

Legal & Public Notices

CITY OF GIRARD - REQUEST FOR QUALIFICATIONS

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Request for Qualifications

The City of Girard is seeking qualified consulting firms for construction inspection in the category equivalent to the Kansas Department of Transportation's (KDOT) Work Category: 241-Roadway and Bridge Construction Inspection for the project listed below.

Description

KDOT Transportation Alternatives project 019 TE-0560-01[1], which is a sidewalk project in Girard, Kansas.

Schedule and Deadlines

Technical proposals are due on or before December 19th, 2025, to be delivered to 120 North Ozark in Girard, Kansas or by email to johanna.o@girardkansas.gov. Interested consulting firms must be pre-qualified by KDOT in the work categories noted above.

Anticipated Schedule for Subsequent Events:

Evaluation and ranking of technical proposals shall take place on or about December 20, 2025, after which all firms that submitted letters of interest will be notified of the ranking. Negotiations with the highest ranked firm to commence on or about December 28th. KDOT Three-Party Agreement in place in effect January 6, 2026.

Request for Proposal (Technical)

The City of Girard is seeking a consultant to provide construction inspection services for the Phase II Sidewalk Project. This work includes project inspection of location and removal/installation of 2,531 feet of ADA sidewalk and ramps and replacement of any driveways per construction plans. Inspection of all material testing as required by project specifications. Inspection of location and installation of erosion control and seeding as per construction plans. All paperwork required to complete construction of project.

Evaluation Factors

Technical proposals will be evaluated based on the factors listed below to rank the most qualified firm in order of preference as first, second, third, etc. If determined necessary by the City of Girard, a Preliminary Review Committee will be formed to reduce the number of firms evaluated to no fewer than three (3) and no more than five (5). Reasons for exclusion from evaluation will be: size and/or qualifications; experience of personnel available for project; current uncompleted work or distribution of work. Performance; no

BY PHILIP STEVENS
HOMETOWN GIRARD

► Miners Hall Museum will unveil a major step forward in technology and visitor engagement next week with the launch of a new interactive digital exhibit and a companion mobile app. According to information provided in a press release from the museum, the public launch is set for Wednesday, December 10, at 10:00 a.m. at the museum in Franklin.

The project has been in development through a partnership with Pittsburg State University. PSU Assistant Professor of Mathematics and Physics Dr. Jackson Samuel Ravindran and Professor of Mathematics and Associate Dean of the College of Arts and Sciences Dr. Bobby Winters led the effort, working alongside student interns who created the software and digital features. During the Dec. 10 presentation, the PSU team will demonstrate the new Digital Touch Kiosk and officially launch the museum's new Apple mobile app. A version for Android devices is also underway.

The kiosk is the centerpiece of the project and was funded through grants from the Pritchett

Trust and BMO Harris Bank Trust and Custody. In addition to building the digital exhibit, the grant provided for significant computer upgrades throughout the museum, supporting long-term organizational development and allowing the museum to integrate modern, user-friendly technology into its visitor experience.

The new mobile app extends the museum's reach far beyond Franklin. According to the release, the app will offer educational tools, direct access to information about exhibits, and resources for learning about the region's mining and immigrant history. Users will also be able to apply for museum membership and make donations through built-in features that connect directly with the museum's systems. The app mirrors the content available on the Digital Touch Kiosk, giving both local visitors and users across the country access to the same material.

Museum trustees expressed their appreciation for the student interns whose technical skills and creativity brought the project to completion. The board credited their professionalism

and enthusiasm as key factors in the success of the digital upgrade.

Museum representatives say the launch marks the beginning of a new chapter, one that blends local history with modern technology to preserve and share the mining heritage of Southeast Kansas with broader audiences.

the decade. After the abatement ends, projected annual taxes on the new construction total approximately \$105,000 to Crawford County, \$114,000 to the City of Pittsburg, and \$118,000 to USD 250.

Wood voiced concern about increased truck traffic and the long-term maintenance needs for Atkinson Road and surrounding routes, which are shared by Pittsburg, Frontenac, and the county. Emerson noted that future improvements may qualify for KDOT economic development grants or other large-scale transportation programs.

Commissioners also revisited the county's former five-year tax abatement program for residential improvements, which expired several years ago. Emerson said the county now has two primary options under state law: reestablishing a neighborhood revitalization

program focused on individual properties, or pursuing an RHID (Rural Housing Incentive District) to support subdivision-scale development.

The county recently received its new housing study and will schedule a future work session to determine whether to pursue either program.

The Dec. 9 regular session is canceled due to the KAC Conference. Meetings on Dec. 12 include an 8:30 a.m. work session for signing mid-month vouchers, a 9 a.m. work session with Ryan Insurance, and a 10 a.m. public hearing on a petition to vacate a portion of a rural county road.

Emerson also announced he will bring a draft extension to the county's development moratorium to the Dec. 12 meeting, providing commissioners time to review it beforehand.

With no further business, the meeting adjourned.

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Five-Minute Fitness Focus

Unlocking fractal fitness: why math's wild patterns might redefine your workouts

HEALTH AND FITNESS COLUMN
BY JESSICA JONES
FOR HOMETOWN GIRARD

► Last week, we explored how quantum biology could tweak your recovery at the subatomic level—fascinating stuff for anyone chasing peak performance. But let's pivot to something even more unexpected: fractal geometry, that branch of math dealing with infinitely repeating, chaotic yet-ordered shapes like coastlines or snowflakes. As a strength coach with a long background spotting trends that stick, I'm excited about how fractals, born from pure mathematics in the 1970s, are infiltrating fitness science. It's not about drawing pretty patterns; it's about hacking your body's natural rhythms for gains that feel almost effortless.

Fractals describe self-similar structures that repeat at every scale—

think how a tree branch mirrors the whole tree. In human physiology, our lungs, blood vessels, and even heartbeats exhibit fractal properties for optimal efficiency. A 2023 study in *Nature Scientific Reports* analyzed accelerometer data from midlife adults and found that daily movements with higher fractal complexity—meaning more varied, non-repetitive patterns—correlated with better cognitive function and reduced fatigue. Fast-forward to 2025: research from the University of Surrey, building on this, shows that workouts incorporating fractal variability in reps or intensity boost muscle adaptation by 15-20%. Why? Because rigid, metronome-like routines create "noise" that fatigues the system, while fractal ones mimic nature's chaos, enhancing neural plasticity and recovery.

Here's the niche advice you can apply tomorrow. Ditch the perfect 4x10 rep scheme for fractal sets: start with a base like 8 reps, then vary subsets—say, 5 quick, 3 slow, 2 explosive—in a pattern that scales down or up unpredictably but proportionally. For cardio, try fractal intervals: 60 seconds hard, 30 easy, 15 hard, 7.5 easy, repeating the ratio at smaller scales. A January 2025 paper in *Fractal Geometry in Health Data Analytics* highlights how this approach improves oxygen uptake in endurance athletes by optimizing vascular branching, much like how fractals maximize surface area in leaves. Humor me here—it's like turning your treadmill session into a mathematical jam session, where the "chaos" keeps boredom at bay and your VO2 max climbing.

Pair this with environmental tweaks. Surround yourself with

fractal visuals during training: apps generating Mandelbrot sets or even a window view of branching trees. Studies from 2024-2025, including one in *Metropolis Magazine*, confirm exposure to these patterns slashes stress hormones by up to 60%, priming your body for better hormone balance post-workout. Toss in some beetroot nitrate (for that electron flow boost from last week) and you're golden.

But here's the twist: the ultimate fractal hack isn't in the gym—it's ditching it altogether for trail runs or forest hikes, where real-world fractals in terrain and foliage recalibrate your physiology faster than any app. Who knew math class held the key to outrunning burnout? Your next PR might just be a walk in the woods.

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HOMETOWN GIRARD

BY PRESTON FRAZIER

HOMETOWN GIRARD

► LADY GORILLAS -

This past week, Pittsburg State's women's basketball started their MIAA Conference play with a couple of matchups at home against Central Oklahoma and Rogers State. In both games, the Lady Gorillas came away with victories, improving to 6-1 on the season. They are currently on a three-game winning streak and 3-1 at home.

It was a close game against Central Oklahoma, but Pittsburg State pulled ahead late and won 62-59.

Heading into halftime with a comfortable 36-27, the Lady Gorillas were able to fend off their opponent's push late in the game. There were two players for Pittsburg State that scored in double figures, Kaycee McCumber with 15 points and Marin Adams with 10 points. McCumber also added an impressive 15 rebounds to secure a double-double. Plenty of fouls - 49 to be exact - were committed by both teams, and the Lady Gorillas were able to make 28 of their attempted 35 free throws.

After their hard-fought win over Central

Oklahoma, they set their eyes on Rogers State, ending with another victory by a score of 73-51. Pittsburg State trailed 29-26 at halftime, before coming out and outscoring Rogers State 21-8 in the third quarter. The Lady Gorillas also took advantage of a 26-14 fourth quarter to win by 22 points. Marin Adams led all scorers with a season-high 17 points. McCumber led all rebounders with 16 rebounds, giving her a combined total of 31 over the two games.

Up next for the Lady Gorillas is a trip to Hays, Kansas this

Saturday for a matchup with Fort Hays State University. Both teams are nationally ranked. Tipoff is set for 2:00 p.m.

► GORILLAS - Pittsburg State men's basketball improved to 7-3 this past week with a couple of wins at home over Central Oklahoma and Rogers State. The Gorillas have started the season well, improving to 6-2 at home and 2-0 in the MIAA Conference. They are currently on a three-game winning streak.

Against Central Oklahoma, the Gorillas jumped out to a 37-31

halftime lead, ultimately winning 77-63. Guard Connor Rogers led all scorers with 24 points to go along with a game-high 9 assists. Landon Short chipped in with an impressive 22 points, making 5 three-pointers. As a team, the Gorillas made 13 of their 22 three-point attempts.

Their matchup against Rogers State was another double-digit victory as the Gorillas won 86-64. Much like their previous game, Pittsburg State held a steady 38-31 halftime lead but extended it in the second half. Landon Short once again shot the ball

well, scoring 25 points on 6 made three-pointers. He led all scorers. Mason English had a strong all-around performance, scoring 5 points to go along with 8 rebounds and 5 assists. Defensively, Pittsburg State forced 23 turnovers.

The Gorillas head to San Antonio for their spot in the River City Holiday Classic on December 16th and 17th. Their opponents for those two days are Texas Permian Basin and Midwestern State. Both games are scheduled for 3 p.m. tipoffs.

New digital exhibit and mobile app set to bring interactive experience to mining museum

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