

THE WORD AND THE WORLD

(A Turning Point) Article No. 15

BY JAY LOTTERER
Senior Pastor, Covenant Harvest Church

► The events of this past week in Iran have captured headlines. Political fires are burning, talk of regime change, endless wars, a constitutional crisis, etc.... The winds of chaos are blowing, stirring up a variety of emotions that strike the hearts of all of us here in the United States and worldwide. Inside churches, end-times topics are making their way into conversations once again.

With all of this chatter, a certain level of anxiety arises. We worry about the effect of war. We also tend to become more tribal in our allegiances, whether it's to a political party or national pride.

So what is the answer to all of this? At the risk of oversimplifying the issue, I'm reminded of what scores of Sunday school teachers have said to their youngest students for years... "Jesus is ALWAYS the right answer" to every question. This is, of course, true. But more specifically, what practical thing can we do? Whether you're a believer in Jesus, someone who follows Him, or someone who knows of Him casually, there are always answers found in God's word, the Bible. This "prescription" can be found in Philippians 4:6-7:

"Do not be anxious for anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

This familiar verse contains the very antidote to our common case of anxiety. Whether it's current events or common life circumstances, we can find solutions to the chaos and confusion that we face. Let me highlight a few points from this passage.

- Pray for everything - when you're anxious about anything, pray about everything. Make your prayer time a conversation with God and ask Him to grant you wisdom for all of life's challenges.
- Be thankful - gratitude is more than a theological concept. Even modern psychology touts the benefits of being thankful. Be sure to begin every time of prayer with something (or things) that you appreciate.
- Supplication? What exactly does this mean? It means you offer an emphatic, passionate, but humble plea to the Lord. It's like begging with purpose but respectfully. Be real with God, He understands you!
- While you may not get the answer you asked for, the peace of God that surpasses understanding will guard your heart and mind, which is exactly what we all need in difficult situations.

I will leave you with this phrase: "prayer may not change the things I pray for, but prayer will change me." Pray today and see that anxiety move away!

Jay Lotterer is the Senior Pastor at Covenant Harvest Church, located at 615 South Highway 69 Pittsburg, KS 66762. He can be reached by email at jaylotterer@gmail.com or by phone at (620) 231-6881. The church meets Sundays at 10 am, for Monthly Prayer on the 1st Wednesday each month at 6:30 pm, and offers several Home/Small Groups. Visit the church online at www.covenant-harvest.org.

Subscriber Birthdays and Anniversaries are Proudly Sponsored by

HEIDRICK'S

The only thing better than our price is our service.

Two Convenient Locations in Southeast Kansas
Fort Scott - 620-223-2660 | **Girard** - 620-724-4123
 1508 S. National Ave., | 107 S. Summit Ave.,
 Fort Scott, KS 66701 | Girard, KS 66743

BIRTHDAYS

Scott Geier	Mar 5
Kristyn Bowman.....	Mar 5
Bill Dobrauc.....	Mar 6
Elmer Scales.....	Mar 6
Keelie Welsh	Mar 6
Patty Anderson	Mar 6
Denise Richard	Mar 7
Kale Johnson.....	Mar 7
Minnie Birt.....	Mar 8
Elizabeth Jo Peak	Mar 8
Bree Murphy	Mar 9
Kathie Grosdidier.....	Mar 9
Kim Bartley.....	Mar 9
Madison Peak.....	Mar 9
Karolyn Hanks.....	Mar 10
Quintin Ausemus.....	Mar 10
Sue Danker.....	Mar 11
David McClelland.....	Mar 11

ANNIVERSARIES

John & Christy Vulgamore	Mar 11
--------------------------------	--------

ATTENTION SUBSCRIBERS:

If we are missing your birthdays or anniversary, or if a loved one has passed on and we need to remove them from the list, please let us know and help us keep up to date! Email your request to publisher@hometowngirard.com.

Zoning and planning pulic hearings set for March 5 and 6

CRAWFORD COUNTY COMMISSION MEETING - FEBRUARY 27, 2026

BY PHILIP STEVENS
HOMETOWN GIRARD

►► The Crawford County Commission approved the county's annual noxious weed management documents, discussed equipment warranty coverage, and outlined upcoming public hearings during its regular meeting Friday morning, Feb. 27, at the courthouse in Girard.

Commissioners Bruce Blair, Tom Moody and Carl Wood first approved the consent agenda, which included the minutes of the Feb. 24 meeting and authorization for the chairman to sign the previous week's vouchers.

Following a brief executive session for the annual job performance review of Noxious Weed Director Tommy Scales, County Counselor Jim Emerson presented the 2026 Noxious Weed Management Plan and the 2026 Noxious Weed Eradication Progress Report. Emerson explained that the documents are required to be approved by the commission and submitted to the state. The progress report outlines the department's budget, chemical sales, and required annual acreage surveys. Commissioners voted unanimously to approve both the 2026 management plan and the eradication progress report as presented.

In other new business, Wood requested approval to purchase a 60-month extended warranty for a John Deere 6110N tractor that was acquired in January 2025. Wood

said he consulted with county maintenance and initially considered a 48-month option but ultimately recommended the 60-month plan at a cost of \$5,018. He said the extended coverage would apply to the transmission, rear end, and engine after the original warranty expires. Moody asked what the maintenance supervisor recommended, and Wood responded that the 60-month plan was advised based on anticipated usage of approximately 1,000 hours per year.

Blair noted that the tractor's original warranty remains in effect until Jan. 9, 2026, and said he had been told the price could increase by approximately \$500 if the county waits until January to purchase the extended coverage. Wood said he would confirm the timeline and pricing but made a motion to proceed with the 60-month extended warranty and bring the paperwork back for the chairman's signature. The motion was seconded and approved.

Commissioners also discussed extended warranties for three skid loaders.

Emerson provided an update on efforts to address trash accumulation along U.S. Highway 69. He said he recently met with Matt Sanders, who had been in contact with Kansas Department of Transportation representatives about an Adopt-a-Highway section from 700 Road to 680th. Emerson also said he

contacted Chet Hiatt about convening the Solid Waste Committee with KDOT, the Kansas Department of Health and Environment and the landfill to discuss possible solutions. He noted that state solid waste grants are due in May and that County Grant Writer Gus Brunetti is exploring whether a grant could help fund a baler as a capital expense, which would require a 40 percent local match.

Wood expressed concern about committing county funds to what he characterized as a state and landfill responsibility. Moody asked whether KDOT could be encouraged to focus more attention on the area. Emerson said the goal is to bring all parties together and evaluate options, including enforcement and cleanup strategies.

Emerson also reported that a new per diem reimbursement form has been drafted and circulated to a department for review. He said the form is designed to be user-friendly and could be ready for commission approval at an upcoming meeting.

During commissioner comments, Blair asked for clarification on upcoming planning and zoning public hearings. Emerson confirmed that the first public hearing will be held at 5:30 p.m. on March 5 at the Girard Civic Center, 102 N. Ozark St., and that a second public hearing is scheduled for 5:30 p.m. on March 6 in the courthouse courtroom. He said the proposed zoning regulations are

available on the county website and encouraged public attendance. Emerson also stated that representatives of Shasta Power are expected to attend the March 6 commission meeting to discuss the solar project.

The commission entered several executive sessions during the meeting under the non-elected personnel exception to discuss individual employees in the Noxious Weed, Ambulance, Maintenance, and Explore Crawford County departments, as well as an additional session that included Zoning Administrator May Smith and one that included Bill Towery.

In future business, commissioners announced a March 3 work session at 9:30 a.m. with Zoning Administrator May Smith to discuss an RHID, followed by a meeting at 11 a.m. with 11th Judicial District Court Administrator Mack Young regarding the Community Corrections Fiscal Year 2027 Comprehensive Plan. Additional items on March 6 include opening of culvert and mowing bids, a 10 a.m. public hearing to vacate a road in Martin Kane's Second Addition in Arma, and a solar project discussion with John Kopiak of Shasta Power.

Before adjournment, commissioners briefly discussed the upcoming March 24 opening of dust control bids and clarified that mowing bids include two options.

With no further business, the meeting adjourned.

Five-Minute Fitness Focus

Your mitochondria are listening

HEALTH AND FITNESS COLUMN

BY JESSICA JONES
FOR HOMETOWN GIRARD

►► By the time a client walks into my class, they're thinking about calories, sweat, and whether I'm about to make them do Bulgarian split squats again. (Answer: probably.) What they're not thinking about is the microscopic power grid inside their muscle cells—the mitochondria—quietly determining whether this workout changes their body or just checks a box.

As a fitness professional, I spend a lot of time talking about progressive overload, protein intake, and sleep hygiene. But there's a niche lever most people overlook: tempo. Not just lifting tempo. Music tempo.

A growing body of neuroscience research shows that rhythm entrains the nervous system. Your brain syncs to external beats—a phenomenon called neural entrainment. That synchronization influences motor unit recruitment, perceived exertion, and even dopamine release. In plain English: your

cells and your central nervous system "lock in" to rhythm, and that changes how you move.

Now here's where it gets interesting. Mitochondria don't just respond to mechanical load; they respond to metabolic stress and calcium signaling. When you move rhythmically—especially in the 120-140 beats-per-minute range—you naturally regulate your breathing and stride cadence.

That steadier cadence improves oxygen utilization efficiency. More efficient oxygen use means your mitochondria can produce ATP (energy) with less metabolic chaos.

Translation: the right tempo can help you go harder with less perceived suffering.

This is why runners often settle into a cadence around 170-180 steps per minute. It's not random. It minimizes ground contact time, reduces joint stress, and optimizes elastic recoil. The body loves rhythm because rhythm reduces wasted energy.

But the twist isn't about runners. It's about strength training.

Most people lift weights to music that's either wildly chaotic or emotionally nostalgic. (Nothing spikes cortisol like that one breakup song from 2012.) Instead, try this: use controlled tempo tracks around 128 BPM for hypertrophy sessions. Pair that with a 3-1-1 lifting cadence—three seconds down, one-second pause, one second up. Suddenly, your reps become consistent, your time under tension stabilizes, and your mind stops racing ahead to the next set.

The result? Better motor patterning. More mechanical tension. Fewer sloppy reps. More growth stimulus.

And here's the curveball: recent research in chronobiology suggests that rhythmic exposure influences peripheral clocks—the mini circadian clocks in tissues like muscle. Consistent rhythmic activity may help regulate metabolic timing. That means your 6 p.m. lift done with consistent tempo could actually help anchor your body's internal timing systems.

You thought you were just playing a playlist.

Now let's make it practical:

For endurance work: aim for 120-140 BPM to stabilize breathing and pacing.

For hypertrophy: use 120-130 BPM and control your eccentric tempo.

For power training: short bursts of 140-150 BPM can elevate neural drive—just don't live there.

For recovery sessions: slower 90-110 BPM tracks to downshift the nervous system.

No, music alone won't give you abs. If it did, my gym would look like a nightclub. But when you align tempo, breathing, and movement, you create an internal metronome.

And when your nervous system is regulated, your mitochondria are efficient, and your reps are intentional, you stop "working out" and start training with purpose.

Your cells don't care how motivated you feel. They care how consistently you signal them. And sometimes the difference between spinning your wheels and transforming your body isn't a new program. It's pressing play on the right beat.

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.

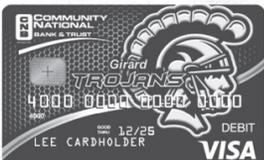


COMMUNITY NATIONAL BANK & TRUST

www.mybankcnb.com

Your Community. Your Bank. Your Relationship.

Support the Girard Trojans with a new mascot debit card! For each card issued, we'll donate \$3.00 directly to your school.



606 West St. John, Girard, Kansas (620) 724-4446

Proudly serving the farms, families, and businesses of our community.

Small town banking that is built for your needs.



Farmers Bank
A BRANCH OF GOPPERT STATE SERVICE BANK
WALNUT | HEPLER | ST. PAUL | GIRARD
(620)354-4436 (620)368-4311 (620)448-2800 (620)724-4774