

# Waconda Educational Endowment Association Scholarships awarded

Waconda Educational Endowment Association, Inc. 2025 Scholarships recipients are Riley Wyman \$3,000.00 and Maleah Roenne \$2,000.00. Both are Cawker City graduates of Lakeside High School.

This scholarship has been available sine 2001 with a donation made by Elsie Walle Vesco whose Lutz family was early residents of Cawker City for students graduating from Cawker City.

Waconda Educational Endowment was formed at that time to administer any scholarships to be given to local graduates. Vesco Scholarship if for Cawker City residents and Tichy Scholarship for those with a Cawker City



Riley Wyman

address.

Serving on the Endowment Board are President Todd Clover; Vice President Selena Storer; Secretary Linda Clover; Treasurer Dionn Hake also Viki Aramendi, Debra Taylor and Lisha Wiese. Any persons who



Maleah Roenne

are interested in becoming members of the Association or making a donation for scholarships may contact these Board members or Waconda 272 Office.

Congratulations to both graduates Riley and Maleah as the further their studies next Fall.

## Insight

Greg Doering,  
Kansas Farm Bureau

### Pioneers and cottonwoods

When the Kansas legislature selected a state tree it chose the native cottonwood because its presence was synonymous with homestead success. The fast-growing trees require adequate moisture to grow, so a standing grove indicated crops were likely to succeed as well.

"It might honestly be said that the successful growth of the cottonwood grove on the homestead was often the determining factor in the decision of the homesteader to stick it out until he could prove up on his claim," legislators reasoned in 1937. "The cottonwood tree can rightfully be called the pioneer tree of Kansas."

Cottonwoods were also named the state tree in Nebraska and Wyoming, largely for the same reason.

A large specimen of the popular poplar stood just outside the Statehouse when the cottonwood became Kansas' state tree. It had shaded citizens and politicians alike, with presidents Benjamin Harrison, William McKinley and William Howard Taft having sought refuge under its canopy.

Standing in the shadow of a cottonwood's triangu-

lar leaves offers protection from the sun and a bit of a light show. The top side of the leaves are a lustrous green while the underside reflects hints of silver causing a shimmering effect as they sway in the breeze. The fronds turn a brilliant yellow before falling to the ground in the fall.

Legend has it the Statehouse Cottonwood sprouted from a stake driven during the construction of the Capitol. A less exciting (and more believable) story is the tree was already an established sapling in 1866 when construction started and it survived the building process, in addition to other calamities before succumbing to old age in 1984. Today a cutting from the original grows in its place.

While not a redwood or sequoia, cottonwoods can be massive compared to other trees in Kansas. They top out around 100 feet, but the trunks can be several feet in diameter. The towering nature of the trees meant they also served as landmarks, like one in Osage County that designated a turn on the Santa Fe Trail.

Cottonwoods don't get their name from the wood

inside those towering trunks. Instead, it comes from the small seeds the be-hemoths produce. The lightweight kernels are coated in fluffy fibers resembling strands of cotton that act like sails dispersing the seeds with the wind.

It's not uncommon to see flurries of cotton flying in June as large groves of the trees shed their seeds. The white puffs are barely heavy enough to fall toward the ground. On calm, sunny days, it's not uncommon to watch the rise and fall with the invisible thermal currents.

Cottonwoods, like early explorers on the high seas, can reach anywhere the winds blow. Kansans chose cottonwoods as the state tree because they served as crude symbols of likely success to prairie pioneers, but cottonwoods colonized the landscape much like their human counterparts through resilience, adaptability and determination.

They thrive in a new and harsh environment, traits necessary for any settler. Cottonwoods embody the characteristics of Kansans in a state founded and shaped by persistence and possibility.

## The Post Rock Connection

Jamie Rathbun, Family and Community Wellness Agent



### Are Protein Bars a Healthy Choice When On-the-Go?

As a parent, I always look forward to summer. I anticipate a slower pace without the early mornings, homework, and all the things that the school year brings.

But I should know by now, after having kids in school for 12 years (and still more school years to go), summertime does not always bring a slower pace. Between running errands, taking kids to practices, attending camps, going to ball games, and all other events and activities, summer is often busier than the school year.

During the busyness of summer, it can be hard to plan healthy meals and snacks for your family. Many of us already know that fast food is not always a nutritious choice, but alternative on-the-go options, such as protein bars, might not be the healthiest either. Although these bars can be fast and convenient, it is important to understand how to make healthier choices for our on-the-go family members.

Benefits: Although protein bars won't beat out a well-balanced meal or snack, they can be a healthier choice than fast food, concession stand food, and food in vending machines. We also know that a protein bar would be a better option than skipping a meal entirely. Although protein bars can be a simple and relatively mess-free option, there are some drawbacks to offering protein bars to children.

Drawbacks: Not all protein bars are created equal. While some bars may provide a rich supply of nutrients, other bars' nutritional content may be closer to that of a candy bar. Most children don't need extra protein and young athletes would actually benefit from protein-rich foods like lean meats, low-fat dairy, eggs, nuts, and seeds. Along with unnecessary protein, some bars contain extra calories and added sugars, unhealthy fats, and extra carbohydrates that are intended for endurance adult athletes. Protein bars usually come with a high price tag too. Some bars cost up to \$5.00 each, so buyer beware!

Other Options: Instead of packing expensive, unnecessary protein bars, plan ahead to pack nutritious meals and snacks for your family. Try quick and easy foods that contain whole

grains, fruits and vegetables, lean protein foods, and low-fat dairy. Easy ideas for snacks on the run include fresh fruit, such as apples and bananas with peanut butter; whole grain crackers with cheese, or a homemade trail mix with dried fruit, nuts, and whole grain cereal. When packing meals and snacks, just remember the food safety rules: 1) keep hot foods hot, 2) keep cold foods cold, and 3) don't let perishable foods stay out of a cooler for more than 2 hours. This link has great tips to review how to clean, separate, cook, and chill foods properly for food on the go. <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/keeping-bag-lunches-safe>

Here is an easy recipe that also packs well.

#### Soft Granola Bars (makes 21 servings)

Ingredients  
2 eggs  
1 cup brown sugar  
1 cup vegetable oil  
2 cups regular oatmeal  
1 ½ cups whole wheat flour  
1 teaspoon baking soda  
1 cup raisins or chopped dates

1 ½ teaspoons ground cloves  
1 ½ ground cinnamon  
¼ teaspoon salt  
1 cup nuts  
¼ cup honey

#### Directions

1. Wash hands with soap and water.
2. Preheat oven to 350oF. Spray a 15" x 10" jelly roll pan with non-stick cooking spray. Set aside.
3. Crack eggs into a large bowl. Wash hands with soap and water after cracking raw eggs. Add brown sugar and vegetable oil, stirring until smooth.
4. Stir in remaining ingredients, except honey.
5. Spread into prepared pan.
6. Bake 17 to 22 minutes or until done. Cool.
7. In a small saucepan over medium heat, cook honey until heated through, stirring constantly. Drizzle honey on top of granola bars.

#### Nutrition Information

Serving size = 1/21 of recipe, Calories 230, Total Fat 12 g, Saturated Fat 1.5g, Cholesterol 25mg, Sodium 105mg, Total Carbohydrates 31g, Fiber 2 g, Total Sugars 14g, Protein 3g, Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 6%

## Legal Notice



Published in the *Cawker City Ledger* June 12, 2025

#### ORDINANCE NO. 766

AN ORDINANCE ESTABLISHING THE SALARIES OF THE EMPLOYEES OF THE CITY OF GLEN ELDER, KANSAS; REPEALING ALL PRIOR WAGE ORDINANCES.

WHEREAS, The Governing Body of the City of Glen Elder, Kansas, has considered and wishes to establish the following salaries and hourly wages for all full-time and part-time employees of the City of Glen Elder.

BE IT ORDAINED BY THE GOVERNING BODY OF THE CITY OF GLEN ELDER, KANSAS:

**SECTION 1.** The Light/Water/Sewer Superintendent shall receive for his/her services the sum of Twenty-seven Dollars and Thirty Cents (\$27.30) per hour. The hours of work for said employee shall be fixed by the Governing Body of the City of Glen Elder.

**SECTION 2.** The Water/Sewer Superintendent shall receive for his/her services the sum of Twenty Dollars and Twenty-one Cents (\$20.21) per hour. The hours of work for said employee shall be fixed by the Governing Body of the City of Glen Elder.

**SECTION 3.** The Park/Cemetery Superintendent shall receive for his/her services the sum of Twenty Dollars and Twenty-one Cents (\$20.21) per hour. The hours of work for said employee shall be fixed by the Governing Body of the City of Glen Elder.

**SECTION 4.** The City Clerk shall receive for his/her services the sum of Twenty-three Dollars and Forty-eight Cents (\$23.48) per hour. The hours of work for said employee shall be fixed by the Governing Body of the City of Glen Elder.

**SECTION 5.** The Part-Time Office Assistant shall receive for his/her services the sum of Eleven Dollars and Forty-four Cents (\$11.44) per hour. The hours of work for said employee shall be fixed by the Governing Body of the City of Glen Elder.

**SECTION 6.** The Part-Time Maintenance and Summer Employee shall receive for his/her services the sum of Thirteen Dollars and Fifty Cents (\$13.50) per hour. The hours of work for said employee shall be fixed by the Governing Body of the City of Glen Elder.

**SECTION 7.** The City Treasurer shall receive for his/her services the sum of One Hundred Seventy Dollars (\$170.00) per month.

**SECTION 8.** The Municipal Judge shall receive for his/her services the sum of Four Hundred Fifty Dollars (\$450.00) per year.

**SECTION 9.** The Code Enforcement Officer shall receive for his/her services the sum of Three Hundred Fifty Dollars (\$350.00) per month. The hours of work for said employee shall be fixed by the Governing Body of the City of Glen Elder.

**SECTION 10.** The Fire Chief shall receive the sum of One Hundred Fifty Dollars (\$150.00) per year; the Assistant Fire Chief shall receive the sum of One Hundred Twenty-five Dollars (\$125.00) per year; the Fire Department Secretary/Treasurer shall receive the sum of One Hundred Twenty-five Dollars (\$125.00) per year. All firemen shall receive for their services the sum of Twenty-five Dollars (\$25.00) per meeting attended and the sum of Twenty-five Dollars (\$25.00) per fire run attended.

**SECTION 11.** The City Pool Manager shall receive for his/her services the sum of Three Thousand Six Hundred Dollars (\$3,600.00) per year. The hours of work for said employee shall be fixed by the Governing Body of the City of Glen Elder.

**SECTION 12.** The City Pool Lifeguards shall receive for their services the following hourly wage, with the hours of work fixed by the Governing Body of the City of Glen Elder:  
1<sup>st</sup> Year Lifeguard: \$11.50 per hour  
2<sup>nd</sup> Year with a good evaluation: \$12.00 per hour  
3<sup>rd</sup> Year with a good evaluation: \$12.50 per hour  
Head Lifeguard (Assistant Manager): \$12.75 per hour

**SECTION 13.** The Mayor shall receive for his/her services the sum of Seventy-five Dollars (\$75.00) per meeting.

**SECTION 14.** Each council member shall receive for his/her services the sum of Sixty Dollars (\$60.00) per meeting.

**SECTION 15.** The City Attorney shall receive for his services the sum of One Hundred Twenty Dollars (\$120.00) per hour.

**SECTION 16.** Ordinance Numbered 765 and all prior wage ordinances are hereby repealed.

This Ordinance shall take effect beginning with the May 1, 2025 earnings and will be in full force.

PASSED BY THE GOVERNING BODY AND APPROVED BY THE MAYOR THIS 2<sup>nd</sup> DAY OF JUNE, 2025.

*Sheila Paxson*  
Sheila Paxson, Mayor

ATTEST:  
*Terri Senger*  
Terri Senger, City Clerk



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# Mitchell County Hospital Hernia Awareness Month

By Dr. Danny Owens, General Surgeon at Mitchell County Hospital Health Systems (MCHHS)

As a surgeon at Mitchell County Hospital Health Systems, I see firsthand how common and how often overlooked hernias can be problematic. That's why I want to take a moment during National Hernia Awareness Month to shed light on this condition that affects millions each year.

#### What Exactly Is a Hernia?

A hernia happens when an internal part of the body pushes through a weakness in the muscle or tissue wall that's supposed to hold it in place. The most common types I see in my practice are:

- Inguinal hernias (in the groin)
- Umbilical hernias (near the belly button)
- Hiatal hernias (upper stomach area)
- Incisional hernias (which can develop at the site of a past surgery)

#### Signs You Shouldn't Ignore

Hernias can start small and may not cause immediate concern, but they don't resolve on their own. Here are some red flags to watch for:

- A noticeable bulge in your abdomen or groin — especially when standing,

coughing, or straining

- Pain or discomfort when bending or lifting
- A heavy or dragging sensation in the belly
- Burning or aching at the site of the bulge
- In more severe cases, nausea, vomiting, or digestive issues.

If you're experiencing any of these symptoms, please don't wait. A simple evaluation can make all the difference and can prevent complications that can become life-threatening.

#### Who's at Risk?

While anyone can develop a hernia, men are at higher risk — particularly those with a family history or jobs involving heavy lifting. Obesity, chronic coughing, pregnancy, and previous surgeries also increase your chances.

#### Treatment and Hope

When I diagnose a hernia, the good news is that treatment options are very effective and many times minimally invasive. At MCHHS, we offer robotic hernia repair, which means smaller incisions, less discomfort, and faster recovery.

#### Free Screenings in June

To make it easier for you to take that first step, MCHHS is offering free hernia screenings throughout the month of June. These are quick appointments where you'll meet with me or Dr. Banker to assess any concerns and talk about next steps if needed. Appointments are required, so please contact our Outpatient Surgical Department at (785) 738-9405 to schedule.