

Hospital

(Continued from page 7)

includes some toner.

We had a special meeting on Aug. 18th at 6:00 p.m. to discuss ordering a new Booster heater for the dishwasher in the kitchen and a back actuator for an exam chair at the clinic.

Old Business: We were not able to order a replacement back actuator for the exam chair at the clinic. The board discussed taking the old cylinder off the exam chair and taking it over to Midway Manufacturing in Kinsley to see if they could fix it. Kevin Rabe made a motion to order a new medical exam chair for the clinic at a cost of \$3,850.00 from Tiger Medical if Midway cannot fix the old cylinder. Travis Stephenson seconded the motion, motion carried.

Citizen's Forum: none

The next meeting date will be Wednesday, Sep-

tember 23, 2026, at 7:00 p.m.

Travis Stephenson made a motion to go into executive session for 20 minutes to discuss contracts. Stephanie Hornung seconded the motion, motion carried. The

board entered the executive session with Becky and Chris at 7:30 p.m. They exited the executive session at 7:45 p.m.

Kevin Rabe made a motion to adjourn the meeting. Stephanie Hornung seconded the motion, motion carried.

Spearville Hospital District Budget Hearing August 24, 2026

The Budget Hearing of the Spearville Hospital District was opened by Chairperson Dana Howerton at 7:00 p.m. All board members were in attendance. Also in attendance were Becky Downey, manager, and Chris Zordel, employee, and patrons as per attached list.

Kevin Rabe made a motion to approve the 2027 Budget and Stephanie Hornung seconded the motion, motion carried.

Kevin Rabe made a motion to adjourn the meeting, and Stephanie Hornung seconded the motion, motion carried.

Savvy

(Continued from page 11)

fin or shroud, without embalming chemicals or a vault. Costs typically range from \$2,000 to \$5,000.

The Green Burial Council (greenburial-council.org, 888-966-3330) maintains a state-by-state directory of cemeteries and funeral professionals who offer these services.

Water cremation

Also eco-friendly, water cremation (or alkaline hydrolysis) uses water, chemicals, and heat instead of fire. Costs usually range from \$2,000 to \$3,500, and it's legal in more than 20 states. Search "alkaline hydrolysis" to find a provider near you.

Donate your body

If you want the lowest-cost option, consider donating your body to science. Medical schools use donated bodies for teaching and research, then return the cremated remains to your family or bury them in a local cemetery – usually free. Some schools may charge a small transport fee.

To find a program in your state, check the University of Florida's U.S. program directory at Anatbd.acb.med.ufl.edu/usprograms, or call the Whole-Body Donation Referral Service at 800-727-0700.

Planning ahead gives you control, saves your family money, and ensures your final wishes are honored. With these options, you can choose a farewell that's simple, meaningful, and within your budget – and doing a little homework now makes it easier for everyone later.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.



Hoe & Tell

By Shirley Buller

"Master Gardener"

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Ahh! October! Some of the most beautiful days of the year are in October and we were reminded of that today. Barely a breeze, damp from the recent rains, Monarchs swarming in clusters in the trees and the last of the hummers that just don't seem to be in a hurry to tackle those last one thousand miles before they relax in the tropics. I hear birds that I can't identify chirping or complaining in the trees and wonder who is pulled over for a pit stop in western Kansas. By the time I find my phone and check with Merlin Bird ID they are on their way again. We have had three noisy, fussy and demanding hummers here for three weeks. They are getting very tame; last night joining the Reluctant Gardener in the shop while he was building birdhouses by flood light way past bedtime. Even the bluejays are entertaining as loud and rude as they get. You can't beat an October day and we are thankful.

Even a fading October border has its charm. The asters are popping, but it is the dahlias that claim all the attention. I plant the dahlia type recommended for cutting, so my counter and tables are filled with color that last for most of a week, and still there is always more to fill the vases. The mums are barely showing color but every once in awhile I spot a ten inch hibiscus peeking out from the fading foliage, reminding me to deadhead carefully, there are still buds coming into maturity.

There is a lot to do in October, but the intensity that spring jobs bring is just not so noticable. Yes, fertilize when the calendar reminds you and it is time right now to plant those spring bulbs, but taking a day off from the garden is perfectly permissible. We are waiting for the trees to show off their fall wardrobe, and still not sure what that means. Fall color is at the mercy of summer temperatures, day length and rainfall, so we are still wondering how that will affect our fall parade. The piles of strange, colorful and bumpy pumpkins should put you in the mood for everything pumpkin spiced. I just learned that many of the pumpkins in gorgeous display in area garden centers are grown right here in western Kansas. Just leave it to a Kansas farmer to figure it out.

WOMEN'S Health Fair

EVERY THURSDAY & FRIDAY IN OCTOBER
7-9 A.M. @ KINSLEY CITY HALL

Fasting recommended for all blood work

Free Tests | CBC, Vitals, Lipid, CMP,
Skin Cancer Checks (2nd & 16th only)

Additional Tests | EKG - \$20, TSH - \$10,
Iron Panel-\$15, Vitamin D - \$30, A1C - \$10
Urine Microalbumin - \$5.00

EDWARDS COUNTY
Medical Center

SHOP LOCAL

