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Senior Center not just for seniors

By Jyll Phillips, Lincoln-Sentinel

Senior centers are local facilities available to seniors and offer them resources, activities, and social engagement. Their programs and activities help enhance the senior population's quality of life and ease their loved ones' worries.

The Lincoln Senior Center goes beyond being a gathering place for the senior community. Senior centers are designed as "one-stop shopping" for older adults.

The meal program offered by the Lincoln Senior Center serves not only Lincoln's

older population, but also delivers meals to Sylvan Grove, Beverly and Barnard. Anyone can take advantage of the low-cost meals offered at the senior center, no matter their age.

Adults over 60 pay only \$4.00 for a well-balanced meal, including beverage and dessert. Anyone under 60 is considered a "full-pay" guest, paying only \$7.00 for a meal. Menus are published each week in the Sentinel-Republican. A basic health assessment must be completed and on file at the cen-

Lincoln's Senior Center prepares an average of 78 meals per day, which is fewer meals than they prepared prior to the COVID outbreak. Additionally, prior to COVID the center was full every day. People ate in the dining room and nourished their personal relationships as they nourished their bodies. Deliveries were also available but were primarily used by those who were unable to go to the center for health and/or mobility

"After COVID, everyone wanted delivery service,"

said Cecilia Tagtmeyer, Director of the Lincoln facility. "It is the same price, and they enjoy the convenience of delivery."

The daily interaction at the Lincoln Senior Center is missed by everyone involved, but is often ignored in favor of convenience.

This might sound wonderful for people in a small rural area like ours where food delivery seldom exists, but it is also a dangerous trend. The adult children of local seniors were able to check on their loved ones by con

See "Seniors" page 4

Esterl named 2023 Sanitarian of the Year



Shawn Esterl, Lincoln, (left) was recently named Kansas Environment Health Association's Sanitarian of the Year for 2023. Esterl also received the association's President's Award in 2018. The main objective of the association is to promote competency and effectiveness in sanitarians and other environmentalists engaged in the regulation of the Kansas environment. (Courtesy

City approves vaccination clinic

The Lincoln Area Humane Society (LAHS) was represented by Anita Simmons and Charlene Griffen at the regular city council meeting Monday, March 11, asking the council's permission to use the "firehouse" portion of the city building for a vaccination and licensing clinic. Simmons told the council they have not chosen a specific date as of yet, but plan on one weekend day in April, asking which dates might be available. The clinic would be held from 8:00 a.m. to 11:00 a.m., contice based in Beloit.

City Clerk Heather Hillegeist informed them each weekend in April is available, agreeing the city would be notified of the date set as soon as possible, requesting LAHS help in making sure licensing occurs at the same time. Hillegeist said of all the dogs currently owned as pets in Lincoln, only 17 were licensed. Licensing is important for several reasons, including compliance with state regulations, avoidance of fines and for identification purposes if dogs are

are required by state law. Licenses are available with evidence of proper vaccination. Licensing fees are set to increase from \$5.00 to \$10.00. Jim Metz spoke to the council on behalf of the Recreation Council regarding a softball game during Bike Across Kansas (BAK) June 11. Metz requested a concession stand and beer garden. The council approved their plan and gave them guidance on obtaining a liquor license for the event. The funds will be used for the continuation of upgrading

Keegan Bailey, North Central Regional Planning Commission (NCRPC) presented her recommendation for the city's ARPA funding, authorizing several items to be paid with ARPA funding, leaving the general fund in-

Projects include Lift Station Valves in the amount of \$14,706 out of \$15,500 in the Expense Category of 5.5 in ARPA regulations; a 2013 Ford F250 purchase for the Street Department in the amount of \$30,294 in Expense Category 5.18 in

See "City" page?

Youth Entrepreneurship Challenge was March 5



Top winners of the 2024 Youth Entrepreneurship Challenge. (L-R) Sydney Heller, Maryn Schmidt, Kolton Palmer, Blane Lamb, Casey Sigle and Drayse Walter.. (Courtesy Photo)

at USD 299, captured 1st place at the Youth Entrepreneurship Challenge held on Tuesday, March 5th. Sydney won \$500 for her 1st place finish with her online storefront business--Sydney's Savings Storefront, LLC. She also won \$100 for winning the Ready to Launch Award, as she has recently started this business. In second place, and winning \$300, was Maryn Schmidt, USD 298, with

Sydney Heller, a student her Cupcakes and Confetti

event planning business. Other Sylvan students placing in the top six were Elsie Finkenbinder with her business, The Trendy Trailer, a mobile hair salon; Kolten Palmer and Blane Lamb with their Entire Convenience and Repair business; and McKaylee Maupin and Emma Cline with SugarLane, a plan for a locally owned bakery. Kolten Palmer and Blane Lame also won the Most Needed Local Business Award (\$100 prize), and Drayse Walter and Casey Sigle were selected for the best ag related business (\$100 prize sponsored by Farm Bureau) with their welding company. Heller will advance to the state competition on April 16 at K-State University. Thirty-one business concepts were entered in this year's local contest including 16 from Sylvan and 15 from Lincoln.

In this three-phase com-

petition, students were required to submit a 3-page executive summary, present a 4-minute Power Point presentation, and then give a 4-minute pitch with the Trade Show booth that they created.

This state-wide event is sponsored by NetWork Kansas and locally organized by Kelly Gourley, the Lincoln County Economical Development Director. Congratulations to these students!

Volunteers make the community

Are you involved in a non-profit organization within Lincoln County? Do you have the volunteers needed to complete projects? Do you need help with fundraising? If you answer "yes" to any of these questions an event is planned

A meeting will be held April 2 at 6:00 p.m. at the Lincoln Senior Center to talk about ways to increase volunteerism and creative fundraising.

Discover what other organizations have done to increase their volunteers, i.e., what worked for them or what didn't work for them.

Share creative ideas for fundraising events and talk about ways to increase attendance.

Brainstorm ways to improve the overall climate of nonprofit organizations.

March Madness has officially begun

By Jyll Phillips, Lincoln-Sentinel

For those who enjoy college basketball, March Madness is better than Christmas. Everyone doesn't get presents, but basketball fans have the opportunity to watch as much basketball as they can manage.

March 17 was Selection Sunday, the day when the NCAA Selection Committee announces the full NCAA Tournament brackets, including teams, their seeds and the regions in which they will play. Both the men's and women's NCAA tournaments consist of 68 teams.

The first four games for both men's and women's teams will be played two days later, on March 19-20, at UD Arena in Dayton, OH. The results of the first four games will eliminate four teams. If a team makes it through the first four games, a fan is feeling relief.

See "Madness" page 4

It's Spring!

By Jyll Phillips, Lincoln-Sentinel

It's spring! The grass is brown, some birds are out, some children are playing outside now and then, and the skies are blue some days.

While we wait for spring-like weather to visit and stay for a while, maybe Spring Cleaning is in order.

No one actually enjoys spring cleaning. No one waits anxiously for the joy of cleaning the basement, or garage, or behind the refrigerator. But the results are the reward for the See "Spring" page 4

Why do old photos look so somber?



In 1826, the oldest surviving photograph was taken requiring an exposure time of eight hours. By the early 1840's technology had advanced to a processing time of 20 seconds. When a person is attempting to hold a full open-mouth smile for 20 full seconds they find the need to blink or swallow. A smile is difficult to maintain, especially for children. The requirement for stillness, combined with the novelty and cost of posing for a professional photographer, created an atmosphere where it was simply easier to maintain a neutral or serious expression. But even once the technology existed to capture more relaxed expressions, it was a long time before smiling in photos became the norm. Your relatives weren't nearly as unhappy as they may have looked.

Cash Grain

Wheat.....\$5.53 Sorghum.....\$4.04 Soybeans.....\$11.01

Cash prices courtesy of bankoftescott.com

Community Calendar

Thursday, March 21

Lincoln: 10 am Welcome Spring Storytime @ the Library

USD 298: School Dismissed @ 1 pm; NPL Powerlifting @ Lincoln Jr/Sr High School USD 299: Forensics @ Smith Center; 1 pm NPL Power Lifting @ Lincoln

Friday, March 22

Lincoln: PTCO Carnival @ Lincoln Elementary (USD 298); 5 pm Knight of Columbus Shrimp Boil @ St. Patrick's Parish

Saturday, March 23

Beverly: 2 pm Easter Egg Hunt at Beverly Township Hall

Lincoln: 10 am Spring Fling Craft Show @ Vesper CC

Sylvan Grove: 4 pm Easter Egg Hunt @ Sylvan Grove City Park Tescott: 7 am Tescott Lions Club Pancake

Day @ Tescott Lions Building USD 299: 1 pm Rod Seehafer-Little Basketball Clinic; 4 pm Kay Community Easter Egg Hunt @ Sylvan Park

Sunday, March 24

Lincoln: 2 pm Easter Egg Hunt @ Lincoln Park Manor

Monday, March 25

USD 298: 5 pm NPL Speech & Drama @ Sylvan-Lucas

USD 299: 7th Graders to Rolling Hills Zoo; 2 pm NPL Speech & Drama @ Sylvan (School Dismiss at 1:00)

Tuesday, March 26

USD 298: 4 pm HS Sylvan-Lucas/Lincoln Baseball @ Republic Co. (Belleville) USD 299: 4 pm BSB @ Republic Co.; 4 pm SFB @ Republic Co.

Wednesday, March 27

Lincoln: 6 pm Storm Fury on the Plains @ Lincoln County CourtHouse USD 298: 1 pm NPL Monthly Mtg @ Beloit USD 299: Spring Blood Drive, 9 am FFA Formal Event

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

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.



LCIC fundraiser a success

Members of the Lincoln Center Improvement Committee (LCIC), formerly known as PRIDE hosted a baked potato bar fundraiser at the Senior Center Sunday, March 17. LCIC members include (L-R) Shelby Errebo, Lisa Feldkamp, Christopher Gerbitz, Carly Errebo, Vicki Hook and not pictured, Breanna Brown and Shay Errebo. (courtesy photo)

Spring Fling Crafts Show to host many new vendors

expected at the Spring Fling CRAFTS MARKET in Vesper on Saturday March 23rd from 10am to 2pm.

Brunch/Lunch will be sold by community center volunteers to fund raise for the community center. The menu will include biscuits and gravy, all beef hot dogs, a variety of potato chips, ice cream sundaes and beverages. The hot dog grilling machine was donated by Gerald Huehl and Triple H Outfitters.

Vendors will include:

Many new vendors are US Studio, a veteran family owned supply store will be offering art, embroidered embellished photography and more. 4 Corners Bee Farm will be offering hand crafted beeswax products. Nancy's Fancys will be offering wood signs, barn quilts, hair bows and key chains. Little Luxuries Shed will be offering paparazzi jewelry, soap and body products. LouMae & Ash will be offering a hat bar and customized press on patches chains and pins and will be offering while you watch pressed

custom tee shirts. Little decor. Karen Brumbaugh Arrows Sewing will be offering homemade jams and jellies, Rice Packs and cloth trash bags. Anderson Family Tree Woodworks will be offering laser engraved tumblers coasters glasses and box sets. PSB woodworking and crafts will be offering a selection of hand made custom wood crafts, crates, signs, corn hole, crosses and more. Gramma Rita's will be offering crochet items and baked goods. Aleta Flaherty will be offering wreaths, shefl sitters, coasters and table

will be offering Jalapeno jellies, salsas, veggies and cowboy candy. Watson Girls Creations will be offering home baked goods and handmade crocheted items. And there is expected to be a nice selection of Tupperware Tuff Stock for sale as well.

Table space is still available. It is not too late to sign up. Vendors who help setup and arrange tables/ chairs before and after the event and who help clean up pay only \$15 per table. Sign up at the vespercc.org website today.

I-70 rest areas in Ellsworth County to close for remodeling

Beginning Wednesday, March 13, the Kansas Department of Transportation (KDOT) plans to close westbound and eastbound I-70 rest areas in Ellsworth County for remodeling.

The traveling public will not be able to access the rest area buildings or parking areas during the closure. Work is scheduled to be completed in July.

Persons with questions may contact Ashley Perez at KDOT-Salina, (785) 826-6799.



Monday, March 25 Pizza, Lettuce Salad, Grapes & Pudding

Tuesday, March 26

Chili, Crackers, Coleslaw, Peaches & Cinnamon Rolls

Wednesday, March 27

Hot Turkey Sandwich, Mashed Potatoes & Gravy, Buttered Beets, Aprictos & Cookie

Thursday, March 28

Baked Ham, Scalloped Potatoes, Glazed Carrots, Strawberry Jello Poke Cake & Roll

Friday, March 29

Fish, Hashbrown Casserole, Creamed Corn, Manderin Oranges & 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.

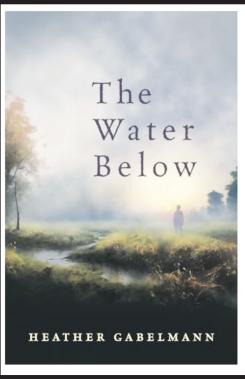
Thank You!

Thank you each and everyone who acknowledged us on our 70th anniversary, in anyway. First to our children for planning the event, Leila & Ron and Steve & Melinda. We thank each person for cards, calls, facebook messages and flowers.

A special thank you to Betsy Healy and David Healy from across the country from each other, but sent a beautiful floral arrangement.

> Again, we appreciated each for their good wishes.

Carolyn and Gilbert Hansen



HEATHER GABELMANN BOOK SIGNING Hosted by Village Lines 139 W Lincoln Avenue - Lincoln, KS March 29, 2024 - 3:00-6:00PM

A mysterious warning. A missing sibling. Caught between family loyalty and a heartbreaking possibility, Jessie has few choices and no good outcomes.

The Water Below is a moody contemporary women's work of fiction. If you like serious questions, moral dilemmas, and unsettling mysteries, then you'll love the deep undercurrents of Heather Gabelmann's first novel.

Given Heather's ties to and knowledge of Lincoln County, some of the disguised characters and businesses will be recognized by locals.

Heather looks forward to seeing and visiting with you.

Bringing



March 21st - 2:00 - 3:30 pm







5 - 7 pm

St. Patrick's Parish 206 N 5th St, Lincoln Adults \$16 • Kids \$8

Everyone Welcome!

Vesper Community Center

CRAFT MARKET

Saturday March 23rd 10am-2pm

Crafts, baked goods & more



Biscuits & gravy & all beef hotdogs for sale for brunch/lunch

https://vespercc.org/vesper-crafts-shows/

785-524-2466 www.vespercc.org 1247 N 120th Rd Lincoln KS 67455

OBITUARY



Lanny E. Morse Jan. 20, 1943 - March 11, 2024

Lanny E. Morse, 81, passed away Monday, March 11, 2024 in Lincoln, KS. He was born January 20, 1943 in Minneapolis, KS to Gar-

Helen LaVerne

(Spohrer) Nelso

Sept. 26, 1935 - March 12, 2024

Helen LaVerne (Spohrer) Nelson,

88, passed away Tuesday, March

12, 2024 in Salina, KS. She was

born, the daughter of Roy P. and

Nellie (Dolan) Spohrer, Sept. 26,

Helen attended school at New

Almelo and graduated from St.

1935, in Norton, KS.

field Raymond Morse and Elva Rachel (Moore) Morse. He married Arletta Sperry in Barnard, KS on December 16, 1967. One of his many jobs was a truck driver for Farmway Coop and Cameron Compression for many years. He was a member of the Salina Church of Christ.

Lanny is survived by his wife Arletta of Lincoln; son Raymond Morse of Concordia; daughter Patricia Winters (Matt) of Lincoln; grandchildren, Dakotah Eidet (Katelyn), Rebecca Morse, Nicole Morse, Ethan Morse, Jacob Winters (Madison), Alex Winters (Jessica), Macy Winters, and Marissa Winters; and great grandchildren,

John's Beloit High School in 1953. Her class was the first graduating class at St. John's. On May 26, 1956, she married Martin Andrew

Helen was preceded in death by her husband, Martin, who passed away April 17, 2012; her parents; brothers, Aaron M. (Margaret); Leroy J. (Lucille); and sisters, Fern O. (Joseph) Reinert; Anna Maria

She is survived by daughters, Terri Ann Black and husband, Larry; Tamra Aileen Budreau and husband, Scott; grandchildren, Cheryl Lynn Mason and husband, Greg; David Allen Black and wife, Christina; Danielle Elizabeth Ruda and husband, Daniel; and Jennifer Marie Gottschalk and husband, JeK'den, Kotah, Gypsy, Danny, Raelynn, Colter, Adelynn, and Matthew. He was preceded in death by his parents and brother, Garfield "Gary" Morse.

Visitation: 4-7 p.m., Friday, March 15, 2024 at Hall Chapel in Lincoln. Family will be present 5-7 p.m.

Memorial service: 10:30 a.m., Saturday, March 16, 2024 at Salina Church of Christ, 1646 N. 9th St. Inurnment will take place at a later date.

Memorial contributions can be made to the Salina Church of Christ or Lincoln Senior Center, c/o, Hall Chapel, PO Box 37, Lincoln, KS 67455. Condolences can be left at hallchapel.com.

Marie Mason, Aiden Kane Black, Waylon Abram Black, Dominic Dean Ruda, Lucas Michael Ruda, and Julian Reid Gottschalk; brother, Albert Joe (Sharleen); and sister-in-law, Doreen Nelson; nieces, nephews family, and friends.

Helen was retired from banking. She enjoyed family, playing board games, and especially playing cards. Visitation: Friday, March 15 at 6:00 p.m., followed by a 7:00 p.m. rosary at St. Patrick's Catholic Church in Lincoln.

Memorial mass: Saturday, March 16 at 10:30 a.m. at St. Patrick's Catholic Church. Burial will follow at the Lincoln City Cemetery. Memorials may be made to St Patrick's Catholic Church or Gentiva Hospice, c/o, Hall Chapel, PO Box 37, Lincoln, KS 67455. Condolenc-



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

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

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

<u>CHURCH</u> 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 @ 9:30 am Worship Service @ 10:30 am Nursery available during service Light Keepers Wed. @6:30 grades 6-12

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

DENMARK EVANGELICAL 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 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

LINCOLN PARK MANOR CHAPEL Morning Worship @ 9:30 am Afternoon Worship @ 2:30 pm

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

PRESBYTERIAN CHURCH Sylvan Grove, Kansas Sunday School @ 10:00 am Church @ 11:00 am ST. JOHN LUTHERAN CHURCH Pastor Don Haselhuhn

Lincoln, Kansas Two and one-half miles south of Lincoln on Highway 14 Sunday/Bible School...9:30 am Worship Service......10:30 am

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

ST. PAUL'S LUTHERAN CHURCH LCMS Pastor Don Haselhuhn Six and one-half miles south and 4 miles east of Lincoln Worship Service @ 9:00 am

ST. PAUL'S LUTHERAN CHURCH, ELCA Pastor Rod Thompson, Tescott Worship Service @ 9:00 am TESCOTT UNITED METHODIST **CHURCH**

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

TRINITY LUTHERAN CHURCH, HUNTER Pastor Matthew Schneider Hunter, Kansas Sunday School @ 9:00 am Worship Service @10:00 am Midweek/Confirmation Wednesdays @ 4:30 to 5:45





Pastors: Kaye & Jeff Metzler

Service Times: Morning Worship 9:30 a.m.

Church schedules are made possible by the following sponsors:



St. John Lutheran Church

St. Paul's **Lutheran Church**



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

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



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Nelson at Concordia, KS. To this union two daughters were born.

(Robert) Brummer.

rome; great-grandchildren, Jillian

es can be left at hallchapel.com.

Hansen Scholarship

The Dane G. Hansen Foundation of Logan, Kansas has named 219 high school seniors from 49 Northwest Kansas schools as winners in its 49th annual scholarship competition.

In selecting award winners, the Scholarship Committee considered proficiency in verbal and writing skills. Other important factors are academic records, test scores, and community service in which the student may have participated.

For students interested in seeking competence through career and technical education in one of the pre-approved schools in Northwest van-Lucas Unified H.S.

Kansas, the Foundation offered the following scholarships. These awards are \$4000 and may be renewed for one additional year provided the student has maintained a satisfactory academic record. Local winners of Career and Technical Education scholarships are:

Ella Hogan, Sylvan-Lucas Unified H.S., Elsie Finkenbinder, Sylvan-Lucas Unified H.S., Tyanna Burnett-Porter, Lincoln H.S., Emma Finkenbinder, Sylvan-Lucas Unified H.S., Mia Rogers, Lincoln H.S., McKaylee Maupin, Sylvan-Lucas Unified H.S., Hagen Starkey, Syl-

The Foundation offered seventy scholarships for Hansen Student winners. These awards are for \$4000 and may be renewed for one additional year provided the student has maintained a satisfactory academic record. This year's local winners are: Jacob Schultz, Sylvan-Lucas H.S.



COMMISSION MEETING MINUTES

March 4, 2024

The Lincoln County Board of Commissioners met in the courthouse meeting commission room on Monday, March 4, 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: Jarrod Heinze, Jesse Knight, Rhonda Wright, and Felicia Strahm.

Correspondence: A letter from the Kansas Historical Society notifying that the county's grant application was not accepted for funding; a letter from Central Kansas Mental Health Center with a flyer for Match Madness; a thank you from North Central Regional Planning Commission; an invitation to attend a joint meeting with the Cloud County Commissioners and other county commissioners on April 10 at 6:00 p.m.; a contract from Lindburg Vogel Pierce Faris Chtd to complete the audit for fiscal year ending December 31, 2023; a service agreement from Glassman Corporation; and a Cereal Malt Beverage license. Debora Smith moved to enter into a preventative maintenance agreement with Glassman Corporation for three years to provide maintenance for

the courthouse boiler, inspection and cleaning, seconded by Ryley Hembry. Motion carried. Dennis Ray moved to enter into an agreement with Lindburg Vogel Pierce Faris, Certified Public Accountants, to complete the audit for the year ended December 31, 2023, seconded by Ryley Hembry. Motion carried. Debora Smith moved to approve Cereal Malt Beverage License No. 2024-03 for the Sylvan Grove Fair & Agricultural Association, seconded by Ryley Hembry. Motion carried.

Commissioner Smith provided an update on the Hospital Board of Trustees meeting that was attended. Commissioner Ray provided an update on the Council on Aging board meeting that was attended. Commissioner Ray reported that the landfill backhoe repair is completed and that the highway department will pick it up this week and

deliver it to the landfill. First Rural Fire Chief Jarrod Heinze requested approval to paint logos on the emergency services bay doors. The board approved. The board requested that Heinze obtain quotes to replace the guttering on the building. On behalf of the rescue squad, Heinze notified the board that the smaller truck needs to be replaced. The board provided the fund's balance and related that the department could look for a replacement.

Dennis Ray moved to approve the February 26th and February 29th minutes as presented, seconded by Ryley Hembry.

Motion carried. Dennis Ray moved to recess into executive session for ten minutes for the purpose of discussing the county appraisers' position, 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 Coun-Appraiser Rhonda Wright, seconded by Ryley Hembry. Motion carried. Time in: 9:17 a.m. Time out: 9:27 a.m.

The chairman reconvened the meeting to regular session at 9:27 a.m. with no action taken.

Human Resource Officer Felicia Strahm notified the board that Employee Benefits Corporation charged employees health savings accounts \$25 to transfer balances to the state health insurance health savings accounts. Strahm inquired if the board would reimburse the employees for the expense or consider making an additional contribution equal to the fee. Debora Smith moved to make a one-time \$25 additional contribution to employees' HSA accounts to pay the \$25 transfer fee charged by Employee Corporation, Benefits seconded by Ryley Hem-

bry. Motion carried. Voting as follows: Smith -Aye; Hembry - Aye; Ray - Abstained.

Emergency Manager Jesse Knight, County Appraiser Rhonda Wright, and County Clerk Dawn Harlow discussed building and floodplain permit fees and requirements. After discussion, the board requested that a resolution be prepared to set fees for the following: Construction Notification - \$5, and Floodplain Development Permit -\$150. The appraiser will develop a Construction Notification form and guidelines that residents can use to determine whether a notification is required in the unincorporated portions of Lincoln County. This form will be used to refer applicants to other departments, if needed, such as floodplain management, environmental services, and highway department. Emergency Manager Knight commented that the State notified him that the landfill must have a permit from the State to complete any prescribed burns moving forward. The board requested that

The chairman adjourned the meeting at 10:21 a.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Monday, March 11, 2024.

Knight forward the infor-

mation to Landfill/Trans-

fer Station Operator Dan-

iel Muchow.

EDITORIAL/OPINION

LINCOLN SENTINEL-REPUBLICAN

March 20, 2024 - Page 4

Guest Editorial

This Sunshine Week, Kansas officials should finally clear the Marion County Record's journalists

Welcome to Sunshine Week, an annual opportunity to celebrate the public's right to know and promote the need for government transparency.

Sadly, there's not much transparency to celebrate these days when it comes to resolving questions surrounding the raids that took place in Marion on August 11, when the newsroom of the Marion County Record and two private residences were searched at the beginning of a saga that is still playing out in the national news. No charges have been filed to date, and seven months later, the public, along with journalists industry-wide, are left wondering whether law enforcement, or, crucially, even Record staff, will face criminal or administrative consequences for their roles in the events of that fateful day.

This ongoing ambiguity, stemming from a lack of transparency, leaves an inescapable statewide chilling effect on journalists' First Amendment rights. "We would like to think that something like this would not happen with the law enforcement agencies in Douglas County," said Mackenzie Clark, reporter and founder of The Lawrence Times. "But I'm sure the Marien County Record folks probably I'm sure the Marion County Record folks probably felt the same way before the raid."

No meaningful update since last year

The most recent revelations came in December of last year and did not necessarily help journalists sleep easier. That's when the public learned that agents from the Colorado Bureau of Investigation had been in Marion, and that Riley County Attorney

Barry Wilkerson was involved in the investigation. At that time, neither Wilkerson nor anyone else in law enforcement could confirm whether the journalists would face charges, leaving open the possibility that such charges could, indeed, be filed.

Four months later, the public remains in the dark. When contacted last week, Wilkerson said he believes CBI agents are nearlyconcluded their work, which he said has produced an unexpectedly high volume of investigative reports. He also revealed the faintest outline of a timeline,

indicating he would be travelling to Colorado at the end of March to review the CBI's findings in person before making any decisions.

"Just trying to be careful. Tie up every loose end," Wilkerson said.

But he would not confirm whether law enforce-

ment officers, journalists or both were being investigated, perpetuating a chilling status quo.

And although Wilkerson was opaque, his transparency far outstripped that of either the offices of the Kansas attorney general or the Marion County attorney. Neither responded to requests for comment for this column.

Press left in the cold

Eric Meyer, publisher of the Marion County Record is at a loss for what's taking so long.

"Our exoneration should have been, as TV commercials say, the easiest decision in the history of decisions," Meyer said. "Instead, KBI continues to 'investigate' whether we — not just the bullies who raided our office and home — might have commit-

Even though he hasn't yet been charged, Meyer has felt the chilling effects of the raid, in the form of employee attrition, which has led to difficult editorial decisions. Since August 11, his reporters "fear they might be stopped on some pretext and harassed We've been unable to attract replacements, leaving us so overworked and fearful of consequences that we haven't been able to pursue or have soft-ped-

aled a host of stories about governmental abuse." "The only hope" for changing the current chilling climate, he said, "would be for state agencies to stand up for justice, but instead they unconscionably seem to have been dragging their feet."

Without support from state actors, the chilling effect of the raid has spread well beyond Marion.

"Since August 11, 2023, I have heard from numerous members asking if a raid could happen to them because they were looking into a local public official," said Emily Bradbury, executive director of the Kansas Press Association.

Meyer likewise worries about newsrooms across the state, "where people without extensive experience or working for companies that care only about their bottom line might shy away from anything controversial for fear that what happened to us might happen to them."

Sunshine ahead?

Despite plying their trade amid the chill emanating from law enforcement's response to the Marion raids, journalists persevere.

"We will keep pursuing and utilizing public records to the fullest extent in order to seek the truth and report it," Clark said. "We owe it to our readers and to our colleagues across the state to continue reporting fearlessly.'

But journalists should not feel See "Guest" page 8

Prairie Doc - Debra Johnston, MD

True Self-Care

During our most recent family movie night, we watched one of my favorites: Encanto. At one point in the movie, a character who has been gifted supernatural strength confesses that she fears she will crumble un-der the weight of all that is expected from her. Although she accomplishes amazing things, it never feels like enough. She never feels like she, herself, is enough.

Popular culture suggests she should prioritize "self-care," which is usually represented by manicures or massages and long soaks in the tub, or perhaps half an hour of meditation

Now, to be clear, I'm a big fan of massages and getting my nails done, and I spend a lot of my professional time nagging people about exercise, as my patients can certainly attest. But I'd suggest this perspective on self-care is at best incomplete. Protecting your mental well-being goes well beyond little escapes, and even beyond tending to your physical health.

The specifics of true self-care are unique to each individual, because each individual is unique, in their needs, their desires, and their circumstances. You simply can't meditate quality daycare into existence, or a nasty coworker into a team player, or a loved one into sobriety.

Self-care, meaningful self-care, means being able to recognize that you are human, and you have limits and that it's not just ok, it's critical, to acknowledge and respect those limits. The demands vying for your time and energy are endless. Those currently practices family medicine

resources, however, are not. True self-care means standing up for your right to be the one who decides how you will allocate them.

This means setting boundaries, and that's an incredibly difficult thing to do. With those limits will naturally come guilt, because you simply can't do everything for everyone, or even all the things you yourself want to do. No one else can decide where your lines are, and no one else will hold those lines on your behalf.

In order to hold those boundaries, you must be kind to yourself. Most of us have a perpetual self-commentary of criticism that tells us we could do better, we should do better, we aren't enough. Honest self-reflection is important, but why does that so often mean a laser focus on where we fell short, without recognizing how far we came? We internalize the message that if we can't keep up with demands that escalate until we crack, the fault is ours. It's not. To draw these boundaries, and make that self-compassion meaningful, we each must clarify our own values.

Spending our limited energy in ways that conflict with the ideas we hold most dear is the antithesis of self-care. We need a clear idea of what those values are to hold that line. Massages and meal delivery services can be great tools, but the real key to protecting your mental wellbeing is a lot harder to define and a lot harder to do.

Debra Johnson, M.D. is part of The Prairie Doc® team of physicians and in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc. org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show providing health information based on science, built on trust for 22 Seasons, streaming live on Facebook most Thursdays at 7 p.m. central. During our most recent family movie night, we watched one of my favorites: Encanto. At one point in the movie, a character who has been gifted supernatural strength confesses that she fears she will crumble under the weight of all that is expected from her. Although she accomplishes amazing things, it never feels like enough. She never

feels like she, herself, is enough. Popular culture suggests she should prioritize "self-care," which is usually represented by manicures or massages and long soaks in the tub, or perhaps half an hour of meditation or spin class.

Now, to be clear, I'm a big fan of massages and getting my nails done, and I spend a lot of my professional time nagging people about exercise, as my patients can certainly attest. But I'd suggest this perspective on self-care is at best incomplete. Protecting your mental well-being goes well beyond little escapes, and even beyond tending to your physical health.

The specifics of true self-care are unique to each individual, because each individual is unique, in their needs, their desires, and their circumstances. You simply can't medi-

See "Doc" page 6

Spice Up Your Life - Lindsay Young

Put this 'four'midable cake on your list for this week



This cake is made with only four ingredients—yogurt, eggs, vanilla extract and cornstarch. It's a lightly sweet dessert that pairs well with fruit, honey or maple syrup and has a consistency a bit like a

I was recently given the opportunity to speak to the Newton Kiwanis about the many projects I have been working on at the newspaper.

We enjoyed a great lunch and good conversation before I spent a bit talking about my job, including my over 10-year expedition into writing this column.

I noted to them that sometimes the recipes I try these days get a little weird, because I often feel like I'm running out of ideas for something new each week.

This week was definitely one of those weeks, but it was also one of those recipes that once I saw it online, I had to try it. It's a cake that is billed as having only three ingredients. It actually has

four, though, if you don't count the toppings, so I decided to change the name. (See? There is accuracy in journalism.) Regardless, the combination sounded super strange, and I couldn't resist.

This recipe comes from the blog "The Modern Nonna." You can find the original post at https://themodernnonna. com/3-ingredient-yogurt-cake/. I doubled the vanilla in my version below.

Four-Ingredient Yogurt Cake Ingredients

- 1 1/2 cups vanilla yogurt
- 2 teaspoons vanilla extract 5 tablespoons cornstarch
- Optional toppings: fruit, honey, maple syrup, powdered sugar

Directions

Line a nine-by-five-inch loaf pan with parchment paper, letting the excess hang over the edges a bit so you can remove the cake easily when it's done. Preheat the oven to 350 degrees.

In a mixing bowl, whisk the yogurt and eggs until they are smooth.

Whisk in the vanilla and cornstarch, and continue stirring until everything is well combined.

Pour the mixture into the prepared loaf pan and bake for 50 to 55 minutes or until a toothpick inserted in the center comes out clean.

Let the cake cool, gently remove it

from the pan using the parchment paper, and transfer to a serving plate. Top with fruit, honey or maple syrup and sprinkle with powdered sugar, if desired. Slice and serve.

Refrigerate any leftovers in an airtight

This. Was. Weird. It had a bit of a custard consistency, but it was firm enough to slice easily, too. I opted for honey and powdered sugar on mine, and it was very lightly sweet. Joey and I agreed it would have been even better with some fresh berries on top. The flavor profile reminded me a little bit of tapioca pudding.

Also, be ready for this to puff up a whole lot and then fall to being about two inches tall.

The recipe's author also noted that you can use any other flavor of yogurt that sounds good, too, so if you're in the mood to experiment even further, you have tons of options.

I really enjoyed my time with the Kiwanis, although no one seemed particularly excited by my explanation of this week's weird recipe.

To each their own, I suppose.

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.

Post Rock Extension District - By Blair Todd K-State Research and Extension-Post Rock District Livestock Poduction Agent

Practice Good Habits to Ensure Safety When Handling Liquid Nitrogen Tanks

Breeding season is still a ways off but those that use artificial insemination may be busy delivering or picking up semen stored in a liquid nitrogen tank. Unfortunately, many of the people involved with moving these tanks may be unaware of the safety precautions they should be taking when doing so. Understanding more about liquid nitrogen and its properties will reduce complacency and help prevent accidents.

Nitrogen in a liquid form (liquid nitrogen, LN) is very cold and serves a cryogenic purpose in storing and preserving semen. To remain a liquid, it must be kept at very low temperatures. The semen tanks we use are well insulated and serve this purpose. As liquid nitrogen is exposed to warmer temperatures it changes to vapor and the resulting gas form now takes up 700 times the liquid's volume. When this happens the nitrogen gas displaces oxygen. In an enclosed area this can deplete the amount of oxygen to the point where there is not enough oxygen for life. The level of oxygen in clean outdoor air is 20.9% and supports life. A potentially dangerous environment is reached when oxygen levels decline to 19.5% or less. Humans are unable to detect the nitrogen in the air (no color or odor) so in an oxygen depleted environment an individual may feel dizzy, confused, or just slip into unconsciousness without any awareness of a possible issue before complete asphyxiation. ABS Global (ABS), located in DeForest, WI, produces and delivers semen all over the world. This organization has conducted studies that help us understand some of the safety issues with transporting LN in semen tanks.

When they placed two newly filled tanks in the back seat of a crew cab pickup, it only took 3 minutes before the cab contained unsafe oxygen levels. At the end of 60 minutes, there was only 14.7% oxygen in the cab. If one of the tanks was allowed to tip on its side, it took less than one minute for oxygen to decline to 18.3%.

Liquid nitrogen tanks are designed to vent around the slots in the stoppers, because without this they would explode. Factors such as the age of the tank can further impact the likelihood of undetected leaks and the risk of hauling a semen tank inside the closed cab of a vehicle. The extra space in the pickup cab may seem like a convenient place to haul a tank, but not if it puts lives in danger. Rather, take the time to develop a plan to secure

See "POST" page 6



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SHOP KANSAS FARMS BY RICK McNary

The Launch of the Border Queen Harvest Hub

Thanks to a generous Thriving Rural Grant from the Patterson Family Foundation, Vision Caldwell and Shop Kansas Farms partnered together to launch the Border Queen Harvest Hub. The Harvest Hub is a community-based approach that creates economic opportunities for farms and ranches by using a digital hub to connect a physical system of production, processing and distribution of local food that can be purchased by local, regional and national consumers. The vision of Shop Kansas Farms is to help communities across the state start their own Har-

'We have been talking with Shop Kansas Farms for a year after Karen Sturm invited them to talk to us," says Jill Kuehny, CEO of KanOkla and president of Vision Caldwell. "Shop Kansas Farms has a model to create economic prosperity in rural communities by tapping into the entrepreneurial spirit of existing farmers, ranchers and growers to provide them with new revenue streams and to energize entrepreneurs who want to begin farming with a new, less costly and smaller scale point of entry."

Shop Kansas Farms began in April of 2020 as the pandemic interrupted the global food system evidenced by empty meat counters at grocery stores. What began as a Facebook group to connect people to the farm and ranch families of Kansas so they could purchase the food they grow, exploded overnight as consumers discovered local farms and ranches had the food they needed. As it continued to grow, a website with a searchable map was added as more consumers wanted to buy locally.

"Our Facebook group now has 166,700 consumers looking to buy local," says Rick McNary, founder of Shop Kansas Farms. "If you go there or to our website at shopkansasfarms.com, you will see it is a digital hub that connects producers, processors and distributors to a statewide food system. The Border Queen Harvest Hub will narrow that into an even more defined, regional area. Consumers want to know where their food comes from and are often willing to pay more, but for that direct-to-consumer transaction to be successful, there needs to be a practical, physical regional supply chain of those three components."

When this Harvest Hub is established, consumers will be able to look on a map and identify the supply chain of farms where their local food is being produced, the commercial kitchens and lockers where the food is processed and how and where those items can be purchased. The Border Queen Harvest Hub brand on products, signs and merchandise will create community pride and assurance they are buying locally.

"We're going to call it the 'BQ-double H," Kuehny says. "Just like the cattle brands of our storied history of cattle drives on the Chisolm Trail, we will be 'riding with the brand' of BQ-Double H."

There are two parallel tracks the Border Queen Harvest Hub is built on: community engagement and economic development.

Although Vision Caldwell is the convening organization behind this, their vision of BQ-Double H is much broader than just the town of Caldwell. There will be Town Halls, Charcuterie Nights, Market of Farms and other engagement strategies that create a sense of community support and pride in creating a hub that connects everyone.

The first BQHH Town Hall was held in Caldwell on February 21, but drew interested businesses from Medicine Lodge, Belle Plaine, Oxford, Wellington, as well as Oklahoma businesses from Enid, Tonkawa and Medford. In addition, a report was given about the support of the Sumner County Commission to fund a part time data entry person who will populate another key to the digital hub, a Customer Relationship Management (CRM) Platform, Salesforce.

Town Halls serve an important element in creating the engagement of everyone in the surrounding community. Food has long been a common denominator that unifies people as is evidenced by church dinners, potlucks, barbecues and tailgating. Building upon the idea of food connecting a community, it is important to understand this is more than just an organization connecting a few isolated parts, rather, it is a hub that connects everyone in the region through the production, processing and distribution of food.

The Harvest Hub will work with all stakeholders in the community to create a common agenda, shared measurements, mutually reinforcing activities and continuous communication. A website is coming soon along with additional digital and print communications.

The other track this is built on is economic development: BQ-Double H will expand small businesses with new revenue streams and support entrepreneurs with new opportunities in these three areas:

- Producers: Identify and support current and future producers in the region to create new revenue streams, gain access to capital, find new markets, write business plans, provide sales and marketing support, build customer relationship management systems, develop communications strategies and be more easily found by consum-
- Processing: Identify and support local meat processors and commercial kitchens in existence, or, in the absence of those necessary elements, establish that missing link in the local supply chain.
- Distribution: Provide support to producers with the distribution of their products by helping them learn how to ship, hosting an annual Market of Farms, making connections to local grocery stores and finding markets where various producers can take their products and consumers can shop there.

The first BQHH Market of Farms, held in Caldwell on Saturday, March 9, was a glowing success. Consumers as far away as Kansas City came to purchase food products from vendors as far away as Seneca. The Market of Farms brings vendors and consumers from all over the state together to make local foods available for purchase. This event was the rollout of the Border Queen Harvest Hub (BQHH) new website, www. borderqueenharvesthub.com. more information on how to start a Harvest Hub in your community, reach out to me: rick@shopkansasfarms.com

Insight - Kansas Farm Bureau

Counting farms

Greg Doering
Kansas Farm Bureau

There are fewer than 2 million farms in the United States according to the USDA Census of Agriculture released last month, down from a peak of just under 7 million in the early 1930s. Any agricultural enterprise with at least \$1,000 in sales was counted as a farm, which excludes the family vegetable garden.

The census, which began in 1840 and has been conducted every five years since 1920, is the best source of comprehensive and impartial information about the state of agriculture down to the county level available. The trends it reveals, like fewer farms, older farmers and less farmland are not necessarily new, but it will inform decisions for a variety of stakeholders ranging from farmers and ranchers to private companies and cooperatives.

The census showed Kansas followed the national trend with 55,734 farms, down almost 3,000 from the last count in 2017 and the lowest total in 25 years. The average size was 804 acres, up 25 acres from five years ago. That total would be higher, but all land devoted to farming fell by nearly 1 million acres to 44,784,702 acres.

Less than a third of farms had sales of \$100,000 or more in 2022. The vast majority of Kansas farms are owned by an individual, family or through a partnership. Just under 7 percent of farms are corporations, most of which are still family owned enterprises.

While the number of farms shrank, the number of farmers topped 100,000, with more than a third of that total being women. The average age of a Kansas farmer increased slightly to 58.2 years (0.2 above the national average), but the number of farmers 34 and younger grew by more than 1,100 to 9,700.

It just so happens 2022 was a good year for farmers on the revenue side, with Kansas producers earning just under \$24 billion. Livestock accounted for \$15.5 billion of the total sales with crops adding \$8.4 billion. The expense side of the ledger tallied \$21.5 billion, leaving a gross profit of about \$2.5 billion, or less than \$45,000 per farm. It helps put in perspective how thin the margins are in farming, especially when the average acre costs \$2,324 and the average farm has more than \$200,000 worth of machinery and equipment.

Taken as a whole, the census shows there are challenges and opportunities in agriculture. The job has never been easy, but small and medium farms are the most strained in today's current environment. It says something about the nature of farmers and ranchers that their ranks are growing. Though it's a tough way to make a living, farming and ranching does provide an appealing lifestyle.

What we should all keep in mind with the census is it's not the counting of farms that matters, rather how we can best use the information to support the people working the fields. Remember the ones who count every time you eat.

Shopping for Yard Equipment: Things to Know

you're aiming to have the best yard on the block, want to install an outdoor family room or outdoor office, or want to expand your space for entertaining. Perhaps your kids or pets could use a better space for play. Regardless of need, now is the time to get "backyard ready" for spring. What tools do you need?

"Completing big outdoor jobs is always easier with help from outdoor power equipment," said Kris Kiser, President and CEO of the Outdoor Power Equipment Institute (OPEI). "The right outdoor power equipment can help you get the work done faster and can help you safely maintain your yard."

Here are some tips from Kiser to help you select the machinery you need to get the job done.

Plan your needs. Draw a sketch of your yard. Include any major features like trees, bushes, an herb or vegetable garden, flower beds, lawn furniture, play or sports equipment, an outdoor patio, or bird bath. Note where maintenance may be required. Will bushes need to be

With the weather warming up, trimmed back from your home or tivities, and make doing yard work now is the time to think about how garage? Do you want to put in some more enjoyable, too. Doing online you want your yard to serve your flowering bushes or a tree? Are you research in advance will help you family, pets and wildlife. Maybe planning to install a fence and more pick the right equipment for the grass because for your pet? Now list the tools and equipment needed to take care of your yard, and what will make the job easier.

> Consider equipment needed. Visit your garage or shed and find your lawn and garden tools. Wheel out your mower and get out other equipment. Look it over and make a list of what is needed or could be upgraded. Repair anything that needs attention or identify where a newer or other machine is required. If you have a large vegetable garden, you may need a cultivator or tiller. If you have a large lawn, an upgrade to a riding lawn mower might make mowing easier. A string trimmer might make caring for bushes or trimming grass near a fence line easier. A pole pruner can help trim back limbs that are too high to reach safely with a saw, and a leaf blower can clear leaves faster than a rake.

> Research equipment online before you buy. Think about efficiencies of scale. The right equipment can mean more time for other ac-

Outdoor power equipment can be gas, electric or battery powered, and technology is rapidly impacting product design. There are even robotic lawn mowers available today. Equipment may be sized to handle a smaller job or a massive one. Ultimately, your decision should be based on your needs.

Ask questions. Talk with the staff at the store or ask online about the equipment. In the store, ask to pick up and hold equipment to determine its "fit" for you. Discuss safety features and ask about manufacturer fueling and care instructions. Find out how often equipment may need to be serviced.

Make a plan for storage and maintenance. Store your equipment in a cool and dry place. It also should typically be serviced at the end of the fall and the beginning of the spring. Put service dates on your calendar with a reminder.

For more information, go to Outdoor Power Equipment Institute (OPEI)



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300-400	\$400.00-425.00
400-500	\$363.00-382.00
500-600	\$340.00-360.00
600-700	\$304.00-323.00
700-800	\$268.00-283.00
800-900	\$245.00-256.00
900-1000	\$225.00-235.00

Hfrs	
300-400	\$350.00-370.00
400-500	\$315.00-337.50
500-600	\$294.00-305.00
600-700	\$258.00-270.00
700-800	\$230.00-24100
800-900	\$220.00-232.00
900-1000	NO TEST

Early Consignments Thursday, March 21, 2024

4 bull calves, 450-500, 1 rnd vaccs, weaned; 2 heifer calves, 1 rnd vaccs, wean ed; 7 heifers, home raise, long wean, 2 rnd vaccs, open; 6 blk heifers, 750, 2 rnd vaccs, open; 30 mix heifers, 750#s, long wean, vaccs, open; 250 blk s&h, 500-750, home raise, wean Dec.1, 2 rnd vaccs, off grass; 50 blk strs, 500-650, long wean, 2 rnd vaccs, off grass; 18 hereford s&h, 500-700, long wean, 3 rnd vaccs, Jenson genetics; 4 blk s&h, 400-450, 3 rnd vaccs; 180 blk/charX s&h, 600-800, home raise, Ion wean, vaccs, hay fed; 80 s&h, 550-750, long wean, vacc, open; 25 most blk heifers, 400-500, long wean, vaccs; 20 blk s&h, 450-650, home raise, long wean, vaccs; 30 blk s&h, 400-600, wean 30 days, 2 rnd vaccs; 62 steers, 825-850, no sort; plus more by sale time.

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Seniors/from page 1___

tacting the senior center.

"If someone was here everyday to play cards, bingo, etc. and then suddenly didn't show up, we would call their family to make sure they were okay," Tagtmeyer said.

Likewise, if one of the seniors showed signs of poor health, the center could contact their family, allowing them to take measures to ensure the health and safety of their loved ones.

The facility is meant for social interaction as well. Seniors enjoy playing cards. Bingo is played once a week. Chair exercises are encouraged and are led by video. A chair yoga class is offered from 9:30 am to 10 am. Some put intricate puzzles together. Currently they are on the lookout for pinochle players.

The senior center is also a resource for other programs as well. They can advise on assistance programs, transportation services, volunteer and community engagement opportunities. They often have guest speakers advise them on various topics. The Lincoln Senior Center most recently had a program about identifying scams which was a topic of interest

Senior centers are non-profit facilities, funded in part by tax dollars. However, additional funding is required to maintain operations. This additional funding comes from fundraising events, public and private grants, business bequests, participant contributions and donations.

The center is also available for community events outside their regular hours of operation. They also rely on volunteers for meal delivery, commodities distribution, etc.

Senior centers are a vital part of every community, serving a vulnerable population helping them achieve a good quality of life. Research has shown that senior center participants have higher levels of health, social interaction and overall life satisfaction.

Gone are the days when senior centers are viewed as simply a meeting place for the older population. They are now a vital part of the community.

Madness/from page 1_

The First Round is scheduled for March 21-22 and consists of 64 teams and will be played at Spectrum Center in Charlotte, NC; CHI Health Center in Omaha, NE; PPG Paints Arena in Pittsburgh, PA; Vivint Smart Home Arena in Salt Lake City, UT; Barclays Center in Brooklyn, NY; Gainbridge Fieldhouse in Indianapolis, IN; FedExForum in Memphis, TN and Spokane Veterans Memorial Arena in Spokane, WA. A total of 32 teams will be eliminated following the first round, leaving 32 contenders for the title. By this time, a fan is trying not to get too excited.

The second round is set for March 23-24. The second round will play out in the same arenas as the first round. Sixteen teams will be eliminated, leaving 16 teams in the contest. Fans are still trying to control themselves.

The Sweet 16 will play out March 28-29. At this point, if a team made the Sweet 16 a fan will not be able to contain their excitement. Prepare for elevated noise levels and excitement during these games.

The eight teams that make it through the second round make up the Elite Eight which will play March 30-31. This is when fans are usually making extreme noise and can barely stay in their seats as they watch their favorite team play. These four games will be played at TD Garden in Boston, MA; Crypto.com Arena in Los Angeles, CA; American Airlines Center in Dallas, TX; and Little Caesars Arena in Detroit, MI. Four teams will be eliminated, leaving four teams

The four remaining teams make up the Final Four, a privilege known to few. The Final Four Championship will play out at State Farm Stadium in Glendale, AZ on Saturday, April 6. This game decides the first four national places, including the NCAA Championship. At this point, fans are uncontrollably happy. Prepare to hear about the game for at

The March Madness Women's schedule will follow the dates listed above.

Have fun and may the best team win!

Post/from page 4_

the tank in the bed of the pickup for transportation. The same oxygen depletion issues mentioned in the cab of a pickup could also occur if a tank was stored in a small unventilated area/closet. If a tank fails or develops a leak, the warming nitrogen vapor can quickly displace the oxygen. To keep the bottom of your LN tank from developing leaks do not store directly on concrete or drag or roll the tank across the concrete floor. For larger tanks, a base to hold the tank with rollers on the bottom is very helpful. Avoid actions that will result in denting the outside of the tank and subsequent damage to insulative properties. The stopper should not be inserted if it contains any moisture to prevent freezing in place and interfering with normal venting. Replace a damaged or dysfunctional stopper. Frost or ice anywhere around the lid or elsewhere is a sign of tank failure and immediate steps should be taken to transfer contents to a functioning tank. Make sure the tank is upright and secure in any storage location. Exposure of skin or other tissues to LN or substances cooled by LN can result in severe burns. Wear eye protection and gloves when handling semen. A straw that explodes when it hits the thaw bath becomes a dangerous projectile. Use tweezers to move individual straws from canes to the thaw bath. While it is good to be focused on management to optimize cow response to AI and estrus synchronization, don't lose sight of the importance of all team members that help make that happen and their safety. Respecting the properties of liquid nitrogen by practicing safe handling from moving to storage and insemination is sure to benefit all.

Thanks to Sandy Johnson, Kansas State Extension Beef Specialist, for sharing information related to the safety of handling liquid nitrogen tanks during breeding season. 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.

City/from page 1___

ARPA regulations and a 2005 Chevy Kodiak 4500 Truck purchase for the Water Department in the amount of \$34,000 in the Expense Category of 5.18 in ARPA regulations. The total ARPA funding to be utilized in this manner

By following Bailey's recommendation, funding to be utilized for the outside bathrooms next to the pool would be freed up without creating an increase in cost for the city due to engineering fees and David Bacon Wage rates.

The council approved her recommendation.

Bailey also discussed nuisance properties with the council, and a resolution for a property on Park Street. A public hearing on Resolution 24-02 was set for April 29 at 6:30 p.m. in a special council meeting.

The council also discussed compliance of nuisance prop-

Mayor Travis Schwerdtfeger signed a Memorandum of Understanding with NCK Outdoors for maintenance of the

There have been only three applications received for pool employees for the 2024 season; one for manager and two for lifeguards. Discussion of how to interest people in applying for these positions. The council agreed to hire Kaden O'Hare as pool manager, and Olivia Dail and Mason Florence as lifeguards. A minimum of two additional lifeguards is required in order to open the pool. The base rate for new lifeguards is \$10 per hour. In order to qualify for these positions, the applicant must be at least 15 years of age by the time the pool opens and complete lifeguard training. The training is now available on-line for all written requirements. A swimming test is also required. Applications may be picked up at the

With no further business the meeting was adjourned. The next council meeting will be April 8 at 6:30 p.m.

Spring/from page 1___

battle with dust, clutter and actual dirt.

The best way to begin, according to organisemyhouse.com, is to declutter! Talking to unnecessary items or caressing it to see if it brings you joy isn't really necessary, but the actual act of decluttering is.

It is somewhat liberating to purge. Some people have garage sales (look for the City-wide garage sales in June), some fill their trash bins and some donate. Once that is completed, your home will feel cleaner whether it is or not. Still, they recommend a little tidying before beginning the serious stuff.

Before you get into heavy lifting, make a plan, gather your supplies and put on music that energizes you. It can be 1980's hair bands, hard rock or Andrews Sisters. As long as it invigorates you it doesn't matter. Your plan should dictate how you will go about doing the dirty work. Will you pick a room, clean it from top to bottom and then move on to the next room? Or will you pick a task, do it throughout the house and then move on to the next task? Just make sure if you choose the latter, you stick to it in order to make sure you don't end up with the (for example) trash taken out and nothing else done.

Make a list of things that need to be cleaned in each room. Don't forget the little things like dusting the top of the cabinets if they are open, cleaning the drains in the kitchen and/ or bathroom and cleaning door handles. Baseboards and door frames are often overlooked as well. The list will be long. Do not be afraid.

There is spring cleaning to do outside the house as well. Things like tidying up the garage storage, sweeping the floor, washing outside windows, etc. are all important. You might go ahead and get your grill ready as well.

While you are accomplishing this monstrous to-do list go ahead and change the smoke alarm batteries, CO2 batteries and burned-out lightbulbs throughout the property.

It's doubtful all of this can be done in one day, even with more than one person working at it, so it's okay to divide the list and spread it over a couple of weekends. Just make sure you don't un-do what you've already done in the process. Ahhh Spring.

Doc/from page 4___

tate quality daycare into existence, or a nasty coworker into a team player, or a loved one into sobriety.

Self-care, meaningful self-care, means being able to recognize that you are human, and you have limits and that it's not just ok, it's critical, to acknowledge and respect those limits. The demands vying for your time and energy are endless. Those resources, however, are not. True self-care means standing up for your right to be the one who decides how you will allocate them.

This means setting boundaries, and that's an incredibly difficult thing to do. With those limits will naturally come guilt, because you simply can't do everything for everyone, or even all the things you yourself want to do. No one else can decide where your lines are, and no one else will hold those lines on your behalf.

In order to hold those boundaries, you must be kind to yourself. Most of us have a perpetual self-commentary of criticism that tells us we could do better, we should do better, we aren't enough. Honest self-reflection is important, but why does that so often mean a laser focus on where we fell short, without recognizing how far we came? We internalize the message that if we can't keep up with demands that escalate until we crack, the fault is ours. It's not. To draw these boundaries, and make that self-compassion meaningful, we each must clarify our own values.

Spending our limited energy in ways that conflict with the ideas we hold most dear is the antithesis of self-care. We need a clear idea of what those values are to hold that line. Massages and meal delivery services can be great tools, but the real key to protecting your mental well-being is a lot harder to define and a lot harder to do.

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

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LCEDF Elections

It's time for the Lincoln County Economic Development Foundation's (LCEDF) trustee position election in Districts 1, 2, & 3

The districts follow the boundaries

District 2 consists of Beaver, Colo-Creek & Scott townships

2024 Nominees: District 1: Thatcher Brown District 2: Jessica Thornhill District 3: Tara Kubick

Please stop by the LCEDF office in the basement of the courthouse to vote between March 20-27, 2024. Regular office hours are 8:30am 4:30pm. If you would like a ballot mailed, please call the office at 785

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Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, March 20, 2024) **RESOLUTION NO. 24-02**

A RESOLUTION FIXING A TIME AND PLACE FOR A HEAR ING BEFORE THE GOVERNING BODY TO DETERMINE WHETHER A STRUCTURE LOCATED AT 306 E. PARK STREET, LINCOLN, KANSAS, IS DANGEROUS, UNSAFE AND UNFIT FOR HUMAN HABITATION, AND DETERMINE WHETHER THE STRUCTURE SHOULD BE CONDEMNED AND ORDERED REPAIRED, OR DEMOLISHED.

WHEREAS, Chapter 4, Article 6 of the Code of the City of Lincoln Center, Kansas ("Code") authorizes the governing body (the "Governing Body") of the City of Lincoln Center, Kansas (the "City"), upon receiving a report from the code enforcement officer charging that any structure is danger, unsafe, or unfit for human habitation, to fix a date time, and place at which the owner, owner's agent, any lienholder of records, and any occupant of the structure, may appear and show cause why the structure should not be condemned and ordered repaired, or demolished; and

WHEREAS, the Governing Body, upon receiving a report from the code enforcement officer regarding the condition of 306 E. Park Street Lincoln, Kansas, has determined it is necessary and advisable to set a time a place for hearing to determine whether the structure is dangerous, unsafe, and unfit, at which time and place the owner, owner's agent, any lienholder of records, and any occupant of the structure may appear and show cause why the structure should not be found dangerous, unsafe, and unfit and thereby condemned and ordered re paired, or demolished:

NOW, THEREFORE, BE IT RESOLVED BY THE GOVERNING BODY OF THE CITY OF LINCOLN CENTER, KANSAS:

SECTION 1. Petition. The Governing Body hereby finds and determines that the report dated January 23, 2024 filed by the code enforcement officer as it relates to the structure situated at 306 E. Park Street, Lincoln, Kansas meets the requirements of Section 4-603 and 4-604 of the Code.

SECTION 2. Public Hearing. It is hereby authorized, ordered and directed that the Governing Body shall hold a public hearing, in accordance with the provisions of the Section 4-605 of the Code, at which time the owner, owner's agent, any lienholder of records, and any occupant of the structure, may appear and show cause why the structure should not be found dangerous, unsafe, and unfit and thereby condemned and ordered repaired, or demolished, and such other matters related thereto, with such public hearing to be held on April 29, 2024 at 6:30 p.m., or as soon therafter as the matter can be heard, in the City Council meeting room located at City Hall, at 153 W. Lincoln Avenue Lincoln, Kansas, under the authority of the Code.

SECTION 3. Notice of Hearing. The City Clerk is hereby authorized ordered, and directed to give notice of said public hearing by publication of this Resolution in the official City newspaper. Such publication shall be at least once each week for two consecutive weeks. At least 30 days shall elapse between the last publication and the date set for the hearing. The City Clerk is hereby further ordered and directed to mail a copy of this Resolution, via certified mail, the owner, owner's agent any lienholder of records, and any occupant of the structure within three days after this Resolution is first published.

SECTION 4. Effective Date. This Resolution shall take effect and be in full force immediately after its adoption by the Governing Body of

ADOPTED AND APPROVED by the Governing Body of the City of Lincoln Center, Kansas, this 11th day of March, 2024.

APPROVED:

By: /s/ Travis Schwerdtfager

Mayor Attest: (seal)

By: /s/ Heather N. Hillegeist City Clerk

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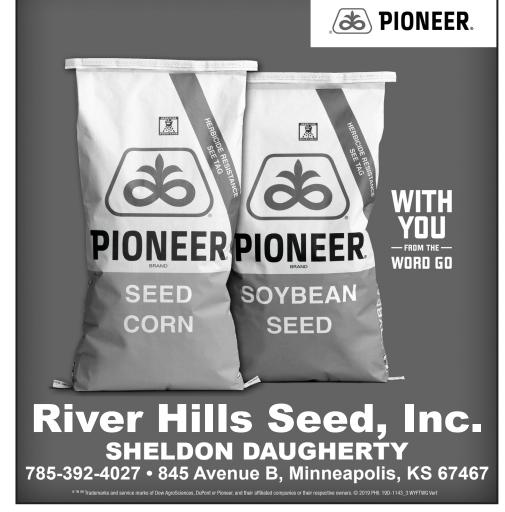
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Hometown Helpers Members: Jacob Schultz, Hadley Reagan, President Anna Feldkamp, Recreation Leader Hunter Reagan, Isaac Schultz, Eli Schultz, Kale Sorensen, Chaplain Parker Reagan, Paxton Reagan, Song Leader Brayden Dohl, Treasurer Ben Feldkamp, Reporter/Historian Adelyn Dohl, Vice President Maren Sorensen, Bethany Boyd, Parliamentarian Abby Feldkamp, Felicity Dohl, Caitlyn Dohl, Devin Boyd, Secretary Clara Sorensen, Mercy Boyd. Not pictured are members Vance and Tevis Dohl, Peter Boyd and Ashlen Doctor. (courtesy photo)

Hometown Helpers Community Club News

The Hometown Helpers Community Club has elected officers for the 2024 club year. These are: President - Anna Feldkamp, Vice President - Maren Sorensen, Secretary - Clara Sorensen, Treasurer -Ben Feldkamp, Parliamentarian - Abby Feldkamp, Reporter/Historian - Adelyn Dohl, Song Leader - Brayden Dohl, Recreation Leader - Hunter Reagan, Chaplain - Parker Reagan.

The club met Saturday, March 2, 2024, at the Presbyterian Church in Sylvan Grove. The meeting was called to order by President Anna Feldkamp.

The club recited the Pledge of Allegiance. Members recited John 3:16. For God so loved the world that He gave His only begotten son that whosoever believeth in Him will not perish, but have eternal life. Chaplain Parker Reagan gave an object lesson using water and bleach to demonstrate how God washes his people clean of their sins.

Brayden Dohl led the club in singing Jacob's Ladder and Kum Ba Yah. Roll call question was: My favorite Easter tradition. Roll call was answered by 19 club members, 5 adults and 1 guest.

The minutes of the previous meeting were approved as read. Treasurer Ben Feldkamp updated members on the club's finances. Parliamentarian Abby Feldkamp led the club in playing a game in which the club matched officers to their duties.

Club Leader Lorelei Dohl reported that the county fair will be July 15 – 20. All events will take place during the course of the week. Final decisions regarding the fair schedule will be made at the March Fairboard meeting.

In Old Business, it was decided that the Requirements & Recognition committee should meet before the next meeting. Committee members include: Isaac Schultz, Ben Feldkamp, Jennifer Feldkamp, Lorelei Dohl, Sophia Schofield and Dena Sorensen.

In New Business, Anna Feldkamp

moved that the Hometown Helpers elect officers and begin the new club year in January, rather than September. The motion was seconded and carried.

A committee was appointed to rewrite community club by-laws. These include: Isaac Schultz, Anna Feldkamp and Lorelei Dohl.

Abby Feldkamp moved that the club reimburse Lorelei Dohl \$10 for eggs and candy purchased for the community Easter Egg Hunt. The motion was seconded and carried.

Ben Feldkamp moved that the Hometown Helpers choose Wildlife as the club project. The motion was seconded and carried.

Members were reminded that they may serve the alumni banquet and assist with the Vesper Memorial Day meal in May. They may also be asked to help the SSC will summer concessions.

Members expressed an interest in serving as assistant superintendents and building supervisors in the open class building at the county fair. They were encouraged to think about other ways in which they might want to participate in the fair.

The next club meeting is tentatively set for Saturday, April 27, 2024, at the Presbyterian Church at 10:00 a.m. Seeing no further business, the meeting was adjourned.

Following the meeting program books were distributed. Also, some members stuffed Easter Eggs for the community hunt.

Recreation Leader Hunter Reagan led the club in a spirited game, boys vs. girls, to see who could turn up or down the most paper cups in one minute. The boys won all three games.

Lorelei Dohl provided meat and cheese with crackers and deviled eggs for refreshments.

Respectfully submitted - Adelyn Dohl, Hometown Helpers Reporter



Parker Reagan gives an object lesson of how Jesus washes away our sins to



Hometown Helpers Ben Feldkamp, Paxton Reagan and Bethany Boyd pack Easter Eggs for the community egg hunt. (courtesy photo)

Guest/from page 4

like they are taking an unreasonable risk just to do their jobs, a feeling perpetuated every day that goes by without resolution on the raids.

resolution on the raids.

"This is not a partisan issue," Bradbury emphasized.
"Anyone who values limiting government overreach, which I believe most Americans do, should support full transparency surrounding the Record raid. Transparency protects good public servants as well as the public. As soon as possible, law enforcement should take an obvious step toward transparency and announce that no journalists subjected to the Record raid will be charged."

There's no time like the present, especially when it's Sunshine Week, for law enforcement to make good on that unquestionably reasonable ask.

Max Kautsch is an attorney whose practice focuses on First Amendment rights and open government law.





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