

The Natural Alternative

It's The Heart of The Matter

Plants have been used for centuries by various cultures to strengthen the circulatory system, as nature has provided numerous herbs that can help do just that. We have the heart, the vessels, and the oxygen builders, which support the whole system.

Hawthorn is a specific herb that helps because it acts as a general tonic for the heart. Being a food herb, it has been recognized over the years as a food that keeps on giving. The Natives believed that red berries strengthen the heart.

Capsicum is the spicy red pepper known as cayenne pepper. It is one of the best herb categories in the plant world. It helps circulation throughout the body, is an antioxidant, and supports the body when the extremities are cold. The legs enjoy the effect due to the strength of the circulation. Capsicum is known to have various "heat" units, and between 35,000 and 55,000 heat units are most valued for support for the system. Some cayenne may have 300,000 heat units, which is hot but may not support the circulatory system as well as 35,000-55,000 units.

Ginkgo Biloba is an herb that has many flavonoids from the leaves and has been used in many countries to support the brain and circulatory system. Some herbalists even combine the Ginkgo with the Hawthorn for obvious reasons.

Herbally Yours
Dale Scott Master Herbalist

Commission Extends Solar Project Moratorium

Machelle Smith | Co-lumbus, Kansas

Cherokee County Commissioners met with Road and Bridge Supervisor Cody Zook who updated them on the Nighthawk Lane in Riverton, he stated that he had been in contact with Kansas Gas Service and they stated that they would be fixing the road where they had completed work. On Southeast 60th, the damage by the EPA he has made contact with the EPA and sent the information to County Counselor Jake Conard and the EPA attorney. He also requested an executive session with the commissioners and Joanie Hicks under non-elected personnel.

Commissioner Cory Moates stated that there is an issue between Beasley Road and US 400, near the stop sign there is issues since the EPA was taking topsoil from a field on Old Route 66. Moates said a patch job was done just west of the round-about and they started taking 60th south of Beasley.

County Counselor Jake Conard presented a Resolution to extend the moratorium on commercial solar energy projects until July 1, 2026, which is what was requested by the Planning Commission.

Mr. Scott McWilliams came before the commission to discuss the 16 foot whistle that was installed near

his property. He stated that since the whistle has been installed two years ago, that when it rains the gravel that is in his driveway is washed out into the roadway. He stated that prior to the whistle being changed the water went into the ditch, now the water has no place to go besides the roadway. He requested that Road and Bridge come out and see what can be done to put it back to the way it was prior to the installation of the 16 foot whistle.

Cherokee County Commission meetings can be viewed live on our Facebook page, and they are uploaded to our YouTube channel www.youtube.com/@galenasentinel-times9845


Galena Council Sets Budget Hearing

Machelle Smith | Galena, Kansas

The Galena City Council met in a special session on Monday, July 14th, to discuss the 2026 Budget. It was stated that the budget needs to be at the county by September 20th.

Mayor Ashley Qualls-Groves stated that she had sent preliminary numbers to Auditor Gene Mense, the numbers had came from the proposed budgets from the department

heads. The current Revenue Neutral Rate (RNR) is 73.163, with the proposed budget numbers the city will exceed that at 74.5 which is 1.5 mills more than the RNR, but the overall budget is down about 2 mills from the current year.



CONGRESSMAN
Derek Schmidt
SECOND DISTRICT OF KANSAS

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On Historic



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Community Calendar

Notices for Community Calendar should be turned in to the Sentinel office no later than 12 P.M. Tuesday. Call: 620-783-5034, Fax: 620-783-1388 or Email: news@sentineltimes.com

July 30th-Aug 1st

Riverton House of Prayer Vacation Bible School, The Door.

Thursday, July 30th, July 31st, August 1st from 6:30 pm to 9:00 pm

Every Tuesday

Galena Senior Citizen's Building Open from 10:00 am to 2:00 pm, lunch will be served at 11:30. Lunch intended for Senior Citizens of Galena.

Every Saturday

Breaking the Chains of Addiction Life Recovery Meeting, Fellowship Baptist Church, 1124 Kansas, Baxter Springs, Every Saturday at 4:00 pm. Open to everyone, 12-step program based on the Life Recovery Bible, nursery for children.

Every Saturday

Galena Farmer's Market Every Saturday, 8 a.m. to noon at 217 W 7th. Follow us on Facebook @ GalenaKSFarmers-Market.

First Tuesday

The GHS Class of 1968 luncheon on the second Tuesday at 11:00 am at Red Onion Espressora.

First Saturday

Baxter American Legion monthly breakfast at the American Legion, 1321 Military at 7:00 am to 11:00 am.

Second Wednesday

Southeast Kansas Interlocal #637 will hold the regular board meeting the second Wednesday of each month. For more information, virtually, please email Kathy Davidson at kathy@sekconnection.com.

Fourth Tuesday

Disabled American Veteran's Chapter 52 Meetings are held the fourth Tuesday of the month at 5:30 pm at 5998 N Main Street (Stone's Corner), Joplin, Missouri. The Auxiliary also meets at the same time and place.

Second Thursday

Vision Riders #1183, Baxter Springs Chapter of the Christian Motorcyclists Association meets monthly at 6:30 pm at Van's Steakhouse in Baxter Springs.

Second Saturday

Galena Masonic Lodge Breakfast on second Saturday, 7:00 am to 10:00 am, 211 Joplin Street, adults \$7, children \$3.50.

Third Tuesday

Baxter Springs American Legion Meeting, at 1321 Military Ave. at 6:30 pm.

Recipe of the Week

If you have a recipe you would like to share, please submit recipes either in person at 511 S Main, Galena or email news@sentineltimes.com



Slow Cooker Roast Beef Debris Po' Boys

Ingredients

- 1 (2.5 to 3-pound) beef chuck roast
- 1 (1-ounce) packet au jus mix
- 1 (.87-ounce) packet brown gravy mix
- 1 cup water
- 4 to 6 French bread sub rolls – about 6 inches each (or 2 large French bread loaves cut into 2 to 3 pieces each)
- finely shredded cabbage
- dill pickle chips
- mayo
- yellow mustard
- creole mustard

Instructions

- Spray the crock of a 4 to 6-quart slow cooker with nonstick cooking spray. Add the chuck roast. In a small bowl, whisk together the au jus mix, gravy mix, and 1 cup of water. Pour it over the roast. Cover and cook on low for 8 to 10 hours.
- Once the beef is super tender, carefully remove the roast from the slow cooker and shred the meat when cool enough to handle. Discard the fat and return the shredded meat to the gravy in the slow cooker. Mix to combine.
- Preheat the oven to 400°F. Warm the bread in the oven for 3 to 5 minutes to crisp up the exterior.
- Dress the bread with mayo and Creole and/or yellow mustard. Add generous amounts of the shredded beef and gravy to the sandwich. Top with the shredded cabbage and pickles.

www.southernbite.com

PEO Sisterhood

Chapter AB of the P.E.O. Sisterhood met Thursday, July 10th, at the United Methodist Church, with Donna Shaw, Sharon Davis, and Sandy Anderson as hostesses.

The president, Patricia Noe, opened the meeting in due form with all but one officer present. Sheryll Vogel, chaplain, offered the devotion and led the group in the Lord's Prayer. Sheri Fuller called the roll and gave the monthly treasury report. Sue Drennan, Corresponding Secretary, read a lovely "Thank You" (for the scholarship gift) from Phia Vogel.

The president then gave the 2025~2026 Yearbook Introduction, the Chapter Planning for the Year, and made Committee announcements. Each one received a copy of ANCHOR (Bingo card), which listed challenges for the chapter to hopefully complete by May 1st next year and send to State.

Ada Emmert announced birthdays & chapter membership anniversaries for June & July.

Table decor reminds us that celebrating America does not end with July 4th, as we could and should celebrate our country each and every day.

Refreshments of pasta salad, chips and dip, bar cookies, and bottled water were enjoyed.

Those present were Sharon Davis, Sherry Hayes, Patricia Noe, Nellie Hoskins, Ruth Anderson, Shari McPherson, Sheryll Vogel, Sue Drennan, Sheri Fuller, Ada Emmert, Donna Shaw, and Lois Dugan.

The next meeting will be on August 7th, with Ruth Anderson and Sue Drennan as hostesses.

