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County cancer rate study



Who in the county has not been touched by cancer in some way? Probably not many. Does Lincoln County have a higher cancer rate than normal? Is there something in our environment causing this? K-State Research and Extension thinks so.

K-State's Johnson Cancer Research Center along with KSU faculty want to study why some central Kansas counties have significantly

higher cancer incidence than others.

They are conducting Town Hall Meetings in Russell, Lincoln and Ellsworth counties to gather data to inform the population about potential cancer risks, minimizing cancer incidence and improving life quality.

The meetings will be held Monday, February 26 at 12 p.m. at the Russell Regional Hospital classroom, 200 S. Main St. (enter through

lobby door), Monday, February 26 at 6 p.m. in Lincoln at the Finch Theatre, 122 E. Lincoln Ave., and in Ellsworth Tuesday February 27 at the Ellsworth County Medical Center Admin. Building at 1706 Aylward Ave. A light meal will be served at each location.

Did you know that Russell County has the 4th highest cancer mortality rate and colorectal cancer rate in the state? And did you also know Lincoln County has the highest prostate cancer rate and the 3rd highest lung and bronchus cancer rate in the state? Even more alarming is that common explanations of these cancers such as limited colon cancer screening and high alcohol and tobacco use do not seem to be the culprits in this case; hence, a closer investigation into potential causes of cancer in these three counties is essential.

K-State Research and Development believes that groundwater contamination and high radon levels might be at the center of the prob-

lem. Their team will investigate to what extent these factors contribute to the high cancer incidence in Russell and Lincoln counties. Ellsworth County will serve as a control because, despite its proximity to the other two counties, it does not have a high cancer incidence.

The team will need to collect water samples from domestic wells and measure the radon concentrations in residences in the three counties. They will be asking for access to the domestic wells and placing radon test kits.

The many projects this study will create will be developed by different faculty members at K-State, all tackling cancer-related issues in the region. The Department of Geology, Geospatial Sciences, and the Department of Art will coordinate these projects.

Questions and concerns may be directed to the Johnson Cancer Research Center (JCRC), JCRC Director Dr. Shery Fleming, at sdflem@ksu.edu.

Lincoln County Spelling Bee winners



Gavin Lopez, a student at Lincoln Elementary School, took first place in the Lincoln County Spelling Bee, and Juliette Good placed second. Lopez will represent the county at the state spelling bee later this year. (Courtesy Photo)

Lincoln County Historical Society to participate in Kansas Veterans project

Humanities Kansas has recently awarded \$3,000 to the Lincoln County Historical Society to support "Kansas Stories of the Vietnam War," a new oral history initiative from Humanities Kansas to collect and preserve the stories of Vietnam War veterans in their communities. LCHS president, Kathie Crispin, serves as project director, with the assistance of Bud DeArvil.

Eleven Kansas organizations will participate in the project, which is the second phase of Humanities Kansas's oral history initiative focused on veterans. In 2018, twelve different communities participated in a similar project and recorded 74 oral histories from Kansas veterans from the Vietnam War. These stories have been archived locally, as well as at the Kansas Historical Society and the Library of Congress Veterans Oral History collection.

Humanities Kansas is an independent nonprofit leading a movement of ideas. Since 1972, HK's programming, grants and partnerships have documented and shared stories to spark conversations and invite new insights. Together with statewide partners and supporters, HK encourages Kansans to draw on diverse histories, literatures and cultures to strengthen our democracy, communities and connections to one another. Visit humanitieskansas.org.

Sylvan-Lucas students go to state honor choir



Maci Ortiz and Hannah Pahls. (Courtesy Photo)

Sylvan-Lucas Unified High School students Hannah Pahls and Maci Ortiz have been selected for participation in the Kansas Music Educator's Association State Treble Honor Choir. Hannah Pahls has been selected for the last two years to the State Treble Honor Choir. She is the daughter of Mr. and Mrs. Brent Pahls and is a junior at Sylvan-Lucas. Maci Ortiz is a sophomore at Sylvan-Lucas and is the daughter of Jessica and Terry Loveland and Angel and Valerie Ortiz. Both girls are voice students of Mrs. Janet Seehafer.



Cooper Rathbun

Originally printed 2/7/24 on kshsaacovered.com By Rick Peterson Jr., KSHAAA Covered

Cooper Rathbun has about a year and a half left at Lincoln High School, but that hasn't stopped Rathbun from thinking about the long-term future of Leopard sports and activities. By

the time he graduates next year, the three-sport athlete would love to have put his teams on a promising trajectory.

Rathbun, the Capitol Federal® True Blue® Student of the Week, is in the midst of his junior basketball season and will later hope to help the Lincoln/Sylvan-Lucas baseball team build off last year's encouraging season.

"I'm trying to leave a program that will be a winning one when I leave," said Rathbun, who is an integral part of Lincoln's basketball team that is in the mix for its first winning season since 2015-16. "We're trying to build something here for the younger classes so in the years after I graduate maybe Lincoln can hang another banner on the wall."

Rathbun's schedule is jam-packed with sports and activities throughout the school year, with baseball and basketball his biggest passions.

"I always went out for every sport. First through sixth grade I went out for four sports a year every year, just because I liked doing them and it filled the time," he said.

Come spring, Rathbun will look to help the Lincoln/Sylvan-Lucas baseball team take another step forward after going 10-10 last season, a six-win improvement from the year before.

"Last year we got a new coach and practice was hard, but it was fun," Rathbun said. "We turned around and went .500. It's middle of the pack, but it's a lot better than

Lincoln's baseball program had ever done. I thought it was very important."

Rathbun also plays football and is involved in several activities outside of sports. He is a member of the National Honor Society, Student Council and the Scholars Bowl team while also serving as the class president.

"It's been great," Rathbun said. "Scholars Bowl has been a lot of fun this year, even though we didn't go that far."

"It's a challenge sometimes, but it's still a blast to be able to do it all."

Rathbun is heavily involved in volunteer work in his community. He's served the Lincoln County Historical Society and the local

See "Rathbun" page 8

Lincoln Jr High Scholars bowl finishes second place



Lincoln's Junior High scholars bowl team placed 2nd at their scholar's bowl meet Thursday, February 8. L-R: Hadley Wiebke, Ethan Wolting, Collin Gazillo, Juliette Good and Alison Rosebrook. (Courtesy Photo)



Weirdly enough, the story of conversation hearts first began when a Boston pharmacist named Oliver Chase invented a machine that simplified the way medical lozenges — used for sore throats and other illnesses — could be made. The result was America's first candy-making machine, because the pharmacist soon started shifting his focus from making lozenges to candy instead! Chase founded the New England Confectionery Company, or Necco, and the candy lozenges soon became what we know today as Necco wafers.

Cash Grain

Wheat.....	\$5.79
Corn.....	\$4.41
Sorghum.....	\$4.16
Soybeans.....	\$11.17

Cash prices courtesy of bankoftescott.com

Community Calendar

Thursday, February 15

USD 298: 3:30 Lincoln HS Forensics Invitational
USD 299: Sylvan-Lucas Invitational Speech Tournament

Friday, February 16

USD 298: 4 pm HS BB @ Solomon; 6 pm JH Dance @ LJSHS Commons
USD 299: 4 pm HS BB St. John's/Tipton @ St. John's Beloit

Saturday, February 17

Lincoln: 10 am Seirer's Presidents Day Week-end Sale
Vesper: 9:30 am Vesper Farm Show
USD 298: KHSHAA Piano State Festival
USD 299: Forensics @ Jetmore; JV Round Robin @ Goessel @ 9 am; Regional State Piano Festival

Sunday, Febaury 18

Monday, February 19

USD 298: No School - Teacher In-service; 7 pm USD 298 Education Foundation Mtg @ BOE
USD 299: Forensics @ Lincoln; 6 pm FFA Meeting

Tuesday, February 20

USD 298: HS BB vs St. John's-Tipton (Senior Night-BB/Cheer)
USD 299: HS Cheer Halftime Routine; HS Cheer Pep Rally; Parent's Night; President's Day; 4 pm HS BB vs Lakeside

Wednesday, February 21

USD 298: HS KidWind Challenge @ KSU; 6:30 pm LES/LJSHS Site Council Mtg
USD 299: 5:30 pm FCA Meeting

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 second Monday of each month @ 6 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.

Successful fundraiser for St. Patricks Youth Organization

A fundraiser for St. Patrick's Catholic Youth Organization filled the community room at the Finch Theatre Saturday, February 10. The organization was raising funds for attendance at the 2024 CYO Convention. A Mexican theme set the mood for the event, a game of trivia, which also included a taco bar. Jim Metz was the emcee for the evening. Organizers hope to make this an annual event. (courtesy photo)

Junior High Scholar Bowl at Lakeside Feb. 5th

8th Grade Team placing 1st. Back row (l-r) Brooklyn Thielen, Jacob Oltean, Caleb Dlabal
Front: Landon McCarter, Lily Pancost. (courtesy photo)

7th Grade placing 2nd. Back row (l-r) Kelbie Nelson, Colyn Starkey, Nash Seehafer
Front: Sam Heller, Ben Feldkamp (courtesy photo)

Lincoln Senior Center

MENU

Monday, February 19

Western Bean Bake, Tator Tots, Peach Crisp, & Bread Sticks

Tuesday, February 20

Meatloaf, Scalloped Potatoes, Galzed Carrots, Mixed Fruit & Roll

Wednesday, February 21

Pork Cutlet, Roasted Potatoes, Creamed Corn, Cinnamon Applesauce & Cornbread

Thursday, February 22

Beef Stew, Coleslaw, Peaches, Biscuit & Pudding

Friday, February 23

Mac & Cheese, Seasoned Green Beans, Strawberry Shortcake, & Roll

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.

All Day Pancake Supper

Sunday, February 18

11 am - 7 pm

Bethlehem Lutheran Church

Parish Hall

308 N Indiana • Sylvan Grove

• Whole Hog Sausage • Pancakes

• Scrambled or Fried Eggs

• Homemade Desserts

Free Will Donation to Support Mission Projects

Golden Anniversary

Congratulations to Richard and Jodi White on their 50th wedding anniversary.

They were married on February 17, 1974 at St. Paul's Lutheran Church near Westfall, KS. Many family members and friends attended the celebration. The couple raised two children together, Jeff (Jenny) White and Jenelle (Adam) Borst and have been blessed with 3 grandchildren: Olivia (10), Owen (8), and Emilia (1). They stay busy working on the farm and attending their grandchildren's activities. Richard and Jodi plan to celebrate this wonderful milestone with their children and grandchildren.

Cards can be sent to
339 N 240th Rd, Lincoln, KS 67455.

Vesper Community Center

FARM SHOW

SATURDAY Feb 17th

9:30am - 2pm

Free admission, free gimmees free prizes

Biscuits & gravy, chicken noodle soup, chili, all beef hot dogs, cinnamon rolls, chocolate chip cookies, sundaes and floats

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

Card shower

The family of Ethel Zachgo, Lincoln, are hosting a card shower in honor of her 80th birthday, February 28. Ethel Marie Harlow was born the fourth child of Quintin Harlow and Violet (Tanner) Davis in Lincoln County, Kansas February 28, 1944. She married Robert Lee Zachgo March 12, 1960 and were married until Robert's death in 2018. Together the couple had five children: Rhonda Keller, Barbara Wolting, Bobby Zachgo, Perry Zachgo and Jason Zachgo. Cards may be sent to Ethel Zachgo, 201 S. 3 rd Street, Lincoln, KS 67455.

Weekly Temps			
	High	Low	Rain
2-6	46	26	
2-7	54	48	
2-8	56	44	
2-9	62	30	
2-10	54	24	
2-11	36	25	
2-12	62	20	

OBITUARIES



Jeanine Rose (Taylor) Tiemann
Jan. 16, 1942 - Jan. 31, 2024

Jeanine Rose (Taylor) Tiemann, 82, of Lawrence, Kansas, entered God's Kingdom on Wednesday, January 31, 2024 at home surrounded by family following a short battle with cancer.

She was born to Willard and Lorna (Gier) Taylor on January 16, 1942 in Salina, Kansas. She was their only child. As a youth, Jeanine attended schools in Ada, Kansas, Burwell, Nebraska, and Lincoln, Kansas, graduating from Lincoln High School in 1960. She attended Fort Hays State and Kansas Wes-

leyan Universities, working toward a degree in Music. An avid learner, Jeanine took organ and voice lessons throughout her lifetime. She also attended classes and read books on religion, history, music, viticulture, and many other topics that piqued her curiosity.

In 1961, Jeanine married Robert E. (Bob) Tiemann in Lincoln, Kansas. Jeanine and Bob went on to have three children, Wendy, Dale, and Gail. The couple were married 46 years, residing in Lincoln and Salina, before Bob's passing on January 31, 2008. Jeanine retired to Lawrence in 2014, spending time with family and making fast friends with neighbors and fellow church members.

Jeanine's faith was foremost in her life, and she served God through playing the organ, singing in and accompanying choirs, helping with Sunday and vacation Bible schools, and serving her community. She also worked in several different fields, including long-term care, bookkeeping, retail, and education. Jeanine loved to cook and was known for her incredible home-cooked meals, cookies, and cinnamon rolls. She was also passionate about connecting with others and could visit with anyone, friend or stranger, swapping stories about their interests and lives.

She is survived by daughter Wen-

dy Picking and husband Bill; son Dale Tiemann and wife Deneen; daughter Gail Tiemann and husband Blair Strawderman; grandchildren Matthew Tiemann and wife Taylor; Lydia Picking; Daniel Picking and wife Elizabeth; Malorie (Tiemann) Elliott and husband Clint; great-grandchildren Ryleigh and Hudson Elliott; and numerous cousins, nieces, and nephews.

Jeanine was preceded in death by her husband, parents, and stepmother, Clara O. (Kline) Pearce Taylor.

Funeral services were held at 10:00 a.m. Saturday, February 10, 2024, at First Presbyterian Church, 2415 Clinton Parkway, Lawrence. Lunch followed in the parish hall. Interment was at 3:00 p.m. Saturday at St. John's Lutheran Church Cemetery, Lincoln, with refreshments afterward at the church.

Friends were welcome to visit the family from 6:00-7:00 p.m. February 9th at Rumsey-Yost Funeral Home, 601 Indiana Street, Lawrence.

In lieu of flowers, the family suggests memorials to St. Jude's Children's Research Hospital, the American Cancer Society, or the Douglas County Visiting Nurses Association sent in care of Rumsey-Yost Funeral Home, P.O. Box 1260 Lawrence, Kansas 66044.

Online condolences may be sent at www.rumsey-yost.com.



Elaine Walters
May 2, 1934 - Feb. 1, 2024

A Celebration of Life for Elaine Walters, age 89, of Abilene, Kansas, will be held Saturday, February 24, at Community Bible Church, Calvin Hall (lower level west entrance), 1400 N. Cedar, Abilene, Kansas. Friends and family will be welcomed for visiting at 2:00pm with a celebration of remembrance service beginning at 3:30pm. Rev. Lindsey Brummer will officiate. Elaine passed away peacefully, with her family nearby, on February 1, 2024, at Abilene Memorial Hospital.

Elaine Antoinette Anderson was born May 2, 1934, in Lincoln, Kansas, to Anton and Esther (Troup) Anderson, the youngest of three children. Elaine grew up in Lincoln where she was baptized and confirmed at the

First United Presbyterian Church. She graduated from Lincoln High School in 1952 and then attended Kansas State University.

On January 3, 1954, Elaine and Richard Walters were united in marriage at the First United Presbyterian Church in Lincoln and celebrated 62 years of marriage. They created a rich life together with a foundation of faith, family, and many lifelong friendships. Their partnership expanded as Elaine joined Rich, along with her brother and sister-in-law, in creating Anderson's, Inc. They owned Anderson's Clothing Store in Lincoln, Bon Marche in Concordia, Plaza Style Shop in Salina, and Hamburg's in Abilene, where they moved in 1972. This business partnership lasted 42 years.

Elaine was an active member of the Presbyterian Church while in both Lincoln and Abilene, serving as Sunday School Superintendent, Elder, Deacon, and choir member. She was a charter member of E.S.A. sorority in Lincoln, and a member of P.E.O. for 53 years, most recently in Chapter JQ. She volunteered at the Eisenhower Library and Abilene Memorial Hospital. She enjoyed reading and book club, the daily crossword puzzle, Scrabble, cards, cooking and baking (especially pies and her famous scotcheroo cookies), the many dogs that joined the family, and all activities involving her children and grandchildren. Elaine's gracious, kind spirit was apparent in all of her interactions, including the unconditional love she gave to her fam-

ily and friends. She had the gift of hospitality, opening her home with warmth and humor, ready to be a good listener, turning attention to others rather than herself. She will be greatly missed.

Elaine is survived by her three children, daughter, Cathy (Ted) Huggins of Fort Dodge, Iowa, son, Chris (Lisa Salsgiver) Walters of Andover, and son, David (Jodi) Walters of Abilene; seven grandchildren, Seth (Jaymie) Huggins, Luke (Lexie) Huggins, Hope (Zac) Hunt, Annie Walters, Hayley (Hunter) Taylor, Allie (Nathan) Ross, and Jaden (Layton) Reynolds; two great grandchildren, Hudson and Denver Huggins, and nieces and nephews.

Elaine was preceded in death by her husband, Rich Walters in 2016, her daughter-in-law, Marcia Walters, sister, Barbara Hanefield (husband Bob), brother, Bob Anderson (wife Betty), her parents, in-laws, and several nieces and a nephew.

The family thanks Dr. Brian Holmes and the staff at Memorial Hospital for their loving care of Elaine and the entire family. Cathy and Chris would like to offer special thanks to David and Jodi Walters for their devoted care and assistance given to both Rich and Elaine throughout the last years of their lives.

The family chose cremation. Memorial contributions may be made to Abilene Memorial Hospital Volunteer Corps. These may be sent in care of the Martin-Becker-Carlson Funeral Home, 414 NW 3rd Street, Abilene, Kansas, 67410. Condolences may be sent to the family at www.martinbeckercarlson.com.



BARNARD UNITED METHODIST Pastors Kaye & Jeff Metzler Adult Sunday School @ 10:00 am Morning Worship @ 11:00 am	LINCOLN PARK MANOR CHAPEL Morning Worship @ 9:30 am Afternoon Worship @ 2:30 pm
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	LINCOLN UNITED METHODIST Pastors Kaye & Jeff Metzler Worship Service @ 10:30 am
BETHLEHEM LUTHERAN CHURCH LC-MS Pastor Christopher Craig Sylvan Grove, Kansas Sunday School @ 9:00 am Sunday Worship @ 10:00 am	PRESBYTERIAN CHURCH Sylvan Grove, Kansas Sunday School @ 10:00 am Church @ 11:00 am
BEVERLY COMMUNITY CHURCH www.beverlycommunitychurch.org Pastor Toby Flaming Sunday School @ 9:30 am Morning Worship @ 10:45 am Wednesday Service @ 7:00 pm Youth Mtg., Sun. eve. @ 6:30 pm	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
BEVERLY UNITED METHODIST Pastors Kaye & Jeff Metzler Church Service @ 9:00 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
CENTRAL CHRISTIAN CHURCH Pastor, Chris Hall Sunday School @ 9:15 am Worship Service @ 10:30 am Find us on Facebook Children are welcome!	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
CULVER METHODIST CHURCH Pastor Demele Eckart 401 Main Street, Culver, Ks Sunday Worship @ 9:30 am Saturday Coffee @ 8-10 am	ST. PAUL'S LUTHERAN CHURCH, ELCA Pastor Rod Thompson, Tescott Worship Service @ 9:00 am
DENMARK EVANGELICAL LUTHERAN COMMUNITY CHURCH, ELCA Pastor Angie Sundell Worship Service @ 10:30 am	TESCOTT UNITED METHODIST CHURCH Pastor Demele Eckart Sunday School @ 10:00 am Worship @ 11:00 am
FAITH BAPTIST CHURCH Pastor Jonathan Schale Lincoln Park Manor @ 9:30 am Bible Study @ 10:30 am Worship Hour @ 11:15 am Evening Worship @ 6:00 pm Wed. Bible Study @ 7:00 pm	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
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 Adam Boyd Sunday School @ 9:30 am Worship Service @ 10:30 am Ladies Prayer Group.Wed. @ 5 pm Awana @ Cube Wed. @ 6:30 pm "Teens for Christ" Sun. @ 7:00 pm Michael Pickering 785-488-7049	

Lincoln United Methodist Church



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

Church schedules are made possible by the following sponsors:



St. John Lutheran Church

St. Paul's Lutheran Church



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

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



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Annual Vesper Farm Show

The Vesper Community Center volunteers are hosting their annual Vesper Farm Show this Saturday February 17th from 9:30-2:00pm at 1247 N 120th Rd in Vesper township a mile south from Hwy 18. Admission is free to the public and there will be free prize drawings and lots of gimmies from the vendors.

Volunteers will be selling biscuits and gravy, fresh made chicken noodle soup and chili, all beef hot dogs, fresh baked cin-

namon rolls, chocolate chip cookies, sundaes and floats to fundraise for the community center.

Some of the exhibitors and prize sponsors this year will include: RJ Fencing, Travis Scale, NCK Ag Services LLC, Simpson Farm Enterprises, The Bank of Tescott, Massage & Bodywork by Kara, The Bennington State Bank, Tupperware-JohnetteHlad, Citizens State Bank & Trust, Watson Girls Creations, Central Kansas Mental Health

Center, PB Wood Crafts.

The community center can be rented by the public for wedding receptions, family/friend gatherings, and other special events. Vesper has one of the only indoor/outdoor facilities in NCK that can be rented for an entire weekend's use for groups as large as 300 people for under \$1000. More info is available at vespercc.org

The facility has received substantial improvements in recent years and is sup-

ported by private donations and grants from Dane G Hansen, Post Rock Community Foundation, Lincoln County Wind Economic Benefit fund and local businesses which includes the Bank of Tescott, Lincoln Building Supply, S&S Auto service and towing, Bennington State Bank, Kansas Homes and Movers and Seirer's Clothing, Pioneer Hi-Bred Seed of Sylvan Grove, and Citizens State Bank & Trust, and Meyer Tire and Lube.



Guest Editorial

Let's celebrate the hot-blooded, radical, progressive history of Kansas

"When anything is going to happen in this country, it happens first in Kansas," said William Allen White, Kansas's most famous resident (barring Paul Rudd and Superman).

Some may roll their eyes at this thought, that Kansas, a state known for being flat and boring and conservative, has been a trailblazer of the country, a hotbed of radical populism. But it's true: Kansas has historically led the country in political and social insurgency. From the abolition of slavery to the push for prohibition, my beloved Sunflower State is where the will of the people reigns supreme.

If you weren't privy to this fact, you are not alone. I am sure the average Kansan wouldn't know this either. In fact, if you grew up in Kansas, there is no doubt you, like me, took a field trip to the Capitol building, where stunning murals of the Kansas countryside were broken up by images of the occasional violent fanatic or two, eliciting more than a few eyebrow raises from your third-grade class.

I, too, could not understand why my sweet, peaceful Kansas would choose to be represented by a zealot like John Brown, wielding a musket and a bible. But that is, of course, because Kansas is not a peaceful place. When Kansans adopted the motto *Ad Astra Per Aspera* (to the stars through difficulty), by God, we meant it.

From the very beginning, Kansas has been a place where radically different ideas and their advocates duke it out.

Kansas entered the Union as a free state after a violent conflict over slavery, known as Bleeding Kansas, putting our dear friend John Brown on the map and serving as a "tragic prelude" of sorts to the imminent Civil War. It would later become host of the landmark *Brown v. Board of Education* ruling, which paved the way for the end of segregation.

Kansas spearheaded the suffrage movement at the state level, became a safe haven for socialist thinkers, and was the very first state to outlaw alcohol during the prohibition. And in recent years, Kansas was the first state to protect abortion rights after the overturning of *Roe v. Wade*. Kansas is consistently at the heart of every single revolution in America.

And I have every intent on continuing this tradition. When I am confused about my identity, I find my Kansas heritage anchors me. To be a Kansan is to be a radical; to push for progress; to be a forward-thinker. To be a Kansan is also to be empathetic; to care for your neighbors; to stand up for those who are suffering.

The past five generations of my family have stood on the very same dirt, looked up at the very same sky, breathed the very same air, and decided to change the world for the better. I come from the place pioneers and visionaries seek out. The winds of change whip through me like a Kansas tornado. I am a force of nature.

If ever I doubt what I am capable of, I remember the moment I realized who I was and where I come from: I am a Kansan.

Changing the world is in my blood.

- Kate Appel Eckert is a senior at USD 345 in Topeka. For Reflector-Chronical 1/29/24

PRAIRIE DOC - By DEBRA JOHNSTON, MD

Fundamental Functions: Ear, Nose, Throat

I confess that occasionally even doctors get squeamish. Or perhaps more honestly, this doctor does. My personal list has gotten pretty short, but one of the things that still makes me squirm is something I nevertheless frequently recommend to my patients.

So what is this mysterious and rather ominous medical recommendation? Nasal saline irrigation.

The practice of rinsing the nose out with liquid probably originated centuries ago in India, and it remains part of spiritual ritual as well as traditional medicine around the world. However, it isn't something I learned about in medical school. Western medical research into it began in earnest perhaps 25 to 30 years ago.

How does this rather torturous sounding practice help? It physically removes germs, allergen and irritant particles, it loosens thick mucous, and it helps the cilia — the tiny hairs lining our airways — clean things out.

Although the practice is generally safe for almost everyone, there is one

very important caveat. Your equipment must be clean, and the solution used prepared with sterile or distilled water, to prevent a very rare, but highly deadly, infection.

When I tell someone I think they should flush a cup or so of salt water into one nostril and out the other one, and then do it again from the other side, they usually react with dismay. I freely admit that the idea sounds pretty awful, and that it makes my toes curl every time I suggest it. Then I tell them a story.

I first recommended this for a patient who was all of 7 years old. Her horrible allergies and chronic sinus problems triggered frequent asthma attacks. She had a collection of inhalers and pills from the allergist, her dad had torn up the carpet, and the family dog was bathed twice a week and banished to the back yard. Parents, child, and doctor were all a little desperate. When I rather hesitantly suggested nasal saline irrigation, her mom was willing to try it.

A month later, my little patient came dancing down the hallway, announcing with glee "Dr. Deb, Dr. Deb, I love my Netti Pot!" The simple act of regularly rinsing the allergens and irritants out of her nose had improved her symptoms so much that she could play outside with her dog. Now I tell my reluctant patients that if a literal child can do it, we can borrow some of her courage and try it too.

If you suffer from chronic sinus problems, or even just the next time a cold or allergies has you stuffed up and miserable, ask your doctor if you should grit your teeth and give it a try.

Debra Johnson, M.D. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show providing health information based on science, built on trust for 22 Seasons, streaming live on Facebook most Thursdays at 7 p.m. central.

SPICE UP YOUR LIFE - LINDSAY YOUNG

Chop, chop! It's time for a fabulous pork dinner



Pork chops in creamy wine sauce looks, tastes and sounds fancy, but it's actually very simple to make and is a decently quick dinner, too. It's really good along side mashed potatoes.

I was listening to a podcast this week about a scammer who managed to get millions of dollars out of his marks by pretending to be a Saudi Arabian prince.

In one case, he was found out because he ordered a dish with pancetta in it at a restaurant, and since his dining companion knew a devout Muslim would never eat pork, he started becoming suspicious.

I get it. There are certain dishes I think I would mindlessly order, too, even if I were trying to trick someone with a secret identity—especially if it had to do with chocolate. The temptation is real.

I was thinking about that story while I made this week's recipe, and I can tell you this should be on your "must try" list, as long as you are able to eat pork products, because it was amazing and super easy to make.

This comes from the blog, "What's In The Pan?" You can find the original post at [https://whatsintheban.com/pork-chops-in-creamy-white-wine-](https://whatsintheban.com/pork-chops-in-creamy-white-wine-sauce/)

[sauce/](#). I added a bunch of seasonings and extra garlic to my version.

Pork Chops in Creamy Wine Sauce

Pork Chop Ingredients

- 1/4 cup flour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon parsley
- salt and pepper, to taste
- 4 boneless pork chops
- 2 tablespoons butter

Sauce Ingredients

- 2 tablespoons butter
- 6 to 8 cloves garlic, minced
- leftover flour mixture from pork chops
- 1/2 cup dry white wine (I used pinot grigio)
- 1/2 teaspoon lemon juice
- 1/2 to 1 cup chicken stock or broth
- 1/2 heavy cream
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon parsley
- 1 teaspoon thyme
- salt and pepper, to taste

Directions

On a plate or in a bowl large enough to fit a pork chop, combine the flour, garlic powder, onion powder, oregano, basil, parsley, salt and pepper.

Dredge each pork chop in the flour mixture, making sure to get a solid coating on both sides and the edges. (Don't toss the flour. You're going to use it for the sauce.)

Melt the butter in a large skillet over medium heat. Once it's hot, add the pork chops. Cook them on each side for about three or four minutes until they're nicely browned and the internal temperature reaches at least 145 degrees. Transfer the pork chops to a plate and cover them to keep them warm while you make the sauce.

For the sauce, melt butter over medium heat and add the garlic. Sauté until it's lightly browned and fragrant and stir in about one tablespoon of the flour mixture from the pork chops, or enough to soak up all the butter. Sauté for one to two minutes to cook the flour, and then slowly whisk in the wine, 1/2 cup chicken stock and heavy cream, along with the lemon juice and seasonings. Continue whisking until the sauce thickens to your liking. If it gets too thick, loosen it up with a little more stock.

When the sauce is how you want it, reduce the heat to low and add the pork chops and any accumulated juices back to the pan, dousing them with the sauce. Once the pork chops are heated back through, serve immediately.

We enjoyed our pork chops along with mashed potatoes, and the wine sauce was amazing poured over the whole dish. I also added fresh basil to my sauce, because I happened to have some on hand, so if you want to kick yours up a notch, I highly recommend that, too.

The sauce was creamy and really flavorful, and I will absolutely make this again—hopefully soon. It's one of those dinners

See "SPICE" page 8

Post Rock Extension District - By CASSIE THIESSEN

K-STATE RESEARCH AND EXTENSION-POST ROCK DISTRICT HORTICULTURE AGENT

Pruning Shrubs

This time of year sometimes moves slowly for gardeners. It's a good time to make your garden plan, order seeds, or dig into a new gardening book. If you are eager to get outside and do something in the landscape, there's a few tasks that can be done now.

One chore that can be taken care of now is pruning certain shrubs. Often, gardeners approach pruning with trepidation, but it is not as difficult as it may seem. Remember, not all shrubs need to be pruned (i.e., witch hazel), and certain shrubs, which will be identified later, should not be pruned this time of year. Shrubs are pruned to maintain or reduce size, rejuvenate growth, or to remove diseased, dead or damaged branches. Deciduous shrubs are those that lose their leaves each winter. Evergreen shrubs maintain foliage all year and include yews and junipers.

Deciduous shrubs are placed into three groups: Those that flower in the spring on wood produced last year, those that flower later in the year on current seasons' growth, and those that may produce flowers, but those flowers are of little ornamental value. Shrubs that flower in the spring

should not be pruned until immediately after flowering. Though pruning earlier will not harm the health of the plant, the flowering display will be reduced. Examples of these types of plants include forsythia, lilac and mock orange. Shrubs that bloom on current seasons' growth or that do not produce ornamental flowers are best pruned in late winter to early spring. Examples include Rose-of-Sharon, pyracantha (firethorn), Bumald spirea and Japanese spirea.

Pruning during the spring allows wounds to heal quickly without threat from insects or disease. There is no need to treat pruning cuts with paints or sealers. In fact, some of these products may slow down healing. There are three basic methods used in pruning shrubs: thinning, heading back and rejuvenating.

Thinning is used to thin out branches from a shrub that is too dense. It is accomplished by removing most of the inward growing twigs by either cutting them back to a larger branch or cutting them back to just above an outward-facing bud. On multi-stemmed shrubs, the oldest canes may be completely removed.

Heading back is done by removing

the end of a branch by cutting it back to a bud and is used for either reducing height or keeping a shrub compact. Branches are not cut back to a uniform height because this results in a "witches-broom" effect.

Rejuvenation is the most severe type of pruning and may be used on multi-stem shrubs that have become too large, with too many old branches to justify saving the younger canes. All stems are cut back to 3- to 5-inch stubs. This is not recommended for all shrubs but does work well for spirea, forsythia, pyracantha, ninebark, Russian almond, little leaf mock orange, shrub roses and flowering quince.

If you are itching to get some landscape chores done, consider pruning some of your shrubs now. Make sure you know what type of shrub you are wanting to prune and follow the guidelines for that specific plant. If you have any questions, please call your local 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 cthiesse@ksu.edu or by calling Beloit (785-738-3597).

We could use your help!

The hospital has an opportunity to acquire new equipment to improve care for our community.

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Our hospital is applying for the Kansas Community Service Tax Credit grant which would not only help the hospital obtain this equipment but also provide qualified donors a 70% tax credit on their state income taxes. To ensure success we need to obtain **non-binding support pledges**.

Can you help?

If you can make a pledge or have questions, please call Tawnya Seitz, CEO at 785-524-4403.

Thank you!



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SHOP KANSAS FARMS BY RICK McNARY

How we maintain civility in social media on Shop Kansas Farms

When I launched the Shop Kansas Farms (SKF) Facebook group during the pandemic, I had one purpose: To connect you to the wonderful farm and ranch families of Kansas so you can purchase the food they raise.

Facebook required me to list at least one rule, so I made one: Be nice and share or else you'll end up in timeout.

We grew to more than 50,000 members in the first week as people ran to the site to find meat, eggs, milk, vegetables and a variety of other food items sold off farms. The rule about being nice and sharing was not enough. Social media can become a hateful place as keyboard warriors, like coiled rattlesnakes, sink their venomous fangs into unsuspecting prey.

I felt like a little kid who was walking in front of a dam, saw a plug sticking out and thought to myself, "Hmm, I wonder what will happen if I yank on this?" Well, I yanked, the dam burst and I was drowning.

Fortunately, two friends at Kansas Farm Bureau, Meagan Cramer and Nancy Brown, rescued me. Without their support and guidance, SKF would have been a train wreck.

We set up processes where we could look at a post before we let it through, set up a list of rules that guided us and the public, which became critical for maintaining the vision of the group.

In addition, we created a list of keywords that automatically flagged comments we knew would start a fight.

We used three leadership principles I had learned on how to guide people from chaos, confusion or conflict and into unity.

Stay true to the vision

From the beginning, we endeavored to stay true to the original vision. To connect you to the wonderful farm and ranch families of Kansas so you can purchase the food they raise.

Staying true to that vision has been critical to establishing a trusted brand. With a name like

Shop Kansas Farms, many farmers naturally thought they could sell live animals, equipment, feed, non-food items made on the farm like soaps and a host of other things that seemed to make sense but were not food for human consumption.

Define roles

We defined two groups of people who use the Facebook group – sellers and buyers.

Establish policies and processes

We established the following policies and processes.

1. Stay on topic (buying/selling food from Kansas farms). We approve posts focused on finished food products from Kansas farms (including posts about successful purchases). No spam. No politics. Live animal posts and some other kinds go only on our website.
2. Sellers must be listed on the SKF website. We have a new website and map so we need you to list your business on there, even if you already had it listed on the old one. Go to www.shopkansasfarms.com and find "Sell." This is a requirement for existing and new sellers. From now on, each time you list you must say, "You can find us on the new Shop Kansas Farms website map/directory."
3. No photos of live animals. Facebook's rules state: "Animal for sale: Selling animals isn't allowed on Marketplace or buy and sell groups. This includes posting about animals for adoption." No photos of live animals, please.
4. Sellers: List your Kansas Department of Agriculture (KDA) license number. If you are selling beef and pork with individual cuts, you must list your KDA license number in your post.
5. Buyers SEARCH first (please tell us if you have). If you're looking for something, please check the Shop Kansas Farms website first and go to "View

Map". Sellers are listed there. If you've searched the site and can't find what you need, please state in your post, "I've searched the Shop Kansas Farms website map/directory and can't find what I'm looking for."

6. Be nice, our posts are civil and not critical. Prices and reviews speak for themselves without commentary. If you see something you don't agree with, move on.
7. Foul language will not be tolerated. We want this group to be enjoyable for all. Pretend like you are speaking to your grandma (if your grandma cusses like a sailor, consider how you would talk to a 5-year-old who repeats everything).

We educate ourselves and stay legal. We provide a wealth of information in our Units section on what is legal in Kansas. It is your responsibility as a seller or buyer to do your due diligence and be informed.

Some folks think the rules don't apply to them and if they push it, we remove them.

Others complain about censorship and lack of free speech. I tell them to start their own group and say anything they like, but not in our group. I liken it to my home: if I invite you in, and you mark on the walls, cuss my wife or kick my dog, I will invite you to leave. It has nothing to do with free speech; it has everything to do with respect.

I've learned a lot through this process of watching the Shop Kansas Farms Facebook group grow and flourish. Even when the frustration made me question my decision to keep it moving forward, seeing the connections between growers and consumers has made it all worthwhile.

If you aren't on the Shop Kansas Farms Facebook group or website, I encourage you to join today so you can connect to the wonderful farm and ranch families of Kansas and purchase the food they raise.

Insight - Kansas Farm Bureau

Minding my manners

Greg Doering,
Kansas Farm Bureau

At first I assumed the invitation to an etiquette dinner had found its way to my inbox by mistake. After a little reflection, I wondered if it was the beginning of a scheme where I would be held up as an example of everything you're not supposed to do.

Still, I cautiously accepted and was soon in charge of leading introductions for a handful of college students who traded a couple hours of their time to learn about proper protocol in formal dining scenarios. Or, like me, they signed up for the free meal.

In any event, I was merely a facilitator for networking and conversation. The heavy lifting fell to K-State's College of Agriculture and Kansas Soybean Commission, which served as hosts for the evening. The basic idea of the night was for the students getting ready for their first job or summer internships to follow the social cues that dictate business meals and formal social celebrations.

I must admit the manners I've acquired over the years have been learned the hard way. This is mostly because I'm a slow learner with a penchant for violating social norms. My timing was always impeccable, though. Like the Christmas dinner where I called for some to "pass the (expletive removed, but it rhymes with jam) mashed potatoes." My grandfather quickly quipped, "Take his presents out from under the tree."

A few years later we were homeward bound after a long road trip through Wyoming and Montana when we stopped for dinner at restaurant. It was fancy, too. I know it was because it had cloth napkins, and they were bright red. For some reason I grabbed the napkin, unfurled it and waved it with both hands while shouting "olé." My family was less than enthused with my impromptu impression of a matador. It was short lived because I didn't dodge the bull (my dad) who snatched the napkin with one hand while directing me to a chair with the other. Somehow I was still allowed back in the car to complete the journey.

There was no swearing or wild gestures at my recent dinner, but there also weren't any mashed potatoes to be passed. The presenter covered things like not ordering the most expensive item on a menu, when it's OK to order alcohol at a business dinner and how to politely excuse yourself to check your phone.

Everyone was polite and well behaved, and I didn't see any of the students checking their phones throughout the dinner. The room was full of bright, capable young people eager for the chance to hone a skill. No doubt the world will be a better place when they're in charge of things.

My colleagues today may disagree, but I believe I've matured quite a bit. While I'm still a slow learner and can be quite stubborn, I'm better at minding my manners. Or at least I think I am. I'll have to wait to see if I'm invited back to next year's dinner.

The surprising impact of a simple apology

Tomer Rozenberg
Medium

As we wrap up another week, I want to share a personal experience that occurred to me this week that made me stop and ponder for a moment.

One evening, on my way back from a particularly long day at work, I found myself standing at a crosswalk, waiting to cross the street. I noticed a car approaching at a speed that made me unsure if it would stop in time. To my surprise, the car did stop, but right in the middle of the crosswalk, blocking my path.

What happened next was unexpected and left an impression on me. The driver rolled down his window and apologized. He admitted he hadn't calculated his stop correctly and sincerely asked for my forgiveness for not giving me the right of way.

At that moment, my frustration dissolved. I smiled genuinely and assured him it was okay, wishing him a great day ahead. As I continued on my way, I couldn't help but reflect on the interaction. It was a brief exchange, a minor hiccup in the grand scheme of things, yet

it was profoundly humanizing.

The driver had the option to keep driving and only delay me for a fraction of a second, leaving me slightly irritated or angry at their behaviour. However, he chose to completely block my path, preventing me from continuing on my way home and causing a much longer delay. Logically, it would have been better for me to be delayed for a shorter period, but as humans, we are primarily driven by emotions.

This experience reminded me of the power we all have to transform a potentially negative situation into a positive one, simply through acknowledgment and understanding.

The driver's apology and my response created a moment of connection that turned an ordinary evening into a memorable one.

It's easy to underestimate the impact of our actions and words on others, especially in the hustle and bustle of daily life. Yet, this encounter showed me that taking a moment to recognize each other's humanity can have a ripple effect, spreading positivity and understanding in ways we might not anticipate.

As we move forward into the coming week, I encourage you to look for opportunities to acknowledge those around you, even in the smallest of ways. Whether it's a simple nod of understanding, a smile, or an apology when things don't go as planned, these acts of acknowledgment can be powerful tools for fostering connection and empathy in our increasingly busy lives.

Let's not forget the impact we can have on each other's day, for, in the end, it's these moments of human connection that truly enrich our lives.

‘Everything Horses’ Featured For EquiFest Of Kansas At Salina

By Frank J. Buchman

Calendar dates must be circled in red for the EquiFest of Kansas, March 14-17, at Salina.

That's the announcement from Justine Staten, executive director of the Kansas Horse Council, producer of EquiFest.

The first EquiFest was at Wichita in 1998, then in Topeka starting in 2016, and Salina has hosted EquiFest since 2020.

"This year's EquiFest is again four days at the Saline County Livestock Expo Center and Tony's Pizza Events Center," Staten said.

More than 15,000 people have annually attend-

ed EquiFest which serves as the Kansas Horse Council (KHC) primary fundraiser.

"The KHC provides the Kansas equine industry with leadership and direction through education, promotion, and public policy advocacy," Staten said.

"What makes EquiFest so special is the variety," Staten emphasized. "There'll be all breeds of horses and all disciplines represented throughout the competitions, demonstrations, and displayed exhibits."

In addition, EquiFest features educational and informative workshops,

world-renowned clinicians, music, poetry, history, and storytelling.

The horse trade show is open all four days featuring wall-to-wall vendors in multiple locations.

"They'll offer something for everyone, clothing, accessories, saddles, tack, home décor, trucks, trailers, tractors, implements, and more," Staten said.

Children are the future of every horse activity, so a special Kids' Corral is again being developed encouraging youth involvement.

The EquiFest horse judging contest has been revamped this year with additional divisions to

increase participation for impressive awards.

Everybody always asks: "What will there be to eat?" According to Staten, "If you like a variety of food, check out several food trucks and concessions on site. Again, there's something for all tastes."

Attendees at EquiFest will also once more have an opportunity to meander through the stall barn. "You can see up close anything from long-eared minis to gentle giants. Living history is on display at a military encampment," Staten said.

Competitions include a barrel race, ranch rodeo, and breakaway roping.

Among clinicians are Guy McLean, Australian horseman; Jerry Diaz, family horsemanship; Patrick Sullivan, liberty horsemanship; Julie Goodnight, training resources; and Sally Batton, equestrian team coach.

Workshops throughout the four days are to feature Native American Traditions, riding exercises, Kansas horseback trails, and legendary

horsemen panel.

A special feature is Celebrate EquiFest The World Of Horses on Thursday night, March 14.

Annual meeting of the Kansas Horse Council is Sunday morning, March 17, with a complimentary Chris Cakes breakfast for all. Cowboy church will follow.

A complete schedule of activities is available at www.equifestofks.com.



Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, February 14, 2024)

Results of the Market Study Analysis for Lincoln County for the Assessment Year 2024 January 1, 2024

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RESIDENTIAL

A study of the residential real estate market for houses indicated that the market shows a 12% inflationary trend.

COMMERCIAL

A study of the commercial real estate market indicated that the market shows a 18% inflationary trend.

VACANT

A study of the real estate market for vacant lots indicated that the market is stable.

Values on specific properties may not follow the general trend because of changes in the property, correction of descriptive information or adjustment of values based on sales of similar properties.

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Rathbun/

from page 1

Finch Theatre while also participating in the city-wide clean-up day and meals on wheels, fundraising for the United Way, assisting with the youth football programs, working the concession stands and participating in food drives for the Lincoln County Food Bank. Rathbun is also a member of the St. Patrick's Catholic Church youth organization and previously belonged to the Salt Creek 4-H club.

"(The 4-H club) was a lot of fun for me because we got to do a lot of things as a group," Rathbun said. "We built a memorial in Barnard and got all the limestone together for it. That was the most fun. This summer we did a program in school, and I got to help people move stuff around for older people that need help. It was really nice to see them smile. Their faces would just light up when you're there."

Rathbun has also enjoyed his first year in the automotive technology program made possible through a partnership with Salina Technical College.

"Over there, I've learned how to rebuild engines," Rathbun said. "Right now, we're on brakes. I've been learning how to redo an entire drum brake or rotary brake sys-

tem and redo brake lines and everything. It's been a lot of fun over there. It's a lot of working with our hands so I quite enjoy that."

Rathbun said he made a conscious effort to step up as a leader for the school starting his junior year.

"Freshman year I was just trying to make friends," he said. "Sophomore year was about the time I decided I wanted to take that (leadership) role. And it didn't really come into effect until about this year. Being at a small school is really nice because you know everybody, and you can be friends with everybody."

Rathbun said he is considering engineering or accounting as career paths.

"Not only is Cooper an outstanding student-athlete he is also a role model to his peers," Lincoln principal Nikki Flinn said. "Cooper is a kind, caring, friendly individual. Cooper gets along with everyone, and he truly cares about others and his school. Cooper is a true example of a leader. He is always working on improving himself whether in the classroom or on the court. He is always pushing to be the best he can be. All of this is complemented with a great personality and a fun sense of humor."

Sylvan/

from page 1

Students are selected to the All-state Choirs by a rigorous live audition process which begins at the district level. Students with the top audition scores at the district auditions are eligible for selection to the All-State Choirs. Maci and Hannah both auditioned as altos. Over 200 students usually audition for the Northwest District Honor Choir. Of these auditions, 16 to 32 students across all vocal ranges are selected to represent the Northwest District in the State Choir. The students in the All-State Choirs come from schools of all sizes and diversity. A study of the ACT scores from participants in the Mixed and Treble Choirs reveal that these students are also at the top of Kansas academics as well as music.

The clinician for the 2024 All-State Treble Choir is Kimberly Dunn Adams. Kimberly is the Director of Choral Activities at Western Michigan University, where she directs the University Chorale, Anima, Collegiate Singers, and Grand Chorus. She also directs the graduate program in choral conducting and teaches choral literature and choral

conducting. Adams was previously the director of choral Ensembles at Mount Holyoke College. She holds a BA in religion from Oberlin College, a BM degree in vocal performance from Oberlin Conservatory and the MM degree in choral conducting from Yale School of Music. She earned the DMA in choral conducting with a minor in music theory at the University of Wisconsin-Madison. Adams is highly praised for her energetic, positive, and insightful work as a guest conductor and is a sought-after clinician and adjudicator.

The KMEA State Mixed and Treble Choirs perform each year at the annual In-Service Workshop, held at Century II Convention Hall in Wichita, Kansas. The Treble Choir concert will be at Century II on Saturday, February 24, 2024, at 11:30 a.m., while the Mixed State Choir will perform at 12:15 p.m. One ticket will gain entry for both choirs. Admission is \$7.00 for both concerts.

Maci and Hannah travel to Wichita on Thursday, February 22.

Got a great local story?
email: lincolnsnews@gmail.com

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COMMISSION MEETING MINUTES

January 29, 2024
The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, January 29, 2024. Chairman Dennis Ray called the meeting to order at 8:30 a.m. with Vice-Chairman Debora Smith present and Member Ryley Hembry absent. County Clerk Dawn Harlow was in attendance as recording secretary.

Others present for portions of the meeting: Norman Mannel, Jesse Knight, Tyler Garner, Felicia Strahm, Ben Crooks, and Veronica Padilla.

Correspondence: a notification from the Kansas Supreme Court that the county appointee for the non-lawyer member to the Judicial Nominating Commission is expiring; and tax abatements.

Debora Smith moved to approve tax abatements 2023-15 through 2023-28 in the amount of \$4,148.49, seconded by Dennis Ray. Motion carried.

County Clerk Harlow provided an invoice for the board's approval to convert solid waste business billing between software companies and create reoccurring invoicing. Clerk Harlow discussed the new platform and the pricing for alternative services. The board approved the invoice.

Emergency Manager Jesse Knight discussed building and floodplain permits and fees. Knight discussed inquiries and applications received to build in the floodplain. The group discussed whether the county has completed the steps necessary to require residents to obtain building permits. The board requested that Knight contact the county attorney regarding the building permits.

Commissioner Ray provided an estimate to service and repair the landfill backhoe. Highway Department Office Manager Tyler Garner reported that Double Check could not get the equipment previously quoted and provided an estimate for a different dispenser. Debora Smith moved

to approve the bid from Double Check Company in the amount of \$37,586 to replace the pumps, seconded by Dennis Ray. Motion carried. Dennis Ray moved to rescind the motion from January 22 for the purchase from Double Check Company in the amount of \$36,879, seconded by Debora Smith. Motion carried.

Norman Mannel inquired about who has access to the keys for the display case on the main floor of the courthouse. Mannel discussed APAC and water rights.

Economic Development Director Kelly Gourley provided an update on activities occurring for the Big Kansas Road Trip that will happen the first week-end of May. The group discussed the announcement that the Bike Across Kansas will be stopping in Lincoln in June.

Dennis Ray moved to approve the January 22, 2024 minutes, seconded by Dennis Ray. Motion carried.

Ben Crooks and Veronica Padilla, JSS, LLC, presented the Jail Needs Assessment final report. The report used historical crime and incarceration data to forecast future beds needed to meet the demand. It evaluated the current facility along with four additional sites that were previously identified to determine the best option moving forward. Crooks recommended the county perform minimum upgrades to address shortcomings regarding life safety issues at the sheriff's department until a new facility can be constructed. Crooks recommended that site #1, the parking lot north of the courthouse, be considered first as a site for a new jail. Crooks provided information on modular jail cells.

The board discussed the red bus and their intent to sell the vehicle. Chairman Ray will notify Bus Director Roberta Turner that they intend to sell the vehicle and stop utilizing it as a bus.

Human Resource Officer Felicia Strahm presented the annual resolu-

tion with pay increases approved by the board and department heads. Dennis Ray moved to approve Resolution 2024-06, where the Board of County Commissioners, Lincoln County, hereby set the following salaries for County Officials and employees effective December 26, 2023, seconded by Debora Smith. Motion carried. Debora Smith moved to grant Jesse Knight a two-step increase to \$22.73 per hour for completion of his emergency management certification, seconded by Dennis Ray. Motion carried. Dennis Ray moved to approve a step increase for Cody Flinn at the amount of \$14.95, as he was inadvertently missed last year, seconded by Debora Smith. Motion carried.

The chairman adjourned the meeting at 11:41 a.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Wednesday, January 31, 2024.

January 31, 2024
The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, January 31, 2024. Chairman Dennis Ray called the meeting to order at 8:30 a.m. with Member Ryley Hembry present and Vice-Chairman Debora Smith absent. County Clerk Dawn Harlow was in attendance as recording secretary. Others present for portions of the meeting: Felicia Strahm.

Dennis Ray moved to approve accounts payable in the amount of \$1,225,326.24, seconded by Ryley Hembry. Motion carried. Dennis Ray moved to approve January payroll in the amount of \$250,472.83, seconded by Ryley Hembry. Motion carried. Chairman Ray reviewed the estimate to repair the landfill backhoe. The board approved the estimate.

The chairman adjourned the meeting at 9:25 a.m. The next meeting will be at 8:30 a.m. in the courthouse commission meeting room on Monday, February 5, 2024.

Spice/

from page 4

that feels like it was a lot more effort than it really was. In all, I probably had dinner on the table in 30 to 40 minutes.

If you're in the mood for something that looks fancy without being a pain to cook, make sure you keep this recipe on hand. Just remember not to make it in the case of certain scams you may be

pulling; you don't want to end up the subject of a podcast.

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.

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Carter Peters & Kade Oetting, Tescott



Katelyn Davis, Lincoln
Aerial Jorgensen, Tescott



Bentley Smith, Lincoln
Aerial Jorgensen, Tescott



Jadyn Krone, Tescott

GIRLS: LINCOLN 44 - TESCOTT 33
BOYS: LINCOLN 62 - TESCOTT 37



Tyra Meyer, Lincoln
Alison Adams, Aerial Jorgensen & Breonna Peterson, Tescott



Tyra Meyer, Hazel Metz & Kylie Hull, Lincoln
Ava Adams, Tescott



Xavier Miller, Lincoln & James Dickerman, Tescott

Area high school Basketball
scores from Friday, Friday, February 9th

GIRLS
Sylvan-Lucas 61, Linn 49
Rock Hills 45, Lincoln 33
Tescott 22, Thunder Ridge 58

BOYS
Sylvan-Lucas 54, Linn 47
Lincoln 50, Rock Hills 17
Tescott 54, Thunder Ridge 24

LINCOLN - PAST, PRESENT & FUTURE

by Cindy Entriken

You’ve read about my houses and my lack of progress. Now it’s time to read about others who have made progress and we’re going to start with Vicki Hook. Vicki is my role model. She’s who I aspire to be when I grow up.

Vicki has put the lie to the belief held by some that it is not profitable to rehab an old house. She has successfully completed three houses, turning two of them into lovely homes which she has sold at a profit, and a third into a successful and highly rated Airbnb. Today’s column is your introduction to Vicki and her first successfully completed house at 215 W. North Street.

Past

Vicki has deep roots in Lincoln. Both of her folks were from the Lincoln area. As a youngster, her family moved around for her dad’s job, but they eventually settled in Beverly, Kansas. Vicki attended grade school and the first year of high school in Beverly. As a result of school consolidation in 1966, Beverly High School closed. She started her sophomore year at USD298 in fall of 1966 and graduated in spring of 1969. Following graduation she worked several jobs in Wichita where she met her future husband. They soon moved To Kansas City and started their family.

After years away, Vicki decided to return to Lincoln in 2020. It was after her return that she began thinking about rehabbing houses. In an interview, she said, “I . . . always wanted to ‘flip’ a house but the cost to purchase was high in the areas I lived. Plus, I was juggling an insurance career and family, so it went on the back burner.”

Vicki’s focus, since she decided to try her hand at rehab is saving old houses. She finds the “yesteryear construction and character very appealing.” And she said, “Lincoln had, and has, a multitude of homes that need love. I really want to save as many forgotten houses as possible. Also, it adds to the liveable houses and general improvement of the city. I would love to see young families and jobs return to Lincoln . . . it truly is a wonderful place to live.”

215 W. North Street

This was Vicki’s first venture into saving an old house, and because it’s her first, it has a special meaning for her. “It made me sad that [the house] was just sitting there deteriorating . . . seemed no one cared.

The porch brought it to my attention.” The before photo shows how run-down the house was.

But Vicki saw the possibilities.

In order to successfully rehab an old house, you need a vision and a plan. The before and after photos for Vicki’s North Street house clearly demonstrate both.

Before



Before Front



Before Back



Before Kitchen Looking East



Before Kitchen Looking West



Before Living-Dining Room



Before Living-Dining Room in Transition

After



After Front



After Kitchen Looking West



After Kitchen Looking East



After Kitchen Looking South



After Living-Dining Room Combination - newly refinined wood floors and new walls here

Vicki’s North Street home sold in the summer of 2023. And she made a profit!

Cindy loves to hear from readers:
cindyentricken@yahoo.com

Ladies 2024 Spring Banquet

The Beverly Community Church will be hosting their annual Ladies Spring Banquet Friday evening, March 8, 2023, 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 banquet is “At His Feet” and will feature sisters Mary and Martha from the Bible.

The speaker for the evening will be Laurie Larson. Laurie lives in Clay Center, KS with her husband David of 21 years and their four daughters, ages 11 to 17. She is currently in her fifth year serving as the Worship Pastor for the Evangelical Covenant Church in Clay Center. Laurie has a bachelors degree in music education from Kansas State University and is currently pursuing her masters degree in Christian formation from North Park Seminary. She enjoys making a home for her family, teaching in various capacities in the church, and going on family adventures outside.

Several young ladies from our area will entertain guests during the meal with dinner music.

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 Katherine Flaming at 620-960-3576.



It’s Match Month!

February is Match Month for the Post Rock Community Foundation (PRCF)! All donations in February are matched at 200% (up to \$50,000) by the Dane G. Hansen Foundation. This year the PRCF’s goal is to raise \$70,000 for the Post Rock Community Action Fund which supports projects for the schools, parks, public services, local non-profits and so much more.

Donations can be made online or mailed to the Post Rock Community Foundation, PO Box 62, Sylvan Grove, KS 67481 or click the button below to donate online. For more information check out the PRCF’s Facebook page or their website.

Childcare Providers Meeting

An informational meeting is being held Monday, February 19, 2024, at 7:00 p.m. in the Lincoln County Courthouse basement meeting room for all existing childcare providers and anyone considering starting a daycare business. Providers outside of Lincoln County but nearby are also welcome to attend since childcare is a regional concern.

The meeting has two goals:

- Connect with Dana Stanton, Childcare Specialist with the Northwest Kansas Economic Innovation Center, Inc. (NWKEICI) and learn about new programs, grants and tools becoming available to providers.
- Discuss current childcare capacity in the county.

If you have questions about the meeting or are looking to become a childcare provider, please contact Kelly Gourley at the Lincoln County Economic Development Foundation at 785-524-8954.

Lincoln County Historical Society Participates in Humanities Kansas Veterans Project

Humanities Kansas recently awarded \$ 3,000 to the Lincoln County Historical Society in Lincoln to support “Kansas Stories of the Vietnam War,” a new oral history initiative from Humanities Kansas to collect and preserve the stories of Vietnam War veterans in their communities. Kathie Crispin serves as project director. Bud DeArvil will be assisting.

Eleven Kansas organizations will participate in “Kansas Stories of the Vietnam War,” the second phase of Humanities Kansas’s oral history initiative focused on veterans. In 2018, twelve different communities participated in a similar project and recorded 74 oral histories from Kansas veterans from the Vietnam War. These stories have been archived locally, as well as at the Kansas Historical Society and the Library of Congress Veterans Oral History collection.

“Every community knows their own community’s history best,” shared Julie Mulvihill, executive director of Humanities Kansas. “We look forward to working with these organizations who are committed to preserving the stories of the Vietnam War era. Humanities Kansas will provide resources and training and participating organizations will spend the next year engaging with veterans’ stories.”

Thank you, readers!