

# WHEN YOU'RE ON YOUR OWN, WE ARE THERE WITH YOU.

**A**s the United States faces the worst public health issue in a generation, we want you to know we are here for you, and with you. Whatever happens, whenever it happens, *The Holton Recorder* will be there for you. We'll be there to let you know how our community is managing through this COVID-19 (coronavirus) health issue, from business to government to the health care system and schools to the drastic impact on individuals and families. And we'll be there to let you know about the good and extraordinary things happening in the midst of COVID-19 concerns - from the citizens sewing

masks for health workers, to the volunteers bringing food to elderly people who cannot leave their homes, to the health workers possibly putting themselves in harm's way. Amidst the sadness and anxiety, there are uplifting moments that remind us of the resilience of the human spirit, and we'll be there to report those, too. Kansas Gov. Laura Kelly said COVID-19 has created an unprecedented health and economic crisis in our state. We need all Kansans working together to beat this pandemic, Gov. Kelly said. It's necessary to have clarity when emergencies strike, and access to accurate information the working press provides. We wholeheartedly support press efforts to keep every Kansan informed.

We are here to help you make sense of the situation and to help you navigate it. Having fact-based, reliable reporting that provides public scrutiny and oversight is more important than ever. Together, across the decades, this newspaper and its readers have navigated natural disasters, World Wars, financial downturns and the like. This challenge today is great, but, rest assured, we'll be here for you. Our community is resilient, caring and innovative. We work together. Let's stick together now and we will come through this, too!

- *Holton Recorder staff*

## Gov. Kelly issues stay-at-home order, essential businesses, activities detailed

By David Powls

An emergency order and advisory issued by the Jackson County Health Department on Friday afternoon included a "stay-at-home" directive for county residents through April 30, 2020, to help slow the possible spread of COVID-19 (coronavirus). Then on Saturday morning, Kansas Gov. Laura Kelly issued a state-wide stay-at-home order, due to COVID-19, through April 19, 2020, that contained many of the same orders and advisories issued the day before locally. Gov. Kelly added that the stay-at-home orders do not equate "house arrest" and referenced essential businesses and essential activities that can, and will, continue.

The county health order and advisory issued Friday also closed some additional businesses and activities in the county and listed essential businesses and essential activities that will continue to be allowed and approved. Barber shops, beauty salons, cosmetology operations and massage businesses are now among the county businesses closed by the health department. The order and advisory included information estimating that each person testing positive for COVID-19 could spread the virus to between 2.6 and 4 other people. On March 16, the county health department issued a proclamation canceling all large gatherings and implementing social-distancing guidelines regarding COVID-19. One case of COVID-19 has

been confirmed in Jackson County. Essential activities in the new county order and advisory include the following: \*Obtaining medical supplies or medication for household members and pets. \*Obtaining necessary services or grocery supplies for household members or other family members. \*Outdoor activities, except at playgrounds and other public exercise equipment. \*Working at essential businesses. \*Taking care of a family member or their pets in another household, including transportation of those for essential services. \*Complying with court orders. Essential businesses in the new county order and advisory

include the following: \*Healthcare. \*Grocery stores, certified farmers' markets and liquor stores. \*Farming and ranching. \*Human and animal food processing. \*Businesses that provide food, shelter and social services. \*Newspapers and other news media. \*Gas stations, auto-supply, auto-repair and all emergency road services. \*Banks, credit unions and financial institutions. \*Hardware stores. \*Plumbers, electricians, exterminators, construction, cleaning, security, HVAC, painting, moving and relocation services, lawn care and landscaping and other trades and services. \*Mailing and shipping ser-

vices, including the U.S. postal service. \*Educational institutions provided that social distancing of six-feet per person is maintained. No classroom or extracurricular activities are allowed, by order of Gov. Kelly. \*Laundromats, dry cleaners and laundry service providers. \*Restaurants for carry-out service or delivery only. Schools can operate free food service for students on a pick-up and take-away basis only. \*Taxis, aircraft and ride-share commercial operation and other commercial transportation. \*Home-based care for seniors, adults or children. \*Residential facilities and shelters for seniors, adults or children.

Continued to Page 2

## Free delivery services offered

The Jackson County Sheriff's Office is providing free delivery services for senior and handicapped citizens who are unable to leave their home to pick up groceries and medications due to the potential spread of COVID-19, it has been reported. Jackson County Sheriff Tim Morse announced the new initiative on Wednesday, stating that many other sheriff's offices across the state and nation are offering similar delivery services.

Continued to Page 2

## Materials available to sew medical masks

By Ali Holcomb

Quilting on the Square is offering free fabric, materials and patterns to county residents who want to sew medical masks for health care professionals. Holton Community Hospital administrators reported last week that they were accepting homemade surgical face masks from the public for staff at HCH and its Family Practice Associates clinics in preparation for the potential spread of COVID-19. "I saw that they needed face masks so on Tuesday I started putting materials outside the business to help people make them," said Mary Pfeiler, who owns the business on the lower east side of the Holton Town Square with her husband, Mark. Two bins are set up outside the business that include fab-

ric, elastic and ribbon to make the masks, as well as patterns and instructions on how to make them. All the materials are free. An additional bin has been set outside to collect completed masks for those who don't want to drop them off at the hospital, Pfeiler said. "It's my own fabric, and Becky Andreasen has also donated some material," Pfeiler said. Pfeiler said sewing the masks is easy, even for beginners. "You just sew two or three squares together, stick some elastic on it and make three pleats," she said. "It's pretty easy. I think this is a good project for kids. People can feel like they are contributing to help all the medical workers."

Continued to Page 2



Mary Pfeiler (shown above) of Quilting on the Square is offering free materials - including fabric, elastic and patterns - for people who want to sew protective face masks for medical workers at Holton Community Hospital. Three bins are set up outside the business at 400 Pennsylvania Ave. on the east side of the Holton Town Square each weekday with the free materials from 10 a.m to 3 p.m. Photo by Ali Holcomb

**TUESDAY'S FORECAST**  
SUNNY, HIGH OF 66  
Look for the complete forecast on page 2.

## Power outage reported here last week

Widespread electric power outages in the Holton area on the morning of Sunday, March 22 were attributed to a broken insulator at a power substation northwest of Holton, according to Holton Electrical Production Superintendent Ira Harrison.

The outages began at about 6:15 a.m. that day, when Harrison said a porcelain insulator near Evergy's Circleville substation broke, interrupting power the city and the surrounding area gets from its sources via a 35-volt line.

"Probably about halfway between here and there, the insulator broke," Harrison said. "I think the power went off twice before it actually stayed

off." About 20 minutes after the power interruption, Harrison said, members of the city's electrical production crew had three of the city's eight dual-fuel power generation engines up and running, and shortly before 7 a.m., all eight city engines were running to provide power to Holton residents.

"We generated for about three and a half hours," he said.

Harrison also noted that a crew from Evergy was also quick to respond to the broken insulator.

"The guy from Evergy that I talked to told me that he had a crew headed this way before I

got to the plant," he said. "They had to go back to Topeka to get another insulator, because the other one didn't look very good."

Although the City of Holton does not get its power from Evergy — formerly Westar Energy — it utilizes Evergy's electric lines for transmission of power to the city. The city currently has contracts with Kansas Municipal Energy Agency, the Grand River Dam Authority and the Western Area Power Administration for electric power.

A spokesperson for Evergy said that about 730 of its area customers also were affected by the outage for about three hours.

## Brown County chase ends in arrest

A Wednesday afternoon chase involving a stolen vehicle ended in the arrest of a Hiawatha resident on multiple charges, according to Brown County Sheriff John Merchant.

Brandon Sweet, 37, was arrested and booked into the Brown County Jail following the chase, which Sheriff Merchant said covered about 30 miles.

At about 1:45 p.m. on Wednesday, Brown County dispatchers received a report of a 2000 Ford pickup reportedly stolen by a male suspect in the eastern part of the county.

A short time later, Merchant

said, sheriff's officers received information from the office's former chaplain who was able to keep the vehicle in sight and gave directions until a deputy could intercept the vehicle.

A chase ensued after a Brown County deputy located the stolen pickup, going through Willis, then north on U.S. Highway 73, then east on U.S. Highway 36. The pickup then left the roadway, turned around and proceeded west on U.S. 36, it was reported.

The pickup then struck a bridge abutment, causing the driver to lose control of the vehicle, and the chase ended

in a ditch north of the highway, just east of the Mulberry exit, Merchant said.

Sweet was arrested on charges of felony theft, three counts of aggravated assault, three felony counts of avoiding spike strips, driving while license cancelled, suspended or revoked and no seat belt. Merchant said other charges against Sweet may be pending.

The Kansas Highway Patrol, the Kickapoo Police Department, the Sac and Fox Police Department, the Hiawatha Police Department and the Nemaha County Sheriff's Office assisted with the chase, it was reported.

## Jackson County Sheriff's Report

### Accidents

The Jackson County Sheriff's Office has reported the following accident:

At 7 a.m. on March 18, Andrea Pugh, 35, Hoyt, was traveling east on 118th Road near S Road when she lost control of her vehicle and it entered a ditch.

Pugh's 2008 Dodge sustained

damage to its front bumper, right side, front left quarter panel and driver's side door that was listed at more than \$1,000. It was towed from the scene.

### Arrests

The Jackson County Sheriff's Office has reported the following arrests:

On March 25, Danielle

Stang, 29, Topeka, was arrested on a traffic warrant on a charge of failure to appear and on two criminal warrants on charges of failure to appear.

On March 25, Theresa Fitzgibbons-Miller, 35, Topeka, was arrested on a criminal warrant on a charge of failure to appear.

## Essential Businesses...

### Continued from Page 1

\*Legal services, accounting services, real estate services and insurance services while maintaining guidelines on social distancing.

\*Childcare facilities for groups of 10 or less in same group daily. Group cannot change. Childcare facilities with more than one group must operate in separate rooms. Childcare providers must remain with one group and do not switch.

\*Mortuary, cremation and burial services.

\*Hotels and motels used only for lodging services.

\*Manufacturing companies, distributors and supply chain companies producing and supplying essential products and services, including sanitation, waste pick up and disposal, agriculture, food and beverage, transportation, energy, steel and steel products, etc.

\*Local government and infrastructure functions such as police, fire, street, water, sewer services, etc. and communications systems.

## Foster grandparents play a vital role in schools

Note: This was prepared for publication prior to the statewide closing of school buildings.

Foster Grandparents, who are local senior citizens who volunteer in area schools, play a vital role in the classroom, according to Libby Tidwell of the Foster Grandparent Program of Northeast Kansas.

"Recently, a Foster Grandparent sat in a rocker in a classroom with two tiny children who had been battling over a coveted toy and were in tears of anger and frustration," Tidwell said. "Grandma, cradling the children in her lap told them, 'Don't hit. Use your words, not your hands. Be gentle with one another.'"

Foster Grandparents are volunteers age 55 and older who serve in area schools, including Holton Elementary School, as well as pre-schools, head starts and the Kansas Neurological Institute (KNI) in Topeka.

Foster Grandparents in schools are assigned to a classroom and help the children with reading and math skills, Tidwell said.

"In pre-schools and head starts, Foster Grandparents teach social skills and act as role models in everything from how to share toys to how to set the table for lunch," she said. "They are also required to play games, do puzzles and color with the children. They encourage children to play nicely together and eat their vegetables, and when things aren't going well, they are there to comfort the children and tell them that it's going to be okay."

The Foster Grandparent Program was organized in 1965 as part of President Lyndon B. Johnson's "War On Poverty" and was originally designed for volunteers to serve in hospitals and facilities for intellectually disabled children. It is now part of the Corporation for National and Community Service Senior Corps program and funded by federal grants, it was reported.

Currently, in addition to Holton Elementary School,

there are Foster Grandparents volunteering at the following locations in northeast Kansas:

Topeka - Highland Park Central Elementary, Kansas Neurological Institute, Lowman Hill Elementary, McClure Elementary, Ross Elementary, Williams Magnet Elementary, Whitson Elementary and Wheatley Head Start.

Northeast Kansas - First Step Childhood Center in Atchison County, Valley Heights Elementary in Marshall County and Onaga Elementary School in Pottawatomie County. The program is expected to expand to Douglas County soon, it was reported.

Foster Grandparent volunteers currently receive a tax-exempt stipend of \$3 an hour.

"They also receive transportation reimbursement to and from their volunteer site, and a free meal each day they volunteer," Tidwell said.

Foster Grandparents are asked to volunteer at least 15 hours per week. The hours are flexible, depending on their schedule and the needs of the volunteer site. Volunteers can serve up to 40 hours per week.

Volunteers must meet income guidelines and complete an extensive background check, including an FBI fingerprint check and sex offender registry check. The program offers paid holidays and sick and vacation leave, Tidwell said.

The Foster Grandparent Program of Northeast Kansas, sponsored by KNI, began in 1966 with Dr. Eldene Woellhof, director of the psychology department at KNI.

"Foster Grandparents are a safe haven for the children they work with," Tidwell said.

Area residents who are interested in serving as a volunteer Foster Grandparent next year or want more information, can contact the Northeast Kansas Foster Grandparent Office at 785-296-5474 or email. FGP.FGPOffice@ks.gov

## State budget OK'd

Last Wednesday, Kansas Gov. Laura Kelly signed Senate Bill 66, the state's budget bill for fiscal years 2020 and 2021, while warning of a possible economic downturn in the future, it was reported.

"I appreciate the bipartisan work of lawmakers to approve a budget swiftly in the midst of an unprecedented global public health pandemic," Gov. Kelly said. "I particularly commend legislators for approving \$65 million to help support our coronavirus response efforts in Kansas."

While Kelly applauded legislators' work, she warned against adding any unnecessary new spending when the Legislature returns for its annual wrap up session in April.

After excluding coronavirus-related expenditures, the Kansas Legislature spent more than \$100 million more from the State General Fund than Kelly initially recommended in January, with another \$100 million in potential enhancements delayed until the omnibus budget.

The governor's signature on SB 66 did not include any line item vetoes, it was noted.

"Practically overnight, the coronavirus pandemic caused upheaval in the stock market, shuttered businesses, disrupted supply chains and cast uncertainty on our economic future," Kelly said. "We've never experienced anything this sudden and severe in our lifetimes."

"As we get a handle on our new reality, I urge the Legislature to join me in showing fiscal restraint when they return for the annual wrap-up session," she added. "It is critical that we act with utmost caution until we get a better sense of what the true budget implications of coronavirus will be."

## Delivery...

### Continued from Page 1

Jackson County senior or handicapped residents, who are unable to venture out and have pre-paid medications and or groceries that need to be picked up from a store or pharmacy in the county, can call the Jackson County Sheriff's Office at 785-364-2251 to arrange deliveries, Sheriff Morse said.

Deliveries will be made 8 a.m. to 5 p.m. Monday through Friday.

"I believe that the sheriff's office is here to serve our public, and during this national and state emergency, it is important to use our resources to help our most vulnerable citizens," Sheriff Morse said.

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## Today's Weather

Tuesday	Partly cloudy	High: 66
31		Low: 44
		Precip: 10%
Wednesday	Mostly sunny	High: 71
1		Low: 53
		Precip: 5%
Thursday	Cloudy	High: 64
2		Low: 37
		Precip: 60%
Friday	Cloudy with storms	High: 46
3		Low: 30
		Precip: 60%
Saturday	Partly cloudy	High: 57
4		Low: 39
		Precip: 5%

## HHW - HOUSEHOLD HAZARDOUS WASTE OF JACKSON COUNTY

We accept the following items from Jackson County Residents for FREE:

household cleaners, old and used paints & stains, lightbulbs, poisons, herbicides, aerosol cans, batteries.

Basically, if you don't know if you should throw it out, you can bring it to us.

When we receive items that can still be used we have a Re-issue room where residents can come and pick up household cleaners and paint for free.



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- Newspaper, magazines, phone books, and printer paper
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Tues. - Fri. 8 a.m.-4:30 p.m.  
Sat. 8 a.m. - noon  
700 E. 4th St. • Holton, KS 66436  
785-364-3459  
jacoweed@jacoks.com

## NOTICE

All flowers will be removed April 6, for mowing season. One floral decoration per burial will be allowed during mowing season, except for May 23 to June 1 for Memorial Week. If more than one arrangement exists after June 2, all flowers will be removed. No wire, glass or rocks please, due to damages of mower tires and injuries to workers. No planting without permission.

Thank you for your cooperation.



## Holton Cemetery Association



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# MEMORIES

Compiled from the Holton Recorder archives by Kendra Moppin

## 5 Years Ago

Week of March 29-April 4, 2015

Holton Parks and Recreation Director Mike Reichle thanked Holton resident Jan Hodge on Friday morning, March 27, after she turned on the new memorial fountain at Elkhorn Lake in Holton's Rafters Park. Installation of a fountain has been a long-time goal of Reichle's. The fountain will aerate the water, curtailing the growth of algae on the lake's surface.

A Quilts of Valor presentation will be held in Jackson County for the first time this summer, it has been announced. According to organizer Connie Morgan, 50 quilts will be given to Jackson County servicemen and servicewomen as part of a special presentation during the Quilts In The Courtyard event.

Construction of the Royal Valley High School greenhouse was recently completed at the school in Hoyt. The greenhouse was full of activity on Friday, March 27, during the school's FFA Elementary Agriculture Day. FFA members taught students in kindergarten through second grade about different aspects of agriculture through hands-on activities.

Some FFA members included Jenna Thurman, Janelle Marney, Patrick Broxterman and Anna Johnson. Second-graders visiting the greenhouse for the event were Alexandria Kester, Athena Broadus, Bobbi Buchtel, Lauren Smith, Justin Hainline and Skyler Cramer.

Former Jackson Heights superintendent Paul Becker talked about a trip he took to Omaha Beach at Normandy, France last year, marking the 70<sup>th</sup> anniversary of the D-Day landings. Becker discussed his trip during a fund-raising soup supper recently for the Honor Flight program, which he helped start at Jackson Heights High School in 2008.

## 10 Years Ago

Week of March 29-April 4, 2010

Rogette Branam, owner of expressions in downtown Holton, is opening "expressions of dolls and other caricatures" to showcase her collection of more than 500 dolls, it has been announced. The dolls will be displayed in the basement floor of the business.

Holton Middle School student Lyndie Copeland was named this year's sixth-grade winner of the Kansas Foundation for Agriculture in the Classroom and the Kansas Department of Agriculture 2010 Postcard Art Contest, it has been reported.

Marceta Reilly, former USD 337 superintendent and current professional certified coach, has written a book to help school leaders build relationships by honing their communication skills. Reilly, who lives in rural Hoyt, said the book, titled "Coaching Conversations: Transforming Your School One Conversation At A Time," is about leadership development and coaching.

This week marks the 10<sup>th</sup> year that Alan Beam has been the Holton High School principal, it was reported.

Jim Karleskint, superintendent of schools for Holton USD 336, will leave the district at the end of this fiscal year, on June 30, it has been announced. Karleskint said he is leaving to pursue other educational opportunities, and that he and his wife planned to relocate to the Lawrence or Kansas City where she could work in pharmaceutical sales.



This week's "Blast From The Past" is the wedding photo of a local couple from 1980. Be the first to identify them by calling The Holton Recorder at 785-364-3141 and receive a coupon for a FREE Sonic Blast!

Last week's "Blast From The Past" featured Sheri Dibbern, who was correctly identified first by Rochelle Falk.

Winners may pick up their Sonic coupon at The Holton Recorder office.

## 15 Years Ago

Week of March 29-April 4, 2005

Mayetta is now the fastest growing town in the five-county Topeka metropolitan area, percentage-wise, according to Jonathan Wimer, executive director of the Jackson County Development Corporation.

Mayetta has added 80 people in four years and a total of 11 building permits have been issued in that time. Two new signs will also be installed on U.S. Highway 75 soon to draw additional attention to the town.

The Friends of Downtown group has announced that beginning April 7, downtown merchants in Holton will be open late every Thursday until 7 p.m.

The Jackson County Crisis Pregnancy Center is celebrating its 10<sup>th</sup> anniversary on Saturday, April 9, it has been announced. The center is located in Holton.

The Holton High School lifetime fitness class hosted its ninth annual lift-a-thon recently at the school. Two new records and a tie were set this year. In the men's heavyweight bench, HHS junior Mike Roberts broke the record set by Matt Schirmer in 2001 (315 pounds) with a lift of 330 pounds. In the men's middleweight division, HHS senior Cody Zimmerman tied the mark set by Andrew Hinman in 2002 with a lift of 305 pounds. Junior Nick Allen broke the record in the men's lightweight power clean at 265 pounds.

## 25 Years Ago

Week of March 29-April 4, 1995

A tower is currently being constructed four miles west of

Holton. The tower will provide improved cellular phone coverage in the Holton area, it was reported. Kansas Cellular began the project in February.

Robert Meier, headquarters company commander for the National Guard, presented Holton business owner Scott Foster with a certificate of appreciation recently. Foster, who owns the Foster Ford/Mercury car dealership on U.S. Highway 75, earned the award for his support of the National Guard.

Royal Valley High School students had the chance for the first time this year to show off their academic talents by participating in the Scholars Bowl competition, it was reported. Team members included Eli Geiger, Amy Simmons, Luke Goodrich, Joshua Bell, Patricia Hodison, Shane Walder, Chris Loethen, Jeff Rundle, Josh Williams, Ben White and Jesse Pruyser.

On March 4, the RVHS Scholars Bowl team of Loethen, Pruyser, Williams, Hodison and Goodrich placed second in the class 4A regional tournament, qualifying the team for the state tournament. The team tied for second in its six-team pool at state.

Gordon Hackathorn and Betty Flynn were recently honored at a retirement ceremony at Holton City Hall. Flynn worked for the city for 32 years, and Hackathorn for 27 years.

## 50 Years Ago

Week of March 29-April 4, 1970

John H. Baker has been named the new manager of Jackson Farmers, Inc. in Holton, it has been reported.

Four students from Holton High School earned a "first division" or "excellent" rating at the Manhattan District Speech Festival on Saturday, March 21. Kathy Johnson and Jim Lyman were rated "one" in duet acting, Rich Buehler was rated "one" in original oration and Helen Moore was given a "one" rating in informative speaking.

"Second district" or "very good" ratings were received by John Zibell in informative speaking, Cindy Sterrett in dramatic interpretation, Rick Buehler and Bob Applegarth in duet acting, and the one act play.

Plans for one of the oldest and largest fraternal organizations in the world, The Fraternal Order of Eagles, to institute a lodge in Holton have been announced.

The Thrift-Tee Food Store, located at 125 W. Fourth St. on the south side of the Holton Square, held its grand opening on the weekend of April 4-5, it was reported.



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# State departments encouraging landowners to burn less this spring

The Kansas Department of Health and Environment and the Kansas Department of Agriculture are "strongly encouraging" land owners and managers to voluntarily reduce the number of acres they intend to burn this spring in a response to the possible spread of COVID-19, it has been reported.

"With the potential for this pandemic overwhelming the state's medical facilities, any additional respiratory concerns that could be produced from breathing smoke from prescribed fire need to be mitigated," said Dr. Lee Norman, KDHE secretary.

Common health problems related to smoke can include burning eyes, runny nose, coughing and illnesses such as bronchitis.

Individuals with respiratory issues, including COVID-19, pre-existing heart or lung diseases, children and the elderly may experience worse symptoms, it was reported.

With resources of the county emergency response staff already being taxed with COVID-19 response, it is important to minimize responses that would come with prescribed fire activity, Dr. Norman said.

It is important that land managers in areas included in the smoke model available online at ksfire.org consult the model if they do choose to burn, it was reported. The model indicates the level at which a burn would contribute to urban area air quality problems.

Secretary of Agriculture Mike

Beam has urged land managers to refrain from burning, especially if the area is predicted in the large (red) contribution range.

"Prescribed burning is a valuable land management tool in the efforts to fight invasive species and maximize land productivity, and this request should not be interpreted as an indictment of the practice of burning," Beam said. "However, the circumstances surrounding the coronavirus pandemic have created a situation that calls for reducing burned acres this spring."

For the latest information related to COVID-19, and to sign up for daily email updates, visit KDHE's COVID-19 Resource Center at [www.kdheks.gov/coronavirus](http://www.kdheks.gov/coronavirus)

## Child care facilities can remain open

The Kansas Department of Health and Environment (KDHE) is recommending continuity of operations for licensed child care facilities at this time (centers, preschools, day care homes and school age programs), it has been reported.

Child care facilities may accept new enrollees in accordance with the terms of their license.

Child care providers should direct all questions to their local child care surveyor. Surveyors will coordinate efforts and communication with local public health officials to provide guidance based on the rapidly changing situation at the community level.

KDHE continues to accept and process applications for new child care facilities. Individuals interested in becoming a licensed provider are encouraged to contact their local licensing surveyor.

Families that need flexible options or irregular care might consider having someone come into the home.

Other options for families that need limited care include informal care arranged between friends/neighbors on an irregular basis or someone to provide care in their own home for no more than 20 children for not more than 20 hours week. None of these options require a license from KDHE.

## Permit deadline extended to harvest right of ways

For landowners wanting to harvest hay on Kansas highway right of way, the Kansas Department of Transportation (KDOT) has extended the deadline for permits to be issued to May 1, it was reported.

The extension is necessary because KDOT staff will not be in the office to accept applications until early April to follow Kansas Gov. Laura Kelly's directive to help mitigate the spread of the COVID-19 virus.

Those with land adjacent to the right of way will be given permit priority from Jan. 1 until May 1. After May 1, permits to harvest will be issued in the order in which they are received. The permits will expire Sept. 30.

Hay harvesting on right-of-way along state and federal highways without a permit is illegal and is trespassing,

according to KDOT.

Permits can be canceled at any time by either party and all operations shall be in accordance with requirements and guidelines set by KDOT. Any person, firm or corporation wanting to mow or bale hay will need to submit a permit application to the KDOT office in their area.

No hay harvesting will take place along interstate highways, and access to any right of way shall be determined by KDOT, it was reported.

For additional information, call the KDOT Bureau of Maintenance in Topeka at (785) 296-3576; or contact one of the local KDOT offices listed below for northeastern Kansas:

- Topeka: (785) 296-2291
- Horton: (785) 486-2142
- Olathe: (913) 942-3100
- Bonner Springs: (913) 942-3040
- Wamego: (785) 456-2353

### Community Lent Bible Study

Wednesdays during Lent  
1st Christian Church • 12 Noon  
(March 4, 11, 18, 25 & April 1)

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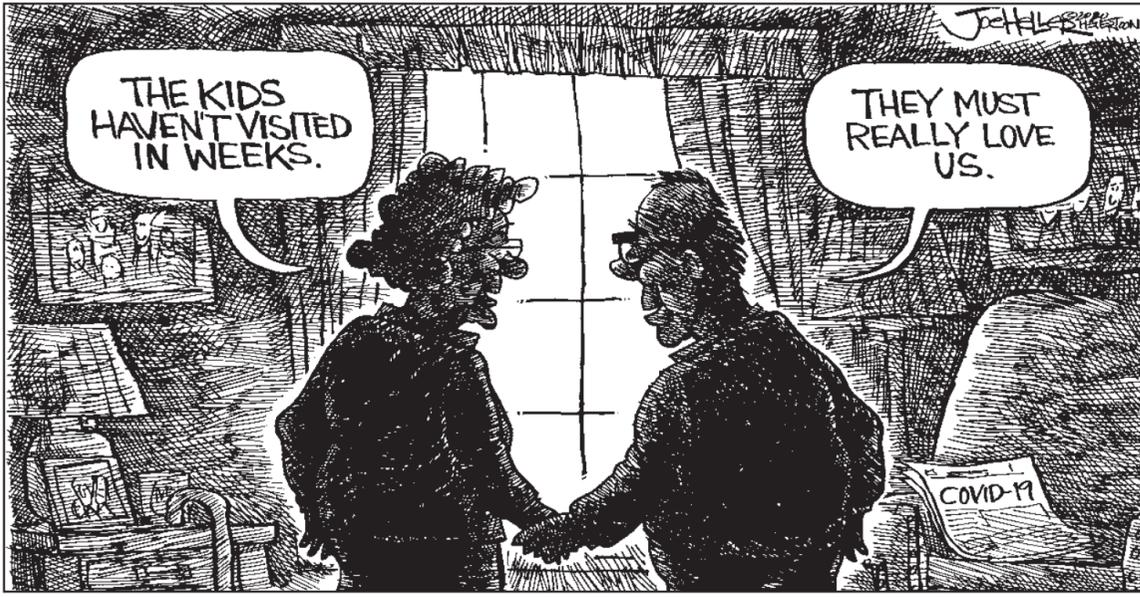


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Thank you to all of our doctors and providers for all of their hard work and dedication to care!



## Remembering the toilet out by the chicken house

By Rudy Taylor

Toilet paper apparently is in short supply, thanks to Earthlings hoarding the delicate stuff.

All of us fear that the coronavirus will keep paper factory employees from going to work, thus no TP will be made until better days ahead.

Of all the fears that have emerged from this pandemic, an absence of toilet tissue paper bothers me the most. Everyone uses it, and nothing can replace it.

Well, not in today's world anyway — in modern-day bathrooms.

As a kid, our toilet was way out by the chicken house, and its paper supply consisted of a stack of old newspapers, a Sears and Roebuck catalog with lots of pages missing and when we could afford it — real toilet paper, which was saved for Sundays when we had company.

I have no desire to return to outhouses, slick paper wipes or ruining perfectly good newspapers for bathroom duty.

And, yes, we have joined the hoarders by picking up a couple extra packages of toilet paper when we shop for groceries.

I have learned something about the history of toilet paper, which dates back to medieval China when they used two-foot by three-foot sheets of rice paper. I assume it was ripped into small pieces before use.

Before the advent of modern toilet paper, many different materials were used for

the same purpose.

Depending upon the country, weather conditions, social customs and status, people used leaves, grass, ferns, corn cobs, maize, fruit skins, seashells, stone, moss, snow and water.

The Romans used something called a sea-sponge on a long stick to conclude their trip out back.

So, writing this silliness makes me want to run out and buy a few more rolls of the precious paper that all of us take for granted, and hoping that we never learn the finer aspects of using a sea-sponge, snowball or a rock to — well, you know!

— Montgomery County Chronicle

## Guidelines suggested to help follow Open Meetings Act

The Kansas Attorney General's office has proposed formal rules for state and local governments to ensure that their meetings remain open to the public during "social distancing" emergency restrictions on gathering in person, Attorney General Derek Schmidt announced on Friday, March 20.

"During a time of declared emergency when lives are disrupted, many people are apprehensive, and rumors can run rampant, the importance of ensuring openness and transparency in the government decision-making process is even greater than usual," Schmidt said.

"An important way for public bodies to provide reassurance is to go the extra mile to ensure their actions are transparent during the time of emergency. This new guidance will help state and local government bodies throughout Kansas operate transparently even when the public cannot gather in person for meetings," he added.

The Kansas Open Meetings Act (KOMA) requires public bodies to be "open to the public." Ordinarily, that requirement is met by allowing members of the public to enter the room where the meeting is taking place so they can listen and observe.

But public health requirements to slow the spread of COVID-19, including the Centers for Disease Control recommendation not to gather in groups of more than 10 people, makes many in-person gatherings impossible or inadvisable.

The new regulation for complying with the KOMA during an emergency provides as follows:

- The KOMA remains in full force and effect unless explicitly suspended by emergency order of the governor. The governor has not currently suspended any

requirement of the KOMA.

- If the members of the public body themselves are not physically gathered in one place — for example, if the meeting itself is conducted by telephone or videoconferencing — then members of the public must be able to join in the electronic conferencing in order to listen to or observe the meeting.

- If the members of the public body are physically gathered for a meeting but cannot allow members of the public to be present because of emergency limitations, then the public body must take steps to allow members of the public to listen to or observe the meeting by telephone, videoconferencing, television broadcast or similar method.

- When the public is participating in a public meeting by telephone or other medium of interactive communication, members of the body must take steps to help the public understand the proceedings despite not being physically present.

- For example, each speaker in the meeting should identify herself by name before speaking or voting so remote listeners or observers can more readily know who is speaking; likewise, each motion should be clearly stated and each vote tally clearly announced.

- The procedure for any executive session must be clearly explained at the outset of a meeting.

- There must be no cost for the public to participate.

- There must be a method for distributing any agenda or other written materials that ordinarily could be picked up in person by members of the public attending the meeting. Those procedures must be explained to the public before the meeting begins.

In addition to the regulation itself, which will be legally binding, the attorney general also has issued a "Best

Practices" document with additional actions that are strongly recommended. These recommendations include:

- Before shifting to new meeting procedures that do not allow in-person public attendance, produce and widely disseminate to the general public through news media a notice explaining why and how the ordinary meeting procedures will change, how the public may receive notice of meetings and how the public may continue to participate in meetings.

- Audio or video record the meeting and post to the public body's Web site so members of the public who could not participate later can review what occurred.

Overall, the new guidance advises public bodies to keep the need for transparency prominently in mind when adapting to social-distancing requirements during the COVID-19 response.

Public bodies subject to the KOMA should "take any actions as may be necessary and reasonable under the circumstances of the emergency declaration to advance

the state policy that 'meetings for the conduct of governmental affairs and the transaction of governmental business be open to the public.'"

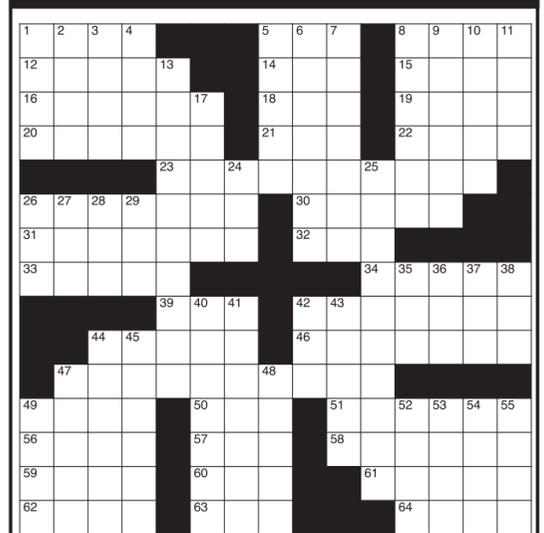
Schmidt advised public bodies and agencies immediately to begin following the new guidance, although the regulation will not be legally binding until approved by the State Rules and Regulation Board and filed with the Secretary of State.

The proposed new regulation was submitted for approval as a temporary regulation and will become legally binding once that approval process is completed. After that occurs, Schmidt said he will propose the regulation be permanently adopted, which will start a process that will allow for public input and comment on the regulation.

"We need to get this in place to provide immediate guidance for state and local governing bodies throughout the state," Schmidt said. "But we know there may be other good ideas or suggestions from public comment, and we are certainly willing to refine the regulation in the future."



## CROSSWORD PUZZLE



### CLUES ACROSS

- Bond villain Mikkelsen
5. A team's best pitcher
8. French river
12. Mountain nymph (Greek)
14. City of Angels airport
15. Military force
16. Scrawny
18. Value
19. One billionth of a second (abbr.)
20. Highly seasoned sausage
21. Trouble
22. Prong
23. Showing varying colors
26. Cloaked
30. Renters sign one
31. Acquires
32. Type of language (abbr.)
33. Partner to pains
34. Third portion of the small intestine
39. Excessively theatrical actor
42. Infraction
44. Classical music for the stage
46. Slugged
47. One who terminates
49. Breakfast is an important one
50. Moved earth
51. Medical procedures
56. Genus of clams
57. Not well
58. Comparative figure of speech
59. Covered thinly with gold
60. Principle underlying the universe
61. A parent's sisters
62. Professional engineering group
63. Coniferous tree
64. Impudence

### CLUES DOWN

- Female parents
2. Region
3. Transaction
4. Heroic tale
5. Of algae
6. Luminous intensity unit
7. Uncovers
8. French commune name
9. Poisonous gas
10. Pearl Jam's bassist
11. Horse groom in India
13. Destroyed
17. A way to alter
24. Promotional materials
25. American state
26. Extinct flightless bird of New Zealand
27. "Modern Family" network
28. Last or greatest in an indefinitely large series
29. Exercise system \_\_-bo
35. Type of bulb
36. Opposite of beginning
37. Utilize
38. Type of student
40. Deficiency of moisture
41. Areas of the eye
42. Select
43. Sheets of floating ice
44. Priests who act as mediums
45. Roof of the mouth
47. Unnatural
48. Illuminated
49. There are three famous ones
52. Large, fast Australian birds
53. "Dracula" heroine Harker
54. Substitutes (abbr.)
55. Tax

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GUEST COMMENTARY

# The bad news - you can't shake hands with your TV - is good news for now

By Glenn Mollette

In the old days, church pastors frowned on their church members staying home to watch television preachers Rex Humbard, Jerry Falwell or Robert Schuller.



The sick and the very elderly were typically pardoned but that was as far as grace was extended.

The vast majority of churches across the land did not televise their services or broadcast church on the radio. Traditionally churches have preferred keeping their flock coming to the "house of God."

Essentially, most churches haven't changed their philosophy. Congregations have always enjoyed "gathering" to sing, hear sermons, eat meals together and importantly -shake hands.

Media ministry in the old days was usually reserved for the large and affluent churches that could afford to buy television time or at least radio air time.

Television broadcasting has always been expensive and so

very few churches have been able to televise their services. A few more churches through the years have been able to afford radio time.

I remember one of my old-time preacher friends shaming his congregation one Sunday. He said, "One reason you people should not sit home and watch church on your television is because you can't shake hands with your television."

The church has always placed a lot of emphasis on "togetherness, shaking hands, hugging and embracing others." Now, no one wants to shake hands and embrace each other. Because of Covid-19 people are trying to stay six feet apart.

Furthermore, almost every minister and congregation in the country has the ability to broadcast his or her service via the Internet or Facebook. Media ministry now is available to almost everyone. Ministers now want people to tune in on Facebook or whatever media they are using. Ministers still prefer that people attend church, but if they are the "ones" being watched then it's fine.

It's ironic how things change. What used to be kind of taboo for some churches is widely embraced now. One of the reasons is because it's so available. It's also affordable. People have computers and cell phones.

People are on Facebook or have some other Internet accessibility. Radio airtime is more affordable in many areas.

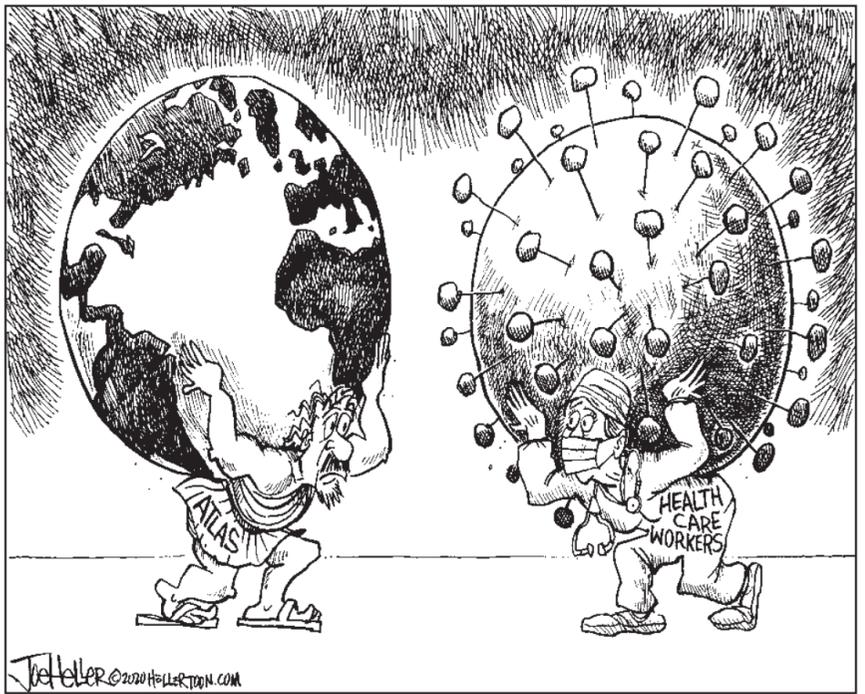
Things and times change. Plus, we've never been hit by anything like this pandemic where people are being told to stay home and that church is off limits. Whoever thought that church attendance might be ordered by the governor to be off limits?

Many houses of worship began building their websites years ago so that members could do their giving online. This is a good thing especially if people are already in the habit of donating this way.

Churches who do not gather typically never recoup their giving. Some faithful members will catch up on charitable giving but most will not. Churches along with everyone will suffer during this pandemic.

Houses of faith will survive during this virus crisis but life will change for most congregations. Many will be excited to get back to the church pew and shaking hands when they can. Or, they may conclude they don't need to shake hands anymore.

*Note: Glenn Mollette is an American author and columnist. Learn more about him at his website.*



## DCF core services continue, state rep says

At the direction of Kansas Governor Laura Kelly, all Kansas Department for Children and Families (DCF) service centers will be closed to the public until further notice, it was reported. While the public won't be able to access buildings, the agency's core services will continue, DCF Secretary Laura Howard said.

"Our mission is to protect children and strengthen families," Howard said. "Our essential staff will continue the important work of investigating abuse and neglect allegations and processing applications for vital assistance programs."

Core services continuing during the shutdown include:

- The Kansas Protection Report Center (KPRC) will continue taking reports of abuse/neglect.

- Both child and adult protection workers will continue to receive and respond to abuse reports.

- Foster care operations.
- Eligibility workers will continue to process food, cash, LIEAP and child care assistance applications.

- Disability Determination Services continue.

- Commission for the Deaf and Hard of Hearing will continue operations.

"We are taking prudent measures to make sure our employees are safe during this time," Howard said. "While

it might take us a bit longer to process an application, we do not anticipate any major interruptions or delays in our core services.

"Additionally, we are committed to receiving and responding to reports of abuse and neglect," she added. "We may do some of those investigations virtually when possible, but be assured, we'll work with our law enforcement partners to ensure children and vulnerable adults are safe."

Kansans also can expect no interruption in child support operations, Howard said. While DCF child support workers will be on administrative leave, agency contractors will continue their work.

There are several ways for Kansans to connect with DCF during the next two weeks. If someone suspects abuse or neglect, they should call the KPRC at 1-800-922-5330 or report allegations online at [www.dcf.ks.gov/services/PPS/Pages/KIPS/KIPSWebIntake.aspx](http://www.dcf.ks.gov/services/PPS/Pages/KIPS/KIPSWebIntake.aspx)

Those needing to apply for services like food, cash or child care assistance can apply online at [www.dcf.ks.gov](http://www.dcf.ks.gov). Paper applications also will be available outside each DCF service center across the state. Completed applications can be left in drop boxes outside each service center or mailed to local service center, it was reported.

Kansans who need to report a change or provide information about their cases can email or mail their local DCF service center. They also can see if their benefits have been processed by going to [ebtEDGE.com](http://ebtEDGE.com)

Low-Income Energy Assistance Program (LIEAP) applications must be submitted by 5 p.m. Tuesday, March 31. Each DCF region also will have a dedicated emergency service phone number, including:

- Wichita region: (316) 337-7222.
- Kansas City region: (888) 369-4777.
- East Region: (785) 296-2500.
- West Region: (785) 462-6760, ext. 206.

For more information on COVID-19 visit [www.kdheks.gov/coronavirus](http://www.kdheks.gov/coronavirus)

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## OBITUARY

**Rogers**  
Virginia Marie Rogers, 101, Topeka, passed away Friday, March 27, 2020.

She was born Nov. 11, 1918, in Elmont, the daughter of Ed and Athea Blanche (Jackson) Ostrander.

Virginia was employed by Adams Printing in Topeka and later Ives Print Shop. She worked in the printing industry for 15 years, retiring in 1973.

She was a member of the Elmont United Methodist Church and United Methodist Women.

On May 7, 1938, she married Vernon Jay Rogers in Lawrence. He preceded her in death.

She was also preceded in

death by her children, Jimmy E. Rogers, Keith Rogers and Juanita (Rogers) Manis; siblings Johnny Ostrander, Charles Ostrander, Pete Ostrander, Everett Ostrander, Bill Ostrander, Lloyd Ostrander, Don Ostrander, and Thelma Lister.

Survivors include her son, Vernon "Lee" Rogers (Suzette); two brothers, Gene Ostrander, and Ivan Ostrander; and numerous grandchildren and great-grandchildren.

She loved being with her family. Family gatherings during the Fourth of July and Thanksgiving were always celebrated.

Marie and Vernon loved camping and fishing and went as

often as possible. She enjoyed flowers, gardening, as well as cooking and canning the vegetables she raised in her garden.

Due to the current environment surrounding COVID-19, services will be private. Burial will be at Half-Day Cemetery in Elmont.

Memorial contributions may be made to Elmont United Methodist Church c/o Parker-Price Funeral Home, 245 NW Independence Ave, Topeka, KS 66608. To leave a message for Marie's family, please visit [www.ParkerPriceFH.com](http://www.ParkerPriceFH.com).

(Holton Recorder 3-30-20)



## Thank You!

The Hladky family would like to thank everyone – our family, friends and neighbors – for your thoughts, prayers, cards and flowers, at the loss of our son and brother, Larry Dale.

Thank you Trinity Lutheran ladies for the luncheon. Thanks to everyone who brought food. It was greatly appreciated!

**Bailey and Rose Hladky and family**

## Mercer Funeral Home Is Prepared To Safely Care For Families During The COVID-19 Pandemic

Mercer Funeral Home remains committed and prepared to safely care for the families it serves during the novel coronavirus (COVID-19) pandemic. Whenever possible, Mercer Funeral home will continue to enable families to participate in the rituals that are most important to them.

And according to the CDC, at this time, there is no known risk associated with being in the same room at a funeral or visitation service with the body of someone who died of confirmed or suspected COVID-19; however, federal, state and local public health guidance may impact the size of gathering a family is able to plan. Depending on a family's preferences, their loved one can be safely embalmed. Families may choose either burial or cremation as usual.

"At Mercer Funeral Home, we recognize our responsibility to protect the health of those we are privileged to serve," said Chris Mercer. "We will continue to guide families, as we always have, in ways they can meaningfully commemorate the life of their loved one, while adhering to the guidance issued by federal, state and local public health officials."

Mercer continued, "Our staff remains vigilant about cleaning our facilities and ensuring we're all following recommended healthy habits, such as staying home when sick, washing our hands, and covering coughs and sneezes. The CDC and our state and local public health officials have offered a lot of helpful guidance for businesses on this topic, which we continue to follow."

We may be limited to smaller gatherings, graveside services, etc. but will continue to allow viewings with limited people in the funeral home at one time.

A member of the National Funeral Directors Association (NFDA), Mercer Funeral Home regularly receives information via NFDA from the CDC, Department of Health and Human Services and other agencies about the evolution of COVID-19 in the United States. NFDA continues to lead the conversation with federal officials about the role of funeral service as it relates to the COVID-19 pandemic.

If the staff of Mercer Funeral Home can be of assistance, please contact us at (785) 364-2626 or by email at [mfh@embarqmail.com](mailto:mfh@embarqmail.com)



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**THANK YOU**

The family of Charles Richter would like to thank everyone for the kindness shown to us during his recent passing, and to Dr. David Allen and the staff at the Onaga Hospital for being there for him and all of us.

Thank you for all the memorials made to the Heart of Jackson Humane Society in his name. The family appreciates the care he received at Glenn Moore Meadows and later The Pines South for the past six years. We also want everyone to know how much we appreciated all the visits, cards, flowers, food and memories shared.

Thank you to the ladies of the Circleville Christian Church for the lovely luncheon for our family. Also a big thank you goes to the staff at Mercer Funeral Home, especially Chris, Tracy and Caleb for helping us through this transition.

**Connie Richter**  
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## CHCS clinics offering telemedicine appointments

The COVID-19 (coronavirus) crisis may make many people reluctant to visit our clinics or hospitals, and social distancing requires everyone to curtail unnecessary trips. But sometimes medical care shouldn't wait, so Community HealthCare System is offering a solution, it has been reported.

Starting the week of March 30 (today), CHCS clinics in Holton, Onaga, St. Marys, Frankfort, Centralia and Westmoreland will offer telemedicine as a new option for patients to connect with their providers.

Telemedicine allows patients to connect with their provider using a phone, tablet or computer. Patients can make appointments by calling their clinic. Clinic staff will then provide instructions on how to access the appointment from home.

According to Melissa Talley, CHCS chief practice management officer, telemedicine is suitable for certain types of visits. Examples include visits aimed at managing medications or chronic conditions, including diabetes.

"Nothing can replace in-person care, and telemedicine visits will not be appropriate for all patients, but we're pleased to offer the option in a time when it's best for many patients to remain at home," Talley said.

Many insurers, including Kan-

Care and BlueCross BlueShield of Kansas, have indicated that they will cover certain telemedicine visits. Insurers are adapting to current conditions, so additional insurers should be available soon. Patients should call their clinic with questions about insurance coverage.

Talley said CHCS is able to offer telemedicine visits through a special regulatory waiver granted because of the ongoing need to address COVID-19.

"We're not sure how long the waiver will continue, but we will communicate updates as we are able. In the meantime, we hope patients will take advantage of this service," Talley said.

### About CHCS

CHCS's more than 450 associates along with 30 physicians and providers serve seven communities in four northeast Kansas counties. CHCS is an award-winning, nonprofit health care system with a tradition of providing compassionate, high-quality care to the rural communities of northeast Kansas.

CHCS includes two hospitals, one in Onaga and the other in St. Marys; seven family practice clinics serving the communities of Holton, Corning, Centralia, Frankfort, Onaga, Westmoreland and St. Marys; two nursing homes and one assisted living facility, Home Health; and four fitness centers.



## Playgrounds Closed

All playground equipment and restrooms at Holton's parks are now closed due to concerns about the possible spread of COVID-19 (coronavirus). Signs, as well as caution tape, were placed at the parks on Thursday, it was reported. The entrance to playground equipment at Linscott Park is shown above, and one of the signs erected at the park is shown at right. Open spaces in the parks, as well as walking trails remain open, according to city officials. Many other park areas in Jackson County now have similar protocols in place. Photos by Brian Sanders



## WIC services continue

During the COVID-19 (Coronavirus) concerns, the Kansas WIC program will continue to operate. WIC is the nutrition program for low-income pregnant women, infants, and children from birth to age five, funded by the U.S. Department of Agriculture (USDA).

All current Kansas WIC participants will continue to receive benefits, and new applicants will be assessed, certified and issued benefits. Using telephone, computer and other technology, local clinic staff will be able to assess and certify applicants for eligibility and issue food benefits remotely to those determined eligible.

Typically, WIC participants and applicants of the program must be physically present to receive services. The USDA physical presence waiver is effective Monday, March 23 and expires May 31, 2020, or until extended. The waiver applies to areas impacted by WIC clinic closures and stay at home orders as well as to persons who are under quarantine, whether voluntary or involuntary.

Clinic operating hours and staff availability will be subject to local and state orders related to the pandemic. Applicants and current participants should contact their local WIC clinic to find out what options are available. Clinic locations are available online at: [www.kansaswic.org/families/WIC\\_county\\_map.html](http://www.kansaswic.org/families/WIC_county_map.html). Contact your local health department for information on the nearest WIC

clinic if you do not have access to the Internet.

More information about Kansas WIC...

The Kansas WIC program provides services to an average of 47,000 program participants each month. The program is administered by the Kansas Department of Health and Environment through contracts with county health departments and three community health centers. There are 120 WIC clinics in Kansas where potentially eligible participants may apply for services. There are 359 stores in Kansas authorized to provide WIC foods to clients.

WIC services include providing supplemental food benefits, nutrition education, breastfeeding support, and referrals to health and social services. Currently, each woman and child receive healthy foods, including fresh fruits and vegetables with a retail value of about \$37 per month and about \$41 per month respectively. Infants who are not breastfed and receive infant formula receive infant formula with a retail value of approximately \$152 per month.

Food benefits are purchased at approved grocery stores using an e-WIC card. The physical presence waiver allows eWIC cards and program information to be issued to participants through a controlled physical pick up, such as a curbside pick-up process or cards and information may be mailed directly to participants.

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• Jana Kramer, PA • Heather Myers, APRN  
Nicole Huey, APRN

Hours: M-Th: 7 a.m. - 7 p.m. • Fri: 7 a.m. - 5 p.m. • Sat: 8 a.m. - 12 noon

### Michael Keehn, MD

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(785) 933-2000

Hours:  
Monday - Thursday: 7:30 a.m. - 5 p.m.  
Friday: 7:30 a.m. - 4 p.m.

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### Card Shower

**Melvin D. Harold**  
Melvin D. Harold of Sabetha will celebrate his 100<sup>th</sup> birthday on April 3. Cards and well wishes can be sent to him at 603 Paramount St., Apt. 7, Sabetha, KS 66534.

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## Davies gives school update

On Saturday morning, Kansas Gov. Laura Kelly issued a state-wide stay at home, executive order 20-16, that starts today (Monday) and carries on through Sunday, April 19, it was reported.

"This may cause some confusion concerning the schools in our state so I am writing to let you know what this means for the Holton School District," said Bob Davies, superintendent of Holton schools. "On page 6 of the governor's executive order, schools are still deemed essential and therefore all USD #336 staff are deemed essential in the operation of our continuous learning plan and our breakfast and lunch plan."

"What does this mean for our food program? We will still operate the lunch program today and every day after like we have. While we are talking about meals, we were scheduled to be off on Friday, April 10, and we are going to continue with that

plan, so the Thursday before we will send home two breakfasts and two lunches. We will remind everyone again as this date gets closer.

"What does this mean for our staff and our continuous learning plan? Our staff will still be allowed to work in the buildings as long as we stay below 10 people at a time in each school facility.

"We will work as many people as we can from home because we must and will abide by the maximum of 10 people in our facilities at any one time.

"The plan that the staff has worked on all week will roll out today (Monday) just as we had planned. Please be patient as we work this new plan, and we promise to do the same. If you have questions, please try to contact your teacher first and then the office or the administrators.

"We are going to close the buildings to the public, including the district office. If the public needs something

we will meet you at the door to exchange any items if necessary. We are trying to keep our people safe as well.

"Last night (Friday), we had our first online special board meeting and you are welcome to watch this and any other board meeting we have through this crisis on the new Holton USD 336 Board of Education Facebook page.

"The superintendents are in continuous communication with the Jackson County Health Department, and they are keeping us informed and updated.

"If Mrs. Reith (county health director) needs us to adjust anything in the coming days or weeks, we will comply. So many people in our community have stepped up and are doing amazing things. We are all in this together, and we will come out stronger when this is over. Keep up the excellent work," Supt. Davies wrote.

## Sitting less, moving more credited with extending lifetime

By Nancy C. Nelson  
Meadowlark Extension  
District Agent  
Family Life

Do you know someone who never seems to sit still? They are constantly on the move and when they do sit, they might fidget, shake or bounce. Well, this is really a good thing.

Research shows that if you sit less and move more, you live longer. Even if you get a 30- to 60-minute workout every day, it doesn't seem to make up for all the time you spend sitting. Small movements throughout your day add up and these movements are important.



Things like housework, washing dishes by hand, gardening, washing the car at home, mowing the lawn and, yes, even fidgeting are all ways to stay active. Non-Exercise Activity Thermogenesis or NEAT occurs with every activity you do, except when you sleep or exercise.

NEAT is happening while you do housework, yardwork, walk across a parking lot and even when you fidget. These regular daily activities help change the balance of energy that you need and use. The more you move, the higher your level of NEAT. This also translates to better heart health, lower blood cholesterol and better control of blood sugar.

People who live in the Blue Zones achieve higher

levels of NEAT by their environments. They walk to a neighbor's home or to the store, they garden and they do chores by hand. Their lifestyle doesn't include much structured exercise, but they do have enough daily activity to keep NEAT at a healthy level.

The average sedentary time for American is a whopping nine to 10 hours per day. A primary goal for Walk Kansas and beyond should be to move more than you sit. Those 30 minutes or more of moderate activity are essential for good health and so are the small, regular movements you do the rest of the day. All of your steps add up.

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## State insurance department announces remote operation of the office in Topeka

Insurance Commissioner Vicki Schmidt has announced an extension of remote operations for the Kansas Insurance Department office in Topeka during the Shawnee County 30-day stay at home order, it has been reported.

The State Insurance Department's building will remain closed through April 26, 2020 per the order, but staff will continue to execute essential op-

erations remotely, including the Department's Consumer Assistance Division.

"We are here to answer questions," Commissioner Schmidt said. "Our operations still allow us to do that by phone, mail or email and we encourage anybody with a question about coverage to reach out to our team."

Those doing business with the department are encouraged to call the Department's Con-

sumer Assistance Division at 1-800-432-2484. The department will continue to receive and process mail during this time.

"The insurance industry provides essential economic lifelines to Kansans," Commissioner Schmidt said. "The department will continue working to support the industry, the agents and the consumers during this demanding time."

## LETTER TO THE EDITOR

Dear editor,

Once again, in 9-11 fashion, our lives will never be the same because of the Chinese Communist Party Virus. "CCP virus" is the right name, in my opinion, because the virus started in China. Chinese people were the first to die and then the CCP turned 5 million Chinese loose on the world.

Untold people will die in at least 148 countries, economies will shrink and so more people will die by communist-induced poverty.

In America, the world's number one economy, in three weeks, has been reduced to people hunting toilet paper. Nearly half of our usual national budget has already been targeted for CCP virus relief.

Most of the people who die in our country will be seniors, the most moral and wise of our citizens, who, by the way, are Trump supporters - we're talking about massive election interference here.

For those of us who don't die, our pursuit of happiness is on hold. We can't participate in or watch sports. I'm thankful that the Chiefs won the Super Bowl in time.

More importantly, we can't

enjoy the presence of other people. I can't see my dad or my church members in the nursing home, and congregations in church are on hold, making me realize that the devil is a communist, too.

Yeah, my oatmeal is really burnt over all this. All my life, I heard and read stories about how brutal communists are. In 1992, I went to Russia on a missionary trip. It is incredible how people are deprived under communism. People didn't smile, chickens in the stores were blue and there weren't any rabbits left in Russia.

People begged me to stay and be their pastor, but my church, and my wife and children, were back here, so I cried. The people were so poor, and I'm talking about white people. You see, it's not the color of your skin that matters, it's what is in your heart and mind - what kind of government you have - freedom of religion.

I still believe in the domino theory. God bless anyone who has fought the communists. There are many Chinese people who are brave. At least eight doctors spoke out, one died and the others are silenced.

The world still needs to know the origin of the virus, but the

CCP will not cooperate. China's only P4 lab, the Wuhan Institute of Virology, is only 20 miles from the breakout starting point. It is a lab meant for working with easily transmitted pathogens that can cause fatal illness.

Did the Chinese tweak a virus, giving it an added function? Did it leak out of the lab? Will there be another onset, also covered up? We are dealing with a brand new virus!

Please pray for our health care providers, and love your neighbor as yourself. Please pray for our president, who is on a tight-rope with doctors in one ear and economists in the other ear.

Perhaps there is a balance - the teeter-totter level. I've got a fever, don't worry, it's spring fever, for I saw baby calves in a pasture, baby chicks in the farm store and little sparrows not concerned about social distancing.

Flowers are coming. Easter is nigh and we are reminded that the Son of God shed His blood, the powerful and perfect disinfectant for man's sin.

"Jesus" is the only name to remember if you want eternal happiness. Happily, the tomb is empty, and because He lives, you and I can face tomorrow!

Steve Cappleman  
Holton

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## AREA CHURCH DIRECTORY

Services have been postponed until further notice due to COVID-19. Contact clergy below.

**Bethany Baptist Church**  
821 New York • 364-4533  
Pastor Ron Sellens  
Youth Minister David Noland  
Sunday: 9:30 a.m. Sunday school  
10:15 a.m. Worship service  
1 p.m. Sunday afternoon service  
Wednesday: 7:15 p.m. Prayer meeting

**Bucks Grove UM Church**  
Pastor: Charlotte Milroy • 234-4243  
Sunday: 9 a.m. Church service

**Christ's Church**  
Southern Heights Clubhouse  
Pastor Jon Hanna  
Information 364-3468  
Sunday: 7:15 p.m. Fellowship  
9 a.m. Worship

**New Life Church of the Nazarene**  
100 Topeka, Ave., Holton • 364-3642  
Rev. Kevin Kneisley  
Sunday: 9:30 a.m. Sunday school  
10:45 a.m. Worship service

**Circleville Christian Church**  
7701 254th Rd., Circleville  
Sunday School: 9 a.m.  
Sunday Worship: 10 a.m.  
Website - circlevillechristian.com  
Email - circlevillechristian@yahoo.com

**Circleville United Methodist**  
Pastor: Charlotte Milroy • 234-4243  
Sunday: 10:30 a.m. Worship Service

**Community of Christ Church**  
222 New Jersey • Pastor Dean Sharp  
Sunday 10 a.m. Worship service

**Delia Presbyterian Church**  
514 Jackson St. • Rev. James Aubrey  
Sunday: 10 a.m. Every Other Month  
Check sign board for other events.

**Denison Bible Church**  
300 W. 5th St. • Pastor Tom Fraunfelter  
Sunday: 10 a.m. Sunday School  
11 a.m. Worship  
785/935-2464 • 785/422-2953

**Denison Reformed Presbyterian**  
106 Seventh St., Denison, KS • 935-2348  
Sunday: 10 a.m. Bible class  
11 a.m. Worship service  
Lunch following the service  
1:15 p.m. Afternoon Service

**Evangel United Methodist Church**  
227 Pennsylvania Ave., • 364-3834  
Sun.: 8:50 a.m. Life Journey  
(contemporary service)  
10 a.m. Sunday school

11 a.m. Traditional worship service  
Church - office@evangelumc.org  
Pastor - pastor@evangelumc.org

**First Baptist Church of Holton**  
404 Juniper, 364-3423  
Pastor - John Wisdom  
Sunday: 9:30 a.m. Sunday School  
8:25 a.m. & 10:30 a.m. Worship Services

Wednesday: 10 a.m. Bible Study  
Friday: 6:45 a.m. Men's Breakfast  
**First Baptist Church of Hoyt**  
Pastor David Bumworth • 986-6446

Wednesday night prayer: 7 p.m.  
Sunday: 9 a.m. Sunday school  
10 a.m. Worship service  
7 p.m. Sunday evening worship

**First Christian Church**  
5th and Wisconsin • 364-2545  
Dr. Jim McCollough, Pastor  
Sunday: 9:45 a.m. Sunday School  
10:45 a.m. Worship

**First United Methodist Church**  
Pastor Kathy Williams  
1401 W. 4th, Holton • 364-3275  
Sunday Schedule: 9:00 a.m. Sunday School  
10:15 a.m. Worship  
firstumc@giantcomm.net

**Holton Kingdom Hall of Jehovah's Witnesses**  
12350 214th Rd., Holton • 364-4279  
Sunday Public Talk: 10 a.m. • jw.org

**Hoyt United Methodist Church**  
Rev. Norma Jean Miller • 785-207-2773  
Sunday School: 9 a.m. • 10 a.m. Worship

**Immanuel Lutheran Church, Netawaka**  
Pastor Michael Van Velzer  
9 a.m. Sunday Worship  
10 a.m. Sunday School  
10 a.m. Adult Bible Class

**Lakeview Faith Chapel Pentecostal Church**  
3.5 miles south of Holton on U.S. 75  
Pastor Steve Cappleman • 364-2416  
Sunday: 9:30 a.m. Sunday school  
10:15 a.m. Worship service

**Larkburg Christian Church**  
Rev. Mark Armstrong  
Sunday: 9:30 a.m. Sunday school  
10:30 a.m. Church service

**Mayetta Christian Church**  
Ernest Coleman - Pastor  
Sunday: Fellowship & Waffles:  
8:15 a.m.-8:45 a.m.

Sunday school: 8:45 a.m.-9:30 a.m.  
Prayer Circle: 9:30 a.m.-9:50 a.m.  
Worship service - 10 a.m.-11:15 a.m.  
Wednesday: Bible Study - 6 p.m.-7 p.m.

**Mayetta United Methodist**  
Rev. Howard Sudduth  
Sunday: 9 a.m. Morning worship service  
and Sunday school

**Netawaka United Methodist**  
Rev. Youngwan Won  
Sunday: 8:15 a.m. Worship

**Onaga New Hope Lutheran Church, ELCA**  
Rev. Charlene Banes, Pastor  
Sunday: 9 a.m. Worship  
10:15 a.m. SS, Adult Bible Class

Bible Study: Tuesday @ 7 p.m.  
Holy Communion 1st & 3rd Sunday  
**Our Lady of the Snows Church**  
Fr. Jonathan Dizon

166 and "I" Road, Mayetta, Kan. •  
785-364-3262  
1st, 3rd, & 4th Sunday Mass 8:30 a.m.  
2nd Sunday Mass 1 p.m.

**Potawatomi Pentecostal Church**  
4.5 miles west on 134th Rd., Mayetta  
Rev. Marcia Potts  
Sunday: 10 a.m. Sunday school  
10:45 a.m. Worship service

**Potawatomi United Methodist**  
Rev. Howard Sudduth  
Sunday: 9:50 a.m. Sunday school  
10:30 a.m. Worship

**St. Dominic Catholic Church**  
Pastor: Fr. Jonathan Dizon  
416 Ohio, Holton, 364-3262  
Saturday: 5:30 p.m. Mass  
Sunday: 10:30 a.m. Mass

Confessions 30 minutes before mass.  
[www.jaccatholics.org](http://www.jaccatholics.org)

**St. Francis Xavier Catholic Church**  
Pastor: Fr. Jonathan Dizon  
3rd & James, Mayetta, 966-2690/364-3262  
Sunday Mass: 8 a.m.  
Confessions 30 minutes before mass.  
[www.jaccatholics.org](http://www.jaccatholics.org)

**St. Thomas Episcopal Church**  
512 Wisconsin, Holton • Rev. Art Rathbun  
Services on 2nd & 4th Sunday  
Sunday Services: 10 a.m.  
785-224-8798

**St. James Catholic Church**  
306 5th St., Wetmore • Pastor Father Hammes  
Saturday Mass: 6:30 p.m.  
Confessions: 30 min. prior to mass

**Trinity Lutheran Church**  
401 Cheyenne  
Pastor Brian Stark 364-2206/364-2029  
Sunday School: 9 a.m. • Worship: 10 a.m.

**Wetmore Bible Church**  
217 Iowa St., Wetmore  
Lay Pastor Kyle Claycamp  
Sunday: 9 a.m. Sunday school (for all ages)  
10 a.m. Worship Hour

10:30 a.m. Children's Church  
Tuesday: 1:30 p.m. Women's Bible Study  
Wednesday: 7 p.m. Youth Group  
(Jr. High & HS Ages)

**Wetmore United Methodist**  
Pastor Brenda Harter  
(785) 866-2512/Parsonage • 866-5556  
Church

Sunday: 10 a.m. Worship service  
**Whiting Baptist Church**  
Sunday: 9 a.m. Sun. school  
10 a.m. Worship service

Wednesday: 7 p.m. Youth Group  
**Whiting United Methodist**  
Rev. Youngwan Won  
Sunday: 10 a.m. Education • 11 a.m.  
Worship

**New Hope Family Church**  
515 Iowa, Holton  
Pastor: Sterling Hudgins  
Wednesday Meal: 6:30 p.m.  
Wednesday Service: 7:15 p.m.  
Sunday Worship: 8:30 a.m.

**Whiting United Methodist**  
Rev. Youngwan Won  
Sunday: 10 a.m. Education • 11 a.m.  
Worship

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Rev. Youngwan Won  
Sunday: 10 a.m. Education • 11 a.m.  
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Worship

**Whiting United Methodist**  
Rev. Youngwan Won  
Sunday: 10 a.m. Education • 11 a.m.  
Worship

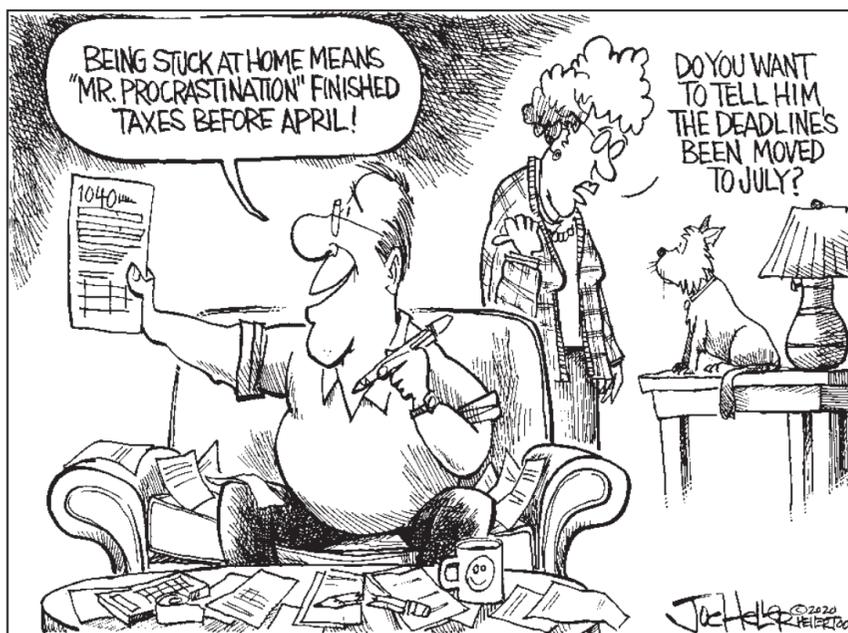
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# BBB reminds public to be vigilant of COVID-19 scams

COVID-19, the disease caused by the novel coronavirus, is affecting people, businesses and communities around the world. Better Business Bureau (BBB) is reminding everyone to remain vigilant to avoid scams related to the virus, use necessary, common-sense precautions if you absolutely need to travel and find reliable sources to stay informed about what to do as the virus continues to spread.

Unfortunately, Better Business Bureaus (BBBs) across the U.S. are receiving reports from consumers who are finding instances where the cost of high-demand items such as hand sanitizers, tissues, toilet paper, face masks and other products are skyrocketing. These complaints are about price-gouging — a dust mask was selling for \$10, a case of water was priced at \$35 and hand sanitizer was \$60!

Price-gouging is a term referring to sellers who spike up the prices of goods, services or commodities to a level much higher than is considered reasonable or fair and is considered exploitative, potentially to an unethical extent. BBB is warning businesses to avoid the temptation to raise prices during this pandemic or any other disaster because it erodes marketplace trust.

“Both consumers and businesses need to treat each other ethically and compassionately — especially now. Consumers and businesses need to consider that when the dust settles after this crisis, we all will remember how we were treated. The way consumers and businesses treat each other today will certainly impact how they move forward after the

crisis,” said BBB President and CEO Jim Hegarty.

“Besides receiving reports about price-gouging, BBB has also been hearing about fake cures, phony prevention measures, deceiving ads, government grant scams and other cons exploiting the public’s fear of the coronavirus,” Hegarty added. “There are no cures for COVID-19 at this time, and a preventative vaccine is at least a year or more away from being developed.”

Another scam that has resurfaced is the government grant scam with a coronavirus twist. Scammers are hacking into people’s Facebook accounts and are messaging their friends claiming they are eligible for a coronavirus government grant.

Victims are told that the grant is being provided to seniors to pay their bills and buy medicine and supplies during this pandemic. All the victims are asked to do is supply their personal information and payment for processing fees. “Don’t fall for it,” is BBB’s advice.

“Suspected price-gouging, scams and phony ads should always be reported. BBB is particularly concerned about the exploitation of consumers during a declared emergency,” Hegarty said.

Victims of price gouging and deceptive ads should report them at BBB.org/AdTruth. Other scams should be reported to BBB.org/Scamtracker or to your state’s Attorney General’s office.

BBB has adapted its Standards for Marketplace Trust (BBB.org/Standards-for-Trust) for the coronavirus pandemic:

- Build trust. Refrain from taking unfair advantage of a

public emergency such as the coronavirus situation. As much as possible, keep prices at a reasonable level. Consider your daily operations as business-as-usual but with the adjustments required to help prevent the virus from spreading.

- Advertise honestly. Do not fuel fears. More than anything, you need to act as a calming and reassuring partner to your customers. Continue with standard ethical advertising practices but add a reference that you’re following public health protocols to stem the transmission of the virus.

- Tell the truth. The virus may impact deliverables. Be honest with your customers regarding timelines and product availability. Set realistic expectations if your delivery or service is impacted by illness or precautions. Set clear expectations with your customers. They will respect that you are thinking about them and taking this seriously.

- Be transparent and honor promises. If you are unable to fulfill commitments, communicate immediately with your customers, rather than disappointing them and having to rationalize the reasons after the fact. Work with your customers to find solutions.

- Be responsive and embody integrity. Demonstrate purpose and support for your community. Businesses can play a vital role in maintaining strong communities, even in challenging times.

To help you stay informed, BBB has created a designated page at BBB.org/coronavirus that offers resources and important updates for both businesses and consumers impacted by the virus.

## USDA stands up new team to better serve beginning farmers and ranchers

The U.S. Department of Agriculture (USDA) is standing up a new team of U.S. Department of Agriculture (USDA) staff who will lead a department-wide effort focused on serving beginning farmers and ranchers, it has been reported.

“More than a quarter of producers are beginning farmers,” said USDA Deputy Secretary Stephen Censky. “We need to support the next generation of agricultural producers who we will soon rely upon to grow our nation’s food and fiber.”

To institutionalize support for beginning farmers and ranchers and to build upon prior agency work, the 2018 Farm Bill directed USDA to create a national coordinator position in the agency and state-level coordinators for four of its agencies — Farm Service Agency (FSA), Natural Resources Conservation Service (NRCS), Risk Management Agency (RMA) and Rural Development (RD).

Sarah Campbell was selected as the national coordinator to lead USDA’s efforts. A beginning farmer herself, Campbell held previous positions with USDA and has a wealth of experience working on issues impacting beginning farmers and ranchers. She recently served as acting director of customer experience for the Farm Produc-

tion and Conservation Business Center, where she led the piloting of innovative, customer-centric initiatives.

In her new role, Campbell will work closely with the state coordinators to develop goals and create plans to increase beginning farmer participation and access to programs while coordinating nationwide efforts on beginning farmers and ranchers.

“We know starting a new farm business is extremely challenging, and we know our customers value and benefit from being able to work directly with our field employees, especially beginning farmers,” Campbell said. “These new coordinators will be a key resource at the local level and will help beginning farmers get the support they need. I look forward to working with them.”

Each state coordinator will receive training and develop tailored beginning farmer outreach plans for their state. Coordinators will help field employees better reach and serve beginning farmers and ranchers and will also be available to assist beginning farmers who need help navigating the variety of resources USDA has to offer.

Twenty seven percent of farmers were categorized as new and beginning producers, with

10 years or less of experience in agriculture, according to the 2017 Census of Agriculture.

USDA offers a variety of farm loan, risk management, disaster assistance and conservation programs to support farmers, including beginning farmers and ranchers. Additionally, a number of these programs have provisions specifically for beginning farmers, including targeted funding for loans and conservation programs as well as waivers and exemptions.

For more information on available programs in your area, contact your local USDA service center.



One of the essential businesses and services in our community is the U.S. Postal Service. The photo above shows local mail carrier John Wallisch (right), who has 16 ½ years of experience with the postal service, delivering mail on Thursday to the Heart To Home business on the south side of the Holton Town Square, where owner Candi McCrory (left) and her daughter, Adi, met him at the front door. While Heart To Home is closed to in-store shopping at this time, customers last week were able to call the business at 785-362-7111, describe what they needed, receive a text with a photo of products, make a selection, pay over the phone and either receive curbside service in front of the store, or have the purchase delivered locally. Now with the statewide stay-at-home order, the business is only accepting online orders. Photo by David Powls

## Order expands access to health care

Kansas Governor Laura Kelly on Sunday announced two executive orders as part of her administration’s ongoing efforts to protect Kansans’ health and safety during the current COVID-19 (coronavirus) pandemic, it has been reported.

“Kansans elected me to serve as governor and their health and safety is my number one priority. I am committed to leading the state forward during what are truly unprecedented times,” Gov. Kelly said. “While each of these orders has a specific purpose, together they will make sure Kansas families can access needed care and supplies until we have weathered this storm.”

To help prepare the state’s healthcare system for an influx of patients caused by the COVID-19 virus and to ensure that Kansans continue to have access to the healthcare they need, Kelly signed the order temporarily expanding capacity in the healthcare system by:

- Allowing doctors to prescribe medication after an appropriate telemedicine consultation.
  - Authorizing out-of-state doctors to provide telemedicine services to Kansans, provided they are licensed in another state.
  - Permitting temporary emergency licenses for healthcare professionals regulated by the Kansas Board of Healing Arts.
- “By allowing more doctors to practice in Kansas — and more patients to be seen remotely — we can alleviate the increasing burden on our healthcare system,” Gov. Kelly said. “Expanding the use of telemedicine for nonemergency-related assessments like routine checkups and prescribing medication frees up additional time, resources and physical space in our hospitals and clinics.”

In addition, Kelly signed an executive order providing

conditional and temporary relief from certain motor carrier rules and regulations to allow for quick and efficient delivery of resources needed to address the COVID-19 pandemic.

“Expediting the transport of resources into the state will enable us to meet the increasing demand for medical supplies, groceries — and yes, even toilet paper,”

Kelly said.

The order specifically lifts certain weight restrictions and permitting requirements to allow needed supplies to get to Kansas or move through Kansas as quickly as possible. These exceptions apply only to motor carriers actively participating in COVID-19 response efforts, it was reported.

### Effective Immediately

The Denison City Park is closed. This action is taken in concern for public safety because of the coronavirus.

By Order of the Denison Mayor and City Council

### Meadowlark Extension District Office Closed!

Effective March 23, 2020 through April 8, 2020 the Meadowlark Extension District Offices in Holton, Oskaloosa and Seneca will be closed to the public.

All employees will be working from home and will be available via office phone, cell phone and email during our regular business hours Monday through Friday 8 a.m. to noon and 1 p.m. to 4:30 p.m.

If health conditions improve after April 6, 2020, we may reopen our offices with restricted availability to the public until May 18, 2020.

## In regards to COVID-19...

Medical Pharmacy is committed to providing safe, quality service. Limiting contact between patients and staff can help to ensure both parties stay safer and allow us to continue to providing service for patients and for the community.

Due to the suggestion for social distancing, we have been experiencing a higher volume of patients utilizing the drive-through window. To avoid lengthy lines, we are suggesting that patients pre-pay with a credit card, with the OPTION of saving the card on file for future use. If you chose to pre-pay and the line is lengthy please call our back line, 364-2114, and staff will bring your prescription to your car.

All insurances are different when it comes to requirements and we are bound to those contracts and pharmacy law. In regard to 90 day refills, early refills, signature requirements, etc: please ask a staff member and we will be happy to look into your situation.

Stay healthy and home as much as possible!

# MEDICAL PHARMACY

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