

## Walk Kansas is back for 2026!

By Katherine Pinto  
Nutrition, Food Safety and Health Agent, Wildcat Extension District  
Kansas State University Extension is proud to announce the return of Walk Kansas for its 26th year. Walk Kansas is an eight-week health initiative that promotes active lifestyles and well-being among Kansans and participants worldwide. The 2026 program runs from March 22 to May 16, with registration open from March 1st through March 31st; a \$10 registration fee

is due at the time of registration. Walk Kansas is a team-based challenge that encourages individuals to engage in regular physical activity, whether walking, jogging, cycling, swimming, or any preferred form of exercise. Each participant commits to at least 150 minutes of moderate-intensity exercise per week, aligning with health guidelines from the U.S. Centers for Disease Control and Prevention. There is also an option to participate in Walk Kansas as an individual!

Participants will have access to an online system to track their exercise minutes and monitor fruit, vegetable, and water intake. The program also offers weekly newsletters and webinars covering topics such as chronic disease prevention, stress management, and safety tips. The small daily steps add up to big changes over time! Many have used this challenge as a starting point to get into movement most, if not all, days of

the week. Walking is one of the most underrated forms of exercise for a person's overall health and well-being. So, head out solo or find a friend and log some steps! For more information and to register, visit [www.walkkansas.org](http://www.walkkansas.org) or contact either our Girard or Independence office. Girard Office: (620) 724-8233 Independence Office: (620) 331-2690

## America Celebrates 250th Poetry Contest winners announced

The Independence Historical Museum and Art Center's "America Celebrates 250" Poetry Contest winners have been chosen. This contest was sponsored by IHMAC to bring recognition to America's 250th anniversary and to give area poets a venue for expressing themselves. Twenty-six total entries were received for the contest in the age categories of adults, high school, and 8th grade and under. "We were pleased to receive these entries this year, for it was the first time we have held a poetry contest," said IHMAC director Jill Warford. "We hope to continue this event in subsequent years."

The poetry contest was open to anyone in Montgomery, Chautauqua, Elk, and Wilson counties and was judged by a panel of five judges. The theme was "My America," and the poem was limited to one page. First, Second, and Third place winners will receive an award ribbon and a 250th commemorative coin. Honorable mentions will receive an award ribbon. All of the poems will be on display in the IHMAC Gallery, 123 N. 8th St. in Independence, starting Friday, March 6th, through Friday, March 20th. IHMAC is open Tuesdays through Saturdays from 10 am to 4 pm.

## Wilson County Democratic Party is hosting its monthly meeting

The Wilson County Democratic Party is hosting its monthly meeting, and you're invited. This will be a potluck-style gathering—please bring a dish to share if you're able. We'll be learning more about local politics, discussing collective actions we can take together, and exploring ways to build a stronger, more just future for our community and the next generation. Date: Tuesday, March 17, 2026 Time: 6:30 p.m. Location: Neodesha Housing Authority - 118 S 6th St., Neodesha, KS

**Garage SALE** **CITY WIDE GARAGE SALES** **Garage SALE**

**Get your ad listed**  
**May 1 & 2**  
**City Wide Garage Sale**  
Ad must be received by Monday April 27

**The Women, Infant and Children (WIC) program's goal is to help keep pregnant and breastfeeding women, new moms, and kids under five healthy.**

**To do this, WIC provides:**

- ✔ Personalized nutrition information and support
- ✔ Checks to buy healthy food
- ✔ Tips for eating well to improve health
- ✔ Referrals for services that can benefit the whole family

WIC clients must meet WIC income guidelines and have a medical or nutritional need. Many working people are eligible for WIC and don't realize it.

**To apply for WIC in Wilson County call 620-378-4455**

**Wilson County Health Department**  
421 N. 7th Street • Fredonia, KS 66736  
*We are an equal opportunity provider and employer.*

## Money continued from page 6

reduce stress and support immune function. Walking, running, free online workout classes or bodyweight exercises at home are all accessible ways to stay active throughout the season. Adopt healthy habits. Small, everyday habits can also make a difference during cold and flu season. Washing your hands, staying hydrated and getting plenty of sleep are simple steps that support

overall wellness and help reduce the risk of getting sick. As consumers settle into their routines, combining smart shopping choices with healthy habits can help them feel prepared and more in control throughout cold and flu season. To stock up on affordable store brand self-care and OTC products, stop by your local retailer

## Legal Notice

(First published in the Neodesha Derrick News March 5, 2026)

CITY OF NEODESHA

RESOLUTION NO. 26-03

A RESOLUTION FIXING A TIME AND PLACE AND PROVIDING FOR NOTICE OF A HEARING BEFORE THE GOVERNING BODY OF THE CITY OF NEODESHA, KANSAS AT WHICH TIME THE OWNER, HIS AGENT, LIENHOLDERS OF RECORD AND OCCUPANTS OF THE STRUCTURE LOCATED AT 1318 North 8th Street, LEGAL DESCRIPTION: Lot (9) and Lot (10), Block (9), Northlawn Addition, City of Neodesha, MAY APPEAR AND SHOW CAUSE WHY SUCH PROPERTY SHOULD NOT BE CONSIDERED UNSAFE OR CAUSING A BLIGHTING INFLUENCE AND DIRECTING THE VIOLATION TO BE ABATED OR REMOVED AND THE PREMISES MADE SAFE AND SECURE.

WHEREAS, the Enforcement Officer of the City of Neodesha, did on the 28th day of January, 2026, file with the Governing Body of said City a statement in writing that the property was found to be unsafe and/or causing a blighting influence;

NOW, THEREFORE, BE IT RESOLVED by the Governing body of the City of Neodesha that a hearing will be held on the 22nd day of April, 2026 before the Governing Body of the City at 4:00 p.m. in the Commission Room of City Hall, 1407 N. 8th; at which time the owner, his agent, any lien holder of record and any occupant of the structure located at 1318 N 8th may appear and show cause why such property should not be considered a blighting influence and/or an unsafe property and be ordered to abate the property and be made safe and secure.

BE IT FURTHER RESOLVED that the City Clerk shall cause this Resolution to be published two consecutive times and shall give notice of the aforesaid hearing in the manner provided by law.

ADOPTED AND APPROVED by the governing body of the City of Neodesha, Kansas this 25th day of February, 2026.

ATTEST: /s/ Duane Banzet  
Duane Banzet, Vice-Mayor  
/s/ Stephanie Fyfe  
Stephanie Fyfe, City Clerk

**CALL BEFORE YOU DIG**  
1-800-344-7233  
WICHITA 807-2470  
IT'S THE LAW



**KANSAS ONE-CALL SYSTEM, INC.**

## ATTENTION

The City of Neodesha is asking that all residents of Neodesha contact Kansas One-Call or the City offices before digging, landscaping, fencing or building of any structural projects.

### Public Notice

Kansas House Bill No. 2041 requires anyone who engages in any type of excavation to provide advance notice of at least two full working days, excluding weekends and holidays, to Kansas One-Call.

Kansas One-Call is the communication link between the excavator and the underground facility owner. Kansas One-Call does not locate any underground facility itself.

Kansas One-Call, 1-800-DIG-SAFE, is open 24 hours, seven days a week. Calls after 5:00 p.m. or before 7:30 a.m., on weekends and on holidays are accepted for emergencies only. Holidays are defined by state laws as "any proclaimed local, state or federal holiday".

Kansas One-Call can accept and process essentially three types of calls:

- Excavation or demolition
- Survey requests for planning purposes
- Emergency locate requests

## HELP WANTED

Part-Time County Coordinator Position The Wilson County Farm Bureau Association is hiring for a hybrid part-time County Coordinator. This position averages 10-15 hours/week and handles daily operations for the organization. Key responsibilities include managing membership, coordinating agricultural education programs, providing administrative support, planning events, and cultivating relationships within the community. For the full job description and how to apply visit: [www.kfb.org/countyemployment](http://www.kfb.org/countyemployment). Deadline to apply is April 7th, 2026.

## SERVICES

**NEODESHA HOUSING AUTHORITY** is accepting applications for housing in low income family and elderly apartments. Apply at 118 S. 6th, M-F 9:30 - 11:30 a.m. and 1:00 - 3:00 p.m. Credit references and criminal background check required. Call 325-2440 or TDD 1-800-766-3777. Equal Housing Opportunity

**Neodesha Food Pantry**  
Open 2nd & 4th Wednesdays,  
1-3 p.m.,  
909 West Oak.

## KPA CLASSIFIEDS

For Sale Place your 25-word classified in the Kansas Press Association and 135 more newspapers for only \$300/ week. Find employees, sell your home or your car. Call the Kansas Press Association @ 785-271-5304 today!

Military Discounts available. Call: 1-833-752-0092

Misc. STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-833-928-5491 You will need to have your zip code to connect to the right provider.

Misc. INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$10,000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-833-770-0339

Misc. AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-833-889-4107 Have zip code of property ready when calling!

Misc. WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-833-879-1451 Have zip code of service location ready when you call!

Misc. NEED NEW WINDOWS? Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation & FREE quote today. 1-833-880-0052 You will need to have your zip code to connect to the right provider.

Misc. GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-0154.

Misc. BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior &

## PUBLIC AWARENESS

IF YOU SUSPECT A NATURAL GAS LEAK WITHIN THE CITY LIMITS OF THE CITY OF NEODESHA, PLEASE PHONE 325-5483 (DURING WORKING HOURS), 325-2642 OR 911.

**Jim's Metal Roof Coatings**  
Leak Repair, bin tops, flat decks  
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Painting exterior steel or aluminum  
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**VOLUNTEERS NEEDED!**

CALLING ALL VOLUNTEERS!  
WE NEED YOUR HELP!

- Sunflower State Spelling Bee - Salina, KS  
• March 21, 2026
- Kansas State Battle of the Books - Emporia, KS  
• May 8, 2026
- Kansas Civic Games - Topeka, KS  
• October 29

Contact the Kansas Press Association today to learn more about these exciting volunteer opportunities

785-271-5304

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