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The Official Newspaper for Lincoln County Kansas

# LINCOLN SENTINEL-REPUBLICAN

Volume 138 No. 12

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

## Lincoln County Youth Entrepreneurship Challenge



Sylvan-Lucas students dominated the 2025 Lincoln County Youth Entrepreneurship Challenge, earning top honors for their innovative business ideas. (Courtesy Photo)

Live Lincoln County has posted the winners of the 2025 Lincoln County Youth Entrepreneurship Challenge! Local entrepreneurship competitions must meet certain guidelines to qualify as part of the Youth Entrepreneurship Challenge Series. This series gives students hands-on experience thinking entrepreneurially. The Lincoln County event is hosted by the Lincoln County Economic Development Foundation and area schools.

Congratulations to the Grand Prize winner Abby Diabel with Smoky River Pumpkin Patch, LLC. Her entry earned her a prize of \$750.

The Far Bureau Award winner of \$100 was Hallie Thielen with Sunflower Beef, LLC.

The following students won the Best of Business Awards

in specific categories: Hospitality/Tourism/Lodging - Anna Feldkamp with Crossfire Combat Games; Construction/Equipment/Manufacturing - Harlan Pancost and Connor Charvat with Post Rock Trail Design & Construction, LLC; Agriculture/Wildlife: Emily Cheek with Surefooted, LLC; Service: Hannah Pahls and Caitlyn Sigle with Tornado Twisting; Food/Retail: Tage Woodmansee and Cade Brokes with Waterfront Bar N Grill.

Finalists also included Maggie Labertew with Bee Yourself Boutique and Levi Bates with The Dugout Deli.

Students who did not take first place at the local competition still have a chance to compete at the state competition and are encouraged to apply for a wildcard spot. The deadline is March 24.



Grand Prize winner Abby Diabel of Smoky River Pumpkin Patch, LLC, who took home \$750 at the 2025 Lincoln County Youth Entrepreneurship Challenge! Pictured with Abby is Kelly Gourley, Director of Lincoln County Economic Development. (Courtesy Photo)

## Spring Break in Lincoln County: Local Adventures Await

As spring break approaches, students and families in Lincoln County are looking forward to a well-deserved break from school and routine. While some may take the opportunity to travel, many are discovering that there's plenty to enjoy right here in Lincoln County. From outdoor adventures to community events, there are activities for all ages to make the most of the season.

### Outdoor Fun and Exploring Nature

With warmer temperatures on the horizon, spring break is the perfect time to explore Lincoln County's natural beauty. Families can spend time at Wilson Lake, enjoying fishing, hiking, or having a picnic along the shore. Birdwatchers may spot migratory species returning for the season, making it an exciting time for nature enthusiasts.

Another great destination is Post Rock Scenic Byway, where visitors can take in stunning views and appreciate the region's unique limestone formations. Whether hiking, driving, or simply taking photos, it's a great way to enjoy the fresh air and the beauty of Kansas.

### Staycation Ideas

For those staying close to home, a spring break "staycation" can be just as exciting. Families can plan a backyard campout, visit local eateries they haven't tried before, or even spend a day exploring historical sites such as the Lincoln County Museum or the historic downtown district.

With the change in seasons, many families are also using the break as a chance to start spring gardening projects or refresh their homes with a bit of spring cleaning.

### Looking Ahead

Spring break is not only a time to unwind but also a great opportunity for students and families to reconnect and recharge before the final stretch of the school year. Whether through outdoor adventures, community events, or simply enjoying time at home, Lincoln County has plenty to offer for a fun and relaxing break.

## A feathered friend enjoys the thaw at park



As the last of winter's snow melts away, a bird splashes in a puddle atop a shrinking snow pile at Lincoln City Park, enjoying the warmer weather. In the background, families take advantage of the sunshine, filling the playground with laughter and play—welcoming the arrival of spring. (Photo by Becky Rathbun)

## Lincoln High School Students Compete in Kansas Civic Games in Topeka

(L-R): Kadin Schneider, Ben Bell, Alyssa Loez and Levi Bates represented Lincoln High School at the Kansas Civic Games in Topeka, held at the Kansas Judicial Center. The students were welcomed by Chief Justice Marla Luckert and had the opportunity to visit the Supreme Court room. In addition to competing in a civics test and presenting to a panel of judges, the team toured the Kansas State Capitol, viewed the newly unveiled Women's Suffrage mural, visited the Governor's office, and attended a Judicial Committee meeting with Sen. Elaine Bowers, who took time to speak with the group. (Courtesy Photo)



## Driver Education Class offered in summer school

USD #298 is offering a Driver Education class during the 2025 summer school session. Sign-up sheets are in the high school office. The class size is limited so if students and parents are interested, act quickly. Students must be 14 years of age before June 9, 2025, to qualify. The class will be held in June and does carry a cost. For more information contact Martha Miller at the high school office.

## LJSHS Powerlifters Set New School Records

- GIRLS 123**  
Kaylee Obermueller: Bench 135, Squat 225, Total 480, Power Rating 3.9
- GIRLS 114**  
Ember Larson: Bench 115, Squat 195, Power Rating 3.88
- BOYS 123**  
Kadin Schneider: Bench 165  
Noah Krueger: Power Rating 4.6
- BOYS 156**  
Ayden McBride: Bench 195  
Matthew Schale: Clean 205, Total 695, Power Rating 4.54
- BOYS 173**  
Xavier Miller: Clean 230
- BOYS 181**  
Ben Bell: Clean 295
- BOYS 198**  
Austin Ahring: Bench 290, Squat 405, Clean 265, Total 960, Power Rating 4.92

### First Day of Spring - March 20th

### Cash Grain



Spring has officially arrived! The first day of spring marks a season of renewal, growth, and fresh beginnings. As the days grow longer and nature comes to life, it's the perfect time to shake off the winter blues and embrace new opportunities. Whether you're planting flowers, enjoying the sunshine, or simply appreciating the change in seasons, take a moment to celebrate the beauty and promise that spring brings. Here's to brighter days ahead!

Corn	.....\$3.99
Milo	.....\$3.54
Soybeans	.....\$9.06
Wheat	.....\$5.26

Cash prices courtesy of Ag Mark



**Community Calendar**

**Thursday, March 20**  
Lincoln: 6pm TNGR Post Rock Mountain Bike Club Group Ride @ Mettner Field  
USD 299: 6pm Randi Gym

**Friday, March 21**  
USD 299: NHS Trip to Hays

**Saturday, March 22**  
USD 298: 10 am LINCOLN REC SOCCER

**Sunday, March 23**

**Monday, March 24**  
USD 299: After Prom Meeting 5 pm @ Sylvan Commons; 6pm PRCF Meeting in Library

**Tuesday, March 25**  
USD 298: Spring Sports Pictures JH/HS  
USD 299: 4pm SFB vs. Pratt-Skyline @ Sylvan

**Wednesday, March 26**  
Sylvan Grove: 7 pm Time Capsule Presentations – A series presented by the Sylvan Historical Society @ Library  
USD 299: Sociology Prison Tour (8-2 p.m.); All day Sophomores to Fort Hays Tech; 1pm NPL Meeting @ Beloit

**Wednesday, March 27**  
USD 298: Student's dismissed at Noon/PM Inservice; NPL Powerlifting @ Lincoln  
USD 299: Speech & Drama @ Natoma; 1pm NPL Power Lifting @ Lincoln; 6pm Randi Gym

*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.



**Monday, March 24**  
BBQ Chicken, Twice Mashed Potatoes, Cauliflower, Peaches, Bread and Milk

**Tuesday, March 25**  
Salisbury Steak, Mashed Potatoes, Broccoli, Mixed Fruit, Bread and Milk

**Wednesday, March 26**  
Beef Stew, Carrot Rasin Salad, Biscuit, Lime Pears, Milk

**Thursday, March 27**  
Chili w/Crackers, Coleslaw, Applesauce, Cinnamon Roll, & Milk

**Friday, March 28**  
Cheese Pizza, Lettuce & Tomatoes, Peas, Fruit Crisp & Milk

*Menu is subject to change.*  
Call 785-524-4738 before 9:30 a.m. to reserve a lunch. The suggested donation for people over 60 or with current paperwork \$4.00. For people without paperwork or under 60, meals are \$7.00, mandatory.

**Lincoln County General Public Transportation Provides transportation in and out of Lincoln County on a First come, First serve Basis**

**Monday-Friday  
8am - 5 pm**

For information contact:  
**785-384-0015**  
Handicap Accessible

[www.lincolncoks.com/Community/TransportationBus](http://www.lincolncoks.com/Community/TransportationBus)  
This project funded in part by KDOT Public Transit Program

**Joyce Harlow to exhibit at Christ Cathedral**

Christ Cathedral in downtown Salina unveils its second annual pre-Easter art exhibit in early March, featuring 14 regional artists. Entitled "Miracles of Christ," the show features artists from cities from Pratt to Manhattan, with a strong representation from Salina artists as well. The pieces are as diverse as the artists, ranging from two-dimensional painting to sculpture.

The Lenten-season "Miracles" exhibit broadens the artists, mediums and faith backgrounds that have influenced the works, building on the Cathedral's 2024 "Artists' Way of the Cross" pre-Easter show.

"Each artist has used their creative lens to interpret seminal stories of Christ's life and the miracles He performed," says Mo. Shay Craig, dean of Christ Cathedral. "We are excited and honored to continue the tradition of offering original art created especially for our faith-filled space."

The Opening Reception for the "Miracles" exhibit was held Friday, March 7, from 5:30 to 8 p.m. Hours to view "Miracles" on weekdays is by appointment by calling 785-827-4440. Admission is free.

Highlights of the March 7 to April 18 "Miracles" exhibit include five consecutive Coffee Hours scheduled for 11:30 a.m. on Sundays in the Cathedral parish hall, following the 10 a.m. service. Each Coffee Hour talk will feature a different artist, each sharing how they created their own "Miracles" work.

Exhibit co-chair Marcy Roth says exploring the "Miracles" exhibit and reading the artist statements can give viewers new insight into Christ's miracles in the pre-Easter season. "All the artists approached their pieces through their own faith beliefs," she says.

Co-chair Steve Hoffman says, "Many of the artists have spoken about how personal their works are, and that the pieces became extensions of some very personal place inside them. Some weren't sure they had enough skill to show emotionally-charged work in public, especially in a church where there already may be an expectation that any art there is going to be important or meaningful. I think viewers will approach the art differently."

Roth adds, "Several artists said they started with one idea in mind, then through prayer, contemplation and

artistic process, they ended up in another place, unexpectedly."

Each artist donated their time and effort to create their exhibit piece without any compensation. Mo. Shay Craig says, "Using our faith-filled space to make the arts available is our gift to the community and our contribution to Salina's thriving arts tradition."

Christ Cathedral is "the church in the heart of the city, with a heart for the city." Established in 1906, the Cathedral is the largest, most active congregation in the Episcopal Diocese of Western Kansas that stretches from Salina to the Colorado border.

Christ Cathedral houses a Montessori School, leads the Welcome Table daily lunch program provided at Salina Grace, and offers educational and social programs including Bible studies, Book Clubs and more. For additional information or to schedule a time to meet with Mo. Shay Craig, call 785-827-4440 or visit [christcathedralsalina.org](http://christcathedralsalina.org).

The six-week exhibit features the work of Harlow and 13 other regional artists, each interpreting in a medium of their choice, a miracle of Christ performed in his lifetime, according to Biblical scripture.



Joyce Harlow "The Wedding at Cana"

**Celebrating Kansas Transit Driver Appreciation Day**

**Honoring the Drivers Who Keep Our Communities Moving**

North Central Kansas – On March 18, 2025, we will celebrate Kansas Transit Driver Appreciation Day, a day dedicated to recognizing the incredible work of transit drivers who provide essential services across North Central Kansas.

Public transportation drivers are often the unsung heroes of our communities, ensuring residents have access to jobs, healthcare, education, and other vital services. Their commitment to safety, reliability, and service makes a difference in the lives of thousands of people across the region.

This special day is an opportunity to express gratitude to the hard-working drivers who navigate rural and urban routes, rain or shine, to make sure their passengers get to where they need to go. Transit drivers across North Central Kansas, whether driving city buses, on-demand services, or regional routes, play a vital role in the mobility of our communities.

Here is a look at the number of drivers at some of the key transit agencies serving the region:

- City of Wilson – Serving Wilson residents, seven volunteer drivers work hard to provide on-demand rides for residents in need.
- Ellsworth County Public Transportation – With five drivers, Ellsworth County Public Transportation connects residents with crucial services in and around the Ellsworth area.

Lincoln County Public Transportation – Lincoln County Public Transportation employs two drivers to ensure residents have access to vital transportation needs in their community.

OCCK Transportation – Operating a fleet of 62 drivers, including four in Abilene and two in Concordia, OCCK provides on-demand and fixed-route services across several counties in North Central Kansas.

Ottawa County Public Transportation – With a team of four drivers, Ottawa County Public Transportation plays a crucial role in ensuring residents have access to medical appointments, shopping, and other essential services. Their dedication helps connect rural communities with opportunities that enhance quality of life.

Republic County Public Transportation – Operating with just two drivers, Republic County Public Transportation is a small but essential service that provides vital transportation for residents in and around Republic County. Their efforts ensure that individuals without access to a personal vehicle can still reach important destinations safely and efficiently.

Solomon Valley Transportation – With 17 employees supporting public transportation across multiple counties, Solomon Valley Transportation is a key provider in North Central Kansas. Their team works diligently to offer safe, accessible, and reliable transit options, helping individuals stay connected to work, healthcare, and community resources.

"Transit Driver Appreciation Day is a chance for everyone to acknowledge the hard work and commitment of our transit drivers," said Michelle Coats, Mobility Manager for North Central Kansas. "These drivers go above and beyond to ensure the people in our communities have the transportation they need. We encourage everyone to take a moment on March 18th to say thank you to a driver."

This day of recognition is an important opportunity to raise awareness of the crucial role that public transportation drivers play in the well-being of our communities. We invite everyone in the region to participate by showing their appreciation for these dedicated professionals.

For more information on how to participate or if you have any questions, please visit [KansasRides.org](http://KansasRides.org) or [www.ksrides.org](http://www.ksrides.org).

**Red Cross urges people to get ready for wildfires**

**Region is at high risk this week, with extreme fire weather in many areas**

With extreme fire weather forecast over a wide area this week, the American Red Cross Kansas and Oklahoma Region urges people to prepare now.

**HOW TO PREPARE YOUR HOUSEHOLD** With the increasing risk of climate-driven disasters, help keep your family safe by getting prepared today.

Build an emergency kit with bottled water, non-perishable food, a flashlight and battery-powered radio. Also include medications, copies of important papers, cell phone chargers and emergency contact information.

Make an evacuation plan with what to do in case you are separated from your family during an emergency and if you must evacuate. Make sure to coordinate with your child's school, your work and your community's emergency plans — and don't forget your pets.

Know how to stay informed by finding out how local officials will contact you during a disaster and how you will get important information, such as evacuation orders.

Remember: People cause most wildfires. Do your part and practice prevention.

- Don't start a fire on a windy day. Save it for another time.
- Don't park a hot car or other machine in dry grass.
- Don't allow gasoline or motor oil to spill on grass or other vegetation.
- Tractors, off-road vehicles and equipment being used in wooded areas, such as chainsaws, must have spark arrestors.
- Dispose of used cigarette butts and used matches in a closed container or cup of water.
- Keep lighters and matches out of the reach of children.
- Prune trees above the height of bushes and shrubs (approximately 6'-10' off the ground) and remove dead branches.
- Mow grassy areas regularly so that the grass is never more than 4" high.
- Remove dead and dry plants that could fuel a fire, as well as fallen leaves, pine cones, and other dry plant material.

Plus, download the free Red Cross First Aid app so you'll know what to do if emergency help is delayed and the free Emergency app for weather alerts, open Red Cross shelter locations and more safety tips. Choose whether you want to view the content in English or Spanish with an easy-to-find language selector. Find these and all the Red Cross apps in smartphone app stores by searching for the American Red Cross or going to [redcross.org/apps](http://redcross.org/apps).

About the American Red Cross: The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit [redcross.org](http://redcross.org) or [CruzRojaAmericana.org](http://CruzRojaAmericana.org), or follow us on social media.

Got a local story or event? Email: [lincolnksnews@gmail.com](mailto:lincolnksnews@gmail.com) today!



# 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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## OBITUARY

### Lorraine Lynn (Bosch) Parker Aug. 22, 1950 - Dec. 29, 2024

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

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.



### Dale M. Rathbun Aug. 29, 1947 - March 2, 2025

Dale M. Rathbun, 92, passed away Friday, March 7, 2025 in Lincoln, KS. He was born October 20, 1932 in Lincoln County to Newton and Jenny (Stewart) Rathbun. Dale

married Joyce E. LaShell in Lincoln on November 4, 1951. He was a longtime resident of the area where he worked at Quartzite Stone Co., drove a propane truck for Central Valley Ag (known as Coop at that time), and later helped Russ Ruby whenever he needed a tractor or wheat truck driver. He always liked to stay busy until he finally decided to hang up his hat and totally retire. Dale was a great fisherman and took his grandchildren whenever they asked to go. He traveled to all the sports and activities of all the kids if he could get there. When he wasn't fishing during the day with Joyce and one or two of the great grandchildren, at night he was racoon hunting with the Jones brothers and sometimes with his son Ron and son-in-law Jim. They always had some tall tales to tell after a night of hunting.

Dale is survived by his son Ron

Rathbun (Yolanda) of Lincoln; daughter Connie Kubick (Jim) of Lincoln; six grandchildren, eleven great grandchildren, two great-great grandchildren, three step grandchildren, seven step great grandchildren, and three step great-great grandchildren, as well as many nieces and nephews. He was preceded in death by his parents, wife Joyce, and five siblings.

A graveside memorial service will be held at 11:00 a.m., Saturday, March 29, 2025 at Lincoln Cemetery.

A celebration of life reception will be held from 2:00 to 4:00 p.m., Saturday, March 29, 2025 at the Lincoln Senior Center. Visitors are welcome to come and go.

In lieu of plants and flowers, memorial contributions can be made to the Lincoln Senior Center or Lincoln Park Manor, c/o, Hall Chapel, PO Box 37, Lincoln, KS 67455. Condolences can be left at hallchapel.com.

## COMMISSION MEETING MINUTES

March 3, 2025

The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, March 3, 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, Dale Hlad, Craig Stertz, Kris Heinze, Dawn Snyder, Brandon Cochran, Roberta Turner, Mary Ann Stertz, Tami Kerth, Truette McQueen, Dustin Florence, and Scott Wright.

Correspondence: a flyer from Evergy; a flyer for a property valuation and assessment conference; a letter from Human Resource Officer Felicia Strahm; a thank you from Leann Johnson; three cereal malt beverage licenses; an email with Delisa Medical Billing; and a letter from Dohé Irrevocable Trust regarding a no spray area around portions of their property.

Debora Smith moved to approve the status change for Adrianna Nelson from part-time to full time effective February 27, 2025, remaining at Grade 13 Step 6, \$14.24 per hour, seconded by Leon Hart. Motion carried. Debora Smith moved to approve Cereal Malt Beverage License 2025-01 to Knot Heads at Wilson Lake LLC, Cereal Malt Beverage License 2025-02 to Knot Heads at Wilson Lake LLC, and Cereal Malt Beverage License 2025-03 to Sylvan Grove Fair & Ag Association, seconded by Kenny Meitler. Motion carried.

Heath Nurse/Administrator Elizabeth Sheldon discussed a potential grant to replace funding for a position partially funded with the expiring Work Force

Development grant. Sheldon will return next week with grant applications for the board's approval. Sheldon thanked the board for holding a meeting with department heads.

Director of Public Works Dale Hlad provided quotes received to purchase culverts. Debora Smith moved to approve purchasing four half rounds and one full round from the Railroad Yard and various drainage pipe sizes from J&J Drainage totaling \$97,530, seconded by Kenny Meitler. Motion carried. Debora Smith moved to recess into executive session for fifteen minutes for the purpose of discussing landfill personnel, pursuant to K.S.A. 75-4319(2)(b)(1) to discuss personnel matters of non-elected personnel with the commission, Public Works Director Dale Hlad, and County Clerk Dawn Harlow, seconded by Kenny Meitler. Motion carried. Time in: 9:26 a.m. Time out: 9:41 a.m.

The chairman reconvened the meeting to regular session at 9:41 a.m. with no action taken.

Lincoln Area Chamber of Commerce representatives Kris Heinze and Craig Stertz presented the annual funding request and summarized chamber activities over the past year.

Debora Smith moved to recess into executive session for fifteen minutes for the purpose of discussing Public Works employees, pursuant to K.S.A. 75-4319(2)(b)(1) to discuss personnel matters of non-elected personnel to reconvene in the courthouse commission meeting room with the board and County Clerk Dawn Harlow, seconded by Leon Hart. Motion carried. Time in: 9:55 a.m. Time out: 10:10 a.m.

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

action taken.

Debora Smith moved to recess into executive session for fifteen minutes for the purpose of discussing EMS personnel, pursuant to K.S.A. 75-4319(2)(b)(1) to discuss personnel matters of non-elected personnel, to reconvene in the courthouse commission meeting room, with the commission and County Clerk Dawn Harlow, seconded by Leon Hart. Motion carried. Time in: 10:22 a.m. Time out: 10:37 a.m.

The chairman reconvened the meeting to regular session at 10:37 a.m. with no action taken.

Dawn Snyder, 12th Judicial District Community Corrections/Juvenile Services, requested signature approval for the FY26 comprehensive grant applications. Debora Smith moved to approve the FY 2026 Adult Comprehensive Plan Grant, FY 2026 Juvenile Comprehensive Plan Grant, and FY 2026-27 Juvenile Evidence-Based Program Grant applications, seconded by Leon Hart. Motion carried.

Debora Smith moved to approve the February 24th and February 28th minutes, seconded by Kenny

Meitler. Motion carried.

The chairman recessed the meeting at 10:58 a.m. to the courthouse meeting room for the department head meeting. The chairman reconvened the meeting at 11:00 a.m. in the courthouse meeting room with the following department heads present: Dawn Harlow, Brandon Cochran, Elizabeth Sheldon, Dale Hlad, Roberta Turner, Mary Ann Stertz, Tami Kerth, Truette McQueen, Dustin Florence, and Scott Wright.

The following topics were discussed during portions of the meeting: understanding budget expense line items, communication, FMLA responsibilities, the County Administrator position, pay increases for new hires, cyber security training, and programs that can reduce the cost of work comp and liability insurance. Future department head meetings were scheduled for May 5, July 7, September 8, and November 3.

The chairman adjourned the meeting at 12:50 p.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Monday, March 10, 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

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Barnard - Beverly - Hunter - Lincoln

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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.

**TRINITY LUTHERAN CHURCH FISH FRY**  
At  
**Hunter Community Center**  
Friday, March 28, 2025  
5:00 pm to 7:00 pm





## Guest Editorial

### Why Not Everything Needs Closure

Coffee Time: We're often taught that success means finishing what we start. From childhood, the idea of perseverance is ingrained in us—completing homework, finishing projects, achieving every goal we set.

While persistence is admirable, there's a less-discussed truth: not every goal we set needs to reach a neat, tidy conclusion.

In fact, leaving certain goals unfinished can sometimes hold greater value than forcefully bringing them to completion.

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

#### Reassessing the Need for Closure

Closure feels good—it provides satisfaction, a sense of accomplishment, and validation of effort. Yet the relentless pursuit of completion, especially when it no longer serves our growth or happiness, can be counterproductive.

Not every unfinished goal is a failure; sometimes, it's an acknowledgment of evolving priorities and personal growth.

We set goals based on our knowledge, interests, and circumstances at a given moment. But as we evolve, our interests shift, priorities change, and what once felt important can lose significance.

When this happens, clinging to the idea of completion can hold us back from pursuing new and more relevant opportunities.

#### Learning from the Journey, Not Just the Destination

Goals, by definition, direct our focus forward—to the endpoint, the finish line. Yet much of the value in setting goals comes from the journey itself.

The process of working toward a goal—developing new skills, facing challenges, making discoveries—is often more valuable than the actual achievement.

Consider an entrepreneur who sets out to launch a startup but realizes partway through that the original idea isn't viable.

While the startup goal remains unfinished, the lessons learned about resilience, business strategy, and adaptability are immensely valuable. These experiences might even become the foundation for future successes.

#### Knowing When to Pivot

Recognizing when to leave a goal unfinished is a crucial skill. It requires self-awareness, honesty, and courage. Not all goals deserve blind commitment—some require thoughtful abandonment or redirection.

Knowing when and how to pivot away from a goal allows you to redirect your energy toward pursuits that better align with your evolving self.

Letting go of an unfinished goal isn't admitting defeat. Instead, it demonstrates wisdom and maturity, reflecting a deeper understanding of what truly matters to you.

#### Embracing Unfinished as a Source of Growth

The idea that every goal must be completed can create unnecessary pressure and stress. Instead, embracing unfinished goals can be liberating.

It opens up the possibility of experimentation without fear of failure. This mindset shift encourages exploration and flexibility, enabling you to grow through experiences rather than results alone.

Unfinished goals also remind us that our lives are continuous journeys rather than collections of neatly packaged accomplishments.

Life is inherently messy and unpredictable, and embracing incompleteness acknowledges and celebrates this reality.

- Tomer Rozenberg

## Post Rock Extension District

### All About Potatoes

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

Potatoes are one of the world's most important food crops. Grown in more than 100 countries, only wheat and rice are produced in higher quantities for human consumption. If you plan to grow your own potatoes, early spring is the best time to plant them in the garden. If you are a gardener, you probably know the tradition of planting potatoes on St. Patrick's Day. Actually, anytime from mid- to late March is fine for potato planting.

When purchasing potatoes, buy quality seed potatoes that have been inspected and are disease free. You don't want to use potatoes from the produce section of the grocery store because they are often sprayed with chemicals to slow sprouting. Seed potatoes are certified disease free and have plenty of starch to sprout as quickly as the soil temperatures allow. Each pound of potatoes will yield approximately eight to ten seed pieces. One pound should be enough to plant roughly a ten-foot row.

Before planting the potatoes, cut the seed pieces two to three days

prior so freshly cut surfaces have a chance to "suberize", or heal, and form a protective coating. Store the seed pieces in a warm location during this process to speed the healing along. Most seed potatoes can be cut into four pieces, though large potatoes may be cut into a few more. Each seed piece should be between one and a half to two ounces to ensure enough energy for germination.

Potatoes thrive in loose, easily tilled soils high in organic matter. Avoid heavy, "sticky" soils and areas where water drains slowly or stands for a long time. If this isn't possible in your backyard garden, consider planting in a large container or grow sack.

Plant each seed piece about one to two inches deep and eight to twelve inches apart in rows. Plant the seed piece of potato with the eye facing upward. Though planting potatoes in early spring is important, emergence is slow. Plants typically begin emerging in early to mid-April. As the potatoes grow, pull soil up to the base of the plants. New potatoes will grow above the planted seed piece, and it is important to keep sunlight from hitting the new potatoes. Exposed potatoes will turn green and

can't be eaten. Keeping the potatoes covered with soil will prevent this from happening.

Potatoes should not be grown in the same location year after year. A three-year rotation reduces pest problems that may accumulate with continual potato crops and uses soil nutrients not used by other garden crops.

Harvest the potatoes when vines begin to die, ideally when vines are half dead. Potatoes dug earlier than this should be handled carefully to prevent scarring the tender skins. Potatoes planted in mid-March should be ready to harvest in early to late July, depending on the planting date, the earliness of the variety, and the growing conditions.

If you plant a potato patch this spring, you will likely taste a difference from those store-bought spuds. If you have any questions about growing potatoes, contact your local Post Rock District Extension Office.

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

## SPICE UP YOUR LIFE - LINDSAY YOUNG

### Put some pep(per) in your step with a tasty, cheesy casserole



Stuffed pepper casserole is an easy crowd-pleaser with bell peppers and Italian herbs that also makes for great leftovers.

Throughout the winter months, Joey and I make a lot of soups, chowders and chilis, which I still firmly believe are perfectly great recipes to pull out of the box any time of the year.

But sometimes I find myself in the mood for a casserole—something with a ton of flavorful ingredients, all nestled beneath a layer of goeey, melty cheese.

According to an article from "Medium," the term "casserole" was first used in 1708 and is believed to have its origins in either the French or Greek language. It basically just refers to a communal pot of food.

It was in the 1950s that Americans really got excited about casseroles, according to the article, thanks in part to Campbell's condensed soups and Pyrex becoming a household name.

No matter where it started, I'm just happy for these comfort meals in nine-by-13-inch pans, and this week's recipe fit that bill for me.

This comes from the blog "GrandmaRecipesFlash." You can find the

original post at <https://grandmarecipesflash.com/easy-stuffed-pepper-casserole/>. I added a lot more seasoning in my version.

#### Stuffed Pepper Casserole

##### Ingredients

- 2 cups cooked white or brown rice
- 1 pound ground beef or turkey
- 1 medium onion, diced (I used yellow)
- 3 large bell peppers, diced (any color)
- 4 to 6 cloves garlic, minced
- 14.5 ounces diced tomatoes
- 15 ounces tomato sauce
- 1 cup beef or chicken broth
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 2 teaspoons dried parsley
- 2 teaspoons paprika
- salt and pepper, to taste
- 2 cups shredded cheese (I used Mexican blend)

##### Directions

Preheat the oven to 375 degrees. Grease a nine-by-13-inch baking dish, and set it aside.

Be sure to start your rice, cooking it according to package instructions. You'll want to end up with two cups of cooked rice.

Heat a large skillet over medium heat. Add the onions, peppers and ground meat to the pan. Brown the meat, breaking it apart as you go. When the meat is done and the vegetables are cooked through, drain off any accumulated fat, and add the gar-

lic to the pan.

Saute until the garlic is fragrant, about two minutes, and then dump in the diced tomatoes (don't drain them), tomato sauce, broth, oregano, basil, parsley, paprika, salt and pepper and your prepared rice. Stir to combine.

Once everything is mixed together well, pour all of it into your prepared baking dish. Cover the pan with foil and bake it for 25 minutes.

Remove the foil, sprinkle the top with cheese and bake for an additional 10 minutes or until the cheese is melted and is just starting to brown.

Let the casserole cool for 10 or 15 minutes before serving.

This was tasty and would be super kid friendly. If you wanted to kick it up a notch with some spice, adding some cayenne or red pepper flakes would be a good touch, too.

The flavor profile was decidedly Italian, with all of the herbs, and it made for a good, hearty meal. The leftovers reheated really well, too, which is always a good bonus.

And whether I have the French, the Greeks or a '50s home cook to thank, I'm happy there are so many casserole recipes out there to try and plenty of canned goods and glass dishes to make them happen.

*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).*

## PRAIRIE DOC BY DONNA MERKT, DIRECTOR OF THE SOUTH DAKOTA ART MUSEUM AT SOUTH DAKOTA STATE UNIVERSITY

### Learning to Perceive: Visual Thinking Strategies in Medical Education

Effective medical diagnosis depends not just on looking, but on truly perceiving. Recognizing this, many medical training programs have adopted Visual Thinking Strategies (VTS) discussions about art to enhance students' skills in nuanced observation, inference, and communication. In 2004, Harvard Medical School pioneered use of VTS within medical education to refine the diagnostic and interpersonal skills of future healthcare professionals. Now, VTS is embraced in over 30 medical schools.

Through inquiry-based, participant-centered VTS discussions about art, medical students learn to slow down, look carefully, analyze details, and refine their diagnostic reasoning. During the exercise, participants focus on an artwork while discussing their observations. The facilitator begins with: "What's going on here?" Seeks evidence by asking: "What do you see that makes you say that?"

Then, spurs the participants with: "What more can we find?" The facilitator remains neutral, paraphrases comments, and points to the artwork to guide discussion. Without authoritative guidance, participants explore multiple interpretations freely. The conversation often lasts 20 minutes per artwork. (Conversely, most museum visitors spend 30 seconds or less with a piece.)

A 2020 study at the University of Miami Miller School of Medicine, along with others, found that students who participated in VTS showed significantly improved observational abilities compared to peers who had not engaged with the program. By examining and discussing artwork through VTS, participants sharpen their ability to notice small but significant details and interpret ambiguous visual information, a process that mirrors patient assessments, where attentiveness and contextual under-

standing are key. For example, learning to analyze visual cues that might indicate emotions may enhance healthcare professionals' abilities to interpret patients' nonverbal cues, leading to more compassionate and attentive interactions.

VTS discussions engage participants in collaborative analysis, fostering both clear articulation of observations and active listening to others' perspectives. A systematic review of studies regarding VTS in medical education, published in BMC Medical Education (2023), found that engaging in VTS improved medical students' observation skills and enhanced their abilities to express their findings concisely and confidently. Further, VTS participants also support their interpretations with evidence—a critical skill in patient care, where diagnoses must be explained

See "Doc" page 6

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# Ranchland Trust of Kansas and Pioneer Bluffs To Host Prairie Talk

# Insight - Kansas Farm Bureau (opinion) After the smoke

Greg Doering  
Kansas Farm Bureau

The changing of clocks always makes me grumpy, especially in the spring when it means losing an hour of the weekend. I understand the rationale behind the whole charade, but understanding doesn't do anything to alleviate my mood after springing forward. It usually takes at least a couple of weeks to adjust.

Just to be abundantly clear, the practice of shifting clocks forward and backward has nothing to do with creating or eliminating daylight, rather it merely shifts how humans experience it. Nature doesn't recognize the time we keep, but I'm sure there were some pets happy to receive breakfast an hour early Sunday morning.

What does enhance my mood is the prospect of warmer weather. With just a few days until spring, there's plenty of promise in sunshine-filled days and temperatures that allow you to leave a jacket at home.

With the warmer weather another sign of spring will soon rise from the horizon as ranchers in the Flint Hills begin the annual process of intentionally setting fire to their pastures sending smoke plumes into the sky.

The fires remove the tans and browns of dead grasses leaving behind a blanket of black earth. The destruction is necessary because it not only removes the overgrowth of grass, but it also kills invasive plants that encroach on the prairie ecosystem.

Within days of the fire, tender green shoots emerge from the ashes and over the course of two weeks, the Flint Hills are covered with the verdant velvet of new prairie. There's nothing better than driving a backroad through the Flint Hills this time of year and taking in the refreshed landscape.

For the prairie, fire hastens the arrival of spring allowing the sunshine to reach the soil faster and encourage new growth earlier. It's all too welcome this year after a brutal winter featuring multiple blizzards and serious cold.

Like those bouts of snow and cold, fire season is short, and only a few days over the next several weeks will offer ideal conditions where the humidity, temperature and wind are just right for a productive burn. There are precious few perfect days in Kansas, but in early spring when it's not too hot, too cold, too wet, too dry or too windy are ideal for burning.

Not every rancher burns their pastures every year. Deciding when and where to burn is contingent on a number of factors important to individual landowners. Often neighbors plan and burn together, giving them more hands to ensure a safe, controlled burn.

They'll also attempt to time burns to lessen the impact of smoke on the rest of us. That's not to say you'll never smell the distinctive smoke from a controlled burn, but the idea is to conduct the burns when the smoke is most likely to rise high into the atmosphere and be mixed by the winds.

It's visible from miles away, and it's one of my favorite sights every year because I know what comes after the smoke.

"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.

On Sunday, March 23 at 3:00pm, Pioneer Bluffs will host an exclusive Prairie Talk focusing on the Grassland Conservation Series from Ranchland Trust of Kansas (RTK).

In the spring of last year, RTK worked with Emil Redmon's Cow to produce a specific series of interviews focused on grassland conservation and stewardship. This prairie talk will provide a unique opportunity to interact with the four ranching families that participated in the project.

Included in the interviews were Bill Sproul, Sproul Ranch of Sedan; Matt & Tom Perrier, Dalebanks Angus of Eureka; Heather Fuesz & Irlene Huntington, Double Arrow C and Huntington Ranches of Eureka; and Glenn Walker, Walker Ranch of Brookville.

I've interviewed over 80 farmers and ranchers now, a majority from

the Flint Hills. A recurring theme has been concerns about conservation and the responsibility of stewardship. I was thrilled for the opportunity to team up with RTK and explore the subject on a deeper level," said Mark Feiden, producer of Emil Redmon's Cow.

Attendees are encouraged to participate in the panel discussion on March 23rd. Please watch the interviews in advance and be prepared to ask questions. <http://www.redmonscow.org/grassland.htm>

This promises to be an enlightening conversation on a subject of increasing importance as threats to our prairie ecosystems increase.

Samantha Weishaar, RTK Associate Director said, "Mark has done an excellent job on this project. Archiving these stories is so important to each family and they will get

to share it with future generations. We encourage you to attend and see this truly inspirational series come to life."

Homemade cookies and refreshments will be served. RSVP to 620-753-3484 or [info@pioneerbluffs.org](mailto:info@pioneerbluffs.org). Donations will support both RTK and Pioneer Bluffs. Visitors are invited to come early to tour the grounds, walk the nature trail, and see updated displays in the historic 1908 ranch house at Pioneer Bluffs.

Pioneer Bluffs, the Center for Flint Hills Ranching Heritage, is a non-profit organization with a mission to preserve and share the ranching heritage of the Flint Hills. A National Register Historic District, Pioneer Bluffs is located 14 miles south of Cottonwood Falls or 1 mile north of Matfield Green on Flint Hills National Scenic Byway K-177.

# When the Unexpected Happens, Poison Centers are Here for You

March 16-22 is National Poison Prevention Week

Kansas Governor Laura Kelly issued a proclamation to kick off National Poison Prevention Week, which takes place March 16-22. The Poison Center at the University of Kansas Health System and Safe Kids Kansas want to remind Kansans that when the unexpected happens, Poison Help is here for you 24/7 with fast, free treatment advice by calling Poison Help (1-800-222-1222).

Whether it's a question or an emergency, Poison Help can provide life-saving information when people need it most. Calling a Poison Center is faster and more accurate than an internet search. On average, 90 percent of poisonings happen in homes in America each year, and nearly 70 percent of people who call Poison Help get the help they need right where they are—saving the cost of a trip to a healthcare professional or hospital.

Not everyone realizes that Poison Centers are for everyone. While poison centers get a lot of calls about children, calls about teens,

adults and older adults tend to be more serious. More than 60 percent of calls to the Kansas Poison Center in 2024 involved medicines or pharmaceuticals. However, other common poisons include household products, plants, mushrooms, pesticides, animal bites and stings, carbon monoxide and many other types of nonpharmaceutical substances.

"The best piece of advice we can give is to program the Poison Help number, 1-800-222-1222, in your phone and post it visibly in your home," said Stefanie Baines, Education Coordinator for the Kansas Poison Center. "This way you are prepared in the event of a poisoning emergency or if you simply have questions."

Here are the ways Poison Centers save time, worry, lives and money:

Time: When seconds count, calling a poison center is faster and more accurate than a confusing internet search.

Worry: Nurses, pharmacists and doctors answer calls. We can help

in more than 150 languages. Doctors and hospitals turn to us for help every day.

Lives: Whether it is a question or an emergency, Poison Centers are there with life-saving information when you need it the most.

Money: All calls are free. Nearly 70 percent of people who call get the help they need right where they are – saving the cost of a trip to the doctor or hospital.

"Curious kids can get into everything. That's why you can ask Poison Centers anything," said Cherie Sage, State Coordinator for Safe Kids Kansas. "When your child is curious, Poison Help is here for you 24/7. No judgment – just fast, free, confidential and expert advice."

If you think someone has been poisoned, call 1-800-222-1222 right away. Fast and free expert help is available 24 hours a day, 7 days a week.

For more information about preventing accidental poisoning visit Kansas Poison Center and Safe Kids Kansas Poison Prevention.

# MCHHS Encourages Community to be Colon Cancer Aware

By Dr. Mark Banker  
General Surgeon

Spring is here, and March is Colorectal Cancer Awareness Month—a critical time to spotlight one of the most common yet preventable cancers affecting millions of people worldwide.

At Mitchell County Hospital Health Systems, we are committed to providing patients with the best tools and information to stay healthy. Our responsibility is not only to educate but also to encourage you to take action and screen for this preventable disease. The American Cancer Society recommends that all adults 45 and older—or individuals younger than 45 with certain risk factors or a family history—get regular colorectal cancer screenings.

## Understanding Colorectal Cancer

As of 2025, colorectal cancer, or CRC, is the second-leading cause of cancer deaths among men and women in the United States. CRC refers to cancer that begins in the colon or rectum. It often starts as small, benign growths known as polyps, which can develop into cancer over time. This is why screening methods that detect precancerous polyps before they turn into cancer are so critical. When CRC is detected early, there is a 90% five-year survival rate.

- CRC affects all races, genders and ethnicities
- About 75% of people diagnosed with CRC have no family history of colorectal cancer

- CRC is most common for ages 50 and older, yet it is on the rise in adults under 50

## Learn About Your Screening Options

- Screening is the best way to prevent colorectal cancer, as it helps find precancerous polyps before they turn into cancer.
- Age 45 to 75 adults should talk with their healthcare providers about family history and risks and make a plan for screening
- Discuss your 1-step or 2-step screening options with your provider

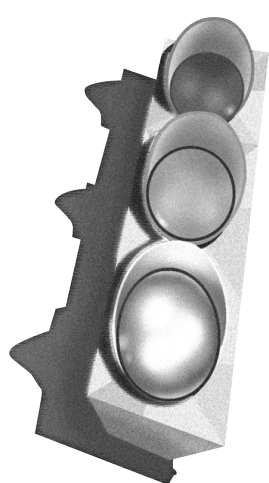
1-Step screening-Colonoscopy is a one step screening process that looks for growths called polyps in your colon;

this is a same day procedure under sedation with return to normal activity in 24 hours (recommended every 10 years depending on results)

2-Step screening- FIT stool based home screening detects hidden blood in the stool and if positive requires a follow-up screening of a colonoscopy (recommended yearly and further screening required if positive)

While everyone should consider preventative screening, if you have noticed colorectal symptoms or changes, if you are over 45, have a family history of colorectal cancer or polyps, or have genetic and/or lifestyle risk factors for colorectal cancer, contact our Mitchell County Hospital surgery team at 785-738-9323 to schedule a screening today with Dr. Banker or Dr. Owens.

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## LCEDF Elections

It's time for the Lincoln County Economic Development Foundation's trustee position election in Districts 2, & 3.

The districts follow the regular County Commissioner districts and any registered Lincoln County voter may vote for the LCEDF trustee in the district where they reside.

District 2 consists of Scott, Salt Creek, Marion, Beaver, Logan, Colorado & Madison townships.

District 3 consists of Cedron, Orange, Battle Creek, Hanover, Grant, Highland & Golden Belt, townships.

### 2025 Nominees:

District 2: Tim Meier  
District 3: Kendra Johnson

Please stop by the LCEDF office in the basement of the courthouse to vote During the week of March 19-26, 2025. Regular office hours are 8:30am-4:30pm. If you need a ballot mailed, please call the office at 785-524-8954.

# FOR SALE

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Thank you for your continued support!



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**Legal Notice**

(First Published in Lincoln Sentinel-Republican on Wednesday, March 19, 2025)

Notice is hereby given that Lincoln County, Kansas (OWNER) is soliciting bids for construction of a 49' span steel beam span bridge on 190th Road located 0.2 miles south and 7.4 miles west of Westfall. The project consists of constructing a single span steel beam bridge on steel pile with steel sheet pile backwall. Lincoln County will remove the existing structure, prepare the site for construction of the bridge, and backfill the structure and complete approach roadways when construction is complete. Lincoln County shall provide all funds required for this project. All Federal, State, and County regulations must be complied with.

Bids for the proposed construction will be received by Lincoln County at the Highway Department Office at 203 E Spring Street in Lincoln, KS until **3:00 p.m. local time April 10th, 2025**. All mailed bids must be received prior to the stated time. The bid shall include a lump sum price for all materials, labor, equipment, and incidentals necessary to construct the bridge and a proposed start date and completion date. The construction schedule will be taken into consideration in selection of the BIDDER to whom the project will be awarded. Submit the bid proposal on company letterhead and complete and return this form with the bid. Lincoln County reserves the right to waive any and all technicalities and to reject any and all bids.

Interested bidders must contact Dale Hlad at Lincoln County at 785-524-4656 prior to submitting a bid.

**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

**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

**Farmers & Ranchers Livestock Commission Co.**

**Total for the Week - Cattle - 4,634 Hogs - 49**  
**Bulls - \$200.00 - \$210.00 Cows - \$142.00 - \$151.00**

Strs	Hfrs
300-400 \$455.00-465.00	300-400 \$440.00-450.00
400-500 \$450.00-460.00	400-500 \$390.00-400.00
500-600 \$390.00-402.00	500-600 \$342.00-353.50
600-700 \$355.00-364.00	600-700 \$315.00-327.00
700-800 \$307.00-316.50	700-800 \$269.00-280.00
800-900 \$279.00-290.00	800-900 \$247.00-258.50
900-1000 \$252.00-263.50	900-1000 NO TEST

**Early Consignments**  
**Thursday, March 20th**  
**10 a.m. start time**

28 hfrs, 625-775, home raise, long wean; 10 bwf/rwf hfrs, 700, long wean, 3 round vaccs; 100 blk str, 850-900, 1 iron, off rye, no grain, no silage; 33 blk/red str, 850-925, home raise, long wean, 2 round vacc; 55 mostly blk s&h, 750-900, home raise, long wean, 2 round vacc, open; 62 str, 850, no sort; plus more by sale time.

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**Tuesday May 6, 2025**

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**Walk Kansas and KANcycle partner to offer free bike rides for participants**

Walk Kansas participants have an exciting new way to stay active this year! KANcycle, the regional bike-sharing program operated by OCKK Transportation, is partnering with Walk Kansas to offer free bike rides throughout the eight-week Walk Kansas program.

This partnership encourages participants to incorporate cycling into their fitness routine, promoting healthy lifestyles and active transportation. Walk Kansas participants will receive a special promo code to use in the Movatic app, allowing them to enjoy a daily free 1-hour KANcycle ride (56 rides total) during the program.

"We are thrilled to partner with Walk Kansas to provide another way for people to stay active and explore their communities," said Michelle Coats, Mobility Manager for North Central Kansas. "Cycling is a great comple-

ment to walking, and this initiative makes it even easier to participate."

Regular physical activity is essential for overall health. The Centers for Disease Control and Prevention (CDC) recommends adults get at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking or cycling, each week, along with two days of muscle-strengthening activities. Participating in Walk Kansas helps individuals meet these guidelines, improving heart health, boosting mood, and reducing the risk of chronic diseases.

**How It Works:**

1. Register for Walk Kansas
2. Download the Movatic app
3. Enter the promo code (provided after registration)
4. Unlock a KANcycle bike and start riding!

KANcycle bikes are available in several North Central Kansas communities, including Salina, Minneapolis, Concordia, Belleville, Mankato, Beloit, Lincoln, Ellsworth, and Lindsborg, and Coffeyville in Southeast Kansas, making it easy for Walk Kansas participants to add cycling to their weekly activity goals.

Walk Kansas, a program through K-State Research and Extension, runs from March 30 to May 24, 2025, and encourages teams or individuals to log physical activity minutes equal to walking across the state. The program promotes regular movement, healthy eating, and overall wellness.

Now is the time to take the first step toward better health! Registration for Walk Kansas is open – sign up today at [www.walkkansas.org](http://www.walkkansas.org). For more information about KANcycle, visit [www.kancycle.org](http://www.kancycle.org).

**DOC/ from page 4**

with clarity and justification. The structured discussion format of VTS also encourages strong communication, as well as cooperative analytical skills, which are essential for collaborative work within healthcare teams.

Attuning to a patient's needs requires careful observation, but diagnosing complex cases also demands the ability to navigate uncertainty. Patients may present with overlapping or unclear symptoms, and medical professionals must carefully weigh multiple possibilities. VTS trains students to tolerate ambiguity by prompting them to analyze complex images without immediate resolution. Further, the process fosters active listening to alternative interpretations offered by others, often leading participants to refine their own thoughts. This practice fosters adaptability, allowing future medical professionals to confidently refine their assessments rather than

defaulting to initial impressions.

By engaging with works of art in VTS discussions, medical students and practitioners develop sharper attention to detail, improved communications, and increased empathy. Ideally, this reflective approach extends into clinical practice, allowing healthcare providers to take a more holistic view of their patients, ask insightful questions, thoroughly evaluate symptoms before reaching a diagnosis, and communicate thoughtfully with patients and families.

If you would like to learn more about Visual Thinking Strategies and potential partnerships, contact your local art museum.

**Select Sources:**

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Donna Merkt is a certified VTS facilitator and has practiced VTS for more than 15 years, during which she's led VTS conversations with thousands of students and adults, and trained numerous educators and medical professionals to use the method. She currently serves as director of the South Dakota Art Museum at South Dakota State University. 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.

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