

# Hiawatha man co-owner of ham company

By Ron Wilson

Director

*Huck Boyd National Institute for Rural Development at Kansas State University*

A delicious aroma wafts through the kitchen. It is a succulent ham, prepared for the family dinner. As family members come running, they know that this ham was developed by an innovative food company whose owner lives in rural Kansas.

Bob Sines is co-owner of Cedar Hollow Foods, a premier ham production company. Bob and his wife, Nancy live just west of Hiawatha. They both grew up on family farms in Iowa. Nancy was a banker and accountant. After serving in the military, Bob went to work in the meat packing industry. He started working in a slaughter plant and

then worked his way up into management.

He and some friends started a meat plant in Ohio in the 1970s. In 1982 Bob joined a meat company in Falls City, Nebraska known as Mickelberry where he ultimately became vice president of sales and Bob and Nancy moved to nearby Hiawatha. In 1989, the Sines purchased a motel and restaurant in Hiawatha. But the ham business came calling yet again! Bob's former partners had started a new ham business called Cedar Hollow Foods and Bob became an owner-partner in the start-up ham company.

Today, Cedar Hollow Foods is a leading producer of deli hams. These hams are made using all natural ingredients and old-fashioned methods. The company begins with

select muscle from the hog's rear leg, not parts and pieces of pork portions.

"We cure it right on the bone," Bob said. "That makes it taste like a bone-in ham." The bones are later removed and excess fat is trimmed. Every ham is hand-stuffed, not vacuum-stuffed, into netting and sent to the smokehouse to be slow-cooked for a full 14 hours. The hams are sold fully cooked, smoked, and boneless.

The company also sells hams under other brand names such as O! Farmers brand. Various types of hams available from the company include old style Bavarian, hickory pit, brown sugar cured, mesquite smoked, honey, maple syrup, spiral sliced, pineapple, nd even chipotle.

Innovation is a priority for Bob and his company.

"We were the first to offer the pre-sliced quarter hams," Bob said. "We were also the first to put 'no MSG, no gluten' on the package." The methods used by Cedar Hollow Foods in ham preparation require no artificial ingredients, chemical binders or fillers, and no MSG or gluten. The company uses artery curing, which is said to be the most thorough.

"We've always been very conscientious of the consumer," Bob said. He enjoys the personal touch. Bob will reply directly to email inquiries that the company receives. "People say to me, are you in customer service? I'll tell 'em, no, I'm one of the owners," Bob said. "People seem to like that response."

Bob reflects on the early days with this company. "On that first day, we boxed and shipped four hams," he said. Today the company sells hams to 36 states from coast to coast.

"We sell to the guy with a 200-square-foot store as well as to the guy with a 200,000-square-foot store," Bob said. "We sell to the five largest food chains in the United States, and we also sell to the mom-and-pop stores." Clients include Wal-Mart and Hy-Vee.

The company buys fresh hams from Kansas, Nebraska, Iowa, and Missouri and does the processing at a state-of-the-art plant in Lincoln, Neb. The company headquarters remains in Falls City. Bob gives leadership to the national sales for the company from his home near Hiawatha, a rural community of

3,410 people. Now, that's rural.

"We love Hiawatha," Bob said. For more information about the hams, go to [www.cedarhollowfoods.com](http://www.cedarhollowfoods.com).

A delicious aroma of ham wafts through the kitchen as the family enjoys dinner. We commend Bob Sines and all those involved with Cedar Hollow Foods for making a difference with innovation and customer concern. Now, please pass the ham.

And there's more. One day Nancy asked Bob if they could purchase a particular type of animal. Breeding and selling those animals would become another nationally renowned enterprise. We'll learn about that next week.

## Florida resident wins law award

Bradley G. Rigor, former Goodland attorney now living in Naples, Fla., has been named by "Florida Super Lawyer" magazine as among the top five percent of attorneys in Florida for 2012.

Rigor does estate planning and probate for Quarles & Brady LLP. They are a full-service law firm with more than 400 attorneys practicing from offices in Phoenix and Tucson, Ariz.; Chicago, Ill.; Naples and Tampa, Fla.;

Milwaukee and Madison, Wis.; Shanghai, China and Washington, D.C.

"Super Lawyers" is a Thomson Reuters business that rates the service of outstanding lawyers from more than 70 practice areas who have attained a high degree of peer recognition and professional achievement. The research team takes a rigorous selection process.

## Graduate wins awards at college

Kansas Wesleyan University has announced the list of 2012 graduates which include Heidi Yonkey, Wheeler. She was among 713 students receiving bachelor's degrees on May 27 Heidi with a bachelor's of science degree in biomedical chemistry and biology.

She was selected for the top senior girl Hall of Fame Student award in recognition of her campus involvement, academic and personal achievements as well as being an all-around outstanding example to the campus and community.

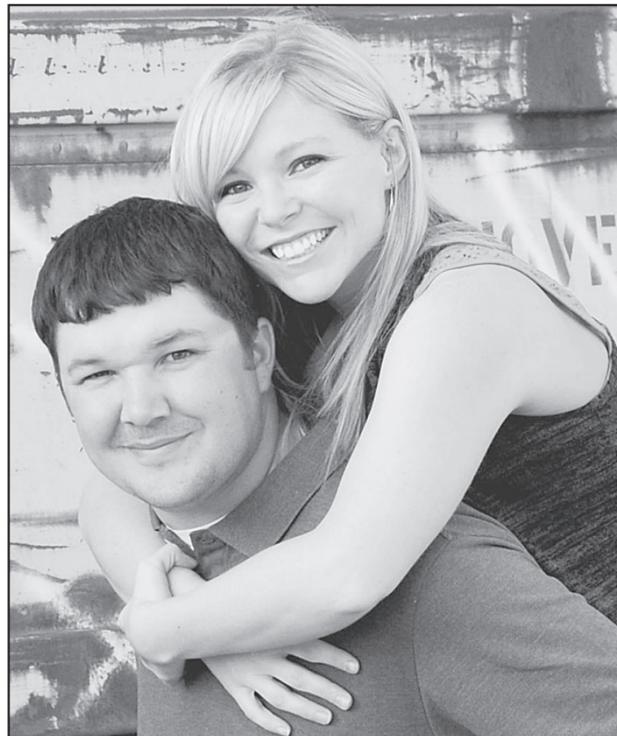
Heidi received the Jane Goodall award. This award is from the biology department. Heidi was a member of the Beta Beta Beta National Biological Honor Society. She was the president of the Chemistry Club and a president of the Biology Society.



Yonkey

She was also active in the Student Government Association where she served as vice president.

Heidi is the daughter of Gary and Miriam Yonkey, Wheeler.



John Luckert and Jody Armstrong

## matters of record

### Real Estate

The following real estate transactions have been reported by the Sherman County register of deeds.

Phillip V. Hooker and Dixie F. Hooker to Janice Hooker, an undivided 1/2 interest in Replate Block 2, Original Town of Kanorado, Lots 1-16 and E/2 of Lot 17.

Daniel Kyman and Sandie Kyman convey and warrant to Alan M. Kyman, an undivided 1/6 interest in NW/4 of Sec.32, T6S, R40W.

Denise Kyman Doran and Brian E. Doran convey and warrant to Alan M. Kyman, an undivided 1/6 interest in NW/4 of Sec.32, T6S, R40W.

Leslie K. Cooper conveys and warrants to Alan M. Kyman, an undivided 1/6 interest in NW/4 of Sec.32, T6S, R40W.

Kevin W. Sanderson and Jenifer A. Sanderson convey and warrant to Cody E. Loyd and Jamie M. Loyd, the S88' of Lot 1, Townsend Estates Subdivision of City of Goodland.

Pauline Monnich to Marcia K. Monnich, the NE/4 of Sec.16, T9S, R37W.

Pamela R. Baca to Bank of the West, Omaha, Neb., Lot 11 and 12, Block 3, Sharp's Addition to City of Goodland, AKA 1513 Texas Ave..

Carol Ann Mellott, Trustee of the Helen I. Benson Revocable Trust dated 5/9/2003, to Carol Ann Mellott, Suzanne Yost, and Barbara Jo Benson, the S/2 of Sec.35, T6S, R39W.

Christopher J. Zimmerman and Christina Lynn Zimmerman to Jason Dean Scott and Danaea Lee Scott, Lots 1, 2, 3, 4 and 5, Block

15, First Addition to City of Goodland.

Elton R. Gates, Executor of the Estate of Lester E. Gates, to Gary Lee Hill and Helen Julene Hill, Lot 10, Block 3, Sharp's Addition to City of Goodland.

Keith Coon and Judy Coon to Brian Coon and Anne Coon, the NW/4 of Sec.22, T7S, R39W.

Randy R. Olson and Sharon D. Olson quit claim to Randy R. Olson and Sharon D. Olson, Trustees of the Randy and Sharon Olson Trust dated 3/13/2012, an undivided 1/2 interest in NE/4 of Sec.3, T6S, R41W.

Barry D. Guyer and Joni R. Guyer, and James L. Fritz, Trustee of the James L. Fritz Trust dated 1/15/2002, convey and warrant to Sappa Creek, LLC, a tract in N/2 of NW/4 of Sec.24, T8S, R40W.

Vickie R. White to Casey Henderson, the NW/4 of Sec.14, T8S, R40W.

John R. Baker and Kathy L. Baker to Schields Enterprises, LLC, the SE/4 of Sec.8, T6S, R40W.

David J. Harding quit claims to David J. Harding and Susan J. Whitfield, the SE/4 of Sec.32, T10S, R38W; S/2 and NW/4 of Sec.33, T10S, R38W.

Jane E. Webster and Avion L. Webster convey and warrant to Louis S. Vrbka and Jessica J. Vrbka, the S10' of Lot 5, all of Lot 6, Block 31, Academy Addition to City of Goodland.

## Screen sharing tool can cut down travel

What's the difference between a gas pump and a mugger? The gas pump will give you a receipt.

Ha! Ha! That joke is funny, but gas prices are not. If you're like me and need to find a way to reduce your windshield time, I have a tool for you - joinme.com. Join Me is a simple and FREE screen sharing tool. I just use the FREE basic version. It has worked so well I've cancelled my remote access subscription with WebEx.

To try it out, go to joinme.com. Click in the basic circle and then the orange arrow. Click Run to install the program. Once the program is installed, you will see a box with orange circles and an orange meeting number. You can then invite people to join your meeting by having them



jamie morphew

• business tips

go to joinme.com and entering the meeting number in the join box.

Face to face meetings are great, but you can wear your pajamas to online meetings.

This tip was brought to you by Western Kansas Business Consulting sponsored in part by Sherman County. We offer free and confidential business consulting to Kearny, Scott, Sherman, and Wichita counties. For more information or to set up an appointment, contact Jamie Morphew at #620-874-0771 or e-mail [wkbc@wbsnet.org](mailto:wkbc@wbsnet.org).

### Cash 4 Junkers

Will pay top dollar for your unwanted, totaled or junked vehicles. Cars, vans, pickups or trucks. Also interested in other metals. Call 785-332-7046, Jett Fromholtz, St. Francis, Ks.

**Wednesday, June 20 @ 1:30 PM: The Smurfs (PG)**

**Showing through June 21**

**Madagascar 3: Europe's Most Wanted 3D**

PG: Some mild action and rude humor.

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Sherman County Master Gardeners invites you to participate this summer in the Golden Glove awards. There will be 3 categories:

**1** Yard  
Month

**2** Beauty  
Block

**3** Business  
Month

Nominations due by the 15th of each month starting in June. Contact:

Reva 821-0520

Carol 899.5846

Anita 899.2668

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**Goodland, Kansas**

**www.shermancountyspeedway.com**

### Saturday, June 16 @ 6:30 PM MT SCHWAN'S ICE CREAM NIGHT!!

Pit Pass Pricing: \$25: 12 & up; \$10: 12 & Under  
Grandstand Pricing: \$10: 13 & up; \$5: 6-12; 5 & under FREE  
Grandstands open at 3 p.m. MT • Pit Gates Open 2 p.m. MT  
Hot Laps: 4:30 p.m. MT • Pit Gates Close At 5:30 p.m. MT

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