

# COMMUNITY

## Commissioner's Desk



By Duane Morris  
Ottawa County Commissioner  
District #3

Please remember this is NOT an official documentation of the minutes, it is meant to be an informative synopsis of County Commissioner activities from my perspective. If you want more information on a subject I mention here I encourage you to read the full minutes of the meetings or watch the video of the meetings online at the Ottawa County Website [https://ks1497.cichosting.com/main/Henbit\\_dandelions\\_and\\_90\\_degrees\\_plus\\_on\\_the\\_thermometer...spring\\_must\\_be\\_here!](https://ks1497.cichosting.com/main/Henbit_dandelions_and_90_degrees_plus_on_the_thermometer...spring_must_be_here!) Our March 16th meeting began by discussing a scam that was brought to our attention.

Scammers are impersonating city and/or county officials bringing false charges through texts or emails. Motor vehicle violations seem to be their favorite topic, but these people are extremely creative; they instill a sense of guilt and urgency to the victim. They want you to act immediately without checking it out. Please be wary of any text or emails regarding city or county business. If in doubt "check it out," call the courthouse or city office! I've also received messages about a new TV stating that I must call their number to verify shipping and bank card information. NEVER call the number in these messages! Always call the number you always use to get in touch with your bank. A bank card or credit card will have a phone number to call if you suspect fraud.

Amber Anderson presented a request for support for the Junior Class of USD 239 for the after prom project. The commissioners agreed to give them \$1,500 from the drug and alcohol abuse fund.

Roads, bridges and ditch cleanouts were discussed. The road and bridge crew will

keep at it as time and weather permit.

The budget calendar was presented with a June 12th presentation date from department heads to the commissioners for the first draft.

Tammy Cox, Ottawa County Clerk, discussed some of the requirements for an ADA accessible website. We are still checking out the requirements and how best to comply.

We are still discussing what is best for increase support for our EMS departments. We need input from Ottawa County residents about what would be best and fairest. This will be on the ballot, but we're not certain how quickly it will happen. We want to hear your thoughts! This is complicated and we want to explore all options.

There are other items that we'll discuss in the future so stay tuned. There will be no commissioner meeting on Monday March 30th. It's the 5th Monday of the month and we adopted this schedule in January. No meetings on Monday holidays and the 5th Monday of the month.

Thank you for the opportunity to serve you!

(First published in The Minneapolis Messenger on March 19, 2026)  
IN THE DISTRICT COURT OF OTTAWA COUNTY, KANSAS

WILLIAM R. ALLISON AND  
CARRÉE V. ALLISON, WILLIAM R. ALLISON AND  
CARRÉE V. ALLISON AS TRUSTEES OF THE  
W & C ALLISON FAMILY REVOCABLE TRUST )  
DATED SEPTEMBER 9, 2020 )  
Plaintiff, )  
vs. ) Case No. OT-26 CV 03  
KANSAS DEPARTMENT OF REVENUE )  
Defendants )

NOTICE OF SUIT  
(Pursuant to K.S.A. Chapter 60-307)

THE STATE OF KANSAS TO:

Any interested party

You are hereby notified that on the 12<sup>th</sup> day of March, 2026, a Petition to Quiet Title to Personal Property, specifically the address 387 N. Pine Street, Apt C, Gardner Kansas 66030-1615 was filed in the District Court of Ottawa County, Kansas, by William R. Allison and Carree V. Allison, as trustees of the W & C Allison Family Revocable trust, praying for judgment against the above-named defendant and any interested party.

You are hereby required to plead to said Petition on or before the 4<sup>th</sup> day of May, 2026, at 9:00 o'clock a.m., in said Court, at the Ottawa County Courthouse, 307 North Concord, Minneapolis, Kansas. Said hearing shall be by zoom and any party desire to attend should request the appropriate zoom link from either counsel for the Plaintiff or the Clerk of the District Court of Ottawa County. Should you fail to plead therein, judgment and decree will be entered in due course on said Petition.

/s/ William R. Allison  
William R. Allison, Plaintiff

/s/ Carree V. Allison  
Carree V. Allison, Plaintiff

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## Could Walk Kansas Be Your Key to Better Health

By Lisa Newman,  
K-State Extension – Central  
Kansas District Family and  
Community Wellness  
Extension Agent

Staying active is one of the best things you can do for your overall health, but finding motivation and time can be challenging. If you're looking for a fun and achievable way to increase your physical activity, Walk Kansas might be just what you need. This statewide program encourages team-based movement and provides accountability and encouragement to help you meet national Physical Activity Guidelines and improve your well-being.

### Understanding the Physical Activity Guidelines

The Physical Activity Guidelines for Americans from the Office of Disease Prevention and Health Promotion, recommend that adults aim for 150 to 300 minutes of moderate-intensity aerobic activity per week. Additionally, it's important to include muscle-strengthening activities at least two days per week. Following these guidelines can significantly reduce the risk of chronic diseases, improve mental health, and enhance

overall quality of life.

### What Does Moderate-Intensity Look Like?

Moderate-intensity physical activity means getting your heart rate up and breaking a sweat but still being able to carry on a conversation. Examples include:

- Brisk walking (about 2.5 to 4 mph)
- Dancing
- Gardening or yard work
- Water aerobics
- Recreational biking (under 10 mph)
- Active household chores, like vacuuming or mopping

If you're not sure whether you're reaching a moderate level, try the talk test—if you can talk but not sing while being active, you're in the right range!

### The Importance of Strength Training

In addition to aerobic activity, adults should engage in muscle-strengthening activities at least two days per week. Strength training is crucial for maintaining muscle mass, improving bone density, and reducing the risk of injury. Some effective options include:

- Bodyweight exercises (push-ups, squats, lunges)

- Lifting weights or using resistance bands
- oga or Pilates
- Heavy gardening (digging, shoveling)

### Making It Happen with Walk Kansas

Walk Kansas provides an excellent opportunity to work toward these activity goals. This eight-week program encourages participants to team up and log physical activity while virtually traveling across the state of Kansas. The program is designed for all fitness levels and motivates participants to move more, sit less, and incorporate strength training into their routine.

With Walk Kansas, you'll enjoy:

- **Team Accountability:** Join friends, family, or co-workers to stay on track.
- **Flexible Activities:** Walk, bike, dance, or choose any movement you enjoy.
- **Support & Motivation:** Weekly tips, recipes, and resources to encourage a healthier lifestyle.

### Find the Activity You Enjoy

Sticking to a fitness routine is much easier when you enjoy what you're doing. The best physical activity is the one you'll actually do—whether it's walking with friends, gardening, or dancing in your living room. So, what's your favorite way to move? If you're looking for a great place to start, consider getting a team together, signing up for Walk Kansas and taking the first step toward a healthier, more active lifestyle!

Registration opens March 1. The program runs from March 22-May 16. To learn more, visit [www.walkkansas.org](http://www.walkkansas.org).

### STRANGE, BUT TRUE...

The Beast from "Beauty and the Beast" is a combination of several different animals, with a lion's mane, buffalo's head and beard, gorilla's brow, tusks of a wild boar, bear's body, legs and tail of a wolf ... and eyes of a human.

## Make a HUGE SPLASH STATEWIDE

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## NWKS Innovation Center to Recognize Child Care Providers

The Northwest Kansas Economic Innovation Center (Innovation Center) wants to recognize childcare providers in the region. Child Care Provider Appreciation Day is Friday, May 8th. This day is an annual celebration that recognizes the work of child care providers, teachers, and other educators of young children.

The Innovation Center is collecting "thank you" messages from parents, businesses, and public officials to the childcare providers in their community. All messages will be added to a combined thank you video and released on May 8. Last year's video can be seen online here: [https://youtu.be/J1RzK9iWpis?si=\\_tnMMws-BfpWcrJeR](https://youtu.be/J1RzK9iWpis?si=_tnMMws-BfpWcrJeR)

Submissions are accepted from Cheyenne, Cloud, Decator, Ellis, Ellsworth, Gove, Graham, Jewell, Lincoln, Logan, Mitchell, Norton, Osborne, Ottawa, Phillips, Rawlins, Republic, Rooks, Russell, Saline, Sheridan, Sherman, Smith, Thomas, Trego, and Wallace Counties.

Messages (and photos if desired), can be submitted

through an online form here: <https://www.surveymonkey.com/r/NWKSChildcareAppreciation>.

This project is not limited to messages from parents with children in childcare. "This is an opportunity for parents, businesses and communities to say THANK YOU to our childcare providers," said Innovation Center Childcare Program Specialist, Dana Jo Stanton.

Currently there are 425 KDHE licensed childcare facilities (39 centers and 386 family childcare homes) in Northwest Kansas. "Four years ago, we had a total of 490 licensed childcare facilities in the region," said Stanton. "Despite work to add new facilities we are still below pre-pandemic numbers. It is vital for our communities to support our current childcare providers, so those numbers do not worsen."

The deadline to submit thank you messages is May 1, 2026.

Questions about this project, or childcare initiatives in Northwest Kansas can be forwarded to Stanton at 785-874-5150 or by email at [dajnstanton@nwkeici.org](mailto:dajnstanton@nwkeici.org).

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