

HANSEN MUSEUM NEWS BY SHARI BUSS

As explored in our current exhibition, A Place to Call Home, the journey to Kansas was not for the faint of heart. Pioneers traveled hundreds of miles, often by wagon train, enduring extreme fatigue, starvation, and dehydration. Many succumbed to harsh environmental conditions, with rivers posing particular hazards. Crossing swollen streams often resulted in wagons being swept away, taking with them families and precious supplies.

The lack of adequate food and water was another constant threat. Hunting and foraging were unreliable sources of sustenance, and many pioneers found themselves facing starvation. Contaminated water supplies led to outbreaks of deadly diseases such as cholera and dysentery, which claimed the lives of many before they even reached their destination. Interestingly, coffee drinkers had a measure of protection from cholera, as boiling water to brew their beverage inadvertently killed harmful bacteria, reducing their risk of infection.

Once in Kansas, settlers had to contend with the unpredictable and often violent weather. The Great

Plains were notorious for extreme temperatures, with scorching summers and bitterly cold winters. Due to romanticized advertisements, pioneers were often unprepared for the brutal climate, and many succumbed to heat exhaustion, frostbite, or hypothermia.

Even for those who survived the journey and initial settlement, daily life on the frontier was grueling. Farming on the dry, unforgiving soil required immense labor, and crop failures were common. Medical care was scarce, leaving settlers vulnerable to minor injuries that could quickly turn fatal. Women and children often bore the brunt of frontier hardships, with women shouldering immense responsibilities, from tending to livestock to home-building and medical care.

Despite the overwhelming challenges, many pioneers persevered. Their determination and resilience laid the foundation for the growth of Kansas as a thriving state. However, their sacrifices should not be forgotten. The journey west was not merely an adventure but a testament to human endurance and the high cost of the American Dream.

In addition to exploring pioneer history, visitors can also enjoy the work of our current Artist of the Month, Ken Caples. An exceptional woodcarver, Caples creates both whimsical pieces and stunning works inspired by the western frontier. His carvings include detailed depictions of buffalo, mountain men, and other iconic symbols of the Old West. His artistry brings the spirit of the pioneers to life, making his work a must-see for history enthusiasts and art lovers alike.

Come explore the hardships faced by pioneers settling in Kansas in A Place to Call Home. This engaging and educational exhibition will be on view through June 17th. The Museum is open Monday through Friday from 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m.; Saturday from 9 a.m. to 12 p.m. and 1 p.m. to 5 p.m.; and Sunday and holidays from 1 p.m. to 5 p.m. We are closed on New Year's Day. The Museum is fully handicap accessible, and admission is always free, thanks to the generous support of the Dane G. Hansen Foundation.

For more information, please contact us at 785-689-4846. We look forward to welcoming you to the Museum!



Tessha Mendoza and her daughter, Glade, explore the A Place to Call Home pioneering exhibition at the Hansen Museum in Logan. (courtesy photo)



Ken Caples, the Hansen Museum's March Artist of the Month, poses with his display of intricate wood carvings. (courtesy photo)

Crunched for Time? Physical Activity is Possible

By Jamie Rathbun  
Family & Community Wellness Agent

Maintaining an active lifestyle should be one of our top priorities, but finding time to be active can be challenging. It is recommended that adults get 150 minutes of physical activity a week, or about 30 minutes a day. This can be broken down to two 15 minute or three 10 minute periods during the day. We can always find a few free minutes in our day. Short workouts can do wonders for both body and mind.

Additional ideas for squeezing in physical activity:

Be active with friends and family. Having a support network can help you keep up with your program.

Schedule it in. The more regular activity you do, the quicker it will become a habit. Think of ways to link activity to daily life, such as scheduling walking with a coworker after lunch.

Include work around the house. Get busy with yard work and other active chores. Have family help you with raking, weeding, planting, or vacuuming.

Work out during screen time. Watch a movie while you jog on a treadmill or download a video to

your phone and watch while you ride a stationary bike. Find ways to be active during commercial breaks.

Be an active parent. Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while kids play or practice.

Looking for more motivation? Join Walk Kansas 2025! The team-based program brings together the support network, tracking keeps you accountable, and by the end of the 8 weeks you will have made physical activity a habit. Check out more information here: [postrock.k-state.edu/health-nutrition/walk-kansas](http://postrock.k-state.edu/health-nutrition/walk-kansas)

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Legal Notice

(First Published in The Hill City Times on Wednesday, February 26, 2025)  
IN THE DISTRICT COURT OF GRAHAM COUNTY, KANSAS  
PROBATE DIVISION

In the Matter of the Estate of  
ELLA ROSE ZERR, Deceased

Case No: GH-2024-PR-000028

NOTICE OF HEARING ON  
PETITION FOR FINAL SETTLEMENT

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a petition has been filed in said court by Karen M. Berland and Lisa M. Hammersley, co-executors of the estate of Ella Rose Zerr, deceased, praying for a final settlement of said estate, approval of the acts, proceedings and accounts of the executors, allowance for the services of the executors and attorney's fees and expenses; and also praying that the court determine the heirs entitled to the estate and the proportion or part thereof to which each is entitled, and distribute and assign the same to them in accordance with the provisions of decedent's will; that the administration of the estate be closed; that the executors be discharged and released from further liability.

You are hereby required to file your written defenses thereto on or before **the 26th of March 2025, at 9:30 a.m.** of said day, in said court, in the city of Hill City, Graham County, Kansas, at which time and place said cause will be heard.

/s/ Karen M. Berland  
Karen M. Berland, Co-Executor

/s/ Lisa A. Hammersley  
Lisa A. Hammersley, Co-Executor

/S/ Steven W. Hirsch  
Steven W. Hirsch #12789  
HIRSCH & ABBOTT LAW OFFICE  
104 So Penn, PO Box 296  
Oberlin, KS 67749  
PH: 785-475-2296  
Attorney for Estate