

Happy New Year!















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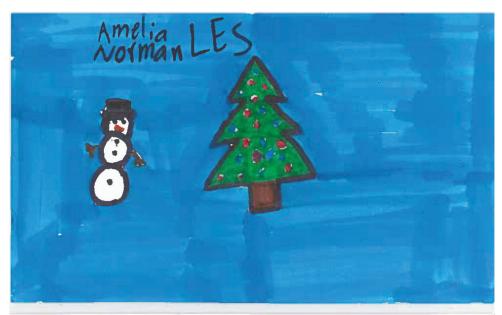
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Season's Greeting from Dr. Mark Luce

Lincoln County Hospital/ Season's Greetings from Medical Clinic

Dr. Grant Heller

Wishing everyone a Safe and Happy Holiday! www.lincolncountyhospital.net



















USD #298

The Lincoln Board of Education wishes everyone a happy holiday!

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Merry Christmas and Happy New Year!

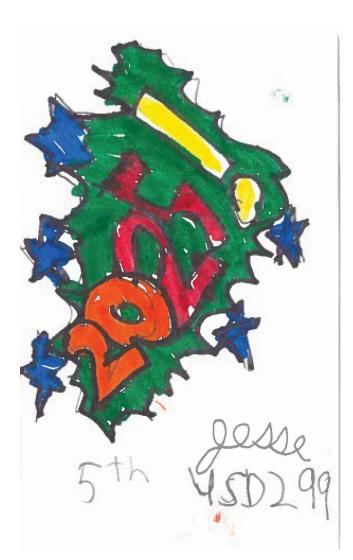


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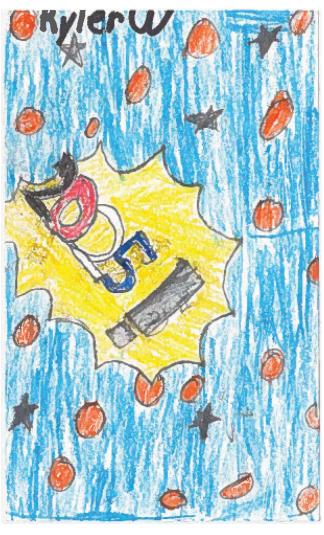


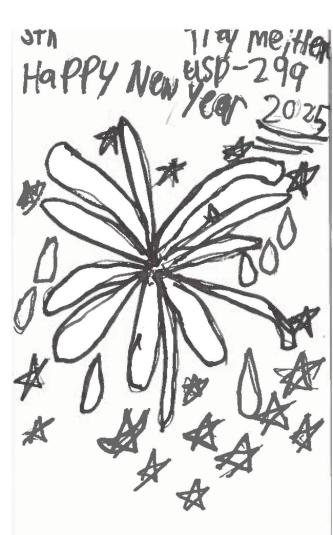












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USD #299

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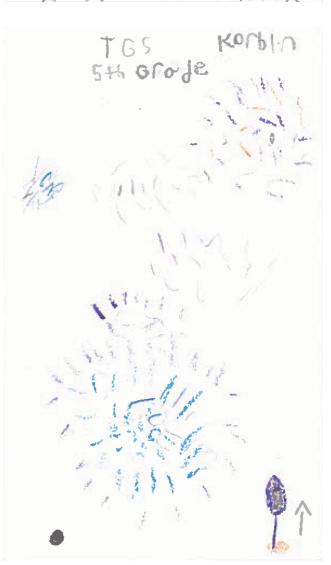




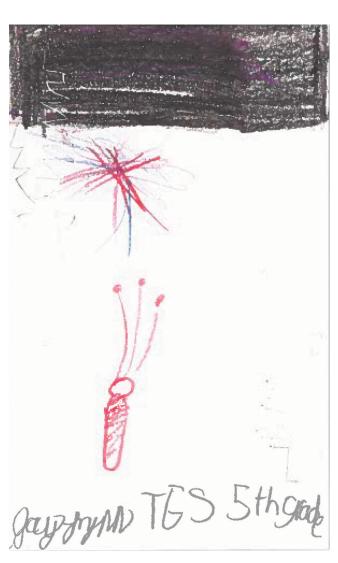














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Governor Kelly announces food sales tax completely eliminated

Governor Laura Kelly on Thursday announced that in 2025, Kansans are projected to save \$156 million due to the reduction in the state sales tax rate from 2% to zero and the "Axe the Food Tax" legislation she signed in 2022. According to projections from the Kansas Department of Revenue, reducing the state sales tax on groceries from 2% to zero will save shoppers \$13 million per month this year.

"The complete elimination of the state sales tax on food is a win for Kansas," Governor Laura Kelly said. "By axing the food tax once and for all, the average family of four will save \$500 per year on groceries. I'm proud that we've put more money back into Kansans' pockets thanks to this commonsense legislation."

After working tirelessly to put the state on solid financial footing, in 2021 Governor Kelly called on the Kansas Legislature to eliminate the state sales tax on groceries as soon as possible. The Legislature ultimately passed legislation that gradually reduced the state sales tax on groceries over three years.

In 2023, the state sales tax rate on sales tax on qualifying its groceries went down from 6.5% to into effect on Jan. 1, 2025.

4%, saving consumers \$187.7 million per year. At the end of 2024, it was projected that shoppers saved nearly \$570 million due to the reductions in the state sales tax rate on food and food ingredients during the two years the reduction has been in effect.

The state sales tax reduction applies to food, food ingredients, and certain prepared foods. When looking at a receipt, shoppers will see two tax rates, one for qualifying purchases and one for all other items.

The total elimination of the state sales tax on qualifying items went into effect on Ian. 1, 2025.

Kansas Farm Bureau to honor tradition, heritage on family farms

Kansas Farm Bureau is continuing in 2025 its recognition for "Sesquicentennial Farms" in conjunction with its annual "Century Farm" program. The Century Farm program honors Farm Bureau members who own farms of at least 80 acres within the same family for 100 years or more. The Sesquicentennial Farm recognition goes to farms in the same family for at least

150 years

"Kansas farmers and ranchers have a lot to be proud of," Joe Newland, Kansas Farm Bureau president, says. "One thing we take pride in is our value in the traditions and strong family ties through generations of rural living. Kansas Farm Bureau is honored to celebrate those through the Century Farm and Sesquicentennial Farms programs." The deadline for consideration to be part of the 2025 programs is May 15. Kansas Farm Bureau has recognized 3,210 Century Farms and 132 Sesquicentennial Farms since their inception. Complete details for qualification and applications for both programs can be obtained at county Farm Bureau offices across Kansas or on the KFB website, www.kfb.org/centuryfarm.

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.



Letters to the Editor can be sent to: lincolnksnews@gmail.com









LOCATIONS ACROSS KANSAS | 800-447-7436

Farmers & Ranchers Livestock Commission Co.

Total for the Week - Cattle - 2,476

| Strs | |
|----------|-----------------|
| 300-400 | \$375.00-385.00 |
| 400-500 | \$385.00-394.00 |
| 500-600 | \$347.00-359.00 |
| 600-700 | \$320.00-332.00 |
| 700-800 | \$282.00-293.00 |
| 800-900 | \$261.00-272.75 |
| 900-1000 | \$250.00-260.25 |

| Hfrs | |
|----------|-----------------|
| 300-400 | \$360.00-370.00 |
| 400-500 | \$334.00-345.00 |
| 500-600 | \$315.00-325.00 |
| 600-700 | \$265.00-276.50 |
| 700-800 | \$245.00-256.00 |
| 800-900 | \$243.00-253.00 |
| 900-1000 | NO TEST |

Early Consignments Thursday January 9th 10 a.m start time

33 blk strs, 900, home raise, Rich Ensz genetics; 20 hfrs, 750; 70 blk s&h, 700-800, home raise, long wean, vaccs, open; 130 blk s&h, 750-900; 30 blk s&h, home raise, wean 10-15-24; 50 blk s&h, 2 round fall vaccs; 40 mostly blk s&h, 400-750, Oct. wean, spring vaccs; 15 blk s&h, 400-750, Oct. wean, spring vaccs; 92 blk/red s&h, 600-700, Nov. wean, vaccs, open; 65 blk s&h, 600-800, wean, fall vaccs; 73 blk s&h, 600-800, long wean, 2 round fall vaccs, McCurry sired; 50 blk s&h, 600-800, home raise, wean Oct.1, fall vaccs, open; 130 s&h, 550-700, wean 60 days, fall vaccs; 75 blk s&h, 600-750, home raise, wean 60 days, 2 round vaccs; 64 mix s&h, 500-700, wean Nov.12, 2 round fall vaccs, open; 200 blk strs, 850-875, no sort; 65 blk/red/char s&h, 500-700, wean Nov.1, 3 round vaccs, open; 25 hfrs, 750, wean 100 days, fall vaccs, open; plus more by sale time.

Early Consignments Wean/Vacc Sale Tuesday January 14th 11 a.m start time

25 blk s&h, 600-700, wean 90 days, fall vaccs, open; 39 blk strs, 425-475, wean 75 days, 2 round fall vaccs, no implants; 12 s&h, 600-700, long wean, 2 round vaccs, Gardner genetics; 97 blk/bwf s&h, 550-650; 145 blk s&h, 600-750, hay & triticale; 35 blk/charX s&h, 550-750, home raise, wean 60+days, 2 round vaccs; 40 blk s&h, 550-850, home raise, wean Nov.1, 2 round vaccs, open; 30 blk/bwf s&h, 700-750, wean Oct.22, fall vaccs; 165 blk s&h, 600-800, off wheat, BJ/Green Garden sired; 255 mostly blk s&h, 500-700, long wean, vaccs, open; 70 blk s&h, 600-900, Cow Camp sired, hfrs replacement quality; 60 blk s&h, 650-800, wean Oct.20, vaccs, Green Garden sired; 43 blk s&h, 600-800, McCurry angus sired; 60 blk strs, 600-700, home raise, off wheat; 22 s&h, 500-600, wean 30-60days, vaccs; 59 blk s&h, 700-800, wean Nov.5, 2 round vaccs; 700 angus sired s&h, 550-700, Lucky 7 sired; 60 s&h, 550, home raise, long wean, 3 round vaccs, open; 21 strs, 550-650; 36 red angus/herefordX s&h, 700-800, wean 80+days, vaccs, open; 135 blk s&h, 600-800; 90 s&h, 600-800, wean 70+days, 2 round vaccs; 75 s&h, 700-900, wean 45 days; 43 blk/red s&h, 650-800, long wean, vaccs; 20 blk s&h, 500, wean 90 days, 2 round vaccs, McCurry bulls; 40 s&h, 500, long wean, vaccs; 170 blk strs, 475-650, wean, running out, 2 round vaccs; plus more by sale time.

Early Consignments Special Cow Sale Tuesday January 21st 11 a.m start time

Bred Heifers: 20; 85 blk hfrs, home raise, bull bred to Sons Of Hickok, calve March 1 for 30 days; 69 bred hfrs; 63 bwf hfrs, bred to Harms ranch angus low birth weight bulls, calve March 1 for 60 days; 130 blkhfrs, Rosebrook & Eiler origin, Al bred, calve March 10, clean up sim/angus; 30 blk hfrs, home raise, Schrerber angus sired, bred to Schultz pulled Hereford bulls, pelvic tested, LBW; plus more by sale time.

Cows/Cow Pairs: 130 3-older, bred red & blk angus; 21 older cows, bred to Pelton red angus/simX bulls, heavy bred; 20+20 blk Balancer pairs, 3-4 years; 20+20 young blk pairs; 100 blk spring cows, solid-older, bred char; 100 blk/ red cows, 3-6years, early spring bred, bred angus or red angus; 80+80 blk/red pairs, calves 30 days plus, bulls in Thanksgiving, calves vaccs; 100 blk cows, 3-6 years, calve Feb/March, bred blk & red bulls; 40 blk cows, 5-8 years, calve Feb.1, bred to Schrader sim/angus bulls; 10 blk cows, 2nd calvers, calve March 1; 125 blk/charX/redX cows, solid mouth, bred angus, calve Feb.1 for 55 days, Lucky 7 bred; 8 blk cows, 6-7 years, heavy bred, bred red angus; 10 mostly blk/bwf cows, 4 years old, bred char bulls; 60 blk solid-older, bred blk, northern origin as calves, in really good shape; 25+25 red pairs, 3-5 years, charX calves, 150-200#, worked; 22 blk 2nd calvers, bred Cow Camp sim/angus; 50 blk/red cows, 4-8 years, bred Cow Camp sim/angus; plus more by

Special Cow Sales

Tuesday January 21, 2025 Tuesday February 18, 2025 Tuesday March 18, 2025 Tuesday April 15, 2025 Tuesday May 6, 2025

Weaned Vaccinated Sales

Tuesday January 14, 2025 Tuesday February 4, 2025

Don Johnson Bull Sale Monday March 3, 2025

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Listen to our markets on KSAL, Salina at 6:45 a.m. Mon. thru Fri. For more information or to consign cattle call sale barn or: Fieldman Representatives:

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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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Lincoln County Treasure Interim Lincoln County Dist. 3 Commissioner

A Reorganization meeting for LCRCC and a Convention will be held Sunday, January 19th, 2025

@ Parish Hall 206 W. Elm Lincoln Ks. 67455 4-8 pm, - Soup Supper provided with a donation of \$10 per person.

The public is welcomed to attend

Please send your resumé and proof of Republican Party affiliation to: Lincoln County Republican Central Committee C/O Denah Jensen

2050 N. 120th Rd Lincoln Ks 67455 Email: denag 2000@yahoo.com

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Nominations will be presented at the annual meeting, Saturday, February 8th, 2025, for election to this position.

If interested or would like further detail to contact the LCCD office, 785-524-4482.

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Total Moisture for the Year 22.91 1-1 33 14

1-2 26 44 1-3 44 25 1-4 23 38

1-5 23 12 16" snow containing 1.05 moisture

12 -9 1-6

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