

Community

Tips to disconnect during Screen Free Week

STAFF REPORT

In honor of Screen Free Week this May 5 through May 11, UScellular is encouraging everyone to take a break from their devices and reset their relationship with technology. Screen Free Week is organized by the non-profit organization, Fairplay and is an annual event that encourages people to take a break from screen-based entertainment.

Research from a December 2024 survey commissioned by UScellular found that nearly 60% of youth feel they are on their smartphone too much, while nearly 50% of adults say they feel “free” after taking a break from their devices, demonstrating a desire to create genuine real-life connections.

“At UScellular, we believe that technology should enhance our lives and not distract us from what matters most,” said Joe Cabrera, director of sales and operations at UScellular in Kansas. “Screen Free Week is a chance for us to be fully present with the people and moments that bring us joy. We hope everyone takes advantage of tools like US Mode and the Smarter Start Toolkit to establish healthier digital habits for themselves and embrace the power of real connection.”

To help make the most of Screen Free Week, UScellular is sharing practical and fun ways to unplug, reset and reconnect.

- Pack It Up, Play It Out. UScellular formed its Board of Connectors, a group of youth from Boys & Girls Clubs of America and children of UScellular employees, to get fresh insights on how families can build better tech habits. One idea they suggested was to create a DIY “phone box” to store devices during meals or family time in order to keep our screens out of sight and focus on each other.

- Make Time for Meaningful Moments. Whether it is reminiscing over dinner, calling an old friend, hosting a game night, or trying a new recipe together, time away from screens opens the door for real, joyful connection. Be fully present and soak in those moments — no scrolling required.

- Unplug Together. Screen Free Week is the perfect time to build better tech habits as a family. Originally created in 2023, UScellular’s updated Smarter Start Resources now includes even more tools to help families navigate digital life together. Along with conversation starters and a customizable parent-child agreement, the toolkit now features a Quick Start Digital Health Guide, unplug-and-play Bingo cards, coloring sheets, a DIY phone box kit and even a downloadable phone screen saver to inspire offline connection.

- Get Creative, Your Way. Stepping away from screens gives your mind room to wander and create. Pick up a paintbrush, dive into a DIY project, start a journal, or lose yourself in a great book.

- Go Outside, Move Your Body, Find Calm. Step into nature and breathe in the fresh air. Whether it is taking a walk around the block, a bike ride, or spending time in the garden, movement and the outdoors are great antidotes to screen fatigue. For downtime, try meditation, yoga, or simply lay out and enjoy the sunshine.



OBITUARIES

Jean Marie Berg

Jean Marie Berg, age 87, of Edna, Kansas passed away peacefully on Friday, May 2, 2025, at CRMC in Coffeyville, Kansas.

Jean was born on January 22, 1938, in Nevada, Missouri to Wilbur and (Johanna) Deschmidt) Hart. She grew up in Parsons, Kansas where she attended local schools.

On May 25, 1985, she was united in marriage to Jeffery “Jeff” Berg in Austin, Texas. They lived in Austin until 1992 when they moved to Edna, Kansas. After getting settled in, Jean and Jeff opened Two J’s Café. For 24 years, the café served as a local favorite for many. Due to Jeff’s health, they closed the café in 2016. Jeff preceded her in death on July 14, 2016.

Jean, a woman of many words and countless opinions, was never one to hold back. She believed in calling a spade a spade, and if you didn’t like it, oh well. But those who knew her well knew that beneath her feistiness was a heart that was as big as her personality. She was a voracious reader and a regular at the Edna Library, a lover of red birds, and tending to her yard. Jean attended Holy Name Catholic Church in Coffeyville, Kansas.

Surviving to cherish her memory are her children, Carla Headlee of Pennsylvania, Stephanie (Carlos) Romero of Edna, Kansas, James “JC” (Amy) Day of Texas; grandchildren, Jennifer (JR) Scott, Sarah Rosson (Brandon Lee), Charles (Chandler) Romero, Lucy (Cal) Aberle, Steven (Mykah) Day, Jack Day, Sean (Richie) Hoover-Zamora; great-grandchildren, Joey, Jacob and James Scott, Brooklyn Rosson, Braden, Jalen, Bryson and Jordyn Lee, Paizley Marshall, Sterling Fox, Ryan Romero, Finley and Strander Aberle, Kai Hoover-Zamora; one great-great grandson, Joey Scott, Jr.; sister, Bernadine Kuffler of Parsons, Kansas; special friend and neighbor, Darlene Vargas along with numerous extended family members and close friends. Jean was preceded in death by her parents, Wilbur and Johanna Hart; husband, Jeff Berg; son, Michael Hoover; son-in-law, Steve Headlee; brother-in-law, Edward Kuffler.

Following Jean’s wishes, cremation has taken place under the direction of David W. Barnes Funeral Home in Coffeyville, Kansas. No public services are scheduled at this time.

The family suggests memorial contributions can be made to the Edna Library or to the Edna Volunteer Fire Department; these may be left with the funeral home or mailed in care of David W. Barnes Funeral Home 306 N. Cline Rd. Coffeyville, KS 67337.

To share memories of Jean or to leave a condolence for the family online, visit Jean’s memorial page located at www.dwbfh.com



Berg

Barbara June Holler

Barbara June Holler, 80, of Coffeyville passed away Friday, May 2, 2025, at her home.

She was born on November 5, 1944, in Chicago, Illinois to Donald Arthur and Amela Ann (Zedekski) Lang. Barbara grew up and attended school in the Chicago area.

On August 20, 1966, she married Charles “Chuck” H. Holler in Park Ridge, Illinois. Following their marriage, they made their home in Chicago until moving to Coffeyville in 1973. After moving to Coffeyville Barbara was a homemaker and worked several different jobs retiring from Amazon.

Barbara was of the Catholic faith. She loved reading her bible, gardening, cooking and spending time surrounded by her family.

Survivors include her sons, Charles H. Holler, III of Coffeyville, Kansas, Donald Holler of Coffeyville, Kansas, Richard (SonyaLynn) Holler of Joplin, Missouri; grandchildren, Justin Holler, Tanna Holler, Dawna Anderson, Samantha Holler, Tabitha Moor, Joshua Holler and Michael Holler; seventeen great grandchildren; and her sister, Patricia Dore of Frankfort, Illinois.

She was preceded in death by her parents Donald and Amelia Lang, her husband Charles Holler, Jr., and two brother, Art Lang and Paul Lang.

Following Barbara’s wishes cremation has taken place under the direction of David W. Barnes Funeral Home in Coffeyville. The family will have a celebration of Barbara’s life in a few weeks.

To leave a message for the family online, visit www.dwbfh.com.



Holler

THE COFFEYVILLE JOURNAL OBITUARY POLICY

Please submit all obituaries to coffeyvillejournal3@gmail.com

The deadline for the Wednesday edition is Monday at 10 am, and the deadline for the Saturday edition is Thursday at 10 am. Any obituaries received after the above deadlines will be published the next available publication day.



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COMMUNITY CALENDAR

WEDNESDAY, MAY 7

- 7:30am, Business Over Breakfast, Best Western

SUNDAY, MAY 11

- 7:00pm, FKHS Baccalaureate Service, FKHS Auditorium

TUESDAY, MAY 13

- 6:00-7:30pm, Mother/Daughter Tea Party, Coffeyville Recreation Commission

WEDNESDAY, JUNE 4

- 7:30am, Business Over Breakfast, Best Western

Have a community event?

Email it to coffeyville1@gmail.com.

It's your community calendar!

ET CETERA

MONTGOMERY DEMOCRATIC PARTY

Thursday, May 15 at 7:00 p.m., the Montgomery County Democratic Party will hold its monthly meeting at the Coffeyville Public Library. The library is located at 10th and Willow, directly across from the Walker/CCC Alumni Center. We will continue working on our activism plans with final plans for the Cherryvale Cherry Blossom Festival at the forefront.

Defending our health and future at the highest levels of government

BY CHUCK HOSKIN JR.

Principal Chief

Protecting Cherokee Nation’s sovereignty requires constant vigilance, particularly in ensuring the federal government upholds its solemn trust responsibilities to provide for the health and well-being of our people. Our unique nation-to-nation relationship demands direct engagement, and recently, I traveled to Washington, D.C., to advocate for our communities at the U.S. Department of Health and Human Services’ 27th annual Tribal Budget Consultation.

As the largest tribe in the United States, operating the largest tribal health system in the country with over 2 million patient visits every year, Cherokee Nation carries both a responsibility and a vital opportunity to lead in these crucial discussions. Our health system is the backbone of care for citizens and communities across our 7,000-square-mile reservation. We have built world class facilities and filled them with talented and caring doctors and nurses, but we have just begun to make up for serious health disparities arising from centuries of oppression and the underfunding of our health care needs.

During the consultation’s Leadership Roundtable, I warned against making any cuts to the Indian Health Service and its funding agreements that allow tribes like the Cherokee Nation to run our own facilities. I strongly defended the success of IHS Advance Appropriations, which shields life-or-death care from government shutdowns and provides essential year-to-year funding stability for Indian health programs. I also raised alarms about the termination of vital federal grants meant to build long-term public health infrastructure for Indian Country.

Beyond direct IHS funding, I stressed the importance of programs serving our children and elders. I urged HHS to maintain support for Head Start, where Cherokee Nation serves over 900 children and has committed \$80 million in tribal funds to modernize our facilities across our reservation, leveraging about \$11 million in annual federal funds. Continued funding for the Low Income Home Energy Assistance Program (LIHEAP), which provided \$1.9 million to Cherokee Nation this year, is also crucial for helping elders and families manage extreme temperatures without making impossible choices between heating and eating.

I highlighted the critical role of Medicaid, which supports care for about 30% of our patients and provides health system revenue that we immediately reinvest in more and better care for all patients. I urged that any potential Medicaid changes must exempt American Indians and Alaska Natives and protect the 100% federal reimbursement for Tribal care to uphold the trust responsibility.

The challenges facing Indian Country demand sustained federal engagement. The annual budget consultation is just one piece. That’s why I also serve on the HHS Secretary’s Tribal Advisory Committee and chair the Health Resources and Services Administration Tribal Advisory Committee, and Deputy Chief Bryan Warner chairs the Centers for Disease Control Tribal Advisory Committee. Through these regular forums, we maintain an ongoing dialogue with top federal officials, pushing for progress on workforce development, telehealth, diabetes prevention, and more.

Our advocacy ensures that the federal government hears directly about the realities on the ground. The federal trust responsibility is not about politics; it is a constitutional and moral obligation rooted in treaties and the sacrifices of our ancestors. While the U.S. government has made progress from the days when it actively sought to suppress tribal sovereignty, much work remains.

My engagement with federal health officials in the last month, of course, went beyond pushing back against funding and program cuts and unilateral policy changes. I extended a hand of friendship on behalf of the Cherokee Nation. I told officials — including HHS Secretary Robert F. Kennedy Jr. and Dr. Mehmet Oz, the new administrator for the Centers for Medicare and Medicaid Services — that if they wanted to see a health system that runs circles around the federal government and is increasingly comprehensive and holistic, I would welcome them to visit Cherokee Nation.

By engaging directly, speaking forcefully for our people, and holding the federal government accountable, we strengthen the foundation for the health, well-being, and prosperity of Cherokee Nation for generations to come. I will never stop advocating for our rights and ensuring the promises made to the Cherokee people are kept.

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REQUEST FOR PROPOSALS

City of Garnett, Kansas, Comprehensive Plan

The City of Garnett requests proposals from qualified consultants or firms to review city comprehensive plan and develop comprehensive plan for the City. The new, updated plan will provide vision, goals, objectives, and policies to guide the City’s development and redevelopment for the next 20 to 25 years. The plan will guide the City Commission, Planning and Zoning Commission, staff, developers, property owners, and residents on the appropriate growth and redevelopment for the City. The updated plan will integrate all aspects of urban development, including demographics, land use, public facilities and infrastructure, transportation, environmental, and economic growth recommendations. A critical component of the plan will be setting a vision for the City’s development and redevelopment, including areas in the City and possible annexation land. The vision component will need to analyze existing and future infrastructure needs and how technology will play a role in community outreach and City operations.

The qualified consultant will need to take a creative and innovative approach to reviewing the needs of the community, while obtaining public input about the plan. The planning process shall develop a comprehensive vision for the City, business opportunities, amenities and programs, as well as complement the recently-completed parks plan.

SUBMITTAL DEADLINE

One (1) electronic copy in PDF format, in accordance with this RFP, will be accepted no later than 3:00 PM CST on May 30, 2025 and shall be submitted via the following email address: dwilson@garnettsk.net

Full document and information are available at www.simplygarnett.com.

