

# Lincoln celebrates FFA week



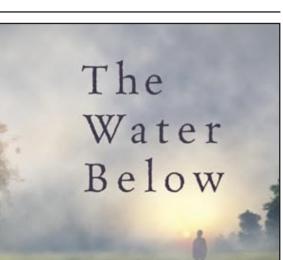
When is it common for high school students to drive a tractor to school? When it's "Tractor Day" during National FFA Week! These tractors and mowers caught our attention outside LJSHS Wednesday, February 19. (Photo by Becky Rathbun)

# 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 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 sig-



# 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 homemade 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 fouryear-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



Village Lines, 139 W. Lin- nificant questions, moral coln Avenue. dilemmas and unsetting

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 nificant questions, moral dilemmas and unsetting mysteries will love the deep undercurrents of Heather Gabelmann's first novel. You might even recognize some disguised characters and businesses.



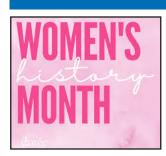
HEATHER GABELMANN

# **LES celebrates 100 days of school**



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

### 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.



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.

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

Cash Grain

Cash prices courtesy of bankoftescott.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 SENTINEL-REPUBLICAN

# 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** 

### **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.

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 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.

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.)

FARMERS ELEV



# FEBRUARY 28, 2024- PAGE 2



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.



Dennis Ray moved to proclaim February as Teen Dating Violence Debora Smith. Motion carried. Economic Development Director Gourley requested to use the court-

house lawn during the Big Kansas Road Trip. The board approved. Director of Highway Department Dale Hlad provided an update on 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 m a in - See "Commission" page 6

VCTE 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				

### LINCOLN SENTINEL-REPUBLICAN

go of Lincoln, KS, Carla (Ben) Ste-

vens of Cedar Rapids, IA, and Cyn-

thia (Garret) Wilkison of Cashion,

OK; 8 Grandchildren: Desirrae

(Brandon) Taylor, Jonah (Secylla)

Zachgo, Cheyenne Zachgo (Julian

Gonzalez), Baily Zachgo, Audi Lu-

na-Young, Byron Wilkison, Maggie

Jo Wilkison and Josephine Stevens;

and his great grandchild, Addison

Jo Taylor. Joe is also survived by

his siblings: Connie Lashell, San-

dra (Edgar) Brummer, Jim Zachgo,

Virginia (Travis) Naylor, and Toni

(Royce) Hillegeist. He was preced-

ed in death by his parents Kenneth

Joe's family would like to thank

the staff and physicians at Hays

Medical Center. They saw beyond

his disease and treated Joe with re-

spect, care, and professionalism. A

special thank you also goes to Ash-

ley Schneider; you went above and

beyond your professional duties

and truly helped our father keep his

Cards and memorials can be sent

to Kay Zachgo, c/o Cynthia Wilki-

son 433 Azalea NW, Cashion, OK

A celebration of life will be held

at Hunter Community Center, 109

1st St, Hunter, KS 67452 Saturday,

health as long as possible.

and Ila (Parli) Zachgo.

### FEBRUARY 28, 2024 - PAGE 3

### COMMUNITY

### **O**BITUARY



Leslie "Joe" Zachgo Nov. 19, 1951 - Feb. 19, 2024

Leslie "Joe" Zachgo, 72, of Ash Grove, Kansas passed away February 19th, 2024 at Hays Medical Center in Hays, Kansas.

Joe was born November 18, 1951 in Salina Kansas to Kenneth and Ila (Parli) Zachgo. He was the third of six children. He attended Shiloh, Ash Grove, and Hunter schools before graduating from Sylvan Unified High School in 1969. From there he enrolled in the mechanic program at NCK Vo-Tech, graduating in 1970. While at Vo-Tech,

married June 17, 1972 at the First Christian Church in Beloit, KS. Kay and Joe were blessed with 3 children: Jeremiah Joe, Carla Jean, and Cynthia Diane.

Joe was very handy and wore many hats throughout his life. He worked at Thrun Brother's Garage, Quartzite, Kent Manufacturing, and Great Plains Manufacturing. He often reminisced about his days traveling to Colorado for work. Joe loved the mountains. He also ran his own family business harvesting for local farmers each summer and found great joy in sharing this with his family.

Joe volunteered with the Hunter Fire Department for many years. He had a great love for playing the card game Pitch. Joe had the remarkable ability to "shoot the moon" before even picking up his cards, and he rarely went set. Joe was also known for his hard work and helping others with their building projects. He loved welding and working in his shop. Joe always loved seeing and hearing about his grandchildren's adventures and latest achievements as well as sneaking them sweets when their parents weren't looking.

Leslie "Joe" is survived by Kay Zachgo of Cawker City, KS and their he met Kay Speaks and they were 3 children, Jeremiah (Roxy) Zach-

### **Denmark Dames Service Club**

### By Janet Humburg

Members met at the home of Elsie Driscoll on February 6. For the Reading, Elsie showed the ladies some of her old family Valentines cards that pop up. They were delicate with age.

The Roll Call was about a favorite household hint. Elsie finds it easier to reseal food bags with clothes pins. Connie received a gadget that extends to clean ceiling fans and no longer has to worry about climbing a ladder. Georgie ordered a square air fryer to replace her microwave. Microwaves destroy all nutrients in food. Elaine uses a bent coat hanger

### to clean her shower drain.

The minutes of the November minutes were read. Connie moved to approve the minutes as read. The minutes were approved. The Treasurer reported that the balance remains the same. Correspondence. The Dames received a thank you from the 4H Boosters. Friends of the Lincoln Carnegie Library sent their newsletter with a request for funds. Last year we donated \$25. Elsie moved we donate \$25 to the Friends of the Lincoln Carnegie Library. Elaine seconded the motion. The motion passed. A request for a donation to the Crispin Antiquari-

an Foundation was received. Elaine moved to donate \$25 to the Crispin Antiquarian Foundation. Elsie seconded. The motion passed.

New Business. Dues were collected. The club booklet was handed out and meeting dates were assigned. Old Business. Georgie discussed the Pancake Dinner at the Denmark Hall on February 25 from 4:30 to 7 p.m.

Georgie adjourned the meeting, and the ladies enjoyed the cherry dessert Elsie made in honor of Brenda. Then the Dames got busy and made Valentine's Day cards for people in the high rise and nursing home.

# 7th STEM visit to Lincoln Park Manor



14 Sylvan-Lucas 7th grade STEM students traveled to Lincoln Park Manor to drive their ro-



Pastors Kaye & Jeff Metzler Adult Sunday School @ 10:00 am Morning Worship @ 11:00 am

**BETHANY CHURCH** Eight miles north, six miles west and one mile north of Lincoln Sunday School @ 9:45 am Worship Service @ 11:00 am Evening Service @ 7:00 pm

**BETHLEHEM LUTHERAN** CHURCH LC-MS Pastor Christopher Craig Sylvan Grove, Kansas Sunday School @ 9:00 am Sunday Worship @ 10:00 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

BEVERLY UNITED METHODIST Pastors Kaye & Jeff Metzler Church Service @ 9:00 am **CENTRAL CHRISTIAN CHURCH** Pastor, Chris Hall Sunday School @ 9:15 am

Worship Service @ 10:30 am Find us on Facebook Children are welcome!

CULVER METHODIST CHURCH Pastor Demerle Eckart 401 Main Street, Culver, Ks Sunday Worship @ 9:30 am Saturday Coffee @ 8-10 am DENMARK EVANGELICAL LUTHER-AN COMMUNITY CHURCH, ELCA

Pastor Angie Sundell Worship Service @ 10:30 am

FAITH BAPTIST CHURCH Pastor Jonathan Schale

Lincoln Park Manor @ 9:30 am Bible Study @10:30 am Worship Hour @ 11:15 am Evening Worship @ 6:00 pm Wed. Bible Study @ 7:00 pm

FIRST BAPTIST CHURCH Pastor Carolyn Allen, Barnard Morning Worship @11:00 pm

GRACE CHAPEL-HUNTER Pastors Kaye & Jeff Metzler Worship Service @ 9:00 am

Morning Worship @ 9:30 am Afternoon Worship @ 2:30 pm

LINCOLN UNITED METHODIST Pastors Kaye & Jeff Metzler Worship Service @ 10:30 am

PRESBYTERIAN CHURCH Sylvan Grove, Kansas Sunday School @ 10:00 am Church @ 11:00 am

ST. JOHN LUTHERAN CHURCH Pastor Don Haselhuhn Lincoln, Kansas Two and one-half miles south of Lincoln on Highway 14 Sunday/Bible School...9:30 am Worship Service......10:30 am

ST. PATRICK'S CATHOLIC CHURCH Father Mark Wesely, Lincoln Rectory phone: 785-524-4823 Email: stpat327@gmail.com Sunday Mass @ 11:00 am Sunday CCD Classes @ 9:45 am Weekday Mass: Mondays - 3:30 pm

ST. PAUL'S LUTHERAN CHURCH LCMS Pastor Don Haselhuhn

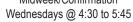
Six and one-half miles south and 4 miles east of Lincoln Worship Service @ 9:00 am

ST. PAUL'S LUTHERAN CHURCH, ELCA Pastor Rod Thompson, Tescott

Worship Service @ 9:00 am TESCOTT UNITED METHODIST

CHURCH Pastor Demerle Eckart Sunday School @ 10:00 am Worship @ 11:00 am

TRINITY LUTHERAN CHURCH, HUNTER Pastor Matthew Schneider Hunter, Kansas Sunday School @ 9:00 am Worship Service @10:00 am Midweek/Confirmation



St. Paul Lutheran Church LCMS



March 2nd at 11am.

73016.

bots with the residents. From Tyler Gier, "I was pretty proud of the students. They did a great job of mingling with the residents and showing them how to maneuver the robots. The residents really took to the kids and driving the bots." (story and photo courtesy Tyler Gier, USD 299)

Honor Roll

0,13

### LINCOLN COMMUNITY <u>CHURCH</u>

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

Pastor Don Haselhuhn Six and one-half miles south and four miles east of Lincoln Service Times:

Worship Service: 9:00 a.m.

### Church schedules are made possible by the following sponsors:



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# Student Achievements Wichita State University

### earn degrees More than 1,280 students completed a total of 1,380 degrees at Wichita State University in fall 2023. Undergraduate students who have attained a grade point average of 3.9 out of a possible 4.0 received the summa cum laude award; those with an average of 3.55 received the magna cum laude award; and those with an average of 3.25 received the cum laude.

Lincoln

Local students

Allison Sweet, BS in Nursing, Nursing-RN-to-BSN, Magna Cum Laude

Lucas

Jamie Zimmerman, Bachelor of Arts in Education, ECU/Elementary Educ Apprentice



# Local students named to Dean's

Wichita State University has announced the names of 3,686 students who were on the WSU Dean's Honor Roll for fall 2023. To be included on the dean's honor roll, a student must be enrolled full time (at least 12 credit hours) and earn at least a 3.5 grade point average on a 4.0 scale.

Evelyn Garay, Lincoln Alia Larson, Lucas Kylie Flax, Tescott

Congratulations!

# **EDITORIAL/OPINION**

# LINCOLN SENTINEL-REPUBLICAN

FEBRUARY 28, 2024 - PAGE 4

# **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 deci-sion 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 po-tential 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 personyou 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,

# 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 in-fection. 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 asth-ma, 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 re-solves 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<sup>®</sup> team of physi-cians and currently practices internal medicine in Brookings, South Dakota. Follow The Prairie Doc<sup>®</sup> at www.prairiedoc.org and on Facebook featur-ing On Call with the Prairie Doc<sup>®</sup> 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/chocolatecaramel-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 semisweet chocolate, chopped (I used bittersweet)
- 8 eggs, separated, room temperature
- 1/4 teaspoon salt

- 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

writing for medium.com

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

### POST ROCK COMMUNITY FOUNDATION



# **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



#### VISIT OUR FACEBOOK: Head over to our Facebook page to see how your dollars have

your donation!

impacted community porjects in your area www.facebook.com/PostRockCF

#### MAIL DONATIONS TO: Post Rock Community Foundation,

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

P.O. Box 62, Sylvan Grove, KS 67481 OR GIVE ONLINE: www.postrockcf.org

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



- 2 tablespoons bourbon
  - 1 teaspoon vanilla
- 1/2 teaspoon cream of tartar •

#### **Caramel Ingredients**

- 1 cup sugar ٠
- 3 tablespoons water • pinch cream of tartar

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

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# **KIDS CORNER**

# LINCOLN SENTINEL-REPUBLICAN

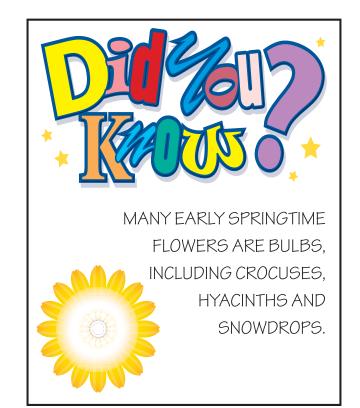
# FEBRUARY 28, 2024 - PAGE 5



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?





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



• 1806: CONSTRUCTION IS AUTHORIZED ON THE GREAT NATIONAL PIKE, BECOMING THE UNITED STATES' FIRST FEDERAL HIGHWAY.

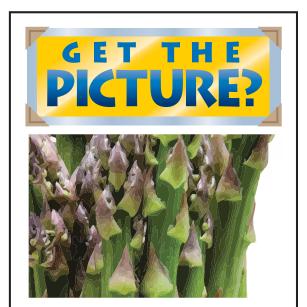
• **1927:** SUNBEAM 1000HP BREAKS THE LAND SPEED RECORD AT DAYTONA BEACH.

• 1973: THE LAST UNITED STATES COMBAT SOLDI-ERS LEAVE SOUTH VIETNAM.



**EQUINOX** 

a date when day and night are almost of equal length



Can you guess what the bigger picture is?

ANSWER: ASPARAGUS

# Give your kids a head start! **Open a savings account for them TODAY!**





**The Cornerstone** of Our Community



100 W. Lincoln Ave. Lincoln, Kan.



### **News**

# LINCOLN SENTINEL-REPUBLICAN

# FEBRUARY 28, 2024 - PAGE 6

# **Commission**/from page 2\_

tenance requests within their respective districts. Debora Smith moved to approve the minutes for the February 5, 2024, regular meeting, seconded by Dennis Ray. Motion carried.

The board discussed the transportation bus operations. Dennis Ray moved to recess into executive session for ten minutes for the purpose of discussing the transportation bus pursuant to K.S.A. 75-4319(2)(b)(1) to discuss personnel matters of nonelected personnel, to reconvene in the courthouse commission meeting room with the commission and County Clerk Dawn Harlow, seconded by Debora Smith. Motion carried. Time in: 10:29 a.m. Time out: 10:39 a.m.

The chairman reconvened the meeting to regular session at 10:39 a.m. with no action taken.

The board authorized Commissioner Smith to visit with the Transportation Bus Director.

The chairman adjourned the meeting at 10:46 a.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. Tuesday, February 20, 2024.



# Livestock Commission Co.

Total for the Week - Cattle - 4,548 Bulls - \$137.00 - \$149.00 Cows - \$115.00 - \$127.00

Strs			Hfrs	
300-400	\$365.00-376.00		300-400	\$333.00-345.00
400-500	\$355.00-367.00		400-500	\$339.00-350.00
500-600	\$325.00-334.00		500-600	\$290.00-302.50
600-700	\$303.00-315.00		600-700	\$247.00-258.00
700-800	\$265.00-274.00		700-800	\$235.00-244.00
800-900	\$239.00-250.25		800-900	\$213.00-225.00
900-1000	\$227.00-239.85		900-1000	NO TEST

Early Consignments for

# Answers for Older Kansans (AOK) Seminar Series, focused on protecting oneself from scams, continues through March:

An Answers for Older Kansans Seminar Series "Scam Scan" hosted by North Central-Flint Hills Area Agency on Aging and Kansas Legal Services has begun. The seminars are free and open to the public.

Seminars began January 24th with great attendance. Seminars are continuing through March and possibly April. Corinne Petrik, managing attorney at Kansas Legal Services, recent Sunflower Fair Presenter, and presenter for this Seminar Series, summed up what to expect should you attend:

"Avoiding Scams: Theft, Fraud, And The Things That Go Bump In The Night!" Getting scammed can happen to anyone. I'm willing to bet that anyone reading this publication has had an email, phone call, or text message today that has attempted to scam them. This presentation is designed to help you recognize common scams in order to avoid falling prey to them. You will learn prevention tips to help keep you, your monev, and your information safe!

am

pm

March 20th : Hillsboro

Senior Center @ 10:30

March 20th : Peabody

Senior Center @ 12:30

212 N. Main St.

620-947-2304

Hillsboro, KS 67063

106 N. Walnut St

620-983-2226

Peabody, KS 66866

March 2024 Dates:

March 13th : Golden Wheel Senior Center @ 10:30 am 114. Concord St. Minneapolis, Ks 67467 785-392-3338

March 13th : Lincoln Senior Center @ 12:30 pm 116 W. Lincoln Ave. Lincoln, Ks 67455 785-524-4738

# **Post**/from page 4\_

mothering ability or born to a dam that doesn't produce enough colostrum. In these cases what are the best ways to manage the colostrum program? In the case where the calf is hurt or the dam's mothering

ability is lacking, hand-milking the dam, and collecting the colostrum is the best intervention. This should only be attempted if it can be accomplished in a facility that provides safety to both human and dam. Never use dairy colostrum or colostrum from neighboring cow-calf operations. There are several diseases, including Johne's disease and bovine leukosis, that may not be on your operation and can be passed to the calf through the colostrum. The second-best intervention would be to administer a commercial powdered-colostrum replacer. Do not use colostrum supplements as they do not contain the appropriate concentration of antibodies for protection. It is also best to choose a colostrum replacer made from bovine colostrum, not bovine plasma. Research has shown that absorption is higher in colostrum-based replacers. It is also important that electrolytes or probiotics NOT be mixed with colostrum or colostrum replacers. Research is clear that these products interfere with colostrum/replacer digestion and absorption. Does feeding method impact colostrum absorption? It is always best to use a nipple bottle. When the calf nurses, the colostrum will by-pass the rumen and will arrive in the intestinal area where absorption occurs much faster. Research indicates that by-passing the rumen is more important if feeding 1 quart or less of colostrum/replacer. An 80-pound calf needs about 2 quarts of colostrum and most commercial replacers are formulated to be fed in 2-quart amounts to all sizes of calves. In these cases, using an esophageal feeder is certainly acceptable. Colostrum is one of the most important components in any calf-health program not only because of the antibodies but also because of the many other nutritional products that it provides. Colostrum quantity and quality, in addition to timing from birth to consumption, are important aspects of any colostrum management program. Thanks to Gregg Hanzlicek, Kansas State Veterinarian, for sharing information related to the importance of colostrum. For further information, contact me at any Post Rock Extension District Offices in Beloit, Lincoln, Mankato, Osborne, or Smith Center. Post Rock Extension District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith counties. Blaire may be contacted at blairet@ksu. edu or by calling Beloit 738-3597, Smith Center, 282-6823, Lincoln 524-4432, Mankato 378-3174, or Osborne 346-2521. Join us on Facebook at "Post Rock Extension" and remember our website is www.postrock.ksu.edu.

# **Commerce Grants** available for Rural Mural and Public Art Projects

The Kansas Department of Commerce today announced a total of \$75,000 is available for a new round of Rural Mural and Public Art program funding. The program helps rural communities design engaging new art that improves the local aesthetic - making the community more appealing not only for those who live there but for potential new businesses and residents as well.

Grants up to \$7,500 are available for eligible communities, which also is the total amount any one county can receive. The Office of Rural Prosperity program requires a 1:1 match, with 25% being a cash match unless the community has fewer than 1,000 residents. For those communities, matching support can be 100% inkind services, including volunteer labor, materials and supplies, equipment, etc.

"Murals and creative projects invite new businesses and residents to celebrate Kansas as their home," Lieutenant Governor and Secretary of Commerce David Toland said. "Our holistic approach to economic development includes dedicating resources that enhance the physical attractiveness of communities, which helps encourage new investment."

Awards will be given to communities across the state with less than 15,000 population. Murals can beautify community gathering spaces, elevate tourist attractions, and offer a welcoming message for visitors. Communities are encouraged to utilize the 11-week application period to complete community engagement conversations about what the art should reflect.

"Over the past three years, we have supported the creation of more than 75 murals and public art pieces in rural communities across Kansas," Office of Rural Prosperity Director Trisha Purdon said. "These art pieces support economic growth, instill pride and create community excitement for residents and visitors who have viewed the murals throughout the state."

Applicant communities should identify their muralist, art location and design concept by May 10, 2024, the application due date. Murals and public art must be completed by December 31, 2024. Click here for more details. There also will be a webinar at 11:00 a.m. Wednesday, February 28. To register, click here.

About the Kansas Department of Commerce: As the state's lead economic development agency, the Kansas Department of Commerce strives to empower individuals, businesses and communities to achieve prosperity in Kansas. Commerce accomplishes its mission by developing relationships with corporations, site location consultants and stakeholders in Kansas, the nation and world. Our strong partnerships allow us to help create an environment for existing Kansas businesses to grow and foster an innovative, competitive landscape for new businesses. Through Commerce's project successes, Kansas was awarded Area Development Magazine's prestigious Gold Shovel award in 2021, 2022 and 2023, and was awarded the 2021 and 2022 Governor's Cup by Site Selection Magazine.

### Thursday February 29th:

100 steers & heifers, 800-850, home raise, long wean; 94 mostly black steers, 700-900, home raise, wean 60 days, 2 round vaccinations; 25 black heifers, 650#'s, home raise, wean 160 days, vaccinated; 64 steers, 550-650, home raise, long wean, 2 round vaccinations; 30 black steers & heifers, 500-700, home raise, long weaned; 30 steers & heifers, 500-650, home raise, wean 90 days, vaccinated, open; 62 steers, 850-900; 55 black/charX heifers, 500#'s, home raise, long wean, vaccinated, Bar S or Green Garden sired; plus more by sale time.

- Special Cow Sale Tuesday March 19th: • Get your cattle consigned.
- · BULLS: 4 yearling black angus bulls, semen tested, registered; 8-17months old registered red angus; 4 polled char 18 month old, virgin, semen & trich checked; plus more by sale time.
- HEIFER PAIRS: 15/15 black pairs, blk/charX calves; plus more by sale time.
- REPLACEMENT HEIFERS: 100 black heifers, 800#'s, 2 round vaccinations, open, very fancy; 30 black heifers, sim/angus, vaccinated, Cow Camp sired; 45 black heifers, 800#'s, pelvic measure, pelvic exam, OCHV'd; plus more by sale time.
- BRED COWS/COW PAIRS: 77 cows, 76 calves, cows 4-7 years old, bulls in Dec.8, Jamison Horn Herefords; 10/10 black pairs, Dec. calves, all worked, cows, poured; plus more by sale time.

• <u>Spring Spectacular Horse Sale</u>

• May 18, 2024.

• Get your horses consigned today!! • Deadline is March 1st!! Upcoming Special Sales

 Cow Sales March 19
April 16
May 7

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Heavy Duty Feed Bunks

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

Sales Manager, Mike Samples Office: 785-825-0211 Cell: 785-826-7884 Salina, Kansas

Listen to our markets on KSAL, Salina at 6:45 a.m. Mon. thru Fri. For more information or to consign cattle call sale barn or: Fieldman Representatives: Kenny Briscoe • Lincoln, KS • 785-658-7386 Lisa Long • Ellsworth, KS • 620-553-2351 Cody Schafer • 620-381-1050 Auctioneers:

Kyle Elwood, Brandon Hamel, and Garren Walrod

Got a great news story? Send your information to lincolnksnews@gmail.com

### Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, February 28, 2024) IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS IN THE MATTER OF THE ESTATE OF ) Case No. 23 PR 000018 DARRELL K. OETTING, DECEASED ) TITLE TO REAL ESTATE INVOLVED NOTICE OF HEARING ON PETITION FOR FINAL SETTLEMENT AND APPROVAL OF ACCOUNTING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED: You are hereby notified that a Petition has been filed in said Court by Quinton Richards, executor of the Estate of Darrell K. Oetting, deceased, praying for final settlement of said estate, approval of his acts and proceedings as executor, allowance of attorneys' fees and expenses, and that the Court determine the devisees and legatees entitled to the estate and assign the same to them in accordance with the Will of Darrell K. Oetting, deceased.

You are hereby required to file your written defenses on or before the 27th day of March 2024 at 9:30 o'clock A.M. on said day, in said Court, in Salina, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon said Petition.

/s/Quinton Richards

Quinton Richards Executor

KENNEDY BERKLEY 119 W. Iron. 7th Fl. P.O. Box 2567 Salina, KS 67402-2567 (785) 825-4674 ATTORNEYS FOR PETITIONER this). Start with your mixer on low and beat until the egg whites are a bit foamy, then turn the speed up to high and beat until peaks begin to form. Add in the other 1/2 cup of superfine sugar, a little at a time, continuing to beat the mixture on high, and once it forms stiff peaks, you're ready for the next step.

**SPICE**/from page 4

Stir about one-third of the whipped eggs into the chocolate mixture until all of the white disappears, and then gently fold the rest of the eggs into it, just mixing until all of the white is incorporated but being careful to keep the mixture as airy as you can.

Pour the batter to the springform pan. Bake for 25 to 30 minutes or until the cake puffs up, the top is firm, and a toothpick inserted in the center comes out with moist crumbs.

Let the souffle cool for at least 15 minutes before removing the sides of the pan. (Don't worry if it falls a bit while it cools; that's supposed to happen, and we'll cover it all up with caramel soon.)

While the cake cools, make the caramel. In a heavy saucepan, add the sugar, water and cream of tartar and cook over medium heat, stirring often, until the sugar is fully dissolved. Turn the heat up to high and let the mixture boil for several minutes, continuing to stir intermittently, until it turns a deep amber. Remove it from the heat as soon as it reaches that color so that it doesn't burn.

Off the heat, stir in the pecans, cream and salt. (Mine fizzed up a bit when I did this. Just keep stirring.)

Put the pan back on low heat and stir continuously for about five minutes or until the caramel thickens. Stir in the bourbon, and continue to stir for a couple more minutes until the sauce thickens again. You're looking for a gooey consistency like an ice cream topping.

Pour the caramel mixture evenly over the cake, and let the cake cool completely before serving. Store in an airtight container.

This was definitely a several-hour project, but not only did my souffle turn out beautifully, it was absolutely delicious, too. It was extremely decadent with the bitter chocolate and the sweet caramel. It was amazing with a cup of coffee, and I bet it would be great with a scoop of vanilla ice cream, too. This is one of those desserts where a small piece is the perfect amount because of how rich it is.

And if you don't want to try to make this one yourself, I'll be making another that could be yours.

The Peace Connections soup supper begins at 5:30 p.m. and is by donation. The dessert auction will go from 6:15 to 7 p.m. Everything will take place Thursday, Feb. 29, at Newton Nazarene Church, 1000 N Main St., Newton, and the proceeds will benefit Harvey County Circle of Hope, which helps community members reach financial stability. You can learn more at peaceconnections.org.

Plus, I can cross a souffle off my list, along with a French cream tart. Now I just have to figure out what I'll make next year.

*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.

#### LINCOLN SENTINEL-REPUBLICAN FEBRUARY 28, 2024 - PAGE 7 CLASSIFIED SERVICES NOTICE LOST CHAINSAW The Lincoln Krueger Backhoeing: NEAR Septic systems, lagoons, This newspaper will not **County Treasurer** water lines, basements. All Lost Jonsered 670 Super Chainsaw on knowingly accept any ad-HR. types of backhoe and tren-November 11 @ 6:30 pm between North St. vertising for real estate which is in violation of the **Department** is cher work. Licensed and and High Rise law. Our readers are hereby insured. Call Ken at (785) **Hiring!** informed that, to the best of 524-4663. ---tfn **REWARD OFFERED** our knowledge, all dwellings Secretary advertised in this newspaper FOR RENT are available on an equal op-This position performs skilled duties, ensures com-Call James Nelson - 785-531-2478 portunity basis. To complain Looking for a house to pliance with Kansas law for collection, administration. of discrimination call HUD toll-free at 1-800-424-8590. rent in Lincoln? Call Todd, Reward and distribution of county and state monies. The emat Haring Rentals at 785-Equal Housing Opportunity. ployee will handle various responsibilities including 524-4331 or 785-556-1827. \$500 reward for information leading to --tfn bookkeeping, assisting customers with tag sales, colconviction of a stolen motorcycle that was at 815 Buying? Selling? Trading? lecting taxes, renewing drivers' licenses, and other nec-N 9th St., Lincoln, KS. essary duties assigned by the County Treasurer. This is Looking for? Giving away? a full-time position that will start in June of 2024. Email lincolnksnews@gmail.com with any Send your **Requirements:** information. Must possess excellent organizational, communicainformation to SHAP tion, and public relation skills and the ability to handle confidential information without compromise. LOCAL lincolnksnews Thank you, readers! High school diploma or GED Experience is preferred but not required. Lincoln @gmail.com County is willing to train employees. For more information, please contact the Human Resource Department. Lincoln Sentinel-Republican Business & Service Directory Human Resource Officer 785-524-5232 For Lincoln County lincolncoks.com 216 E Lincoln Ave EOE/Drug-Free Lincoln, KS 67455 Workplace Call: 785-524-4200 or email: lincolnksnews@gmail.com to get your business card for as low as \$8.75 per week! **POSITION AVAILABLE** REAL ESTATE **BELOIT USD #273** Kendra GET YOUR BUSINESS LISTED FOR AS **VILDLIFE** POSITION: Parents As Teachers, Parent Educator Johnson LOW AS \$8.75 PER WEEK! **BUYING OR** WHERE: Lincoln & Sylvan/Lucas School Districts REALTOR SELLING **USD 273** EMPLOYED BY: USD #273 - 40 hours per week Email lincolnksnews@gmail.com KAYLA ERREBO - REALTOR **QUALIFICATIONS:** Must have a minimum of 60 today to sign up! (785) 420-0304 785-420-7282 credit hours from an accredited university. Some kavlaerrebo.realtor@amail.com 3075 US Hwy 24 hours must be in Early Childhood Education or a Idealwithkendra@gmail.com related field. PO Box 547 **A**ERIAL **S**PRAYING Beloit KS 67420 STARTING DATE: ASAP **Post Rock Aviation** (785) 738-3261 MEDICAL SERVICES We offer a competitive salary and excellent benefits **Deadline for** including paid sick/vacation leave, holidays, Kansas **Lincoln County Applications:** Public Employees Retirement System and a full fringe Until Filled ALPHA benefit package, including health and dental AG AIR LLC Tracy Hillegeist 785-577-3017 Hospital Neighbors Helping Neighbors Clay Haring 785) 524-5240 Lucas Baumbach · 785-243-4803 If you are interested in this position, please submit an application and current resume. Applications and complete **Beverly, Kansas** job description are available at the Board of Education Office, 3075 US Hwy 24, Beloit or online at AUTOMOTIVE REPAIR BANKING www.usd273.org, District Information, Employment Equal Opportunity Employer Information **MEYER** Citizens State **TIRE & LUBE** Bank 785-524-4480 & Trust Company Ellsworth • Lincoln Delphos • Glasco 1892 E. Hwy 18 - Lincoln, KS LP Bottle Exchange Minneapolis WITHOUT PUBLIC NOTICE YOU ARE LEFT GUESSING Oil - Lube - Tires - Full Service 785.524.4840 FDIC /85.524.4010 www.csbanc.com Hours: M-F ~ 7:30-5:30; Sat ~ 8:00-12:00 Public notices in our newspaper help you stay informed about government, corporate and private activities that touch your world. An informed citizenry is the core of our democracy. CHIROPRACTIC



# **S**ports

LINCOLN SENTINEL-REPUBLICAN FEBRUARY 28, 2024 - PAGE 8

# 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



Morgan Finkenbinder



Harlan Pancost



Emma Cline



Kolton Palmer

(Photos by Sarah Heller Photography LLC)

# Lincoln honors seniors at last home game



Austin Baird



Carisa McBride



Tyanna Burnett-Porter





Jasmine Fenn



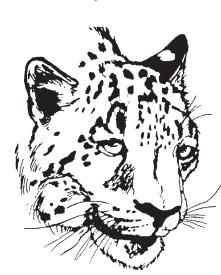
Maryn Schmidt



Branden Sinclair



Kylie Hull

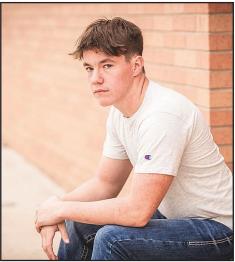




**Caleb Dotterer** 



Logan Meier



**Maximus Squires**