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KSN Summer Road Trip fun for all



KSN's 2024 Summer Road Trip brought the news team to Lincoln Thursday, June 6. Lincoln County Hospital and The Bank of Tecott were the town sponsors of the event during the city-wide "party" engineered by Kelly Gourley and Kris Heinze. For an hour, residents and visitors were able to meet and greet the entire news team and get a first-hand glimpse of the Storm Team Weather Tracker vehicle. Even the younger set enjoys learning about weather from meteorologist Lisa Teachman (Photo by Becky Rathbun)

Father's Day is June 16

By Jyll Phillips, Lincoln-Sentinel

Father's Day is the day we mark and celebrate the contribution your own father, or father figure, has made to your life. It was inspired by Mother's Day and a daughter's love for her widowed dad.

The first Father's Day was celebrated June 19, 1910, in the state of Washington, but it wasn't until 1972, 58 years after President Woodrow Wilson made Mother's Day official, that the day honoring fathers became a nationwide holiday in the U.S.

The campaign to celebrate the nation's fathers did not meet with the same enthusiasm – perhaps because, as one florist explained, "fathers haven't the same sentimental appeal that mothers have." Maybe that's right and maybe that's wrong, but the fact is, the first event explicitly in honor of fathers occurred July 5, 1908, in a West Virginia church in the form of a Sunday sermon in memory of 362 men who had perished in explosions at the Fairmont Coal Company in Monongah the previous December. It was, however, a one-time commemoration.

A year later, Sonora Smart of Spokane, Washington, one of six children raised by a widower, tried to establish an office equivalent to Mother's Day for male parents. She got support from local churches, the YMCA, shopkeepers and government officials and the state of Washington celebrated the nation's first statewide Father's Day on June 19, 1910.

Popularity for the holiday spread. In 1916 President Woodrow Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day. Today Father's Day is celebrated in the U.S. on the third Sunday of June. In other countries – especially in Europe and Latin America – fathers

See "Father" page 6



Above Left: Locals enjoyed visiting with the members of the KSN news team. Above Right: Tiffany Neel and the Sugar Dealer food truck delighted the crowds with their delectable, delicious and devilishly good desserts! (Photos courtesy of Live Lincoln County)

Lincoln Center Improvement Committee Yard of the Month

By Jyll Phillips, Lincoln-Sentinel

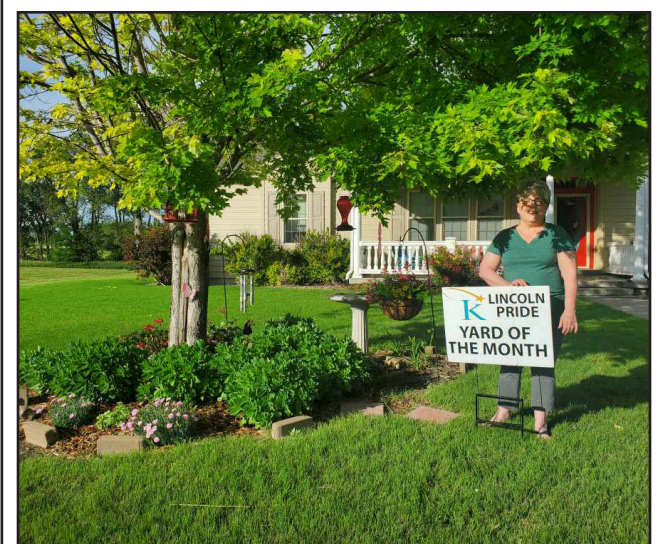
The home of Ricardo and Mechele Castillo was named LCIC's (Lincoln Center Improvement Committee) Yard of the Month for May, 2024. The Castillos are embracing the era in which their home was built, both inside and out. Thank you for helping keep Lincoln beautiful!

Regina Vignery's home was named Yard of the Month for the month of June. Regina keeps her lawn well-groomed at all times. She has created a lush lawn, attractive landscape features and a place for neighborhood birds.

To nominate a property for Yard of the Month, send your nominations to any LCIC member. Members include Lisa Feldkamp, Carly Errebo, Shelby Errebo, Chris Gerbitz, Vicki Hook, Breanna Brown, and Jyll Phillips.



RICARDO AND MECHELE CASTILLO
May Yard of the Month



REGINA VIGNERY - June Yard of the Month



Above: The Bank of Tecott was one of the two town sponsors of the event. Right: Lincoln County's Emergency team members visited with those who keep us informed at Channel 3.

(Courtesy Photos of Live Lincoln County and Robert Castillo)



Summer Food program a success



USD 298 recently announced the Summer Food program has been going great! Last week just over 100 lunches and 100 breakfasts were distributed each day! Parents should sign up daily by 9 a.m. for meals to be picked up that day. This helps streamline the process for the district avoiding the need to make menu substitutions. Contact the USD 298 board office at 785-524-4436 with any questions.

Cash Grain

- Wheat.....\$6.22
- Corn.....\$4.26
- Sorghum.....\$4.36
- Soybeans.....\$10.89

Cash prices courtesy of bankoftescott.com

Community Calendar

Thursday, June 13

Lincoln: 10:30 am Wetland Adventures @ Lincoln Library; 12:30 pm Cancer Nutrition, Prevention, and Early Detection w/Lincoln County Hospital @ Lincoln Senior Center

Friday, June 14

Sylvan Grove: 1:30 pm Free Movie @ Sylvan Grove Library

Saturday, June 15

Beloit: 2:30 Post Rock Republican Women of Lincoln/Mitchell County Speaking Q&A with Dawn Harlow and Gerald Johnson @ NCK Beloit

Sunday, June 16

Monday, June 17
USD 298: 7 pm BOE Meeting
USD 299: 7:30 pm BOE Meeting

Tuesday, June 18

Sylvan Grove: 9:00 am aMAZE Adventure Lad @ Sylvan Grove Library
USD 299: 6 pm Booster Club Meeting @ Sylvan

Have a great week!

Commodity Distribution held the third Wednesday every other month at the Lincoln Senior Center. (September, November, January, March, May, July)

Lincoln County Historical Society meets second Monday of each month @ 6 p.m.; Lincoln County Historical Museum is open Thursdays, Fridays, Saturdays. Call 202.744.9041.
LCEDF meets the second Wednesday of each month in the Courthouse basement. Call 524-8954 for meeting time.
The Lincoln County Commission meets each Monday, and the last working day of the month, at the courthouse.



Monday, June 17

Tator Tot Casserole, Broccoli & Cauliflower, Fruit & Roll

Tuesday, June 18

Country Fride Steak, Potatoes & Gravy, Green Beans, Mixed Fruit & Roll

Wednesday, June 19

Baked Ham, Roasted Potatoes, Creamed Peas, Peach Slices & Roll

Thursday, June 20

Lemon Baked Chicken, Rice, Glazed Carrots, Pineapple Chunks & Roll

Friday, June 21

Hot Ham & Cheese, Pasta Salad, Fresh Fruit & Cookie

Menu is subject to change.
Call 785-524-4738 before 9:30 a.m. to reserve a lunch.
The suggested donation for people over 60 or with current paperwork \$4.00. For people without paperwork or under 60, meals are \$7.00, mandatory.

Happy 50th Wedding Anniversary

Robert & Carolyn Schwerdtfager
June 8, 1974 - June 8, 2024



First Presbyterian's Vacation Bible School big success

First Presbyterian in Sylvan Grove complete their Vacation Bible School June 7 and according to Janet Vonada, it was an amazing week! The group raised just over \$500 for the Ashley Schneider family who lost their house in a fire. Way to go kiddos! (courtesy photo)



Lincoln County Hospital sponsors snacks and giveaways

The KSN Channel 3 Summer Road Trip brought the news team to Lincoln last week. The Lincoln County Hospital was a town sponsor handing out snacks and giveaways to all those who joined on the courthouse lawn to welcome the KSN news staff. (Photo Courtesy of KSN)

Class of 1969 holds 55th reunion



BACK ROW: left-right: Duane Achterberg, Jerry Nelson, Jonnie Meyer, John Good's head top, Keith Donley, Greg Geyer, Allen Eckelman,
MIDDLE ROW (L-R): Linda Obermueller Maguire, Marilyn Jensen (Mare Schneider), Carol Suelter Haymond, Arlene Bartels, Vicki Mooneyham Hook, Maxine Behrens Ganske, Mary Songer Willard Frye, FRONT ROW L-R: Jack Rupert, Barbara Karlin (Clark), Mickey VonFange Suelter, Kathy Arnold (Keeler), Ellen Mettner McNamara (courtesy photo)



Photo of Deceased:
Top Row, L-R: Lannie Anderson, Keith Dressler, Galen Jensen, Rick Gibson, Ann Pistora, Martha Rosebrook, Janie Wolting, Mary Jo Pruitt, Susan Tannehill, Mike Anderson.
Bottom Row, L-R: John Rayle, Kathy Morton, Bruce Morton, Don Wiebke, Kenny Markley, Bonnie Larson, John Lewick, Bob Miller, Norm Keim, Kevin Healy.

A Huge Thank You!

Goes to Marlin Jeffers for his very generous memorial contribution in memory of his wife Charlene Joyce (Ryan) Jeffers. A much-needed new fire panel alarm system for the hospital was made possible through his donation.

We truly appreciate your generosity!

HERE IS THE DEAL
COME HELP US CELEBRATE

BOB ABELL

TURNING 90

SATURDAY, JUNE 22ND
2:00PM - 4:00PM
BARNARD COMMUNITY BUILDING

SPECIAL EVENT FAMILY FUN POKER RUN
Explore Bob's life with five stops around Barnard in a Free Fun Poker Run! The winner gets bragging rights and all the "Chips!"
For more information find us at Bob Abell's 90th Celebration on Facebook

Send your stories, news and information to lincolnsnews@gmail.com

OBITUARY

Sondra Renee Bell
Oct. 24, 1976 - May 28, 2024

Sondra Renee Bell, was born on October 24th, 1976 age 47 passed away May 28th, 2024 doing what she loved, helping on the farm and ranch. She was the youngest of four daughters to Larry and Sharon Dohe.

She graduated high school from Sylvan Grove in 1995. Growing up, she loved helping on the farm and taking care of her two horses Bob and Sorrely. She went to college at Colby to become a Veterinary Technician and worked at

the Ellsworth Animal Hospital for 13 years sharing her care and compassion to animals of all sizes. Sondra then pursued a career in human medicine and got her Associates as a Registered Nurse sharing the same care and compassion for the last 14 years.

All those who knew Sondra would never forget her hard work ethic, determination, witty sense of humor, and love of horses. She loved being around her great nieces and nephews and being outside on the farm with her tame fat cows.

Sondra was united in Marriage to her best friend Tim Bell July 9th, 2021. She was previously married to Tim Lyne

where two beautiful children were shared from that union. Survivors include her husband Tim, daughter Mackenzie Lyne (Taylor Greenhaw), son Jordan Lyne, her parents Sharon & Larry Dohe, sisters Wyvonne, Angela, and Darlene, Grandmother Catherine Seyfert, aunts, uncles, nieces, nephews, cousins, brother-in-law Chris and sister-in-law Amy Bell, and friends.

Funeral services were at 10 AM Friday, May 31 at the Bethlehem Lutheran Church in Sylvan Grove. Roberts Family Funeral Service is in charge of arrangements.

Condolences may be left at www.robertsfamilyfs.com

Joann (Crawford) Eller
June 16, 1936 - May 31, 2024

On Friday May 31, 2024 Earth lost a beautiful soul and Heaven gained an Angel when Joann (Crawford) Eller went home to her Lord. She was born June 16, 1936 in Harlan, KS at home the daughter of Gerald and Avis Crawford. Joann grew up in Gaylord, KS and graduated from Gaylord High School. She married Jim Eller November 25, 1956 in Gaylord at the Nazarene Church, they moved to Hays, KS where Jim attended Fort Hays State University, who with Jo's help attained a BS in Education and later an MS in Counseling. They lived in Kirwin, KS and Long Island, KS before moving to Sylvan Grove, KS where they lived for over 50 years recently moving to Lucas, KS. Joann was a caregiver at the very core of her being, loving and caring for many children over several decades as a daycare provider and taking care of Jim in the last years of her life. Joann loved her Lord and working with children and combined that by be-

ing a long time teacher of Vacation Bible School. She joined the Sylvan Presbyterian Church in 1967 and worked in the Sylvan Library. Joann was always a loyal friend and loving wife, mom and grandma supporting anyone who came to her needing an ear to listen and a shoulder to lean on. And, of course, a hug before leaving. They always left knowing someone loved them unconditionally and forgave as Jesus would. One of her favorite pastimes was watching her daughters, grandchildren, and great-grandchildren participate in activities especially playing sports (even volleyball which made her very nervous.) She could be seen nervously walking the hallways and sidelines during close games and around the track cheering during races. She and Jim were a known by all the friends of their grandkids as Grandma Jo and Grandpa Jim because they were at so many of their activities everyone knew them.

Joann was a woman of deep faith drawing strength from her love of God and she is home and at peace in Heaven. She is survived by her husband of 67 years Jim Eller; three daughters, Sheree

Poskey and husband Mitch of Lawrence, KS, Kristi Mettlen and husband Wes of Lucas, KS, and Heidi Gillespie of Chase, KS; ten grandchildren Shane Mettlen and wife Jennifer, Clay Mettlen and wife Stephanie, Christopher Poskey and wife Sara, Sara (Mettlen) Smith and husband Chris, Jordan Poskey and wife Jeni, CJ Mettlen and wife Lindsay, Jamie Gillespie, Chelsea Poskey, Sierra Gillespie, and Breahna (Gillespie) Crawford and husband Jordan; and 20 (soon to be 21) great grandchildren.

A viewing was held at the mortuary in Sylvan Grove on Wednesday, June 5 from 4 to 8.

Funeral services were held on Thursday, June 6 at 2:00 pm at the Sylvan Grove Presbyterian Church with Sharon Ringler and Steve Boor presiding. She was laid to rest in the Sylvan Grove Cemetery.

In lieu of flowers, memorials can be made to the Sylvan Grove Public Library and the Sylvan Presbyterian Church for Vacation Bible School. Rest in Peace our beautiful Guardian Angel. Arrangements entrusted to the Rentschler Family Mortuaries.

Milton Wehrman

Celebration of life services for Milton Wehrman, age 55 of rural Hunter, will be at 2 PM Saturday, June 15 at the Beloit First Christian Church. Mr. Wehrman died Saturday, June 8 at his home.

Survivors include his wife Dedra of the home; parents, Howard & Suzanne; daughters, Greta Fry of Abilene, Aleah Howland of Beloit, & Tressa Wehrman of the home; siblings, Gwen Wehrman of Sylvan Grove, Heidi Thies of Augusta, Max Wehrman of Sylvan Grove, Conrad Wehrman of Sylvan Grove, & Beth Holle of Atwood.

Visitation will be from 4-7 PM, with family present from 6-7 PM Friday at the Roberts Family Funeral Home. The casket will remain closed. Memorials may be given to the Bethany Church. Roberts Family Funeral Service is in charge of arrangements.

Condolences may be left at www.robertsfamilyfs.com



Back row, L to R: Warren Thompson (Sterling, CO); Richard Spear (Russellville, AR); Vernon Lohmann (Lincoln, KS); Herb Songer (Wichita, KS); Larry Lewick (Salina, KS); Paul Hobbs (Bonner Springs, KS); John Gabelmann (Lincoln, KS); and Larry Zier (Lakewood, Co).
Front row, L to R: Kathy Schultz Reimer (Liberal, KS); Peg Tracewell Nisbeth (Wichita, KS); Martha Medcraft Lohmann (Lincoln, KS); Brenda Larson Pucket (Wichita, KS) Judy Dresselhaus Shaffstall (Fairview, TX); and Twila Wolleson (Sutherlin, OR) (Photo by Rita Thompson)

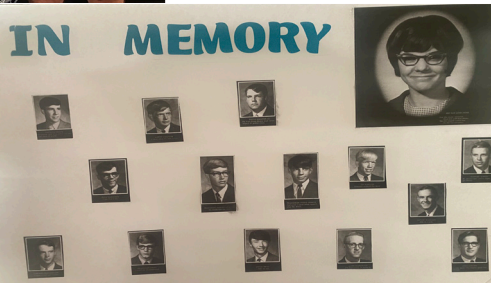
60th + 2 Reunion of LHS Class of 1961

By Judy Shaffstall
On June 3 the LHS Class of 1961 gathered at the Finch Community Room for one final reunion. In spite of being delayed for two years because of COVID, 14 classmates and

their spouses enjoyed a social time reminiscing about school days and life experiences. Dinner followed at the Hungry Hunter. The group then returned to the Finch to memorialize the nine class members who have

passed on and send written greetings to the eight who were unable to attend. Trivia games, laughter, door prizes, and a champagne toast to the past and future concluded this very sentimental day.

Class of 1970 meets for reunion



Pictured left to right:
Back Dalen Rathbun, Leroy Bosch, Randy Chard, Joe Reinert, Rodney Von Fange, Howard Rees, Mike Street, Terry King
Front row: Pat Heinze Biggs, Angela Schroeder Cantwell, Becky Bogart's Cheney, JeanAnne Crawford Weibke, Sandy Cromwell King (courtesy Becky Cheney)



- BARNARD UNITED METHODIST**
Pastors Kaye & Jeff Metzler
Adult Sunday School @ 10:00 am
Morning Worship @ 11:00 am
- BETHANY CHURCH**
Eight miles north, six miles west and one mile north of Lincoln
Sunday School @ 9:45 am
Worship Service @ 11:00 am
Evening Service @ 7:00 pm
- BETHLEHEM LUTHERAN CHURCH LC-MS**
Pastor Christopher Craig
Sylvan Grove, Kansas
Sunday School @ 9:00 am
Sunday Worship @ 10:00 am
- BEVERLY COMMUNITY CHURCH**
www.beverlycommunitychurch.org
Pastor Toby Flaming
Sunday School @ 9:30 am
Morning Worship @ 10:45 am
- BEVERLY UNITED METHODIST**
Pastors Kaye & Jeff Metzler
Church Service @ 9:00 am
- CENTRAL CHRISTIAN CHURCH**
Pastor, Chris Hall
Sunday School @ 9:30 am
Worship Service @ 10:30 am
Nursery available during service
Light Keepers Wed. @6:30 grades 6-12
- CULVER METHODIST CHURCH**
Pastor Demele Eckart
401 Main Street, Culver, Ks
Sunday Worship @ 9:30 am
Saturday Coffee @ 8-10 am
- DENMARK EVANGELICAL LUTHERAN COMMUNITY CHURCH, ELCA**
Pastor Angie Sundell
Worship Service @ 10:30 am
- FAITH BAPTIST CHURCH**
Pastor Jonathan Schale
Lincoln Park Manor @ 9:30 am
Bible Study @ 10:30 am
Worship Hour @ 11:15 am
Evening Worship @ 6:00 pm
Wed. Bible Study @ 7:00 pm
- FIRST BAPTIST CHURCH**
Pastor Carolyn Allen, Barnard
Morning Worship @ 11:00 pm
- GRACE CHAPEL-HUNTER**
Pastors Kaye & Jeff Metzler
Worship Service @ 9:00 am
- LINCOLN COMMUNITY CHURCH**
www.lincolncommunitychurch.org
Pastor Adam Boyd
Sunday School @ 9:30 am
Worship Service @ 10:30 am
Ladies Prayer Group.Wed. @ 5 pm
Awana @ Cube Wed. @ 6:30 pm
"Teens for Christ" Sun. @ 7:00 pm
Michael Pickering 785-488-7049
- LINCOLN PARK MANOR CHAPEL**
Morning Worship @ 9:30 am
Afternoon Worship @ 2:30 pm
- LINCOLN UNITED METHODIST**
Pastors Kaye & Jeff Metzler
Worship Service @ 10:30 am
- PRESBYTERIAN CHURCH**
Sylvan Grove, Kansas
Sunday School @ 10:00 am
Church @ 11:00 am
- ST. JOHN LUTHERAN CHURCH**
Pastor Don Haselhuhn
Lincoln, Kansas
Two and one-half miles south of Lincoln on Highway 14
Sunday/Bible School...9:30 am
Worship Service.....10:30 am
VBS May 20-24..... 9-11:30 am
- ST. PATRICK'S CATHOLIC CHURCH**
Father Mark Wesely, Lincoln
Rectory phone: 785-524-4823
Email: stpat327@gmail.com
Sunday Mass @ 11:00 am
Sunday CCD Classes @ 9:45 am
Weekday Mass: Mondays - 3:30 pm
- ST. PAUL'S LUTHERAN CHURCH LCMS**
Pastor Don Haselhuhn
Six and one-half miles south and 4 miles east of Lincoln
Worship Service @ 9:00 am
- ST. PAUL'S LUTHERAN CHURCH, ELCA**
Pastor Rod Thompson, Tescott
Worship Service @ 9:00 am
- TESCOTT UNITED METHODIST CHURCH**
Pastor Demele Eckart
Sunday School @ 10:00 am
Worship @ 11:00 am
- TRINITY LUTHERAN CHURCH, HUNTER**
Pastor Matthew Schneider
Hunter, Kansas
Sunday School @ 9:00 am
Worship Service @ 10:00 am
Midweek/Confirmation
Wednesdays @ 4:30 to 5:45

Lincoln United Methodist Church



216 N. Fourth, Lincoln
Pastors:
Kaye and Jeff Metzler
Service Times:
Adult Sunday School:
10:00 a.m.
Morning Worship:
11:00 a.m.

Church schedules are made possible by the following sponsors:



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Editorial

Foot-dragging in Marion raid investigation should fill public with dread

I've had it.

Nearly 10 months after law enforcement officials raided the Marion County Record and two private residences, officials have yet to tell us the results of their investigations. That's nearly a full year since a flagrant assault on free speech in Kansas, one signed off on by a list of city, county and state officials. True, a handful of individuals implicated in the scandal have left their roles in the intervening time. Lawsuits have been filed.

But we have not heard from those in charge. The Kansas Bureau of Investigation, perhaps realizing it had been compromised by involvement in the raid, passed the entire affair over to the Colorado Bureau of Investigation. They originally said results would come in April. We're at the beginning of June, and those results still haven't come.

On Thursday, the CBI told me that its follow-up work (requested by special prosecutors) will take three more weeks, at a minimum.

"You may want to check back with me in late June or follow-up with the special prosecutors in Kansas," wrote Rob Low, CBI strategic communications director.

I could well be proved wrong in my take on the situation. Perhaps next month we will see Marion County Record journalists officially cleared — as they should have been in August — and appropriate charges leveled against those who broke the public trust. Perhaps justice finally will be done.

Count me skeptical. Officials sure appear to have dragged out this investigation, perhaps hoping that the attention of the press and public will turn elsewhere.

Fat chance.

I'm still watching, and I'm incensed. With each day that passes, I fear more and more that investigators have concerned themselves more with saving face than pursuing justice. Because let's be clear about one thing: The raids on Aug. 11, 2023, involved multiple law enforcement agencies, on multiple levels of Kansas government. Read Kansas Reflector editor Sherman's Smith blistering account from November about how they either eagerly agreed with attempts to crush free speech or averted their eyes.

That's not a good look. Not for Marion, not for Marion County and certainly not for the KBI.

I have held my tongue these many months, weighing in from time to time but overall content to allow my coworkers on the news side to do their jobs in tracking the story. Lawrence media lawyer Max Kautsch wrote about the delay in March. I wanted to wait until results.

The results haven't come.

In the meantime, Marion County Record editor and publisher Eric Meyer has kept printing his newspaper. Both Police Chief Gideon Cody and restaurateur Keri Newell have departed, depriving the news media of two colorful personalities driving the entire affair. Colorado agents have conducted interviews and apparently collected 10,000 pages of documents, all in service to special prosecutors Barry Wilkerson and Marc Bennett.

Those who have followed this case from the

See "Guest" page 6

PRAIRIE DOC - BY THE LATE RICHARD P. HOLM, MD

How to Prevent Sudden Death

My first experience with cardiopulmonary resuscitation was during the summer of 1969. I was an orderly in a Minneapolis intensive care unit (ICU) when my patient stopped breathing. I called for help and provided mouth-to-mouth breathing until the team arrived. Later the doctor told me I saved the patient's life, further convincing me that medicine was my life's purpose.

Cardiopulmonary resuscitation (CPR) is the act of rhythmically pushing on the chest and breathing into the mouth of a person whose heartbeat and breathing has ceased. CPR can result in enough circulation to keep the victim alive until spontaneous circulation and breathing resumes.

In 1740, the French described how mouth-to-mouth breathing sometimes saved drowned people, and, through the early 1900s, mouth-to-mouth breaths were given to bring lifeless newborns around. In the mid-1950s, two anesthesiologists, Dr. Elam and Dr. Safar, with help from the Red Cross, began promoting mouth-to-mouth

resuscitation for adults discovered in cardiac arrest. In 1960, chest compressions were proven valuable in preserving circulation, especially to the brain, and even more important for survival than artificial respiration.

In 1947 a Cleveland surgeon used an internal (open chest) defibrillator to save a 14-year-old boy, and in 1955, Boston cardiologist, Paul Zoll, developed the now popular external (on skin) defibrillator. Studies show that the defibrillator is even more important than chest compression. With available automated external defibrillators (AEDs) and education on how to perform CPR and use AED devices, we have even better outcomes.

For those having a cardiac arrest, the sooner they get defibrillation, effective CPR, and a 911 call for help, the greater the chance of functional recovery. Out-of-hospital successful survival after CPR is about ten percent but increases to 35 percent when the arrest is witnessed and the victim is provided early defibrillation. The sad news

is that more than 50 percent of those who could benefit will not have CPR because bystanders fear they might do something wrong. The big mistake is NOT TO TRY.

Simple, first-level, CPR courses are available for anyone interested in every community and through the internet, while AED devices are popping up in almost every community gathering area. Please notice where they are placed. Trust me, if someone has a cardiac arrest, and you try to help, you might just save a life.

The Late Dr. Richard P. Holm founded Prairie Doc Programming with his partner Joanie Holm, RN. Dr. Holm was dedicated to providing science based information to everyone. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook and Instagram featuring On Call with the Prairie Doc® a medical Q&A show celebrating its 22nd season of health information based on science, built on trust, streaming live on Facebook most Thursdays at 7 p.m. central.

POST ROCK EXTENSION DISTRICT

Tips for Managing Heat Stress

By Blair Todd

K-State Research and Extension-Post Rock District, Livestock Production Agent

A Kansas State University veterinarian is urging cattle producers to beef up their plans for managing heat stress in their herds, a challenge that costs the U.S. cattle industry up to \$370 million in losses each year.

A.J. Tarpoff, a beef veterinarian with K-State Research and Extension, said cattle are resilient animals; they will often acclimate to hot temperatures. But an accumulation of factors — including humidity, solar radiation, the color of their hide, diet and more — can drastically change a cow's ability to withstand summer's heat. "It really is a multi-layer challenge," Tarpoff said. "Each animal within a group or pen is not affected the same way. Animals with higher body condition scores, or with darker hides, or finisher steers and heifers that are getting ready to go to harvest are at higher risk of heat stress." Tarpoff said heat stress decreases the reproductive efficiency and performance of cattle grazing on pasture. In confined facilities, heat stress often causes cattle to eat less, which also negatively affects their performance.

The human body cools itself on a hot day by sweating, called evapora-

tion cooling. But Tarpoff notes that cattle sweat only 10 percent as much as humans, and panting is their primary way of dissipating heat. "As temperatures rise and their heat load increases, they will start breathing faster," he said. "They are dissipating heat through tiny droplets in the respiratory tract." Doing so, however, causes cows to eat less, setting them on a path to poor growth and future performance. "This all has to do with heat load," Tarpoff said. "The internal temperature of cattle will peak two hours after the hottest point of the day. So, our strategy for keeping cows cool needs to be built around knowing that."

Another factor is that cattle produce heat by digesting food, typically four to six hours after eating. "So, if we feed animals within the wrong period of time, we can actually increase their heat load because the heat of digestion and the heat from the environment are building on top of each other," Tarpoff said. "We want to keep that from happening."

Tarpoff listed best management practices for helping to reduce heat stress in cows. Handling; receive, ship, or move cattle only during the coolest parts of the day, preferably before 10 a.m. Feeding; modify feeding times. Feed 70 percent of the ani-

mals' ration as late in the evening as possible, which puts the peak heat of digestion overnight when temperatures are likely cooler. Decrease feeding during the day. Managing heat; split cattle between pens or reduce stocking density. Maximize airflow by removing obstructions around facilities, including weeds. If feasible, install shade structures, which can reduce solar radiation and reduce the temperature on the pen's floor. Install sprinklers to wet cattle down at night or early morning so as not to increase humidity.

Then, of course, there is the importance of providing water. "To put it into perspective, when the temperature goes from 70 degrees Fahrenheit to 90 degrees, cattle will consume about double the amount of water," Tarpoff said. As a rule, he said cattle should consume "about five times the amount of water as the dry matter they are consuming. Cool, clean and readily available water is critical during heat stress events. We may have to increase the water tank capacity within a pen to meet these needs. Producers need to be prepared for that." Tarpoff said he follows two sources for help in deciding when to put a heat stress management plan into full effect. The U.S. Meat

SPICE UP YOUR LIFE - LINDSAY YOUNG

This dishy pizza bake can really wow a crowd



Deep dish pizza bake is a new take on pizza, using dinner roll dough and lots of great pizza toppings in a large pan to create a meal with leftovers for days or a great crowd-pleasing meal.

We have homemade pizza night most weeks at our house.

At this point, it's down to a science. I mix up the dough while Joey sautes some veggies or debones a rotisserie chicken, and then we work together to assemble the pie before popping it in the oven.

It's a quick, delicious meal, and with plenty of options out there for sauces and toppings, we never get bored with it.

That being said, Joey sent me a video not long ago of another type of pizza he wanted to try. It was from a creator online who often has to cook for a crowd, and since I was just gifted a very large baking pan, it was the perfect time to see if the recipe was as good as it looked.

This comes from Kevin Ashton, who is on Instagram @oldscoolkevm. I changed his method a little on my version below.

Deep Dish Pizza Bake

Ingredients

- Cooking spray
- 1 48-ounce bag frozen yeast dinner roll dough
- 3-4 tablespoons olive oil
- 1-2 cups pizza sauce (we used pesto)
- Your favorite pizza toppings (precooked)
- 32 ounces shredded cheese (we used a combo of mozzarella and Mexican blend)

Directions

Spray a large 12-by-18-by-2-inch pan with cooking spray. Spread the entire package of frozen dough evenly over the bottom and spray them with more cooking spray. Cover the pan with plastic wrap and set it aside for the dough to thaw and rise. This will take about three hours.

In the meantime, cook any toppings that are raw (ex. hamburger, sausage, etc.) that you'll want to add to your pizza bake, and set those aside.

When the dough is about doubled in size, remove the plastic wrap. Drizzle the rolls with olive oil, and then gently squish the dough to flatten it and eliminate seams. Add salt and pepper, to taste, since the bread has not been seasoned at all to this point.

Preheat the oven to 450 degrees. Spread the sauce over the top of the dough. (You don't have to avoid the edges. There is no "crust" with this.)

Add your toppings and any additional seasonings you like on your

pizza, and finish off with a healthy layer of cheese.

Bake, uncovered, for 30 minutes or until the bread is completely baked and everything is heated through.

Let the pizza bake rest for five to 10 minutes before slicing and serving.

This was really good. It was also a lot of bread, so if that's not really your jam, I'd suggest only using half of the dough from the package instead of the whole thing. You can easily adjust all of this for a smaller pan, too, if you don't want a huge one to eat on for several days. (Or, keep this in your recipe box for when you need to feed a big crowd.)

I can tell you, though, this reheated really well and was very nice for a week where we were meeting ourselves coming and going. Leftovers are a blessing for times like that.

It was kind of a deep dish pizza/casserole hybrid, which I really liked. We packed ours with sauteed onions and peppers, chicken, turkey pepperoni, fresh mushrooms and lots and lots of cheese, along with a pesto base.

I think this recipe will make it into the "pizza night" rotation every so often, although I'll probably make a smaller version in the future. While I don't really mind eating the same thing for several meals in a row, it's better to mix things up. After all, variety is the spice of life.

Spice Up Your Life is a weekly recipe column by Lindsey Young, who describes herself as an enthusiastic amateur cook and can be reached through her website at spiceupkitchen.net.

Sat., June 15, 2024
2:30 - 4:30 p.m. • NCK in Beloit
PUBLIC WELCOME TO COME
Speaking/Q&A with
Lincoln County Clerk, Dawn Harlow
and Republican Candidate
for Kansas House of Representative,
Gerald Johnson
- This event is being sponsored by
Post Rock Republican Women of
Lincoln/Mitchell Co. Ks
Please call 785-342-6633
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Senior Farmers' Market Vouchers

Kansans age 60 or over who meet income guidelines and who shop in farmers' markets in Kansas can boost their health and their wallets thanks to a program that provides money through vouchers to qualified older Kansans.

The North Central-Flint Hills Area Agency on Aging (NC-FH AAA) announced that applications are now available for the Kansas Senior Farmers' Market Nutrition Program (KSFMNP). This popular program provides \$50 in vouchers to Kansans age 60 or better who meet income guidelines. Vouchers can be used to purchase fresh, nutritious, unprepared, locally-grown fruits, vegetables, herbs, and honey from participating farmers at local farmers' markets.

Those who wish to apply for the \$50 vouchers—or who wish to find out if they qualify—should contact the NC-FH AAA at 785-776-9294 or 800-432-2703 or connect through Agency's website at www.ncfhaaa.com. Applications were mailed to about 300 Kansans who requested them in May—these will arrive in mailboxes around June 14.

To qualify, seniors must be age 60 or older and have an annual gross income at or below \$27,861—which is \$2,322.00 per month. Vouchers are distributed on a first come, first served basis and may be used at participating

markets from now to November 1, 2024. Eligible Kansans from anywhere in Kansas may shop at participating farmers' markets with the vouchers.

"The Kansas Senior Farmers' Market Nutrition Program is a great way for older Kansans to add more fruits and vegetables to their diets—and is a fantastic way to support local farmers and farmers' markets, too," said Julie Govert Walter, Executive Director of the North Central-Flint Hills Area Agency on Aging (NC-FH AAA). "We're delighted to work with the Kansas Department of Health and Environment and other Kansas Area Agencies on Aging on this initiative," she said.

Walter said that The Kansas Department of Health and Environment seeks to expand this program to other counties, since it boosts the success of farmers markets while improving nutrition of people in the county. Farmers interested in accepting vouchers should contact Sarah Sumner, Kansas Department of Health and Environment Nutrition Program at 785-296-8060.

For more information about Senior Farmers' Market vouchers or to request an application call the North Central-Flint Hills Area Agency on Aging (NC-FH AAA) at (800) 432-2703 or go to ncfhaaa.com.

LOST DOG - LIAM

Miniature Pinscher/Terrier Mix

Lost in Lincoln on 414 N 4th Street on the evening of May 2nd.

17 lbs, all black with white paws and a black spot on the right paw. Missing tag



Call Jodene @ 785-810-8228 with any information

Insight - Kansas Farm Bureau You are not alone

Ashley Beying

Osage County farmer and rancher

Sometimes, life is heavy. A couple of months ago, I was in the throes of motherhood, having a newborn baby as well as three other little ones. Trying to balance my career, household duties, being a mother and a wife and helping on the farm after my maternity leave quickly became overwhelming. To put it lightly, I was exhausted.

There were days where it felt easier to just stay in bed and not succumb to the pressures of the outside world. I am fortunate, in that when the stress and all the demands of the world seemed too heavy for me to carry, I had a team of family and friends to pick me up and serve as my anchor. I knew I had to lighten my load of responsibilities I was accountable for and also focus on the things that matter most to me.

Working full time during the day and coming home to work full time on the farm in the evening can be all-encompassing, and sometimes self-care can make one's emotional and mental health be in a better place. For me, that is making sure I get up and exercise, and staying connected with my loved ones. For others, it may be seeing their therapist, eating healthy or practicing yoga.

Living and working in a rural area can be so enriching, but at times it may feel isolating. My husband and

I made the conscious choice to live in a rural area, and I honestly cannot think of a better place to raise my children with the supportive community behind us. Rural life can be full of double rainbows and magical sunsets, but also moments where you feel like you are flying through endless clouds of turbulence, going up and down, questioning if it will ever stop.

Between the fluctuating market prices, weather conditions, fatigue and workload farmers and ranchers face, the stress can be daunting and at times may feel unconquerable. I know this narration is not uncommon, as more people than we truly know struggle — although at times one can feel entirely and completely alone. The most poignant epiphany is knowing just this. We are not alone.

Farm Bureau has recently partnered with a service called Togetherall, which is an anonymous online support group for those engaged in agriculture. It provides peer support to those who need others to bring them strength when times get challenging. Because it is anonymous, you may interact with others in the agricultural community who are halfway across the country but are there to provide encouragement and advice. Whether it is working through a farm transition, dealing with a loss, or just feeling overwhelmed and overworked, this medium of support can let you

know that you, again, are not alone.

Coming off the heels of Mental Health Month, Kansas Farm Bureau has also made it clear they are actively working to break the stigma around mental health and are recognizing those who are engaging in their rural areas as leaders of the mental health movement. Through the Rural Minds Matter Advocate of the Year and Young Advocate of the Year awards, one can nominate someone who has worked to provide individuals the care they need in communities across Kansas. This may be your local extension agent, a therapist in your hometown or a social worker providing guidance and support. The hope is with this recognition, we as an agricultural community can acknowledge individuals who are dynamic in their ability to promote change and mental health awareness in their neighborhoods. To learn more or nominate an individual, visit kfb.org/ruralmindsmatter.

Rural life can be difficult, but I know all too well that tough times make stronger individuals. Sometimes all we have to do is learn to see the rainbow after the storm.

"Insight" is a weekly column published by Kansas Farm Bureau, the state's largest farm organization whose mission is to strengthen agriculture and the lives of Kansans through advocacy, education and service.

Farmers & Ranchers Livestock Commission Co.

Total for the Week - Cattle - 2,223

Bulls - \$180.00 - \$191.50 Cows - \$145.00 - \$157.50

Strs		Hfns	
300-400	\$405.00-415.00	300-400	\$330.00-340.00
400-500	\$360.00-370.00	400-500	\$325.00-336.00
500-600	\$330.00-340.00	500-600	\$300.00-311.00
600-700	\$300.00-308.00	600-700	\$265.00-374.50
700-800	NO TEST	700-800	\$218.00-229.00
800-900	\$232.00-245.00	800-900	\$218.00-228.50
900-1000	NO TEST	900-1000	NO TEST

- Monday sales only the month of June.
- Selling ALL classes of cattle.
- Closed July 4, 2024
- 1st Thursday back July 11, 2024.
- Resuming normal schedule.

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June Is Men's Health Month

By K-State Research and Extension Family and Community Wellness Agent Jamie Rathbun

Prostate Cancer is the most common cancer in American men following skin cancer. The prostate is located just below the bladder. It is about the size of a walnut and surrounds the urethra (the tube that empties urine from the bladder). The prostate tends to increase in size as men get older. As the prostate increases, the urethra gets pinched and it becomes harder to urinate. An enlarged prostate does not mean you have cancer. The best thing to do is get screened. Screening should take place when symptoms are recognized and is recommended for men ages 55 to 69. A prostate-specific antigen (PSA) blood test is a common screening but the only way to know if an abnormal test is due to cancer is to perform a biopsy. A biopsy removes a small piece of the prostate to look at under a microscope. The biopsy will show if there are cancer cells present.

Testicular Cancer is cancer that starts in the testicles. There are many places and kinds of testicular cancer. Treatment depends on the specific type. Testicular cancer occurs most frequently in men 20 to 35 years of age. A monthly testicular self-exam is best performed after a bath or shower when the skin is relaxed. Examine each testicle for lumps by rolling it gently between your fingers. Notice any changes in size, shape, or consistency. An ultrasound may also be used to find a tumor and is painless.

As with any medical concerns or questions you may have, consult your medical professional.



Dr. Lawton presents:

Cancer Nutrition, Prevention, & Early Detection

When: June 13th at 12:30 p.m.

Where: Lincoln Senior Center

Please RSVP by calling: 785-524-4474



Andrea Rinaldo, APRN-C Melissa Gilsdorf, PA-C Amber Fern, APRN-C Nikki Camfield, APRN-C Annie Frasier, APRN-C

Free event!



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*Open to income-eligible households. Excludes homes in Kansas City, Lawrence, Topeka, Wichita, and Johnson County.

Father/ from page 1

are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19.

For those who feel holidays such as Mother's Day, Father's Day and Valentine's Day are "retailer's holidays" you would be interested to know during the 1920s and 1930s, a movement arose to scrap Mother's Day and Father's Day in favor of a single holiday they called Parent's Day. Each year on the designated days rallies (protests) were held by pro-Parents' Day groups in New York's Central Park. The depression derailed this effort, however. Struggling retailers and advertisers redoubled their efforts to make Father's Day a "second Christmas" for me, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods and of course, greeting cards.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a nation-wide holiday at last. Today, economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts.

That's a lot of neckties!

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COMMISSION MEETING MINUTES

May 28, 2024

The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Tuesday, May 28, 2024. Chairman Dennis Ray called the meeting to order at 8:30 a.m. with Vice-Chairman Debora Smith and Member Ryley Hembry present. County Clerk Dawn Harlow was in attendance as recording secretary.

Others present for portions of the meeting: Sheila Nelson-Stout, Susan Sprague, Kendra Krier, Glenna Phillips, Becky McCary, Tami Kerth, Felicia Strahm, James Sanchez, and Roberta Turner.

Correspondence: a letter from Geary County Board of Commissioners concerning the Juvenile Detention Center; a thank you to the WEB Fund from the City of Barnard for WEB funding; a letter from the Department of the Air Force with information concerning the Final Environmental Study regarding the drone corridor; the Hospital Board of Trustees monthly meeting packet;

a letter the North Central Flint Hills - Area Agency on Aging notifying that the Lincoln Senior Center was awarded a grant; a concern about maintenance of the N 60th Rd during snow events; and Resolution 2024-15.

Ryley Hembry moved to approve Resolution 2024-15, a resolution declaring a severe weather emergency for Lincoln County, Kansas, seconded by Debora Smith. Motion carried.

Sheila Nelson-Stout, Susan Sprague, and Kendra Krier, OCK, presented the agency's 2025 budget request. The group provided information on services provided within the community.

Glenna Phillips and Becky McCary, Central Kansas Mental Health Center, presented the agency's 2025 budget request. Phillips provided information on services provided within the community and plans for future programs.

Register of Deeds Tami Kerth presented the department's 2025 budget request. Commissioner Ray noted

that he had spoken with the tenant of the county-owned property about repairs to the waterway. The board agreed to allow Stanley Walker to complete repairs on the waterways at no expense to the county.

Dennis Ray moved to approve the May 20th minutes as presented, seconded by Debora Smith. Motion carried.

Debora Smith moved that the county notify the state of the change in county appraiser effective June 25, 2024, seconded by Ryley Hembry. Motion carried.

Human Resource Officer Felicia Strahm discussed applications received for the County Appraiser position and dates the board would be available for interviews.

James Sanchez requested that the board sit as fence viewers to view the fence erected between his property and the property formerly owned by Tyler Davis. Sanchez requested that the board determine whether the fence is located on the property line. Sanchez related that he understood that the electric fence installed was considered

a sufficient fence and that he should not have to pay for his portion of the fence as Davis removed the electric fence and erected a new five-wire fence. Sanchez also noted that a portion of the fence line was not completed. The board related that they would discuss the matter with legal counsel before deciding whether they would act as fence viewers. Sanchez issued a complaint about the Sheriff's Department's response to a situation at his residence.

Transportation Bus Director Roberta Turner provided an estimate from Marshall Motors for the repair of the Dodge Van. The board agreed to take the vehicle to Marshall Motors for the needed repairs to protect the county's interest should a nationwide recall occur.

Clerk Harlow discussed solid waste billing and collections.

The chairman adjourned the meeting at 11:22 a.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. Friday, May 31, 2024.

Guest/ from page 4

beginning could be forgiven for wondering if the case truly possesses so many layers of depth or complexity. The contours of the situation have been clear since the first few days. All you had to do was call Meyer, and he would be more than happy to lay it out for you.

At this point, the delays serve only to undermine faith in the Kansas justice system.

Perhaps officials want to make themselves appear less culpable in chilling free expression not only in Kansas but across the entire United States. Nevertheless, they have done so, and the stain they left on the state's democratic fabric won't come out so easily.

At a minimum, officials must clear the staff of the Record. They did nothing wrong. Having the threat of prosecution looming over them these many months should shock and appall everyone. They simply did their jobs, and the abuse done to them by the system has yet to be remedied.

"It took the Warren Commission 300 days to investigate the assassination of John Kennedy. It now appears it will take at least 314 days to investigate what happened in our newsroom," Meyer told me last week via email. "Meanwhile, we are allowed to swing in the wind, constantly having to worry that we might be arrested at any moment on baseless allegations — reiterated repeatedly in court filings by the city and the county — that we somehow violated a law in a way disputed by every responsible authority in the western hemisphere, including the keeper of the records we supposedly 'stole.'"

"The one and only time anyone from any law enforcement agency talked to me or obtained evidence from me was Dec. 8, 2023 — half a year ago — when I was interviewed for about an hour by two CBI agents. We have repeatedly expressed our willingness to provide any additional information anyone might desire. We have absolutely nothing to hide. But no one appears to want to hear from us. What, precisely, it is that they are investigating is unknown."

I'm angry. You should be angry, too. The fact that officials in Marion County and the KBI and the CBI don't appear to share that outrage at a brazen miscarriage of justice should sicken and appall every Kansan. We deserve better. Meyer and his reporters deserve better.

Our First Amendment rights, those shared by both journalists and the entire American public, deserve better.

Clay Wirestone,
Kansas Reflector opinion editor
Originally published June 3, 2024
kansareflector.com

Post/ from page 3

Animal Research Center (MARC) maintains a seven-day forecast tool for the United States, considering temperature, humidity, and solar radiation. "The other tool I use is the Kansas Mesonet, which provides an animal comfort index," he said. The Kansas Mesonet, housed at Kansas State University, is a network of observation towers located across the state that updates climate information every hour. "I know that if we don't have those nighttime cooling hours, the animal won't be starting each day at thermo-neutral, so they're more at risk on the second or third day," Tarpoff said. "That's when we should start putting in some of these management strategies."

Thanks to A. J. Tarpoff for sharing information related to management practices for heat stress in cattle, and for further information, contact me at any Post Rock Extension District Offices in Beloit, Lincoln, Mankato, Osborne or Smith Center.

Post Rock Extension District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith counties. Blaire may be contacted at blairet@ksu.edu or by calling Beloit 738-3597, Smith Center 282-6823, Lincoln 524-4432, Mankato 378-3174, or Osborne 346-2521. Join us on Facebook at "Post Rock Extension" along with our website www.postrock.ksu.edu.



Time to take care of bagworms

by Cassie Thiesen,
K-State Research and Extension Horticulture Agent

Bagworms are most commonly found on evergreen trees/shrubs, but can be present on almost any plant. Handpicking is effective any time, but chemical control should be applied between the middle of June to July 15th. Coverage of the entire plant is critical for effective bagworm control.

We are approaching that time in the growing season when the 1/8 to 1/4 of an inch bag of the bagworm, Thyridopteryx ephemeraeformis, caterpillar (larva) will be present on broadleaf and evergreen trees and shrubs. Therefore, you should be ready to "take action" against bagworms when they are observed on plants. For more information, check out the Kansas Insect Newsletter: <https://entomology.k-state.edu/doc/extension-newsletters/2024/KSInsectNewsletter%2009.pdf>

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, May 29, 2024)

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS

In the Matter of the Estate of)
)
)
Harvey Lee Roush, Jr., a/k/a,) Case No.: LC-2024-PR-000006
Harvey L. Roush, Jr., a/k/a,) Title to Real Estate Involved
Harvey Roush, deceased)

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on May 22, 2024, a petition was filed in this Court by Christopher J. Roush, one of the children and heirs of Harvey Lee Roush, Jr., a/k/a Harvey L. Roush, Jr., a/k/a Harvey Roush, deceased, requesting:

Descent be determined of the following described real estate situated in Lincoln County, Kansas:

That part of the Northeast Quarter (NE/4) of Section Eighteen (18), Township Twelve (12) South, Range Eight (8) West of the 6th P.M., Lincoln County, Kansas, more particularly described as follows:

Beginning at the Northeast corner of said Northeast Quarter, thence S 00 degrees 00 minutes 00 seconds E along the East line of the aforementioned section a distance of 193.02 feet; thence N 88 degrees 02 minutes 29 seconds W a distance of 160.75 feet; thence N 78 degrees 19 minutes 57 seconds W a distance of 258.59 feet; thence S 67 degrees 02 minutes 54 seconds W a distance of 171.04 feet; thence S 12 degrees 51 minutes 37 seconds W a distance of 410.44 feet; thence S 66 degrees 26 minutes 13 seconds W a distance of 232.77 feet; thence N 86 degrees 31 minutes 36 seconds W a distance of 612.14 feet; thence N 00 degrees 09 minutes 13 seconds E a distance of 712.34 feet to the North line of the aforementioned section; thence S 87 degrees 54 minutes 22 seconds E a distance of 1486.22 feet to the point of beginning containing 16.67 acres.

and all personal property and other Kansas real estate owned by decedent at the time of death. All such real property and all personal property and other Kansas real estate owned by decedent at the time of death to be assigned pursuant to the laws of intestate succession.

You are required to file your written defenses thereto on or before the 25th day of June, 2024, at 9:00 a.m. in the District Court of Lincoln County, Kansas, 216 E. Lincoln Ave., Lincoln, Kansas 67455, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the Petition.

/s/ Christopher J. Roush
Petitioner

Submitted by:

/s/ Jeffrey A. Norris
Jeffrey A. Norris, Kan. Sup. Ct. No. 27036
Clark, Mize & Linville, Chartered
129 South 8th, P.O. Box 380
Salina, KS 67402-0380
TELE: (785) 823-6325 - FAX: (785) 823-1868
janorris@cml-law.com
Attorneys for Petitioner

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, June 6, 2024)

NOTICE OF HEARING ON AMENDING THE 2023-24 BUDGET

The governing body of Unified School District 299 will meet on the 17th day of June, 2024 at 7:00 PM, at 504 W. 4th Street, Sylvan Grove, KS, 67481 for the purpose of hearing and answering objections of taxpayers relating to the proposed amended use of funds. Detailed budget information is available at District Office and will be available at this hearing.

SUMMARY OF AMENDMENTS

Fund	Adopted Budget 2023-24		Proposed Amendment 2023-24 Budget	
	Actual Tax Rate	Amount of Tax to be Levied	Expenditures & Transfers	Expenditures & Transfers
General Fund	20.0000	704,124	2,854,368	2,888,458
KPERS			246,787	256,699

Angela M. Jellis
Board Clerk

Tips to save on family budget

by Brenda Langdon
K-State Research and Extension
Family Resource Management Agent

Adjust your air conditioner - Keep cool without breaking the bank by adjusting your air conditioner to a slightly higher temperature when you're not at home or during cooler parts of the day. This can lead to significant savings on your energy bill.

Reduce energy uses - Save on electricity costs by turning off lights and appliances when not in use. Consider watching less TV and taking advantage of natural light during the day. Drawing the curtains and blinds can also help keep your home cool without relying on air conditioning.

Explore low cost outdoor activities - Instead of splurging on expensive outings, explore budget friendly outdoor activities like walking or biking, or spending quality time with your family in the yard. Embrace the concept of a "stay-cation" and plan activities

around your home base to save money on travel expenses.

Plan your meals - Combat rising food costs by planning your family's menu and shopping strategically. Keep an eye on weekly sales and plan your meals accordingly to make the most of your grocery budget. Take this opportunity to review your regular purchases and consider making adjustments to save money.

Practice intentional spending - Be mindful of your family's needs and wants and adjust your spending plan accordingly. By being intentional with your spending, you can avoid unnecessary expenses and make the most of your budget.

Embrace simplicity - Sometimes the simplest things can make a big difference in staying within your monthly budget. Take time to slow down and enjoy the simple pleasures of life, whether it's working on a home project or simply relaxing with your loved ones.

NOTICE
This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that, to the best of our knowledge, all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-424-8590. Equal Housing Opportunity.

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People read small ads - you did!

City Owned Grocery Store for Sale or Lease
525 W. State, Erie KS



The Erie Market, located in Southeast Kansas, was purchased by the City of Erie Jan. 1, 2021. The store was completely rebuilt following historic flooding in 2007 by the previous owners (est. \$1.2 million). The Erie City Council is seeking proposals to either purchase or lease the building. Great opportunity for an individual looking to operate their own grocery store. Sellers are motivated. Contact cityclerk@erieks.com or call (620) 244-3461.

PURPOSE. IMPACT. GOOD LIVING.
JOIN OUR TEAM AS A FAMILY AND COMMUNITY WELLNESS AGENT.

Do you have a passion for people and their communities?
Post Rock District is seeking a Family and Community Wellness Agent. Extension agents are professional educators who serve as a link between Kansas State University and communities across Kansas.
Learn more at ksre.k-state.edu/about/careers
Apply by June 20, 2024.
K-State Research and Extension is an equal opportunity employer of individuals with disabilities and protected veterans. Background check required.

WE ARE HIRING! Join Our Team
City of Lucas
As a Municipal Compliance Officer

Responsibilities:

- Monitor and enforce city ordinances and regulations
- Conduct inspections to ensure compliance
- Animal permit inspections
- Collaborate with city departments to address issues and streamline processes
- Educate and engage the community on compliance matters
- Attend Monthly Council Meetings

Qualifications:

- Strong Understanding of City Government
- Excellent Communication and Interpersonal Skills
- Detail-Oriented with a Proactive Approach to Problem Solving
- Previous Experience in Compliance or Related Fields is not a must but would be an asset

Flexible hours • Monthly Salary of \$600
Drug screening and Physical will be required
Contact the City Office for an application or send resumes to P.O. Box 308, Lucas, KS 67648
Application Deadline is June 10, 2024

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Lincoln Triple Threat Meier Joins Coach Hamel For DI West

By Dusty Deines,
sunflowerstateradio.com

The 39th Annual Kansas 8-Man All-Star Games are set to take place on Saturday morning and afternoon at Trojan Field in Beloit. In the 8-Man DI game, our lone representatives from the KD Country 94 and Z 96.3 "The Lake" listening area hail from Lincoln. Logan Meier has been selected to play for the DI West and his head coach Colby Hamel will be an assistant coach in this year's game as well.

Meier had an outstanding career at Lincoln and for his efforts was named an honorable mention all-state back in 8-Man DI as a senior. On offense, he was a true dual-threat quarterback over his four years and specifically the last two. In his career, he combined to throw for 3,392 yards and 43 TD and ran for 1,604 yards and 25 scores. As a senior, Meier threw for 1,283 yards and 12 touchdowns and added 657 yards and 11 scores on the ground. Meier was also a key contributor with 218 total tackles with 22 for loss and 13 sacks in his career. This past season, he had 76 tackles with eight for loss and eight sacks.

Through the first three years of his career, Meier was coached by Dustin Patee. However, Patee left for another opportunity and Colby Hamel took over as the head coach in 2023. Hamel and Meier teamed to help lead Lincoln to a 5-4 record this past season. It was their first winning record since 2020 and they battled in their playoff opener against Rawlins County, but came up just short of a postseason win, falling 36-32 to the Buffaloes in a cross-district game.

Colby Hamel is no stranger to the 8-Man All-Star Game. He was a member of the DII East staff in 2021 when he wrapped up a two-year stint as the Rock Hills coach. He returned to Kansas after two years in Fairbury, NE and led the Leopards to a winning season.

Hamel is excited to be back at the 8-Man All-Star Game and he commented on what Meier has meant to the Lincoln program in his first season with the Leopards.

Meier and Hamel will have one last chance to share the field as coach and player on Saturday morning in the 8-Man DI All-Star Game. Kickoff is set for 10:00 at Trojan Field in Beloit. If you can't make the games, catch them on KD Country 94 and the 8-Man All-Star Game Radio Network at 8manallstars.com with pregame coverage beginning at 9:30 a.m.



Lincoln's Logan Meier added the two-point run to put the West up 36-26 with 5:12 left in the third. (Photo by Dusty Deines)

Batchman Proud To Represent Sylvan-Lucas As 8-Man All-Star

By Dusty Deines,
sunflowerstateradio.com

Lincoln County was represented in the 8-Man All-Star game for the DII West by Sylvan-Lucas' Brody Batchman. Batchman is in a unique spot within his family as his brother Beau was selected to play in the game in 2020, but due to COVID restrictions, the games were not held. In talking with Batchman this week, based on that experience alone, he understands the magnitude of being able to play one last high school football game.

Over his four seasons of football, the Mustangs had a winning record every year, compiling a mark of 26-12

from 2020-2023. Batchman became a mainstay in the backfield as a junior, and over the past two seasons helped Sylvan-Lucas to a 14-5 record, including a 7-2 finish in 2023. In his final campaign, he ran for 779 yards and 13 touchdowns in Ben Labertew's offense.

Batchman was also an honorable mention all-state linebacker this past season. He registered 69 tackles, which tied for second most on the team.

In his preparation for the all-star game this week, Batchman credited his coaches and the Sylvan-Lucas program in helping him get to this point.



Sylvan's Ben Labertew, Brody Batchman and Lane Homewood. (Photo by Dusty Deines)



Lincoln's Logan Meier and Coach Hamel at the 8-Man All Star Game. (Photo courtesy of Delany Hamel)

Tescott represented at the first ever Kansas-Colorado 6-Man All State Kickoff Classic



Tescott was well represented at the Kansas 6-Man Association All-Star Classic. Carter Peters (#20), Justin Pasley (#77) All-State-Defensive Lineman, All-State, and Dawson Lee (#44) 1st team Offense, and Honorable Mention Defense were on the Kansas North team. Tescott High School honors include Regional Football Champions 2022, 2023, and Sectional Football Champions 2023. (Courtesy Photo)

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information to
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@gmail.com

Take care of your health: Arthritis

by Brenda Langdon,
K-State Reseach and Extension
Family Resource Management Agent

Arthritis Many with arthritis find that one or more of their joints are swollen, stiff, hard to move and painful. They may have joint inflammation, limited range of motion, and joint deformities. Arthritis causes more work disabilities than any other health condition except heart disease. The most common types of arthritis are osteoarthritis, gout, fibromyalgia and rheumatoid arthritis.

Osteoarthritis, the most common form, is also called degenerative joint disease. It occurs most frequently in the hands, hips and knees and is caused by extensive wear and tear on the joints.

Gout is a common form of inflammatory arthritis that is very painful and usually affects one joint at a time, often the big toe joint. While there is no cure for gout, it can be managed with medication and self-care strategies to prevent

future flares.

Fibromyalgia is a condition that causes chronic body pain, sleep and fatigue problems, and emotional and mental distress. It can be treated and managed through pain relievers, aerobic and strengthening exercises, stress management, quality sleep and knowledge about the condition.

Rheumatoid arthritis is an autoimmune and inflammatory disease. The immune system attacks healthy cells by mistake, causing inflammation in the affected parts of the body mainly joints in the hands, wrists and knees.

Working with your doctor to ensure you get appropriate medical treatment is essential, but you can also take measures on your own to manage arthritis. Healthy eating, daily movement, rest, hot and cold treatments, supplements and positive attitude and support system are a few ways to help manage symptoms.

Cattle U 2024 planned for June 25 in Manhattan

by Lacey Vilhauer
High Plains Journal

Cattle U, an educational conference and networking event hosted by High Plains Journal, is set for June 25 in Manhattan, Kan., at the Hilton Garden Inn. This will be the sixth year for Cattle U, and the second year it will be held in Manhattan. It is designed to provide opportunities for cattle producers to take their operation to the next level.

New to this year's event will be the inclusion of Beef Quality Assurance certification, which can be achieved by producers who attend the BQA education sessions. BQA certification lasts for three years and keeps producers up to date on the best management practices for their cattle. Attendees who complete their BQA training will be automatically entered to win giveaway prizes provided by Certified Angus Beef. CAB/Sysco will also sponsor a premium lunch for all attendees at the Cattle U event.

This year's education will include a keynote address, a producer panel discussion, two BQA sessions and six breakout education sessions. Terrel Platt, market analyst at CattleFax, will provide the keynote, updating the audience regarding the cattle market outlook for producers.

HPJ will also present the Cattle U awards during the lunch session, which include cattlemom of the year and cattlemom of the year. Readers and attendees are encouraged to submit nominations for the awards at www.cattleeu.net/awards-nominations/. Winners will be notified in advance and will receive free lodging, if needed, to attend Cattle U and recognition during the awards ceremony.

Registration is free; however, attendees are encouraged to register online by June 10 to secure a seat and a complimentary lunch. To learn more about the speakers or sponsors or to register, visit www.cattleeu.net. For questions about Cattle U, contact Kylie Reiss at (785) 346-4067 or kreiss@hpj.com

Have a great week!