, which may help you avoid grabbing unhealthy snacks.

With so much clothing, decorations and keepsakes it can be overwhelming knowing where to start. Here are some tips to consider:

- **Be patient:** Clearing out your home is going to take time. Be patient and do a thorough job so it'll last.

- **Pick an area to focus on:** Try starting with your kitchen, which is found to be one of the most cluttered spaces in most homes. Get rid of expired condiments or chipped dishes. Then move on to clothing. Keep what's essential and donate the rest. Make your way through your home, getting rid of things that just take up space and don't provide a useful purpose.

- **Everything needs its own place:** Once all items have a designated place, you won't have to think about it again. Cleaning up will be easier and the clutter will stay away.

- **Keep up with decluttering:** After your home is organized, keep it that way. Put items back in their places each day, to minimize a potential buildup of clutter.

### Chiropractic and Its Benefits

By Dr. Jessica Campbell, DC

What is chiropractic, what does it treat, and who can go to a chiropractor?

Only about 8% of the American population utilizes chiropractic as part of their healthcare regimen; thus, chiropractic is stigmatized among those who are not familiar with chiro care. Chiropractic is a safe, conservative alternative to traditional medicine. Chiropractic is a natural way to treat people with not only back and neck pain, but also other organic issues they may be experiencing.

Typically, people think that chiropractic is only for those with spinal issues, but the spinal column is home to the nerves that supply our organs. This means that chiropractic treatment may help resolve issues with headaches, sinus congestion, digestive issues, and even reproductive issues, among other things. Chiropractic does not use medications or surgery as a means of treatment as it is believed that once the body is aligned properly your body has the innate ability to heal itself.

There are a multitude of different techniques used in the chiropractic industry but essentially all chiropractors have the goal of moving a joint that is subluxated, or not in its original position, back into the place that it belongs. This movement, called an adjustment, can be done either manually or with the help of an instrument. There are many other supplemental techniques and treatments to add to your chiropractic care plan such as traction or muscle stim, which are offered in my office, as well as massage and muscle work to aid in healing.

Chiropractic care is safe and available to all age groups; there are many benefits of receiving chiropractic care throughout your lifetime. I have personally treated patients

that were 2 days old as well as patients in their 90's and everything in between. Chiropractic is safe for expecting mothers all throughout their pregnancies and helps ease mom and baby through the labor process. Birth itself can be very rough on a newborn but many infants (and parents) also suffer through digestive issues, acid reflux, and colic which all may be treated with chiropractic care. For toddlers, it's important to keep their spine aligned through the many trips and falls they may take as they learn to walk. Older children and adults benefit from treatment as well; these benefits include decreased pain, improved range of motion, faster immune response, lower stress, decreased muscle tension, increased energy, more restful sleep, etc.

Although there are many misconceptions and much hesitation for new patients to receive chiropractic care, the benefits are worth it. Chiropractic care may be just the thing you need for a well-rounded healthcare routine.

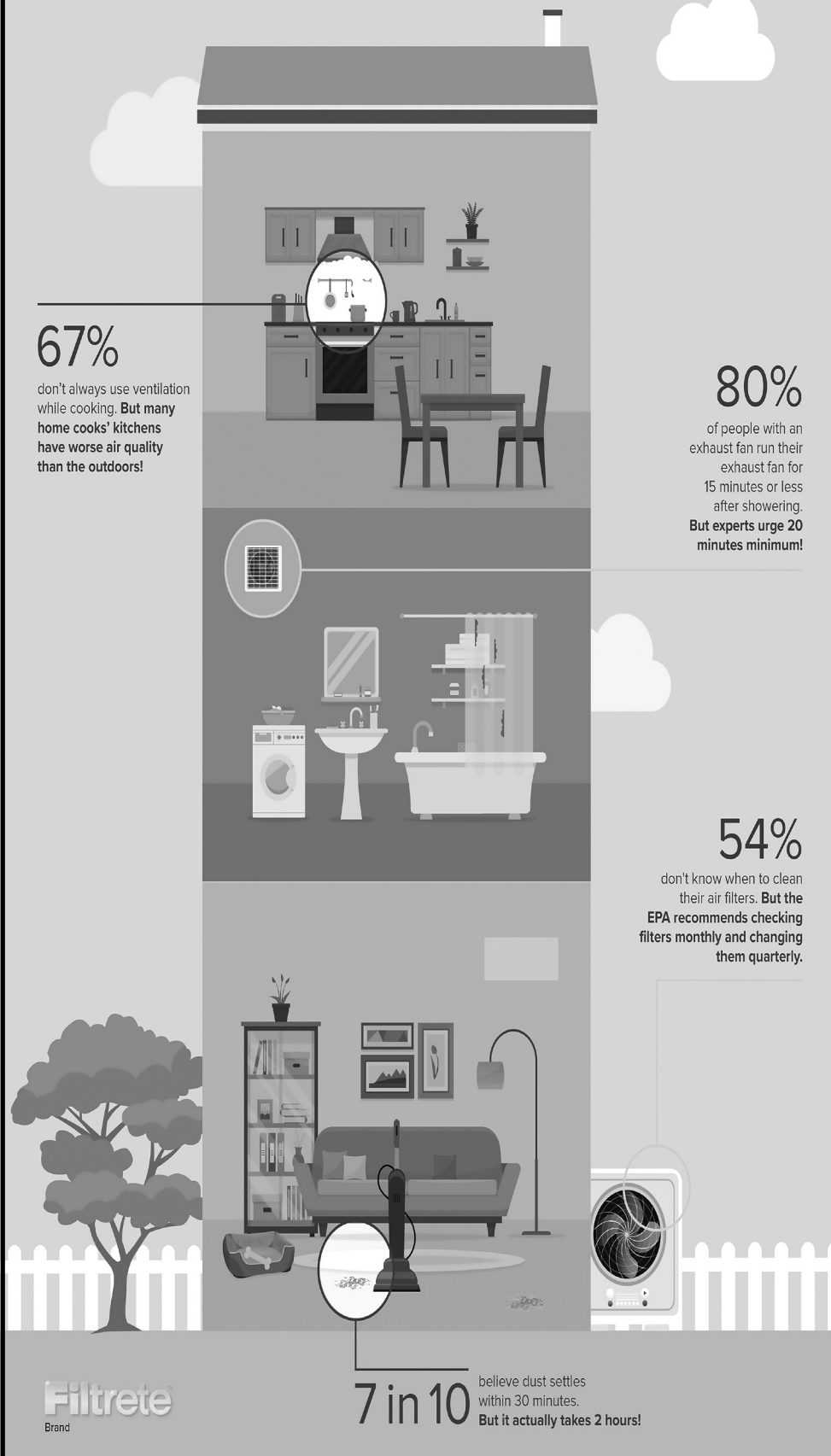


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## Unknown Culprits: Revealing the Truth About Indoor Air Quality

In every room of your home, different substances can negatively impact your air quality —and hide right under your nose. Understanding the causes (and regularly changing your Filtrete Air Filters) can greatly help you combat indoor air-quality culprits and give your home a breath of fresh air.



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Brand

Filtrete® Brand from 3M commissioned Atomik Research to run an online survey of 3,008 adults in the United States. The fieldwork took place between October 4 and October 9, 2018. The margin of error fell within +/- 2 percentage points with a confidence interval of 95 percent. Atomik Research is an independent creative market research agency.

## WHERE TO GO WHEN YOU NEED A PHYSICIAN

### SHERIDAN COUNTY HEALTH COMPLEX

Website: [www.sheridancountyhospital.com](http://www.sheridancountyhospital.com)

826 18<sup>th</sup> Street; PO Box 167  
Hoxie, KS 67740  
(785) 675-3281  
Hoxie Medical Center  
(785) 675-3018  
Selden Clinic  
(785) 386-4380

#### Mission Statement

To excel at providing quality health-care close to home.

#### Vision Statement

Strengthening relationship by providing exceptional healthcare from the heart.

### GOVE COUNTY MEDICAL CENTER

Website: [www.govecountymedical-center.org](http://www.govecountymedical-center.org)

520 W. 5th Street; PO Box 129  
Quinter, KS 67752  
(785) 754-3341

#### Mission Statement

Gove County Medical Center is committed to providing exceptional health-care services delivered in a spirit of compassionate care.

#### Vision Statement

Gove County Medical Center will be a prominent healthcare provider in Northwest Kansas offering services which encompass the complete life cycle of our patients, residents and their loved ones.

#### Core Values

RESPECT: Patients, Residents, Fellow Employees, Teamwork  
COMPASSION  
QUALITY HEALTHCARE  
INNOVATION  
Accountability: Actions, Financial  
Community: Pride, Education



Your GREATEST Wealth  
Is HEALTH!  
~Virgil

## Sage Smudging - It Does More Than You Think!

Smudging (burning herbs and plant resins for medicinal and spiritual use) has been used since ancient times for healing and to “clear the air”.

Smudging is often viewed as some sort of magical practice however recent studies have shown that there is scientific evidence that medicinal smoke is a powerful antiseptic. The following is from the Green Med Info website:

Thanks to a remarkable 2007 study titled, “Medicinal smoke reduces airborne bacteria,” published in the *Journal of Ethnopharmacology*, we now know that smudging may be one of the most powerful antiseptic technologies ever discovered.

The researchers reported their amazing findings:

“We have observed that 1 hour treatment of medicinal smoke emanated by burning wood and a mixture of odoriferous and medicinal herbs (havan sámagri=material used in oblation to fire all over India), on aerial bacterial population caused over 94% reduction of bacterial counts by 60 min and the ability of the smoke to purify or disin-

fect the air and to make the environment cleaner was maintained up to 24 hour in the closed room. Absence of pathogenic bacteria *Corynebacterium urealyticum*, *Curvobacterium flaccumfaciens*, *Enterobacter aerogenes* (*Klebsiella mobilis*), *Kocuria rosea*, *Pseudomonas syringae pv. persicae*, *Staphylococcus lentus*, and *Xanthomonas campestris pv. tardicrescens* in the open room even after 30 days is indicative of the bactericidal potential of the medicinal smoke treatment. We have demonstrated that using medicinal smoke it is possible to completely eliminate diverse plant and human pathogenic bacteria of the air within confined space.” Did you catch that?

Not only did the burning of medicinal herbs clear aerial bacterial populations by 94% within one hour, but a full day later, the closed room was still effectively decontaminated. Even more amazing, a full month later, seven other pathogenic bacteria in the open room were still non-detectable.

<http://www.greenmedinfo.com/blog/kill-germs-obiterated-medicinal-smoke-smudging-study-reveals>



# Mental Well-Being

## Mind

### Health Coaches: A New Approach to Well-Being

By Viktorija Briggs, CHC

A Health Coach is one who uses evidence-based active-listening conversation, and clinical interventions & strategies to actively and safely engage clients/patients in altering their health behavior. Health coaches are certified or credentialed through their respective schools. They work with clients who may be referred by their physicians to work to alter health habits to better facilitate whatever dietary or lifestyle changes the doctor has prescribed.

Health coaches work together with physicians, dietitians, and nutritionists. The physicians prescribe the changes necessary; the dietitians and nutritionists work to design the appropriate nutritional changes as prescribed by the physician; and the health coach guides the client/patient into the necessary habit changes to implement the prescribed lifestyle changes. The health coach goes beyond the 'clinical' and works to get the client/patient to learn the "Why" of what they do – or don't do – that is detrimental to their overall health. This goes deeper than just the surface of, "Here, eat this because it's good for you." It deals with *why* the person does well for a while, but then, without real accountability, they slide back into their previous behavior.

Through active listening, engaged conversation, accountability measures, and self-evaluation, the client/patient is able to be *participatory* in their own health, rather than an order-taker who will probably not be fully committed

to the process. This type of program works on the body – physical health, mind – mental engagement, and spirit – uplifting when positive results are seen.

Western (conventional) medicine has the science and research that have brought us Penicillin and other incredible break-throughs that have helped so many every day. But it separated the whole into parts and did not realize until recently that they work together and without that synergistic approach, full healing does not occur. By addressing *all* aspects of the person – body, mind, and spirit – they are achieving a greater level of success in true healing.

To treat someone while only considering one aspect – the visible/known problem – without taking into consideration why they have this problem (mental aspect, lifestyle, etc.) and the manner in which it, and the necessary treatment will affect/effect, the being of the person (spirit), would then be unmindful of the whole.

"The concept of whole health puts each person at the very center of their own health care by purposefully incorporating conventional and complementary approaches to their health. It shifts the focus of care toward health and well-being, utilizes mindful awareness to bolster and increase the benefits of self-care and healing. Relationships and partnerships are of vital importance in whole-health care, because when sharing your goals with others it makes you more responsible for your actions. Plus, it can be a motivator for them as well.

Another aspect of the whole health concept is that of *how you feel about you*. Women wear makeup, most people visit a hairstylist or barber at some point, we diet, exercise, basically do anything we can to feel like we look good. Part of taking care of ourselves is loving who we are, *inside & out*. So, taking care of you isn't just about the medical aspects, but the way we feel when we look in the mirror, and how we think – of ourselves and toward others, all of which affects the spiritual 'you'. To be wholly healthy, we must make it a priority to implement positive changes in our lives. A Health Coach can help you do this.

This fairly new industry has progressed rapidly to incorporate various self-care type modalities: physical health (Health Coaching: addressing food/eating, and exercise habits); mental health (Wellness Coaching: using different methods to address mentally trying situations: Emotional Freedom Technique (EFT/Tapping), Neurolinguistic Programming (NLP)); spiritual health (Transformational Coaching, which addresses emotional/feeling aspects of well-being). There is also the Wealth Coaching, which falls outside the previous, but due to the stress the lack of finances can bring, it works well in conjunction with the others.

The cost of working with a Health Coach? Financially, that varies with geographical location. Physically, mentally, and spiritually/emotionally...can you really put a price on *that*?!

### 7 Cups of Tea Comes to Northwest Kansas

High Plains Mental Health Center, in partnership with the United Methodist Health Fund, is providing complimentary, premium memberships to [www.7cups.com](http://www.7cups.com) for every person in High Plains' 20 County Catchment Area. 7 Cups of Tea is an on-demand emotional health and well-being service that anonymously & securely connects real people to real listeners in one-on-one chat and provides personalized growth paths and online peer support programs.

**Hays, KS - For immediate release** – High Plains Mental Health Center is excited to announce its latest effort to provide better access to mental health services for the people of Northwest Kansas through a partnership with the United Methodist Health Fund and 7 Cups of Tea. 7 Cups of Tea is an online behavioral and emotional health program that connects individuals to a variety of services including personalized growth paths, peer support group conversations, and the option to chat with specially trained, volunteer listeners in a one-on-one chat environment.

High Plains Mental Health and the United Methodist Health Fund have partnered to provide every person in High Plains' twenty counties with access to 7 Cups' premium features that would normally require a monthly subscription. The goal is to provide supportive services to the people of Northwest Kansas who might otherwise struggle gaining access to mental health services in our rural environment or would benefit from round-the-clock peer support. To sign up for your free 7 Cups of Tea account visit [www.7cups.com](http://www.7cups.com)

**High Plains Mental Health Center** is a licensed community mental health center dedicated to the aggressive pursuit of providing a comprehensive mental health program to the citizens of Northwest Kansas. Embodied in this pursuit are fundamental principles of establishing quality services as close to home as possible, at an affordable fee, and delivered in the least disruptive manner available. Such services will offer a continuum of care so that treatment can be individualized, and our staff can respond quickly and compassionately to those reaching out to us. *We're Here for You.*

**Contact:** Kaley Conner, Marketing Coordinator – High Plains Mental Health Center, phone: (785) 628-2871, email: [Kaley.Conner@hpmhc.com](mailto:Kaley.Conner@hpmhc.com), [www.hpmhc.com](http://www.hpmhc.com).



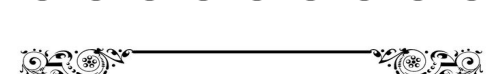
**Botanical** \* herbs \* teas \*

**Essentials** \* essential oils \*

\* holistic life & health coaching \*


An Wholistic Approach to Health & Wellness of Body, Mind & Spirit

\* **785-657-7276** \* [botanicalessentials@gmail.com](mailto:botanicalessentials@gmail.com) \*

“I STAND  
IN AWE OF  
MY BODY.”

HENRY DAVID THOREAU







# High Plains

MENTAL HEALTH CENTER

**24/7 Crisis Hotline: 800-432-0333**

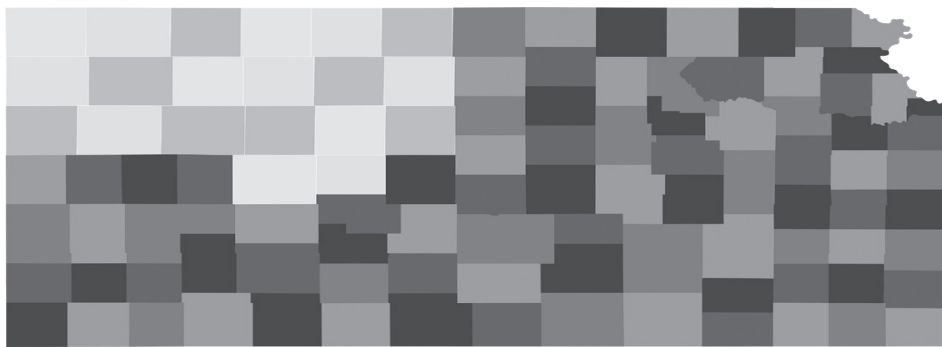
**On-Call Therapists**

**Convenient Outreach Location in Hoxie**

**Wrap-Around Community Support Services**

**Individual and Family Therapy**

**Substance Use Treatment**



Since 1964, High Plains has been Northwest Kansas' premiere provider of mental health services and a safety net for our communities.

*We're Here For You!*

[www.hpmmc.com](http://www.hpmmc.com)





# The Mind, Body and Spirit Connection of Chiropractic

Chiropractic is a healthcare discipline that focuses on the body's natural ability to heal itself. The practice of chiropractic focuses on the nervous system and how it relates to the body. The central nervous system is made up of the brain and spinal cord. The spinal cord extends from the brain into the central canal created by the vertebral column. A subluxation refers to a situation where a vertebra is misaligned thus causing "interference" in the information pathway between the body and the brain. Since the brain is in charge of sending information to every cell, tissue and organ throughout the body, you can see how a misalignment of a vertebra could easily cause a problem in one's health.

Most people I meet correlate chiropractic with health concerns, such as low back pain, or headaches. Even though the Chiropractic Adjustment is effective in addressing such issues, the adjustment itself is not designed to treat pain or any other ailment. But rather, the adjustment is designed to remove the interference so that one's body is better able to *heal itself*. The human body has tremendous power to heal. In fact, the body's ability to heal itself is the only kind of real health. In Western societies, we have been conditioned to think that health often comes in the form of a pill, or other external measure. We would be a much healthier nation if we looked within our own body's ability to heal and use food as our medicine.

It has been my experience that most people I see have developed a "misalignment

pattern" within their spine. Have you ever noticed that you'll experience the same pain periodically? That is most likely due to your misalignment pattern that has been established as a reflection of your lifestyle. For example, consider a farmer who spends endless hours on the tractor consistently turning their head to the right. Part of their misalignment pattern will be reflected in this repetitive movement.

When I see a new patient, essentially, I am on the hunt to "crack the code", or to figure out what their misalignment patterns looks like. I have heard people say time and time again..."I don't understand why it hurts! I didn't do anything!!" Let's take a closer look at what causes these misalignments. In most cases, subluxations, or misalignment patterns, are caused by the "Three T's"; Thoughts, Traumas, and Toxins.

In this special edition of the mind, body and spirit connection, I think its especially interesting to look at the power of our thoughts and how they manifest physiologically. Stress makes EVERYTHING worse. Did you know that stress is related to 99% of all diseases? Our thought processes, inner dialogue, outlook, problem solving strategies, and so forth have a HUGE impact on our physical well-being. Also, consider the emotional eaters. How many people do you know have fallen into poor eating habits based on the way they feel? Stress or lack of sleep will no doubt make your misalignment patterns worse, cause aches and pains, fatigue, maybe even depression. That's why

it's important to establish some mental cleansing habits through exercise and maybe meditation. A couple apps I enjoy for meditation are Calm and Headspace. The key is to find what works for you, then do that!! Check them out!!

The second "T" is trauma. These are the things people associate with the most. The obvious forms of trauma are things like slips, falls, and car wrecks. I often see people who sustained an injury many, many years ago and didn't seem to have many problems with it, but suddenly now they do. Muscle has memory, and in many such cases, the injury ceased to hurt, but did not heal properly. The absence of pain does not indicate good health. You can have cancer and feel great.

The third "T" is toxins. This is a sneaky one. People may not think of medications, processed food, sugar, and drinking water for example, as containing toxins. Your body has an amazing ability to detoxify and cleanse itself. However, when it is bombarded with a constant stream of toxins its purification pipelines get clogged ultimately contributing to poor health. Maybe think about increasing your water intake. Your goal should be half your weight in ounces of water. Maybe you take a break once in a while. For example, stick to a plant-based diet with only purified water to drink for a week. Something that I have recently started is juicing! It's fun and the girls love it too. Again, you have to find what works for you.

Chiropractors play an important role in health care because the spine has an intimate connection to all aspects on health through the nervous system. Good habits create good health and bad habits create poor health. The most challenging aspect of changing one's health is changing one's habits. You have to be willing to give up the things that are keeping you sick in order to get better. This often requires that you do things differently. However, doing things differently may be the best way to truly achieve and express good health in mind, body and spirit.

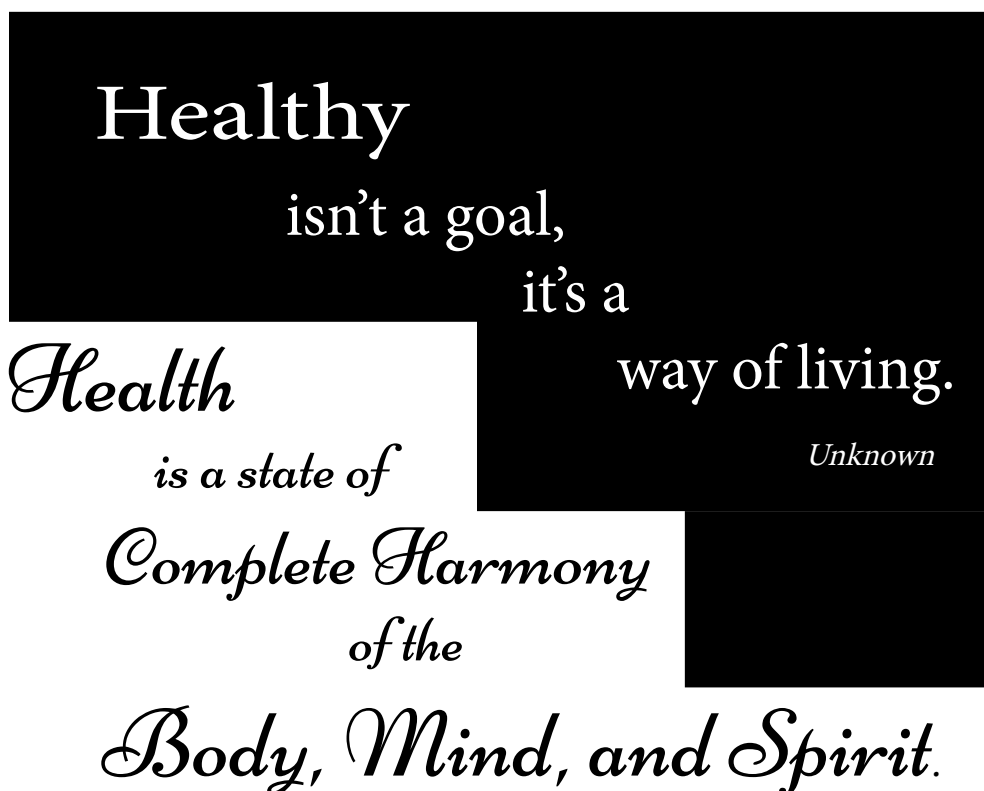
In Health,  
Dr. Raquelle Bainter



Bainter  
Chiropractic  
800 Main St.  
785-677-3077



Tuesday 9:00 - 12:00  
Thursday 2:00 - 5:30  
Saturday by Appointment

Healthy  
isn't a goal,  
it's a  
Health  
is a state of  
Complete Harmony  
of the  
Body, Mind, and Spirit.

*Unknown*

B.K.S. Iyengar

## AVON-Affordable and Effective!

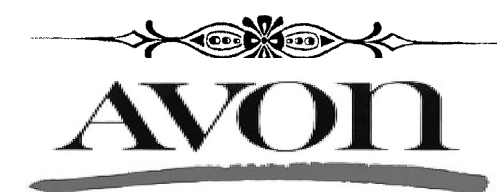
Have you taken a look at an Avon brochure lately? If not, I think you'll be pleasantly surprised! Our skin care products have been tested by women all over the United States and abroad as well as being clinically tested for effectiveness. Here's real scoop: you don't have to pay hundreds of dollars for a skin care regimen. Avon products contain the same ingredients in the same amounts as the pricey brands; we just don't charge as much because we don't spend billions on advertising. Many times, that is the only difference; you are paying for the advertising that these high-priced companies put out. And Avon is very proud to say that we do not and never have done animal testing of our products.

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# Spiritual Well-Being

## Spirit

### Spiritual Health

By Micah Howery

Many years ago, I was having a conversation with a friend about the new health kick he was on. We discussed the good and bad of this particular form of behavioral change. Near the end of the conversation, he said, "I need to find a regimen that includes spiritual health".

Spiritual "health"?

To my theological mind, my spirit is perfectly healthy because it has been cleansed with Jesus' blood and empowered by the Holy Spirit. There is no more darkness in my spirit. I don't have to work at it any more.

Except I knew that wasn't true. Even at that age, I had discovered that if I neglected my own spiritual health, my relationship with Jesus (and subsequent fruit) would tank. So, I resolved to discover this connection between my theology, which I called the "New Man", and my experience. It didn't take long, even though the internet was just a twinkle in Al Gore's eyes.

I found my answer in Romans 7:17-21. I won't quote it here for the sake of space, but basically, Paul is saying that there are two desires within himself: the desire to do evil and the desire to do God's will (good). How can both exist within me at the same time? Because my flesh is still broken.

While God has made my spirit clean, my flesh is still bent toward sin. This results in a dual desire: both good and evil.

Throughout history, people have attempted to explain and deal with this dichotomous reality. Some rejected the idea that sin within the body mattered. If the spirit is clean, who cares what the flesh does. Others saw the duplicity in that philosophy and, instead, beat their bodies (literally) in order to teach them not to want sin.

If the goal is living a more righteous life, then neither of these are good paths. First, you may not BE your flesh, but it is a part of you and your choices therein affect your relationship with Jesus. Second, creating a strict list of rules to control sin is ineffective according to Paul in Col 2:21-23.

So how do I work on my spiritual health? If it isn't about rules, punishments or absolute free reign over our flesh...what DO we do?

I have often found that if the theology of the past isn't working, it is probably not the fault of the theology, but of our application or particular viewpoint. In this case, we have such trouble with spiritual health because we miss key aspects of our life as a Christian.

As a follower of Jesus, my goal is not righteous living. My goal is getting close to Him. Jesus died to forgive my sins but He rose so I could live with Him. He sent the Holy Spirit so this "abiding" could start right away, before I went to heaven. Jesus does want me to live righteously, but only because sin is destructive and drives us apart.

Spiritual health, then, doesn't come from controlling or not controlling our flesh. It has to do with how close we are to Jesus, and how does one get close to Jesus? That answer is simple. Spend time with Him in prayer, His Bible, worship, and fellowship with other believers in church.

However, we can do these things in hopes of removing sin and miss the point. Do the "work" of being a Christian (often referred to as "spiritual disciplines") not to earn points or train your flesh, but in expectant hope that you and Jesus will grow closer to one another. When that happens, the sin you've been working on so hard all these years will drop off like broken shackles.

### How to Become Your Best Self

(Family Features) Ask yourself ... are you truly who you want to be? Is this the life you really want? Are you living each day as your best self? What can you change today?

How would you answer those questions? Think about your daily life. Are you thriving, or going through the motions? Are your days full of work, relationships and activities that are true to your authentic self or do you feel trapped on a treadmill of responsibility? If you dream of a better life, now is the time to turn your dream into reality.

The tools you need to design a life that is fulfilling on the deepest levels are within your grasp. Written by Mike Bayer, known to the thousands of clients whose lives he has changed as Coach Mike, "[Best Self](#)" can show you how.

Bayer has helped everyone from pop stars to business executives to people just like you discover the freedom to be their best selves. By asking them and leading them to ask themselves a series of important but tough questions, such as "What are your core values?," "Do you go to bed each day more knowledgeable than when you woke up?" and "Am I neglecting some aspect of my physical health out of fear or denial?," he helps them see what their Best Selves and Anti-Selves really look like. As a mental health specialist, a personal development coach and an all-around change agent, Bayer has seen the amazing ways in which lives can improve with honesty and clarity. He understands the daily struggles people face intimately, because he's faced - and overcome - his own, and he knows that change is possible.

By working through each of the Seven SPHERES of Life - Social, Personal, Health, Education, Relationships, Employment and Spiritual Development - "Best Self" is an accessible and interactive book that distills all of Bayer's wisdom into a compact, focused guide that can ignite your desire for change.

The Seven SPHERES of Life:

Social

Take a look at your social life in

terms of your communication skills and dive into how you feel in your own skin when interacting with others.

Personal

In attempting to be your personal best self, work to have an abundance of respect and compassion for yourself. Take care of yourself by nurturing an authentic, positive self-image to see benefits reach other spheres of your life. Health

If you're unhealthy, it's difficult to be your best self in other areas. The goal should be to act in your own best interests when it comes to your physical health in order to feel your best and be at your best.

Education

Even if you didn't enjoy school or believe you simply don't like the process of taking in new information, you may still be thirsty for knowledge in areas that interest you on a deeper level. Find what quenches your unique interests and explore the best methods to learn in those areas.

Relationships

From time to time, relationships can get out of balance. However, you can be proactive about doing your part to get them back to equilibrium by determining ways to control your authenticity and what you can do when those around you aren't reflecting their own.

Employment

Determine whether you're acting as your best self at work just as you are at home. If you can't be yourself at work, you may be wasting valuable time. Don't lose yourself in a fear of trying to be something you aren't while on the job.

Spiritual Development

The place within you from which goodness radiates can be described as your spiritual self. It's where you form integrity, values and treatment of other people, so focus on aligning those traits with your vision of your best self.

Learn more about how to become your best self and take a self-assessment quiz at [coachmikebayer.com/book](http://coachmikebayer.com/book).

**"Our bodies communicate to us clearly and specifically, if we are willing to listen to them."**

Shakti Gawain






826 18th Street Suite A Hoxie, KS 67740 (785) 675-3018

## Hoxie Medical Clinic

Victor Nemechek, MD  
 Michael Machen, MD  
 Jill Stewart, MD  
 Kerri Schippers, APRN-C  
 Sarah Hille, APRN-C  
 Amanda Volchko, PA-C  
 Jodi Dumler, LSCSW  
 Taylor Leitner, LMSW



HOXIE MEDICAL CLINIC strengthens our community by improving health and wellness through the delivery of quality and compassionate healthcare, providing access to all.

*Healthcare...from the heart*

**We care for all patients regardless of their ability to pay**

- Family Medicine**  
Our team of providers care for patients of all ages and are accepting new patients.
- Behavioral Health**  
Our Behavioral Health Consultants can meet with you once or multiple times depending on your preference.
- Sliding Fee Program**  
This program helps those who qualify receive quality medical care for as little as \$20.
- Access Point**  
We're an Access Point for the Kansas Statewide Farmworker Program and a VA CHOICE Facility.

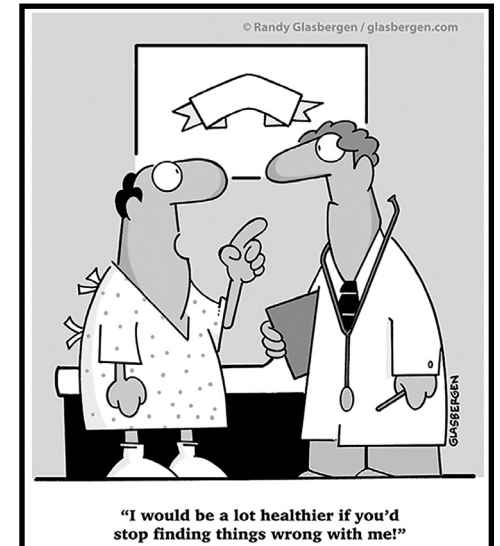
## Sometimes Laughter is the Best Medicine

By Niceta Farber, CEO, SCHC

When I think about healthcare, I think about treating the *whole* person; body, mind, and spirit. When all three are in alignment, I believe this is when you are feeling your best.

Health is not only about keeping regular doctor's appointments, nutrition, and exercise, but also what you think and believe.

We live in such a fast-paced society that we hardly take time to really take care of ourselves. To take a good deep breath, smell the fresh air, feel the sun-



shine on our face and remember where it came from.

My hope is that you take time to laugh, to share your smile with someone else, to visit with someone that may be lonely, or to say "I'm sorry" to someone you may have hurt. That you realize how short our life truly is and you take care of it to the best of your ability.

Sheridan County Health Complex is always here to help in any way possible. We are here to treat the *whole person*; body, mind, and spirit.

*Wishing you continued health and happiness!*



## Selden Clinic

# NEW HOURS

### THURSDAY 10:00-2:00

### Why Choose Us?

- Convenient**  
Walk-in's Appointments  
Sliding Fee Discount Program  
Other Out Patient Services
- Medical Services**  
Physicals  
Labs  
Vaccinations  
Diabetes Check up  
Routine Care
- Support 24 Hours**  
After hours calls answered by Medical Staff

Selden: 785-386-4380 | Hoxie: 785-675-3018 | After Hours: 785-675-3018

## Sheridan County Health Complex

To excel at providing quality healthcare close to home.




### SERVICES

- >> Pain Mgmt Injections
- >> Out Patient Procedures
- >> MRI/CT/DEXA
- >> Podiatry(Coming Soon)
- >> Laboratory
- >> X-Rays
- >> 3DMammography
- >> Nuclear Medicine
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- >> Speech Therapy
- >> Women's Health
- >> Behavioral Health
- >> Financial Assistance
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