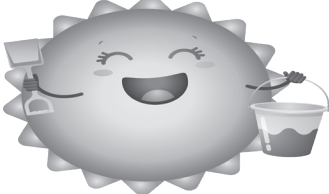


Almanac for COLUMBUS, KS
July 17, 2025

Daily Data	Observed	Normal	Record Highest	Record Lowest
Max Temperature	93	90	112 in 1954	72 in 1992
Min Temperature	73	70	82 in 1954	53 in 2014
Avg Temperature	83.0	79.7	97.0 in 1954	65.0 in 2014
Precipitation	0.00	0.14	2.28 in 1950	0.00 in 2025
Snowfall	0.0	0.0	0.0 in 2025	0.0 in 2025
Snow Depth	0	-	0 in 2025	0 in 2025
HDD (base 65)	0	0	0 in 2025	0 in 2025
CDD (base 65)	18	15	32 in 1954	0 in 2014
Month-to-Date Summary	Observed	Normal	Record Highest	Record Lowest
Avg Max Temperature	89.2	89.0	105.8 in 1954	81.6 in 1950
Avg Min Temperature	70.2	68.9	74.6 in 1980	60.2 in 1924
Avg Temperature	79.7	79.0	89.6 in 1954	72.3 in 1967
Total Precipitation	0.91	2.47	9.66 in 1895	0.00 in 1980
Total Snowfall	0.0	0.0	T in 1951	0.0 in 2025
Max Snow Depth	0	-	0 in 2025	0 in 2025
Total HDD (base 65)	0	0	4 in 1895	0 in 2025
Total CDD (base 65)	255	238	422 in 1954	88 in 2002
Year-to-Date Summary	Observed	Normal	Record Highest	Record Lowest
Avg Max Temperature	65.2	65.5	87.9 in 1978	61.4 in 1912
Avg Min Temperature	44.2	44.5	65.4 in 1978	39.3 in 1979
Avg Temperature	54.7	55.0	76.6 in 1978	50.6 in 2002
Total Precipitation	30.47	26.88	43.68 in 1999	6.67 in 1978
Total Snowfall (since July 1)	0.0	0.0	T in 1951	0.0 in 2025
Max Snow Depth (since July 1)	0	-	0 in 2025	0 in 2025
Total HDD (since July 1)	0	0	4 in 1895	0 in 2025
Total CDD (since Jan 1)	690	680	1068 in 1934	293 in 2002



- Period of Record:**
- Max Temperature : 1892-12-01 to 2025-07-17
 - Min Temperature : 1892-12-01 to 2025-07-17
 - Precipitation : 1892-12-01 to 2025-07-17
 - Snowfall : 1892-12-01 to 2025-07-17
 - Snow Depth : 1898-12-04 to 2025-07-17

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Legal Notice

(First Published in the Columbus News Report
Friday, July 18, 2025)
IN THE DISTRICT COURT OF
CHEROKEE COUNTY, KANSAS
IN THE MATTER OF THE ESTATE OF
BILL WALTER WALLACE, DECEASED
Case No. CK-2025-PR-000017
(Petition Pursuant to K.S.A. Chapter 59)
NOTICE TO CREDITORS
The State of Kansas to all Persons Concerned:
You are hereby notified that on March 7, 2025, a
Petition for Issuance of Letters of Administration was filed in this
Court by Barbara Farstvedt.
All creditors of the decedent are notified to exhibit their
demands against the Estate within the latter of four (4) months
from the date of the first publication of this notice under K.S.A.
59-2236 and amendments thereto, or if the identity of the creditor
is known or reasonably ascertainable, thirty (30) days after actual
notice was given, as provided by law, and if their demands are not
thus exhibited, they shall be forever barred.
Barbara Farstvedt, Petitioner
Marshall W. Blinzler
Ks. Bar No. 26465
WHEELER & MITCHELSON,
CHARTERED
Fourth and Broadway
P.O. Box 610
Pittsburg, Kansas 66762-0610
(620) 231-4650
Attorneys for Petitioner
July 18, 2025 July 25, 2025 August 1, 2025

Senior
Specials

Meals On Wheels
Lunch Menu

Meals are for those 60
years or older. Consulta-
tion with SEK-AAA dieti-
tian may be arranged. This
institution is an equal op-
portunity provider. To or-
der or cancel a meal, please
call your site between 9
a.m. and 12 p.m. on the
day before. For informa-
tion call Coffeyville 620-
251-7313 or for Pittsburg
call 620232-7443. Sug-
gested donation of \$2 per
meal. Please make checks
payable to: SEK-AAA, PO
box J, Chanute, KS, 66720.
Food needs to be eat-
en or refrigerated within
30 minutes of leaving the
site. Food taken home is
at your own risk. Discard
after three days. Responsi-
bility for compliance with
any dietary restriction rest
with the participant. Wheat
bread, margarine and one
percent milk served with
all meals. Unless otherwise
specified, fruit packed in
own juices and low sodium
bases used. Menu subject
to change.

Monday, July 21

Baked ham, zucchini
and squash, mashed po-
tatoes and gravy, whole
wheat dinner roll, fruit of
the day, milk

Tuesday, July 22

Biscuit with gravy,
sausage patties, hard-
boiled egg, carrot sticks,
fruit of the day, milk

Wednesday, July 23

Herb roasted pork
loin, herb mashed pota-
toes, carrots and corn mix,
whole wheat dinner roll,
applesauce, milk

Thursday, July 24

Club turkey wrap,
cottage cheese, marinated
tomato, cucumber and on-
ions, fruit of the day, milk

Friday, July 25

Closed



Stetson Danley competed in the Cherokee County Horse Show Saturday, July 12 in the Columbus Saddle Club Arena.



Faith Weaver was one of the competitors in the Cherokee County Annual Horse Show. The Horse Show was held in the Columbus Saddle Club Arena Saturday, July 12.



Former students of Greenlawn Elementary School gathered around the band-stand Wednesday at the fairgrounds. They were looking at all the items recovered from the time capsule that was recently opened. *Courtesy photo.*

Exercise options for better health

Q: I used to be a seri-
ous exerciser, but now that
I am in my late 60s, I find
it harder and harder to stay
on track. Got any words of
encouragement?

-- Sofia H,

A: Physical activity
and exercise are important
at every stage of life, and
you want to make them ef-
fective and enjoyable by
recognizing any limitations
you might have developed
and finding ways around
them. (I'm thinking of chair
yoga instead of flow yoga



DR. ROIZEN Dr. Michael Roizen

or a high-impact interval
training walking program
on a treadmill instead of
running on cement, for ex-
ample). Even more impor-
tant, get a workout buddy
or find a sport that you en-
joy playing with a member
of your posse.

The rewards are enor-
mous, as three new stud-
ies confirm. The first was
published in Nature Com-
munications. It found that
exercise works to preserve
a key protein that's se-
creted during exercise and
helps strengthen muscles
and bones -- suppressing
musculoskeletal aging.
And while a single round
of exercise boosts that pro-
tein level in younger folks,
it takes 12 weeks of exer-
cise to increase the level
in older adults. Clearly, as
you age, you need to exer-
cise consistently, year after
year, to avoid the aches,
pains and injuries that
can come from weakened
bones and muscles.

The next two stud-
ies focus on exercise's
brain-health benefits. One,
published in Nature Neu-
roscience, found that spe-
cific brain cells respond
positively to exercise and
improve memory and cog-
nition -- even in brains
affected by Alzheimer's
disease. The other study,
published in the British
Journal of Sports Medi-
cine, found that all forms
of exercise boost brain
health at any age -- and
that yoga, tai chi and video
games that require physical
movement were the most
brain-boosting.

I'm also a fan of Dou-
ble Decision, a speed-of-
processing brain game, to
boost cognitive agility and
of doing a combination of
HIIT, jumping in place,
and strength-training at
least twice a week, with
a workout buddy to keep
it fun. Make your motto,
move it or lose it -- and get
a move on.

Estate & Real Estate Auction
Bartlesville OK • Wed. July 23 LIVE ONSITE & ONLINE
Estate of Josh Lee • Owner: Edna Lee
1148 Country Road 3007, Bartlesville OK 74003. 14 ac fully fenced and cross fenced with a 3-bd
2-ba +/- 1847 sq ft home includes 2 living areas, safe room, 2 car garage. 40x60 shop with 10'
overhead door + bath and loft. 10% nonrefundable down day of sale **SEE CHUPPSAUCTION.COM**
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Benches, Shop Fans, Vintage Gas Cans, Ladders, Household Furniture, Fostoria
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for info/pictures