

Deadline

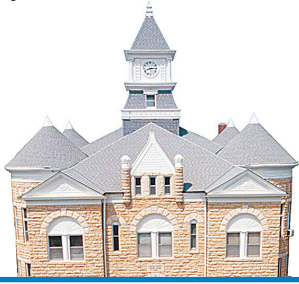
Submit entries by **Friday by Noon** to ensure publication.
Content can be emailed to lincolnksnews@gmail.com

Expiration Dates

Expiration dates are located on the mailing label. They will be circled as expiration nears. Renewal reminders will not be sent out due to the increasing cost of postage.

SUBSCRIBE TODAY

Visit lincolnsentinel.com to subscribe.
Single Copy\$1.25
Print Only (KS)\$57.00
Print Only (out of state)\$68.00
Digital Only\$44.00
(tax included in all prices)



The Official Newspaper for Lincoln County Kansas

LINCOLN SENTINEL-REPUBLICAN

Volume 138 No. 11

www.lincolnsentinel.com

Wednesday, March 12, 2025 \$1.25

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

LJSHS Junior High Scholars Bowl Teams Finish Strong



(L-R) Gavin Lopez, Sloan McReynolds-Baetz, Kaley Schneider, Collin Rosebrook, and Ethan Wolting helped lead the LJSHS Junior High Scholars Bowl teams to an impressive season finish. The 7th-grade team claimed first place in the league, while the 8th-grade team secured third place. (Courtesy Photo)

CKMHC presents Mental Health Aid for Rural Communities

Central Kansas Mental Health Center (CKMHC) is offering Mental Health Aid for Rural Communities in Lincoln Friday, May 9 from 8 a.m. to 5 p.m.

Learn to identify, understand and help someone who may be experiencing a mental health or substance use challenge.

Mental health care is not readily available in most rural communities. This program helps adults recognize and begin to address any disparities, identifying the strengths that come from living in a community of supportive neighbors, friends and family members.

According to CKMHC, statistics show that 22.7% of the residents of non-urban counties have experienced mental health issues. Mental health care is scarce, as most providers are most likely to choose an urban setting. A staggering 1.8 million adults living in rural areas reported having serious thoughts of suicide in the previous year.

The scheduled class will take place at the Lincoln County Ambulance building in Lincoln at the specified date and time. There is no cost for this class, and individuals living in Ottawa or Lincoln counties will receive a \$30 grocery card upon completion of the course.

Due to limited space, event registration is necessary. Contact Gretchen at gboyum@ckmhc.org or phone 785-515-6139.

PRCF accepting grant applications

The Post Rock Community Foundation (PRCF) is accepting applications for Spring Grants. Online applications opened March 1 and are due May 1, 2025.

This spring, over \$53,000 is available to charitable projects within the Post Rock service area which includes Lincoln County and all communities served by USD #298 and USD #299.

This cycle will fund local community projects that meet one or more of the criteria set forth, including programs and projects that address education, health

care, community social services and security, conservation and environment, arts



POST ROCK community foundation

and culture and community beautifications; projects that improve the quality of life for Post Rock area residents and projects that support the public health of Lincoln County and those served by

USD #298 and #299.

Funding for the spring grant cycle is provided by

the Dane G. Hansen Community Grant Fund, the Post Rock Community Action Fund, the Post Rock Healthy Living Fund, Kansas Health Foundation for Post Rock and the Sylvan Area Fund.

Grants are limited to the communities in the Post Rock service area and will be awarded through a competitive application process. Nonprofit organizations, government and public entities educational institutions and churches are encouraged to apply.

Applications must be submitted online by 11:59 p.m. on May 1, 2025.

Complete funding criteria and applications are available at <http://postrockcf.org/search-apply-for-a-grant>.

Barnard's Cookbook Enthusiast shares her story with Salina AMBUCS



Barb Rathbun, long-time Barnard resident and owner of The Cookbook House, spoke to the AMBUCS in Salina March 6, sharing her journey of collecting cookbooks and creating a space to showcase them. Rathbun purchased The Cookbook House eight years ago and hosted her first open house in 2017, welcoming many visitors since. AMBUCS is a network of volunteer chapters that provide adaptive tricycles, scholarships for therapists and community service projects. Learn about their mission at <https://ambucs.org>. (Courtesy Photo)

NPL Art Show in Lincoln

USD #298 and the Lincoln County Historical Museum are proud to announce the NPL Art Show will be displayed at the Lincoln County Historical Museum March 10-28.

Area art students are merging the rich history of art Lincoln holds with the vibrant, new art students from Lincoln and surrounding high schools for this showcase.

Visit the NPL Art Show and see what the future of art looks like in Lincoln County and surrounding areas.

Contact the museum located at 216 W. Lincoln Ave., at 785-524-9997 for hours of operation.

Additionally, the Lincoln County Historical Society is hosting the March "What's Up" luncheon Wednesday, March 19 from 12 p.m. to 1 p.m. at the museum.

Chamber members and interested individuals are invited to attend as museum director Dana Walters talks about the historical society's past and present. Also speaking will be Historical Society President Mike Day who will share information and insight concerning the Indian Raids and Maria Weichel's life after she was rescued. Mike's research is quite extensive and includes contact with a living relative of the Weichel family in Germany.

View the student's art, learn new and interesting details about Lincoln's history, and enjoy a fresh taco bar and dessert, catered by the historical society.

Reservations for the What's Up luncheon are due to the Chamber by Friday, March 14. The cost is \$15.00. Contact the Chamber at 785-524-4934 or email lincolnareachamber@gmail.com.

Walk Kansas starts March 30

Celebrating its 25th anniversary, Walk Kansas is an eight-week challenge toward healthy living sponsored by K-State Research and Extension. The goal is to maintain a healthier lifestyle with exercise and healthy eating for the duration of the challenge to encourage the development of new and healthier habits. The program encourages participants to be more active with support from friends and family, make healthier nutrition and beverage choices and learn helpful techniques to reduce stress, sleep well and improve overall well-being.

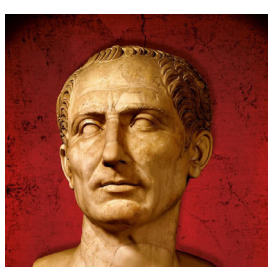
Form or join a Walk Kansas team with friends and family from work, church, school, neighbors, community groups, etc. Even friends and family in any state or country can join your team. Participants can also register as a solo on one of the special virtual solo trails.

Select a team captain who will register your team or register for yourself if participating as a solo.

When the program begins, track your physical activities in minutes in the online challenge-tracker and your steps in your fitness tracker. You will also log the servings (cups) of fruit or vegetables, and ounces of water (optional). The program is based on the Physical Activity Guidelines for Americans. The tracker will convert the minutes of activity and the steps into distance. Fifteen minutes of activity will be equal to one mile, and 2,000 steps will be equal to one mile.

Contact Jamie Rathbun at the Post Rock Extension Office (785-524-7732) or email jrathbun@ksu.edu, or visit www.walkkansas.org.

The Ides of March



The Ides of March is a day in the ancient Roman calendar that falls on March 15. It is associated with misfortune and doom, and became renowned as the date on which Roman dictator Julius Caesar was assassinated. The phrase "Ides of March" translates literally to "the 15th day of March" in the Roman calendar. Originally, it was simply a way to mark the date according to the Roman system, but it now evokes a sense of threat.

Cash Grain

Corn.....	\$4.10
Milo.....	\$3.65
Soybeans.....	\$9.19
Wheat.....	\$5.10

Cash prices courtesy of Ag Mark

Community Calendar

Thursday, March 13

Lincoln: 6 PM: TNGR Post Rock Mountain Bike Club Group Ride @ Mettner Field
USD 299: Junior High Dance

Friday, March 14

Lincoln: 2 PM Happy Pi Day @ Library;
5:30 PM "Second Nature" Exhibit Opening Reception @ Lincoln Art Center
USD 298: No School
USD 299: No School

Saturday, March 15

USD 298: 10 AM LINCOLN REC SOCCER

Sunday, March 16

Monday, March 17

USD 298: Spring Break through 3/21
USD 299: Booster Club 6; No School;
Teacher In-Service

Tuesday, March 18

Wednesday, March 19

Lincoln: 12 PM Chamber What's Up Luncheon @ Museum

Have a Great Week!

Commodity Distribution held the third Wednesday every other month at the Lincoln Senior Center. (September, November, January, March, May, July)

Lincoln County Historical Society meets third Wednesday of each month @ 5 p.m.; Lincoln County Historical Museum is open Thursdays, Fridays, Saturdays. Call 202.744.9041.
LCEDF meets the second Wednesday of each month in the Courthouse basement. Call 524-8954 for meeting time.
The Lincoln County Commission meets each Monday, and the last working day of the month, at the courthouse.

Ladies 2025 Spring Banquet

The Beverly Community Church will be hosting their annual Ladies Spring Banquet Friday evening, March 28, 2025, at the church located at 200 North Agnes Ave. in Beverly, KS. The event will begin with a carry-in salad supper at 6:30 p.m. The theme for the evening is "Sisters in Christ".

The speaker for the evening will be Lorri Johnson. Lorri was born and raised in Kansas and has been married to Pastor Wayne Johnson for 35 years. God blessed their family with a son and three daughters, all of whom she homeschooled for

17 years. To their family, God has added two sons-in-law and three grandchildren.

Lorri serves alongside her husband in full-time ministry as a pastor's wife, a ministry mom, and missionary. The Johnsons ministry, Missions Revival, provides training in Great Commission ministries for local churches across America and around the world.

Lorri desires to encourage and challenge all women to know and live the Word of God. She teaches in local churches and has also taught a college course on Christian Wom-

anhood. Internationally, Lorri has taught in India, Brazil, Moldova, Saipan, and Cuba. Each year in January, she hosts the Women of the Word Conference in Kansas.

Dinner music will be provided for your entertainment by several of the young ladies of the church.

The church extends a heartfelt invitation to all ladies in the community to bring a salad and a friend to share an evening of praise and fellowship together and to hear what God has laid on Laurie's heart. For additional information please call Cindy McCosh at 785-436-2456.

DENMARK DAMES SERVICE CLUB - JANET HUMBERG, SECRETARY

Planting Potatoes on St. Patrick's Day is one of the accepted rituals, along with many others passed down from our early ancestors. Where were those ancestors from? Did they all speak English when they arrived? When our family moved to Lincoln County in 1965 our neighbor thought my younger sister, Dora Schroeder, talked kind of "Duchy". Many of you have now spent some time researching your past generations and found out where they traveled from and how they found themselves in Jewell, Mitchell, and Lincoln counties.

I personally left Lincoln County at 17 years of age. Softball was my passion as it was my mother's and sisters and cousins. I was planning to go to Vo-Tech after graduation and had played fast-pitch against the "Brunner" team for a complete year when my older sister Shirley Chapman, and my mom Shirley Gruber, were still playing. I met my husband of 47 years in Lincoln when he and a couple other friends came down to watch a game. So back to the gist of this writing. Between being the catcher and loving to run and "steal bases" my teammates would flip a coin for who I rode home with. Charlotte kept an old towel on the back seat of her Lincoln for me to flop after a double header with teams from Esbon, Mankato or Lebanon.

I lived in Mitchell Co. most of those years until 2015 when mom decided to move to Lincoln. Most of those years were spent outdoors.

I met a cornucopia of over those years working for Gourley Ford, the Conservation District, OCK, Hilltop Lodge and eventually managed the Irrigation District. During those years the Master Gardeners program came into being, followed by my own pursuit into horticultural therapy. Gregg and I always had a garden growing every summer and it's something we both enjoy.

With a little planning and perseverance you can grow something in the garden. It's good exercise and a nice place to be in the evening if the bugs aren't biting you or in the morning before racing off to a job. Retirees lucky enough to have grandkids in tow can teach future generations about growing their own. Growing up on the Gruber farm you learned how to pace yourself even during those hot summer days carrying a milk jug of water in the truck and occasionally getting a warm water drenching if the driver chose to bump the accelerator as you were anticipating a drink.

The happiest early gardening experience was when we had a potato patch across the crick, yes I said crick not creek. I could go over and hoe between the rows and when we mulched them we had the chance to chuck a hunk of sometimes moldy, sometimes slimy straw, at a sibling. Always a good time. That was a beautiful patch. The curve of the crick was near where I later learned was an old native trail belonging to the Itskern Tribe. One of the years

back I got a call from a man from Nebraska named Bill Bolte who asked me to go for a walk with him. He had dowsing rods in each hand and my dog Zoey went with us to find the crossing and then angles south southwest right through the yard and up across the hills. He later sent the maps and publication of this trail that led south as far as he could follow it until he had to give up because there were so many merging trails in Oklahoma. "Talk about a long walk" no horses then.

As per usual I have wonadred off subject, I will be wrangling gardeners in our area to grow plants in the Radish Patch this year. Joe Gableman has generously offered his space and water for the reasonable rate of \$15 for the summer gardening season. Plots vary but begin at 20ft x 20ft, hoses and tools are provided in the shed. You only need to sign a waiver not holding Tim accountable for any accidents or other tom foolery. My contact info is 785-738-7681. Leave a message or text. Or 785-524-4970. James Nelson will do the tilling and we will have water set up by potato planting time.

Wherever your trail leads you, from Echo Farms Iona, KS, to the Community Garden in Beloit, of the Radish Patch in Lincoln, KS, all the way to the Brazos people are returning to their roots or immigrating to the prairie states for its bountiful beauty and picturesque landscapes "growing your own" is good medicine.

It's all in the name

One of Lincoln's newest businesses is experiencing rapid growth in many directions, prompting the company to reassess the name of their business in relation to their new mission, merchandise and direction.

LouMae & Ash, located in the front room of Village Lines, has changed their name to Sideline Swag Printshop. "Thanks to your amazing support, we have grown and changed from a hobby clay jewelry business to a full merch printshop," said owner Heather Stein. "We feel that the new name better describes who we are and what we do now."

See Heather and the team at 139 W. Lincoln Avenue and visit them on Facebook at Sideline Swag Printshop.



SIDELINE SWAG
PRINTSHOP



Monday, March 17

Corned Beef, Steamed Cabbage, Potatoes, Biscuits, Cinnamon Applesauce & Milk

Tuesday, March 18

BBQ Meatballs, Buttered Noodles, Corn, Mandarin Oranges, Roll & Milk

Wednesday, March 19

Taco Soup, Corn Chips, Pineapple Tidbits, Brownie & Milk

Thursday, March 20

Chicken Rice Casserole, Peas & Carrots, Ambrosia, Roll & Milk

Friday, March 21

Fish on a Bun, Cubed Potatoes, Baked Beans, Fruit w/ Jello & 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.

State Conservation Commission Meeting on March 17

MANHATTAN, Kansas — The State Conservation Commission will hold its regular meeting on Monday, March 17, 2025, from 9:00 a.m. to noon at the USDA Service Center, 3705 Miller Parkway A in Manhattan. A virtual option will also be available.

The SCC consists of five elected commissioners; two appointed members representing the Kansas State University Agriculture Experiment Station and Cooperative Extension Service; and two appointed members representing the Kansas Department of Agriculture and the U.S. Department of Agriculture, Natural Resources Conservation Service.

The KDA Division of Conservation consults with the SCC to protect and enhance Kansas' natural resources through the development, implementation and maintenance of policies, guidelines and programs designed to assist local governments and individuals in conserving the state's renewable resources.

The meeting is a regularly scheduled board meeting and is open to the public. For more information about the meeting, to access the virtual link, or to request a copy of the agenda, please contact the KDA-DOC at kda.doc@ks.gov or by phone at 785-564-6620.

Persons who require special accommodations must make their needs known at least 24 hours prior to the meeting.

WHO: State Conservation Commission
WHAT: Regular meeting
WHEN: 9:00 a.m. to noon on Monday, March 17, 2025
WHERE: USDA Service Center, 3705 Miller Parkway A, Manhattan



Dane Hansen Student Scholars Recipients

Harlan Pancost and Hallie Thielen (courtesy photo)

Got a local story or event? Email: lincolnnews@gmail.com today!

+ **Ladies Spring Banquet**
Sponsored by
Beverly Community Church
Friday, March 28, 2025
6:30 p.m.
Beverly Community Church,
Beverly
Speaker: Lorri Johnson
Theme: "Sisters in Christ"
What to Bring:
Salad and a friend

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
---------------------------------	-------------------------	---------------------------	--------------------------	------------------------	---------------------------

OBITUARY



Danny Dennis Knight
Aug. 29, 1947 - March 2, 2025

Danny Knight, 77, of Lincoln, KS, passed away on March 2, 2025.

Lorraine Lynn (Bosch) Parker
Aug. 29, 1947 - March 2, 2025

Lorraine Lynn (Bosch) Parker, 74, passed away Sunday, December 29, 2024 in Lincoln, KS. Lorraine was born August 22, 1950 to the late Leroy Bosch, Sr and Doris (Clarke-Bosch) Williams. Lorraine was preceded in death by her parents and sister Blenda Bosch. She is survived by her son Adam Robinson (wife Kathryn) of Brea, CA; brothers, Leroy, Jr (wife Mary) of Wichita, KS, Leslie (wife Kelly) of Lake City, FL, Jeffrey of Asheville, NC, and Perry of Lincoln, KS, along with a host

Born on August 29, 1947, in Kansas City, KS, to Virgil "Bud" Knight and Hazel Louise (Harris) Knight, he was the eldest of eight siblings: Sharon, Russ, Suzie, Buddy, Sam, Mike, and Mollie.

Danny is survived by his wife of 55 years, Gwen (Svejda) Knight; sons Jesse and Ben; grandchildren Nicholas, Caitlyn, Alyssa, Blake, and Logan; and great-grandchild "Little" Nick.

A proud Vietnam veteran, Danny served in the U.S. Army's First Cavalry Division as a Combat Engineer, earning two Bronze Stars. After his military service, he built a 44-year career as a Union Pacific Railroad conductor.

Danny was a man of faith, tradition and values, his love for his family, and his appreciation for a good

meal shared with friends. He loved playing golf and collecting anything he found interesting, like cars, rocking chairs, golf clubs, and a lifetime of treasures from garage sales.

Danny was not a man of pretense, "What you saw was what you got". If he gave you his friendship, it was real. If he gave you his word, he meant it. Danny didn't waste time on things that didn't matter, but he never hesitated to lend a hand to someone in need.

Danny will be cremated, and a Celebration of Life service will take place on Saturday, April 5th, 2025 at 11 AM at the Lincoln Cemetery (429 E South St, Lincoln, KS 67455).

If you would like to send condolences via mail, you may send it to: Gwen Knight, PO Box 2, Lincoln, KS 67455

of nephews, nieces, cousins, and many friends.

Lorraine grew up in Lincoln and graduated from Lincoln High School in 1968. She attended Fort Hays State University before moving to Wichita. Lorraine's travels in life and work took her to Colorado, Minnesota, California, and 32 years in Florida before returning to her roots in Lincoln in 2020. Her love of music and daily walks kept her happy and spirits high before she became impaired by declining health. She lived unapologetically on her own terms. She loved fiercely all those that were in her circle, both by blood and by choice. She struggled tirelessly to better herself

and to build up and support any fellow women within her reach. She was relentlessly proud of her son Adam, as she would tell anyone that would listen and many that Wouldn't.

Though she was married twice, it was her life-long true friend, Angie (Schroeder) Cantwell, who supported her until the end. Their friendship dating all the way back to missed curfews and getting grounded for going to dances in the late 1960's. A memorial service will be held on Saturday, April 26, 2025, at Central Christian Church, 215 N 5 th St., Lincoln, KS, at 11:30 a.m., to be followed by an informal gathering at the Bosch family farm.

COMMISSION MEETING MINUTES

February 24, 2025

The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, February 24, 2025. Chairman Debora Smith called the meeting to order at 8:30 a.m. with Vice-Chairman Leon Hart and Member Kenny Meitler present. County Clerk Dawn Harlow was in attendance as recording secretary.

Others present for portions of the meeting: Elizabeth Sheldon, Brad Raye, Jeff Flathman, Brandon Cochran, Felicia Strahm, Diane Walters, and Dale Hlad.

Correspondence: a postcard from the U.S. Department of Agriculture; the Hospital Board of Trustees monthly meeting packet; and a letter of interest from Marilyn Bell to serve on the Delia Pittard Inheritance Guideline Committee.

Health Nurse/Administrator Elizabeth Sheldon provided an update on department activities and programs offered. Sheldon related that the next LEPC meeting will be held on March 6 at 6:00 p.m., and a new commission representative should be appointed. Commissioner Meitler agreed to attend the March LEPC meeting.

Brad Rahe and Jeff Flathman, Energy Solutions Professionals, provided the preliminary energy analysis for the Courthouse, Emergency Services Building, Health Department, and Highway Department. Debora Smith moved to move forward with the energy grade audit with Energy Solutions, seconded by Leon Hart. Motion carried.

Ambulance Service Di-

rector Brandon Cochran provided a quote for a snowblower. Debora Smith moved to purchase a snowblower from Hometown Outdoor Power in the amount of \$949.00 and split the cost between, the City, Rural, EMS, and Rescue Squad, seconded by Kenny Meitler. Motion carried. The board told Cochran that he needed to have set days in the office each week. Debora Smith moved to recess into executive session for fifteen minutes for the purpose of discussing applicants for EMS, 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 board, EMS Director Brandon Cochran, HR Felicia Strahm, and County Clerk Dawn Harlow, seconded by Leon Hart. Motion carried. Time in: 10:11 a.m. Time out: 10:26 a.m.

The chairman reconvened the meeting to regular session at 10:26 a.m. with no action taken. Nursing Home Administrator Diane Walters provided an update on maintenance needs and answered questions on a bill received. Walters provided quotes received to convert emergency lights to LEDs, replace a door closure, and replace a sewage pump. The board approved the quotes presented. Walters provided a quote received for a new commercial range with six burners, a griddle, and two ovens. No decision was made on this date. Walters reported that the facility is currently on fire watch due to frozen water lines in the fire suppressant system in the Assis-

ed Living Facility. Walters discussed planned facility activities for St. Patrick's Day and Easter.

Public Works Director Dale Hlad related that former commissioner Ryley Hembry had offered dirt to the department. Hlad provided an update on department activities and noted that he had requested pricing from the Railroad Yard to purchase three cars to replace OS 77 and a culvert on Yuma and 80th Rd. Debora Smith moved to recess into executive session for fifteen minutes for the purpose of discussing wages and employee performance, 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 board, Public Works Director Dale Hlad, HR Felicia Strahm, and County Clerk Dawn Harlow, seconded by Kenny Meitler. Motion carried. Time in: 10:55 a.m. Time out: 11:10 a.m.

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

Sheriff Dustin Florence and Undersheriff Lucas Sanders reported that Jailer Baylie Dunstan had been approved to attend the academy beginning March 10. Florence requested approval of a status and salary change. Debora Smith moved to move Baylie Dunstan from a jailer to a deputy effective March 10, 2025, at grade 31, step 7, \$17.82 per hour, seconded by Leon Hart. Motion carried. Florence provided an update on department activities. Florence and Sanders related that the building's mini-split sys-

tems were not keeping the building warm enough during the severe cold and suggested a different heating system be considered. The board approved Florence to seek alternative options for heating. The board opened the proposals received from Goldberg Group Architects and KBS Constructors/HMN Architects to perform architectural services to design a new law enforcement center, including administrative offices and jail. No decision was made on this date.

Human Resource Officer Felicia Strahm provided an update on department activities. Debora Smith moved to grant the following wage adjustments, correcting the grade and steps for Wes Thrun and Tari Donley to a Grade 13, Step 14 at \$15.94 per hour, effective January 26, seconded by Kenny Meitler. Motion carried. Debora Smith moved to employ Julian Hubbard as a clerk/secretary at grade 13, Step 14 at \$15.94 per hour, effective February 20, 2025, in a part time benefit-eligible position, seconded by Leon Hart. Motion carried. The group discussed the applications received for the Administrator position and the process moving forward.

The board approved canceling the March 17th regular meeting.

Debora Smith moved to approve the minutes of the February 18 meeting, seconded by Kenny Meitler. Motion carried.

The chairman adjourned the meeting at 1:00 p.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Friday, February 28, 2025.



- 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

St. Paul Lutheran Church LCMS

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

Church schedules are made possible by the following sponsors:

St. John Lutheran Church

St. Paul's Lutheran Church

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

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

The Art of Quiet Ambition

In a world dominated by headlines about overnight success and dramatic breakthroughs, we often overlook a quieter but equally powerful form of ambition.

Quiet ambition is the steady, persistent drive toward meaningful goals without the need for constant validation or attention. It's the art of achieving significant milestones without the fanfare, noise, or constant broadcasting.

Link to My Book: *New Day, My Way, Your Life Why Quiet Ambition Matters*

We've all seen people loudly proclaiming their plans—announcing big projects, sharing every minor success online, and turning their personal journey into a constant public display.

While visibility can sometimes bring motivation, it often comes with pressure, comparison, and the fear of public failure.

Quiet ambition takes a different path. It focuses on internal validation rather than external applause. Those with quiet ambition aren't driven by likes or recognition—they're driven by purpose, intrinsic motivation, and genuine fulfillment.

The Power of Working Behind the Scenes

Quiet ambition allows for deeper focus. When you're not constantly concerned about how your actions look to others, you're free to genuinely immerse yourself in your work.

This deeper engagement leads to better quality outcomes, stronger skills, and authentic personal satisfaction.

Working behind the scenes also gives you room to experiment, make mistakes, and pivot without the fear of immediate judgment. It creates space for genuine innovation and thoughtful progress.

By operating quietly, you give yourself permission to fail, learn, and ultimately succeed more sustainably.

Get a copy of my book: *New Day, My Way, Your Life*

Quiet Ambition in Action

Consider authors who spend years crafting their novels without posting updates every day, or entrepreneurs quietly building a business rather than constantly sharing premature milestones.

These individuals understand that real progress often happens quietly, steadily, and without immediate validation.

Quiet ambition means trusting the process. It's about knowing your worth and the value of your work without needing constant reassurance. It's a patient, confident approach that often leads to long-lasting success because it isn't distracted by short-term praise.

How to Cultivate Quiet Ambition

To practice quiet ambition, start by clearly defining what truly matters to you. Understand why your goals are important, and anchor your motivation internally rather than externally.

Practice patience and embrace the long-term journey over immediate gratification. Limit distractions by setting boundaries around how often and how much you share your progress.

This doesn't mean you must work in isolation—it simply means being selective about when and how you share your achievements. Value deep connections and meaningful feedback over fleeting attention.

The Strength of Silent Progress

Quiet ambition is about strength, clarity, and authenticity. It's the understanding that lasting success rarely comes with fireworks and fanfare but is built slowly, thoughtfully, and consistently.

It's recognizing that the quiet moments of perseverance and focus ultimately create the loudest impact.

When your ambition is quiet, your accomplishments speak louder than your words ever could. Your progress becomes evident through results rather than announcements. In a noisy world, quiet ambition sets you apart, not because it seeks attention, but precisely because it doesn't.

The Quiet Path

The next time you feel pressured to share your goals prematurely or chase external validation, remember the power of quiet ambition. Trust your internal compass, stay focused, and embrace the journey.

In the silence of your dedicated effort lies the real magic—the kind of success that doesn't require applause to validate its worth.

Quiet ambition is powerful precisely because it's personal, persistent, and purpose-driven. Embrace it, and let your results speak clearly and undeniably for themselves.

- Tomer Rozenberg

Post Rock Extension District

Thank a farmer TODAY!

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

For more than 240 years, agriculture has been the vital thread in the fabric of our nation. America's farm and ranch families represent the cornerstone of our freedom and way of life – now and in the future. American agriculture is the backbone of our nation's economy, and we express our appreciation for all who contribute to the U.S. agriculture industry.

National Agriculture Week, March 18-24, features the recognition of the strong agriculture tradition in Kansas and across the nation and the role the agriculture industry plays in the Kansas economy. This year's theme, "Agriculture: Together We Grow!" marks the 52nd anniversary of the celebration and describes the significant importance of our producers and that Agriculture is a part of all of us.

This special recognition helps the consumer understand how food and fiber products are produced along with building appreciation of the role agriculture plays in providing safe, abundant and affordable products. In addition, the recognition will build consumer awareness and value the essential role of agriculture in maintaining a strong economy as well as acknowledging and consider career opportunities in the agriculture, food and fiber industry.

According to the Kansas Ag Statistics, each Kansas farmer feeds ap-

proximately 165 people around the state which is a dramatic increase from 25 people in the 1960's. While farmland may stretch far and wide, the actual percentage of the U.S. population involved in agriculture is only 1.3%, or 2.6 million people! But quite simply, American agriculture is doing MORE and doing it BETTER!

Have you ever considered how agriculture starts with the growing and harvesting of food and fiber, and it ends with almost everything we eat, wear, and use and therefore helps make us...WHO WE ARE! From the food we eat and the fuel for our vehicles, to the fiber in the clothes we wear, and the oil used to make kids' crayons, agriculture touches everyone in some way. Consumers around the nation will be learning about agriculture's important role in their daily lives as part of National Agriculture Month during March along with National Agriculture Week, March 18-24, 2025.

Now more than ever, American agriculture is working together with the consumer to provide wholesome, safe, affordable and environmentally friendly products of the consumer's choice. To make this happen, the various production and marketing segments within American agriculture are forming new and unique alliances, working together to better serve the global consumer.

More and more, students and individuals are finding careers in agriculture. The industry needs scientists, biologists, food safety technicians,

livestock nutrition specialists, arborists, or conservationists— one doesn't have to be a farmer or have a direct on-farm job to be involved in the agriculture industry.

Agriculture is a complex and constantly changing industry, striving to meet the needs and concerns of its customers—consumers. It is very important that the public understand agriculture and how closely each person is tied to it. Our food and agriculture industry need the support of all Americans. Agriculture has always and will continue to be our country, state and county mainstay. American agriculture is the foundation of our country. It's the backbone of a healthy and prosperous nation, made possible by the hard work of America's farms and farm families who lead the way in preservation and innovation for the health of our planet. Let's make sure it stays that way! For more information on agriculture contact me at any Post Rock Extension District Office in Beloit, Lincoln, Mankato, Osborne or Smith Center.

Post Rock Extension District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith counties. Sandra may be contacted at swick@ksu.edu or by calling Smith Center, 282-6823, Beloit 738-3597, Lincoln 524-4432, Mankato 378-3174, or Osborne 346-2521. Join us on Facebook at "Post Rock Extension" at www.postrock.ksu.edu, our weekly Ag News Roundup every Friday and my twitter account is @PRDCrops.

SPICE UP YOUR LIFE - LINDSAY YOUNG

Mac and cheese a 'grate' way to eat your veggies



Brussels sprouts go from being a health food to a roasty compliment to melty rich cheeses in this decadent mac and cheese recipe.

I've been going through a strange Brussels sprouts obsession lately.

I'm sure there's something in my Pinterest algorithm that is driving that obsession, but honestly, I'm not mad at it.

Unfortunately, while it might be adding a few extra vitamins to my system, the overall effect of the recipe I chose to try this week is decidedly not health food—unless you count it as being good for the soul.

This comes from Grace Elkus on the food blog "The Kitchn." You can find the original post at <https://www.thekitchn.com/sheet-pan-mac-cheese-brussels-sprouts-23215360>. I added spices and pasta in my version.

Brussels Sprouts Mac and Cheese

Ingredients

- about 1 pound Brussels sprouts, halved
- 2-3 tablespoons olive oil
- salt and pepper, to taste
- 16 ounces cavatappi pasta
- 4 ounces Gruyere cheese, shredded by hand
- 4 ounces sharp white cheddar cheese, shredded by hand
- 1 ounce parmesan cheese, shredded by hand
- 6 tablespoons butter, divided
- 1/4 cup flour
- 1 teaspoon garlic powder
- 1/2 rounded teaspoon ground mustard
- 1/4 teaspoon cayenne pepper
- 3 cups milk (I used 1 percent)
- 1/2 cup panko

Directions

Preheat the oven to 425 degrees. Prepare a large, rimmed baking sheet by lining it with aluminum foil. Spread the Brussels sprouts onto the sheet, and drizzle them with the olive oil and sprinkle with salt and pepper. Mix them with a spoon or your hands to coat them, and then, being sure to spread them out as much as possible,

place the sheet in the oven and let the sprouts roast for about 15 minutes, stirring halfway through, until they are fork tender. When they are done, remove them from the oven, and set them aside.

While the sprouts roast, prepare the cavatappi in a large pot or Dutch oven, according to package instructions, and shred the cheeses. (You can combine the Gruyere and white cheddar while you do this, but keep the parmesan separate.)

When the pasta is done, drain it and set it aside.

Return the empty pot to the stove over medium heat and add five tablespoons of the butter. Once it is melted, whisk in the flour, garlic powder, ground mustard and cayenne. Continue to whisk it constantly until the mixture starts to foam a bit. As you whisk, slowly pour in the milk and continue whisking until everything is dissolved into the liquid.

Turn the heat up just a smidgeon and continue whisking regularly so the milk doesn't scald, and let the mixture come up to a simmer (that moment just before it's going to start boiling). Reduce the heat back down to low, still whisking regularly, and let the mixture reduce just a bit. It's ready when it coats the back of a spoon. (This took me somewhere around 7 or 8 minutes.)

PRAIRIE DOC BY THE LATE RICHARD P. HOLM, MD

Those Dirty Rotten Scoundrels

The phone rang, and I answered it because the call was from a nearby community. No big surprise that the caller was obviously not from anywhere near, and the caller was asking for a donation for some organization in which I had no interest. I said, in a kindly tone, "No thank you," and hung up. They will never end the call. YOU MUST HANG UP.

Financial abuse by telephone or internet has been called "the crime of the 21st century." People of all ages are at risk, but scammers commonly target the elderly. Those of us past 65 are more often home to answer the phone, are apt to stay on the line longer and are less likely to report a crime. Making all of this worse, telemarketing crime is challenging to prosecute and, therefore, inviting to criminals.

There are plenty of bad guys out there. The National Council on Aging has written a compendium of

common fraudulent traps that can result from telephone calls or internet messages. Here are some:

Callers may pose as Medicare representatives to obtain your personal numbers for the purpose of billing Medicare for bogus services. Remember, U.S. Government agencies will NEVER initiate a call.

Because of outrageous prices for drugs, people are lured to purchase less expensive prescriptions from the internet and out-of-country pharmacies. Beware that doses of drugs may be different than desired, and sometimes unsafe substances are added.

- Callers may be selling false or dangerous anti-aging products and claim reduced wrinkles or bags under eyes. Don't trust them. Talk to your doctor.
- Con-artists may promise to split a large sum of money with you, provided you first agree to send a "good faith" donation to

help cover shipping costs. Don't believe it.

- "Hi Grandma, do you know who this is?" Never give out the name of a family member on an unsolicited call. They usually ask you for money for a fake emergency or rescue. Always check by calling family first.
- Especially after a major disaster, callers ask for "rescue money" to help those harmed which, of course, goes to the scammers, not those in need.
- Fake investment plans are everywhere. Strangers calling or emailing you with a great investment opportunity, should not be trusted, especially if it sounds too good to be true.

Take home message: Don't respond to calls or emails from strangers selling or pushing you into something. Don't donate to causes that you didn't initiate. Beware of scammers. In a

Kansas Press Association, Inc.
SUBSCRIPTION RATES

Single Copy	\$1.25
Print Only (KS)	\$57.00
Print Only (out of state)	\$68.00
Digital Only	\$44.00

(tax included in all prices)
Periodical's Postage Paid at
Lincoln, KS 67455

The Official Newspaper for Lincoln County Kansas
LINCOLN SENTINEL-REPUBLICAN

TO SUBMIT NEWS: Lincoln Sentinel-Republican welcomes news and will print it as it fits our guidelines. The best way to submit news is e-mail it to lincolnksnews@gmail.com, mail it to 141 W. Lincoln Ave, Lincoln, KS 67455.

TO ADVERTISE: Lincoln Sentinel-Republican offers retail and classified advertising. We can build an ad campaign to fit your budget and reach our loyal readership. For all advertising placements, please email lincolnksnews@gmail.com, call our office, 785-524-4200, or mail it to 141 W Lincoln Ave, Lincoln, KS 67455.

Subscriptions: Questions and updates regarding subscriptions should be sent to lincolnksnews@gmail.com

ADVERTISING AND NEWS DEADLINE - FRIDAYS AT NOON

JLS GROUP, LLC
LINCOLN SENTINEL-REPUBLICAN

JYLL PHILLIPS EDITOR EMERITUS	ANNA KRISTEK GRAPHIC DESIGN
ABBY GERLEMAN BUSINESS MANAGER	LAUREN HOUGHENS GRAPHIC DESIGN
BECKY RATHBUN ADVERTISING DESIGN	KESSID CAVANAUGH PAGINATION ADMIN

Kansas Leadership Center Hits the Road to Bring New Program to Rural Kansas Communities Designed to Stimulate Leadership and Civic Engagement

Wichita, Kan. – The Kansas Leadership Center (KLC), an educational organization founded to foster civic leadership for healthier communities, is providing leadership training, coaching and support to newly hired executive directors and their boards operating the state's rural community foundations through the new Community Foundation Leadership Initiative.

As part of this program, KLC staff are embarking on a series of road trips across Kansas to facilitate leadership courses and help new community foundation staff navigate the leadership challenges of a small community foundation while simultaneously addressing technical and operational challenges. In collaboration with the Kansas Association of Community Foundations (KACF) and funded by a grant from the Patterson Family Foundation, KLC's training sessions are designed to stimulate the practices of leadership and civic engagement in rural Kansas communities.

"KLC is enthusiastic about demonstrating how equipping rural community foundations with our proven leadership framework, coupled with technical assistance from KACF, can transform the capacity and impact of these foundations across rural communities in the state. We're grateful to the Patterson Family Foundation for the funding to equip these small rural community foundations with highly capable paid staff that can accelerate their progress. Their support allows us to meet the foundations where they are and help facilitate a smoother transition into their

work," said Kaye Monk-Morgan president and CEO of the Kansas Leadership Center.

In the fall of 2024, KLC staff hosted GAP sessions with Community Foundation Leadership Initiative grantees to learn about the challenges the community foundations are facing and what makes progress on those challenges difficult. This week, KLC staff kick-off local visits in Garden City and Newton to facilitate the first leadership course with local grantees. Over the next four years, two cohorts of grantees of the Community Foundation Leadership Initiative will complete three leadership programs on The KLC Path and up to 12 sessions of individual and group coaching sessions, as well as receive relational support.

"Through the Community Foundation Leadership Initiative, KLC is on a mission to develop the capacity of rural community foundation executive directors and board members and empower them to transform their organizations into thriving impact centers that mobilize the community to make progress on tough challenges and benefit from intergenerational wealth transfer. We start facilitating our first leadership program in western Kansas this week and have site visits scheduled across the state throughout the month," said Joyce McEwen Crane, director of learning and development at the Kansas Leadership Center.

According to the Kansas Association of Community Foundations, there are currently 32 community foundations in the Patterson Family Foundation service area that have less than \$5 million

in assets and lack paid staff. These constraints limit their ability to grow their assets through donor relationship management while also limiting the capacity of the foundation to proactively invest in the future of the community.

"The Patterson Family Foundation recognizes the importance of local philanthropy and the indispensable role that community foundations play in building thriving rural communities," said Emily Masters, program officer of the Patterson Family Foundation. "We are excited to support the work of the Kansas Leadership Center and the Kansas Association of Community Foundations during a pivotal moment for rural community foundations and their impact on the future of Kansas."

About the Kansas Leadership Center

The Kansas Leadership Center (KLC) is a first-of-its-kind nonprofit educational organization with a civic mission, national reputation and global reach. Founded in 2007 to foster leadership for stronger, healthier and more prosperous Kansas communities, KLC receives core funding from the Kansas Health Foundation (a private, philanthropic organization). It partners with nonprofit organizations, government agencies, educational institutions, businesses and communities to build cultures that are healthy, productive and well-positioned to make measurable progress on daunting challenges and emergent opportunities. KLC Press publishes leadership books and The Journal, a nationally recognized, award-winning civic issues magazine.

Over the past 17 years, KLC has built a

strong and respected institution in Kansas designed to deliver leadership development and culture change at unparalleled scale. Now, organizations across the country and around the world look to us to provide resources and consultation to support their own aspirations for mission-driven leadership education. Learn more at www.kansasleadership-center.org.

About the Patterson Family Foundation

The Patterson Family Foundation is a family-led foundation based in Kansas City, Missouri that extends the legacy of Neal and Jeanne Patterson. The Foundation's mission, "Working together to help rural communities thrive," is carried forward through strategic grantmaking and other collaborative initiatives that serve rural counties across Kansas and western Missouri.

About the Kansas Association of Community Foundations

The Kansas Association of Community Foundations (KACF) is a leadership organization with a strong membership of 115+ member organizations across the state. KACF was founded in 2005 by a dedicated group of volunteers representing community foundations across the state of Kansas who believed in philanthropy, peer-learning, and state-wide partnerships. KACF impacts the growth, development and organizational sustainability of Kansas community foundations as trusted community catalysts that offer in-depth knowledge of local issues and funding resources to help impact the health and well-being of Kansas and its residents.

American Astrophysicist, Strategist to speak at CCCC Cook Series

Emma Loudon, an American astrophysicist, strategist, and speaker will present "Return to Home, Return to Hope: Charting the 3rd Phase of Space Exploration," at Cloud County Community College's Cook Series on Thursday, March 27. The event will be at 7:00 p. m. at the college's Cook Theatre on the Concordia campus. All Cook Series events are free and open to the public.

Raised in Park City, Utah, Loudon spent many nights outside looking up at the Milky Way through the crisp and clear mountain air. After falling in love with the NASA rovers Spirit and Opportunity, her astrophysics pathway took off quickly. Since then, Loudon has attended the Summer Science Program, graduated Magna Cum Laude from Princeton University, and been selected as a Brooke Owens Fellow and a Quad Fellow.

As an astrophysics Ph.D. candidate at Yale University, Loudon studies the geometry of exoplanetary systems. She

uses the thinking spurred by this inquiry to help humanity develop a consciousness that puts the Earth in context and advances space exploration for the common good.

Outside of research, in 2018, Loudon started exploring the space industry and its opportunities for high-achieving students committed to creating a better world. As she delved deeper into the industry, she found unexpected opportunities to engage with the new companies starting exploration as a woman in STEM.

This impact led Loudon to build Space To Sparkle. This consultancy connects ambitious students committed to creating a better world to new career paths in the space industry through career strategy workshops, an online community curated for people with a drive to change the world in STEM, and coaching experiences with Loudon. Now in its third year, the organization has hosted events at conferences and universities

nationwide, including ASCEND, AAS, and Princeton University.

Loudon is also a space strategy analyst and EarthDNA Ambassador. She co-founded the Ask-A-Brookie Mentorship program and serves on the American Astronomical Society Committee on Astronomy and Public Policy. She is deeply committed to sharing her passion for astronomy to spark curiosity and excitement in future scientists, especially minorities in STEM. She serves as a Young Professional Mentor for the Zed Factor Fellowship, a mentor for the Space Prize, and a lead for the SSP Connect mentorship program for alumni of the Summer Science Program.

Her expertise has been featured in talks at TEDx, Yale Law School, NPR, and the Jasper Dark Sky Festival. She was named one of the STEM Reinventors of the Year for 2021 and a Payload Pioneer 30 Under 30. She also serves on the Future Space Economy Webcast Advisory Board for SATELLITE. As a

sought-after speaker, Loudon travels around the world as a steward of the story of the next phase of space exploration, empowering the next generation of students in STEM and connecting the public to the transformative power of space exploration.

This year marks the 32nd anniversary of the Charles and Marian Cook Series at Cloud County Community College. The Cooks were travelers who wanted to bring the world to those who could not travel themselves. More than 80 events have been presented through the sponsorship of the Cook Foundation and the Division of Humanities, Social Sciences and Business at Cloud. It was always Marian Cook's wishes that all Cook Series events be free and open to the public.

For more information, contact Brenton Phillips, dean of Humanities, Social Sciences and Business at Cloud, at 785.243.1435, ext. 244, or by email at bphillips@cloud.edu

Ronn Raymer Memorial Jam Session

Join us at the Deines Cultural Center on March 16th for the Ronn Raymer Memorial Jam Session, an afternoon of music, community, and celebration starting at 2:00 PM. Enjoy live bluegrass and country music by talented musicians, and feel free to bring your own acoustic instrument to join in the jam session. As part of the celebration, we encourage you to participate in a potluck supper by bringing your favorite dish to share.

The Deines is located at 820 N Main Street in Russell. This event is free for all to attend. Call 785-483-3742 or follow us on Facebook for information about events.



FOR SALE

2022 CHEROKEE WOLF PUP 18TO CAMPER



2022 Cherokee by Forest River Wolf Pup 18TO Limited 23' travel trailer. Comes with everything you need to get you started camping. Upgraded queen Wilderness mattress, Anderson "No-Sway" Weight Distribution Hitch. Brake trailer control, rear camera. Lots of extras. Don't let camping season start without you this year. Can sleep up to 5. Very clean unit. Call 785-531-1072 to view or for questions.

Send your stories & news to:
lincolinksnews@gmail.com



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.



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

Farmers & Ranchers Livestock Commission Co.

Total for the Week - Cattle - 3,319

Bulls - \$209.00 - \$219.00 Cows - \$142.00 - \$155.00

Strs	Hfhrs
300-400 NO TEST	300-400 \$425.00-435.00
400-500 \$420.00-432.00	400-500 \$370.00-380.00
500-600 \$400.00-410.00	500-600 \$335.00-346.00
600-700 \$340.00-349.00	600-700 \$305.00-315.00
700-800 \$307.00-319.00	700-800 \$295.00-305.00
800-900 \$271.00-282.50	800-900 \$239.00-250.00
900-1000 \$258.00-268.60	900-1000 NO TEST

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

290 blk/char s&h, home raise, long wean, vacc; 44 blk s&h, 700-900, home raise, long wean, vacc, off wheat; 30 blk s&h, 400-450, home raise, off cow, 1 round fall vacc; 65 red s&h, 600-850, home raise, long wean, 2 round vacc, open; 12 char bull calves, 500-600, wean, green; 9 blk s&h, 600-700, home raise, long wean; 73 blk/bwf str, 700-775, long wean, off wheat; 185 blk s&h, 700-900, home raise, wean Nov, Molitor sired; 70 blk hfhrs, 750-850, home raise, long wean, open, running out, Cow Camp sired; 150 blk s&h, 800-900, long wean, 2 round vacc, open, off wheat; 17 mix s&h, 500-700, long wean, fall vacc, open; plus more by sale time.

Special Cow Sales
Early Consignments

Tuesday, March 18th • 11 a.m start time

• **Bulls:** 3 char bulls, 18 months, semen & trich checked; 14 bulls (4 charX Copperhead, 4 blk/red angusX, 6 purebred red angus), 13-18 months old; 2 2 year old angus bulls, semen & trich checked; plus more by sale time.

• **Replacement Hfhrs:** 10 blk/bwf, calfhood vacc, off wheat; 20 bwf/rwf, 750-800, calfhood vacc, FI, home raise; 35 blk hfhrs, 750-800, home raise, pelvic measure, OCHV'd; 5 red angus, 750-800, home raise, pelvic measure, OCHV'd; plus more by sale time.

• **Heifer Pairs:** 18+8 blk hfr pairs, blk calves, calves banded and worked; plus more by sale time.

• **Cows/Cow Pairs:** 20 blk/char cows, fall bred, 5-8years, bred to Schrader sim/angus bulls, calve Sept.1; 35+35 3 year old pairs; 30 blk older spring cows, bred blk; 3+3 pairs; 80 blk cows, 6-older, heavy bred, bred angus, all home raise; 2+2 pairs, 7 years old; 14 blk cows, 5-7 years, fall bred, bred to GAR Spitfire; plus more by sale time.

Get your horses consigned to our Spring Spectacular Horse Sale. Catalog closing soon. Sale Day is Saturday, May 17, 2025.

Special Cow Sales

Tuesday March 18, 2025

Tuesday April 15, 2025

Tuesday May 6, 2025

New Frontier Bull Sale

Saturday March 22, 2025

In Stock Today

• Heavy Duty Round Bale Feeders
 • Heavy Duty Feed Bunks

For a complete list of cattle for all sales check out our website at: www.fandrillive.com

Sales Manager, Mike Samples

Office: 785-825-0211 Cell: 785-826-7884

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:

Fieldman Representatives:

Kenny Briscoe • Lincoln, KS • 785-658-7386

Lisa Long • Ellsworth, KS • 620-553-2351

Cody Schafer • 620-381-1050

Auctioneers:

Kyle Elwood, Brandon Hamel, and Garren Walrod

Crunched for Time? Physical Activity is Possible

By **Jamie Rathbun**
Family & Community Wellness Agent

Maintaining an active lifestyle should be one of our top priorities, but finding time to be active can be challenging. It is recommended that adults get 150 minutes of physical activity a week, or about 30 minutes a day. This can be broken down to two 15 minute or three 10 minute periods during the day. We can always find a few free minutes in our day. Short workouts can do wonders for both body and mind.

Additional ideas for squeezing in physical activity:

Be active with friends and family. Having a support network can help you keep up with your program.

Schedule it in. The more regular activity you do, the quicker it will become a habit. Think of ways to link activity to daily life, such as scheduling walking with a coworker after lunch.

Include work around the house. Get busy with yard work and other active chores. Have family help you with raking, weeding, planting, or vacuuming.

Work out during screen time. Watch a movie while you jog on a treadmill or download a video to

your phone and watch while you ride a stationary bike. Find ways to be active during commercial breaks.

Be an active parent. Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while kids play or practice.

Looking for more motivation? Join Walk Kansas 2025! The team-based program brings together the support network, tracking keeps you accountable, and by the end of the 8 weeks you will have made physical activity a habit. Check out more information here: postrock.k-state.edu/health-nutrition/walk-kansas

Dairy Marketing Workshop March 27-28

The Colby Community College Division of Agriculture will host a dairy marketing workshop on March 27 and 28 at the Lon R. Frahm Agricultural Center, Room 631, on the college campus.

The two-day event will cover key topics related to the dairy industry, including market updates, pricing strategies, and regulatory frameworks. Registration is \$100.

The workshop begins on March 27 at 1 p.m. with a welcome session and an overview of the dairy industry. Other sessions include updates from market admin-

istrators, discussions on animal care, and an evening tour and dinner at McCarty Dairy in Rexford.

Friday's agenda features discussions on classified pricing, federal order systems, and dairy accounting. Attendees will also have opportunities to network and enjoy a catered lunch. The event concludes at 3:30 p.m. with a wrap-up and Q&A session.

Online registration is open. For more information, contact Chris Appleby at christopher.appleby@colbycc.edu or (785) 460-5461.

Commission/ from page 3

February 28, 2025

The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Friday, February 28, 2025. Chairman Debora Smith called the meeting to order at 8:30 a.m. with Vice-Chairman Leon Hart and Member Kenny Meitler present. County Clerk Dawn Harlow was in attendance as recording secretary. Others present for portions of the meeting: Felicia Strahm and Dustin Florence.

Correspondence: a letter of interest from Jeff White to continue serving on the Beverly Rural Fire District Governing Board; a letter of interest from Edward Flores expressing interest in serving on the Lincoln County Hospital Board of Trustees; and a letter of interest from Allison Johnson expressing interest in serving on the Lincoln County Hospital Board of Trustees. Debora Smith moved to ap-

prove payroll in the amount of \$238,270.76, seconded by Leon Hart. Motion carried. Debora Smith moved to approve accounts payable in the amount of \$476,911.49, seconded by Kenny Meitler. Motion carried.

Sheriff Dustin Florence related that he had offered to sell the highway department the pickup truck that will be removed from the fleet.

Debora Smith moved to appoint the following individuals to three-year terms: Joe Coover to the Barnard Rural Fire District Governing Board, Jeff White to the Beverly Rural Fire District Governing Board, Steve McReynolds to the First Rural Fire District Governing Board, Mark Heller to the Hunter Rural Fire District Governing Board, Steve Erbebo to the Hunter Rural Fire District Governing Board, Jerad Hlad to the Sylvan Grove Rural Fire District Governing Board, Jerret Kubick to the Sylvan Grove Rural Fire District Governing Board,

Jeremiah Zachgo to the Repeater Board, Marc Lovin to the Repeater Board, Bill Houston to the Hospital Board of Trustees, Edward Flores to the Hospital Board of Trustees, Allison Johnson to the Hospital Board of Trustees, Charles Newell to the Crime Victims Restitution Board, Teri Jo Hiitter to the Delia Pittard Inheritance Guideline Committee, Teri Jo Hiitter to the Childrens Healthcare Endowment Fund Guideline Committee, and Jason Dohl to the WEB Fund Board, all terms expiring February 28, 2028, seconded by Leon Hart. Motion carried. Kenny Meitler related that Diamond Roofing is interested in giving a bid for the nursing home. The group discussed the courthouse clock and thistle complaints.

The chairman adjourned the meeting at 9:38 a.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Monday, March 3, 2025.

HELP WANTED

Lincoln County is accepting applications for a Noxious Weed Licensed Sprayer

The goal of this employee is to manage the weed control program for the County, including the application of appropriate chemicals to control or stop the growth of noxious weeds in Lincoln County. Duties include inspecting weed growth and the application of chemicals.

A technical degree or college education in general agriculture is preferred but not required. Employee must have a Commercial Pesticide Applicator Certification under the Kansas Pesticide Law. A valid Commercial Kansas Driver's License is required. If interested, please apply!

Looking to fill a Full-Time Position

Application, job description, and complete benefit information is available by contacting:

Lincoln County Human Resources,

216 E Lincoln Ave, Lincoln, KS 67455;

785-524-5232; Email: lchr@lincolncoks.org

Applications will be accepted until positions are filled.

EOE/Drug-Free Work Place • lincolncoks.com

Legal Notice

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

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS
 Probate Division

In the Matter of the Estate of)
) Case No. LC-25-PR-000004
 Lois E. Horner,)
 f/k/a Lois E. Mooneyham, Deceased)

NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that Lois E. Horner, f/k/a Lois E. Mooneyham, died on February 5, 2025. All of her property and assets were titled in The Lois E. Mooneyham Trust dated November 5, 1996 ("Trust"). The successor sole trustee of the Trust is Jimmy Ray Mooneyham, 5165 Rockenham Rd., St. George, Kansas 66535, and all debts of the decedent shall be paid from the Trust.

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

By: Jimmy R. Mooneyham,
 Trustee under Lois E. Mooneyham
 Trust dated November 5, 1996

SUBMITTED AND APPROVED BY:

Jeffrey A. Norris, KS 27036
 CLARK, MIZE & LINVILLE, CHARTERED
 129 S. Eighth - P.O. Box 380
 Salina, Kansas 67402-0380
 Tel. (785) 823-6325 - Fax (785) 823-1868
janorris@cml-law.com
 Attorneys for Petitioner

Optometric Assistant

Must have computer skills and like to serve others.

Send your resume to:

G. Kyle Gwinner

P.O. Box 339

Ellsworth, KS 67439

or email: DrKyleOD@gmail.com

*Ad designed by Ellsworth County I/R

Lincoln County Kansas

is accepting applications for Transfer Station Worker

This employee works with citizens and governmental entities regarding solid waste management; assists the public with inquiries regarding the transfer station and landfill operations; assures all equipment and machinery is kept in operating condition; weighs, inspects, and records all loads of solid waste prior to disposal; assesses charges and issues receipts; loads recycling trailer; and sorts and hauls aluminum materials to local recycling center among other duties.

High school diploma or GED is required, and applicants must have a valid class "A" CDL license or be willing to acquire one. If interested, please apply!

Looking to fill Full and Part-Time Positions

Application, job description, and complete benefit information is available by contacting:

Lincoln County Human Resources,

216 E Lincoln Ave, Lincoln, KS 67455;

785-524-5232; Email: lchr@lincolncoks.org

Applications will be accepted until positions are filled.

EOE/Drug-Free Work Place • lincolncoks.com

Legal Notice

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

Notice of Annual Meeting

The 64th annual meeting of the Salt Creek Watershed Jt. Dist. #46 will be held at the Salt Creek Watershed #46 District office in Barnard, Kansas, on Tuesday March 18th, 2025 at 7:00 P.M. We welcome all Salt Creek residents and other interested parties to the meeting.

Arlen Bacon, President
 Steve Simmons, Secretary

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.

People read small ads - you did!

CONTACT US: LINCOLNNEWS@GMAIL.COM
FOR ALL OF YOUR ADVERTISING NEEDS

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

HORIZON FARM & RANCH REALTY, LLC

1-888-825-1199 // www.horizonfarmranch.com

UPCOMING AUCTION

***233 Ac +/- 2 Tract Morris Co. Auction on March 27th in Herington, Kansas**

AG LAND

- *240 Ac +/- Jewell Co. Tillable. Call Levi! 785.275.2285
- *4,800 Ac +/- Ranch w/ 30 Wind Turbines/Solar Income in Lincoln Co., Hunting & Farming. Call Ray or Clint!
- *1,706 Ac +/- Ranch @ Delphos & Minneapolis. Call Ray!
- *110 Ac +/- Cloud Co. Tillable. PENDING by Larry!
- *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: lincolnksnews@gmail.com to get your business card for as low as \$8.75 per week!

AERIAL SPRAYING

Post Rock Aviation
 Clay Haring (785) 524-5240
 Helping farmers feed America.

ALPHA AG AIR LLC
 Tracy Hillegeist 785-577-3017
 Lucas Baumbach • 785-243-4803
 Beverly, Kansas

REAL ESTATE

KENDRA JOHNSON
 BROKER
 785-420-7282
 POSTROCKREALTY@GMAIL.COM
 POST ROCK REALTY
 129 E LINCOLN AVE. LINCOLN, KS 67455

WILDLIFE PROPERTIES LAND COMPANY
 Sean Petersen, Agent 603-666-9417
 Nick Rhodes, Broker 785-620-7122
 Kayla Erbeo, Agent 785-420-0304
 www.mywildlifeproperty.com

AUTOMOTIVE REPAIR

MEYER TIRE & LUBE
 785-524-4480
 1892 E. Hwy 18 - Lincoln, KS
 LP Bottle Exchange
 Oil - Lube - Tires - Full Service
 Hours: M-F ~ 7:30-5:30; Sat ~ 8:00-12:00

BANKING

Citizens State Bank & Trust Company
 Ellsworth • Lincoln
 Delphos • Glasco
 Minneapolis
 785.524.4840
 www.csbank.com

MEDICAL SERVICES

Lincoln County Hospital
Neighbors Helping Neighbors



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.

Appointments and Walk-Ins accepted at both Clinics

Weekly Temps

	High	Low	Rain
3-4	57	49	
3-5	63	28	
3-6	49	21	
3-7	56	33	
3-8	46	20	
3-9	56	27	
3-10	70	29	

ARREST REPORT

Date: 3/3/205 White Male Charge: Probation Violation Bond: N/A Still in Custody	Date: 3/7/2025 White Male Charge: Fleeing and Eluding, Criminal Threat, Interference with LEO, DUI, Transporting and Open Container Bond: \$50,000 C/S Still in Custody
---	---

CHIROPRACTIC

Grant Heller, D.C. Monday-Friday
Mark E. Luce, D.C. Mondays & Saturdays
 102 E. Elm Street
 Lincoln, KS 67455
 Call for an appointment.
 785-524-4371

FEED SPECIALIST

Jay C. Minear Feed Specialist
Lincoln Building Supply
 785-524-4416
 Cell: 785-658-5918
 1111 North 5th • Lincoln, KS 67455

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
 605 N 6th St.
524-4844
 HOURS: 9am-9pm Mon.-Thurs.
 9am-10pm Fri. & Sat.

OPTOMETRY

G. Kyle Gwinner OD, L.L.C.
 208 W. Lincoln, Lincoln, KS
 M, W, & Th. 8:00 am- 12 noon
 Tues. & Fri. 8:00 am- 5 pm
 Call 524-5244 or 785-202-1968

RESTAURANT

Sylvan Sale Barn Cafe
 Monday 6:30 am until the sale is over
 785-526-7123

SEED SALES

Frederking Seeds
 • State of the Art Seed Treatment On-Site
 • Seed Tenders Available Channel
 • Full line of Corn, Soybean, Alfalfa and Other Seed Available
 Eric Frederking - (785) 531-0612
 Ron Frederking - (785) 658-7223

SUBSCRIBE TODAY!



lincolnksnews@gmail.com

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, Submariner 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

Misc.
 STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-519-3376 You will need to have your zip code to connect to the right provider.

Misc.
 INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. 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 & RESTORATION: 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.

WANTED TO BUY!

Wanted to Buy Coin and Currency Collections, Gold and Silver Jewelry, any Shape, Pocket Watches and War Memorabilia.
 Call Steven
785-472-1340
 Drovers Coin & Antiquities Exchange

PIONEER



WITH YOU
 FROM THE
WORD GO

River Hills Seed, Inc.
SHELDON DAUGHERTY
 785-392-4027 • 845 Avenue B, Minneapolis, KS 67467

® & ™ Trademarks and service marks of Dow AgroSciences, DuPont or Pioneer, and their affiliated companies or their respective owners. © 2019 PHL 190-1143_3 WFTW0 Vert

STRENGTH ON DISPLAY



Medalists from Trego Powerlifting Meet: Back Row (L-R): Chloe Helus Nate King and Ben Bell. Front Row (L-R): Ember Larson, Kaylee Obermueller, Noah Krueger, Kadin Schneider and Ben Hull. (Courtesy Photo)



EMBER LARSON



AUSTIN AHRING

Local powerlifters put on an impressive display of strength at the Trego Powerlifting Meet, bringing home top finishes in multiple weight classes. Competitors from both high school and junior

high showcased their dedication and hard work, earning standout results in bench press, squat, and power clean. Leading the charge was Ember Larson, who achieved a clean sweep in

the 114-pound class, placing first in bench, squat, clean, and overall—a remarkable accomplishment. Kadin Schneider tied for first place in the 123-pound class, benching an impressive 165

pounds. In the 123-pound class, Kaylee Obermueller claimed first place in bench with 120 pounds and secured a second-place finish overall. In the team standings, the boys' team finished

4th, while the girls' team secured a strong 2nd-place finish, proving their dominance in the competition. Up next, local lifters will compete at the NPL Powerlifting Meet in Lincoln

on March 27th, where they will look to continue their success and push for even bigger lifts. Congratulations to all the athletes on their hard-earned achievements!

BOYS' HIGH SCHOOL AND JUNIOR HIGH TOP 3 FINISHERS BY WEIGHT CLASS

4TH PLACE FINISH - 105 POINTS

Boys 114.0
Squat
2nd - Ben Hull, 175
Overall
3rd - Ben Hull, 355

Boys 123
Bench
1st - Kadin Schneider, 165 tied
2nd - Noah Krueger, 160
Clean
2nd - Kadin Schneider, 170
Overall
3rd - Kadin Schneider, 545

Boys 181
Bench
2nd - Nate King, 235
Squat
3rd - Nate King, 355
Clean
2nd - Ben Bell, 295
Overall
2nd - Ben Bell, 845

GIRLS' HIGH SCHOOL AND JUNIOR HIGH TOP 3 FINISHERS BY WEIGHT CLASS

2ND PLACE FINISH - 110 POINTS

Girls 114.0
Bench
1st - Ember Larson, 115
Squat
1st - Ember Larson, 195
Clean
1st - Ember Larson, 125
Overall
1st - Ember Larson, 435

Girls 123
Bench
1st - Kaylee Obermueller, 120
Squat
2nd - Kaylee Obermueller, 225
Clean
2nd - Kaylee Obermueller, 135
Overall
2nd - Kaylee Obermueller, 480

Girls 156
Bench
3rd - Chloe Helus, 70
Squat
3rd - Chloe Helus, 135
Clean
3rd - Chloe Helus, 85
Overall
3rd - Chloe Helus, 290

All Three Local Boys Teams Fall in Second Round of Substate



Far Left: Lincoln senior Cooper Rathbun scores two points in his final game of the season. (Photo by Becky Rathbun)

Above: Tescott senior James Dickerman locks in on defense as Sylvan-Lucas junior Charlie Phelps anticipates the opponent's next move. (Photo by Kriston Phelps)

Left: Sylvan-Lucas senior Harlan Pancost makes a fast break down the court. (Photo by Melissa Wacker)

LINCOLN

[9] Randolph-Blue Valley HS (9-8)
Monday, March 3 @ Lincoln
[1] Lincoln HS (14-4)

Final Score:
Randolph-Blue Valley 62
Lincoln 24

SYLVAN-LUCAS

[6] Sylvan-Lucas Unified HS (15-6)
Thursday, March 6 @ Sylvan
[5] Johnson-Stanton County HS (13-6)

Final Score:
Johnson-Stanton County 49
Sylvan-Lucas Unified 47

TESCOTT

[1] Logan/Palco Trojans (18-0)
Monday, March 3 @ Tescott
[8] Tescott HS (8-9)

Final Score:
Logan/Palco 57
Tescott 41