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Another successful year for Angel Tree

By Jyll Phillips, Lincoln-Sentinel

The Lincoln location of Citizen's State Bank & Trust Co. has wrapped up another successful year hosting the Lincoln County Angel Tree. Even with a tight economy, locals rallied on behalf of the

county's children and senior citizens. This year 86 children and 22 senior citizens from Lincoln County were sponsored, ensuring that their holiday season was brighter, and proving you're never too old for "Santa."

The Angel Tree program

continues to be a vital part of our community during this special time of year. While there are many opportunities to give back to the community during the holidays, meeting the needs of our local children and senior citizens is especially

meaningful.

The community appreciates the bank's annual sponsorship of this project, and all who donated gifts or financial resources to help make wishes come true.

Local 4H Club use time and talent to care for others

Members of the Bullfoot Creek/Sylvan Hustlers 4-H club combined their talents with their hearts as they made blankets for the Blessed Hope Family Trading Post.

The Blessed Hope Family Trading Post is a non-profit offering free tangible items needed to care for foster or adoptive children. Items might include clothing, blankets, personal items and many more.

Blessed Hope says the blankets at the Trading Post are not just blankets. Instead they are a warm embrace for children navigating a difficult time. Each stitch, every fold and all the vibrant colors reflect the love and care put into them.

Blessed Hope serves foster and adoptive families in Lincoln County and surrounding areas.



Alyssa Lopez, Toni Dail, Trisha Miller, Sloan McReynolds-Baetz celebrate the success of this year's Lincoln County Angel Tree which brightened the holidays for 86 children and 22 senior citizens. (Courtesy Photo)



Members of the Bullfoot Creek/Sylvan Hustlers 4-H Club made blankets for the Blessed Hope Family Trading Post, providing warmth and comfort to foster and adoptive children in Lincoln County and beyond.

Vignery named Superintendent of Schools for USD 458

Former Lincoln resident, Chris Vignery, has been appointed Superintendent of schools for USD 458 in Basehor, KS beginning July 1, 2025.

Currently Vignery serves as the Interim Assistant Superintendent at the Basehor-Linwood School District, having previously served as the North Ottawa County Superintendent in Minneapolis, KS for 10 years. Prior to his time in North Ottawa County, he served as Pike Valley Superintendent and High School Principal in north central Kansas for six years. Well-rounded in the field of education, Vignery has also held positions in administration, teaching, tech and coaching within the Pike Valley District.

"We are thrilled to announce Mr. Vignery as the new Basehor-Linwood

School District superintendent," Board president Dayna Miller said. "His proven leadership and his vision for the future of our district make him the ideal choice to lead our district forward. We are confident that under his guidance, our schools will continue to thrive, inspiring excellence and opportunity for each student."

For the 2024-25 school year, there are two public schools serving 629 students in the North Ottawa County School District under Vignery's guidance. The district's average testing ranking is 8/10, which is in the top 30% of public schools in Kansas.

As superintendent in Basehor-Linwood School District, Vignery will serve a student population of 3,041 across seven buildings, ranking among the

top 20% of public-school districts in Kansas. For the 2024-25 school year, the district's average testing rank-

ing is 10/10, which is in the top 10% of public schools in Kansas.



CHRIS VIGNERY

Jessica Burt Wins Polar Express Blackout Bingo



Congratulations to Jessica Burt, the winner of the Ticket on the Polar Express Blackout Bingo! It was a delight to share this super cute lighted holiday basket from Carol's Christmas Shop filled with giveaways and gift certificates, courtesy of local businesses! There was a little something for everyone in this basket, including a hoodie, hat, book, cookies, bottle of wine, coffee cup, koozie, tumbler, kitchen tool, gift certificates, and Chamber Bucks. (Courtesy Photo)

Barnard Lions Club Pancake Day Brings Community Together



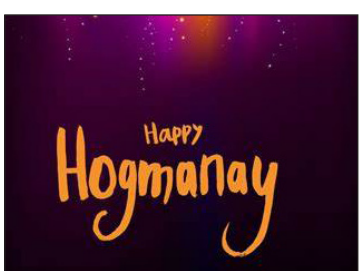
Santa arrives in style on the fire truck at the Barnard Lions Club Pancake Day, where Joel Abell and Jaci Biggs were honored as scholarship recipients. Lions member Trase McQueen presented the scholarships during the annual event. (Photos by Becky Rathbun)



Joel Abell and Jaci Biggs were honored as scholarship recipients. Lions member Trase McQueen presented the scholarships during the annual event. (Photos by Becky Rathbun)

Hogmanay (December 31-January)

Cash Grain



Hogmanay is the Scottish New Year's Eve celebration that traditionally includes bonfires, parades, and gift-giving. It is the Scottish word for the last day of the year and is generally regarded as the most important Scottish holiday. Christmas was not celebrated as a festival and was banned in Scotland for about 400 years. Because of this, until the 1950s many Scots worked over Christmas and celebrated their winter solstice holiday at New Year, when family and friends would gather for a party and to exchange gifts which came to be known as hogmanays. The most famous tradition is the "first-footing," where people go door-to-door to bring gifts and good luck to homes. Another popular tradition is the "Hogmanay Kiss," where people exchange kisses at midnight.

Corn.....	\$4.11
Milo.....	\$3.76
Soybeans.....	\$8.95
Wheat.....	\$4.90

Cash prices courtesy of Ag Mark

Community Calendar

Thursday, December 27
USD 298: No School
USD 299: No School

Friday, December 28
USD 298: No School
USD 299: No School

Sunday, December 29
USD 298: No School
USD 299: No School

Monday, December 30
USD 298: No School
USD 299: No School

Tuesday, December 31
USD 298: No School
USD 299: No School

Wednesday, January 1
USD 298: No School
USD 299: No School



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.



Denmark Evangelical Lutheran Community Church in Denmark, Kansas. (courtesy photo)

Help the Denmark Church save their steeple

Adapted from a gofundme created by Mary Anderson

The Denmark Evangelical Lutheran Church has stood in Denmark, Kansas for nearly 150 years. Built in 1878 out of locally quarried limestone by immigrants from Denmark, Norway and Sweden, the church construction was completed after five years. The steeple and bell tower were added in 1901. The church was added to the National Register of Historic Places in 1991.

Along with the Community Hall, constructed in 1911, this church has seen countless baptisms, birthdays, graduations, weddings and funerals. These buildings are the glue that holds a community together. People travel from all over to tour Denmark and experience Dan-

ish traditions and heritage, such as Aebleskiver cooking or learning to make Danish woven hearts. Recently, Denmark residents and friends joined hands in the annual celebration of dancing around the Christmas tree.

Now, after many years of use, with all of the laughter and tears it has seen, the beautiful limestone church needs help from its' community.

Mary Anderson, one of twenty members of the Denmark Evangelical Lutheran Church, has created a gofund me (<https://gofund.me/b0f2c0ba>) to help raise money for repairs. The interior of the church is in good condition, however, the steeple is leaking and the mortar between the stones is coming loose and falling out. The church is seeking donations to:

- repair the leaking steeple
- paint all exterior surfaces of the church and paint the steeple
- repoint (retuck) the mortar between the stones

Church members have received several bids and the project is estimated to cost \$40,000. As of today, donations on gofundme are \$3,100 of the \$30,000 goal.

If you would like to visit the Denmark Evangelical Lutheran Church, services are held Sundays at 10:30 am. On Sunday, December 28th, the church will have a special service of Christmas carols and everyone is invited. If you would like to donate to help repair the church that has stood the test of time in a small community visit the gofundmepage at <https://gofund.me/b0f2c0ba>.

True Blue KSHSAA Scholarship Application Process

For the fourth year, the KSHSAA and Capitol Federal Foundation * will award True Blue Scholarships intended to support Kansas High School graduates in postsecondary efforts. This one-time scholarship is for students graduating during the 2024-25 school year. These funds will be made payable to a two-year or four-year accredited college, university or technical school in the name of the selected student. Awards are non-renewable, one-time scholarships in the amount of \$2,000 provided for a student in each activity administered by the KSHSAA. You may contact the KSHSAA at kshsaa@kshsaa.org or 785-273-5329 with any questions.

Eligibility

Students must be seniors attending and graduating from a member school of the Kansas State High School Activities Association during the 2024-25 school year and have rostered in the chosen activity their senior year. They must be considered as students in good standing as confirmed by their building principal. Students must enroll and attend a post-secondary institution of their choice as a full-time student within two years of graduation. Applicants must be in their final semester of high school. If you are a Division I bound athlete, please check with your institution about eligibility for this scholarship before applying.

Selection Criteria

The student will be selected based upon an assessment of the following components:

- Community Service (30%)
 - Length of service in school
 - Length of service in the community
 - Variety of service in school
 - Variety of service in community
- Academic achievement (30%)
 - Cumulative GPA through 7 semesters
 - Standardized test scores
 - Academic awards from school or others
 - College Prep/Honors level classes
- Breadth of school activity participation (20%)
 - Number of full seasons/years in each activity
 - Number of KSHSAA sponsored activities
 - Number of other school sponsored activities

Activity achievement (20%)

- Varsity level participation
- Varsity letters earned
- All-league honors
- All-state honors

Application Process

• All components of the application must be submitted digitally by 11:00 p.m. on March 3, 2025. Failure to complete submission by designated deadline will make the student ineligible for the scholarship.

• Scholarships will be awarded in categories noted online. Even though the student may participate in multiple activities, they may only apply for one category award (one application per student).

• The student shall submit a scholarship application which reflects school activity participation; this component is reviewed by a school or district administrator.

• The student shall complete an essay of no more than 500 words in response to the following prompt: "How participation in school activities has helped me become a better citizen."

• The student shall submit one reference letter reflective of community service completed by the student during their high school career.

• The student shall submit an official seven-semester high school transcript.

• The student and parent shall provide appropriate release to the selection committee to review the application materials and to approve using the name and image in local and social media if the student is selected as a scholarship winner.

• Applications may be submitted during the open application period of December 16, 2025, to March 3, 2025.

True Blue KSHSAA Scholarship Categories for all KSHSAA Activities

- 34 total scholarships, payable to post-secondary institution
- \$2,000 one-time award, non-renewable

Visit <https://www.kshsaa.org/General/ScholarshipInformation.cfm> for the application.



Monday, December 23
Turkey Rice Casserole, Carrots, Cauliflower, Mixed Fruit, Bread & Milk

Tuesday, December 24
Lil Smokies, Mac & Cheese, Brussel Sprouts, Fruit & Milk

Wednesday, December 25
Merry Christmas!

Thursday, December 26
Chili, Crackers, Coleslaw, Peaches, Cinnamon Roll & Milk

Friday, December 27
Pork Loin w/Gravy, Sweet Potatoes, Green Beans, Beets, Apple Crisp, Roll & Milk

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 Holiday Closings
The Lincoln County Courthouse will close to the public at noon on Tuesday, December 31 to finalize the 2024 fiscal year
All County Departments (excluding emergency services) will be closed Wednesday, January 1, 2025 in observance of the *New Year Holiday*
Lincoln County Kansas

New Year's Eve Party
Tuesday, December 31
8:30 p.m.
Open to the Public
Lincoln Community Church
319 S. 4th, Lincoln
Please bring any table games you would like to play, Snacks to share, and a white elephant gift for a gift exchange!

In Loving Memory of Lloyd C Rasmussen
June 18, 1959 - December 25, 2020
We Will Always Love You!

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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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Kansas Geological Survey, state agency to measure groundwater levels in western Kansas

LAWRENCE — A crew from the Kansas Geological Survey, based at the University of Kansas, along with staff from three field offices of the Kansas Department of Agriculture's Division of Water Resources will be in western Kansas to start measuring groundwater levels the first week of January 2025.

Levels are measured annually as part of a joint project to monitor the health of the state's valuable groundwater resources. Most of the wells measured by KGS and DWR tap into the High Plains aquifer, a massive network of underground water-bearing rocks and the main source of water in western Kansas. The rest draw from deeper aquifers

or shallower alluvial aquifers along creeks and rivers.

Weather permitting, the KGS crew will be working near Colby on Jan. 2, Goodland on Jan. 3, Ulysses and Elkhart on Jan. 4, Liberal on Jan. 5 and Dodge City on Jan. 6.

Brownie Wilson, KGS water-data manager, said he expects the year to end close to normal in terms of precipitation for the state, but the general dry conditions and lack of rainfall over the summer months will likely contribute to greater declines in water levels this year than last.

"The year started off with moderate to severe drought conditions primarily in the center and northern portions of Kansas," Wilson

said. "The lack of moisture, especially in the western half of the state during the early spring, allowed those dry conditions to expand.

"Outside of a few events in limited areas over the summer, it wasn't until November when virtually all of the High Plains aquifer region received gentle and beneficial rainfall."

The High Plains aquifer underlies portions of eight states. In Kansas, it encompasses three individual aquifers — the Ogallala aquifer in the western third of the state, the Equus Beds around Wichita and Hutchinson, and the Great Bend Prairie aquifer around Pratt and Bend. **See "Water" page 6**



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
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 Steven Rohn
Sunday School @ 9:30 am
Worship Service @ 10:30 am
Ladies Prayer Group, Wed. @ 5 pm
To rent the cube call Michael Pickering 785-488-7049
Children's Wednesday evening program to be announced soon

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

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

Lincoln United Methodist Church

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

OCCK Transportation will be closed for Christmas and New Year's Day

OCCK, Inc. Transportation will have reduced hours for the Christmas and New Year holidays this year.

All services, including Salina CityGo, 81 Connection, Regional Paratransit, GoAbilene, GoConcordia, KanConnect, and OCCK OnDemand transportation, will be closed on Tuesday and Wednesday, December 24 and 25, 2024, for Christmas.

CityGo service will resume on Tuesday, December 26, 2023, with hours of operation from 6:00 a.m.

to 6:00 p.m. Peak routes will not be running.

Regional Paratransit, GoAbilene, and GoConcordia services will be running reduced trips on Tuesday, December 26th.

81 Connection and KanConnect will be running regular routes on Tuesday, December 26th.

Regular hours will resume on Wednesday, December 27th.

All services will be closed on Monday, January 1, 2024, for New Year's Day.

Regular hours will resume on Tuesday, January 2nd.

OCCK, Inc. provides services in north central Kansas to anyone with any type of long or short-term disability, starting as early as birth and following people through their whole lives. OCCK provides an array of supports for success at home and in the community, including independent living skills and supports, employment and career training, Alzheimer's supports, autism **See "OCCK" page 6**

COMMISSION MEETING MINUTES

December 9, 2024

The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, December 9, 2024. Chairman Dennis Ray called the meeting to order at 8:30 a.m. with Vice-Chairman Debora Smith and Member Ryley Hembry present. County Clerk Dawn Harlow was in attendance as recording secretary.

Others present for portions of the meeting: Leon Hart, Felicia Strahm, Elizabeth Sheldon, Tami Kerth, John Paul Ellis, Leann Johnson, Mary Ann Stertz, Dustin Florence, Jesse Knight, Dale Hlad, Brandon Cochran, Truette McQueen, and Roberta Turner.

Correspondence: annual membership fee for the Kansas League of Municipalities; a calendar from

Campbell & Johnson Engineers; a letter from NCKCN that they will be terminating services in Lincoln; a telephone message from Armin Kelly that the post was moved; an email from John Shea, North Central Regional Planning Commission requesting that the board approve the NCK Regional Solid Waste Management Plan updates; a bill for Lincoln Park Manor; and tax abatements

Debora Smith moved to approve tax abatements 2024-75 and 2024-76 in the amount of \$2,391.86, seconded by Ryley Hembry. Motion carried. Dennis Ray moved to approve the changes to the North Central Kansas Regional Solid Waste Management Plan, seconded by Debora Smith. Motion carried.

Clerk Harlow discussed

the cleanup of a dilapidated structure inside the Lincoln City limits and inquired at what rate the property should be charged for disposal of household solid waste. The board approved billing at the current rate of \$.05 per pound for household solid waste disposal.

Dennis Ray moved to recess into executive session for fifteen minutes for the purpose of discussing evaluation in the health department, pursuant to K.S.A. 75-4319(2)(b)(1) to discuss personnel matters of nonelected personnel, to reconvene with the commission, HR Felicia Strahm, Health Department Director Elizabeth Sheldon, and commissioner elect Leon Hart, seconded by Debora Smith. Motion carried. Time in: 8:58 a.m. Time out: 9:08 a.m.

The chairman reconvened the meeting to regular session at 9:08 a.m. with no action taken.

Human Resource Officer Felicia Strahm presented a draft copy of the County Administrator job description for the board to review and modify. The board identified essential and marginal functions. Strahm related that Noxious Weed Director Dan Heina has retired, effective December 4.

Dennis Ray moved to recess into executive session for ten minutes for the purpose of discussing employee evaluations in the Register of Deeds Office, 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

See "Commission" page 6

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

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

If you would like to sponsor these area churches, please contact the Lincoln Sentinel at 785-524-4200.

Attention Lincoln Readers

In the foyer of the newspaper office at 141 W Lincoln Ave there is a blue drop box into which you can place payments, ads, etc.

There are also papers in the foyer available for purchase. If for any reason you don't receive your paper with your mail delivery, please feel free to pick one up at the office.

Guest Editorial

Rejoicing and reflecting

My mom called just before dinner on a recent Sunday despite my visit the day before. That meant she likely had an emergent question if not a true emergency. Thankfully it turned out to be the former and the pressing issue was how many people from my household would be attending Christmas dinner.

Everyone needed to be counted so she could purchase the appropriately sized standing rib roast. I got off relatively easy since all I had to do was give an answer. My brother will be tasked with cooking the roast.

Rest assured I'll be there in time to supervise and offer my expert opinion on the process.

Rare to medium is my preferred temperature for prime rib. Just a shade darker than bright pink is the best way to maximize the savory taste. But growing up it was mostly cooked to medium or beyond with the heels well done. The center of the roast was the only portion that still held any flavor.

Yes, I still hold a small grudge against family members who insisted on spoiling a great cut of beef by cooking it too long. Thankfully, food was merely a conduit for conversation during the holidays.

Circumstances rather than whatever dish is served make the meal. And Christmas dinner is no exception. I'd eat cold bologna sandwiches if it meant enjoying the company of family members no longer with us.

However, that tradeoff isn't in the cards, so I guess I'll settle for some prime rib and tell stories about the past to those who weren't around to experience it.

Reminiscing has always been part of holiday festivities, whether it's over drinks or at the dinner table.

It was in these storytelling sessions I first learned my parents were kids once, too. And maybe they weren't perfect angels either.

Sometimes the tales were tall and others devolved into history lessons on how rough life used to be when coal ash had to be shoveled out of the basement stove or the lengths people went to staying cool prior to air conditioning.

These memories are still fresh in my mind despite being decades old now. I can see the drop-leaf maple table we sat around at my grandparents' house and feel the warmth of the crowded living room.

More of these impressions will be made over the coming days with my family as life briefly slows down to allowing us to enjoy each other's company. I hope the same is true for you, as well.

And I should note there was plenty of stress and hard work that went into making these childhood holidays carefree. Trees, lights, presents and food don't one day magically appear. I know not everyone is as fortunate to just be a kid around the holidays.

So, in this season make time for rejoicing and reflecting, whether it's just a day or a whole week. There's plenty of merriment to be had long after the presents are unwrapped or dinner is over.

"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.

- Greg Doering, Kansas Farm Bureau

PRAIRIE DOC - BY DEBRA JOHNSTON, MD

FDA Approval

Most of my family dreads the thought of going to a museum with me. It really doesn't matter what the museum is, or how interested they might be in the subject, they'd prefer to do something, perhaps anything, else.

I recognize that I am the problem. I love museums. One of my early memories is of exploring the King Tut exhibition at the Chicago Field Museum, and being drug out by my exasperated parents long before I was ready to leave. I wasn't done reading all that fascinating information.

Perhaps this explains why my Apple News Feed often presents me with historical trivia. Recently, I encountered a description of a patent medication marketed well into the 20th century that almost stopped my doctor heart. This particular product was targeted to parents, promising a myriad of benefits from soothing their fussy infant to freshening his breath. I have no doubt those fussy babies stopped crying. The combination of alcohol and opioids is generally pretty sedating. It is also pretty dangerous, and some of those babies never woke up.

It wasn't until the Pure Food and Drug Act of 1906 that companies were required to specifically identify the presence and amount of certain ingredients, at least in products sold across

state lines. Importantly, this law did not prohibit the sale of ingredients like cocaine, chloroform, or formaldehyde in over the counter medications. It simply said that if those ingredients were present, and the product wasn't being sold in the same state where it was manufactured, the label had to say so. At least now those parents knew they were giving morphine to their children!

This same act prohibited "filthy, decomposed, or putrid animal or vegetable" material in food products. Admittedly, this applied only to items transported from out of state. If your groceries came from your own state, you were on your own.

Over time, amendments to that original law, court decisions, and new laws brought us to the expectations we as consumers have today:

-That manufacturer claims about food and medication are true -That medications and medical devices are safe and effective

-That we can find information about the potential risks and side effects of a treatment

-That product labels are accurate

-That common allergens are identified

-That imported foods and medicines are held to the same standards as domestically produced products

-That ongoing monitoring of products occurs

Still, the system is imperfect. There aren't enough inspectors, and there isn't enough post-market testing. Changes in drug manufacturing processes have introduced risky chemicals that go undetected for years. Contaminated foods sicken and kill before they are identified and pulled out of the food chain.

Concerningly, people are often unaware that many products aren't regulated even to these imperfect standards. Herbal and nutritional supplements aren't reviewed even for safety prior to sale. Most skin and hair care products are classified as cosmetics and can also be marketed without any FDA approval (sunscreen is an exception).

History has important lessons to teach us. Maybe I should be dragging my family along to those museums after all.

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, Youtube and Threads. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7pm streaming on Facebook), 2 podcasts, and a Radio program (on SDPB), providing health information based on science, built on trust.

SPICE UP YOUR LIFE - LINDSAY YOUNG

This is a really 'yammy' way to eat sweet potatoes



This sweet potato souffle has all the hallmarks of traditional holiday sweet potatoes—the delicious flavors of brown sugar and pecans—but without the heaviness and drippiness of syrup and marshmallows.

When I was a teacher, I often said that I wished I could have a day or so to audit my colleagues' classes, just to get a feel for their style and methods.

I had a bucket list of people I would have loved to sit in on to learn some tricks of the trade.

One of those people is Mindy Barter, the contributor of this week's recipe and a former colleague of mine at Haven High School.

It's no surprise to me that she chose a recipe for sweet potatoes that has just the right amount of sugar and is a little different from the way everyone else makes them. I think that's kind of her style in life, too.

Mindy, who is from Newton, said, "This is from my mother in law. This has been a favorite of my family's for a long, long time."

After making this and sharing it with

some friends, I can tell you I totally understand why.

Sweet Potato Soufflé

Topping Ingredients

- 3 cups cooked and mashed sweet potatoes
- 1 cup white sugar
- 1/2 teaspoon salt,
- 1 teaspoon vanilla extract
- 2 eggs, well beaten,
- 1/2 cup butter (1 stick), melted

Soufflé Ingredients

- 3 cups cooked and mashed sweet potatoes
- 1 cup white sugar
- 1/2 teaspoon salt,
- 1 teaspoon vanilla extract
- 2 eggs, well beaten,
- 1/2 cup butter (1 stick), melted

Directions

Preheat oven to 375 degrees. Spray a medium-size casserole dish with nonstick spray.

For the topping, combine brown sugar, flour, nuts and butter in mixing bowl. Chill in the fridge until ready to use. This helps the crumble maintain its form and not melt into the sweet potatoes.

For the soufflé, combine sweet potatoes, sugar, salt, vanilla, eggs and butter in a large mixing bowl in the order listed. Beat thoroughly with a

hand mixer for about three to four minutes to increase the fluffiness of the sweet potato mixture. Add a splash of milk, if needed, and mix.

Pour mixture into the baking dish (I use around a two-quart dish). Bake for 25 minutes. At this point, the dish can be covered and refrigerated for a couple of days, if making ahead of time.

(If you refrigerated ahead of time, make sure to reheat the potatoes again before adding the topping—around 10 to 20 minutes.)

Sprinkle the surface of the sweet potato mixture evenly with the topping mixture and return to oven for 10 to 20 minutes or until crumble is browned. Allow to set at least 30 minutes before serving.

The brown sugar and pecan crust should be slightly browned and crunchy. Makes 10 servings.

We really, really liked this. Beating the sweet potato mixture made it nice and light, which was a great contrast to the caramelized, crunchy topping. This one will have to go into my recipe box for future gatherings. And, after trying out this recipe, I'm not only disappointed I didn't get to sit in on any of Mindy's classes, but now I'm pretty sure I need to try to observe her in the kitchen, too. Maybe one day.

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.

POST ROCK EXTENSION DISTRICT

Holiday Plants Brighten the Season

By Cassie Thiessen
K-State Research and Extension Post
Rock District Horticulture Agent

During the Christmas season, a variety of vibrant plants can enhance your home decor. Many houseplants are available this time of year including holiday cactus, Christmas pepper, kalanchoe, amaryllis, and cyclamen. Most of these plants can be enjoyed long past Christmas with the correct care. Here are some simple steps to care for the most common holiday plants.

The poinsettia was named after Joel Robert Poinsett, an amateur botanist and the first American ambassador to Mexico. He sent some poinsettia plants home to Greenville, South Carolina in 1825. Poinsettias are the number one potted flowering plant grown in the United States. The large colorful parts of the plant are not true flowers, they are modified leaves called 'bracts'. The true flowers are the small yellow/green buds in the

center of the bracts. When choosing a poinsettia to bring home, look for tightly clustered yellow buds and crisp, bright, undamaged foliage.

To keep poinsettias looking beautiful, water when the plant's soil feels dry. Place them in a room with bright light but not next to a drafty window. You can try to keep your poinsettia year round, but they are bred to be large and colorful, not long lasting. It might be a fun experiment to keep the plant till next Christmas but it is also easy to pick up a new one each season. Contrary to popular belief, poinsettias are not toxic. They can cause stomach irritation but unless you eat around 600 leaves you won't get sick.

Amaryllis are large bell-shaped flowers that make an excellent container plant around Christmas time. Amaryllis come in a wide variety of colors and color combinations. Start with a high-quality bulb. Properly cared for, amaryllis bulbs produce for decades and may bear up to six flowers on a single stalk. Use a small

pot with only an inch between the bulb and the pot. Use a well-drained potting soil, and plant the bulb so that one-half to two-thirds of the bulb neck is above the soil line. Thoroughly water after potting and keep the soil slightly moist until flowering. When flowering begins, increase watering frequency. Amaryllis prefers bright sunlight and temperatures between 70 to 75 degrees. After flowering begins, cooler temperatures will prolong the life of the flowers.

Add some bright color to your holidays by purchasing or gifting a holiday plant. They are easy to care for and may last from season to season. K-State Research and Extension has a variety of resources for all your gardening and plant needs. Stop by or give us a call with your questions.

Post Rock Extension District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith counties. Cassie may be contacted at cchiessen@ksu.edu or by calling Beloit (785-738-3597).

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Ask about defensive driver discounts

Topeka, Kan. – With winter in full swing, icy weather can lead to dangerous road conditions and accidents. It is never a bad time to consider taking a defensive driver course. Not only are these types of courses good practice, but they can also qualify you for a discount on your auto insurance. Kansas Insurance Commissioner Vicki Schmidt encourages those with automobile coverage to consider taking a defensive driving course and to ask about discounts from their insurer. “Companies that provide auto insurance are required to offer discounts to policy holders who take a defensive

driving course” says Commissioner Schmidt. “Be sure to check with your insurance agent to see what approved courses qualify for a discount.” State law requires companies providing auto insurance to provide a discount based on proof of an approved vehicle accident-avoidance course. Ask your auto insurer: • How long will the discount last? Eligible courses will allow Kansas insureds to receive a discount for a three-year period. To renew after the three-year period, Kansas insureds must simply complete another approved accident prevention class. • How much will the discount be?

All insurance companies provide varying discounts, but all will provide a discount for approved defensive driving courses. Speak with your insurance agent for information about the discount rate. • What courses are approved? Auto insurance providers will have a list of courses they accept. Ask your insurance agent about their company approved courses and how to sign up for them. For more information about insurance, please visit the Kansas Department of Insurance website at insurance.kansas.gov or contact our office at 785-296-3071.

Can teen athletes stay a step ahead of torn ACLs?

By Dr. Andrew D. Pearle

I can always tell when school sports are back in full swing by the steady stream of athletes who limp into my office with torn ACLs. Every year, I have to tell heartbroken players that they'll have to spend the rest of their season on the bench. Sadly, these conversations are becoming more frequent: The number of high school athletes who suffered ACL tears increased 26% between 2007 and 2022. The incidence of torn ACLs has increased with the growth of youth sports. Kids are playing at younger ages and year-round. They're training harder. Yet we haven't matched this growth with an investment in injury prevention.

Most ACL ruptures occur when an athlete moves in a way that involves a change of direction, like dodging another player or landing after a jump. Agility-based sports -- like soccer, football, and basketball -- have higher rates. Girls experience ACL tears up to eight times more frequently than boys. High school girls playing year-round soccer have the highest risk of all -- an alarming 16% to 18% chance of rupturing an ACL. Knee injuries are not an inevitable part of playing sports. Decades of research have shown that targeted exercises to improve agility-based body control can reduce the risk of ACL tears and other knee injuries by 50% to 80%.

As an orthopedic surgeon at the Hospital for Special Surgery, I work with hundreds of professional athletes to prevent ACL tears using neuromuscular training programs, or NMT. Younger athletes can also benefit from these techniques. NMT trains athletes to stay in control of their bodies when rapidly changing directions. It teaches them to plant and move explosively and safely, keep their balance when landing jumps, and decelerate, stop, and start with proper body mechanics. They require no special equipment; a typical regimen can be completed in just 30 minutes a week in the space of a yoga mat.

In one study, regular practice reduced all injuries by one-third. The NFL and NBA have incorporated neuromuscular training into their workout programs. Yet few high school athletes are trained in the method. The result has been an epidemic of knee injuries. Each year, surgeons perform about 350,000 ACL reconstructions. But surgery is only a first step. Many athletes will never return to the field. Rehab typically takes a year, and half of those who tear their ACLs will develop early-onset arthritis within five to 15 years. These athletes are at greater risk of re-tearing their ACLs -- and are seven times more likely to need knee replacements.

Sports leagues have long mandated protective equipment like helmets, pads, and shin guards. Now it's time for them to adopt the same attitude toward the prevention of torn knee ligaments.

I hate having to tell young athletes that their season is over -- and that their dreams of playing competitive sports may be, too. We have an effective way to keep them out of the operating room and on the playing field. Let's use it. Dr. Andrew D. Pearle is the Chief of Sports Medicine at the Hospital for Special Surgery in New York. This piece originally ran in The Detroit News.

Hopeful positivity

The most powerful countercultural revolution a person can wage

By J. Basil Dannebohm

During the pandemic, actor John Krasinski created a YouTube series entitled, "Some Good News." From his living room, the actor famous for his role on The Office shared uplifting stories showcasing humanity's good side. Unfortunately, once life got back to normal again, the series went by the wayside. For many, its short-lived presence was a welcomed change. It provided hope during a very dark time. According to the ratings, however, the majority of people didn't seem to care all that much about positive news.

I once had a television network executive tell me, "Positive news pieces are ratings suicide. Even on a slow day, people don't want to feel all warm and fuzzy. They change the channel. Why do you think there are so many crime shows on during primetime?"

Though I hadn't really given it much thought, it makes sense. Until the early 2000s, evening sitcoms dominated the airwaves. In the 1990s, NBC had a Thursday night lineup of comedies they marketed as "Must See TV." ABC had a Friday night lineup of family friendly comedies they marketed as "TGIF." When evening sitcoms went largely by the wayside, families who gathered around the television soon found themselves bombarded with crime stories, dramas, and reality television. These, combined with a 24-hour news media that thrives in negativity and constant access to information at our fingertips, resulted in a society that is plagued with despondency. Not too long ago, I wrote a post on

social media that read: "Alright, so what's everybody angry about today?" To my surprise the post, intended in sarcasm, started getting replies. People were actually posting their grievances. It wasn't just a few people, either. Lots of people had a lot of things angering them. Realizing that I had opened a can of worms, I decided it was best to simply delete the post. Perhaps it was naïveté that caused me to believe people would read the post and immediately detect the sarcastic tone in which it was intended. In hindsight, I should have recognized that social media is a notorious dumpster fire of negativity where humor goes to die.

Negativity should not be taken so lightly. It has become the latest pandemic. It's a sickness. Laughter and general positivity, on the other hand, can be beneficial to one's health. According to the Mayo Clinic, laughter enhances the intake of oxygen-rich air, stimulates the heart, lungs and muscles, and increases endorphins that are released by the brain. Laughter can relieve stress, soothe tension, relieve pain, increase personal satisfaction, improve one's mood, and aid in muscle relaxation. Positive thoughts release neuropeptides that help fight stress and potentially other, more serious illnesses. By contrast, negative thoughts manifest into neurochemical changes that can further increase stress and decrease immunity.

It's not that we should foolishly pretend that all is right with the world. As the Reverend Bernice King noted, "Being truthful about the state of our nation and world does not equal losing hope. Hope sees truth and still believes in better. That which dis-

misses or does not seek truth, but merely grins and says 'It will be okay,' is naïveté, not hope."

Regarding hope, Senator Cory Booker keenly observed, "Hope confronts. It does not ignore pain, agony, or injustice. It is not a saccharine optimism that refuses to see, face, or grapple with the wretchedness of reality. You can't have hope without despair, because hope is a response. Hope is the active conviction that despair will never have the last word."

The only way we can begin to cure the pandemic of negativity is to inoculate ourselves with hope, love, laughter, and indeed, some good news. Though it was a breath of fresh air, we don't necessarily need Krasinski's YouTube program. We need to regard hope as a lifestyle. Watch a television program steeped in mindless humor. Seek out and share positive news with a local newspaper. Do something, no matter how small, to fight injustice. For every negative thing you encounter, make it a habit to deliberately engage in some sort of positive experience. Henry Nouwen tells us, "Hope means to keep living amid desperation and to keep humming in the darkness."

Let your hopeful hum be especially contagious.

Without laughter, love, and some good news, hopelessness takes hold. Hence, in this age of despondency, maintaining a sense of hopeful positivity is the most powerful countercultural revolution a person can wage.

J. Basil Dannebohm is a writer, speaker, consultant, former legislator and intelligencer. His website is www.dannebohm.com. He writes from the Washington DC metro in the Commonwealth of Virginia.

Ask the Expert: A Q&A with Jayce Hafner on the new FSA Educational Hub hosted by FarmRaise

By Diane Petit
FSA Public Affairs Specialist

In early 2024, USDA's Farm Service Agency (FSA) unveiled new online decision tools for the Livestock Indemnity Program (LIP) and the Emergency Assistance for Livestock, Honey Bees and Farm-raised Fish Program (ELAP), as well as farm loan resources available to agricultural producers and cooperators who help producers access USDA disaster assistance, farm loans, and other federal farm programs. The tools and the informational resources, developed through a cooperative agreement between FarmRaise and FSA, are available at www.farmraise.com/usda-fsa.

The partnership between FarmRaise, Inc. and FSA improves producer participation and customer experience in USDA programs through education and technical assistance to young, beginning, and small-scale to mid-sized producers, producers with disabilities, and veterans. USDA cooperators, like FarmRaise, are organizations on the frontlines of access and often are the first point of contact connecting farmers to USDA programs.

In this Ask the Expert, Jayce Hafner, FarmRaise's Chief Executive Officer, answers questions about FarmRaise, the partnership with FSA and the new FSA Educational Hub.

What is FarmRaise and what is your role within the organization?

FarmRaise is a platform designed to help farmers and ranchers access financial resources, improve business management, and streamline interactions with government programs. In addition to the FSA Educational Hub, FarmRaise offers accounting, payroll, and farm management software, as well as funding discovery tools to simplify day-to-day operations for agricultural producers. As the CEO, I lead our mission to make these resources accessible, ensuring that farmers and ranchers can efficiently manage their operations and apply for crucial fund-

ing opportunities like those provided by FSA.

Why was this partnership between the Farm Service Agency and FarmRaise created?

FSA and FarmRaise have partnered to enhance producer access to FSA programs by offering educational resources and tools that help farmers and ranchers navigate and apply for FSA farm programs and farm loan programs. This partnership is focused on reducing barriers, particularly for historically underserved producers, by simplifying and clarifying the steps needed to apply for FSA programs and set themselves up for success.

What is the FSA Educational Hub on the FarmRaise website, why was it created, and who is it designed to help?

The FSA Educational Hub is a dedicated section on the FarmRaise website designed to help agricultural producers better understand and engage with various FSA programs. It was created to build confidence in producers as they interact with FSA, and it specifically serves producers who may be unfamiliar with the application processes, including those who are historically underserved. The goal is to promote active participation in FSA programs and to ease the overall experience of applying for program benefits.

The FSA Educational Hub has two decision tools – one for the Livestock Indemnity Program (LIP) and one for the Emergency Assistance for Livestock, Honey Bees & Farm-raised Fish (ELAP). What are these tools and how do they work?

These decision tools help livestock producers quickly determine their eligibility for the LIP and ELAP programs. The tools guide users through a series of questions based on their unique circumstances, helping them understand if they qualify for these programs and what steps they need to take next, including gathering all the necessary documentation in order to apply. This streamlines the applica-

See "Q&A" page 6

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Have a great week!

OCCK/from page 3

services, assistive technology, children's services, transportation, specialized therapies, and home health care.

OCCK is committed to providing transportation services to the general public, seniors, and persons with disabilities, through a variety of programs, including a fixed route service in Salina, CityGo, a regional paratransit service that serves fourteen counties, non-emergency medical transportation for people with Medicaid, as well as non-emergency medical transportation for clients of Salina Regional Health Center, a regional fixed route service, 81 Connection, KANcycle – the regional bike sharing program, GoAbilene public transportation, KanConnect, a regional fixed route system, and the newest program, GoConcordia.

For more information about OCCK, Inc., visit www.occk.com. For more information about CityGo and OCCK Transportation, visit www.salinacitygo.com. Or, contact the OCCK Transportation Center at 785-826-1583.

KDOT unveils extensive updates to KanDrive

The Kansas Department of Transportation has added new features to the KanDrive road and weather information website and mobile app in an effort to improve safety and create an enhanced travel experience for drivers across the state.

The new interactive navigation features were developed as part of the U.S. 83 Advanced Technology Project currently underway, and most will be available for use statewide. The U.S. 83 Corridor Project extends from the southern Finney County line to the northern Thomas County line.

KanDrive already provides real-time travel information including road conditions, closures, camera/video footage and construction and detour information. New features and upgrades that were designed to provide more information to motorists will:

- Display oversized truck locations (U.S. 83 Corridor only).
- Send alerts on high wind, low visibility and ice/snow road conditions.
- Operate on Amazon Alexa home speaker and app.
- Integrate with Android Auto and Apple CarPlay.
- Enhance detour information.
- Improve sharing of information for work zones.

More information about KanDrive's new features and the U.S. 83 Advanced Technology Project can be found at <https://ike.ksdot.gov/us-83-connected-vehicle-project>.

KDOT encourages motorists to use KanDrive to plan trips in advance. Know before you go and visit KanDrive at KanDrive.gov or download the app in the App Store or Google Play.

Commission/from page 3

commission, Register of Deeds Tami Kerth, HR Felicia Strahm, and commissioner elect Leon Hart, seconded by Debora Smith. Motion carried. Time in: 9:35 a.m. Time out 9:45 a.m.

The chairman reconvened the meeting to regular session at 9:45 a.m. with no action taken.

Dennis Ray moved to recess into executive session for ten minutes for the purpose of discussing employee evaluations, 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, John Paul Ellis, and commissioner elect Leon Hart, seconded by Debora Smith. Motion carried. Time in: 9:47 a.m. Time out: 9:57 a.m.

The chairman reconvened the meeting to regular session at 9:57 a.m. with no action taken.

Dennis Ray moved to recess into executive session for ten minutes for the purpose of discussing employee evaluations, 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, County Treasurer Leann Johnson, Deputy County Treasurer Mary Ann Stertz, Human Resource Officer Felicia Strahm, and commissioner elect Leon Hart, seconded by Ryley Hembry. Motion carried. Time in: 10:01 a.m. Time out: 10:11 a.m.

The chairman reconvened the meeting to regular session at 10:11 a.m. with no action taken.

Dennis Ray moved to recess into executive session for twenty minutes for the purpose of discussing employee evaluations, 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, Sheriff Dustin Florence, Human Resource Officer Felicia Strahm, and commissioner elect Leon Hart, seconded by Ryley Hembry. Motion carried. Time in: 10:13 a.m. Time out: 10:33 a.m.

The chairman reconvened the meeting to regular session at 10:33 a.m. with no action taken. Sheriff Florence discussed changes being made to reduce departmental costs.

Human Resource Officer Strahm presented the updated County Administrator job description. Dennis Ray moved to approve the job description for the County Administrator and the pay grade at Job Grade 40, seconded by Debora Smith. Motion carried. Strahm inquired if any handbook revisions need to be made in addition to the insertion of the new pay grade and step scale. The board requested that Strahm update the job descriptions for all employees at the Noxious Weed Department and Landfill/Transfer Station. Strahm provided the 2025 meeting calendar for the board to review. It approved the closing of county departments at noon on December 24, 2025. All employees will receive four hours of holiday pay for that day.

Dennis Ray moved to approve the December 2, 2024 minutes as presented, seconded by Debora Smith. Motion carried.

The board met with department heads regarding the 2024 budget.

The chairman adjourned the meeting at 11:40 a.m. The next meeting will be at 8:30 a.m. Monday, December 16, 2024, in the courthouse commission meeting room.

Farmers & Ranchers Livestock Commission Co.

Total for the Week - Cattle – 4,986
Bulls - \$163.00 - \$174.00 Cows - \$119.00 - \$130.00

Strs		Hftrs	
300-400	\$410.00-423.00	300-400	\$360.00-370.00
400-500	\$392.00-403.00	400-500	\$345.00-357.50
500-600	\$347.00-358.50	500-600	\$305.00-316.00
600-700	\$300.00-310.50	600-700	\$265.00-276.50
700-800	\$275.00-288.00	700-800	\$245.00-255.75
800-900	\$253.00-264.00	800-900	\$225.00-238.00
900-1000	\$235.00-247.00	900-1000	NO TEST

Early Consignments for Thursday, January 2nd 10 a.m start time

50 blk/red s&h, 700-800, home raise, Balancer sired, OCHV'd, 2 round vaccs; 30 s&h, 500-550; 66 blk s&h, 600-800, weaned, pre condition vaccs; 99 blk/red s&h, wean 45 days, 2 round vaccs, implanted, had lutalyse, Post Rock or Rippe sired; 11 str, 650-900 weaned, fall vaccs; 90 s&h, 500-650, wean July, 2 round fall vaccs; 40 rwf/bwf str, 550-750, wean 60+days, 3 round vaccs; 10 str 600-650, off cow, vaccs; plus more by sale time.

Early Consignments Wean/Vacc Sale Tuesday January 7th 11 a.m start time

30 str, 500; 24 blk s&h, 650-800, wean 90 days; 200 blk s&h, 500-650, home raise; 35 str; 22 blk mostly hftrs, 600-700, home raise; 55 str, 700, wean 45 days, home raise, vaccs, Top Dollar sired, Gardner genetics; 25 blk mostly str, 450-600, wean 45-60 days; 14 blk s&h, 500-600, wean 45 days, vaccs, open; 17 s&h, 500-600, long wean, fall vaccs; 70 mostly blk s&h, 700-900, wean Oct. 6, vaccs, open; 100 mostly str, 800-850, Cow Camp origin; 50 blk s&h, 550-650, off wheat, 2 round fall vaccs, sim/angus sired; 90 blk s&h, 500-650, wean 60+ days, 2 rnd vaccs; 48 blk s&h, 650, wean Nov.15, vaccs, open, Don Johnson sired; 50 blk s&h, 750-800, wean 60 days, vaccs; 35 charX s&h, 600-850; 100 blk s&h, 600-850; 40 blk s&h, 600, home raise; 150 blk/bwf s&h, 650-800, home raise, Irvine sired; 100 s&h, 550-700, long wean, fall vaccs; 150 s&h, 650-700; 45 s&h, 500-650, home raise, wean 60 days, vaccs, open; 80 blk str, 550-650, wean 45+ days, 2 rnd fall vaccs, sim angus sired; 100 blk s&h, 500-700, home raise, wean 90 days, off grass, vaccs; 116 blk str, 600-800, off wheat; 100 blk s&h, 700-750, home raise, off wheat; 125 blk/bwf/Hereford str, 600-750, home raise; 40 blk s&h, 600-700; 60 s&h, 650; 50 s&h, 450-600; 170 blk str, 475-650, wean, 2 round vaccs, running out; 350 blk s&h, 700-900; 350 blk

Have A Merry Christmas

Special Cow Sales
 Tuesday January 12, 2025
 Tuesday February 18, 2025
 Tuesday March 18, 2025
 Tuesday April 15, 2025
 Tuesday May 6, 2025

Weaned Vaccinated Sales
 Tuesday January 7, 2025
 Tuesday January 14, 2025
 Tuesday February 4, 2025

Don Johnson Bull Sale
 Monday March 3, 2025

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 Saturday March 22, 2025

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Water/from page 3

Groundwater levels in much of the state's portion of the Ogallala aquifer have been on the decline since water use started to rise in the mid-20th century. Dry years lead to increased water usage, primarily for irrigation, which in turn typically causes greater declines in water levels.

The KGS and DWR measure depth to water in roughly 1,400 wells in 48 counties, primarily in January to avoid as much as possible skewed data associated with short-term declines caused by widespread pumping during the growing season. This year, the KGS will measure 576 wells, and crews from the DWR's field offices in Garden City, Stafford and Stockton will measure 823.

Wells are accessed with landowners' permission, and many have been monitored for years, although new wells are added as older wells become inaccessible or to fill in spatial gaps in the monitoring network. The majority are within the boundaries of the state's five groundwater management districts (GMDs), which are organized and governed by area landowners and water users to address local water-resource issues.

Historical annual measurements for each well are available on the KGS website. Results of measurements made in January will be added in late February.

Legal Notice

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

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS

In the Matter of the Estate)
 of)
) Case No. LC 2023-PR-000019
)
 NORMA E. THOMPSON, Deceased.)

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:
 You are hereby notified that a petition has been filed in this Court by Anita K. Simmons, duly appointed, qualified and acting Executor of the Estate of Norma E. Thompson, deceased, praying Petitioner's acts be approved; account be settled and allowed; the heirs be determined; the Will be construed and the Estate be assigned to the persons entitled thereto; the Court find the allowance requested for executor's fees and executor's attorney's fees and expenses are reasonable and should be allowed; the costs be determined and ordered paid; the administration of the Estate be closed; upon the filing of receipts the Petitioner be finally discharged as the Executor of the Estate of Norma E. Thompson, deceased, and the Petitioner be released from further liability.

You are required to file your written defenses thereto on or before the 14th day of January, 2024, at 11:00 a.m. in the District Court, Lincoln County, 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.

ANITA K. SIMMONS
 EXECUTOR

Thompson, Arthur, Davidson & Katz
 525 North Main Street, P.O. Box 111
 Russell, Kansas 67665-0111
 (785) 483-3195
 Attorneys for Executor

Q&A/from page 5

tion process and removes some of the confusion that producers often face.

What resources are currently available on FarmRaise for producers considering an FSA Farm Loan?

FarmRaise offers a series of videos that help users better understand FSA farm loans and their requirements. These videos provide detailed information on preparing essential documents, such as balance sheets, which are often required for farm loan applications. By breaking down these complex steps, we aim to make the loan application process clearer and more manageable for all producers.

What else should farmers and ranchers know about the FSA Educational Hub and FSA's partnership with FarmRaise?

They should know that the FSA Educational Hub is continuously evolving to include more tools and resources that simplify their engagement with FSA programs. The FSA and FarmRaise partnership is committed to making these programs more accessible, particularly for underserved farmers and ranchers, and ensuring that all producers feel empowered to apply. With that in mind, we want to hear from farmers, ranchers, and fellow FSA cooperators to understand how we can better serve production agriculture in communities across the country!



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

NOTICE

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

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If you are interested, please contact HR at 785-524-5232, HYPERLINK

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Ray Swearingen - Broker/Owner (785) 452-8498
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12-20	61	16	
12-21	32	13	
12-22	41	30	
12-23	61	38	

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Lincoln Leopards Boys Basketball Notches Milestone Victory

Lincoln Back-to-Back Wins: 44-40 Over Sylvan-Lucas, 54-37 Over St. John's/Tipton

The Lincoln Leopards boys basketball team made a statement last week, securing a hard-fought 44-40 victory over Sylvan-Lucas. This marks the Leopards' first win over the Mustangs since the 2015-16 season. Sophomore Ben Bell led the charge for Lincoln, putting up 16 points.

On Friday, the Leopards continued their impressive run under third-year head coach Chase Klozenbucher with a strong 54-37 victory over a talented St. John's-Tipton team, closing out the pre-holiday schedule in dominant fashion. The Leopards extended their undefeated streak to 5-0.

The Lady Leopards faced a challenging week, suffering defeats to Sylvan-Lucas (18-51) and St. John's/Tipton (12-50). Despite the results, the teams are determined to continue improving heading into the new year.



Ben Bell (shooting), Vance Dohl (13)



Xavier Miller drives the baseline against Harlan Pancost.



Levi Bates (15), Carter Johnson (10)



Anna Feldkamp (24), Tennyson Donley (34)



Serenity Steinike (13)



Lincoln's Jeremiah Miller (2) and Ben Bell (20) battle Sylvan-Lucas' Lane Brokes (51) for the rebound while Connor Charvat (12) prepares for the next play. (Photos by Becky Rathbun)



Maggie Labertew (10)



Teryn Spear