

Wild West District

Make Celebrations Fun, Healthy and Active

By Jane Eisenhauer, SNAP-Ed Nutrition Educator, Wild West Extension District

Spring is in the air!! We are all excited for Spring, the time of year when we are busy planting our garden, planting flowers and making our lawns look fabulous. Spring is also the time where we find ourselves preparing for many celebrations, such as Cinco de Mayo, Mother’s Day, graduation, weddings, and Father’s Day.

Eating healthy and being physically active can be a fun part of our celebrations. Great gatherings are easy to have when tasty, healthy foods from all the food groups are offered in a fun, active environment.

When planning an event make healthy habits part of your celebration. Food and beverages are usually huge part of an event, but they do not have to be the center of the occasion. Focusing on activities to get people moving and enjoy being together are also a big part of the celebration.

The following tips will make it easier when planning your next celebration.

Make foods look festive – Add a few eye-catching fruits to a favorite dish or try a new recipe. Serve a spicy bean dip with your veggie tray, make fruit kabobs with yogurt dip,

use a variety of cheese for your cheese platter and serve with whole grain crackers.

Have several tables for food – Arrange food on several different tables around the room. This helps, not only to get people moving, but also interacting with other guests.

Offer fun thirst quenchers – Make ice cubes from 100% fruit juice or add slices of fruit to make water more exciting. Create a “float” by adding a scoop of low-fat sorbet to seltzer water.

Savor the flavor – Take time to pay attention to the taste of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

Try out some healthier recipes – Find ways to cut back on added sugars, salt and saturated fat as you prepare your favorite recipes.

Shop smart to eat smart – Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale

Make moving part of every event – Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling and giggling add fun to any gathering.

res votarán solamente por sus candidatos del distrito.

Se da aviso además que el lugar de votación estará en el Centro Mayor,108 W. Pawnee Satanta, Kansas y que las encuestas se abrirán a las 7:00 a.m. y cierra a las 7:00 p.m.

Doy fe de lo cual ha firmado mi mano y el sello de mi oficina este día 30 de abril del 2025.

Tammy Miller
Secretaria del condado y oficial de la elección del condado de Haskell, Kansas
LAR UNIFICADO 507

Legals

(First published in the Haskell County News on May 1, 2025)

ELECTION NOTICE
WILD WEST EXTENSION DISTRICT #18 HASKELL COUNTY KANSAS BOARD MEMBERS

Notice is hereby given that an election of Board Members of Wild West Extension District #18 Haskell County, Kansas will be held on the 5th day of August 2025 in accordance with K.S.A. 2-624(c). Two (2) Extension District Board positions are up for election at large.

Candidates shall file for such offices with the County Clerk of Haskell County. Every such filing must be made by 12:00 noon on the 2nd day of June 2025.

All registered voters in Haskell County, Kansas residing in USD 374 will vote at the Haskell County Ambulance Service Building, 700 Lalande, Sublette, Kansas and all voters residing in Haskell County, Kansas USD #507 School District will vote at the City of Satanta Community Building, 108 W. Pawnee, Satanta, Kansas. All registered Haskell County voters living in USD #476 and USD #477 school districts will vote at the Montezuma Senior Center in Montezuma, Kansas. All polls will open at 7:00 A.M. and close at 7:00 P.M.

In witness whereof I have hereunto set my hand and the seal of my office this 30th day of April 2025.

Tammy Miller
County Clerk & Election Office, Haskell County, Kansas
AVISO ELECTORAL
WILD WEST EXTENSION DISTRICTO #18 MIEMBROS DE LA JUNTA DEL CONDADO DE HASKELL EN KANSAS

Aviso por la presente que la elección de los miembros de la Junta del Distrito del Extensión Wild West #18 del Condado de Haskell, Kansas, se llevará a cabo el día 5 de agosto del 2025 de acuerdo con K.S.A. 2-624(c). Dos (2) puestos de la Junta de Distrito de Extensión estan para la elección en general.

Los candidatos deben presentar su solicitud para tales oficinas con la secretaria del condado de Haskell. Cada presentación debe ser hecha antes de las 12:00 del mediodía del día 2 de junio del 2025.

Todos los votantes registrados en el condado de Haskell, Kansas, que residen en USD 374, votarán en el Edificio de Ambulancias del Condado de Haskell, 700 Lalande, Sublette, Kansas y todos los votantes que residen en el Condado de Haskell, Kansas USD #507 Distrito Escolar votarán en el Edificio Comunitario de la Ciudad de Satanta, 108 W. Pawnee, Satanta, Kansas. Todos los votantes registrados del Condado de Haskell que viven en los distritos escolares de USD #476 y USD #477 votarán en el Montezuma Senior Center en Montezuma, Kansas. Todas las urnas abrirán a las 7:00 A.M. y cerrarán a las 7:00 P.M.

En fe de lo cual he firmado mi mano y el sello de mi oficina este día 30 de Abril del 2025.

Tammy Miller
Secretaria del condado y oficial de la elección del condado de Haskell, Kansas

Legals

(First published in the Haskell County News on May 1 and May 8, 2025)

FILING DEADLINE
To file for USD 374 School Board, USD 507 School Board, Hospital Board, Wild West Extension Board, Satanta City

Council, Mayor of the City of Satanta, Sublette City Council, and Mayor of the City of Sublette, the deadline is June 2, 2025, at noon. For more information, contact the County Clerk’s office at 620-675-2263.
FECHA LÍMITE DE PRESENTACIÓN
Para solicitar USD 374 Junta Escolar, USD 507 Junta Escolar, Junta del Hospital, Junta de Extensión del Salvaje Oeste, Ayuntamiento de Satanta, Alcalde de la Ciudad de Satanta, Ayuntamiento de Sublette, y Alcalde de la Ciudad de Sublette, la fecha límite es el 2 de junio de 2025 al mediodía. Para obtener más información, comuníquese con la oficina del la Secretaria del Condado al 620-675-2263.

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This & That

It’s graduation season, a time that is always a little bittersweet. As I filled out another spate of recommendation forms for my graduating seniors—the class I co-sponsor with Mrs. Carlie Rooney—I found myself pausing over a simple question: “How long have you known this applicant?” Writing “forever” seemed inappropriate, but in truth, for most of them, there hasn’t been a time in my life when I didn’t know them—or at least know of them. Like all of my students, past and present, they are “my kids.” I still get a little emotional every time they hand me a graduation announcement.

While I tried to hide it from them, it was a big deal when they asked me to speak at their graduation (Sunday, May 11, at 3:00 p.m., if you’d like to attend). There are still a few days before that time comes, and as they enter their final days at Satanta High School, there will be many “first lasts”: their last lunch together as a class on Wednesday, May 7 (parents, please send cash for Buffalo Wild Wings!); their last all-school cookout on Thursday, May 8, followed by the scholarship and awards assembly. On Friday, May 9, they will walk through the grade school one last time before rehearsing their graduation ceremony, cleaning out their lockers, and heading home.

Some of them will linger

that day; they always do, almost as if they can’t quite believe it’s over. I always remind them that this isn’t the end—it’s just the beginning—and that this place, humble though it may be, will always be home. The next invitation I receive from them might be to a college commencement, a wedding, or a baby shower. Whatever the occasion, I’ll still beam with pride, grateful to have made even a small difference in their lives.

This is why I—and so many of my thoughtful, caring, and compassionate colleagues—continue to teach. We know that our work isn’t ultimately about standardized tests or ACT scores; it’s about helping shape good human beings. Trust me: there are some truly remarkable young people in my little corner of the world, and I intend to make sure they know that Satanta connections last a lifetime.

No matter where life takes them, a part of them will always belong here, and a part of me will always go with them. Their successes, their joys, and even their struggles will matter to me, because that’s what it means to be part of a school and community like ours. As they step into their futures, I hope they know they will always have a place to return to—and a group of teachers (some of us with more gray hair than others) who will always be proud to welcome them home.

“WHEN TIMES ARE GOOD, YOU SHOULD ADVERTISE. WHEN TIMES ARE BAD, YOU MUST ADVERTISE.”

Legals

(First Published in the Haskell County News on May1, May 8 and May 15, 2025)

IN THE DISTRICT COURT OF HASKELL COUNTY, KANSAS

Proceedings Pursuant to Chapter 60 of K.S.A.
Case No: HS-2024-CV-000005

ABIGAE MEDINA, Plaintiff,
vs.
ANGEL ANDRES GARZA, individually,
MARILYN PORTERFIELD, SHANA TABOR, CLAY PORTERFIELD, SHELLY PORTERFIELD, as known heirs of ROBERT PORTERFIELD, the unknown heirs, personal representatives, devisees, trustees, creditors and assigns, of any 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 personal representatives, devisees, trustees, creditors, successors and assigns of any defendants that are or were partners or in partnership; the unknown guardians, conservators and trustees of any Defendants that are minors or under any legal disability, STATE OF KANSAS, DEPARTMENT OF REVENUE, Defendants

NOTICE OF SUIT
The State of Kansas to the above named defendants, and all other persons who may be concerned:

You are hereby notified that a petition has been filed against you in this Court by the above named plaintiff praying that his title in and to the following described trailer:

2010 Titan Bumper Pull Trailer
VIN: 4TGB16206A1054972

be quieted and confirmed in him, and that each named defendant, and all persons claiming by, through or under them be barred and foreclosed from any right, title, interest in or lien upon the above described trailer.

You are required to answer or plead to the Petition on or before the 12th day of June, 2025 in the District Court of Haskell County, Kansas. If you fail to answer or plead, judgment will be entered in due course.

ABIGAE MEDINA
Plaintiff
David H. Snapp, LC
100 Military Plaza, Suite 204
Dodge City, Kansas 67801
620-225-5051

Legals

(First published in the Haskell County News on May 1, 2025)

ELECTION NOTICE UNIFIED SCHOOL DISTRICT 507 HASKELL COUNTY KANSAS SCHOOL BOARD MEMBERS

Notice is hereby given that an election of Board Members of Unified School District No. 507 Haskell County, Kansas will be held on the 5th day of August 2025 in accordance with K.S.A. 25-2017 and 25-2018. Four (4) Board of Education positions are up for election:

District 1 Position 4
District 2 Position 2
District 3 Position 6
At Large, Position 7

Candidates shall file for such offices with the County Clerk of Haskell County. Every filing must be made by 12:00 noon on the 2nd day of June 2025. Notice is further given that if more than Four (4) candidates file for any one position on said board, there will be a primary election conducted on August 5th, 2025. Electors shall vote only for their district candidates.

Notice is further given that polling will be held at the Satanta Community Building 108 W. Pawnee, Satanta, Kansas and the polls will open at 7:00 A.M. and close at 7:00 P.M.

In witness whereof I have hereunto set my hand and the seal of my office this 30th day of April 2025.

Tammy Miller
County Clerk & Election office of Haskell County, Kansas
AVISO DE ELECCIÓN
DISTRITO ESCOLAR UNIFICADO 507

ESCO CONDADO DE HASKELL MIEMBROS DE LA JUNTA ESCOLAR DE KANSAS

Aviso por la presente que la elección de los miembros de la Junta del Distrito Escolar Unificado No. 507

Haskell County, Kansas se llevará a cabo el día 5 de agosto del 2025 de acuerdo con K.S.A. 25-2017 y 25-2018. Tres (4) puestos de mesa directiva de educación son por elección:

Distrto 1 Posición 4
Distrito 2 Posición 2
Distrito 3 Posición 6
En general, Posición 7

Los candidatos deben presentar su solicitud para tales oficinas con la secretaria del condado de Haskell. Cada presentación debe hacerse antes de las 12:00 del mediodía del día 2 de junio del 2025.

Se da aviso además que si más de cuatro (4) candidatos presentan una posición en dicho directorio, habrá una Elección Primaria conducida el 5 de agosto del 2025. Los electo-

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- IV Nutritional Therapies
- NAD+, Skinny Shot, B12, Vitamin D Injections (just a name a few)
- Body & Facial Sculpting with Viora V20
- Cellulite Reduction
- PDO Thread Lifts
- IPL Hair Reduction
- Acne treatments
- Pigmentation Correction
- Microdermabrasion
- Dermalux Flex MD LED Phototherapy
- Chemical Peels
- Skin Care by Jan Marini and Anfisa Skin
- Ekg/echocardiograms by Mobile Cardiac Care
- Massage therapy by Back to Wellness and Healing Hands Massage by Helsel's Hobbies
- Life coaching by Unique2U Wellness
- Vaccinations by appointment/availability
- Walk-ins accepted if time allows
- Free Respiratory panel testing by appointment



Cassandra Davis, MSN, FNP, APRN-C



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