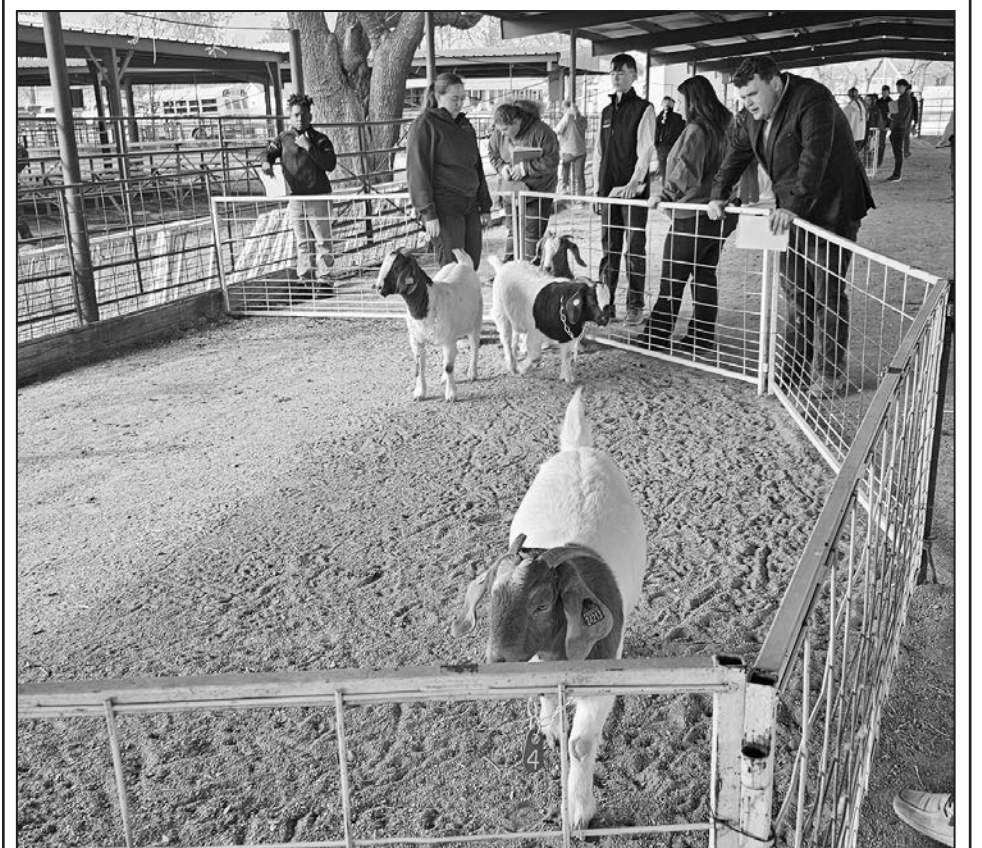


# Community News

## Judging the boers



Marti Wells-Smith/Special to the Tribune

**FFA students judge a pen of market goats during the FFA There were 150 students from 29 schools in Southeast District FFA Livestock Judging Contest held Wednesday, April 9, at the Bourbon County Fairgrounds in Fort Scott. Winners received plaques and certificates. Uiontown High School FFA Advisor Scott Sutton and Fort Scott Community College Livestock Judging Coach Conner Vernon officiated.**

## Sign up to begin for conservation funding

### SUBMITTED TO THE TRIBUNE

The Bourbon County Conservation District will have a sign-up period from April 15-May 30 for funding to help landowners with soil and water conservation. These funds are provided by the Division of Conservation and Kansas Department of Agriculture through an appropriation from the Kansas Water Plan Fund.

Landowners who come in during the sign-up period will be given first consideration during the ranking process. Priority will be placed on erosion sediment control, pasture/range management, herbaceous weed control and soil health/cover crops. Practices included are waterways and terraces, brush management, fence, pipeline, watering facilities, sericia treatment and planting cover crops.

Contact the Bourbon

County Conservation District office for more information about other practices available at 1515 S. Judson Ste. B, Fort Scott, or call 620-223-3170 extension 3.

The Bourbon County Conservation District does not discriminate on the basis of race, color, and national origin in programs and activities receiving federal or state financial assistance.



### Southwind Extension District

**Tara Solomon-Smith**

Family Consumer Wellness Agent

## Good mental health is ageless

You are not alone if you have ever had more than ‘just the blues’ sometime in your life. According to Mental Health America, one-in-five American Adults have one or more mental health conditions, with 50% meeting the criteria of a condition sometime in their life. Mental health is essential to everyone’s overall health and well-being. So much of what we do physically impacts us mentally – it’s important to pay attention to both.

Let’s focus on how a healthy lifestyle will help prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. Eating healthy foods, managing stress, exercising and getting enough sleep can go a long way in making you both physically and mentally healthy. To find the right balance to benefit both the mind and body, let’s tackle the sensational ‘S’ items from this list: Sleep and managing Stress.

### Quality slumber

Sleep plays a role in all aspects of our life and overall health. Getting a good night’s sleep is important to take on daily responsibilities.

Adults should have seven to nine hours of quality sleep each night. Here are just a few tips for a good night’s sleep:

- Go to bed and wake up at the same time every day – including weekends.
- Get outside. Getting natural sunlight during the day helps to maintain your body’s sleep-wake cycle.
- Limit caffeine to the morning. The effects of caffeine can take eight hours to wear off.
- If you can’t fall asleep for more than 20 minutes after going to bed, get up and do something calming until you feel sleepy.
- Get rid of anything in your bedroom that might distract you from sleep, like noises or bright lights. The light from screens can confuse your body’s internal clock.

### Reduce the impact of stress

Stress can make even day-to-day life difficult. Research shows that stress is closely linked to high blood pressure, heart disease and obesity. It also shows that people who feel depressed or chronically stressed may have a greater risk of physical illnesses.

- Be realistic: You may

be taking on more responsibility than you can or should handle for yourself or your family.

- No one is perfect: Shed the “superman/superwoman” urge for yourself and others.
- One thing at a time: For people under tension or stress, day-to-day workload can sometimes seem unbearable. Multi-tasking actually often leads to more stress.
- Exercise: Regular exercise is a popular way to relieve stress.
- Explore a hobby: Take a break from your worries by doing something you enjoy. Whether it’s gardening, painting, doing puzzles or playing games, schedule time to indulge your interests.

No matter where you happen to be on our own personal journey to health and wellness, looking at your overall health every day – both physically and mentally – can go a long way in ensuring that you focus on your fitness and future!

Southwind Extension District can help. Have you heard about our OWL (Older Wiser Livelier) Hour? Full details <https://bit.ly/4iH-KR27>. For more information contact Tara Solomon-Smith, [tsolomon@ksu.edu](mailto:tsolomon@ksu.edu), 620-244-3826.

## Items from the past

### ‘Fishing hole’ reserved for councilmen only

**25 Years Ago**  
**2000**

**April 12**

Ninety-year-old Wallace L. Tweedy was on hand Tuesday as the Fort Scott Community College staff dedicated its new 48-passenger bus. Tweedy, special guest of honor at the event, was so lauded because he was the person responsible for the Fort Scott Community College Greyhounds being called Greyhounds. If some people had had their way, the teams could have been called the Tape-Worms.

**50 Years Ago**  
**1975**

**April 12**

FSHS News (By Susan Peel) – Congratulations to Miss Barbara Morrison for being selectd the 1975 Track Queen. Her attendants were Julie Rager and Mary Webster.

**75 Years Ago**

**1950**

**April 12**

A heavy freeze last night damaged peach and pear buds, as well as some early garden vegetables. County Agent Clarence Hollingsworth said that the extent of the damage will not be known for a few days. The mark of 24 was not a record for April low readings here. The Tribune weather statistics show a minimum of 16 degrees recorded on April 3, 1936. On April 12, 1940, the mercury dipped to 22 degrees and on April 12 1939, to 20 degrees.

**100 Years Ago**  
**1925**

**April 13**

Mayor Morrow, today, appointed the following new city officers: chief of police, Ed Ball; police judge, J.V. Newman; city attorney John Connolly; weighmaster, Frank Wood; Calaboose keeper, John Killion; patrol-

men George N. Bainum, A.J. Wallace, Will Drick, Will Antrim and Bud Wilkerson; motorcycle policeman, John Marshall; fire chief, Mort Smith; city clerk, Miss Christena Luffel; sanitary officer, Sherd Perkins; park custodian, E.V. Kelley; city bacteriologist, Dr. W. T. Wilkening; city health officer, Dr. C.L. Mosley; city engineer, Roger Toles; water superintendent, Miss Mamie Taylor; city treasurer, J.R. Kearns; city dairy inspector, Dr. C.C. Foulk.

**125 Years Ago**  
**1900**

**April 12**

“No one is allowed to fish here except councilmen” was the sign posted at the corner of Wall and Clark streets, where the water had overflowed the sidewalk. An obstruction in the guttering caused the overflow.

## First Presbyterian Church

This Sunday at First Presbyterian Church: Palm/Passion Sunday “The Weeping Tree”  
**Sunday**  
Waffles and Jesus, 9 a.m.  
Bridge, 9 a.m.  
Parlor Faith Formation, 9:15 a.m.  
Library Faith Formation,

9:30 a.m.  
Worship,10:30 a.m.  
**This week**  
**Wednesday, April 16**  
Choir Practice, 6:30 p.m.  
Bell Choir Practice, 7:15 p.m.  
**Thursday, April 17**  
Maundy Thursday, 6 p.m.

**Next Sunday**  
Waffles and Jesus, 9 a.m.  
Bridge, 9 a.m.  
Parlor Faith Formation, 9:15 a.m.  
Library Faith Formation, 9:30 a.m.  
Flowering of the Cross, 10:10 a.m.  
Worship,10:30 a.m.

## Southwind Extension District

**Lonnie Mengarelli**

K-State Research and Extension Agriculture Agent

## Predicting the weather

Drought—the theme for the last three years. So, the million-dollar question: “What will happen in 2025?” To be honest no one knows with certainty what the weather will do besides mother nature herself.

Last week I listened to Matthew Sittel, the assistant state climatologist at Kansas state University, talk about our current weather conditions and the projected weather pattern. According to Matt, now through April 20, we should expect 50% near normal precipitation for this time of year. After that there is a 40% higher probability of precipitation

from April 20 through May 2. Along with the rain chances we can expect the temperatures to run on the warm side for this time of year in the next 30 days. As you look farther into June there’s a 30% chance of below precipitation and 30% chance of above average temperatures.

So, what does this mean exactly? Well, it means there is a slightly elevated chance of precipitation in the next few weeks. Will it rain? There is a good chance it will but it is not guaranteed. The long range forecast into June says chances are we could have a below

average rain fall and above average temperatures.

Unfortunately, the forecast does not look promising at this time for producers. The only advise I have right now when planning for the growing season is hope for the best and plan for the worst. I have never wanted to be wrong this much in my life. I hope the weather turns in our favor and we can recover from the last three years, but only time will tell.

*Lonnie Mengarelli is a K-State Research and Extension Agriculture agent assigned to Southwind District. He may be reached at [mengo57@ksu.edu](mailto:mengo57@ksu.edu) or 620-223-3720*

## Boys State session application deadline

### SUBMITTED TO THE TRIBUNE

Less than a month remains to apply for the 2025 session of the American Legion Boys State of Kansas, to be held Sunday, June 1, through Saturday, June 7, at Kansas State University in Manhattan. The deadline is Wednesday, April 30. Applications are accepted after that date, but on a space-available basis. This will be the 87th session of the Kansas Boys State program and the 33rd consecutive year at KSU.

Traditionally, Kansas Boys State has been for individuals who will complete their junior year of high school in the spring just prior to the start of each session. However, the ALBSK program has again expanded the pool of applicants for this year’s session to also include those who will complete their sophomore year of high school this spring. There is no limit on the number of delegates a school, community or

American Legion post can send to attend Kansas Boys State.

The American Legion Boys State of Kansas program provides a relevant, interactive, problem-solving experience in leadership and teamwork that develops self-identity, promotes mutual respect and instills civic responsibility to inculcate a sense of individual obligation to community, state and nation. Boys State is a “learning by doing” political exercise that simulates elections, political parties and government at the state, county and local levels, providing opportunities to lead under pressure, showcasing character and working effectively within a team. It’s also an opportunity to gain pride and respect for government, and the price paid by members of the military to preserve democracy.

The cost to attend the Boys State of Kansas program is \$375; however, in many instances, sponsors pay the majority of the fees,

with the delegate or his family paying \$50. Those wishing to attend the 2025 session should visit [ksbstate.org](http://ksbstate.org) to apply.

Kansas Boys State attendees are eligible to receive a three-hour course credit (Introduction to Political Science [POLSC 110]) through Kansas State University, as well as earn merit badges to attain the Eagle Scout rank through Boy Scouts of America.

Additionally, attendees can apply to win a Samsung American Legion Scholarship. The American Legion Department of Kansas finalist is guaranteed to receive a \$1,250 scholarship, with the opportunity to receive up to \$10,000 as a national scholar.

For complete information about the American Legion Boys State of Kansas program, visit [ksbstate.org](http://ksbstate.org). For information about the 2025 American Legion Auxiliary Sunflower Girls State, which will be held June 1-6 at the University of Kansas in Lawrence, visit [ksgirlsstate.org](http://ksgirlsstate.org).

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The Tribune welcomes letters to the editor on topics of community interest.

Letters submitted for publication should be typed or clearly written and should bear the signature of the writer, as well as an address and telephone number that the editor may use to reach the writer for verification or clarification. Unsigned letters will be immediately rejected.

The Tribune reserves the right to edit letters to correct spelling or grammar or due to space constraints or policy guidelines. Preference is given to letters of local interest. **Letters for or against political candidates or issues will be not be accepted.**

It also reserves the right to refuse to publish, in part or whole, any letter that the editor determines to be libelous or to violate accepted standards of good taste.

E-mail letters to the editor at [thelm@fstribune.com](mailto:thelm@fstribune.com)