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# The Official Newspaper for Lincoln County Kansas LINCOLN SENTINEL-REPUBLICAN

Volume 138 No. 7

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

## Vath inducted into Salina Central Hall of Fame

By Rita Sharp,  
Lucas-Sylvan News

Salina Central High School Athletics Director Greg Maring announced 2024 inductees to Central's Mustang Athletics Hall of Fame.

Two individuals and two tennis teams were selected for induction in 2024. The inductions were celebrated at halftime at the Salina Central home football game against Salina South on Friday, September 6, 2024.

Selected teams include the 2004 Central boys' tennis team and the 2003 Central girls' ten-

nis team. Individuals include Ron Holm, a 1961 graduate of Salina Central who earned multiple letters in three sports. Also chosen for this prestigious honor was Lincoln's Jeremy Vath-Huehl.

Transferring to Central prior to his sophomore year and went 92-2 during his three seasons with Central's Mustangs, including Class 5A State Titles in both 1993 and 1994.

After finishing as State Runner-up in 6A at 125 pounds, his sophomore season, Jeremy never lost another match for Central. He went 30-0 and

won the 5A 135-Division as a junior, then completed his senior season with a 33-0 record and 140-pound title. Jeremy trailed 1-0 in the third period in his title match as a senior but got a reversal and pin to finish another perfect season. He closed his career with a 63-match unbeaten streak and was the only wrestler in all of Class 5A to go unbeaten in 1994.

He was selected to the First Team All-State by the Kansas Wrestling Coaches Association after both his junior and senior seasons and was the

KWCA's 5A Senior Wrestler of the year in 1994. He was also named to the All-I-70 League First Team in each of his three seasons with the Mustangs and was twice named First Team All-Area by The Salina Journal. In college Jeremy was an All-American Wrestler placing 3rd in the nation his freshman year.

Jeremy is the son of Connie and Gerald Huehl of rural Lincoln, Kansas. A student in USD #299, he attended Lincoln High School as a freshman prior to transferring to Salina Central.

## Meitler Sworn In as District 3 County Commissioner



County Clerk Dawn Harlow administers the oath of office to Kenneth Meitler of Sylvan Grove as he is sworn in as the new District 3 County Commissioner. Meitler fills the seat vacated by Rylee Hembrey. (Photo by Debora Smith)

## Vesper Community Center increases handicap accessibility



With a grant from the Post Rock Community Foundation for concrete work. Members were able to add additional handicapped parking spaces, provide a larger drop-off area as well as purchase millings. Danny Huehl with Kansas Homes & Movers provided all the labor and equipment necessary to complete the project. (Courtesy Photo)

## Rathbun named Sports Mom of the Month



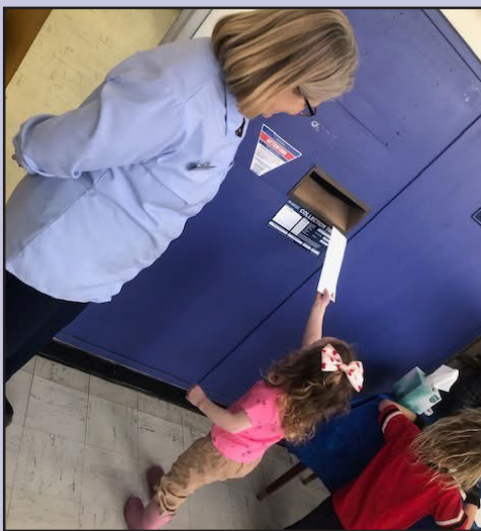
Also known as Stalker Aunt and Newspaper Lady, the Sentinel's own Becky Rathbun was named Sports Mom of the Month by Sideline Swag, a company that specializes in fan apparel.

Besides taking first rate photographs for the Sentinel, Becky has three sons and seven nephews, all of whom have been involved in Leopard athletics, so she would be in the stands celebrating the Leopards even if it wasn't her part time job. She rarely misses a game, and always shows up with smiles and encouragement.

As Sports Mom of the Month, Becky gets a custom T-shirt of her choice from Sideline Swag. (Courtesy Photo)

## Sealed with Love: Kids Create Valentines and Thank a Mail Carrier!

Beloit Parents as Teachers and the Lincoln Carnegie Library joined forces to make Valentines and thank a postal carrier on National Thank a Mail Carrier Day! The library hosted Make & Mail Valentines Story Time. The children took their completed cards to the post office where they mailed their valentines. Lincoln County Parents as Teachers coordinator is Breanna Brown of Lincoln. (Courtesy Photo)



## LJSHS Students Gain Insights at Women in Finance Day

By Jyll Phillips,  
Lincoln-Sentinel

Personal finance students from Lincoln Junior-Senior High School (LJSHS) recently had the opportunity to visit the Kansas State College of Business for the 2025 Women in Finance Day, an event designed to inspire and educate the next generation of finance professionals.

During the event, students had the privilege of hearing from Leanne Caret, former president and CEO of Boeing Defense, Space & Security, as well as other accomplished professionals who shared their career journeys, industry insights, and advice on success in the world of finance. The event highlighted the many career paths available in finance

and emphasized the importance of leadership, innovation, and financial literacy in today's economy.

This experience provided LJSHS students with a first-hand look at potential careers, networking opportunities, and the impact of strong financial education, helping to prepare them for their future endeavors in business and finance.

Personal Finance Students who attended 2025 Women in Finance Day (L-R): Braxton Veal, Salima Lahbabi, Bella Naylor, Novalee Bouche, Gabi Rosado, Faustine Girard, Allyon Johnson Hall and Tyra Meyer. Front row: Braxtyn Stertz. (Courtesy Photo)



February 17th is National Random Acts of Kindness Day!

Cash Grain



This day is a great reminder that even the smallest gestures can make a big difference. Whether it's buying coffee for a friend, helping a neighbor, writing a kind note, or simply offering a smile, kindness has a ripple effect that spreads far beyond what we see.

In our small towns and rural communities, kindness is what brings people together and strengthens our connections. Take a moment this week to do something thoughtful for someone else—no matter how big or small. A little kindness can go a long way!

Corn	.....\$4.40
Milo	.....\$4.00
Soybeans	.....\$9.55
Wheat	.....\$5.45

Cash prices courtesy of Ag Mark

## Community Calendar

### Thursday, February 13

USD 299: JH Scholar Bowl Tourney @ Sylvan; Speech & Drama @ Lincoln; 6 pm Randi Gym

### Friday, February 14

Lincoln: 10 am President's Day Basement Sale @ Seier's Clothing  
USD 298: 4pm - LHS Basketball @ Rock Hills; 6-8pm - LJH Dance; 10 am Think Fast Interactive Presentation  
USD 299: Girls Wrestling Regionals @ TBD; 4pm HS BB @ Lakeside (Downs)

### Saturday, February 15

Lincoln: 9:30 am February Farm Show @ Vesper Community Center; 10 am President's Day Basement Sale @ Seier's Clothing; 5:30 pm Chili Meal Fundraiser @ Central Christian Church  
USD 298: 8:00am JV BB Boys @ Washington County HS Rolling Schedule; HS State Scholars Bowl - TBD  
USD 299: HS State Scholars Bowl @ Moundridge; Wrestling Regional Girls Tournament @ TBD; 8am HS JV Boys BB Tourney @ Washington; 1pm Little Cheer Clinic @ Sylvan Gym

### Sunday, February 16

Sylvan Grove: 11 am Pancake Day @ Bethlehem Lutheran Church

### Monday, February 17

USD 298: No School; Booster Club Meeting  
USD 298: No School; 4pm - LHS Basketball @ Canton; 7pm - USD 298 Education Foundation Mtg

### Tuesday, February 18

USD 298: LHS Basketball vs Thunder Ridge  
USD 299: 4pm HS BB vs. Osborne @ Sylvan

### Wednesday, February 19

USD 298: 6:30pm - LES/LJHS Site Council

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.

# Tips to Lower Your Risk for Heart Disease

By Jamie Rathbun  
Post Rock Extension District Family and Community Wellness Agent

Did you know heart disease is the leading cause of death in the United States? According to the Centers for Disease Control and Prevention, an American has a heart attack every 33 seconds.

### February is American Heart Month to raise awareness about heart disease.

Heart disease refers to several different types of heart conditions. The most common type of heart disease is coronary artery disease, which occurs when the coronary arteries become narrowed or blocked and can cause chest pain, heart attack, or stroke. Additional heart conditions involve the heart valves, muscles, or rhythm. Check out the following tips to lower your risk for heart disease.

#### Know Your Risk Factors

Several factors can increase your risk for heart disease. Your age, gender, race, ethnicity, or family history are risk factors you cannot control.

You can modify, treat, or control the following factors to help lower heart disease risk:

- High blood pressure
- High low-density lipoprotein

(LDL) cholesterol

- Smoking
- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity

#### Eat Healthy

The American Heart Association recommends eating a healthy diet that includes:

- Choosing foods lower in saturated and trans fats. Select lean beef (e.g. round, sirloin, chuck, loin) lean or extra lean ground beef (no more than 15% fat), lean ham and lean pork (e.g. tenderloin, loin chop).
- Choosing lower sodium options by using the Nutrition Facts label to compare the amount of sodium in ham, processed sandwich meats (e.g. turkey, chicken, ham), canned foods, soup, bread, and frozen meals.

- Drinking water instead of sugar-sweetened beverages (e.g. regular soft drinks, energy or sports drinks, fruit drinks, sweetened coffee and teas).
- Picking fruit as a naturally sweet dessert or snack most of the time instead of eating cookies, cakes, pies, and ice cream.

#### Walk For Your Heart

One of the most effective forms of exercise to achieve heart health is walking. Walking does not require any

special skills. It is safe, free, requires no equipment, and costs nothing to get started. The Physical Activity Guidelines for Americans recommend at least 150 minutes per week of moderate physical activity for adults.

One way to achieve 150 minutes per week is to do 30 minutes of brisk walking for 5 days of the week. If you are short on time, break up your walks into shorter sessions. If you are just starting to get active, don't worry about reaching 150 minutes per week just yet. Set a reachable goal and work toward the recommended amount. Just remember to move more and sit less during the day.

If you have a chronic condition or disability, talk with your health-care provider about what types and amounts of physical activity are right for you before making too many changes.

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.

# Pahls and Ortiz selected for KEMA Mixed Choir

Sylvan-Lucas Unified High School is so proud to recognize two of our music students for their selection to the Kansas Music Educator's All-State High School Mixed Choir. Hannah Pahls, a senior vocal student, is the daughter of Brent and Jennie Pahls of Sylvan Grove. Hannah will be recognized at the State Choir Concert for her three years of participation in a State Vocal Choir. Macie Ortiz, daughter of Jessica and Terry Loveland and Angel and Valerie Ortiz, has been selected to an All-State Choir for the past two years. She is a junior and is from Wilson, Kansas.

These girls were selected to the All-State Mixed Choir via a rigorous audition process that starts at the District level. Students with top audition scores who perform at the District level are then eligible for selection to the All-State Choirs. Thus, the 256 musicians who were selected are truly "the best of the best" from schools of every size

over the entire State of Kansas. The students in the All-State Performance groups are also at the top of all Kansas students in ACT scores and academic success. Selection to the All-State Music Groups opens many opportunities for music scholarships in Kansas colleges and universities.

The Kansas Music Educator's Convention, held at Century II Convention Center in Wichita, Kansas from February 27 through March 1, 2025 is the site for all rehearsals and concerts for these musicians. The concert for the Treble and Mixed Choirs will be held at Century II on Saturday, March 1, 2025 at 11:30 a.m. Tickets are \$7.00 and include both concerts.

The clinician for the Mixed Choir is Shannon Jeffreys. Shannon is the Professor of Music, Director of Choral Activities and Assistant Dean for Student Experience in the College of Arts and Humanities at Georgia Southern University in Statesboro,

Georgia. Before coming to Georgia Southern, Jeffreys served as Director of Vocal Studies at Erskine College and Theological Seminary. She holds degrees in Music Performance and Conducting from Birmingham Southern College, the University of Mississippi, and the University of South Carolina.

Both Macie and Hannah are vocal students of Mrs. Janet Seehafer.



# Welcome Bags for new residents

The Lincoln Area Chamber of Commerce is now collecting items from Chamber member businesses and organizations to be included in Welcome Bags for new residents. These could be promotional items, brochures, rack cards, informational publications, business cards, etc. We would like to have at least 25 items (and possibly 50) from participants, and are aiming to gather enough sponsorship to build 50 bags for 2025-2026. We would like

these items to be delivered to the Chamber office by the end of February, with the goal to build and begin distributing by mid-March, just in time for spring!

If you would like to be a sponsor and have your logo printed on the bag, please call or email Kris at the Chamber office! We would like to have 4-5 \$100 sponsors. They are black reusable fabric bags, with white logos screen printed on both sides.

Background: This project began in 2022 with a donation of fabric bags, and we asked businesses to contribute 10 items. In 2023, we asked for sponsorships to build 25 bags and received promotional items from a number of local businesses and organizations for inclusion in the bags. We would like to build 50 bags at this time to continue to meet demand and empower our local entities and residents to welcome new neighbors.



### Monday, February 17

Sloppy Joe w/Bun, Baked Beans, Potato Wedges, Aprictos & Milk

### Tuesday, February 18

Meatloaf, Baked Potato w/ Sour Cream, Steamed Cauliflower, Applesauce, Bread & Milk

### Wednesday, February 19

Herb Roasted Chicken, Hashbrown Casserole, Broccoli, Strawberry Shortcake, Roll & Milk

### Thursday, February 20

Ham & Beans, Cornbread, Fruit Crisp & Milk

### Friday, February 21

Chicken Parmesan, Italian Vegetables, Salad w/Garlic Stick, Lime Pears & 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.*

**Vesper Community Center**  
**FARM SHOW**  
SATURDAY Feb 15th  
9:30am - 2pm

Free admission, gimmees free raffles & prizes

Biscuits & gravy and chili available for purchase in concession stand, & desserts sold by vendors

Upwards of 20 vendors will be exhibiting !!

785-524-2466 www.vespercc.org  
1247 N 120th Rd Lincoln KS 67455  
Concessions are sold by volunteers to fundraise solely for community purposes

**St. Patrick's CYO Fundraiser**  
**TRIVIA NIGHT**

Saturday, February 22  
6:00 pm

\$35/person  
\$65/couple  
\$180/table of 6

Catholic Parish Hall  
Price includes Italian dinner, dessert, drinks, trivia, & prizes!

Carry out meal: \$15/person  
RSVP to 913-424-8408 or saintpatrickCYO@gmail.com

**Pancake Day**  
Sunday, February 16  
11 am - 7 pm

**Bethlehem Lutheran Church**  
**Parish Hall**  
**308 N Indiana • Sylvan Grove**

- Serving Pancakes • Whole Hog Sausage
- Scrambled or Fried Eggs
- Homemade Desserts • Drinks

Free Will Donation to Support Mission Projects

Buying? Selling? Trading?  
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## 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.

# Lincoln Sentinel-Republican Phone Hours 785-524-4200

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



**Lois Eileen (Pautsch) Mooneyham-Horner**  
Feb. 3, 1928 - Feb. 5, 2025

Lois Eileen (Pautsch) Mooneyham-Horner, 97, passed away Wednesday February 5, 2025, at her home in Lincoln. Her daughter was with her and it was a peaceful transition. She was born in Lincoln, Ks on February 3, 1928, to Anna (Schroeder) and Herman Pautsch. Lois was preceded in death by her parents, husbands: James D. Mooneyham, Bill Birdwell and Glenn Homer, brothers: Elden (Ruby) and Norman, sisters: Ruth

(Roy & Orville), Bernice (Bill), and Betty (Eldon "Bud"), and grandson, James Hook.

She is survived by her children, Jimmy (Martha) Mooneyham and Vicki Hook, grandsons: Jarrett (Hillary) Hook, James K. Mooneyham, Jeff P. Mooneyham and Jon Mooneyham, and granddaughter-in-law, Nicole Hook. 12 great grandchildren. Nephews: Mike Ruggles, Roger (Sue) Ruggles, Dan Hartzell and Jimmy (Kay) Hartzell, and nieces Debra (Ed) Boss and JoAnn (Kim) Wallace.

Lois grew up on the family farm north of Beverly, Ks. She was forever grateful to her parents for giving her a foundation of love and faith that she built her life on. She was the last survivor of Beverly High School class of 1945. She married James D. Mooneyham on February 9, 1947. They lived primarily in Kansas but also lived in California and had many stories of their adventures. She also spent a couple of years in Ohio with her sister Bernice and her family. They had two children, Jimmy and Vicki. After JD passed in December 1973, she worked at Tony's in Salina where she gained several lifelong friends

that she cherished.

Lois was a member of Trinity Lutheran Church and truly loved her church family.

She enjoyed Jolly Mixers and met her next two husbands there. She married Bill Birdwell August 19, 1985. She later married Glenn Horner July 12, 2001. They enjoyed dancing and had many dear friends through Jolly Mixers. She enjoyed playing cards and the many laughs they had. After Glenn passed she lived briefly in Wamego, Ks then returned home to Lincoln County, Ks.

Lois will be fondly remembered by all that knew her as a loving and gracious woman that lived a full life with her faith and love of family (and friends) always at the center.

A memorial service will be held at 11:00 a.m. Monday, February 10, 2025, at Trinity Lutheran Church, 702 South 9th Street, Salina, Ks. It will be followed by a graveside service at Beverly Cemetery, Beverly, Ks.

Memorial contributions may be made to Trinity Lutheran Church, 702 South 9th St., Salina, Ks. 67401.

Ryan Mortuary, Salina, is handling arrangements.

## COMMISSION MEETING MINUTES

January 27, 2025

The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, January 27, 2025. Chairman Debora Smith called the meeting to order at 8:30 a.m. with Vice-Chairman Leon Hart present. County Clerk Dawn Harlow was in attendance as recording secretary.

Others present for portions of the meeting: Truette McQueen, Felicia Strahm, Dustin Florence, Brandon Cochran, and Jesse Knight.

Correspondence: a postcard and invitations to the Conservation District annual meeting; a letter from Bob Keach expressing interest in continuing to serve on the Barnard Rural Fire District Governing Board; the Hospital Board of Trustees monthly meeting packet; and bills for Lincoln Park Manor.

County Appraiser Truette McQueen with HR Felicia Strahm requested approval to employ Michelle McVey. Debora Smith moved to hire Michelle McVey as the Assistant County Appraiser \$16.11 per hour

contingent upon pre-employment testing, seconded by Leon Hart. Motion carried. The board approved the salary advancement plan discussed upon the completion of required courses.

Sheriff Dustin Florence requested that the board allow an employee, within the first 90 days of employment, to utilize accrued PTO while stranded out of town during the snowstorm. The board agreed to treat the employee the same as a previous request received in January. Debora Smith moved to approve moving the Sheriff's pay up two steps as approved in the budget for 2025, seconded by Leon Hart. Motion carried.

Felicia Strahm requested an executive session to review applications received for the County Administrator position. Debora Smith moved to recess into executive session for five minutes for the purpose of discussing applicants for the county administrator position, pursuant to K.S.A. 75-4319(2)(1)(b) to discuss personnel matters of nonelected personnel, to reconvene in the courthouse commission meet-

ing room with the board, County Clerk Dawn Harlow, and HR Felicia Strahm, seconded by Leon Hart. Motion carried. Time in: 9:24 a.m. Time out: 9:29 a.m.

The chairman reconvened the meeting to regular session at 9:29 a.m. with no action taken.

Ambulance Service Director Brandon Cochran requested approval to hire Olivia Neuman. Cochran related that he has changed scheduling practices to fill shifts for vacant positions. Debora Smith moved to employ Olivia Neuman, Grade 13 Step 5, at \$14.04 per hour contingent upon preemployment testing, seconded by Leon Hart. Motion carried. Cochran requested approval to purchase a snow blower to use at the EMS station.

Human Resource Officer Strahm provided an update on the candidate for the Transportation Bus Director position. The board approved having another County Administrator serve on the interview panel and suggested that applications be received for a couple more weeks prior to interviewing. Manager

Jesse Knight provided an update on department activities.

Debora Smith moved to approve the January 21, 2025, minutes, seconded by Leon Hart. Motion carried.

The chairman adjourned the meeting at 11:31 a.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Friday, January 31, 2025.

January 31, 2025

The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Friday, January 31, 2025. Chairman Debora Smith called the meeting to order at 8:30 a.m. with Vice-Chairman Leon Hart present. County Clerk Dawn Harlow was in attendance as recording secretary.

Others present for portions of the meeting: Kenneth Meitler, Felicia Strahm, and Mary Ann Stertz.

Debora Smith moved to approve accounts payable in the amount of \$1,198,132.64, seconded by Leon Hart. Motion carried. Debora Smith See "COMMISSION" page 6



<b>BARNARD UNITED METHODIST</b> Pastors Kaye & Jeff Metzler Adult Sunday School @ 10:00 am Morning Worship @ 11:00 am	<b>LINCOLN PARK MANOR CHAPEL</b> Morning Worship @ 9:30 am Afternoon Worship @ 2:30 pm
<b>BETHANY CHURCH</b> 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	<b>LINCOLN UNITED METHODIST</b> Pastors Kaye & Jeff Metzler Worship Service @ 10:30 am
<b>BETHLEHEM LUTHERAN CHURCH LC-MS</b> Pastor Christopher Craig Sylvan Grove, Kansas Sunday School following Worship Sunday Worship @ 10:00 am	<b>PRESBYTERIAN CHURCH</b> Sylvan Grove, Kansas Sunday School @ 10:00 am Church @ 11:00 am
<b>BEVERLY COMMUNITY CHURCH</b> www.beverlycommunitychurch.org Pastor Toby Flaming Sunday School @ 9:30 am Morning Worship @ 10:45 am	<b>ST. JOHN LUTHERAN CHURCH</b> 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
<b>BEVERLY UNITED METHODIST</b> Pastors Kaye & Jeff Metzler Church Service @ 9:00 am	<b>ST. PATRICK'S CATHOLIC CHURCH</b> 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
<b>CENTRAL CHRISTIAN CHURCH</b> 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	<b>ST. PAUL'S LUTHERAN CHURCH LCMS</b> Pastor Don Haselhuhn Six and one-half miles south and 4 miles east of Lincoln Worship Service @ 9:00 am
<b>CULVER METHODIST CHURCH</b> Pastor Demerle Eckart 401 Main Street, Culver, Ks Sunday Worship @ 9:30 am Saturday Coffee @ 8-10 am	<b>ST. PAUL'S LUTHERAN CHURCH, ELCA</b> Pastor Rod Thompson, Tescott Worship Service @ 9:00 am
<b>DENMARK EVANGELICAL LUTHERAN COMMUNITY CHURCH, ELCA</b> Worship Service @ 10:30 am	<b>TESCOTT UNITED METHODIST CHURCH</b> Pastor Demerle Eckart Sunday School @ 10:00 am Worship @ 11:00 am
<b>FAITH BAPTIST CHURCH</b> 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	<b>TRINITY LUTHERAN CHURCH, HUNTER</b> Pastor Matthew Schneider Hunter, Kansas Sunday School @ 9:00 am Worship Service @ 10:00 am Midweek/Confirmation Wednesdays @ 4:30 to 5:45
<b>FIRST BAPTIST CHURCH</b> Pastor Carolyn Allen, Barnard Morning Worship @ 11:00 pm	<b>Barnard United Methodist Church</b>  Pastors Kaye and Jeff Metzler <b>Service Times:</b> Sunday School 10:00 a.m. Morning Worship: 11:00 a.m.
<b>GRACE CHAPEL-HUNTER</b> Pastors Kaye & Jeff Metzler Worship Service @ 9:00 am	
<b>LINCOLN COMMUNITY CHURCH</b> 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	

### SEIRER'S CLOTHING

PRESIDENT'S DAY WEEKEND  
**BASEMENT SALE**

FRIDAY,  
FEBRUARY 14TH  
(10AM-6PM)

SATURDAY,  
FEBRUARY 15TH  
(10AM-4PM)

143 W. LINCOLN AVE LINCOLN CENTER, KS 67455

**SHOP MARKED DOWN WOMEN'S, MEN'S, KIDS APPAREL & FOOTWEAR, ACCESSORIES, HOME & GIFT ITEMS IN THE BASEMENT!**

\*IN STORE ONLY, ALL SALES FINAL, EXCLUDES LITTLE BLACK CARDS

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Macchiato, Mocha, Flat  
White, Americano, and  
more - hot or iced!

**Salina**  
CENTRAL KANSAS MENTAL HEALTH CENTER  
809 Elmhurst Blvd  
(Main Office)

**Abilene** 1602 Aylward Ave  
**Ellsworth** 114 W Court St  
**Lincoln** 817 A Argyle Ave  
**Minneapolis**

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

Help whenever you need it.

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

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.

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lincolnksnews@gmail.com

## Guest Editorial

### More homes than one

Recently, a work trip prompted a quick trip to Fresno, Calif., where I attended college to earn my undergraduate degree. The trip was past due; it had been nearly 10 years since my last visit.

As I drove around town and visited with old friends, memories broke free from the back of my mind. Many important pieces of who I am stem from those years.

Almost 20 years ago, I loaded my Chevy Impala with as many possessions as it could fit and took off on the 2,000-mile journey to California. The third day of the journey, I knew I was getting close as I drove through the Tehachapi Pass on a rare clear morning. This was the same route traveled by the family in the "Grapes of Wrath," and it was even more moving than John Steinbeck described. That first glimpse of the San Joaquin Valley extending for miles across the valley, dotted with crops of every color, filled me with a sense of awe. I was assured that studying agriculture was my real passion and Fresno would be where that studying came to life.

Moving so far away from my family was a chance to spread my wings and stand on my own. I learned how to build my own community and network from scratch. My understanding of the world grew deeper through inspiring people like the Jewish family that rented me a bedroom. My time in Fresno gave me access to a more diverse group of friends and mentors who continue to teach and inspire me.

In my last year on campus, an obligatory introduction in the John Deere exhibit of the World Ag Expo in Tulare was meant to just be polite. That introduction morphed into my own meet-cute moment and led to me finding my perfect partner for life.

My time in college was filled with moments of innovation, creativity and triumph. Other moments feature the lessons of trial, error and failure which are equally important in building my problem solving, adaptability and making me a better human.

My trip was filled with joyful meetings and happy memories but the melancholy of nostalgia crept into my time in Fresno. Many parts of who I am have roots in the four years I spent in Fresno, and I think in many ways it still feels like home.

This trip made me homesick. Years ago, I followed career opportunities that led me away from Fresno and I never looked back. Today, I have a more mature and bigger picture understand that clearly shows how fortunate I am to have these people and places in my life. It makes me sad to let them go again and that is okay. It's healthy to feel sad sometimes because it makes the joy so much sweeter.

We all have people and places that have helped to make us who we are. I encourage everyone to occasionally take time to remember and reflect, approach others with an attitude of gratitude, and give yourself permission to feel all your emotions.

There is no place like home, but it is OK to have more than one home.

"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.

- Jackie Mundt  
Pratt County farmer and rancher

## Are frozen canned foods safe to eat?

The recent cold weather and power outages brought many challenges - including food safety. Canned or jarred food that has frozen can be a safety hazard.

If you have canned foods, either home canned or commercially canned, in a storage location that froze, be sure to check them for signs of damage caused by freezing. Check for broken seals or seams in metal cans, or broken glass jars in both commercial or home canned foods due to expansion of the food and liquid inside the container.

## PRAIRIE DOC - BY ANDREW ELLSWORTH, MD

### Popeye and Testosterone Replacement

A few (or more) years ago, Popeye the Sailor Man was an inspirational cartoon character. When needed, the superhero would quickly swallow some spinach and become strong, able to pack a punch that would defeat any evil villain.

Nowadays, TV and internet commercials are encouraging men to consider testosterone replacement as the way to become stronger. While they are quick to tout the benefits, the risks are important and should not be ignored.

Testosterone is the hormone in men that is produced from the testes. It helps in sexual development in men, libido, erections, sperm production, muscle mass, and bone growth. It counteracts fat mass, stimulates red blood cell production, and plays a role in cognition and mood.

If a man has low testosterone (hypogonadism), determined by at least two early morning fasting blood draws, and they have symptoms of low testosterone, then it is reasonable to consider testosterone replacement therapy. Signs and symptoms of hypogonadism include low libido, decreased erections, loss of body hair, low bone mineral density, gynecomastia (breast development), and

small testes.

Symptoms such as fatigue, depression, reduced muscle strength, increased fat mass, and low blood counts can be caused by a wide variety of factors, and should not be reasons alone to consider testosterone replacement.

The best way to increase one's testosterone is through good old diet and exercise. Studies have shown exercise, strength training, and weight loss all help to increase testosterone levels, oftentimes more than testosterone replacement does. Fat produces a hormone called leptin, which counteracts testosterone. Thus, losing fat and gaining muscle naturally increase one's testosterone. Meanwhile, a healthy diet and exercise often boost energy, mood, and overall health.

The most effective method for testosterone replacement is by injection. There are also topical gels and patches. Any over the counter supplement that claims to boost testosterone is misleading and unlikely to have any significant effect on testosterone levels.

Risks of testosterone replacement include prostate cancer, heart attacks, strokes, blood clots, acne, breast enlargement, sleep apnea, aggression,

and can contribute to an enlarged prostate, which can cause urinary frequency or even urinary obstruction. While natural testosterone stimulates sperm production, testosterone replacement decreases sperm counts, decreases fertility, decreases testicular size, and decreases natural testosterone production.

Testosterone levels naturally decrease as men get older. While some may advertise testosterone as a "fountain of youth," the benefits are limited in this scenario and the risks increase as men get older. Popeye had the right idea. Putting in the work, and eating some spinach, is likely the better long-term plan.

Andrew Ellsworth, MD, is part of *The Prairie Doc* team of physicians and currently practices Family Medicine at *Avera Medical Group in Brookings, South Dakota*. Follow *The Prairie Doc* at [www.prairiedoc.org](http://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.

## POST ROCK EXTENSION DISTRICT

### Do you have your 2025 kochia management plans covered?

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

Now is the time to finalize plans for kochia control for northcentral Kansas. Since we have had some moisture recently, kochia can be among the first summer annual weeds to emerge in the spring. Recent KSU research suggests that kochia can begin emerging in early February, with most kochia emerging by late April.

Good control of the first dense flush of kochia is essential for obtaining a good crop yield. Early-emerging seedlings use the limited spring soil moisture in dryland production fields. Kochia seedlings emerge in dense populations, making adequate herbicide coverage difficult. In addition, glyphosate-resistant kochia is prevalent across central to western Kansas, making kochia control even more challenging.

For these reasons, it is important to apply preemergence herbicides in late winter or early spring to control

kochia before it emerges.

To successfully manage kochia, a herbicide program needs two components:

1. a very soluble and effective herbicide that can be incorporated with very little precipitation, such as dicamba
2. a herbicide that has longer residual activity, which will require perhaps 0.75 inches or more precipitation for adequate incorporation, such as atrazine.

Precipitation events during late winter are often too small to activate longer-lasting residual herbicides, but dicamba may control kochia for 4 to 6 weeks until atrazine is incorporated.

The best time to apply herbicides for kochia control is prior to kochia emergence, generally January through the first week of March but, depending on weather conditions. Later applications, for example, at the time of burndown, are more likely to occur after kochia emergence, which increases the risk of very limited con-

trol. Other herbicides with good pre-emergence kochia activity include: mesotrione, metribuzin, saflufenacil (Sharpen), or sulfentrazone. Be sure to check product labels for crop-specific planting intervals. For more information on controlling kochia, see the KSU 2025 Chemical Weed Control for Field Crops, Pastures, Rangeland, and Noncropland.

If you have questions on "kochia management", stop by or call me at any office of the Post Rock Extension District in Beloit, Lincoln, Mankato, Osborne or Smith Center.

*Post Rock Extension District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith counties. Sandra may be contacted at [swick@ksu.edu](mailto:swick@ksu.edu) or by calling Smith Center, 282-6823, Beloit 738-3597, Lincoln 524-4432, Mankato, 378-3174, or Osborne 346-2521. Join us on Facebook at "Post Rock Extension". Our online "Ag Newsletter" is published every week on our website [www.postrock.ksu.edu](http://www.postrock.ksu.edu) and my twitter account is @PRDcrops.*

## SPICE UP YOUR LIFE - LINDSAY YOUNG

### 'Orange' you glad these weird cookies made an appearance?



Cheetos cookies are a novelty that brings lots of conversation to a get together. With cheesy dust both in the dough and on the outside, these are an interesting take on a sugar cookie with a savory twist.

Joey puts up with a lot of weird stuff when it comes to this column.

The poor guy watches me put random ingredients in our shopping cart all the time and never knows what I'm going to come up with next.

With that said, he's a terrific sport. He tries all my experiments and gives his honest opinion—sometimes helping me raid the spice cabinet to try to improve upon a first attempt.

That was not the case with this week's recipe.

In this case, he refused—point blank—to try it.

In Joey's defense, I probably went off the deep end a bit with this one: Cheetos cookies.

This comes from the blog "The Spiffy Cookie." You can find the original post at <https://www.thespiffycookie.com/2018/03/05/cheetos->

cookies/. I didn't change the recipe, because, honestly, I had no idea how this was going to turn out.

### Cheetos Cookies

#### Ingredients

- 4 cups Cheetos puffs, divided (I used a 7-ounce bag)
- 1/4 cup butter, softened
- 1/4 cup shortening
- 1/2 cup sugar
- 1 egg
- a few dashes orange food coloring
- 1 1/4 cup flour
- 1 tablespoon cream of tartar
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

#### Directions

Crush all of the Cheetos until they are fine by either smashing them in a Ziplock bag or by running them through a food processor.

In a mixing bowl, beat the butter, shortening and sugar for a couple minutes until it is a light yellow.

Beat in the egg and food coloring. (You don't have to use the food coloring, but it does make for a striking vision to have these a super bright orange.)

Beat in half of the crushed Cheetos, the flour, cream of tartar baking soda and salt. Once everything is well combined, scoop the dough out in about one-inch balls.

Put the rest of the Cheetos dust

into a bowl, and roll the balls in the crumbs to coat them. Put the balls on a plate, cover it, and refrigerate for at least one hour.

Preheat the oven to 350 degrees. Prepare your baking sheets by lining them with parchment paper, and place the chilled dough about two inches apart on the sheets.

Bake for eight to 10 minutes or until the cookies are set up and just starting to brown on the sides.

Let them cool, and then transfer them into an airtight container.

These smelled really nice while they baked. It reminded me of warm, cheesy popcorn. For the flavor, they weren't as cheesy as I thought. They were more of a corn-chip forward sugar cookie.

I actually made these a few weeks ago, and several readers helped sample them in Joey's stead. The reaction was mixed, but most thought they were an OK little cookie. Really, these are more about what they are than how they taste. They are definitely a conversation starter.

That being said, this is probably a one-and-done recipe for me, and not just because I would have to eat another batch totally by myself. Joey can only take so much.

*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](http://spiceupkitchen.net).*

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## Farm to Early Care and Education Opportunity

The Kansas Department of Agriculture, in partnership with the Kansas Foundation for Agriculture in the Classroom, is now accepting applications from Kansas licensed early child care facilities to participate in a program to increase child nutrition knowledge and consumption of local fruits and vegetables.

The program, titled “Our Earliest Eaters: Bringing the Farm to Kansas Licensed Early Child Care Facilities,” will provide Kansas licensed early child care facilities with age-appropriate curriculum about Kansas specialty crops and reimbursements for purchasing locally grown fruits and vegetables. Through a competitive application process, 50 facilities will be selected to receive agricultural education activities and resource kits devel-

oped by the Kansas Foundation for Agriculture in the Classroom at no cost. Upon demonstration of teaching the provided curriculum, the selected facilities will receive reimbursement of up to \$250 per growing season to cover the costs of purchasing fruits and vegetables grown by Kansas farmers and producers to use in the provided educational activities as well as serve in their meal programs.

KDA will help the selected licensed early child care facilities identify farmers and producers local to their facility to purchase healthy fruits and vegetables from. By building relationships between licensed early child care facilities and local farmers and producers, this program will increase nutrition knowledge and consumption of specialty crops

in our earliest eaters, while creating new market outlets for Kansas specialty crop producers.

Applications are due to KDA no later than 5:00 p.m. CT on Friday, February 28, 2025. For more information, please visit “Our Earliest Eaters at: [www.agriculture.ks.gov/grants](http://www.agriculture.ks.gov/grants).

Funding for this program was made possible by the Specialty Crop Block Grant Program from the U.S. Department of Agriculture Agricultural Marketing Service.

The vision of the Kansas Department of Agriculture is to provide an ideal environment for long-term, sustainable agricultural prosperity and statewide economic growth. The agency will achieve this by advocating for sectors at all levels and providing industry outreach.

## Mitchell County Hospital Recognized as One of America’s Best Hospitals

Mitchell County Hospital Health Systems (MCHHS) is proud to announce its recognition as a recipient of the 2025 Women’s Choice Award®, honoring the organization as one of America’s Best Hospitals for Patient Experience, Emergency Care, and Obstetrics (Labor & Delivery). This award highlights MCHHS’s commitment to providing exceptional care and fostering trust with patients and their families.

The Women’s Choice Award® is a trusted symbol of excellence in healthcare, based on criteria that include patient satisfaction surveys and clinical performance metrics. Through receiving this award, MCHHS is among the top hospitals nationwide, affirming its role as a leader in delivering high-quality, patient-centered care.

MCHHS Outstanding Achievements in Three Key Areas:

- Patient Experience: MCHHS has been recognized as one of America’s 100 Best Hospitals for Patient Experience for the third consecutive year.

This distinction reflects the hospital’s dedication to personalized care, which fosters positive health outcomes, improved disease management, and adherence to treatment plans. Patients consistently report feeling valued and respected throughout their healthcare journey.

- Emergency Care: MCHHS earned recognition for patient recommendations, demonstrating its commitment to delivering exceptional care. Additionally, MCHHS received high ratings in minimizing total time spent in the emergency department and effectively responding to patients with severe sepsis symptoms.
- Obstetrics: MCHHS was recognized for exceptional obstetric services, evaluated through rigorous criteria that emphasize both patient satisfaction and clinical excellence. Additionally, MCHHS holds the CMS Baby-Friendly designation, reflecting its

dedication to promoting best practices in breastfeeding education and counseling.

“This recognition is possible because of the genuine dedication of our healthcare team and the exceptional care we consistently provide,” said Janelle Kircher, CEO of Mitchell County Hospital Health Systems. “This accolade is yet another example that shows MCHHS truly cares about you as a person. We are grateful that you, our patients, have helped us achieve this award for the third year in a row.”

The Women’s Choice Award helps identify hospitals that excel in areas important to their well-being. From obstetric care to emergent care, to the latest advancements in robotic surgery and more, Mitchell County Hospital Health Systems is one of the select few healthcare providers in the region to earn these prestigious awards, which highlights the hospital’s unwavering dedication to serve the patients and communities with exceptional healthcare in a compassionate and healing environment.

## 2025 Bluestem Pasture Survey

The Kansas Department of Agriculture is seeking feedback from Kansans for the 2025 Bluestem Pasture Survey to collect information on native tallgrass pasture use and practices. The survey is administered through the K-State Land Use Survey Center and will be open through April 30, 2025.

The Bluestem Pasture Survey provides reliable, accurate information to Kansas ranchers and the agricultural community as a whole. The survey asks about native tallgrass pasture availability, leasing rates, and fencing rates, and should only take about 15 minutes to complete.

“The native tallgrass region of Kansas provides rich grazing opportunities for cattle producers, and this biennial survey collects valuable data that can aid landowners and renters when entering into lease agreements,” said Secretary of Agriculture Mike Beam. “Underwriting this important survey tool is one way our agency works to provide useful data that supports the state’s agriculture industry.”

The 2025 Kansas Bluestem Pasture Survey is voluntary, anonymous and confidential. To complete the survey, please visit [tinyurl.com/bluestem25](http://tinyurl.com/bluestem25). If you are un-

able to complete the survey, but wish to participate, please contact Dr. Leah Tsoodle, Director, Land Use Survey Office, at [LTsoodle@ksu.edu](mailto:LTsoodle@ksu.edu) or Heather Johnson, KDA economist, at 785-564-6726 or [Heather.C.Johnson@ks.gov](mailto:Heather.C.Johnson@ks.gov) to receive a written survey or to complete the survey over the telephone.

The Bluestem Pasture Survey is a collaborative effort between the Division of Agriculture Marketing at the Kansas Department of Agriculture and the K-State Land Use Survey Center within the Department of Agricultural Economics at Kansas State University.

## In the new year, visit new places!

Become a Kansas Explorer Club member!

Kansas Explorer Club members receive six print newsletters a year, chock full of things to see and do in the nooks and crannies in the state with guidance to 1) dare to do dirt, 2) interact with the locals, 3) feel good about spending money in independently-owned stores, 4) enjoy the journey -- and more!

The club was created to inspire, educate, and encourage the exploration and appreciation of Kansas...and to have fun doing it! The main goal is to create a thoughtful audience for Kansas communities.

Learn more or Join today at [kansassampler.org/kansasexplorersclub](http://kansassampler.org/kansasexplorersclub)

## 2025 Kansas Festival Guide

The Kansas Festival Guide is brand new and offers over 500 festivals throughout the year and all over the state.

Use the guide to find Music Festivals, Art Festivals, Food Festivals, Cultural Festivals, Church Festivals, Rodeos, Community Festivals and more. The Kansas Festival Guide is free to use, is continuously updated and may be the most comprehensive festival guide for the state.

<https://festivalguidesandreviews.com/kansas-festivals/>

## Be Wary of Texts Saying You Have Unpaid Tolls

Whether you’ve driven through a toll recently or not, you might’ve gotten a text saying you owe money for unpaid tolls

**By Jamie Rathbun  
Post Rock Extension District Family and Community Wellness Agent**

Learn how the scam works so you can avoid it:

You get a text out of the blue that says you have unpaid tolls and need to pay immediately. The text might show a dollar amount for how much you supposedly owe and include a link that takes you to a page to enter your bank or credit card

info — but it’s a phishing scam. Not only is the scammer trying to steal your money, but if you click the link, they could get your personal info (like your driver’s license number) — and even steal your identity.

To avoid a text scam like this: Don’t click on any links in, or respond to, unexpected texts. Scammers want you to react quickly, but it’s best to stop and check it out. Check to see if the text is legit.

Reach out to the state’s tolling agency using a phone number or website you know is real — not the info from the text.

Report and delete unwanted text messages. Use your phone’s “report junk” option to report unwanted texts to your messaging app or forward them to 7726 (SPAM). Once you’ve checked it out and reported it, delete the text.

Source: Federal Trade Commission

### Farmers & Ranchers Livestock Commission Co.

Total for the Week - Cattle - 4,898

<b>Bulls</b> - \$180.00 - \$190.00	<b>Cows</b> - \$137.00 - \$149.50
------------------------------------	-----------------------------------

Strs		Hfhrs	
300-400	\$460.00-470.00	300-400	\$403.00-415.00
400-500	\$419.00-430.00	400-500	\$355.00-367.00
500-600	\$355.00-406.00	500-600	\$325.00-335.00
600-700	\$335.00-346.50	600-700	\$284.00-295.00
700-800	\$301.00-312.00	700-800	\$261.00-271.00
800-900	\$271.00-283.00	800-900	\$238.00-249.75
900-1000	\$240.00-252.00	900-1000	NO TEST

Early Consignments  
Thursday, February 13th  
10 a.m start time

161 s&h, 550-750, home raise, wean 60+days, 2 round vacc, open; 53 blk s&h, 550-850, long wean, vacc, open, hot wire broke; 65 hfhrs, 750-800, no sort; 60 blk/red s&h, 600-800, home raise, long wean, 2 round vacc, open; plus more by sale time.

Early Consignments Special Cow Sale  
Tuesday February 18 - 11 a.m start time  
Get your cows/heifers consigned.

*Replacement Heifers:* 150 blk hfhrs, home raise, OCHV/d, tract checked, sim/ang.; plus more by sale time.

*Bred Cows/Cow Pairs:* 55 blk ang. cows, 3-6 years, spring cows, home raise, calve 3-1 for 60 days, bred ang.; 12 red ang. cows, 5 years - solid, home raise, bred char; 100+100 blk mostly 3-4years, few 5-6 years, Stratford sired calves, calves born Sept.1-Nov.5, calves worked & knife cut; 70 blk cows, 3-8 years, bred Judd Ranch & Nelson angus bulls, calve March 1 - 60 days; 60 blk spring bred cows, 4 years - solid, bred blk or Hereford; 40 blk angus cows; plus more by sale time.

Get your horses consigned to our  
Spring Spectacular Horse Sale.  
Deadline is March 1st.  
Sale Day is Saturday, May 17, 2025.

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

Don Johnson Bull Sale  
Monday March 3, 2025

New Frontier Bull Sale  
Saturday March 22, 2025

In Stock Today

• Heavy Duty Round Bale Feeders	For a complete list of cattle for all sales check out our website at: <a href="http://www.fandrillive.com">www.fandrillive.com</a>
• Heavy Duty Feed Bunks	

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Salina, Kansas

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:  
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Cody Schaffer • 620-381-1050  
Auctioneers:  
Kyle Elwood, Brandon Hamel, and Garren Walrod

## Help Wanted

### AP & Admin Support Specialist

Wilson Communications is seeking a detail-oriented AP & Admin Support Specialist to join our team. This role is responsible for processing accounts payable, recording customer payments, assisting with various compliance filings, and providing general office support.

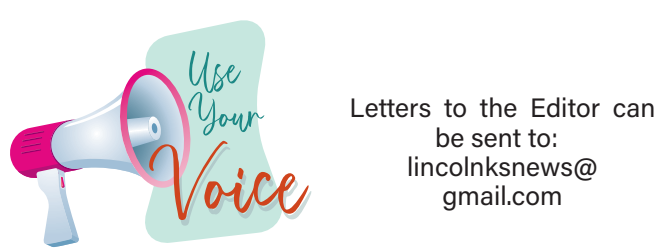
**Key Responsibilities:** process and reconcile invoices, payments, and vendor accounts; record and track customer payments accurately; manage vehicle compliance filings, registrations, and documentation; assist with sales tax reporting and compliance requirements; provide general administrative and accounting support, including data entry, filing, and correspondence.

**Qualifications:** high school diploma required, college degree preferred; prior accounts payable or general accounting experience; proficiency in Microsoft Excel; ability to learn proprietary software; strong attention to detail, organization, and problem-solving skills; ability to manage multiple tasks and meet deadlines; effective communication skills for vendor and internal team interactions.

Please send a cover letter and resume to  
Wilson Communications,  
Attn Human Resources,  
PO Box 190, Wilson KS 67490-0190;  
drop it by the office  
at 2504 Avenue D in Wilson;  
or email [mary.zorn@wilsoncom.net](mailto:mary.zorn@wilsoncom.net).

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Wilson Communications offers competitive compensation, excellent benefits. This institution is an equal opportunity provider and employer.



Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, February 12, 2025)

Lincoln County, Kansas, Treasurer's Quarterly Report as of January 31, 2025

Table with Fund Name and Fund Balance columns. Lists various funds such as General Fund, Road and Bridge, Special Bridge, etc., with their respective balances.

State of Kansas, Lincoln County ss. I do solemnly swear that the above statement is complete, true, and correct to the best of my knowledge and belief, so help me God. Mary Ann Stertz, County Treasurer, Lincoln County, Kansas SUBSCRIBED AND SWORN TO before me this 5th of Feb, 2025. Sara L. Larson, Notary Public My commission expires Feb 06, 2028.

Thank you for your continued support!

Applications open for Kansas Arts Commission funding opportunities

TOPEKA - Lieutenant Governor and Secretary of Commerce David Toland today announced applications are being accepted for four Kansas Arts Commission (KAC) grant programs that support a wide range of arts and cultural activities across the state.

The grant programs, which are designed to foster community pride, economic growth and cultural heritage, include:

- General Operating Support Grant: Provides funding for day-to-day operations of established arts organizations
Arts Everywhere Grant: Supports specific projects and initiatives and is open to both arts and non-arts organizations
Public Art & Murals Grant: Funds permanent and semi-permanent public art installations
Visiting Artists Grant: Helps bring professional artists from across the nation to Kansas communities

"Providing targeted financial support for the arts is vital in revitalizing and supporting our communities and organizations of all sizes," Lieutenant Governor and Secretary of Commerce David Toland said.

"Our funding opportunities are open to any and all Kansas organizations, and the application can be completed without specializing in grant writing," Kansas Arts Commission Director Curtis Young said. "We encourage all interested applicants to take advantage of the resources we have available to help navigate the process."

To access relevant KAC application webinars, visit kansascommerce.gov/program/kcaic/kcaic-grant-materials. The deadline for all four KAC grant applications is 5:00 p.m. February 28. For more details, guidelines and eligibility, visit kansascommerce.gov/program/kansas-creative-arts-and-industries-commission-kcaic.

Visiting Touring Roster Artists grants also are available to bring artists on the Kansas Touring Roster to communities across the state. The program accepts applications on a rolling basis but must be made at least 60 days in advance of the proposed activity. More details can be found kansascaic.submittable.com/submit/119786/visiting-artists-grant-kansas-touring-roster.

Commission/ from page 3

moved to approve payroll in the amount of \$232,691.33, seconded by Leon Hart. Motion carried.

Board positions expiring February 28 include the following: Barnard, Beverly, and First Rural Fire Districts (RFD) - one position each; Hunter RFD and Sylvan Grove RFD - 2 positions each; Repeater Board - 3 positions; Hospital Board - 3 position; Crime Victims Restitution Board - 1 position; Delia Pittard Inheritance Guideline Committee - 1 position; Childrens Health Care Endowment Fund Guideline Committee - 1 position; and WEB Fund Board - 1 position. Anyone interested in serving on one of these boards should send the Commissioners a letter of interest with the board name and why.

Debora moved to approve Resolution 2025-06, transferring \$12,500 from the General Fund to the Transportation Bus Fund, seconded by Leon Hart. Motion carried. Debora Smith moved to approve Resolution 2025-07, transferring \$32,659 from the General Fund to the Rescue Squad Fund seconded by Leon Hart. Motion carried. Debora Smith moved to approve Resolution 2025-08, transferring \$10,000 from the General Fund to the Repeater Board Fund, seconded by Leon Hart. Motion carried.

Debora Smith moved to approve Resolution 2025-09, transferring \$30,000 from the Lincoln County Ambulance Fund into the Lincoln County Ambulance Service Capital Outlay Fund, seconded by Leon Hart. Motion carried. Debora Smith moved to approve Resolution 2025-10, transferring \$250,000 from the Lincoln County General Fund into the Lincoln County Capital Improvement Fund earmarking \$200,000 for jail improvements and \$50,000 for courthouse renovations, seconded by Leon Hart. Motion carried. Debora Smith moved to approve Resolution 2025-11, transferring \$40,000 from the Lincoln County General Fund into the Lincoln County Equipment Reserve Fund, seconded by Leon Hart. Motion carried.

Deputy Treasurer Mary Ann Stertz provided the ending balance of the Treasurer's Special Vehicle Fund as of December 31, 2024. Stertz presented resolutions for the board's approval. Debora Smith moved to approve Resolution 2025-03, designating the following Lincoln County banks as depositories of all money for Lincoln County, Kansas, for the year 2025: The Bank of Tescott - Lincoln, Citizens State Bank & Trust - Lincoln, Bennington State

Bank - Sylvan Grove, Farmway Credit Union - Lincoln, Wilson State Bank - Beverly, and State Municipal Investment Pool-State of Kansas depositories, seconded by Leon Hart. Motion carried. Morgan Tillotson, Stanfield Roofing, provided information on the company's rooftop maintenance program and explained the report that had been presented at a previous meeting. Tillotson will provide the cost and inspection check sheet used for the board to determine if they would like to participate in the annual program moving forward.

The chairman adjourned the meeting at 10:05 a.m. The next meeting will be at 8:30 a.m. Monday, February 3, 2025, in the courthouse commission meeting room.

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, February 12, 2025)

Table with Fund Name, Beginning Balance, Receipts, Expenditures, and Ending Balance columns. Provides a detailed financial summary for various funds.

I, Dawn Harlow, County Clerk in and for the County of Lincoln, Kansas, do hereby certify that the foregoing is a true and correct copy of the claims allowed by the Board of County Commissioners at their October - December 2024 meetings. In accordance with K.S.A. 19-228, the above is public information and detailed records can be viewed in the County Clerk's Office, during office working hours. Witness my hand and official seal, this 4th day of February, 2025



Signature of Dawn M. Harlow, County Clerk of Lincoln County

DCF announces 2025 SUN Bucks application period now open

The Kansas Department for Children and Families (DCF) announced Monday, Jan. 27 that the 2025 application period for SUN Bucks is now open. SUN Bucks, previously called Summer EBT in Kansas, is a federal program administered by DCF that provides a one-time benefit of \$120 per year for each eligible school-aged child to help offset the cost of groceries over the summer.

"Children and teenagers need consistent access to healthy foods to grow and thrive, and summer is a time when many of them lose access to the healthy meals they receive at school," said DCF Secretary Laura Howard. "SUN Bucks can help fill the gap by providing families a small boost with helping to put nutritious food on their tables."

Many families will automatically get the SUN Bucks benefit without needing to apply. Households with an eligible child who can be identified by DCF will receive a letter from DCF in

January 2025 notifying them that their child is eligible for SUN Bucks. SUN Bucks benefits will be added to an existing household Kansas Benefits Card (also known as an EBT card) or loaded onto a Kansas Benefits Card and mailed to their home in April.

If a household did not receive a letter from DCF in January regarding SUN Bucks eligibility, and they believe their child is eligible, they will need to apply. SUN Bucks applications will be accepted from Monday, Jan. 27, 2025, through 5 p.m. on Friday, Aug. 29, 2025. Families will need to use their existing DCF self-service account or create an account to apply through the DCF online self-service portal, dc-fapp.kees.ks.gov. Benefits will be issued beginning in April 2025.

Eligibility: Children may be eligible for the program if:

The child attends a Kansas school offering the National School Lunch or School Breakfast Pro-

gram, and the household income meets the requirements for free or reduced-price school meals at any point since July 2024.

OR The school-aged child (7-17 years old) lives in a household where someone has received Food Assistance (SNAP) or TANF Cash Assistance at any point since July 2024.

Children in the custody of the DCF Secretary and enrolled in a Kansas school are eligible for SUN Bucks. Relatives, non-related kin, and foster homes will need to submit a SUN Bucks application for children in their care after April 1, 2025, to ensure the benefit is issued to the correct address. For any applications submitted after April 1, SUN Bucks benefits will be issued once the child has been determined eligible.

In 2024, the SUN Bucks program provided more than \$15 million in benefits to 127,202 Kansas children. Learn more about SUN Bucks at SUNBucks.dcf.ks.gov.

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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FOR SALE

1828 acres farm & grassland all in Winfield township, Osborne County, KS, for Harold Wiegert Trust.

Friday, Feb 21st @ 2pm

From Osborne, KS. 10 Miles S on 281 Hwy to Co. Rd. 408 then 3 3/4 Miles E on 408 around the curve then 1 1/2 Miles S to the farm site on the W side of the road.

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woltersauctionandre.com/auction-listings

WOLTERS Auction and Realty logo with 'SOLD' sign and windmill icon. Contact info for Jim Walters, Broker & Auctioneer.

Farm Ground for Sale

115 A of good Mitchell County farm ground for sale. Legal description is S1/2 SW1/4 & NE 1/4 SW 1/4 34-9S-10W. Asking price \$3650/acre. A crop production report may be made available. Call 402-750-2373

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\*1,830 Ac +/- Ranch @ Delphos & Minneapolis. Call Ray!
\*110 Ac +/- Cloud Co. Tillable. Call Ray!
\*197 Ac +/- Pasture, Tillable, Hunting. SOLD by Clint!

COMMERCIAL

\*104 N. Nelson, Bennington, KS. Commercial Building. Call Ty!

HORIZON HOMES

\*1027 N. 190th Rd., Minneapolis, KS. Call Grant! 785.577.3049
\*500 N. Stark St., Bennington, KS. Call Samantha! 785.577.9878

CONTACT INFORMATION

Ray Swearingen - Broker/Owner (785) 452-8498
Clint Heller - Sales Agent (785) 545-5737



Lincoln Sentinel-Republican Business & Service Directory

Call: 785-524-4200 or email: lincolnknews@gmail.com to get your business card for as low as \$8.75 per week!

AERIAL SPRAYING

Post Rock Aviation logo and image of a plane. Contact info for Clay Haring.

Alpha Ag Air LLC logo and image of a plane. Contact info for Tracy Hillegeist and Lucas Baumbach.

REAL ESTATE

Wildlife Properties Land Co. logo. Contact info for Kayla Errebo, Realtor.

Kendra Johnson logo and image. Contact info for Post Rock Realty.

AUTOMOTIVE REPAIR

Meyer Tire & Lube logo and image of tires. Contact info for 1892 E. Hwy 18.

BANKING

Citizens State Bank & Trust Company logo. Contact info for various branches.

MEDICAL SERVICES

Lincoln County Hospital



785.524.4403

www.lincolncountyhospital.net

Lincoln Medical Clinic
Mon., Tues., Thurs., Fri.: 8:00 a.m. - 5:00 p.m.
Wed.: 7:00 a.m. - 7:00 p.m.

785.524.4474

Sylvan Medical Clinic

Saturday's 8:30 a.m. - 1:00 p.m.

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CHIROPRACTIC

Grant Heller, D.C. and Mark E. Luce, D.C. contact info and logo.

FEED SPECIALIST

Lincoln Building Supply logo and image of feed. Contact info for Jay C. Minear.

HISTORICAL SOCIETY

Lincoln County Historical Society
Hours: Wed. - Fri. 1 - 5 p.m. | Sat. 10 a.m - 2 p.m.
785-524-9997 | directorlchm1@gmail.com
facebook.com/lchistoricalmuseum
lincolnksmuseum.com

LIQUOR SALES

Viv's Retail Liquor logo and image of liquor bottles. Contact info for 605 N 6th St.

OPTOMETRY

G. Kyle Gwinner OD, L.L.C. logo and image of glasses. Contact info for 208 W. Lincoln.

RESTAURANT

Sylvan Sale Barn Cafe logo and image of a barn. Contact info for Monday 6:30 am until the sale is over.

SEED SALES

Frederking Seeds logo and image of seed bags. Contact info for State of the Art Seed Treatment.

KANSAS CLASSIFIEDS

For Sale Place your 25-word classified in the Kansas Press Association and 135 more newspapers for only \$300/ week. Find employees, sell your home or your car. Call the Kansas Press Association @ 785-271-5304 today!

Misc. Attention: VIAGRA and CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - Only \$99! 100% guaranteed. CALL NOW: 1-866-481-0668

Misc. We Buy Vintage Guitar! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rick-enbacker, Prairie State, D'Angelico, Stromberg, And Gibson Mandolins / Banjos. These brands only! Call for a quote: 1-877-560-1992

Misc. CASH PAID FOR HIGH-END MEN'S SPORT WATCHES. Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Subma-riner and Speedmaster. These brands only! Call for a quote: 1-866-481-0636.

Misc. GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-877-560-5087

Misc. BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-866-481-0747

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Misc. INJURED IN AN ACCIDENT? Don't Ac-cept the insurance company's first of-fer. Many injured parties are entitled to cash settlements in the \$10,000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-920-1883

Misc. AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-877-589-0093 Have zip code of property ready when calling!

Misc. WATER DAMAGE CLEANUP & RESTORA-TION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-877-586-6688. Have zip code of service location ready when you call!

Misc. NEED NEW WINDOWS? Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation & FREE quote today. 1-866-766-5558 You will need to have your zip code to connect to the right provider.

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PIONEER SEED advertisement featuring Pioneer Seed bags for Corn and Soybean. Text includes 'WITH YOU FROM THE WORD GO' and contact info for River Hills Seed, Inc. Sheldon Daugherty.

# Hoops Highlights: A Week of Area Basketball Action!

Girls: Lincoln 25, LaCrosse 40  
Boys: Lincoln 51, LaCrosse 57

Girls: Sylvan-Lucas 40, Rock Hills 52  
Boys: Sylvan-Lucas 59, Rock Hills 42

Girls: Lincoln 31, Pike Valley 37  
Boys: Lincoln 48, Pike Valley 32

Girls: Tescott 25, Hartford 49  
Boys: Tescott 54, Harford 62

Girls: Sylvan-Lucas 65, Thunder Ridge 24  
Boys: Sylvan-Lucas 53, Thunder Ridge 31

Girls: Lincoln 17, Stockton 48  
Boys: Lincoln 65, Stockton 32

Girls: Tescott ?, Beloit-St John's ?  
Boys: Tescott 55, Beloit-St John's 59



LeeAllie Wacker (11)



Hazel Metz (10)



Shennise Simmons (4)



Serenity Steinike (13)



Tyra Meyer (22)



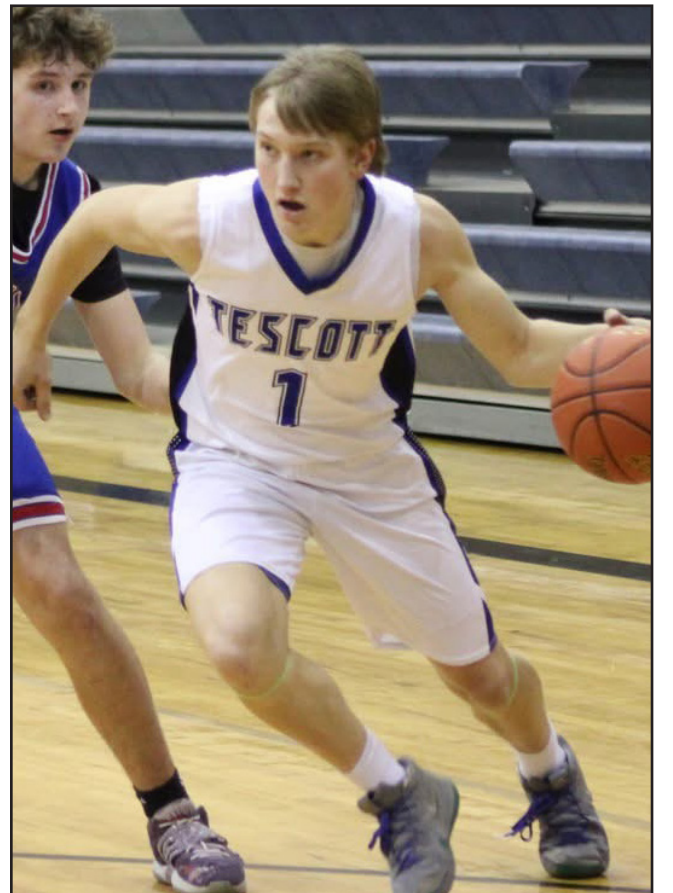
Alison Adams (3)



Vance Dohl (13)



Cooper Rathbun (0)



Joey Stirn (1)



Connor Charvat (12)  
*(Photos by Melissa Wacker)*



Easton Good (11)  
*(Photos by Becky Rathbun)*



Carter Phelps (4)  
*(Photos by Kriston Phelps)*