

Friends plan March benefit dinner for Chelsea Smith Cont. from cover



Chelsea and Austin Smith and their children Melody, age one; Rose, age 4; and Harrison, age six; receive support from community volunteers through a benefit dinner and silent auction that will be hosted Sunday, March 8, 11 a.m. to 1 p.m. at St. Michael's Hall in Girard. Smith was diagnosed with leiomyosarcoma in 2024 when she was pregnant with Melody. She recently discovered that her cancer has returned and started rounds of aggressive chemotherapy on February 23 in Houston. COURTESY PHOTO

with little kids who are becoming friends now too." Organizers are continuing to gather items for the silent auction. Those wishing to donate auction items may contact Sarley by Sunday, March 1, at 316-680-1551 or emsarley@gmail.com. Individuals who would like

to contribute financially toward meal supplies may contact Holden at 620-249-3311 or mrsjanetholden@gmail.com. An account has also been established at GNBank in Girard and Pittsburg for direct donations. Checks may be made payable to "Benefit for Chelsea Smith."

Looking ahead to the event, Sarley emphasized the importance of turnout, saying, "Honestly, we need people to show up. We are going to have a pretty awesome selection at the silent auction, and that is growing by the day."

Five-Minute Fitness Focus Springing forward: how daylight saving time tweaks your fitness routine

HEALTH AND FITNESS COLUMN

BY JESSICA JONES
FOR HOMETOWN GIRARD

► As a fitness trainer who's seen more early morning yawns than I'd care to count, I've got a love-hate thing with daylight saving time. That clock jump on March 8 sneaks up like a forgotten burpee set, robbing us of an hour's sleep and messing with our internal timers. But beyond the groggy Mondays, there's some fascinating science on how this shift ripples through your workouts—and it's not all bad news.

First off, let's talk basics. When we "spring forward," our circadian rhythms take a hit. That master clock in your brain, the suprachiasmatic nucleus, relies on light cues to sync your body's processes. Losing that hour disrupts sleep architecture, spiking cortisol and dipping melatonin at the wrong times. Studies show this leads to reduced exercise performance: one analysis of athlete data found an average 8-minute sleep loss correlates with lower heart rate variability and diminished running efficiency. Your endurance might tank by 5-10% in the days following, making

that HIIT session feel like wading through molasses.

But here's where it gets niche. Recent chronobiology research ties this to your gut microbiome—those trillions of bacteria influencing energy metabolism. DST's sleep disruption alters microbial diversity, potentially slowing fat oxidation during workouts. A 2024 study linked similar shifts to decreased VO2 max in cyclists, suggesting your body's fuel efficiency drops when rhythms are off. And for the really intriguing part, consider quantum biology. It sounds like sci-fi, but cryptochromes—proteins in your eyes that detect blue light—operate via quantum entanglement, where electron spins influence magnetic field sensing. New 2025 papers propose these quantum effects fine-tune circadian entrainment, meaning abrupt light changes from DST could subtly derail mitochondrial function, the powerhouses driving your muscle contractions.

Personally speaking, I've had clients swear their post-DST squats feel heavier, and honestly, who hasn't blamed a bad gym day on the universe? Humor aside, this isn't just trivia; it's actionable. To counter it, prioritize

evening wind-downs with red light exposure—dim those screens an hour earlier to preserve melatonin. Amp up morning sunlight walks to reset those cryptochromes; even 10 minutes can boost serotonin, enhancing mood and motivation for afternoon lifts.

Shifting gears to the evening bias: Data from fitness trackers reveals DST pushes more activity later in the day, with gym visits dropping mornings but rising post-work. This could mean safer outdoor runs in daylight, reducing injury risk by 15% per some reports. Yet overall sessions dip, as that initial fatigue discourages consistency.

The twist? Embrace the chaos. Quantum biology hints that controlled disruptions—like this annual reset—can strengthen resilience. Use March 8 to trial a "quantum hack": intermittent hypoxia training, mimicking high-altitude effects to spike EPO naturally. Pair it with DST's light shift for amplified mitochondrial biogenesis, potentially upping your aerobic capacity by 20%. Who knew losing an hour could supercharge your gains? Stay consistent, folks—your body's clock is more adaptable than you think.

Jessica Jones is a 2003 graduate of Girard High School and is a NASM-certified personal trainer, nutrition coach, and behavior change specialist. She specializes in senior health and wellness with a focus on spreading group fitness opportunities to smaller communities in Southeast Kansas. Disclaimer: The information shared in this column is not intended as a substitute for medical consultation. To minimize the risk of injury, please consult with a healthcare provider for exercise prescription and safety precautions before beginning any exercise regimen.

Legal Notices

NOTICE OF BID

Published Feb. 26, March 5, 2026.

On behalf of Greenbush – The Southeast Kansas Education Service Center, DCS Services LLC will be soliciting bids for a new observatory, a new storage building, and the remodel of the Greenbush Science Center. Interested parties should contact DCS Services at 316-869-1008. We encourage participation by small and minority businesses and women's business enterprises.

Classifieds

NOW HIRING

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KS LEGISLATIVE COLUMN

"Thoughts From Under the Dome"



REP. KEN COLLINS
Second District

► I have been waiting to write an update until I had some progress to report on Benny's Bill (HB 2412) which as many of you know is legislation that I am sponsoring to strengthen penalties for child endangerment to a child under the age of six years old. The bill passed final action in the house with a vote of 124-0 which was unanimous of all representatives present. The bill now goes to the Senate where it has been assigned to the Senate Judiciary Committee to repeat the same process that it did in the House of Representatives then hopefully to Governor Kelly.

Another bill that I feel is of interest is HB 2736 which deals with hospitals who offer financial assistance programs to patients in need. The bill calls for unnecessary reporting of a patient's financial situation even if

that patient isn't interested in receiving assistance. I voted against the bill because of that and other reasons. Apparently many of my colleagues agreed with me because it was voted down 102-20.

HB 2368 which provided for the licensure of anesthesiologist assistants is another bill that was voted down. Kansas currently does not have people of that occupation working in the state but we currently have CRNAs (Certified Registered Nurse Anesthetists) who operate with more autonomy than their AA counterparts and are a better fit for the more rural areas. I have received much feedback from both sides of that debate but most of what I have heard from our district has been in opposition to HB 2368.

I keep hearing from constituents about property tax relief and there are a number of proposals out there to address that topic. When any of them come to the House floor in the form of a bill I will take them into consideration and decide on their merits.

That's it for now but as I always say, feel free to reach out with concerns and if you are ever in Topeka during the session I would love to have you drop by the Capitol. Ad Astra Per Aspera.

Girard High School Alumni Association introduces new leadership and preparations for Homecoming 2026

JAN DORSEY
Submission

► The Girard High School Alumni Association is preparing for the 2026 Homecoming weekend, set for October 16-17, with a new slate of officers and board members in place.

Leading the association in 2026 will be President Rachel Wiens Hayden, Class of 2003; Vice President Julie Dieterle Beeman, Class of 1998; Secretary Erica Crespino Harris, Class of 2003; and Treasurer Ron Brown, Class of 1974. Board members serving alongside the officers include Linda Loffswold Baldwin, Class of 1965; Evelyn Bryant Crawford, Class of 1968; Jan Pyle Dorsey, Class of 1972; Kent Dorsey, Class of 1971; Abby Ashbacher Lehman, Class of 2000; and Brendan Schmidt, Class of 2018. Past President Ron Gates, Class of 1963, and USD 248 Superintendent Todd Ferguson serve as ex officio members.

Planning is already underway for what is expected to be a busy reunion season. The Classes of 2001, 1976, and 1966 will mark their 25th, 50th, and 60th reunions, respectively. Throughout Homecoming weekend, reunion classes may be seated together and introduced during the Homecoming football game, take part in the Saturday morning parade, and gather for the all-alumni and friends celebration on Saturday evening.

In addition to Homecoming festivities, the Alumni Association continues to support class gatherings and alumni events throughout the year. The board offers assistance with publicity, logistical coordination, and scholarship fundraising, and encourages reunion organizers to reach out for support and inclusion on the alumni calendar of events.

City of Girard, Ks POLICE REPORTS FEBRUARY

- January 1, 2026: Officers initiated a traffic stop in the 300 block of S. Western. A 49-year-old male was arrested on a Crawford County warrant.
- January 7, 2026: Officers responded to the 500 block of S. Osage regarding a report of property damage.
- January 9, 2026: Officers responded to the 100 block of N. Osage regarding a report of property damage.
- January 11, 2026: Officers responded to the 100 block of W. St. John in reference to a reported theft.
- January 22, 2026: Officers responded within the city limits regarding a juvenile-related call.
- January 23, 2026: Officers responded to the 700 block of N. Osage regarding a report of property damage.
- January 23, 2026: Officers responded to the 400 block of W. Antelope. A 31-year-old female was arrested for violating a court order.
- January 23, 2026: Officers responded to the area of 400 W. Antelope in reference to a crash report. A 56-year-old female was arrested for Driving Under the Influence (DUI).

Are we missing something? You can help us by covering the things important to you!
Not sure about your writing ability? Don't worry, we can help with that. Try your hand at various types of writing.
Email Philip: publisher@hometowngirard.com.