

Legal Notices

INVITATION TO BID

Published April 16, 30, 2026.

Invitation for Bids

2025 CFP SITEWORK IMPROVEMENTS FOR THE GIRARD HOUSING AUTHORITY:

Bid Date: Thursday, May 28th, 2026

Bid Time: 3:00 P.M.

Send Bids To: Executive Director, Girard Housing Authority
100 North Water Street, PO Box 325
Girard, KS 66743

Pre-Bid Meeting Date: Wednesday, May 13th, 2026

Time: 10:00 A.M.

Place: Girard HA Office, 100 North Water Street, Girard, KS 66743

The Girard Housing Authority (Owner) will receive sealed bids until the date and time stated above. The Work includes; pavement demo, misc. sitework demo, grading work, new walks and drives, striping, signage, trash enclosures and other items indicated on the plans and specifications. Bids are to include all necessary labor, materials and equipment. Please note that all bidders should try to attend the Pre-Bid Meeting (attendance is NOT mandatory) and shall verify that they have inspected the existing site conditions prior to submitting their bid.

For all construction and equipment contracts over \$25,000, the bidder shall be required to submit with the bid a negotiable bid guarantee not less than five percent (5%) of the amount of the bid.

For information, contact Zingre and Associates, PA, 1015 Scott Ave., Fort Scott, KS 66701; (620) 223-6030; email

zingre@gmail.com. Plans and specifications are available as follows: To receive a printed set of plans and specs, send a check for \$100.00 made out to Zingre & Associates, to the office of Zingre' and Associates. This is a non-refundable purchase. .pdf versions of the plans and specs are available by e-mail for free.

The competency and responsibility of bidders will be considered in awarding the contract, and the Owner reserves the right to reject any and all bids and waive irregularity in bidding. The contract will be awarded to the lowest responsive and responsible bid if reasonable, and if it is in the interest of the Fort Scott Housing Authority to accept it.

Girard Housing Authority is an EOE.

All Bids shall be valid for 45 calendar days.

NOTICE OF HEARING

Published April 16,23,30, 2026.

IN THE DISTRICT COURT OF CRAWFORD COUNTY, KS IN THE MATTER OF THE ESTATE OF

JOHN BUCHE, DECEASED; and FRANCIS BUCHE, DECEASED; and FRANCIS A. BUCHE, DECEASED.

Case No. CRP-2026-PR-000033

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED: You are notified that a Petition has been filed in this Court by Sandra S. Doff-Sotta, the owner of the subject real estate described below, requesting:

Descent be determined of the following described real estate situated in Crawford County, Kansas:

The South Twenty-Six (26) feet of Lot Number Eight (8) in Block Number Five (5) in Miller's Addition to Mulberry Grove, Crawford County, Kansas, according to the recorded Plat thereof.

and all personal property and other Kansas real estate owned by decedents at the time of death. And that such property and all personal property and other Kansas real estate owned by decedents at the time of death be assigned pursuant to the laws of intestate succession.

You are required to file your written defenses to the Petition on or before May 12, 2026, at 9:00 o'clock AM at the Crawford County Judicial Center, 602 North Locust, Pittsburg, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the Petition.

Sandra S. Doff-Sotta, Petitioner.
Timothy L. Fielder - #08649 Attorney at Law
112 South Ozark
PO Box 99
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(620) 724-8679 Fax
timfielder@ckt.net
Attorney for Petitioner.

NOTICE OF HEARING AND NOTICE TO CREDITORS

Published April 16,23,30, 2026.

IN THE DISTRICT COURT OF CRAWFORD COUNTY, KS IN THE MATTER OF THE ESTATE OF

MACHELLE LYNN FONTENOT, DECEASED.

Case No. CRP-2026-PR-000032

NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED: You are notified that on April 6, 2026, a Petition was filed in this Court by Timothy L. Fielder for the purpose of clearing title to real estate and for the payment of creditors, requesting Timothy L. Fielder be appointed as Administrator and he be granted Letters of Administration.

You are required to file your written defenses to the Petition on or before May 12, 2026, at 9:00 o'clock AM at the Crawford County Judicial Center, 602 North Locust, Pittsburg, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the petition.

All creditors are notified to exhibit their demands against the Estate within the latter of four months from the date of the first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

Timothy L. Fielder - #08649 Attorney at Law
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Petitioner.

Five-Minute Fitness Focus

Why time, not just intensity, is becoming the new frontier in fitness programming

HEALTH AND FITNESS COLUMN

BY JESSICA JONES
FOR HOMETOWN GIRARD

►► I've spent years helping people obsess over the usual suspects: sets, reps, macros, heart rate zones, and whether their protein shake tastes like a melted birthday candle. But the more I dig into emerging research, the more I'm convinced we're missing a quieter variable that may be influencing results more than any dumbbell ever could: timing ecology.

This is not just about circadian rhythm in the basic "go to bed earlier" sense. Newer chronobiology research is showing that your mitochondria, those tiny energy-producing structures in your cells, respond not only to what you do, but when you do it in relation to environmental cues like light exposure, meal timing, and even social activity. Think of it as your biology having a group chat where everyone gets confused if you keep changing the schedule.

Here's where it gets interesting. Studies in circadian metabolomics suggest that mitochondrial efficiency fluctuates across the day in predictable waves. In plain English, your body is not equally good at producing energy at all hours. It's more like a nightclub: sometimes the DJ is on fire, sometimes the lights are on and someone is mopping the floor.

What this means in practical fitness terms is huge. A workout done at your biological peak time may produce better glucose handling, higher fat oxidation, and faster recovery signals than the exact same workout done at your biological low point. Same workout, different internal chemistry. It's like upgrading your engine without touching the car.

Now before anyone panics and starts scheduling deadlifts like a NASA launch sequence, let's add some realism. We're not robots, and life doesn't always respect optimal mitochondrial windows. Kids get sick, jobs exist, and sometimes the only time you can train is whenever your motivation hasn't fully left the building yet. The goal is not perfection, it's pattern awareness.

One of the more fascinating crossover ideas comes from environmental entrainment science, which studies how external rhythms influence internal systems. Light exposure in the morning, for example, doesn't just wake you up mentally. It shifts mitochondrial gene expression patterns tied to energy efficiency. That means your morning walk outside might be doing more for your metabolism than you think, even if it feels like you're just half-awake negotiating with gravity.

Even social timing matters. Training at the same general time each day appears to improve consistency in neuromuscular adaptation. Your nervous system likes predictability. It is, unfortunately, the roommate who gets annoyed when you rearrange the furniture every week.

Now let's talk about the slightly uncomfortable truth. A lot of people blame lack of progress on effort when timing might be quietly sabotaging them. It's not that your workout isn't good enough. It might just be happening when your internal systems are more focused on maintenance mode than performance mode.

So what do we do with this?

We experiment. Not obsessively, but intentionally. Try shifting your training time for a couple of weeks and notice not just performance, but mood, sleep quality, and recovery. Pay attention to how your body feels, not just what your watch reports. Your wearable device might track steps, but it doesn't yet track "vibe of mitochondria today," which honestly feels like a missed opportunity.

And here's my favorite part as a coach: this approach takes pressure off perfection. Instead of forcing your body to obey a rigid plan, you start collaborating with it. You learn its rhythms like you would learn a new city, instead of demanding it behave like a parking lot with perfect signage.


Fitness isn't just about intensity anymore. It's about alignment. And sometimes the difference between plateau and progress is not adding more weight, but showing up when your biology is actually ready to help you lift it.

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.

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City of Girard
KANSAS

POLICE REPORTS

MARCH 2026

March 5, 2026: Officers were dispatched to the 400 block of W. Wilson in reference to an aggressive dog.

March 8, 2026: Officers were dispatched to the 400 block of W. Forest for a welfare check. A 27 year old female was arrested on a warrant from Girard Municipal Court.

March 8, 2026: Officers initiated a traffic stop on the 300 block of S. Cherokee. A 27 year old male was arrested on multiple charges.

March 8, 2026: Officers were dispatched to the 600 block of W. Forest in regard to a dog running at large.

March 8, 2026: Officers were dispatched to the 700 block of E. Maple for a death investigation.

March 11, 2026: Officers initiated a traffic stop on the 200 block of W. St. John. A 28 year old male was arrested for DUI.

March 14, 2026: Officers were dispatched to the 100 block of W. Buffalo in reference to criminal property damage.

March 14, 2026: Officers were dispatched to the 600 block of S. Ozark in reference to criminal property damage.

March 16, 2026: Officers responded within the city to a domestic disturbance.

March 18, 2026: Officers were dispatched to the 300 block of E. Willow in reference to a burglary.

March 20, 2026: Officers were dispatched to the 400 block of W. Prairie Ozark in reference to criminal property damage.

March 20, 2026: Officers were dispatched to the 500 block of E. Forest in reference to criminal property damage. A traffic stop was attempted in relation to this call, ending at the 100 block of N. Burnett. A 61 year old male was arrested on multiple charges.

March 23, 2026: Officers were dispatched to the 400 block of W. Prairie in reference to a court order violation.

March 27, 2026: Officers were dispatched to Dollar General in reference to a theft report.



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