

## Did you know?



The significance of exercise is well documented, and that even goes for seniors. But in the case of exercise, can there be too much of a good thing? Should seniors be exercising every day? Seniors can exercise most days, but daily, intense workouts are not necessary. Cedars-Sinai says adults 65 and older should aim for between 2.5 to 5 hours of moderate exercise each week, which aligns with recommendations from the Department of Health and Human Services. Seniors crunched for time can engage in between 1.25 and 2.5 hours of intense aerobic exercise each week. The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity exercise per week. That can translate into 30 minutes of daily exercise for five days, or it can be broken up into other intervals as necessary. Strength and balance training also should be a consideration. Seniors should keep in mind that overdoing intensity or length of workouts may contribute to injury, which can derail efforts to get fit.

## Vintage Voices

### LOOKING BACK...

Fifty to sixty years ago, folks seemed to be a little bit more involved in and concerned with taxation and taxing sub-divisions than we see these days. Frustrations were building over rising property taxes. Many of us attended board meetings and budget hearings to voice concerns, but taxes continued to rise.

Now, we all know or at least should know that the power to tax is also the power to confiscate. The realization had set in that, as a community, we were an aging population. Farms and homes that many had worked all their lives to own were in jeopardy, if the taxing trend continued.

A meeting was called in 1969 for the purpose of forming the Montgomery County Taxpayer's Association. Adolf Wildegrube, John Brandenburg, Carl Clark and Guy Ringle were the impetus behind the meeting. There were, approximately, 90 in attendance from all over Montgomery County. The public was welcome, but not a single official from any of the taxing divisions bothered to attend.

Guy Ringle was elected to lead the organization. Adolf Wildegrube was vice chairman. John Brandenburg was elected as secretary and I was elected to be the treasurer of the organization.

From that point forward and for the better part of twenty years we did our best to object to higher taxes, not just as individuals but with the strength of an organization.

Joyce Miller and John Vermillion were board members for ICC when the current facility was built. During that time there was a move to combine Independence and Coffeyville to lessen the tax load on both

communities. It was a battle we lost, but so did the people of Montgomery County.

The Association was able to curtail spending and tax increases by circulating petitions in the various districts to force a vote on such things as additional capitol outlay mil levy increases. We were successful several times as the voters rejected the increase.

In the mid-seventies, meaningful road repair was becoming a huge issue in southeast Kansas. One of the major hold ups was the proposed toll road from Strother Field to Galena. The road was never economically feasible and the only way promoters could justify building it was for the state highway department to supplement its existence. Plainly an unconstitutional prospect. It took us two years to finally get the Kansas Supreme Court to issue a ruling.

State Senators Gaines and Johnson, members of the Senate Transportation Committee, almost immediately proposed a toll road from Augusta to Fredonia. They wanted a feasibility study to the tune of \$100,000. I was called upon to testify before the committee and told them in five minutes exactly what the feasibility study would reveal and urged them to abandon the idea. They voted to proceed and ultimately condemned southeast Kansas to another year of waiting for any hope of meaningful road repair.

It came to the Association's attention that Montgomery County had put \$400,000 in an escrow account in the hope of securing state funding for a road from the South Tenth Street Road across the Verdigris River and the Big Hill Creek flood plains. During one of my frequent trips to Topeka, I inquired about the feasibility of such a project

and was told by engineers that, if the road was ever built, construction and maintenance costs would be astronomical.

Armed with such information, I proceeded to approach the County Commission about retrieving the \$400,000, in lieu of a proposed five mill road and bridge levy and putting it to work on other projects in the county. Two years later, the commissioners unanimously voted to abandon the project. The whole project was the result of promises made, by the Commission Chairman, to the Coffeyville Chamber of Commerce in order to buy votes for re-election.

There were a number of things that I felt weren't being given sufficient priority in the county. One such item was the county land fill. This county needs to understand that there are very few options left to us when the current land fill is finished. We either have to learn to recycle or pay the price of having our waste products hauled out of county for disposal. It would have been cheaper and more advantageous, if we had started fifty years ago. Another glaring issue then and it is worse today, is the fact that we are an aging community. Many of our younger folks are leaving for greener pastures and lower taxes.

Our parents worked all their lives to own their homes and raise their families. These homeowners reached retirement age and many are living on some savings and social security. The children are grown and have families of their own. Mom and dad live in their homes fifteen-twenty years past retirement with little income to continue to maintain the home. The parents

die. The home is in disrepair. The children don't want the home place so it gets sold or sits empty to further deteriorate. Eventually the property gets sold for back taxes or the city ends up having to condemn the property and pay to have it torn down.

In 1970, I filed for my district's county commission seat as an independent candidate. I wanted to try to correct both of these issues. The population of Montgomery County in 1950 was a little over 46,000. In 1970, the population was a whisker short of 40,000. In 2020, the population was just over 31,000. What that means is that we have fewer people to pay ever increasing taxes.

County and city officials and chambers of commerce have been trying for years to bring industry to the county. The problem that some of us understand is that there is a lack of affordable housing for entry level workers. The floods destroyed many houses, but high property taxes have also limited available housing. An empty lot that the city owns does not produce revenue.

There are many more battles that remain to be fought. You win some and you lose some. I have found it odd that, through the years, there seems to be a fear amongst those responsible for increases in taxes of us who raise questions or resist.

I believe the Taxpayer's Association was good idea and that it saved county residents a considerable amount of additional taxation throughout its life time. Most of the founders are gone now. Just wondering when or if someone will pick up the gauntlet and carry on.

Charles Rice  
Neodesha

# Classifieds

### CLASSIFIED NEW DEADLINES

Daily-11 a.m. Day Before  
Saturday- 3 p.m. Thursday

Minimum Charge- 1 day, up to 15 words, \$8.25

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AA MEETINGS; 213 W. Oak; Independence; Noon Wednesday, Saturday & Sunday; Wednesday at 7pm. Thursday at 7pm; Sunday at 6pm. Alanon meetings; Tuesday at 7pm TF

### Assisted Living

at

## Eagle Estates

Where Your Family  
Is Our Family

Enjoy home cooked meals, housekeeping, laundry, personal care and medication assistance. 24 Hour caring staff RN on call 24/7

Let your family be a part  
of our family at

1354 Taylor Road  
Independence  
620-331-1662

### 121 Help Wanted

BARTENDER WANTED: VFW Fredonia. Apply within, 10283 Harper Rd, Fredonia. AUG20

### 135 Pets & Supplies

ACA POMERANIAN puppies, 2 males, \$500 each. Call 620-714-0295. AUG23

### 151 Services

**HAYMAKERS FURNITURE VILLAGE**  
New, Used and Antique Furniture  
2 Miles East of Dearing, Kansas or West of Coffeyville on Woodland Ave.  
Open 9 a.m. - 5 p.m. • Monday - Saturday  
**620-948-3400**

LOWRY CONSTRUCTION, new construction, room additions, steel buildings, remodeling, roofing, insurance claims. Locally owned since 2001. We do it all, 620-330-1943. TF

O'SHIELDS SEPTIC Tank Cleaning. Installation and repairs. For reliable service and inspection call John, 620-289-4705. TF

ALWAYS A great gift idea; automatic garage doors, Independence Overhead Doors, Inc., 115 W. Main, Independence, 620-331-2445. TF

### 151 Services

JESSE'S LAWN Service, mowing, cleaning, trimming. Free estimates. Call 620-779-3897. TF

### 182 Property For Rent

HILLCREST RENTALS efficiency apartments, starting at \$125 weekly. Utilities paid. 620-714-0377. TF

CLIMATE CONTROL storage, available, Witwer Storage, 1691 CR 4325, Coffeyville, 620-251-8542. TF

DEVORE STORAGE, secured perimeter, reasonable rates, easy access, 216 Cement, 620-331-8407, 620-926-0197, sizes available. TF

### 200 Public Notice

(First published in the Independence Daily Reporter August 16, 2025)  
IN THE 14TH JUDICIAL DISTRICT DISTRICT COURT OF MONTGOMERY COUNTY, KANSAS

IN THE MATTER OF THE PETITION OF Kelsey Stephens To Change His/Her Name To: Kelsey Smith- Stephens Case No. MGI-2025-CV-54 Div. No.

PURSUANT TO K.S.A. CHAPTER 60 NOTICE OF HEARING- PUBLICATION THE STATE OF KANSAS TO ALL WHO ARE OR MAY BE CONCERNED:

You are herby notified that Kelsey Stephens, filed a Petition in the above court on the 31 day of July, 2025, requesting a judgement and order changing his/her name from Kelsey Stephens to Kelsey Smith-Stephens. The Petition will be heard in Montgomery County District Court, 300 E. Main, Independence, Kansas, on the 22nd day of September, 2025 in this court or appear at the hearing and object to the requested name change. If you fail to act, judgement and order will be entered upon the Petition as requested by Petitioner s, Kelsey Stephens. Petitioner, Pro Se 4836 CR 3525 Independence, KS 67301 620-332-9960 August 16, 23, 30, 2025

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# GAME ON

We have you covered!  
Get your game on with IDR and Sports Editor Nick Dailey!



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