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The Official Newspaper for Lincoln County Kansas

LINCOLN SENTINEL-REPUBLICAN

Volume 137 No. 38

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Wednesday, September 18, 2024 \$1.25

ALL ADVERTISING AND NEWS CONTENT DUE BY 12:00 P.M. FRIDAY TO: LINCOLNKSNEWS@GMAIL.COM | 141 W. LINCOLN AVE. PO Box 67 LINCOLN, KS 67455 | VOICEMAIL - 785-524-4200

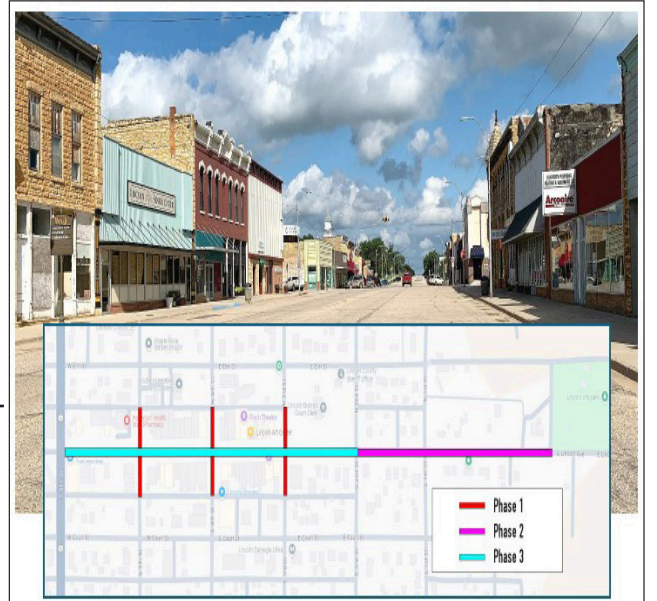
Low-Interest Loan Funds Available

Lincoln County Economic Development Foundation (LCEDF) administers two low-interest loan fund pools, one utilizing USDA Rural Business Enterprise Grant funding and the other through Network Kansas's E-Community program.

Loan funds are used to support the creation or expansion of businesses within the county, and is designed to be used in conjunction with a bank's loan as down payment assistance or gap financing. The loan can be used for property acquisition, purchasing a business, construction, working capital, or purchasing of equipment or inventory. Loan terms are intended to be flexible to fit the needs of the business. Applications are reviewed and approved by the LCEDF

Board of Trustees on a monthly basis. Contact LCEDF by calling 785-524-8954, emailing lcdfdirector@outlook.com, or visiting us at the county courthouse, 216 E. Lincoln Avenue in Lincoln.

Applications are reviewed and approved by the LCEDF



Resurfacing Lincoln Ave

The City of Lincoln is contracting with South Central Sealing & Paving to do repairs and overlay Lincoln Avenue (Highway 14 to the city park's west entrance) and one block north and south on 3rd, 4th, and 5th Streets.

The tentative start date for the project is September 23. They will begin milling the north and south blocks first. The next section will be Lincoln Avenue from 2nd Street to the city park. The last section will be Lincoln Avenue from 2nd Street to Highway 14. Expect closed streets at times, single lane traffic and delays in transportation. The project should be completed by October 23.

This project will disrupt parking on those streets for a few days and at times parking close to some businesses will be difficult.

While the disruptions will be temporary, the newly paved downtown area will be amazing!

Personal Finance Students put budgeting skills to test for Friendsgiving Dinner



Personal finance students at LJSHS put their budgeting skills to the test while creating a shopping list for their Friendsgiving dinner. (Photos courtesy of USD 298)

Women of Lincoln County - Part 7

By Jyll Phillips, Lincoln-Sentinel

While there were many people who have had a significant impact on the county's history from pioneers through modern-day, there are many others who kept the home fires burning, shared their food, their skills and their time with their neighbors. Maybe they taught others in food preservation and sewing during post-depression days. Maybe they helped a farmer's recent widow during harvest. Maybe they took prepared meals to a sick friend or one who has lost a loved one. Maybe they live in the house all the neighborhood kids come to after school. Maybe they spend all day with our



Dorothe Tarrence Homan wrote an inclusive picture of Lincoln County and it's birth and growth.

kids, but their influence goes unnoticed.

These people are your neighbors who run the post office. There hasn't been a male postmaster in Lincoln for decades. They are the ones who scan your groceries at the grocery store. These are the ones who have chosen health care as their profession. These are the folks who shovel sidewalks for the widow on the block or mow the grass for a neighbor to sick or frail to do it themselves. These are our "unsung" heroes.

The business community Lincoln enjoys is fairly diverse. Originally, back "in the day" only men were business owners. It's been an exceptionally long time

since it didn't take two incomes for a family to survive. Women began entering the workforce out of necessity. Maybe she'd taken in laundry and ironing to help her family. Maybe she'd decide to take care of her neighbor's children so their mothers could work. Maybe they were highly skilled and could offer their services or sell their products in order to help out. Maybe they worked in a factory to help the family.

Before WWI, three-fourths of all women employed in manufacturing were making apparel or its materials, food or tobacco products. During the war, the number of women in industry increased greatly though man-

ly concentrated is domestic services, personal service, clerical occupations and factory work. In 1920 women were about 20% of the labor force. Today it is 48.7%.

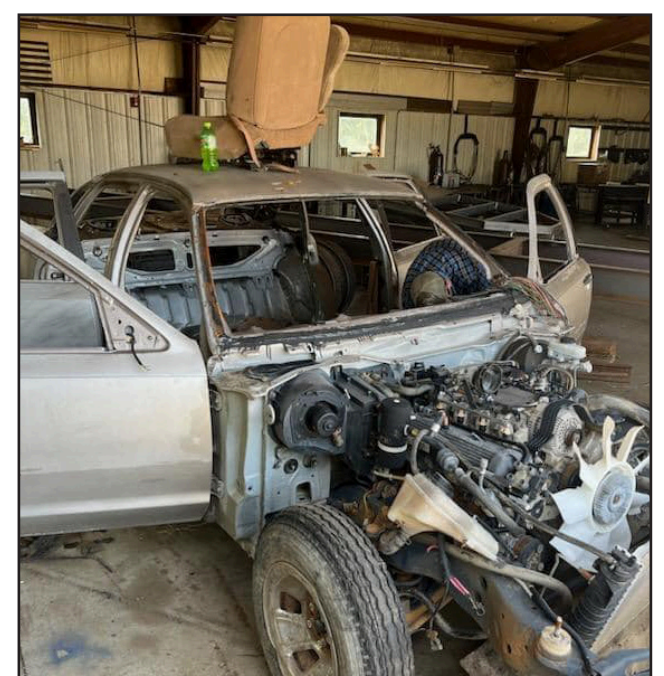
Currently women are found in all industries. It no longer seems odd to learn your mechanic, or your contractor is female.

Similar to the way women poured into manufacturing facilities during WWII, our early Lincoln County women saw needs in the unfamiliar territory they were settling and moved to fill that need.

A pioneer woman was not "just" a wife and mother, she was also charged with farming chores, taking care of

See "Women" page 6

USD 299 welding students get hands-on experience with demo car build



USD 299 welding students and brothers Briceson and Deven Pasek begin the teardown and building of a demo car for the upcoming Sylvan Fair, applying their skills to this hands-on project. (Courtesy photo)

Sweet Celebrations: Rice Krispy Treat Day

Cash Grain



Thought to have been invented at the Kellogg Company in the late 1930s, the treats are made of Rice Krispie cereal and melted marshmallows, though sometimes the marshmallows can be substituted with caramel or syrup as the binding agent. Rice Krispies is a popular breakfast cereal made by Kellogg's since 1928. While Rice Krispie treats were usually homemade, Kellogg's trademarked the brand name Rice Krispie Treats and started selling a pre-packaged version of the treat in 1995. Today, any sweet treat that uses Rice Krispies and some form of sweet binding agent is called a rice krispie treat.

Corn.....	\$3.81
Milo.....	\$3.86
Soybeans.....	\$9.39
Wheat.....	\$5.80

Cash prices courtesy of Ag Mark

Lincoln Sentinel Republican

Phone Hours 785-524-4200

Monday Closed for Production	Tuesday 2 pm to 6 pm	Wednesday Noon to 6 pm	Thursday Noon to 6 pm	Friday Noon to 6 pm	Saturday/Sunday Closed
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Community Calendar

Thursday, September 19
Lincoln: 10 am Storytime @ Lincoln County Library; 4 pm Vespers Farmers & Makers Market @ VCC
USD 298: 4pm - JH/HS Cross Country @ Rock City - Bennington; 4pm - LJH Volleyball vs Pike Valley; 6pm - LJH Football vs Pike Valley
USD 299: 4 pm JH VB @ Thunder Ridge (Agra); 6 pm JH FB @ Agra (Thunder Ridge)

Friday, September 20
USD 298: 7 pm - LHS V Football vs. St. John's-Tipton (Homecoming)
USD 299: 4th-6th Grade Field Trip Airfest; ACT Registration Deadline; 7 pm HS FB vs. Stockton @ Sylvan

Saturday, September 21
Lincoln: 2 pm The Women's Suffragist Movement in Kansas @ Lincoln Historical Society
USD 298: 9 am - LHS V Volleyball @ Tescott Tournament; 8 am Lincoln Rec - VB Clinic - K-3 Grades
USD 299: 9 am HS VB (JV) Tourney @ Pratt-Skyline (Norwich, Hesston, Andale, Ellsworth, Pratt, Garden Plain); 9 am HS VB Tescott Tourney (Sylvan, Bennington, Ell-Saline, Tescott, Lincoln, Pike Valley) @ Tescott

Sunday, September 22

Monday, September 23
USD 298: No Preschool; 6pm - LHS JV Football vs St. John's-Tipton @ Beloit
USD 299: 6 pm HS JV Football @ Tescott; 6:30pm NHS Induction

Tuesday, September 24
USD 298: 4:00pm - JH/HS Cross Country @ SE of Saline; 4pm - LHS Volleyball @ Osborne (Dual); LES School Pictures
USD 299: 4 pm HS VB Stockton Tri (Sylvan, Thunder Ridge, Stockton) @ Stockton

Wednesday, September 25
USD 299: 9 am FFA Range, Ento, & Land @ Abilene

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 third Wednesday of each month @ 5 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.

FBI investigating shots fired near Trump as apparent assassination attempt; Trump is safe

By: Ariana Figueroa
kansasreflector.com

The FBI is investigating a possible assassination attempt against former President Donald Trump after gunshots were fired Sunday near Trump International Golf Club in West Palm Beach, Florida, where the GOP presidential nominee was playing golf.

The FBI said in a statement to States Newsroom the incident "appears to be an attempted assassination of former President Trump."

A male suspect is in custody, law enforcement officials said.

"President Trump is safe following gunshots in his vicinity. No further details at this time," Steven Cheung, the Trump campaign's communications director, said in a statement about 20 minutes after the incident occurred just before 2 p.m. Eastern.

The FBI is taking a lead on investigating, said Jeffrey Veltri, the special agent in charge of the bureau's Miami field office during a late afternoon press conference by the Palm Beach County Sheriff's Office.

Palm Beach County Sheriff Ric Bradshaw told reporters that a Secret Service agent with Trump spotted a rifle coming out of bushes next to the golf course.

"The Secret Service agent that was on the course did

a fantastic job," he said. "What they do is, they have an agent that jumps one hole ahead of time to where the president was at, and he was able to spot this rifle barrel, stickin' out of the fence, and immediately engage that individual, at which time the individual took off."

The suspect in the bushes had an AK-47 style rifle with a scope, two backpacks filled with ceramic tile and a GoPro camera, Bradshaw said.

Bradshaw said a witness saw the suspect come out of the bushes and take off in a black Nissan. The witness took a picture of the license plate and local law enforcement officers were able to stop the vehicle in Martin County, which borders Palm Beach County.

"They spotted the vehicle and pulled it over and detained the guy," Bradshaw said.

Once the driver was detained, Bradshaw said the witness was able to identify the driver as "the person that he saw running out of the bushes that jumped into the car."

Bradshaw said the suspect was about 300 to 500 yards away from Trump.

"With a rifle and a scope like that, that's not a long distance," he said.

Bradshaw did not provide more details about the suspect's identity.

U.S. Secret Service spokesperson Anthony

Guglielmi said on social media prior to the press conference that "a protective incident" involving Trump occurred and that the Secret Service was investigating the incident with the Palm Beach County Sheriff's Office. He also confirmed that Trump was safe.

The private golf club is about 4 miles from Trump's primary residence at Mar-a-Lago.

Reaction from Vance, Harris, Biden

The Republican vice presidential nominee, Ohio Sen. J.D. Vance, wrote on social media that he has spoken to Trump, who is "in good spirits."

"Still much we don't know, but I'll be hugging my kids extra tight tonight and saying a prayer of gratitude," Vance wrote.

Vice President Kamala Harris, the Democratic presidential nominee, said on social media that she had been briefed and she is glad Trump is safe.

"Violence has no place in America," she said.

The White House said that President Joe Biden had also been briefed.

"They are relieved to know that he is safe," the White House said of Biden and Harris.

"They will be kept regularly updated by their team," Senate Majority Leader Chuck Schumer, Democrat of New York, said in a statement that he applauded "the Secret Ser-

vice for their quick response to ensure former President Trump's safety."

"There is no place in this country for political violence of any kind," he said. "The perpetrator must be prosecuted to the fullest extent of the law."

The incident follows a July 13 assassination attempt of Trump during a campaign rally in Butler, Pennsylvania.

Congress set up a bipartisan task force to investigate that attempted assassination. The chair of the task force, U.S. Rep. Mike Kelly, Republican of Pennsylvania and the top Democrat, U.S. Rep. Jason Crow of Colorado released a joint statement, requesting a briefing from the Secret Service on the shooting in West Palm Beach "and how security responded."

"We are thankful that the former President was not harmed, but remain deeply concerned about political violence and condemn it in all of its forms," they wrote. "The Task Force will share updates as we learn more."

U.S. Rep. Dave Joyce, an Ohio Republican and a member of the task force investigating that incident, said on social media "with continued threats against Trump, it is critical to remain dedicated to our work on the Task Force to Investigate the Attempted Assassination of President Trump."

Critical call for blood and platelets: Give with Red Cross now

Blood supply still fragile after blood emergency; donors urged to help save lives this fall

In September, the American Red Cross stresses the continuing critical need for blood products to ensure patient care. Donors of all blood types are asked to give now to keep blood supply levels rising after a summer shortage. Type O blood donors and those giving platelets are especially needed.

A steady increase in lifesaving

blood products is vital to ensuring hospitals stay ready for any situation this fall. As National Preparedness Month continues, the Red Cross highlights the importance of having a strong supply of blood products already on hand for disasters and emergencies of all kinds and to meet the needs of patients every day.

Now is the time to book an appointment and help patients counting on lifesaving transfusions. To schedule a time to give blood or platelets, visit RedCrossBlood.org, call 1-800-RED CROSS or use the Red Cross Blood Donor App.

Lincoln
10/4/2024: 12 p.m. - 6 p.m., EMS Station, 102 N 6th St

We Appreciate Our Readers
& We Need Your Support!

Thanks You!

The family of Betty Splitter would like to extend heartfelt thanks for all the support we've received since Betty's passing.

All of the prayers, cards, memorials and messages are greatly appreciated. A special thank you to all of the staff and residents at Lincoln Park Manor for your care and friendship to our mom. Thank you also to everyone who contributed their special talents to make Betty's service a very unique and memorable one - from USD 299 allowing the use of BETTY'S bus and Dave to drive it, Janet videotaping us loading and leaving on the bus, Tracy and the church ladies for a delicious meal, Steve and Sharon for their comforting words and tributes, Shelley's lovely music, Mrs. B's Floral's beautiful arrangements, Cara and Adam at Rentschler's Family Mortuary, and everyone who came to share the burden of our grief on that day. And thank you also to all who provided meals for the family as well. Small towns are awesome!

Thank you, readers!



Monday, September 23

Salisbury Steak, Potatoes w/Gravy, Broccoli, Cauliflower, Fruit & Roll

Tuesday, September 24

Chicken Parmesan, Spaghetti Noodles, Italian Blend Veggies, Garlic Bread, Strawberries & Bananas

Wednesday, September 25

Pork Roast w/Gravy, Roasted Potatoes, Steamed Cabbage, Fruit Salad & Roll

Thursday, September 26

Taco Salad, Corn, Peaches, & Cinnamon Struesel Sponge Cake

Friday, September 27

Baked Ham, Sweet Potatoes, Green Bean Casserole, Orange/Pineapple & Cornbread

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.

Lincoln County General Public Transportation
Provides transportation in and out of Lincoln County on a First come, First serve Basis

Monday-Friday
8am - 5 pm

For information contact:
785-384-0015
Handicap Accessible

www.lincolncoks.com/Community/TransportationBus
This project funded in part by KDOT Public Transit Program

CKMHC
CENTRAL KANSAS MENTAL HEALTH CENTER

Salina
809 Elmhurst Blvd (Main Office)

Abilene 420 NE 10th St
Ellsworth 1602 Aylward Ave
Lincoln 114 W Court St
Minneapolis 817 A Argyle Ave

CKMHC Crisis Services Available 24/7
785-823-6322 or 800-794-8281

Help whenever you need it.

<p>988 Suicide and Crisis Lifeline</p> <p>If you or someone you know needs support now</p> <p>Call or text 988 Chat: 988lifeline.org</p>	<p>Crisis Text Line</p> <p>Serves anyone, in any type of crisis.</p> <p>Text "HOME" to 741741 Chat: crisistextline.org or connect on WhatsApp</p>
<p>Farm Aid Hotline (English or Español)</p> <p>If you or a loved one in the farming/ag community is struggling please reach out</p> <p>Call: 1-800-327-6243 or call/text 988</p>	<p>The Trevor Project</p> <p>Crisis Support Services for LGBTQ youth in need.</p> <p>Text "START" to 678678</p>
<p>Veterans Crisis Line</p> <p>A free, confidential resource for all service members.</p> <p>Call 988 and press 1</p>	<p>National Domestic Violence Hotline</p> <p>Text "START" to 88788 Chat: thehotline.org Call: 1-800-799-7233 (SAFE)</p>

COMMISSION MEETING MINUTES

September 3, 2024
The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, September 3, 2024. Chairman Dennis Ray called the meeting to order at 8:30 a.m. with Vice-Chairman Debora Smith and Member Ryley Hemby present. County Clerk Dawn Harlow was in attendance as recording secretary.

Others present for portions of the meeting: Jesse Knight, Dustin Florence, Casey Zachgo, Dale Hlad (via telephone), Felicia Strahm, Truette McQueen, and Tim Meier.

Correspondence: a letter from the Kansas Historical Society relating that the property at 282 N 60th Rd is being considered by the Kansas Historic Sites Review Board at the October 5 meeting; a letter from the Kansas Department of Transportation concerning a property near the intersection of E Hwy 18 and N 120th Rd; and a tax abatement.

Commissioner Smith provided an update on the Hospital Board of Trustees'

August meeting.
Dennis Ray moved to approve tax abatement 2024-38 in the amount of \$365.16, seconded by Debora Smith. Motion carried.

Dale Hlad (via telephone) discussed access to the landfill/transfer station.

Dennis Ray moved to recess into executive session for ten minutes for the purpose of discussing employees in the communications department, pursuant to K.S.A. 79-4319(2) (b)(1) to discuss personnel matters of nonelected personnel, to reconvene in the courthouse commission meeting room, with the commission, Sheriff Dustin Florence, Communication Director Casey Curnett, and HR Felicia Strahm, seconded by Ryley Hemby. Motion carried. Time in: 9:07 a.m.

Time out: 9:17 a.m.
The chairman reconvened the meeting to regular session at 9:17 a.m. with no action taken.

Sheriff Dustin Florence and Undersheriff Luke Sanders reported that Courtney Berry resigned from her full-time position

but would like to remain a part-time per-need deputy. Debora Smith moved to reclassify Courtney Berry from full-time to part-time per-need, effective September 9, 2024, seconded by Ryley Hemby. Motion carried. Florence related that he will begin advertising for a full-time deputy, requesting that the board consider changing the residency requirement for law enforcement officers. The board took no action on the request.

Human Resource Officer Felicia Strahm answered questions posed at the August 26 meeting regarding the request by the Ambulance Service to employ Courtney Berry. The board requested that pay rates and calculations be explained to Berry before making a motion to employ. Debora Smith moved to make a conditional offer of employment to Jake Cross as a full-time landfill operator at Grade 13 Step 12, \$15.49 per hour, effective upon successful completion of pre employment testing, seconded by Dennis Ray. Motion carried. Voting as follows: Ray

- Aye; Smith - Aye; Hemby-Abstained.

County Appraiser Truette McQueen provided a bid to move two times-two filing cabinets from the District Court, noting that the units will not be empty until January or February. The board made no decision on this date. McQueen discussed vehicle options he is looking at and noted that if he is to stay within the price range provided, the vehicle purchased will have higher mileage.

Tim Meier provided a letter from Calvin Farner requesting a portion of the road be vacated between sections 20 & 21 in Indiana Township.

Debora Smith moved to approve the minutes of the August 26, 2024, and August 30, 2024 minutes, seconded by Ryley Hemby. Motion carried.

The board identified a list of old business items that need to be worked on.

The chairman adjourned the meeting at 10:33 a.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Monday, September 9, 2024.

Central Kansas Mental Health Center Recognizes September as National Suicide Prevention Month

Central Kansas Mental Health Center (CKMHC) is joining organizations across the country in recognizing September as National Suicide Prevention Month. This month-long observance serves as a vital opportunity to raise awareness about suicide prevention, educate the public about the warning signs of suicide, and promote the importance of behavioral health care.

At CKMHC, we are dedicated to fostering the behavioral health and well-being of the communities we serve. We strive to deliver compassionate, comprehensive care to individuals facing behavioral health challenges, and throughout September, we are intensifying our outreach to ensure that everyone is aware of the support and resources available to them.

"We have been working diligently over the last year to expand our crisis services and reduce barriers in accessing care in our communities," said Crisis Director Esther Kency. "This includes not only enhancing CKMHC's mobile crisis and 24/7 services but also strengthening partnerships across the region. We also want to raise awareness of valuable resources such as the 988 Suicide and Crisis Lifeline, the Veterans Crisis Line, the Trevor Project, and the Farm Aid Lifeline. Help is available whenever and wherever it is needed."

Understanding the Warning Signs of Suicide

Throughout National Suicide Prevention Month, CKMHC will be sharing important information on recognizing the warning signs of suicide, which may include:

- Talking about wanting to die or expressing feelings of hopelessness

- Withdrawing from friends, family, and activities
- Displaying extreme mood swings or sudden changes in behavior
- Increased use of alcohol or drugs
- Engaging in risky or self-destructive behavior

It's crucial to take these signs seriously and act quickly. If you or someone you know is exhibiting these signs, don't wait—reach out to a behavioral health professional for support.

CKMHC's Ongoing Commitment to Suicide Prevention

As a leading provider of behavioral health services, CKMHC is dedicated to suicide prevention through various programs and initiatives, including:

24/7 Crisis Services: Our crisis team is available around the clock to provide immediate assistance to individuals in distress.

Community Education and Outreach: We offer speaking and training opportunities, including Mental Health First Aid, to educate the community about behavioral health, suicide prevention, and how to support those in crisis.

Coordination of Care: CKMHC integrates behavioral health services with primary care to provide holistic support to those at risk.

How You Can Get Involved

CKMHC encourages our communities to participate in National Suicide Prevention Month by learning more about suicide prevention, sharing resources, and supporting those who may be struggling. Together, we can break the stigma surrounding behavioral health and ensure that everyone has access to the care they need.

If you or someone you know is struggling with thoughts of suicide, help is available. Contact CKMHC 24/7 crisis services at 785-823-6322. You can also call or text 988, the Suicide and Crisis Lifeline, for immediate support anytime, anywhere.

Crisis and Support Hotlines: 988 Suicide & Crisis Lifeline: Call or text 988 for immediate support 24/7 for anyone experiencing a mental health or suicidal crisis.

Farm Aid Hotline: Call 1-800-FARM-AID (1-800-327-6243) for assistance with farm-related financial, legal, and crisis support.

Veterans Crisis Line: Call 988 and press 1 to connect with a trained responder for veteran-specific crisis support.

National Domestic Violence Hotline: Call 1-800-799-SAFE (1-800-799-7233) or text "START" to 88788 for confidential support and resources for those affected by domestic violence.

The Trevor Project: Call 1-866-488-7386, text "START" to 678678, or chat online at thetrevorproject.org for LGBTQ+ youth in crisis.

Crisis Text Line: Text HELLO to 741741 for free, 24/7 crisis support via text messaging.

About Central Kansas Mental Health Center

The mission of CKMHC is to make life better in our communities by providing excellent behavioral health services, education, and integrated care, which exceeds expectations. CKMHC is a nonprofit provider and delivers services based on medical necessity, regardless of age, race, color, national origin, disability or ability to pay. In addition to the main campus in Salina, satellite offices are located in Abilene, Ellsworth, Lincoln, and Minneapolis.

Registration Deadline Extended for Sunflower Fair

The North Central-Flint Hills Area Agency on Aging (NC-FH AAA) announced today that registration is extended for the Sunflower Fair. This event happens from 8 am to 4 pm on Tuesday, Sept. 24 at Tony's Pizza Events Center in Salina. Cost is \$25 that includes a sit-down banquet lunch.

The one-day event that focuses on topics and useful information for older Kansans, people living with disabilities and caregivers features expert speakers, 50 exhibitors, a sit-down lunch, prize drawings, live music and more.

To register call the NC-FH AAA at 800-432-2703 or go to the Agency's website www.ncfhaaa.com. Regis-

trations postmarked by September 17 may also be mailed to the Area Agency on Aging at 401 Houston St., Manhattan, KS 66502.

The Sunflower Fair is the premier health and wellness event for anyone planning to have more birthdays," said NC-FH AAA executive director Julie Govert Walter. "We encourage all to attend and register before Sept. 18 so they will have a place at lunch. We will also welcome those who register the day of the Fair," she said.

Thirteen workshops on topics including elder law, cybersecurity, healthful cooking and dementia and Alzheimer's are offered in the morning and afternoon sessions.

Exhibitors, including the Salina Regional Hospital will provide health screenings, COVID-19 and flu vaccines, hearing tests, blood pressure checks, Medicare information and other important health checks.

"Bob and Friends," a trio of musicians that includes 102-year-old guitarist Bob Delk of Marion County, will provide toe-tapping music in the morning and at lunch time.

The Salina Regional Health Foundation is a major sponsor of the event. The Agency is accepting sponsors for workshops, exhibitors and donations for door prizes and items for the Silent Auction. Those interested should call 800-432-2703 or go to www.ncfhaaa.com.



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 following Worship
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 Demerle 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 @ 11:00 am
Afternoon Worship @ 2:00 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

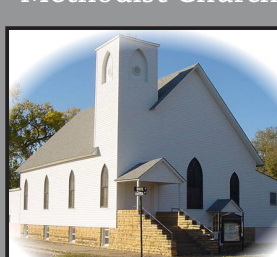
ST. PAUL'S LUTHERAN CHURCH LCMS
Pastor Don Haselhuhn
Six and one-half miles south and 4 miles east of Lincoln
Worship Service @ 9:00 am

ST. PAUL'S LUTHERAN CHURCH, ELCA
Pastor Rod Thompson, Tescott
Worship Service @ 9:00 am

TESCOTT UNITED METHODIST CHURCH
Pastor Demerle 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

Barnard United Methodist Church



Pastors Kaye and Jeff Metzler
Service Times:
Sunday School 10:00 a.m.
Morning Worship: 11:00 a.m.

Church schedules are made possible by the following sponsors:

St. John Lutheran Church

St. Paul's Lutheran Church

The Post Rock Cluster of the United Methodist Church
Barnard - Beverly - Hunter - Lincoln

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Guest Editorial

Scope-of-practice laws put patients in the crosshairs

New research appears to have found the proverbial "free lunch" economists have long been searching for. States that grant nurse practitioners "full practice authority" -- that authorize them to provide care independently, without the supervision of a physician or other provider -- reduce total healthcare costs for people with diabetes by 20% in urban areas and drive down rural usage of advanced medical services by people with diabetes by about 10%.

And there doesn't appear to be a trade-off. The study found that full practice authority had no effect on primary care claims, the number of high blood-sugar tests, or diabetic debridements -- common procedures for people with the condition.

In other words, states can dramatically reduce healthcare costs without sacrificing the quality of care simply by deregulating their healthcare labor markets. And it doesn't cost a dime of taxpayer money.

What are they waiting for? Nearly half of states still maintain some level of restriction on the "scope of practice" for nurse practitioners.

Obviously, some advanced diagnostic and treatment decisions and procedures can only be handled by doctors. But nurse practitioners undergo rigorous training programs that enable them to provide most primary care services -- and identify when a consultation with an M.D. is advisable. They're just as adept as doctors at diagnosing common diseases and prescribing widely used drugs.

In fact, this new study on people with diabetes is only the latest to show that allowing qualified nurse practitioners full practice authority results in better care for patients -- at lower cost.

A 2018 study published in the journal *Medical Care* found that Medicare enrollees treated by nurse practitioners had lower rates of hospital admissions, readmissions, and inappropriate emergency department use compared with those treated by physicians. The study also found that the cost of nurse practitioner care was between 11% and 29% lower than care provided by doctors, even after controlling for patients' severity of illness and other factors.

Perhaps that's because physician time is limited. Doctors spend 4.5 hours a day on electronic medical records, according to a 2022 study. They may be inclined to spend their scarce clinical time on patients in dire need of care. That could give them less time for patients with chronic conditions like Type 2 diabetes, whose management requires careful monitoring over time.

Doctors are also in short supply. Last year, nearly two-thirds of rural areas faced a shortage of primary care physicians, according to a report published by the federal Health Resources and Services Administration. More than 15% of Americans -- about 46 million people -- live in rural areas. But only 10% of doctors practice in these communities.

Nurse practitioners can close much of this gap. Allowing them to do so would also let doctors reserve more of their time for the complex clinical situations they have been uniquely trained for.

There's no good reason to preserve outmoded scope-of-practice laws that artificially constrain the supply of health care -- and hurt patients and drive up costs in the process. Nurse practitioners are highly trained. It's time to let them practice to the full extent of their capabilities.

- Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. This piece originally appeared in the *Richmond Times-Dispatch*.

PRAIRIE DOC - By DEBRA JOHNSTON, MD

It's Complicated

My personal connection with adoption began nearly 30 years ago. As my mentor Dr Holm and I hurried to the hospital, he told me about the child he and his wife Joanie had recently adopted.

Rick loved being a father, even more, it seems to me, than he loved being a doctor. He couldn't quite believe that he got to parent this amazing little person, that he was blessed not just with Joanie and his sons, but with this precious girl who was now their daughter. His besotted delight so moved me that I knew I wanted to adopt, too.

Over the next few years, I witnessed other families grow through adoption. I walked with women as they wrestled with unplanned pregnancies. I watched them grieve the children being raised by other mothers. I read blogs and books by adult adoptees who discussed their joys and their struggles.

Nearly 10 years after that conversation with Rick, my husband and I, too, became part of an adoptive family.

As an adoptive parent, I've often been told how "lucky" my children

are. Of course this is flattering: every parent wants to believe they are doing that incredibly difficult job well. However, people aren't usually complimenting us on our parenting. They are frequently responding to a feel good-narrative about the orphan who is now part of a family, with the expectation that we will all live happily every after.

The reality of adoption is much messier. No child comes to adoption except through loss. At a minimum, that child has lost a parent: to poverty, addiction, mental illness, incarceration, death, or some combination of factors. Even infants experience distress on separation from their biological mothers. Many children have lost more than one parent or caregiver. Some children are in open adoptions and able to maintain a connection with their biological families, although that connection may be tenuous. More are not. I have never understood how a culture obsessed with genealogy can simultaneously discount the importance to an adopted person of knowing their

own genetic heritage.

Around the time I graduated medical school, researchers published a groundbreaking study linking traumatic experiences in childhood to a myriad of significant health and social challenges in adulthood. Subsequent research has borne this out. These traumas are common; estimates are that 2/3 of middle class people have experienced at least one. They include abuse and neglect, having a household member who experiences addiction, mental illness, or incarceration, witnessing domestic violence, and the loss of a parent. Additional research has demonstrated the impact of factors outside the home, such as bullying and community violence. The more of these a person experiences, the higher the likelihood that they will suffer, for example, heart disease, suicide, lung disease, mental illness, and even cancer in adulthood.

Adoption, even adoption into a stable, loving, privileged family, doesn't

See "Doc" page 6

POST ROCK EXTENSION DISTRICT

What are the risks of planting wheat early?

By Sandra L. Wick
K-State Research and Extension-Post Rock Crop Production Agent

Producers will soon be drilling their 2025 wheat crop and it is always interesting to watch when drilling begins in north central Kansas. Producers may be looking to start putting the wheat seed in the ground a little earlier than usual, but waiting may be a better choice!

The general target date for planting wheat for optimum grain yields in Kansas is within a week of the best pest management planting date, or BPMP (formerly known as the "Hessian fly-free") date. If grain yields are the primary goal, then waiting until the BPMP date to start planting is the best approach. Our optimum wheat planting dates for north central Kansas range from September 15 to October 20. The BPMP dates for the Post Rock Extension District ranges from September 29 in Jewell and Smith counties to October 4 in Lincoln with Osborne and Mitchell counties in between those dates.

In some years, earlier-planted wheat does best and some years the later-planted wheat does best. For instance, early-planted fields in recent years have had a better final stand as compared to later-planted ones in western Kansas, mostly due to lack of moisture for later planted fields. If fields become too wet to plant by mid-October

and stay that way through the remainder of the fall, then producers end up planting much later than the optimum planting date, and this is an incentive to start planting earlier than the BPMP or fly-free date if soil conditions are good. Ideally, producers should not start planting much earlier than the BPMP date, which can seem quite late in some areas of the state.

Below are several problems that can arise from planting too early:

Increased risk of wheat streak mosaic and related diseases. Wheat curl mites survive over the summer on living plant tissue of volunteer wheat and certain other grasses. As soon as those host plants die off, the wheat curl mites leave and start searching for a new source of living plant tissue. Dr. Kelsey Andersen Onefre, K-State Research and Extension Plant Pathologist, reminds producers, "Wheat that is planted early is more likely to become infested, and thus become infected with wheat streak mosaic, high plains virus, or the Triticum mosaic virus." The wheat curl mites can normally move (only wind, can NOT fly or jump) about a half mile or sometimes up to 2 miles through the air before dying, so if wheat is planted early, make sure all volunteer wheat within at least a half-mile is completely dead at least two weeks before planting.

Increased risk of Hessian fly. "Over the summer, Hessian fly pupae live in the old crowns of wheat residue," ac-

ording to Dr. Jeff Whitworth, K-State Research and Extension Entomologist. After the first good soaking rain in late summer or early fall, these pupae (or "flaxseed") will hatch out as adult Hessian flies and start looking for live wheat plants to lay eggs on. They are most likely to find either volunteer wheat or early-planted wheat at that time. After the BPMP date, many of the adult Hessian fly will have laid their eggs, so there is generally less risk of Hessian fly infestation for wheat planted after that date. Hessian fly adult activity has been noted through November or even early December in Kansas.

Increased risk of barley yellow dwarf. The vectors of barley yellow dwarf are greenbugs and bird cherry-oat aphids. These insects are more likely to infest wheat during warm weather early in the fall than during cooler weather. There are 25+ species of aphids capable of vectoring barley yellow dwarf of which bird cherry oat aphids and greenbugs are probably the most common in Kansas.

Increased risk of excessive fall growth and excessive fall tillering. Dr. Romulo Lollato, K-State Research and Extension Wheat and Forage specialist, stresses that for optimum grain yields and winter survival, the goal is for wheat plants to head into winter with established crown roots and 3-5 tillers.

Wheat See "POST" page 6

SPICE UP YOUR LIFE - LINDSAY YOUNG

With tamale casserole, mi 'masa' es su 'masa'



Chicken tamale casserole gives you all the traditional flavors and textures of tamales without all the time and effort in the kitchen.

One of our friends likes to say that he won't order foods from a restaurant that are easy to make at home. Instead, he tries to order dishes that he would never make for himself.

The list includes plenty of time-consuming, delicious meals.

For me, one of those items is tamales. I did make tamales once. They were awesome. But it was also when we were stuck at home for the pandemic, and time was a little easier to find. Someday, I'll do it again.

In the meantime, though, I have been satisfying those cravings by ordering tamales from our great local Mexican spots. Except now I have a way to get the same flavor profile with none of the intense work, thanks to a tamale-themed casserole.

This comes from the blog "Life Made

Simple." You can find the original post at <https://lifemadesimplebakes.com/chile-verde-chicken-tamale-casserole-9/>. I added extra sauce, extra cheese and extra garlic powder in mine.

- 2 1/4 cup chicken broth or stock

Chicken Tamale Casserole Spice Mix Ingredients

- 1 rotisserie chicken, deboned and shredded
- 1 cup chicken broth or stock
- 19 ounce can chile verde enchilada sauce, divided
- 1/4 cup fresh cilantro, chopped (plus more for serving)
- 2 teaspoons garlic powder
- 4 cups shredded Monterey jack cheese, divided

Tamale Dough Ingredients

- 3 cups masa harina
- 3 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 12 tablespoons cold butter, cubed
- 3 cups frozen corn, thawed, divided
- 1 roasted poblano pepper, deseeded and diced
- salt and pepper, to taste

Directions

Preheat the oven to 400 degrees. Prepare a nine-by-13-inch deep baking dish by spraying it with cooking spray, and set it aside.

Add the chicken, broth, half of the sauce, cilantro and garlic powder to a large skillet. Heat it over medium-low, stirring occasionally, while you prepare the tamale layers.

Add the masa, sugar, baking powder, butter, two cups of corn, the poblano, salt and pepper to a food processor or blender. Process until everything is in coarse crumbs. Add the broth and process until the mixture is smooth and thick. Fold in the remaining corn.

Spread half of the tamale mixture evenly across the bottom of your baking dish. Sprinkle about one and one-fourth cup of cheese over that. Add in all of the chicken mixture, spreading it out over the cheese layer. Add another one and one-fourth cup of cheese. Spread the rest of the tamale mixture on the top.

Pour the rest of the enchilada sauce on the top, and then finish with the rest of the cheese.

Cover the dish with aluminum foil, and bake for 30 minutes. Remove the foil and bake for

See "SPICE" page 6

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SHOP KANSAS FARMS BY RICK McNARY

Tips for Starting Hard Conversations About Mental Health

My phone rang at 2 a.m., and the voice on the other end was desperate. "Pastor," the man groaned. "I'm going to end it all. I left the door unlocked. I want you to come take care of my remains."

It was in the early 1990's and, although he didn't attend the church I served, when you're the only minister in a town of 400 souls, everyone calls you in an emergency.

I ran out of the house assuming I'd go into a real mess. However, when I burst through the front door, he was holding a .357 against his head, pleading with me to give him a reason not to pull the trigger. Fortunately, I had been trained in suicide prevention and was taught that giving someone like that five minutes of hope can make actually save their lives; they don't believe life can ever be better.

Recently, I've been fielding calls from some of my farming and ranching friends who just want to talk. While I'm no longer a pastor – and haven't been one for 20 years – people seem to know they can call me and that I will listen and pray with them on the phone.

Although farmers and ranchers are the most hopeful people I know, sometimes their hopefulness turns into hopelessness.

I know of no other profession where a seeming friend can turn into an adversary like farming. One on one hand, Mother Nature can help them grow crops with great harvests, then, she can wipe out an entire crop, or their farm, with a ferocious storm. The same is true of the government; it can be a farmers' best friend or their worst nightmare.

Then, there seems to be new types of bugs and diseases that pop up out of nowhere and threaten their entire livelihood. Or they can't find adequate labor to do the work a farm requires, or interest rates skyrocket.

In addition, agriculturists are subject to market prices entirely out of their control. That crop they planted, those animals they raise for meat take a long time from infancy to harvest and, in that time, prices of the final harvest will most likely be impacted by what happens in a foreign country because international trade is an important sector of the industry.

On top of all that comes the activists, sometimes even agri-terrorists, who want to convince you that farmers are killing you or that cows are the cause of global warming because they belch too much. This accusation, of course, comes from people who fly private jets to climate change conferences so they can blame farmers. In the small country of Norway, farmers will soon start paying taxes on each head of cattle because they are claiming cows belch too much.

As time goes on, the increasing number of farmers who grow hopeless is increasing. But they aren't about to let you see them struggle because farmers and ranchers are tough individuals. However, some of them are starting to lose the battle.

While this all falls under the complex umbrella of mental health with increasing access to well-trained professionals who can help, I'll quickly admit I am not one of those wonderful people.

However, I write this for those of you who are like me, a friend, a neighbor, a family member, a pastor or even an early morning coffee-drinking crowd at the local diner to help you recognize and have the hard conversations with people you know. While I do admit I am not a mental health professional, I learned how to have hard conversations with struggling people while serving as a minister for two decades, and I want to share these lessons with you. While it's hard to start the conversations, I've learned to push through that initial fear because I know that hard question is the beginning to help them see the light at the end of the tunnel.

Deliberately make the right time and place happen

If you suspect someone is struggling, be deliberate about making the right time happen to have the conversation. Maybe it's a drive in the country, a cup of coffee in a private corner of a donut shop, a handwritten note or a phone call when you know they have time.

Acknowledge their accomplishments

People who are struggling with depression and hopelessness often feel like they have failed at everything in life. It's important to assure them you recognize their value.

Admit there is an elephant in the room

I learned to be both kind and candid in conversations by letting people know I recognized their struggles and believe they want to talk about it, but don't know where to begin.

Ask the hard questions

Are you afraid? Do you feel like you've lost control over certain parts of your life? Do you sometimes feel the world would be better off without you? Do you feel like you're running out of hope? Would it be OK if I found a professional to help you sort all this out?

I have been consistently surprised at how those simple questions open the floodgates for people to talk.

Avoid clichés and platitudes

Carefully refrain from mindless quotes like, "Just cheer up, things will get better," or "Look around you at all the blessings and be more grateful." While it might seem like good advice, it often causes more pain.

Let them know their struggle is OK

When a person is struggling, they sense quickly if they are being considered weak and they will clam up almost immediately. Statements like this work much better than platitudes, "Yes, I can see why you're struggling, and you have a right to feel that way."

Find them professional help

When it comes to people I know who are struggling, I see myself as someone who begins to hold their hand to lead them to professional help. Committing to that person that you are in it with them for the long haul helps them overcome their feelings of loneliness and fear.

Be the beacon of hope

During my time as a minister, I was trained in suicide prevention and one of the most valuable lessons I learned and practiced on various occasions was to provide someone with five minutes of hope, then turn it into 10, then 30, then a day, then a week, etc.

If you have a friend or family member who is struggling, perhaps you can be the person who has the hard conversations to begin their journey on a new pathway of hope.

For further reading, here is a great article by Sheridan Wimmer: <https://kansalivingmagazine.com/articles/2022/11/09/mental-health-matters-in-rural-kansas-communities>

**Insight - Kansas Farm Bureau
Hurry up and wait**

Jackie Mundt

Pratt County farmer and rancher

Farmers all around the country are in harvest mode. Harvesting our dryland corn was quick and smooth. Moving to the first field of sorghum, which was beautiful and looked ready to go, but the moisture tested too high by a few percentage points. The wait was frustrating. The days drag on with a sprinkle of rain one day and others that weren't hot or windy enough to dry the crop. Going back and forth in a combine can feel like time is dragging on, but cutting a load or two and then having to stop and try tomorrow day after day can feel excruciatingly slow.

Fall harvest often feels like a marathon lasting for months in comparison to the dozen or so days we spend sprinting through wheat harvest. In the fall, most farmers are harvesting several crops. Some crops are planted early and others are double cropped behind a winter crop. Dryland and irrigated versions of the same crops vary in yield potential meaning different genetics, length of growing time and inputs. Shorter days and lower temperatures can cause crops to take longer to dry down. Some crops are better

at waiting to be harvested than others. Switching equipment and coordinating help for all the different crops can be a logistical nightmare.

However, farmers are not always completely rational about the timing of field work. You really don't see a lot of "keeping up with the Joneses" in equipment purchases and other materialistic items. Farmers might get an idea or inspiration from a neighbor but most are practical, independent thinkers landing along the spectrum of brand loyalists to value seeker and always having the newest equipment to getting all of the good possible out of a piece of equipment.

Farmers are not completely immune to needing to match what the neighbors are doing. Seeing a neighbor moving equipment to a field to plant sets off a mental sense of urgency to "keep up" with the actions of the neighborhood. One farmer can set off a domino effect that has every farmer in the area testing moisture and calling in harvest help. They don't want to get left behind, which is funny because the decision of when to harvest or plant is actually fairly important. Without the right soil temperature, forecast and moisture

a crop can fail to get established, and without the weather conditions and moisture levels you often sacrifice earning potential or even risk an elevator rejecting your crop.

There is great frustration in knowing you have a big job to do, getting all your preparations done and then not being able to do the work — yet. Getting the timing right is a lot of hurrying up to wait. Hurry up and wait is an accurate oxymoron capturing the feeling of struggle when we temper our desire to move forward with knowledge that conditions aren't quite right for you to succeed.

Harvest is a time when patience is needed in abundance. Farmers don't mind long days, exposure to the elements and repetitive tasks. The real test of skill is shown through the ability to wait for the right moment to take action.

That's the virtue — learning to wait, to find the right timing. In a world driven by productivity and instant gratification, patience is difficult but incredibly valuable. The next time you find yourself in a hurry up and wait moment, lean into the discomfort and take a moment to appreciate the pain and patience required for getting it right.

**Child Passenger Safety Awareness Week:
Help save lives by setting a good example**

The Kansas Department of Transportation, the Drive To Zero Coalition and local safety partners want anyone transporting young children to know the safety risks of not having children properly restrained when traveling.

Raising awareness is a big part of Child Passenger Safety Awareness Week, which is recognized across the country Sept. 15-21. A related media event will take place at 10 a.m. on Sept. 17 at the Topeka Zoo, located at 635 SW Gage Blvd., in Topeka.

"Nothing protects your child more than using child safety restraints properly and practicing safe driving behaviors," said Gary Herman, KDOT Behavioral Safety Manager,

who will be one of the event speakers. "Set a good example - buckle up every time, travel posted speed limits, avoid distractions and never drive impaired."

The Kansas Traffic Safety Resource Office, SAFE Kids, Kansas Highway Patrol and advocates across the state work together to improve child passenger safety. For over 30 years, the Kansas Motor Carriers Association has annually provided the KHP with new seats to distribute. In addition, local communities with certified car seat technicians may have free car seats for qualifying individuals.

"We want parents and caregivers to know there are several resources to

make sure all children are using a car seat suitable for their age, height and weight," said KTSRO Director Tenille Kimberlin. "Always using a properly installed car seat significantly increases the likelihood a child will survive a crash. Certified child passenger safety technicians across Kansas are here to help in that effort."

National Car Seat Check Saturday is Sept. 21. People interested in free car seat check events throughout the year can contact their community for information. KTSRO posts information they are aware of by county and has educational materials available upon request. For more details, go to Car Seat Check Events (ktsro.org).

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, September 18, 2024)

ORDINANCE NO. 751

AN ORDINANCE ADOPTING A NEIGHBORHOOD REVITALIZATION PLAN AND DESIGNATING A NEIGHBORHOOD REVITALIZATION AREA.

WHEREAS, the City Council of the City of Lincoln Center, Kansas, pursuant to the authority provided in K.S.A. 12-1 7,114 et seq. wishes to adopt a plan to assist the revitalization of the entire area of the City of Lincoln Center, Kansas; and

WHEREAS, the City Council of the City of Lincoln Center did hold a public hearing on September 9, 2024, to hear and consider public comment on the Neighborhood Revitalization Plan.

NOW, THEREFORE, BE IT ORDAINED:

Section 1. Neighborhood Revitalization Plan. That the City Council does hereby adopt the Neighborhood Revitalization Plan, attached herein, labeled Exhibit A and incorporated by reference as if fully set forth herein.

Section 2. Designation of Neighborhood Revitalization Area. That the City Council hereby designates the real property described in Part I of the Neighborhood Revitalization Plan as the Neighborhood Revitalization Area, finds that the following conditions exist within said Area: 1) a predominance of buildings which, by reason of dilapidation or obsolescence, are detrimental to public health, safety and welfare; 2) incompatible land uses or a substantial number of deteriorating structures which impair the sound growth of the city, retards the provision of housing and constitutes an economic liability; and 3) a predominance of buildings which, by reason of age, history or architecture, are significant and should be restored to productive use, and finds that the rehabilitation, conservation and redevelopment of said area is necessary to protect the health, safety and welfare of the residents of the city.

Section 3. Neighborhood Revitalization Fund. That the City Council does hereby create a Neighborhood Revitalization Fund to finance the redevelopment of the revitalization area and to provide a rebate of property tax increments as set forth in the revitalization plan.

Section 4. That this ordinance shall be in full force and effect upon publication in the official city newspaper. Passed the 9th day of September 2024.

APPROVED:

ATTEST: (seal) /s/ Travis Schwerdtfager Mayor
/s/ Heather N. Hillegeist City Clerk

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, September 4, 2024)

Marinosci Law Group of Missouri, P.C.

NOTICE OF TRUSTEE'S SALE

For default under the terms of the Deed of Trust executed by Jeffery P Shultman, a single person, dated June 22, 2022, recorded on June 30, 2022, in Book 2481 on Page No. 114 as Instrument No. 2022006865, Office of the Recorder of Deeds, Lincoln County, Missouri. The undersigned Successor Trustee, between the hours of 9:00 am and 5:00 pm, will on **October 1, 2024, at 10:00 AM** at the East Front Door of the Lincoln County Courthouse, 201 Main Street, Troy, Missouri, sell at public vendue to the highest bidder for cash (certified funds only) the following real estate:

Lot 141 of Eagles Bluff Plat 3, a subdivision in Lincoln County, Missouri, according to the plat thereof recorded in Plat Book 13 page 133 of the Lincoln County Records.

to satisfy said debt and costs.

Marinosci Law Group of Missouri, P.C., Successor Trustee, (816) 287-0800, may be deemed to be a debt collector and, if so, is attempting to collect a debt and any information obtained will be used for that purpose. Pursuant to the Fair Debt Collection Practices Act, 15 U.S.C. §1692c(b), no information concerning the collection of this debt may be given without prior consent of the consumer given directly to the debt collector or the express permission of a court of competent jurisdiction.

Marinosci Law Group of Missouri, P.C.
Successor Trustee
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24-03882

1512 Main Street, Suite 130, Grandview, MO 64030
Phone: 816-287-0800 Facsimile: 913-257-5223

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, September 11, 2024)

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS

In the Matter of the Estate of)
) Case No. LC-2024-PR-000013
Oliver Dean Kralicek, deceased)

TITLE TO REAL ESTATE INVOLVED

NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on August 26, 2024, a petition was filed in this Court by Konnie Williams, praying that the Last Will and Testament of Oliver Dean Kralicek, a/k/a Dean Kralicek, deceased, dated March 9, 2021, be admitted to probate and record; Konnie Williams be appointed as executor, without bond; and be granted Letters Testamentary, without bond.

You are further advised that the Petitioner in this matter has requested administration pursuant to the Kansas Simplified Estates Act, the Court may not supervise administration of the estate, and no further notice of any action of the executor or other proceedings in the administration will be given except for notice of final settlement of the decedent's estate. If written objections to simplified administration are filed with the Court, the Court may order supervised administration to ensue.

You are required to file your written defenses to the Petition on or before October 21, 2024, at 9:00 a.m. in the District Court of Lincoln County, Lincoln, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the Petition.

All creditors are notified to exhibit their demands against the estate within four (4) months from the date of first publication of this notice, as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

Konnie Williams, Petitioner
Jessica L. Stoppel, KS 25432
CLARK, MIZE & LINVILLE, CHARTERED
129 S. Eighth - P. O. Box 380
Salina, Kansas 67402-0380
Tel. (785) 823-6325 - Fax (785) 823-1868
jlstoppel@cml-law.com
Attorneys for Petitioner

Thank You, Readers!

Doc/from page 4

erase the trauma that preceded it. We can't address those wounds if we won't acknowledge them.
 Debra Johnston, MD, is part of The Prairie Doc® team of physicians and currently practices as a Family Medicine Doctor at Avera Medical Group in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org, Facebook, Instagram, and Threads featuring On Call with the Prairie Doc® on Facebook, a medical Q&A show, 2 podcasts, and a Radio program on SDPB, providing health information based on science, built on trust.

Farmers & Ranchers Livestock Commission Co.

Total for the Week - Cattle - 3,602 Hogs - 106
Bulls - \$172.00 - \$184.50 Cows - \$140.00 - \$150.50

Strs	Hfrs
300-400 \$368.00-377.50	300-400 \$345.00-357.00
400-500 \$335.00-347.00	400-500 \$285.00-297.00
500-600 \$300.00-310.00	500-600 \$268.00-280.00
600-700 \$270.00-279.00	600-700 \$255.00-265.00
700-800 \$253.00-264.50	700-800 \$232.00-244.50
800-900 \$237.00-249.00	800-900 \$225.00-236.00
900-1000 \$230.00-241.25	900-1000 NO TEST

Early Consignments for Thursday, September 19th:

116 mostly blk steers, 850-950, off grass, 3 round vaccs, no implants; 200 angus steers, 500-600, home raise, 2 round vaccs, very fancy; 25 mostly blk steers & heifers, 700-800, home raise, long weaned, 2 round vaccs, off grass; 185 steers, 850-975, off grass, natives; 54 mix steers, 725-850, April weaned, off grass, 2 round vaccs; 15 blk steers & heifers, 500-600, off cow; 52 heifers, 700-900; 5 steers, 800#s; plus more by sale time.

Special Cow Sales

Tuesday October 22, 2024
Tuesday November 19, 2024
Tuesday December 17, 2024

Special Calf Sales

Tuesday, October 29, 2024
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REAL ESTATE AUCTION

WEDNESDAY, OCTOBER 16, 2024 • 2 P.M.

Auction will be held at the American Legion in Ellsworth, Ks.
NW ¼ 28-13-8 Lincoln Co

The farm is located 3 miles North of I70 Ellsworth exit on 15th road that turns into 150 road on a gravel road. There are 167.91 farmland acres, with 99.90 crop acres. 71.63 acres pasture, 6.10 acres of building site with a 1 ½ story older home 1435 sq. feet 3 bedroom 1 bath, stone barn, machine shed, granary, chicken house. There is a well, septic system, propane & REA. Seller will do no inspections or repair on buildings, well or septic. All inspections made by purchaser must be done before Oct. 16, 2024. The bases are wheat 17.88 acres with 35 bu yield; grain sorghum 5.72 acres with 55 bu yield; soybeans 2.10 acres with 2 bu yield for a total base acres of 25.70.

Taxes: 2024 taxes will be paid by seller, 2023 taxes were: \$2,624.58.

Possession: Possession on the pasture, buildings and open ground will be upon closing, Possession of 45 acres planted to wheat will be after 2025 wheat harvest, the purchaser will receive cash rent of \$50.00 per acre on the land planted to wheat. Purchaser will pay renter for chemical that has been applied to 20 acres open ground.

Terms: 10% of purchase price as down payment day of auction, the balance will be paid upon closing on or before December 2, 2024.

Down payment will be escrowed with Land Home Title. Escrow fees will be split 50/50 between seller & purchaser. Title insurance will be used, the cost will be split 50/50 between seller & purchaser.

All statements made day of auction take precedence over printed material.

ROSEMARY E. RATHBUN ESTATE

Sheldon Rathbun Adm. • John Reynolds Attorney



Auction Conducted By

Bob Thummel
 400 Claremont Dr.
 Salina, Kansas 67401
 785-738-0067



Save the date

On September 25 at 3:00 PM ET, we welcome all to join us for a Produce Safety University (PSU) Continuing Education webinar titled, "Hidden in Plain Sight: Navigating Food Allergens, Intolerance, and Labeling Practices."

This webinar will delve into the various food allergens and intoler-

ances beyond the Top 9 that affect children and adults today. We will also address the recent challenges posed by the addition of sesame to foods that traditionally did not contain it, strategies for managing lesser-known food allergens and intolerances, and discuss industry labeling practices that impact

school food programs. This free webinar is hosted by the Institute of Child Nutrition.

Enrollment and webinar information can be found at <https://theicn.docebosaa.com/learn/courses/428/psu-hidden-in-plain-sight-september-25th-2024-3pm-est>. Sign up soon!

Women/from page 1

the children, and if no school was available, she also became their teacher. She typically grew a garden capable of producing enough food to feed her family for a year. She spent days and weeks canning and otherwise preserving food her family would enjoy during the winter.

In Lincoln County, Mrs. Skinner of the Beverly area began educating children in her home. Her first class had her own three children, two from another family, and one who was an only child. From her initial efforts, more and more students came to Mrs. Skinner's school.

The idea of sending the children to school instead of home-schooling became popular. Soon, other women throughout the county stepped forward and opened schools. The school district was born in this manner.

Anna Wait, covered in an earlier profile, was the epitome of education in Lincoln County. She first had children into her home to teach them the basics. Her home was

also the law office of Captain Wait. Eventually there were three buildings to house the school, Captain Wait's law practice and their home.

Dorothe Tarrence Homen is another woman in the history of Lincoln County's education.

Dorothe Tarrence Homan was born and reared in Lincoln and is a fourth-generation Lincoln Countian through her mother, Lydia Meinhertz Tarrence. After attending the Lincoln schools, she went on to Emporia State (then known as Emporia State Teachers College), She spent 20 years serving the county as Lincoln County Superintendent of Schools. The position was eventually phased out with school unification. She was then named Head Librarian of Bethany College, Lindsborg as an Assistant Professor.

Homan spent years going through old newspaper clippings, family histories, etc., and some of the information in Lincoln, That County in Kansas came from face-to-face

interviews with some of the town's elders. Her goal was to create a complete history of Lincoln County and that is exactly what she did.

Her years of discovery, cataloging, organizing and authoring her book were labors of love. She told of the very first settlers in the area, the 1869 warfare with Dog Soldiers, the floods, the grasshoppers – she tells it all. Her book has become an important reference document for anyone doing any research into the county's history.

Mrs. Homan was selected for inclusion in the eighth edition of the prestigious Marquis Who's Who of American Women and has been listed in the succeeding editions. She appears in several editions of the Dictionary of International Biography and in the World Who's Who of Women.

There have been three printings of Mrs. Homan's book. She passed away from cancer just before the third printing was released.

Post/from page 4

that is planted early can grow much more than this, especially if moisture and nitrogen levels are good. If wheat gets too lush in the fall, it can use up too much soil moisture in unproductive vegetative growth and become more susceptible to drought stress in the spring if conditions are dry.

Increased risk of take-all, dryland foot rot, and common root rot. Take-all is usually worse on early-planted wheat than on later-planted wheat. So, one of the ways to avoid dryland foot rot is to avoid early seeding. Early planting promotes large plants that more often become water stressed in the fall predisposing them to invasion by the fungi. Early planting of wheat also favors common root rot because this gives the root rot fungi more time to invade and colonize root and crown tissue.

Grassy weed infestations become more expensive to control. If cheatgrass, downy brome, Japanese brome, or annual rye come up before the wheat is planted, they can be controlled with glyphosate or tillage. If wheat is planted early and these grassy weeds come up after the wheat has emerged, producers will have to use an appropriate grass herbicide to control them.

Germination problems due to

high soil temperatures. Generally, early planted wheat is drilled in hotter soils, which could be a problem as some varieties won't germinate when soil temperatures are greater than 85°F. "If planting early, it is important to select varieties that do not have high-temperature germination sensitivity and plant sensitive varieties later in the fall," according Lollato. According to the KSU Mesonet Weather Data Library at our 3 weather stations in Jewell, Mitchell and Osborne Counties, the average 2-inch soil depth temperature was 74 degrees F. and the 4-inch soil depth average temperature was 72 degrees F. over the last week. So, we may be okay this year. However, the current temperature reading on Thursday, September 12 at all locations for the 2-inch depth was over 80 degrees F. So, it would be a good idea to check the Kansas Mesonet station (mesonet.ksu.edu) to check the Jewell, Mitchell or Osborne soil temperatures.

Germination problems due to shortened coleoptile length. Even though we have been fortunate with the cooler air temperatures, Mother Nature could bring a different climate before wheat planting begins.

Hotter soils tend to decrease the coleoptile length of the germinating wheat. Therefore, deeply planted wheat may not have a long-enough coleoptile to break through the soil surface and may result in decreased emergence and poor stand establishment. Because of the shortened coleoptile length, it is preferable to dust the wheat in at a shallower depth (3/4 to 1-inch deep) when early planting wheat than trying to reach moisture in deeper layers if soil moisture is absent from the top inch of the soil profile.

If you have further questions on wheat production, contact me at any Post Rock Extension District Office 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. Sandra may be contacted at swick@ksu.edu or by calling Smith Center, 282-6823, Beloit 738-3597, Lincoln 524-4432, Mankato 378-3174, or Osborne 346-2521. Join us on Facebook at "Post Rock Extension" along with our weekly "Ag News Roundup". Also remember our website is www.postrock.ksu.edu and my twitter account is @PRDCrops.

Spice/from page 4

another 10 minutes. Serve topped with more chopped cilantro. Store leftovers in an airtight container in the refrigerator.

This was absolutely delicious, and it reheated phenomenally. (Thank goodness, because it makes a ton of food.) All of the flavors of a good, chicken tamale were there, and we will definitely be making this again—much sooner than I'll probably be making traditional tamales.

As a side note, I roasted my poblano by placing it under the broiler until it

was charred on all sides and then placing it in a glass bowl with plastic wrap on top to steam for about 10 minutes. Then, I could scrape off the skin, scoop out the seeds and dice it up. Easy this again—if you're nervous about a poblano being too spicy, try an Anaheim pepper instead.

Now that I have a good copycat for tamales, I'll

have to explore some other tough dishes at our local restaurants. I'm looking at you, mole.

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.

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9-13	89	56	
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Area volleyball teams HIGHLIGHTS

The Sylvan-Lucas volleyball team continues their impressive season, remaining undefeated after another round of victories. The team's determination and teamwork have kept them on top as they push forward with their winning streak.



The Tescott ladies volleyball team competed in the Solomon tournament, finishing with a 2-2 record. The team faced tough losses to Solomon and Elyria Christian but rallied to secure victories against Flint Hills Christian and Peabody to end the day strong. Pictured are outside hitter - Caitlin Stirn, middle hitter - Jady Krone and setter - Makenna Challens. (Photo by Kelsey Challens)



The Lincoln Leopards volleyball team faced challenges in last week's matches, but continued to fight hard. Junior Hazel Metz goes for the kill as teammates Tyra Meyer, Ashton Lyne, and Bella Naylor prepare for the next play, showing their determination despite the tough competition. (Photo by Lori Spear)

Lincoln Cross Country Teams secure top finishes at Stockton Invitational

Way to run Leopards! Lincoln brought home some more medals in Stockton and crushed some PRs from last year's meet.

JH Boys Division
 Lyle Hair 1st Place
 Layne Nelson 5th Place
 Connor Schneider 7th Place
 Anton Esterl 13th Place

JH Girls Division
 Emily King 2nd Place
 Julie Good 6th Place

HS Varsity Girls
 Olivia Dail 2nd Place

HS Varsity Boys
 Jonathan Bell 6th Place
 Matthew Schale 7th Place
 Clay Bates 9th Place

The Leopards next meet is Thursday, September 19th at Bennington.

Leopards dominate Thunder Ridge



The Lincoln Leopards football team traveled to Scandia, KS, to take on Thunder Ridge, dominating the game with a commanding 40-0 lead by the end of the first quarter. The game ended at halftime with a final score of 64-12 in favor of the Leopards. They will look to carry this momentum into their Homecoming game on Friday, September 20th, with kickoff at 7 PM. Above Deagen Walters and Austin Ahring celebrate! (Photo by Lori Spear)

Sylvan-Lucas shuts down St. John's/Beloit



The Sylvan-Lucas Mustangs traveled to Tipton to take on St. John's/Beloit, dominating the game with a decisive 56-8 victory. The Mustangs continue their strong season with this impressive win. Carter Johnson (7) hands off to Zayne Maupin. The Mustangs play at home against Stockton this week. (Photo by Melissa Wacker)

Pancost finishes first at Stockton



Congratulations to the Sylvan-Lucas cross country team on their outstanding performance at Stockton! Harlan took 1st, Caleb 8th, Jacob 10th, and Eli 11th, combining for a boys' team victory! On the girls' side, Codie placed 6th, Faith 10th, and Aubrelle 12th. In the junior high race, Ben Feldkamp secured 8th place. Pictured (L-R): Eli Schultz, Harlan Pancost, Railyne Soukup, Caleb Dlabal, Faith Soukup, Jacob Oltean, Aubrelle Hurlbut, Hannah Pahls. Not pictured is Codie Huehl. (Photo courtesy of USD 299)

LINCOLN RECREATION DEPARTMENT

The Lincoln Recreation Department's Little Setters camp, held on Saturday mornings, brings young athletes together to develop their volleyball skills. The camp focuses on fundamentals, teamwork, and fun as these future players take their first steps into the sport. (Photos by Abby Gerleman)

