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Lincoln celebrates FFA week



When is it common for high school students to drive a tractor to school? When it's "Tractor Day" during National FFA Week! These tractors and mowers caught our attention outside LJSHS Wednesday, February 19. (Photo by Becky Rathbun)

Book signing for Heather Gabelmann

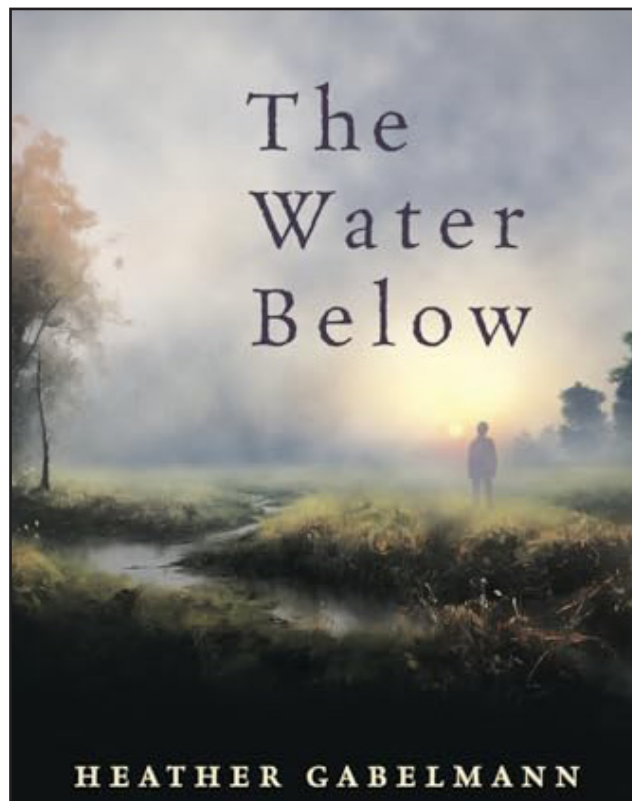
By Jyll Phillips, Lincoln-Sentinel

Marilyn Helmer at Village Lines loves to promote local artists whether it be quilting, locally created jewelry pieces, paintings or writers. Mark March 29 on your calendar for a book-signing by one of these local artists at Village Lines, 139 W. Lincoln Avenue.

Heather Gabelmann will be on-hand at Village Lines March 29 from 3 p.m. to 6 p.m. to sign copies of her new novel, *The Water Below*. The *Water Below* is a

moody contemporary women's work of fiction. A mysterious warning; a missing sibling; and caught between family loyalty and a heartbreaking possibility, the main character, Jessie, has few choices and no good outcomes.

Readers who enjoy significant questions, moral dilemmas and unsettling mysteries will love the deep undercurrents of Heather Gabelmann's first novel. You might even recognize some disguised characters and businesses.



LES celebrates 100 days of school



These kindergartners are 100 days smarter because they recently completed their first 100 days of school! (Courtesy Photo)

LCIC plans Baked Potato Bar

By Jyll Phillips, Lincoln-Sentinel

March 17 is St. Patrick's Day, and the Lincoln Center Improvement Committee (LCIC) is hoping to see the green!

On Sunday, March 17, LCIC will host a Baked Potato Bar at the Lincoln Senior Center. The event is scheduled from 11 a.m. to 1 p.m.

Options include Traditional baked potato stuffed with butter and sour cream, Chili baked potato stuffed with home-made chili or a chicken-bacon-ranch baked potato stuffed with a chicken-bacon-ranch filling. Additional toppings will also be available including butter, sour cream, shredded cheddar cheese, bacon bits, green onions, jalapenos and ranch dressing. Two dessert options – strawberry or lime poke cake – will round out the menu.

The suggested donation is \$10 per plate, however additional donations are always appreciated.

Pre-order To-Go options are available at lcic67455@gmail.com or call or text 785-384-0074.

Preschool Round-Up announced

USD298 has set the preschool round-up for April 23. A parent meeting will be held at the Lincoln Elementary School Gym at 6 p.m. on that date.

USD #298 will be offering both a three-year-old and four-year-old preschool program for the 2024-2025 school year.

A child must be three years of age or four years of age by August 1, 2024 in order to attend.

Contact Lincoln Elementary School at 785-524-4487 with questions or concerns.

Masterpiece on Main Street Lincoln



The steps up to what once was a bank and later a photo studio, have been completed. This is a project funded in part by an historical preservation grant. (Photo by Becky Rathbun)

Post Rock Fitness offers new class

By Jyll Phillips, Lincoln-Sentinel

The first Active Aging class was so popular Post Rock Fitness is offering Active Aging – March!

Active Aging is a four-week group fitness program for individuals 60 and over, focusing on improvements to balance, strength, flexibility, mobility and body awareness.

The 30-minute classes will be every Wednesday at 6:15. Taegen Walter leads strength and balance exercises, and Ericka Schroeder leads the class in simple chair yoga moves.

The class will run March 6 through March 27. If registered before March 1, the class will be \$5 for members and \$20 for non-members. After March 1, the cost is \$10 for members and \$30 for non-members. The class is free for members who recruit a non-member for the class.

To register, call Kelly Gourley at 785-524-9009.

Post Rock Fitness is located at 113 W. Lincoln Ave. in Lincoln. Visit their website at www.postrockfitness.com. Post Rock Fitness is always open for members.

March is Women's History Month



Women's History Month is an annual observance held in March to celebrate and recognize the achievements, contributions, and impact of women throughout history. It is a time to honor the remarkable women who have made significant strides in various fields, including science, arts, politics, and social activism. During this month, events, exhibitions, and educational programs are organized to highlight the stories of women who have shaped our world. It serves as a reminder of the importance of gender equality and the need to continue advocating for women's rights and empowerment. Women's History Month was initiated by the National Women's History Project in 1987. It began as a week-long celebration in March, coinciding with International Women's Day, and later expanded to the entire month. The goal is to recognize and honor the achievements and contributions of women throughout history.

Cash Grain

Wheat.....	\$5.42
Corn.....	\$4.10
Sorghum.....	\$3.85
Soybeans.....	\$10.67

Cash prices courtesy of bankofscott.com

Community Calendar

Thursday, February 29

Lincoln: 10 am Storytime @ the Library
USD 298: HS Girls BB Semifinal Sub-State @ Alma-Wabaunsee HS
USD 299: 6 pm HS Boys BB Sub-State Semifinals @ Solomon vs Canton Galva

Friday, March 1

USD 298: School Dismissed at 12 Noon - Teacher Workday; HS Boys BB Semifinal Sub-State @ Alma-Wabaunsee HS
USD 299: 1:45 pm Kay Literacy Circle; 6 pm HS Girls BB Sub-State Semifinals @ Solomon vs Goessel

Saturday, March 2

Lincoln: 5:30 pm Bingo @ Vesper Community Center
USD 298: HS BB Sub-State Finals @ Alma-Wabaunsee HS (2A Girls final @ 5 pm, 2A Boys final @ 6:30 pm)
USD 299: HS BB Sub-State Finals

Sunday, March 3

Monday, March 4

USD 298: NPL Art Show @ Osborne (all week); 6:30 pm JH Leopard STEM Expo @ LJSHS Commons; 7 pm BOE Meeting
USD 299: 10 am JH Music Festival @ Sylvan Grove

Tuesday, March 5

USD 298: 9 am Lincoln YEC Challenge
USD 299: Youth Entrepreneurship Challenge

Wednesday, March 6

USD 298: HS BB State Tournament @ Dodge City (through 9th); 1 pm NPL Monthly Mtg @ Beloit; 6:30 pm 8th Grade Pre-Enrollment Parent Meeting @ LJSHS Commons
USD 299: HS BB State Tournament; Job Olympics @ Manhattan; 1 pm NPL Meeting

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.

Lincoln Senior Center

MENU

Monday, March 4

Chicken and Noodles, Carrots, Celery Sticks, Crackers, Peaches & Brownie

Tuesday, March 5

Meatloaf, Scalloped Potatoes, Green Beans, Fruited Pudding & Roll

Wednesday, March 6

Taco Salas, Lettuce, Tomato, Cheese, Chips, Refried Beans, Cinnamon Apples & Garlic Stick

Thursday, March 7

Salisbury Steak, Baked Potato, Broccoli, Strawberries/Banana & Roll

Friday, March 8

Macaroni & Cheese, Coleslaw, Fruit & 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.

Vesper Community Center

BINGO

SATURDAY, Mar 2nd
DOORS OPEN @ 5:30pm
BINGO @ 7:00pm

Play Bingo for \$6+ CASH PRIZES



Hamburgers, sundaes, pie, floats & more !

785-524-2466 www.vespercc.org

1247 N 120th Rd Lincoln KS 67455

Concessions are sold by volunteers to fundraise solely for community purposes

Sylvan Senior Center

The regular monthly meeting of the Sylvan Senior Center was held Tuesday, February, 13, 2024. The meeting was called to order by President Lorelei Dohl. Roll call was answered by My idea of a perfect Valentine's Day. Due to illness and various appointments, only eight members were in attendance. However, many reported that they are looking forward to the next meeting and various spring and summer activities. Minutes of the previous meeting were approved as read.
Members enjoyed hearing the history and origin of Valentine's Day. They also answered some Valentine trivia.
Communications: A letter was read from the Kansas Post Rock Limestone Coalition asking the group to renew its membership.
Officer Reports
Treasurer's Report: Mike Kratky reported on the balances in each of the club's accounts.
LCCA: The next LCCA meeting will be February 27, 2024 at 9:00 a.m. at the Lincoln Senior Center.
Committee Reports
Building Committee: Members were informed that the storefront and railing are finished; and when the scale house is completed, the exterior of the Farmers Elevator building will be entirely finished. The gate needs to be hung on the patio's south fence. The drainage system will be completed as soon as weather allows. Commercial Builders will finish the HVAC, electrical, and plumbing parts of the project. Once those are finished, local contractors and volunteers will be used to finish the interior work. The goal is to be finished on or before September 1, 2024. Members were also informed that Lorelei Dohl updated the public on the SSC project at the Post Rock Community Foundation's annual supper.
Cheer Committee: Val Robinson continues to send cards.
Unfinished Business
The Big Kansas Road Trip will be May 2 – 5, 2024. Ramo & Pam Decker will be setting up a fossil display in the Farmers Elevator building, which will be on display throughout the event. The SSC will be serving a meal (breakfast burritos and German coffee cake, juice and coffee) out of the new building on Saturday, May 4, beginning at 8:00 a.m. The committee includes: Suzanne Wehrman, Janis Oetting, Lorelei Doh, Ruth Sorensen and Lois Walter. SSC members will also be needed to man the building throughout the BKRT. A sign-up sheet will be available to volunteer at the March meeting.
New Business

Members' attention was drawn to the Wilson Communications Lifeline & Affordable Connectivity Program Public Notice.
Wilma Burger moved that SSC give \$30 to the Kansas Post Rock Limestone Coalition for a year's membership. The motion was seconded and carried.
Lois Walter moved the SSC give a \$100 contribution to the Post Rock Community Foundation. The motion was seconded and carried.
Softball season begins in March, so planning for concessions must begin soon. Val Robinson, who has been running the concession stand for a number of years, announced that she will not be managing concession this spring and summer. A replacement will need to be found for this task.
Val Robinson moved the SSC spend \$39 to renew the subscription to the Lucas-Sylvan News. The motion was seconded and carried.
Announcements
January and February Birthdays: Pete Falcon (Jan 4), Nancy Falcon, (Jan 15), Mona Gerstmann (Feb. 2), Keith Oetting (Feb. 8), Coleen Ancell (Feb. 24), Jane Hlad (Feb. 25)
The next SSC meeting will be Tuesday, March 12, at noon, at the center.
Adjournment
Seeing no further business, the meeting was adjourned.
Prior to the meeting, members shared a potluck meal. (The group did not meet in January due to inclement weather.)



SSC members, who were told about the progress on the Farmers Elevator building project at the February meeting, were excited to learn that the Main Street facing storefront is entirely finished. Courtesy Lorelei Dohl

Commission Meeting Minutes

February 12, 2024
The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, February 12, 2024. Chairman Dennis Ray called the meeting to order at 8:30 a.m. with Vice-Chairman Debora Smith and Member Ryley Hembry present. County Clerk Dawn Harlow was in attendance as recording secretary.
Others present for portions of the meeting: Carol Torkelson, Kelly Gourley, Dale Hlad, and Brett Wilkinson.
Correspondence: a proclamation for Teen Dating Violence Awareness Month; bills for Lincoln Park Manor; and a letter from James Meeks concerning the preservation of a country school in Highland Township.
Dennis Ray moved to proclaim February as Teen Dating Violence Awareness Month, seconded by Debora Smith. Motion carried.
Dennis Ray moved to approve the bid from Thrasher to do the concrete repairs at Lincoln Park Manor, in the amount of \$7,265.76, seconded by Ryley Hembry. Motion carried.
Carol Torkelson, North Central Regional Planning Commission, with Kelly Gourley, Economic Development Director, presented a business plan for the CDBG-CVR program for the board's approval. Dennis Ray moved to approve the Business Plan concerning the CDBG CVR Grant, seconded by Debora Smith. Motion carried.
Economic Development Director Gourley requested to use the courthouse lawn during the Big Kansas Road Trip. The board approved.
Director of Highway Department Dale Hlad provided an update on department activities. Hlad provided cost information to purchase an extended warranty for the 938M CAT loader. Dennis Ray moved to approve the powertrain warranty for the 938M loader with Foley CAT for 36 months, 5,000 hours for \$23,491.80, seconded by Ryley Hembry. Motion carried. Hlad related that he would be willing to transfer the old sheriff's truck (103) to the landfill, however, he would like compensated for the fuel tank and pumps. The board authorized Hlad to approach the department head with the proposal. Brett Wilkinson, Kirkham Michael provided an update on the paved road striping project and OS 107. Commissioner Ray requested that Wilkinson look at the Beverly river bridge. The board forwarded road main - See "Commission" page 6

VOTE HERE

Lincoln County Registered Voters
Presidential Preference Primary
Tuesday, March 19, 2024

USD 298 Lincoln Jr. Sr. High School
Storm Shelter
701 E North St, Lincoln, KS 67455
Lincoln Center Precincts I & II, Battle Creek, Beaver, Colorado, Elkhorn, Franklin, Grant, Indiana, Logan, Madison, Marion, Salt Creek, Scott and Valley Townships Barnard City and Beverly City

Sylvan Grove Rural Fire Training Room
130 S Main St, Sylvan Grove, KS 67481
Cedron, Golden Belt, Hanover, Highland, Orange, Pleasant and Vesper Townships
Sylvan Grove City

Can't make it to the Polls on March 19?
You can Advance Vote at the Courthouse
Starting: February 29, 9:00 a.m. – 4:00 p.m.
Ending: March 18 at 12 noon

Election Related Important Dates
Pre-Election Public Testing of the Vote Tabulating Equipment
March 14 – 10:00 a.m.
Clerk's Office
Election Audit
March 21 - 10:00 a.m.
Courthouse Meeting Room
Election Canvass
March 25- 10:00 a.m.
Commission Meeting Room
Post-Election Public Testing of the Vote Tabulating Equipment
March 26 – 10:00 a.m.
Courthouse Meeting Room

Lincoln County Sheriff's Office
works with U.S. Marshall's
Fugitive Task Force

On February 21, 2024, at approximately 12:45 p.m., the Lincoln County Sheriff's Office (LCSO) was notified by the U.S. Marshall's Fugitive Task Force that two subjects wanted by the Task Force were possibly in Lincoln County. U.S. Marshall's advised that the subjects were possibly on a stolen motorcycle.
At approximately 3:45 p.m., Undersheriff Luke Sanders located what was believed to be the stolen motorcycle parked at a residence in the 300 block of East Court in Lincoln. U.S. Marshall's task force was contacted, and later in the evening, after negotiations, both subjects exited the residence and were placed under arrest for their outstanding warrant and placed under arrest.
The LCSO extends their thanks to the U.S. Marshall's Fugitive Task Force, Kansas Highway Patrol and the North Central Kansas SRT for their assistance and response in this matter.

State Income Tax Waivers
for New Residents

Have you moved to Lincoln County from out of state? If so, you may qualify for 100% state income tax waivers as part of Lincoln County's participation in the Rural Opportunity Zone program!
The waivers equal a state tax credit that is 100% of the individual's Kansas income tax liability through the 2026 tax year. There is no application for this program, waivers are claimed through an individual's annual tax filings. Want to know if you're eligible? Visit the Kansas Department of Revenue's website for more information.

Weekly Temps

	High	Low	Rain
2-20	62	18	
2-21	72	29	
2-22	66	42	
2-23	68	31	
2-24	66	24	
2-25	70	30	
2-26	76	35	

Guest Editorial

The Decisions That
Shape Our Journey

Embracing the Crossroads

As we navigate the winding path of life, we often find ourselves standing at a crossroads, where each choice we make has the power to steer our journey in new, sometimes unexpected directions. This week, I'd like to share with you a story about a decision that profoundly shaped my path, highlighting the transformative power of choice.

Several years ago, I faced a pivotal decision: What to study? One choice (Engineering) would have led me down a career path that offered security and predictability. The other choice (Political Science) takes a leap of faith into the unknown, pursuing a passion that promises fulfillment but no guarantees. This decision was not merely a professional one; it was a choice about the kind of life I wanted to lead.

The weight of this decision was immense, compounded by advice from well-meaning friends and family, each projecting their fears and hopes onto me. Amid this cacophony of opinions, I realized that the most critical voice to listen to was my own.

After much reflection, I chose to pursue my passion and started learning political science. It was a decision that came with its fair share of challenges and moments of doubt. The job prospects for an engineer were much more attractive, not many were interested in a political science student.

This choice taught me that our most defining moments often come from embracing uncertainty. It showed me that while not all decisions lead to smooth paths, they do lead to growth, learning, and the potential for joy in ways we might never anticipate.

Even today after years have passed I still do not know if I made the right choice. What I do know is that I am at peace with the choice I made, and I am grateful that I have the privilege to say that for me it is enough.

What this journey underscored for me is that the essence of our lives is not found in the destinations we reach but in the decisions we make along the way. Each choice, no matter how small, is a building block in the architecture of our existence.

"It's in our choices that we define ourselves, not in the outcomes those choices bring."

As we look ahead, I encourage you to reflect on the decisions that have shaped your journey. What crossroads have you encountered, and how have your choices influenced the person you are today? Do not judge your past choices but rather celebrate the distance you already walked in the path of life.

After all, you are alive so you didn't choose so bad right?

Remember, it's not the certainty of our decisions that defines us, but the courage to make them. As we face new crossroads, let's embrace the power of choice with open hearts and minds, knowing that each decision is a step on the journey of becoming who we are meant to be.

Wishing you a weekend of reflection and empowerment.

- Tomer Rozenberg, in Leading the Future, writing for medium.com

(<https://medium.com/leading-the-future>)

PRAIRIE DOC - BY KELLY EVANS-HULLINGER, MD

The Nagging Cough

"I've got this cough that just won't go away," my patient says, and I know this story all too well. Chronic cough, a cough that lasts more than two months, is a common ailment which in most cases is benign. But for the patient it is both bothersome and worrisome.

If your cough has lasted for less than two months it may just be the residual effect of an upper respiratory infection. Dry cough after having one of many viruses can last for weeks and weeks, and the only cure is time.

In patients who do have chronic cough, my first task is taking a good history. Are or were they a heavy smoker? If so I will be more apt to rule out cancer and consider lung imaging. I will also be suspicious of chronic obstructive pulmonary disease (COPD) which can be diagnosed by breathing tests. But many of these patients have no or little smoking history so are at low risk for those things. Why are they coughing? I can think of a few common reasons.

Mild asthma often causes cough at nighttime, in the cold, or with activity; it isn't always accompanied by wheezing. Simple breathing tests in the office can help us diagnose asthma, and it can be greatly helped with inhaled medications.

Post-nasal drip is extremely common, and we have probably all experienced it with a cold or allergies. For patients who have this chronically, the mucous produced in the nose drains down the throat, causing irritation to the upper airway and an annoying cough. If this seems likely, I suggest the patient tries a steroid nasal spray every day for a month or two, and if that resolves the cough we have our answer.

Gastroesophageal reflux disease, or GERD, doesn't always cause classic heartburn. As the stomach acid creeps up the esophagus, especially when lying flat at night, it can get high enough to irritate the upper airway and cause cough. As with post-nasal drip, sometimes we just

try treating this ailment with an acid reducing medication for a couple months to see if this cures the cough.

Finally, a commonly used type of medication can actually cause benign cough as a side effect. ACE inhibitors like lisinopril are excellent drugs for hypertension and heart disease, but around 5-10% of people will get a dry cough with it. If so, the cough resolves when we stop the med.

Back to my patient. "Tell me more about your cough," I say. "I'm confident we can figure out what is going on, even if it takes a little time."

Kelly Evans-Hullinger, M.D. is part of The Prairie Doc® team of physicians and currently practices internal 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, streaming live on Facebook most Thursdays at 7 p.m. central.

SPICE UP YOUR LIFE - LINDSAY YOUNG

This gooey, fancy souffle can't possibly fall flat



Making this chocolate caramel pecan souffle takes some time and energy, but the deep bitter chocolate flavor, along with the sweetness of homemade caramel and the nuttiness of pecans makes all the effort worth it.

If you have been reading my column for very long, you might remember a fancy lemon tart I made last year about this time.

It was a French recipe and included making everything from scratch. I decided to try it as a donation to one of our local non-profits, Peace Connections, for their annual soup supper and dessert auction.

When the group contacted me this year to see if I wanted to come up with another dessert for the auction, I turned to my "complicated" list to see what I should make.

With most of the recipes I choose, I try to pick things that are fairly easy for anyone to make and don't take hours in the kitchen to create, but my feeling on dessert auctions is that I want to make a recipe that most people have no desire to try to do themselves but would gladly pay for the opportunity to try.

So I decided this was my week to try something I have never made before: a souffle.

I was intimidated by the project, but I figured that the auction isn't until next week, and this was just my test run, so if I failed miserably, I had time to come up with a new idea.

But it turned out really, really well, and in case you can't make it to the auction, I'm sharing the recipe so you can try it, too.

This comes from the blog "Bake or Break" by Jennifer McHenry. You can find the original post at <https://bakeorbreak.com/2012/09/chocolate-caramel-pecan-souffle-cake/>. I actually followed this recipe to the letter, because making a souffle for the first time scared me.

Chocolate Caramel Pecan Souffle

Cake Ingredients

- 2 tablespoons butter, melted
- 1 cup butter, room temperature
- 1 cup superfine sugar, divided, plus extra for coating pan
- 16 ounces bittersweet or semi-sweet chocolate, chopped (I used bittersweet)
- 8 eggs, separated, room temperature
- 1/4 teaspoon salt
- 2 tablespoons bourbon
- 1 teaspoon vanilla
- 1/2 teaspoon cream of tartar

Caramel Ingredients

- 1 cup sugar
- 3 tablespoons water
- pinch cream of tartar

- 1 cup pecan halves
- 3/4 cup heavy cream
- 1/4 teaspoon salt
- 2 tablespoons bourbon

Directions

Preheat the oven to 350 degrees.

Brush the melted butter generously over the entire inside of a 10-inch springform pan.

Pour about a tablespoon of superfine sugar into the coated pan and rotate it until the entire inside is coated with a thin layer of sugar (add a little more to the pan, as needed). Tap out any excess sugar and set the pan aside.

Add the cup of butter and chocolate to a large, microwave-safe mixing bowl, and microwave for 90 seconds at half power. Stir the mixture, and if it's not yet melted, microwave at half power again, 30 seconds at a time and stirring after each time, until the mixture is smooth and everything is melted together. Set the chocolate aside.

In another mixing bowl, beat the egg yolks and salt on medium speed until the mixture is smooth. While continuing to beat the mixture, slowly add 1/2 cup of the superfine sugar, and continue to beat until the mixture turns a pale yellow color. This will take several minutes.

Beat in the bourbon and vanilla, and then hand stir the egg mixture into the melted chocolate.

In another mixing bowl, add the egg whites and the cream of tartar (it's recommended to use a stainless steel bowl for

See "SPICE" page 6

Post Rock Extension District - BY BLAIRE TODD

K-STATE RESEARCH AND EXTENSION-POST ROCK DISTRICT LIVESTOCK PRODUCTION AGENT

The Importance of Colostrum

At the beginning of every calving season, we find ourselves discussing the importance of colostrum (first milk) in cow-calf herds. We discuss this topic so often; it makes one wonder if we shouldn't move on to other topics? The short answer to that question is NO because of the great importance of this single dietary ingredient to calf health and growth.

The bovine species is special and almost perfect in every way except the design of the placenta. Unfortunately, because of the way the placenta is structured, the dam cannot pass any of her antibodies through the placenta to the calf. Therefore, the calf is completely devoid of any antibody protection against infections at the time of birth.

To overcome the inability to pass antibodies to the calf before birth, the bovine dam secretes large amounts of antibodies into her colostrum. Colostrum contains ten times more IgG1 (one of the major antibodies) compared to milk produced during the rest of lactation. If the calf rises and suckles within the first few hours after birth, it will absorb the antibodies contained in the colostrum. Protection will be immediate upon absorption. If the calf does not nurse

and absorb these antibodies, then a very important part of their ability to fight infections will be absent for several weeks.

Several factors are involved to assure colostrum antibody protection. The length of time from birth to consuming colostrum is very important. Immediately after birth, the calf's digestive system begins to lose its ability to absorb colostrum antibodies. At six hours after birth, only about 60% of the colostrum antibodies consumed will be absorbed into the calf's system and by 24 hours virtually none will be absorbed. It is very important that each calf receives colostrum as soon as possible after birth to maximize antibody absorption. Colostrum quantity is also important. The level of antibody protection provided by colostrum is dependent on the total amount of antibodies consumed by the calf. This amount is dependent on the amount of colostrum that is produced and consumed. Colostrum quantity is largely dependent on dam age and her pre-calving nutritional status. Colostrum quality is the third component of a successful colostrum management program. The term quality means the number of diseases that are represented by the colostrum

antibodies. The antibodies are disease specific. For example, antibodies that target E. coli infections will not be the same antibodies that target Rotavirus infections. The range of disease specific antibodies produced by the dam is dependent on the variety of diseases she has been exposed to in her lifetime and the number of diseases she has been vaccinated against. A well-designed vaccination program can greatly improve colostrum quality.

The importance of colostrum in neonatal calves goes beyond antibody protection. Compared to milk, colostrum concentration of fat and protein is two to four times greater. The concentration of the major vitamins, including A, B, D, and E is also much higher in colostrum compared to milk. In addition to these nutrients, colostrum contains several enzymes that possess antimicrobial properties. These nutrients and enzymes are extremely important to the calf's ability to survive and grow during early life. For most herds there will be times when a calf is unable to rise and nurse as quickly as needed. Typical cases include a calf that has experienced dystocia and is tired or hurt or is born to a dam with poor

See "POST" page 6

POST ROCK
COMMUNITY FOUNDATION

 **200% MATCH**
When You Give In February

GIVE IN FEBRUARY

During February, every **\$1.00** donated to the Post Rock Community Action Fund will be matched with **\$2.00** from the Dane G. Hansen Foundation to support our community

 **Maximize your donation!**

VISIT OUR FACEBOOK:
Head over to our Facebook page to see how your dollars have impacted community projects in your area!
www.facebook.com/PostRockCF

MAIL DONATIONS TO:
Post Rock Community Foundation,
P.O. Box 62, Sylvan Grove, KS 67481

OR GIVE ONLINE:
www.postrockcf.org

FOR EXAMPLE:
\$10 becomes \$30.
\$100 becomes \$300.
\$1,000 becomes \$3,000.

Help us reach our goal of \$70,000!

 **POST ROCK community foundation**

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 **GIVE US A CALL**

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The Official Newspaper for Lincoln County Kansas

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141 W. LINCOLN AVENUE - LINCOLN, KS 67455 - (785) 524-4200 - USPS 313-820 - LINCOLNKSNEWS@GMAIL.COM - LINCOLN SENTINEL.COM



THIS SEASON IS A NOTABLE PERIOD FOR ANIMAL BIRTHS.

ANSWER: SPRING

What’s the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A

B

Answers: 1. Missing tea kettle 2. Extra vase 3. Cat on counter 4. Left cabinet is wood

THIS DAY IN...

HISTORY

- **1806:** CONSTRUCTION IS AUTHORIZED ON THE GREAT NATIONAL PIKE, BECOMING THE UNITED STATES' FIRST FEDERAL HIGHWAY.
- **1927:** SUNBEAM 1000HP BREAKS THE LAND SPEED RECORD AT DAYTONA BEACH.
- **1973:** THE LAST UNITED STATES COMBAT SOLDIERS LEAVE SOUTH VIETNAM.

EQUINOX

a date when day and night are almost of equal length

How they SAY that in...

ENGLISH: Bud

SPANISH: Capullo

ITALIAN: Boccio

FRENCH: Bourgeon

GERMAN: Knospe

Did You Know?

MANY EARLY SPRINGTIME FLOWERS ARE BULBS, INCLUDING CROCUSES, HYACINTHS AND SNOWDROPS.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: ASPARAGUS

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Lost Jonsered 670 Super Chainsaw on November 11 @ 6:30 pm between North St. and High Rise

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Call James Nelson - 785-531-2478

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Thank you, readers!

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Lincoln, KS 67455
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785-524-4371

HISTORICAL SOCIETY

Lincoln County Historical Society

Hours: Thurs. - Fri. 11 a.m. - 5 p.m. | Sat. 1 - 4 p.m.
785-524-9997 | lchs@eaglecom.net
facebook.com/lchistoricalmuseum
lincolncohistmuseum.com

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Tues. & Fri.: 8:00 am- 5 pm
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Kendra Johnson

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Wed.: 7:00 a.m. - 7:00 p.m.

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The Lincoln County Treasurer Department is Hiring!

Secretary

This position performs skilled duties, ensures compliance with Kansas law for collection, administration, and distribution of county and state monies. The employee will handle various responsibilities including bookkeeping, assisting customers with tag sales, collecting taxes, renewing drivers' licenses, and other necessary duties assigned by the County Treasurer. This is a full-time position that will start in June of 2024.

Requirements:

Must possess excellent organizational, communication, and public relation skills and the ability to handle confidential information without compromise.
High school diploma or GED
Experience is preferred but not required. Lincoln County is willing to train employees. For more information, please contact the Human Resource Department.

Human Resource Officer For Lincoln County
216 E Lincoln Ave
Lincoln, KS 67455

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USD 273

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Misc.

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free estimate. Financing available.

Call 1-877-589-0093 Have zip code of property ready when calling!

Misc

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Vath crowned conference champion



Jaycee Vath (left) was crowned MIAA Conference Champion in the 5000 meter this past weekend with a time of 17:06. Vath is Lincoln Jr Sr High School Alumni and currently attending Fort Hays State University. Your hometown is proud of you! (Photo by Shannon Meier)

Area high school Basketball scores from Tuesday, February 20th:

GIRLS
Sylvan-Lucas 54, Lakeside 26
St. John's-Tipton 55, Lincoln 26

BOYS
Sylvan-Lucas 59, Lakeside 27
St. John's-Tipton 70, Lincoln 53

Thursday, February 22nd:

BOYS
Sylvan-Lucas 52, Wakefield 16 - Solomon Sub-State, First Round

Friday, February 23rd:

GIRLS
Sylvan-Lucas 73, Rural Vista 25 - Solomon Sub-State, 1st Round

Sylvan-Lucas dominate Lakeside



Morgan Finkenbinder



Emma Cline



Harlan Pancost



Kolton Palmer

(Photos by Sarah Heller Photography LLC)

Lincoln honors seniors at last home game



Austin Baird



Bentley Smith



Branden Sinclair



Caleb Dotterer



Carisa McBride



Jasmine Fenn



Kylie Hull



Logan Meier



Tyanna Burnett-Porter



Maryn Schmidt



Maximus Squires