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# **Post Rock Festival fun for all!**



The annual Post Rock Festival was August 31 with great weather and a great turnout. From the 5k run/walk to the parade, to the bouncy houses and the duck races, the day was tons o' fun for everyone! Here are a few photos to highlight the day. (Photos courtesy of Kris Heinze)

# **Women of Lincoln County - Part 5**

*By Jyll Phillips, Lincoln-Sentinel* Throughout the years, the

women of Lincoln County were instrumental in many projects that affected the country in one way or another. The two women profiled here are only a few who shined.

Did you know the creator of the flag of the State of Kansas was from Lincoln?

In 1916, the Daughters of the American Revolution organized a contest to create a flag for Kansas. Esther Northrup of Lawrence was the winner. The design was three horizontal stripes of red, white and blue with a

ted to the Kansas legislature in 1917 but was not adopted. Instead, Hazel Avery, a local dress shop owner

to the state legislature. Between 1925 and 1927 Kansas used a state banner instead of a flag. The Kan-



the state flag in 1925 for a of a large sunflower and the

rejected for display in our nation's capital due to the awkward manner in which it had to be hung, the state legislature was searching for a replacement.

Avery's design was officially adopted by the legislature in 1927. The original is now part of the museum collections of the Kansas State Historical Society in Topeka. The original flag was made of blue cotton. The Young Women's Blue Cross, a WWI era organization, planned to make the new flag of the finest silk, however the organization disbanded soon after the flag was created, and a silk version was never made. The design was modified in 1961, adding "Kansas" below the seal in gold block lettering. The flag was first

# The Bank of Tescott celebrates Berkley Family milestone

The Bank of Tescott is proud to honor the Berkley family, whose contributions have been pivotal in the banking industry for generations. The family has recently joined the prestigious list of recipients for the Century of Family Banking award, presented by the Kansas Bankers Association. This award recognizes families who have dedicated 100 years of service to the banking industry.

The Berkley family's deep-rooted history in banking began with Howard Jackson (H.J.) Berkley at The Bank of Tescott. Starting his career as a cashier and janitor, H.J. Berkley rose to become the president of the bank, dedicating his life to its growth and success from 1924 until his passing in 1969. His commitment laid the foundation for a long-standing association with banks throughout Kansas, furthered by his eight children – Arliene, Jack Belmont, Robert, Jerry, Paul, Hal, Don and Mike. Notably, H.J. also convinced his brother Bob Berkley to leave farming and join him at The Bank of

gold sunflower on a blue background in the upper left quadrant and the state seal in the center of the sunflower. The design was submitFourth of July parade right here in Lincoln. Noticing how beautiful the flag was with its appliqued Kansas symbols, a local reached out word "Kansas" on a blue field. It was intended to be hung on a horizontal bar instead of a vertical flagpole, but after the banner was

See "Women" page 7

# Lincoln FSA receives award

On August 8, 2024, the Ellsworth/Lincoln FSA staff was one of eight state recipients of the Kansas Farm Service Agency Eisenhower Legacy Award. The staff was presented with the "Sunflower Team Award." This award honors a team that has made impacting contributions by not only providing exemplary service within their own offices, but also by selflessly helping other offices and individuals across Kansas, going above and beyond what is normally expected of a team.

TheEllsworth/Lincolnteamcontinuallyassists

Kansas farmers and ranchers by helping other FSA offices which are understaffed or with higher workloads. This is a "go-to" team when something must get done. The team was recognized for "continually helping many other offices and producers while demonstrating loyalty to the mission and vision of Kansas FSA! The team was presented the award during the Kansas Farm Service Agency Eisenhower Legacy Award Ceremony at the Eisenhower Presidential Library in Abilene Kansas.



Ellsworth/Lincoln FSA staff recipients of the Kansas Farm Service Agency Eisenhower Legacy Award. Back Row (L-R): Mary Zelenka (Ellsworth County), Katie Good (Lincoln County), Marie Nelson (Ellsworth County), and Dawn Dolezal (Ellsworth and Lincoln County). Front Row(L-R): Bianca Pounds (Lincoln County), Patti Winters (Lincoln County), Kelli Kootz (Ellsworth County), and Nikki Cunningham (Ellsworth County). (Courtesy photo)

#### Do you swallow spiders in your sleep?

Tescott, marking the beginning of a family legacy.

See "Milestone" page 5

# Hunter Education Field Day for Internet course

The field day required in conjunction with the internet instruction for a hunting license is set for Saturday, September 4 from 8 a.m. to 4 p.m. with a 30-minute break for lunch.

The day will begin at Bosch Farm, just south of the Lincoln Cemetery at 731 E. South St. Participants should bring a lunch as they will not leave the site. Organizers urge participants to carefully dress for the weather.

Hunter Education certifications cannot be issued to participants under 11 years of age as of the date of the class. All students must complete the online portion of the course prior to attending the field day. Find it at the KDWPT website and register for a class. https://ksoutdoors.com/services/education/hunter/hunter-ed-courses/internet-assisted-course

Follow all KDWPT instructions in detail and register for the Lincoln Co. course

All students will be tested over the internet course material at the beginning of the field day. A passing score of 22 correct answers is required to proceed with the rest of the course.

For more information contact Greg Babcock at 785-531-1829. Space is limited. A maximum of 25 students will be enrolled.

# Historical Society plans upcoming events

The fall season promises to be a busy one with several events planned to keep people informed and entertained. On Saturday, September 21 Ms. Jeanne Klein with the Kansas Suffragist Memorial Committee will be on-hand to talk about the Women's Suffragist Movement in Kansas.

If you have been reading the series of Women of Lincoln County, you know that several prominent early residents were heavily involved in the suffragist movement in Kansas including Anna Wait, Dr. Sarah Cole and Elizabeth Barr. It was Lincoln County women who first voted in Kansas, and

#### See "Historical" page 5

Cash Grain



Have you heard the urban legend that people swallow about eight spiders in their sleep every year? You will be relieved to know the actual number is closer to 0. Humans are not appealing to crawl on because even in our sleep we make a lot of noise and movement that spiders would be sensitive to. Poor things. If a spider did crawl on you, it could wake you up before it became an accidental snack. It's theoretically possible that a spider could crawl in your mouth while you're sleeping but it is highly unlikely. Don't you feel better now?

Corn.....\$3.71 Milo.....\$3.76 Soybeans.....\$9.30 Wheat.....\$5.48

Cash prices courtesy of Ag Mark

# COMMUNITY

# Community Calendar

# Thursday, September 5 Lincoln: 4 pm Vesper Farmers & Makers Market @ VCC USD 298: 4pm - JH Volleyball vs Lakeside & Natoma; 6pm - LJH Football vs Lakeside USD 299 4 pm JH VB vs. St. John's-Tipton @ Sylvan; 6 pm JH FB vs. St. John's-Tipton @ Sylvan

Friday, September 6 USD 298: 7pm - LHS V Football @ Ellis

Saturday, September 7 Lincoln: 5:30 pm BINGO @ VCC USD 298: 8 am Lincoln Rec - VB Clinic - K-3 Grades USD 299: 7 pm HS FB @ Thunder Ridge

#### Sunday, September 8

Monday, September 9 USD 298: 6pm - JV Football vs Ellis; 6 pm Board USD 298: 6pm - JV Football Mtg USD 299: Band to State Fair; 7:30pm Board of Ed Mtg

**Tuesday,September 10** USD 298: 4pm - LHS Volleyball vs Natoma & Sylvan/Lucas USD 299: 4 pm HS VB Lincoln Tri (Sylvan, Lincoln, Natoma) @ Lincoln

Wednesday, September 11 USD 298: Students dismissed @ Noon/PM Inservice

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.



Monday, September 9 Hamburger w/bun, Cheesy Potato Casserole, Cucumber Spears & Fruit

Tuesday, September 10 Chicken Ranch Pizza, Corn, Tossed Salad, Warm Cinnamon Apples & Cookie

Wednesday, September 11 Lasagna, Italian Blend Veggies, Lime Pears & Garlic Bread

# LINCOLN SENTINEL-REPUBLICAN SEPTEMBER 4, , 2024 - PAGE 2 Vesper Community Center Bingo Sept. 7

there will be bingo, delicious food, and wholesome family fun at the Vesper Community Center, located at 1247 N 120th Rd Lincoln KS 67455 less than 1 mile south of Hwy 18 in Vesper.

Doors and the concession stand open at 5:30pm and bingo begins at 7pm. More information about bingo is on the vespercc.org website. Last month Deb Lyne from West-

fall won the jackpot round. Volunteers will be selling grilled burgers, all beef hot dogs, loaded nachos, cheese cake, coconut, chocolate and peanut butter meringue pie, fresh baked cinnamon rolls and chocolate chip cookies, ice cream sundaes, floats, popcorn and more to fund raise for the community center and its programs. The pies and cinnamon rolls are sponsored by Kansas Midwest Homes & Movers.

On Saturday September 7th, rented by the public for wedding receptions, family/friend gatherings, other events and meetings. There is a craft show planned for Saturday October 12th from 9a-2p. Vendors can sign up at the vespercc.org website. Admission for the public is free and the concession stand will be open from 10a-1p.

Farmers markets will continue a few more weeks as long gardens keep producing. They happen every Thursday 4pm-6pm. Last week, there was an especially large variety of fresh vegetables, melons, jams, jellies, pies and baked goods and other take home goodies. Anyone can sell anything at the farmers markets and the use of space, tables and chairs are provided for free as a community service.

The facility is supported by private donations and grants from Dane G Hansen, Post Rock Community Foundation, Lincoln County Wind

Economic Benefit fund and local businesses, so be sure to thank Citizens State Bank & Trust, Meyer Tire and Lube, the Bank of Tescott, Lincoln Building Supply and S&S Auto service and towing, and 181 Ag Supply Bennington State Bank, Kansas Homes and Movers and Seirer's Clothing when you patronize these businesses.



Deb Lyne, Westfall, was the August jackpot winner. (courtesy photo)

#### The community center can be

# Biggs Graduates from the Graduate School of Banking in Colorado



Joe Biggs, Vice-President Loan Officer, has graduated from the prestigious Graduate School of Banking at Colorado. (courtesy photo)

The Bank of Tescott is proud to announce that Joe Biggs, Vice-President Loan Officer, has graduated from the prestigious Graduate School of Banking at Colorado (GSBC). This significant achievement marks a major milestone in Joe's professional development and underscores his commitment to excellence in banking and service to the community.

Joe Biggs is among 159 graduates from 28 U.S. states who were honored at a ceremony on July 25. Over the course of three years, Joe completed a rigorous and comprehensive curriculum designed to prepare banking professionals to serve as leaders in their organizations and as trusted financial providers in their communities. The program covered essential areas of banking, including financial management and strategy, innovation and engagement, leadership and culture, and lending, all with a focus on community banking.

"The Graduate School of Banking at Colorado is renowned for its commitment to advancing the banking industry through education," said Mitch Obermueller, Executive Vice President at The Bank of Tescott. "We are incredibly proud of Joe's dedication to professional development. His achievement reflects the values we hold at our bank and his continued commitment to serving our customers and community with excellence."

Recognized as America's Premier Community Banking School, GSBC empowers banking professionals by providing coursework that builds organizational and community leaders and equips them with the skills to innovate and lead their organizations into the future. The 73rd Annual School Session was held from July 14-26 at the University of Colorado Boulder campus, and the school looks forward to welcoming nearly 500 community banking professionals to its 74th Annual School Session scheduled for July 13-25, 2025.

The Bank of Tescott congratulates Joe Biggs on his graduation and is excited to support his continued success as a key member of our team.

For more information about The Bank of Tescott and our services, please visit bankoftescott.com. For more details about the Graduate School of Banking at Colorado and its programs, visit GSBColorado.org.

Stay Safe, Eat Smart: Essential Tips to

Thursday, September 12 Hot Turkey Sandwich, Potatoes w/Gravy, Cauliflower & Carrots, Cranberry Sauce

Friday, September 13 Bakes Potato Bar, Pulled Pork, Brocolli w/Cheese Sauce/Onion/Saur Cream & Peach Crisp

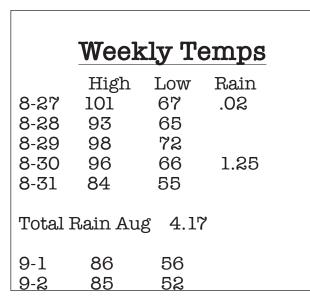
#### <u>Menu is subject to change.</u>

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.



11:30 AM - 1:00 PM

REDIT UNION



# **Prevent Foodborne Illness**

#### By Jamie Rathbun Post Rock Family and Community Wellness Agent

When it comes to food safety, even a small mistake can lead to big consequences. With nearly 48 million Americans falling ill from foodborne illnesses each year, knowing how to handle food properly is more important than ever. Whether you're cooking at home or simply storing groceries, following a few simple steps can keep you and your loved ones safe from harmful bacteria. Let's break down the 4 essential tips to help you avoid becoming a statistic—and ensure that your meals are as safe as they are delicious. Know the Symptoms

Consuming dangerous foodborne bacteria will usually cause illness within 1 to 3 days of eating the contaminated food. However, sickness can also occur within 20 minutes or up to 6 weeks later. Symptoms of foodborne illness can include: vomiting, diarrhea, and abdominal pain – and flu-like symptoms, such as fever, headache, and body ache. Handle Foods Safely

Although most healthy people will recover from a foodborne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems. In addition, some people are at a higher risk for developing foodborne illness, including pregnant women, young children, older adults, and people with weakened immune systems (such as transplant patients and individuals with HIV/AIDS, cancer, or diabetes). keep your family safer from То food poisoning, follow these four simple steps: clean, separate, cook, and chill. CLEAN: Wash hands and surfaces often

• Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.

• Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.

· Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle.

• Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.

• With canned goods, remember to clean lids before opening.

#### SEPARATE raw meats from other foods

• Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.

• Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood. • Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.

• Don't reuse marinades used on raw foods unless you bring them to a boil first.

COOK to the right temperature · Color and texture are unreli-

able indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.

• Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.

• When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.

• Bring sauces, soups and gravy to a boil when reheating.

#### **CHILL: Refrigerate foods** promptly

• Use an appliance thermometer to be sure the temperature is consistently 40° F or below and the freezer temperature is 0° F or below.

• Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.

• Never thaw food at room temperature, such as on the counter top. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

• Always marinate food in the refrigerator.

• Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Contact Jamie Rathbun at jrathbun@ksu.edu or by calling 785-524-4432. Stay connected with "Post Rock Extension" on Facebook, Twitter, Instagram, and YouTube. Our website is www. postrock.ksu.edu.

Got a great local story? email: lincolnksnews@gmail.com

# LINCOLN SENTINEL-REPUBLICAN

in all church activities. His deep

faith and abiding love of Jesus was

the code he lived by and the foun-

dation that he laid for his family.

His legacy will live on in the lives

of those he touched as a teacher,

church leader, father, grandfather,

and great-grandfather. Jim is pre-

ceded in death by his wife of 67

years, following her to Heaven af-

ter a short 12 weeks without her

here on Earth. He is survived by

his 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 Met-

tlen 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,

Chelsee Poskey, Sierra Gillespie, and

Breahna (Gillespie) Crawford and

husband Jordan; and 21 (soon to be

A viewing will be held at the Syl-

van Presbyterian Church in Sylvan

Grove on Thursday August 29 from

10:30 am to 11:30 am with family

present followed by a meal in the

The funeral services will also be

held on Thursday, August 29 at 1:30

pm at the Sylvan Grove Presbyteri-

an Church with Sharon Ringler and

He will be laid to rest in the Syl-

van Grove Cemetery. In lieu of

flowers, memorials can be made to

the Mr. Eller Memorial Scholarship

Fund for students of Sylvan/Lucas

Go dance in Heaven with your be-

loved Jo, your guiding light will live

on in our hearts until we meet again.

ed with the Rentschler Family Mor-

Arrangements have been entrust-

22) great grandchildren.

Fellowship Hall.

Steve Boor presiding.

tuaries Sylvan Chapel.

High School.

# AUGUST 28, 2024 - PAGE 3

# COMMUNITY

# OBITUARY

## James M. Eller May 7, 1935 - Aug. 23, 2024

On Friday, August 23, 2024, James M Eller went to meet his beloved wife Joann in their Heavenly home. He was born May 7, 1935 in Speed, Kansas the son of James and Doris Eller. Jim grew up in Kirwin, Kansas and graduated from Kirwin High School. Following graduation he joined the Army during the Korean War and worked on guided missles. After his enlistment he returned home to Kirwin and on November 25, 1956 he married Joann Crawford in Gaylord at the Nazarene Church. Soon after they moved to Hays, KS where he attended Fort Hays State University and attained a Bachelor's of Science degree in Education. He returned to Kirwin to begin his teaching career for 2 years followed by 2 years in Long Island, KS. During those years he taught PE and English and coached football, basketball, and baseball and directed school plays. In the summer of 1967 he and Joann moved to Sylvan Grove, KS. It was the first year of the new Sylvan Unified School district and the first year in the "new" school. Jim taught various subjects over the years including English, Science, PE and was always willing to take on any position that was needed at the school either as a teacher, coach or sponsor. Some of those included track, basketball, speech and school plays. In the 1972-73 school year he became the first girl's basketball coach at Sylvan Unified High School, leading the team to winning seasons. He went back to FHSU to earn his MS in High School Counseling, adding that to his duties at SUHS. During

the summers he built Butler Buildings, worked at the Sylvan Elevator or helped farmers in the fields. Jim was instrumental is starting the Girl's Quivira Softball league and coached the team from Sylvan for many years. He retired from teaching in 1996 but continued to substitute teach for many years and later volunteered in the lunchroom serving lunches at the high school until he was into his 80s. Eduction was something that he loved and he passed that on to the next 2 generations of his family. His 3 daughters and several grandchildren have followed in his footsteps. When Jim and Joann moved to Sylvan Grove, they found a place to call home for over 50 years.

Jim was full of fun and had a quick wit, often ready with a joke and was quick to laughter. He was the best example of a girl Dad, encouraging independence in his daughters and leading by example of how to treat people with kindness, to always have love in your heart, and to never judge or hate. Jim was a much loved teacher, counselor, and coach, showing compassion and acceptance to his students. Sports were always very important to Jim, he was a talented player and successful coach. He instilled the love of sports to his daughters and supported all of their activites and those of his grandchildren. He and Joann were affectionately known and Grandad Jim and Grandma Jo to students at Chase and Lucas where their grandchildren attended school and participated in many sports and activities. They were a constant at games and their presence meant the world to their grandchildren.

The Sylvan Presbyterian Church was especially important to Jim and he often filled the pulpit and was a very active and faithful member

COMMISSION MEETING MINUTES

August 19, 2024 The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, August 19, 2024. Chairman Dennis Ray called the meeting to discuss personnel matto order at 8:30 a.m. with ters of nonelected per-Vice-Chairman Debora sonnel, to reconvene in Smith present and Member Ryley Hembry absent. County Clerk Dawn Harlow was in attendance as recording secretary. Others present for portions of the meeting: Jesse Knight, Joe Conway, Dale Hlad, and Felicia Strahm. Correspondence: a response from the Kansas Department of Transportation concerning the noncompliant salvage area at the corner of N 120th Rd and E Hwy 18; mid-month accounts payable; a bid for building a lean-to onto the north side of the recycling center; a letter from Central Kansas Mental Health Center with a recommendation for board appointment; bills for Lincoln house commission meet-Park Manor; and information from Pipeline Association for Public Awareness.

Dennis Ray moved to recess into executive session for fifteen minutes for the purpose of discussing public works employees, pursuant to K.S.A. 75-4319(2)(b)(1) the courthouse commission meeting room, with the commission, Public Works Director Dale Hlad, HR Felicia Strahm, and County Clerk Dawn Harlow, seconded by Dennis Ray. Motion carried. Time in: 9:17 a.m. Time out: 9:32 a.m.

ular session at 9:44 a.m. with no action taken.

Human Resource Officer Felica Strahm updated the board on interactions with BeneBlock and the short-term disability plan. Strahm related that there has not been a lot of interest in the positions available in the clerk's

Clerk Dawn Harlow, seconded by Ryley Hembry. Motion carried. Time in: 10:10 a.m. Time out: 10:20 a.m.

The chairman reconvened the meeting to regular session at 10:20 a.m. The board approved advertisement of a fulltime clerk/secretary in the County Clerk's Office with blended responsibilities to also include the administrative duties of the transportation bus including dispatching, scheduling, and grant administration. Strahm will reach out to interviewed applicants.



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



1114

Commissioner Hembry arrived at 8:57 a.m.

Emergency Management Jesse Knight provided an update on the Command Trailer/Mobile Clinic project.

The chairman reconvened the meeting to regular session at 9:32 a.m. with no action taken.

Dennis Ray moved to recess into executive session for ten minutes for the purpose of discussing public works employees, pursuant to K.S.A. 75-4319(2)(b)(1) to discuss personnel matters of nonelected personnel, to reconvene in the courting room with the commission, Public Works Director Dale Hlad, HR Felicia Strahm, and County Clerk Dawn Harlow, seconded by Debora Smith. Motion carried. Time in: 9:34 a.m. Time out: 9:44 a.m.

The chairman reconvened the meeting to reg-

office, appraiser's office, and transportation bus. Clerk Harlow provided a breakdown for payroll and benefits for the transportation bus grant. The group discussed whether it would be more appropriate to hire a full-time employee in the Clerk's Office and ask that employee to assume the administrative responsibilities for the transportation bus, and then hire additional part-time bus drivers. Harlow requested an executive session to answer questions regarding applicants that were interviewed for the part time position. Dennis Ray moved to recess into executive session for ten minutes for the purpose of discussing county clerk employees, pursuant to K.S.A. 75-4319(2)(b)(1) to discuss personnel matters of nonelected personnel, to reconvene in the courthouse commission meeting room with the commission, HR Felicia Strahm, and County

Dennis Ray moved to approve mid-month accounts payable in the amount of \$49,793.49, seconded by Ryley Hembry. Motion carried.

Debora Smith moved to appoint Nikki Flinn to the Central Kansas Mental Health Board, seconded by Ryley Hembry. Motion carried.

Dennis Ray moved to approve August 12, 2024, and August 14, 2024, minutes as presented, seconded by Ryley Hembry. Motion carried.

The chairman adjourned the meeting at 11:13 a.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Monday, August 26, 2024.

## Vesper Community Center

BINGO

SATURDAY, Sept 7th DOORS OPEN @ 5:30pm BINGO STARTS @ 7:00pm

Play for as little as \$6 CASH PRIZES

Hamburgers sundaes pie, floats & more !

785-524-2466 www.vespercc.org 1247 N 120th Rd Lincoln KS 67455 unity purposes 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

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

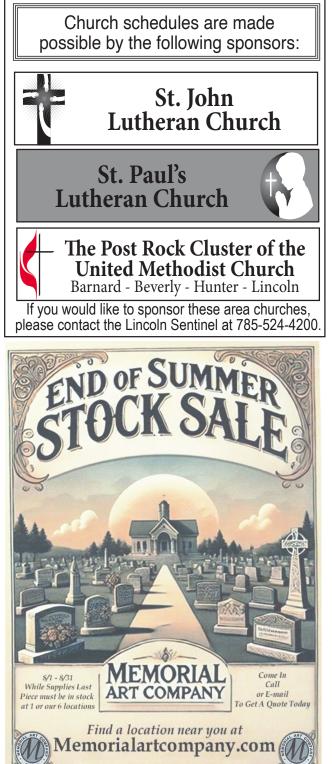
Pastors Kaye & Jeff Metzler

Worship Service @ 9:00 am

LINCOLN COMMUNITY

CHURCH

Pastor Don Haselhuhn Six and one-half miles south and four miles east o Service Times: Worship Service: 9:00 a.m



# Farmer and Rancher Online Debt Consolidation Tool **USDA Launches Online Debt** Consolidation Tool to Increase Farmer and Rancher Financial Viability

The U.S. Department of Agriculture (USDA) is announcing the launch of the Debt Consolidation Tool, an innovative online tool available through farmers.gov that allows agricultural producers to enter their farm operating debt and evaluate the potential savings that might be provided by obtaining a debt consolidation loan with USDA's Farm Service Agency (FSA) or a local lender.



Have a great week!

# **EDITORIAL/OPINION**

LINCOLN SENTINEL-REPUBLICAN

SEPTEMBER 4, 2024 - PAGE 4

# **Farmers & Ranchers** Livestock Commission Co.

Total for the Week - Cattle - 3,930 Hogs - 120 Bulls - \$164.00 - \$175.00 Cows - \$136.00 - \$149.50

Strs		Hfrs	
300-400	\$368.00-380.00	300-400	\$335.00-350.00
400-500	\$324.00-336.00	400-500	\$302.00-315.00
500-600	\$315.00-329.00	500-600	\$280.00-292.00
600-700	\$285.00-294.00	600-700	\$265.00-274.00
700-800	\$256.00-268.35	700-800	\$255.00-268.75
800-900	\$242.00-254.00	800-900	\$220.00-233.50
900-1000	\$230.00-241.00	900-1000	\$210.00-222.50

## Early Consignments for **Thursday, September 5th:**

15 black steers & heifers, 525-700, wean 120+ days, home raise, 2 round vaccinations, bunk broke; 60 steers, 800-850, off grass; plus more by sale time.

## **Special Cow Sale, Tuesday, September 17th:**

Cows: 20 blk cows, 3-6 years old, November calvers, bred blk; 7 blk cows, 6 years old, 7 months bred; 120 red/ blk cows, 5-10 years, bred blk angus, heavy bred, some pairs; 15 blk cows, 3-4 years, bred blk, very fancy; 80+60 blk cows, 3-5 years, pairs or heavy bred; 24 blk cows, 3-5 years, bred sim angus; 104+60 blk/red angus cows, 3-5 years, blk calves, heavy bred, bred balancer; 45 mix cows, 3-6 years, heavy bred; 10 blk fall cows, 3-5 years, heavy bred; 80 blk cows, 3-5 years, heavy bred; 70 blk cows, 3-6 years, bred blk, raised big calves; plus more by sale time.

## **Special Cow Sales** Tuesday September 17, 2024-

**TAKING CONSIGNMENT NOW** 

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

### **Special Calf Sales**

Tuesday, October 29, 2024 **Tuesday, November 5, 2024 Tuesday, November 12, 2024** 

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

# Is It Real or Fake?

It is miraculous to consider how much access and exposure we have to information through our computers, phones, televisions, radios and newspapers. Unfortunately, we need to be on guard because too much of this buzz can be false information.

Marketing (sales) can be good and important as it moves commerce, and I'm not saying industry doesn't sponsor credible scientific research. However, marketing can be harmful when selling a weight-loss program that gives false hope, when peddling virility pills that are ineffective or when pushing an outrageously expensive drug that should be used only after first-line medicines are tried. Advertisements can and should be based on truth, but my cynical side sees the words "truth in advertising" as an oxymoron, like "seriously funny," "awfully good" or "found missing." Indeed, marketing motives can be as different from evidence-based science as corn syrup is to leafy green vegetables.

Before sharing or relying on information found online ask yourself the following things:

1. What is the purpose of this website/ and or advertising and who owns it? 2. Who wrote the information, is supplying the information and reviewed it?

3. When was the information written and updated?

4. Does this website or ad offer quick and easy solutions and/or miracle cures for your health problems? It has been our desire and goal at Healing Words Foundation to find and help spread health information that is not influenced by marketing or sales. What is known today as Prairie Doc® media started in the 1980s with newspaper articles, expanding in the 1990s with a local talk AM-radio show, in 2003 with a television show. We feel blessed to have such wonderful talents and gifts allowing us to bring our unbiased and credible public health information to

the people.

The mission statement of the Healing Words Foundation and all Prairie Doc programming is enhancing health and diminishing suffering by communicating useful information, based on honest science, provided in a respectful and compassionate manner.

This is a call for all of us to be careful and critical. We don't have to be influenced by false or misleading news but rather need to choose our sources of information carefully. Let this be a time of truth.

The late Dr. Rick Holm and his partner Joanie Holm founded Prairie Doc Programming and continue to follow its mission through the Healing Words Foundation. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook and Instagram featuring On Call with the Prairie Doc<sup>®</sup>, a medical Q&A show providing health information based on science, built on trust, streaming live on Facebook most Thursdays at 7 p.m. central.

# **POST ROCK EXTENSION DISTRICT**

# Forage analysis: Don't guess - Test!

### By Blaire Todd

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

Kansas experienced a wide range of forage growing conditions this year. Conditions that affect growth of forages can not only impact quality but can also increase the risk of nitrates, which can be harmful and toxic to livestock. Testing your forages is a good practice to implement into your yearly plans, but especially during a year with an impacted forage crop. As the old saying goes "don't guess...test".

When submitting a forage sample for testing, the basic components of a forage analysis are dry matter (moisture), crude protein, an estimate of the energy content of the feedstuff (Total Digestible Nutrients (TDN), Net Energy for Maintenance (NEm), Net Energy for gain (NEg), and the macro minerals, Calcium and Phosphorous. These are the most basic analytical procedures that are required to evaluate forages and balance rations. However, there are some additional analyses that can offer insight into the quality of the forage or improve our ability to predict animal performance. I recommend that the report include acid detergent fiber (ADF) and neutral detergent fiber (NDF). The amount of NDF in forage reflects the amount of cell wall contents (hemicellulose, cellulose, and lignin) within the sample. The NDF

fraction is often associated with the respective bulkiness of forage and is correlated with dry matter intake of the forage or feedstuff. Therefore, the amount of NDF may be used to estimate the expected dry matter intake associated with the forage. The ADF number represents the amount of cellulose and lignin within the forage and is correlated with the respective digestibility. In general, a higher ADF value is associated with forage that has a greater proportion of cellulose and lignin and would likely be more mature. Additionally, the ADF fraction is used to calculate the energy estimates TDN, NEm, and NEg that appear on the report. As forages mature, ADF increases and energy content decreases.

If the hay was put up under less-thanideal harvest conditions or contains a large proportion of weeds, mold is a concern. A generic mold count may be requested at most labs. This analysis does not identify specific types of mold but simply tells us the concentration of mold within a forage sample. In addition, if the forage is a known nitrate accumulator (forage sorghums, crop residues, cereal hay), contains weeds that accumulate nitrates (kochia, lambsquarters, sunflower, pigweed, Johnsongrass) or was stressed (i.e. drought, hail damage) prior to harvesting, a nitrate analysis is recommended. Nitrates and mold can be managed by blending forages to dilute out the mold or nitrates.

However, the concentrations must be known to accurately dilute the mold and nitrates to safe concentrations.

Most analytical laboratories have several different analysis packages available. These packages typically include the basic analytical procedures outlined above (DM, CP, TDN) and then add on specific analyses such as NDF, or the Macrominerals (Ca, P, Mg, K, Na, Cl, S). Mold counts or nitrate analyses are usually offered as separate analytical procedures and must be requested separately for additional fees. In addition, some labs may not offer all services in-house and may send samples to other laboratories for analysis, which can require additional time.

Thanks to Justin Waggoner for sharing information related to forage analysis and for further information regarding forage sampling or if you need assistance submitting samples, 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.k-state.edu.



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Dr. Cedano completed his pulmonary medicine/critical care fellowship at the University of Kansas School of Medicine in Kansas City, and his internal medicine residency at Rutgers New Jersey Medical School in Elizabeth, New Jersey.

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# Thank you, readers!



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# **OPINION**

# LINCOLN SENTINEL-REPUBLICAN

# SEPTEMBER 4, 2024 - PAGE 5

# SHOP KANSAS FARMS BY RICK MCNARY

# How Small Meat Lockers Work

There are two ways you can buy beef, pork, lamb or bison from a farmer. One way is to buy in bulk by selecting a quarter, half or whole of the animal. The other way is to purchase individual cuts such as ground meat, roasts and chops. What is the difference?

It depends on the licensing level between Kansas Department of Agriculture (KDA) and United States Department of Agriculture (USDA) of the meat locker processing the protein. One is state (KDA), the other is federal (USDA).

#### Buying in Bulk – Custom Processors

Many small meat lockers are only KDA licensed, which means when you purchase protein from the farmer, that farmer can only sell it to you in quarters, halves or wholes. It's important to note you are buying the animal from the farmer, but the locker is processing it for you per your instructions.

These are known as custom lockers because you, the purchaser of the animal from the farmer, work directly with the locker to customize your meat order. These lockers provide you with a "cut sheet," where you note the types of cuts you want. This can be confusing for anyone not used to buying in bulk because you might end up with cuts you normally wouldn't purchase. Remember, you're buying a quarter, half or whole of an animal which means there's a lot more there than just steaks and roasts.

For many, this process can be confusing, that's what Kansas State University came up with a Beef Processing Options for Consumers Guide to help clarify it for you. The unique part of buying in bulk is you spread the cost out over all the cuts, rather than just buying an individual cut. So, you're not buying a roast or ham at one price, then the hamburger or bacon at the other – you pay by the pound, not by the cut so your cost is spread out. While you might end up paying \$6 a pound for hamburger, you're also only paying \$6 a pound for a filet mignon.

Many of the farmers you purchase meat from also have guides as to how to order the cuts, what to expect in the final product and how much freezer space you'll need for a quarter, half or whole.

Buying in bulk is also a great way to purchase meat and share it with friends and families. Each year at Christmas, we purchase an entire beef, then have it processed into various cuts and give each of our six children an equitable distribution.

It is important to note that KDAlicensed lockers can only sell in bulk. **USDA Inspected Processing** 

**USDA Inspected Processing** Some lockers go through the rigorous process of becoming USDA certified, which gives both the farmer, and the locker, the ability to sell individual cuts. These lockers are required to pay for a USDA inspector to be on site for certain periods of time during the process.

USDA-licensed meat lockers can either sell in bulk or individual cuts. If you notice, when someone posts on our Shop Kansas Farms Facebook group or lists their products on our website, www.shopkansasfarms.com, we ask them to list if they are KDA and/or USDA licensed.

Some farmers prefer to work with a USDA-certified facility so they can be more select in the meat cuts they offer and can reach consumers who only want to purchase one or a few cuts at a time.

In addition, livestock growers who use USDA-certified facilities and are appropriately licensed by KDA can also ship those cuts out of state. The process of shipping using dry ice is difficult to learn and can be costly, but it provides the rancher with a national market. Many of the farms listed on our site ship all over the United States.

While many farmers would like to get into selling individual cuts, the challenge is finding a USDA-certified locker close to them. Since it is federally regulated, the costs of additional inspectors and facility upgrades prohibit some lockers from moving from state to federal inspection.

As you browse through our Facebook group, you will notice the distinction. There will be farmers who offer to sell in bulk, then some who offer to sell individual cuts. The difference is the level of licensing between state and federal.

Anyway you 'cut' it, both state and federally licensed meat lockers follow safety standards to ensure the meat on your table is safe to eat. The only difference is how the farmer can sell that meat to the consumer; both are safe to eat.

# Insight - Kansas Farm Bureau The value of abundance

#### Kim Baldwin

# McPherson County farmer and rancher

Although the temperatures outside suggest otherwise, summer is over as the kids have returned to school. While I always miss the extra daily chaos of the kids being home all day during the summer, I also always enjoy a bit of calm during the days following their return to school.

Yes, there are generally a couple days of transition involved as all of our routines return. It's generally pretty quiet once the kids go back to school, and I think our farm dog, Rosie, and I both recognize the sharp contrast of days full of activities, noise and constant chaos to the calmer, quieter days where we can't wait for a school Two of the first things I planned to do once the kids got back on that school bus for another year was to sit down and enjoy a cup of coffee at my pace before spending a day in our farm office working on the books. I planned to have the television channel of my choice playing in the background while I worked on the computer and perhaps enjoy a second cup of coffee at my pace. It was a pace that I envisioned would allow me to ease back into reality.

These were grand plans that would allow me to slowly reacclimate back onto the reality of life without kids at home all the time. Little did I know, once the kids loaded up on the bus and headed to back to school to begin a new school year. I would be loading myself up into the tractor and be headed into our dryland corn fields to begin harvest. What I originally envisioned for the first few weeks following the start of school included greeting the kids at home once they got off the bus in the afternoons. We'd talk about their school day at the

kitchen table while they'd eat a nutritious snack. Little did I know, the kids would get off the bus in the afternoons and make their own after-school snacks because I'd be in a corn field driving the grain cart and unloading corn into our bins.

I should know better by now that my envisioned fall plans very rarely align with the reality of life on the farm every fall. Afterall, after my husband and I returned home from our honeymoon 14 years ago, he immediately headed out to the corn fields to begin harvest. Fourteen years ago there was no time to slowly ease back into reality. Instead, it was time to get back to work.

And 14 years later, that's where we are as well – returning to reality and getting to work as we kick off both the start of a new school year and a new season of harvest. "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.

# Historical/from page 1\_\_\_\_

the community of Lincoln became somewhat of a hub of activity for the movement.

The presentation will begin at 2:00 p.m. at the museum at 216 W. Lincoln Avenue. Admission is free, but donations to the museum are always welcome.

While you are there you can purchase a ticket for the Mystery Dinner at the Marshall-Yohe House. The event is planned for October 5. 1970s cocktail attire is encouraged but not required. Limited seating is available so don't wait to secure your spot. Tickets go on sale September 5 at the museum.



## 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.

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#### Legal Notice

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

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS

In the Matter of the Estate of

Oliver Dean Kralicek, deceased )

Case No. LC-2024-PR-000013

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 request ed 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 ad ministration 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 3, 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 de cree 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.

bus to appear in the afternoon to welcome our people home.

Leading up to the days before the start of this new school year, I had grand plans of tackling projects I've set aside until the kids returned to school. Never mind tackling the laundry or the dishes or dedicating some major cleaning attention to my kitchen.

Milestone/from page 1\_

Generations of Berkley's have since been integral to The Bank of Tescott's growth and community impact. Jack Belmont Berkley contributed eight years of service, Hal Berkley served as both president and a board member and Arliene Matthews worked as a teller and was a director for more than three decades. Today this legacy continues with Hal's granddaughter, Megan Berkley, who works at the bank's Tescott location.

Under the leadership of

Berkley's, The Bank of Tescott has flourished.

"Since I started in 1969, our assets have grown from about 6.5 million to over 450 million, and our staff has expanded from a small team of seven to over 60 employees," said Mark Berkley, Director Emeritus at The Bank of Tescott. "We now operate five banking offices across four counties, with commitment to excellence in service and community support."

While The Bank of Tescott has been the central pillar of

the Berkley family's banking endeavors, the family has also been involved with other banks throughout Kansas. Other banks connected to the Berkley's include Bennington State Bank, Solutions North Bank, State Bank of Downs and Alliance Bank, each contributing to the family's remarkable legacy in Kansas banking.

As the Berkley family celebrates a century of service, The Bank of Tescott looks forward to continuing its tradition of community-focused banking and excellent customer service, embodying the values instilled by the Berkely's over the decades.

The Bank of Tescott congratulates the Berkley family on this significant achievement and remains dedicated to upholding the values and traditions that have defined their century-long contribution to the banking industry.

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

The Berkley Family received Century of Family Banking Award: (L-R): James Berkley, Jeff Berkley, Burke Matthews, Mike Berkley, Lila Berkley, Don Berkley, Bill Berkley and Mark Berkley. (*Courtesy Photo*)

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# **KIDS CORNER**

#### LINCOLN SENTINEL-REPUBLICAN SEPTEMBER 4, 2024 - PAGE 6

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**Math Blocks** 

Fill in the missing blocks with numbers between 0-20. The numbers in each row add up to the totals on the right.

The numbers in each column add up to the totals on the bottom.

9

10

**Get Scrambled** 

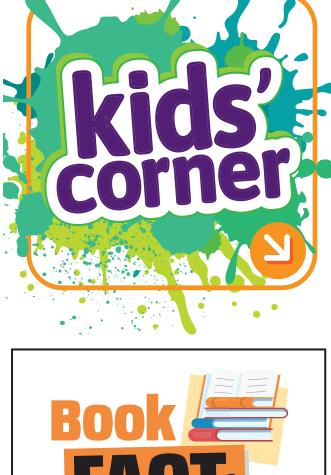
Unscramble the words to

determine the phrase.

**RTUN ETH GEPA** 

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27





With 38.4 million catalogued books, this is the largest library in the United States.

Answer: Library of Congress







**1882:** The Pearl Street Station in NYC becomes the first power plant to supply electricity to paying customers.

1972: Mark Spitz sets a record by winning a seventh medal at a single Olympic Games.

**1998:** Google is founded by Larry Page and Sergey Brin.



Answer: Turn the page



English: Text Spanish: Texto Italian: Testo French: Texte German: Wortlaut

Salina 🖊 Surgical

Hospita

Libraries use the Dewey Decimal System or the Library of Congress Classification System to organize their books.





# **Can you guess what** the bigger picture is?

Answer: Library books



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# Women/from page 1\_\_\_

flown at Fort Riley by then governor, Benjamin S. Paulen in 1927 for the troops at Fort Riley and the Kansas National Guard.

SEPTEMBER 4, 2024 - PAGE 7

For two years prior to the design being adopted, Kansas used a state banner instead of a flag. The Kansas state banner consisted of a large sunflower and the word "Kansas" on a blue field. It was intended to be hung on a horizontal bar instead of a vertical flagpole, but after the banner was rejected for display in our nation's capital due to the awkward manner in which it had to be hung, the state legislature adopted Avery's design, left unchanged until the modification in 1961. Even with the modification, the rest of Avery's design remained unchanged. The state banner exists today as an official alternative to the state flag.

The symbols Hazel Avery so skillfully included in her design represent portions of Kansas history. There are 34 stars, recognizing Kansas as the 34th state in the union. The rolling hills signify the landscape surrounding Fort Riley and the steamboat represents a time when boats traveled the Kansas River. Teams of oxen, Indians hunting buffalo and covered wagons represent the frontier, and the plowed fields in front of a log cabin represent the state's agriculture. Frank Cooper, well-known local artist, painted the seals on the cloth.

Born in 1892, Hazel Herman Avery died at the age of 51 in 1943 and is buried in the Lincoln City Cemetery. Though nev-

Bessie Anderson Stanley, born Caroline Elizabeth Anderson, was born March 25, 1879, in Newton, Iowa. The wife of Lincoln native Arthur (A.J.) Stanley, a U.S. district judge of the United Sates District Court for the District of Kansas, she was encouraged by her husband to draft an essay for entrance in a contest sponsored by the George Livingston Richards Co. of Boston in 1905. The essay was to be no more than 100 words and be the best definition of what constituted success. Her essay was entered with 100s of others from

Her essay, printed below, won first place and a grand prize

Caroline Elizabeth "Bessie" Stanley was by all indications, a true success. She died at age 73 in 1952 in Kansas City,

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**S**ports

# **Kickoff to Fall: Let the games begin!**

Lincoln travels to Ellis on Friday Night



Senior quarterback Levi Bates leads the offense during the jamboree matchup, showcasing his skills against tough competition. (Photo by Becky Rathbun)





Lincoln kicked off the fall season with a thrilling football jamboree, battling fiercely against Beloit/St. John's and Thunder Ridge in an exciting display of skill and teamwork. Ben Bell carries the ball. (Photo by Becky Rathbun)





Sophomore Xavier Miller powers by the defense while carrying the ball against Thunder Ridge. (Photo by Becky Rathbun

fense, gaining yardage. (Photo by Becky Rathbun)

Senior Kaden Budreau swiftly maneuvers by the de- Junior Easton Good holds strong on the line, creating opportunites for the offense. (Photo by Becky Rathbun)

# Lincoln volleyball spikes off the season with excitement





The Lincoln volleyball team traveled to Lakeside to kick off the high school volleyball season. Left: Mallie Florence bumps the ball as Teryn Spear readies to hit it over the net. Above: The team celebrates a victorious play, gearing up to face Sylvan-Lucas and Natoma on September 10th. (Photos by Lori Spear)