



The Official Newspaper for Lincoln County Kansas

# LINCOLN SENTINEL-REPUBLICAN

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

## Lincoln Center Improvement Committee works to make Lincoln better



By Jyll Phillips,  
Lincoln-Sentinel

Before Lincoln Center Improvement Committee and before PRIDE, there was a small group of engaged citizens who formed Lincoln Improvement Committee. The group's main intention

was to brainstorm ways to improve the quality of life in Lincoln County. The population had been dwindling each year, young people were moving away, and the overall population was aging. Shortly after, a group of volunteers began helping homeowners clean up their properties. A group consisting of a core of about eight people enlisted the help of the city and volunteers, removing debris from various properties, trimming trees and even razing decrepit properties. The county agreed to reduce landfill

fees, the responsibility of the homeowner, in favor of continual clean-up of the community.

In 1970, a new program called Kansas PRIDE was created to increase community vitality throughout the state. The program provided recognition, funding and leadership development for Kansas community volunteer improvement groups to celebrate their successes and address challenges unique to their community.

Lincoln PRIDE was established in 2014. With the City's approval and partici-

pation, the group was able to apply for grants from multiple sources, creating the funding to complete projects.

On a state level, individual PRIDE chapters helped facilitate cleanup and community spirit. One community opened a thrift shop to help fund PRIDE projects. Others have opened grocery stores or farmers markets, renovated buildings that had definitely seen brighter days and purchased new equipment for their parks.

Locally, Lincoln PRIDE has made improvements in

## Donnie White retires



Donnie White received a Golden Toilet Seat in honor of his retirement. (Courtesy Photo)

By Jyll Phillips, Lincoln-Sentinel

Donnie White has recently retired from the Lincoln Housing Authority (LHA).

He started with LHA on a part-time basis in 2019. Before LHA, White was a contractor and handy man in Lincoln for several years. White is also known for a ferocious sense of humor.

In honor of his retirement, LHA Executive Director Darcy Couse presented him with a gold toilet award inscribed with "Best Cleaning Lady 2024."

"We are going to miss Donnie," Couse said. "Donnie can fix and clean anything, but more importantly, he always has a joke and a smile for everyone."

White and his wife, Connie, reside in Lincoln and have two adult children.

## Easter traditions explained

By Jyll Phillips, Lincoln-Sentinel

According to Britannica.com, Easter has accumulated many traditions, some of which have nothing to do with the Christian celebration of the Resurrection but derive from folk customs.

The custom of the Easter lamb has a two-fold origin. The lamb is a reference to Jesus, as in John 1:29, "behold the lamb of God which takes away the sins of the world." The lamb was also used as a sacrificial animal in ancient Israel. In those days Christians placed lamb meat under the altar to be blessed before eating it on Easter. Since the 12th century the Lenten fast has ended on Easter with meals of eggs, ham, cheeses and bread along with sweets that had been blessed for the occasion.

The first recorded mention of decorated Easter eggs was in the 13th century. Eggs were prohibited as part of the diet during Holy Week, but chickens continued to lay eggs during that week, of course, so the idea of identifying those as "Holy Week" eggs brought about their decoration. A symbol of the Resurrection, the egg symbolizes the emergence of new life.

See "Easter" page 8



This is an example of the musical instruments LCIC has worked hard to purchase and install in Lincoln's city park. (Courtesy Photo)

the appearance of the city park by cleaning out long abandoned flower beds and replanting, up and down Lincoln Avenue by cleaning up the grass that had grown over some of the limestone sidewalk slabs, providing an American Disabilities Act (ADA) compliant swing for the park and placing a "Mommy & Me" swing in the park. With the help of a grant, the group staged a major cleanup, removing old tires. Because there is a dump fee for tires, they tend

to pile up in yards, creating health and safety concerns. The grant covered the dump fees for this project. They have also worked with the Upward Bound program for the last two years that enhanced the community.

Kansas PRIDE helped communities for 53 years before the name changed. Now the Kansas Community Empowerment program (KCE), administered by K-State Research and Extension is still a volunteer-based grassroots effort to improve the quality

of life in local communities. At the same time, Lincoln PRIDE changed its name to Lincoln Center Improvement Committee (LCIC).

Membership in this committee has ebbed and flowed. Currently there are six members including Lisa Feldkamp, Chris Gerbitz, Carly Errebo, Shelby Errebo, Breanna Brown and Vicki Hook.

With the profits from their last fundraiser, a baked potato bar on March 17, LCIC is happy to announce they

have completed the fundraising efforts for their In-Ground Musical Instrument Set project. The set of four in-ground instruments include Swirl Chimes, Yantzee Metallophone, Imbarimba and Tuned Drums, which will be installed in the spring. The total cost of all four instruments was \$26,000 and funded by three years of fundraising through events such as Sunday Dinners, Duck Race during Post

See "LCIC" page 8

## Lincoln places at Northern Plains League Art Show

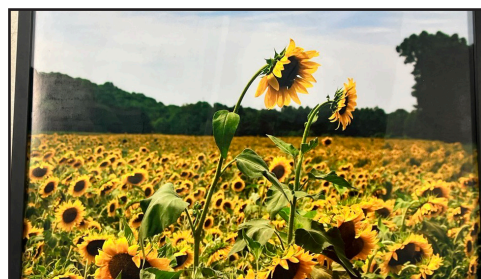
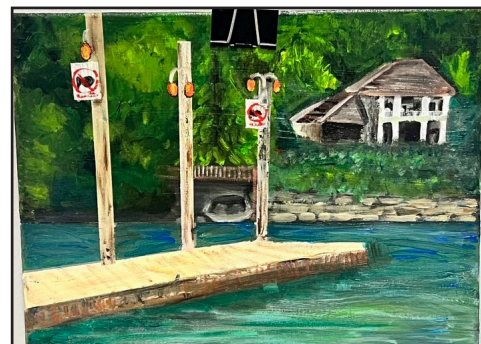
By Jyll Phillips, Lincoln-Sentinel

LHS students recently showcased their talents at the NPL Osborne Art Show, making their school and community proud of their work and accomplishments!

Congratulations are in order for all who participated, and those who placed and/or received an Honorable Mention. Freshman Kadin Schneider placed first in the Ink/Scratchboard category and Sophomore Kimberly Helus placed third in the same category. Sophomore Declan Ryan received Honorable Mention in the Digital Media/Photography category, while Junior Braxton Veal received Honorable Mention in the Acrylic Paint category.



Kadin Schneider (left) received first place in the Ink/Scratchboard category. Kimberly Helus (right) received third place for her entry in the same category. Top Right: Braxton Veal received Honorable Mention for her acrylic paint category. Bottom Right: Declan Ryan received Honorable Mention in the Digital Media/Photography category. (Photos courtesy of USD 298)



### Cash Grain

### March has two zodiac signs

March has two zodiac signs – Pisces and Aries. If you were born between February 19 and March 20, you're a Pisces, typically known for being empathic, artistic and dreamy. The symbol for Pisces is a fish. If born between March 21 and April 19, you're an Aries, typically known for a competitive, energetic and fearless spirit. The ram is the symbol for Aries. One might surmise that a Pisces is flexible, like a fish swimming in the sea. The ram, on the other hand, might mean you tend to duck your head and break barriers wherever found.

Wheat.....\$5.49  
Corn.....\$4.29  
Sorghum.....\$4.18  
Soybeans.....\$11.12

Cash prices courtesy of  
[bankoftescott.com](http://bankoftescott.com)





Community Calendar

Thursday, March 28

Lincoln: Easter Story Time & Egg Hunt @ the Library  
USD 298: 9 am KAY Grades K-5 Easter Egg Hunt @ Lincoln City Park; 2 pm JH Tescott Track Meet; 3 pm HS Bennington Track Meet  
USD 299: Dr. Crull from FHSU-Choir Clinic @ Sylvan; FFA Aggie Days @ Concordia; 2 pm JH Track Tescott Invt. @ Tescott

Friday, March 29

Lincoln: 10 am Basement Sale @ Seirer's Clothing; 3 pm Heather Gabelmann Book Signing @ Village Lines  
USD 298: No School - Good Friday  
USD 299: No School - Good Friday

Saturday, March 30

Barnard: 10 am Easter Egg Hunt @ First Baptist Church  
Hunter: 9 am - 10 am 4-H Club bakesale @ Hunter Community Center benefits Emma Cline Family  
Lincoln: 10 am Basement Sale @ Seirer's Clothing; 2 pm Easter Egg Hunt @ Lincoln Park Manor

Sunday, March 31

Happy Easter!

Monday, April 1

USD 299: No School - Easter Break

Tuesday, April 2

Lincoln: 6 pm 'Let's Talk' @ Lincoln County Senior Center  
USD 298: 3 pm HS St. John's-Beloit Track Meet  
USD 299: FFA Officer Meeting-Seminar; 3 pm HS Track St. John's -Beloit Invt. @ Beloit

Wednesday, April 3

USD 298: 9:30 am JH Lakeside Track Meet @ Osborne  
USD 299: 9:30 am JH Track Lakeside Invt. @ Osborne; 1 pm NPL Meeting

Commodity Distribution held the third Wednesday every other month at the Lincoln Senior Center. (September, November, January, March, May, July)

Lincoln County Historical Society meets second Monday of each month @ 6 p.m.; Lincoln County Historical Museum is open Thursdays, Fridays, Saturdays. Call 202.744.9041.  
LCEDF meets the second Wednesday of each month in the Courthouse basement. Call 524-8954 for meeting time.  
The Lincoln County Commission meets each Monday, and the last working day of the month, at the courthouse.

Lincoln Senior Center

MENU

Monday, April 1

Polish Sausage w/Bun, Sauerkraut, Potatoes & Fruit

Tuesday, April 2

BBQ Chicken, Scalloped Potatoes, Mixed Veggies, Sliced Peaches & Roll

Wednesday, April 3

Meatloaf, Baked Potato, Glazed Carrots, Plums & Roll

Thursday, April 4

Taco Salad w/Lettuce, Tomato, Cheese, Chips, Corn Salad, Pineapple Tidbits & Garlic Breadstick

Friday, April 5

Chicken Salad Sandwich, Potato Salad, Cucumbers & Onion, & Lime Sprinkled Pears

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.

Weekly Temps			
	High	Low	Rain
3-19	50	36	
3-20	72	29	
3-21	58	30	
3-22	66	45	
3-23	51	26	
3-24	53	53	
3-25	58	36	

Easter Service

DIRECTORY

First Baptist Barnard

Sunday, March 31  
Sunrise Service 7 am, Simpson Hall  
Easter Service 9 am after Sunrise Service Breakfast

Bethlehem Sylvan Grove

Sunday, March 31  
8:30 am Breakfast  
10 am Worship Service

Beverly Community Church

Friday March 29  
6:30 pm Good Friday Service  
1 Mile West of 3rd & Main of Beverly, KS

Central Christian Church

Friday, March 29  
Good Friday Service 6 pm  
Sunday, March 30  
Easter Service 10:30 am  
Sunday School 9:30 am (with Easter Egg Hunt)  
Video messages posted throughout the week speaking on what Jesus was doing on these particular days and the significance of it.

Culver UMC & Tescott UMC

Friday, March 29  
Good Friday Service at Tescott UMC 6pm  
Sunday, March 31

Easter Sunrise Service 7am: 1st hill east of Tescott on the North Side of K-18  
Easter Service Culver UMC 9:30am  
Easter Service Tescott UMC 11:00am

First Presbyterian Church Sylvan Grove

Thursday, March 38  
Maundy Thursday Service 7 pm, communion will be served  
Friday, March 29  
Good Friday Service 7 pm  
Sunday, March 31  
Easter Sunrise Service at Kulich's Pasture  
Regular Worship 11 am

Lincoln Community Church

Friday, March 29  
Good Friday Service 6:30 pm

St. John Lutheran Church - Lincoln

Sunday, March 31  
7 am Easter Sunrise Service with Breakfast following service

St. Paul Catholic Church

Holy Saturday, March 30  
Easter Vigil Mass 8:30 pm  
Sunday, March 31  
Services at 7 am, 8:30 am, 10 am & 11:30 am

2023-24 KSHSAA

All-Class teams selected



Class 2A Boys  
Honorable Mention:  
Cooper Rathbun, jr., Lincoln



Class 1A Division 1 Boys  
Honorable Mention:  
Lane Homewood, sr., Sylvan-Lucas



Class 1A Division 1 Girls  
Honorable Mention:  
Maggie Labertew, jr., Sylvan-Lucas

**All-State/All-Class Selection Process:** Ballots are sent to every coach in the state where they are asked to nominate players from their own team as well as players from other teams for consideration for All-State and All-Class honors. Those ballots are processed and votes are tabulated for each nomination in every classification. All-league teams and input from other experts across the state are also used as reference when making final selections for the honors.

The Cold Weather Rule and the LIEAP application period will end soon

The Kansas Corporation Commission (KCC) wants to remind utility customers that there are two important dates coming up that they should be aware of. First, the deadline to apply for the Low Income Energy Assistance Program, known as LIEAP, is Friday, March 29. LIEAP is a federally funded program administered by the Kansas Department of Children and Families. LIEAP applications must be received by the Kansas DCF office by 5 p.m. on Friday. The KCC urges all customers facing financial difficulties to act now to stay connected. More information about the program is available at <https://www.dcf.ks.gov/services/ees/Pages/EnergyAssistance.aspx>  
In addition, the Cold Weather Rule ends on Sunday, March 31. The Cold Weather Rule protects residential customers, served by KCC regulated utilities, from disconnection when temperatures are forecast to drop below 35 degrees.  
When the Cold Weather Rule is in effect, regulated utilities are also required to offer a 12-month payment plan upon request, even if a previous payment plan has been broken. When that protection ends on Sunday, failure to make arrangements or failure to adhere to an already established payment plan could result in disconnection. Reconnection after March 31 may require past due balances be paid in full, depending on the utility's policy. That is why it is important to call now – while regulated utilities are still required to offer the Cold Weather Rule 12-month payment plan.  
It is important to note that the KCC does not regulate co-ops or municipal utilities, although many of those utilities also offer a cold weather payment plan. For a complete list of utilities regulated by the KCC visit: <http://kcc.ks.gov/about-us/jurisdiction>  
To find out more about utility assistance programs in your area, please contact your utility or the KCC Consumer Protection Office at 800-662-0027 or 785-271-3140. Utility assistance program information is also posted on the KCC's website.

SEIRER'S CLOTHING

Easter Weekend

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SATURDAY, MARCH 30TH 10AM-4PM

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Barnard Easter Egg Hunt

Saturday, March 30 • 10 am

First Baptist Church

Barnard Community Sunrise Service

Sunday, March 31 • 7 am

Simpson Hill

First Baptist Church Easter Service

Sunday, March 31 9 am

Please join us for any or all of the Easter events.



OBITUARY

Amber Lynn Dowlin  
Jan. 27, 1977 - March 16, 2024

Amber Lynn Dowlin, 47, passed away Saturday, March 16, 2024 in Lincoln. She was born January 27, 1977 at Stormont-Vail Hospital in Topeka, KS while her parents (Leo and Janet Dowlin) and brother (Marin) were living on Highway 24 near the small town of St. George, KS (just outside Manhattan). When Leo's fisheries biologist job required a move, she began school at Carbondale. But soon another move meant school in Independence, KS. Amber played the flute, but an abundance of flute players caused her band instruc-

tor to ask her to become a percussionist. This discussion proved to be very helpful when she became a member of the K-State Marching Band and was able to travel with the band on several bowl game trips. After graduation from K-State, Amber began 17 years of work at Wal-Mart in several positions, including supervisor. When she found out about a dispatcher position at the Kansas Highway Patrol, Amber applied and was hired. Her personal knowledge of several regions of Kansas proved to be very helpful for her. Amber was a member of St. John's Lutheran Church of Lincoln, KS. She loved her church family and

enjoyed sharing her singing voice with them. Amber is survived by her mother Janet Dowlin of Barnard and brother Marin Dowlin (Brandy) of Junction City, KS. She was preceded in death by her father, Leo Dowlin. Visitation: noon-2:00 p.m., Thursday, March 21, 2024 at St. John's Lutheran Church, Lincoln. Funeral service: 2:00 p.m., Thursday, March 21, 2024 at St. John's Lutheran Church, Lincoln. Burial will follow at Milo Cemetery, Barnard. Memorial contributions can be made to St. John's Lutheran Church, c/o, Hall Chapel, PO Box 37, Lincoln, KS 67455. Condolences can be left at hallchapel.com.

LINCOLN COUNTY COUNCIL ON AGING



Current LCCA members include: Marjorie Aufdemberge, President Lorelei Dohl, Vice President Lu Willingham, Secretary Kay Good, Treasurer Vicki Hook. Not pictured is LCCA member Charles Derryberry.

Members of the Lincoln County Council on Aging (LCCA) met Tuesday, February 27, 2024 at 9:00 a.m. at the Lincoln Senior Center. Present were members Lorelei Dohl, Vicki Hook, Kay Good and Lu Willingham. Marjorie Aufdemberge, who was also present, has been appointed by the Sylvan Senior Center to fill the vacancy left by David Gerstmann, who went off the board. Also present were Linda Semple from NCFH AAA and Commissioner Dennis Ray. LCCA board member Charles Derryberry was not present. LCCA Officers were elected for the coming year. They are: President – Lorelei Dohl, Vice President – Lu Willingham, Secretary – Kay Good, Treasurer – Vicki Hook. North Central Flint Hills Area Agency on Aging (NCFH AAA) report was given by Linda Semple. She reported that the month of March will include a March for Meals event to promote Friendship Meals across the area. She also talked about Older Kansans Day, which was held in Topeka in January. She discussed some of the issues that are facing seniors, which were discussed at Topeka. She also warned that it is very important that folks look over their Medi-care statements carefully, as many people are being billed, especially for urinary catheters, that they are not receiving. She also said that Medi-care will not call folks in their homes without an appointment, so no information should be given out to people who claim to be calling to gather Medi-care information. She reported that the next Sunflower Fair, an event honoring seniors, will take place in Salina on September 24, 2024. She reported that the 18-county Board of Directors still needs two representatives from our area. They meet six times a year at different locations. She said that anyone interested in serving on the board should apply to NCFH AAA. The person will then need to be approved by the Lincoln County Commissioners. Lincoln county is also in need of a Silver-haired Legislator. Anyone interested in serving can apply through the same process. Dennis Ray discussed how the mill levy will be dispersed this year. Members said that they would like

to see it handled as it was last year with equal portions going to the LSC, the SSC and the LCCA. A large portion of the LCCA's share of the money would then be available to all 501(c)3 organizations who want to apply for grants. Ray said that he was not sure how the money would be distributed, but he would take the board's recommendation back to the commissioners. Dennis Ray also reminded the LCCA that a budget must be prepared by May for the Commissioners. Members voted to continue the Transportation Voucher Program, which is being used by seniors in Lincoln County. Seniors who take the Lincoln County Bus may travel with no or very little cost to themselves, as the LCCA will pick up the cost of the trip. It was decided to put 20 vouchers at each location – Lincoln Senior Center, Lincoln Park Manor, Lincoln County Hospital and Sylvan Senior Center. They will have an expiration date of December 31, 2024, although more vouchers may be printed as needed. Lorelei Dohl said she would work on that project. It was announced that the May LCCA meeting will feature a speaker, Michelle Coats, Director of Mobility Management for North Central Kansas. Following is the schedule for LCCA meetings for the 2024 year.

Tuesday, February 27	9:00 AM
Lincoln Senior Center	
Tuesday, March 26	10:00 AM
Sylvan Senior Center	
Tuesday, May 28	10:00 AM
Lincoln Senior Center	
Tuesday, July 23	10:00 AM
Sylvan Senior Center	
Tuesday, September 24	10:00 AM
Lincoln Senior Center	
Tuesday, November 26	10:00 AM
Sylvan Senior Center	

Meetings will take place at the senior centers to encourage communication and interaction between the centers and the LCCA. These meetings are all open to the public. Changes in date, time or place will be posted, if necessary, at the board's discretion.



<b>BARNARD UNITED METHODIST</b> Pastors Kaye & Jeff Metzler Adult Sunday School @ 10:00 am Morning Worship @ 11:00 am	<b>LINCOLN PARK MANOR CHAPEL</b> Morning Worship @ 9:30 am Afternoon Worship @ 2:30 pm
<b>BETHANY CHURCH</b> 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	<b>LINCOLN UNITED METHODIST</b> Pastors Kaye & Jeff Metzler Worship Service @ 10:30 am
<b>BETHLEHEM LUTHERAN CHURCH LC-MS</b> Pastor Christopher Craig Sylvan Grove, Kansas Sunday School @ 9:00 am Sunday Worship @ 10:00 am	<b>PRESBYTERIAN CHURCH</b> Sylvan Grove, Kansas Sunday School @ 10:00 am Church @ 11:00 am
<b>BEVERLY COMMUNITY CHURCH</b> 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	<b>ST. JOHN LUTHERAN CHURCH</b> 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
<b>BEVERLY UNITED METHODIST</b> Pastors Kaye & Jeff Metzler Church Service @ 9:00 am	<b>ST. PATRICK'S CATHOLIC CHURCH</b> Father Mark Wesely, Lincoln Rectory phone: 785-524-4823 Email: spat327@gmail.com Sunday Mass @ 11:00 am Sunday CCD Classes @ 9:45 am Weekday Mass: Mondays - 3:30 pm
<b>CENTRAL CHRISTIAN CHURCH</b> 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	<b>ST. PAUL'S LUTHERAN CHURCH LCMS</b> Pastor Don Haselhuhn Six and one-half miles south and 4 miles east of Lincoln Worship Service @ 9:00 am
<b>CULVER METHODIST CHURCH</b> Pastor Demele Eckart 401 Main Street, Culver, Ks Sunday Worship @ 9:30 am Saturday Coffee @ 8-10 am	<b>ST. PAUL'S LUTHERAN CHURCH, ELCA</b> Pastor Rod Thompson, Tescott Worship Service @ 9:00 am
<b>DENMARK EVANGELICAL LUTHERAN COMMUNITY CHURCH, ELCA</b> Pastor Angie Sundell Worship Service @ 10:30 am	<b>TESCOTT UNITED METHODIST CHURCH</b> Pastor Demele Eckart Sunday School @ 10:00 am Worship @ 11:00 am
<b>FAITH BAPTIST CHURCH</b> 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	<b>TRINITY LUTHERAN CHURCH, HUNTER</b> Pastor Matthew Schneider Hunter, Kansas Sunday School @ 9:00 am Worship Service @10:00 am Midweek/Confirmation Wednesdays @ 4:30 to 5:45
<b>FIRST BAPTIST CHURCH</b> Pastor Carolyn Allen, Barnard Morning Worship @11:00 pm	
<b>GRACE CHAPEL-HUNTER</b> Pastors Kaye & Jeff Metzler Worship Service @ 9:00 am	
<b>LINCOLN COMMUNITY CHURCH</b> 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	

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.

Happy Heavenly Birthday!

To a devoted wife, cherished mom, grandma and sister.

We love and miss you Kimberly Reed-Romesburg!

Dorothy "Dottie" Cole will celebrate her 100th birthday on April 7, 2024.

Her family, which includes 6 children, 22 grandchildren, 30 great-grandchildren, and 6 great-great-grandchildren will honor her with a celebration to commemorate this event.

The family also invites anyone that would like to congratulate Dottie on reaching this milestone to send cards to Eaglecrest 1501 E. Magnolia Rd. Apt. 1 Salina, KS 67401

She will enjoy hearing from friends and acquaintances from years past.

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# LOCAL POWERLIFTERS DOMINATE

## Northern Plains Leage Powerlifting Meet Results

### GIRLS RESULTS:

- Girls 105

Bench

1st - Alyssa Lopez, LHS 95
- Squat

1st - Alyssa Lopez, LHS 185
- Clean

1st - Alyssa Lopez, LHS 120
- Overall

1st - Alyssa Lopez, LHS 400
- Girls 114

Bench

1st - Bentley Smith, LHS 105
- Squat

1st - Bentley Smith, LHS 195
- Clean

1st - Bentley Smith, LHS 120
- Overall

1st - Bentley Smith, LHS 420
- Girls 123

Bench

1st - Ashton Lyne, LHS 110

2nd - Kylie Hull, LHS 105
- Squat

2nd - Hazel Metz, LHS 200

3rd - Kylie Hull, LHS 185
- Clean

2nd - Hazel Metz, LHS 125

3rd - Kylie Hull, LHS 105
- Overall

2nd - Hazel Metz, LHS 420

3rd - Kylie Hull, LHS 385
- Girls 132

Bench

1st - Hannah Lyne, LHS 105

3rd - Tyanna Burnett-Porter, LHS 90
- Squat

2nd - Tyanna Burnett-Porter, LHS 155

3rd - Hannah Lyne, LHS 155 TIED
- Clean

2nd - Hannah Lyne, LHS 130

3rd - Tyanna Burnett-Porter, LHS 105
- Overall

1st - Hannah Lyne, LHS 390

3rd - Tyanna Burnett-Porter, LHS 350
- Girls 165

Clean

2nd - Danika Pasley, THS 125



HAZEL METZ



JOEY STIRN



TAEGAN THRASHER



CASEY SIGLE

### TEAM RESULTS:

GIRLS		
1	Thunder Ridge High School	221
2	Lincoln High School	200
3	Lakeside High School	76
4	St Johns Beloit	58
5	Stockton Tiger Ambush	49
6	Osborne High School	38
7	Rock Hills High School	32
8	Tescott High School	29
BOYS		
1	Lincoln High School	384
2	Sylvan-Lucas Unified	239
3	Thunder Ridge High School	210
4	Lakeside High School	181
5	Tescott High School	118
6	Stockton Tiger Ambush	106
7	Natoma High School	86
8	Rock Hills High School	28
9	Southern Cloud	22



ETHNEY SHELDON



KADIN SCHNEIDER

### NPL RECORD BREAKERS:

- Girls Class 105

Squat: Alyssa Lopez 185

Clean: Alyssa Lopez 120

Overall: Alyssa Lopez 400
- Girls Class 114

Bench: Bentley Smith 105
- Girls Class 123

Overall: Hazel Metz 420

Tied but did not break
- Boys Class 132

Bench: Kaden Budreau 205
- Boys Class 181

Bench: Logan Meier 265



DYLAN ROSEBROOK, Spotter Jonathan Bell



KADEN BUDREAU

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Lincoln hosted the NPL Powerlifting meet on Thursday, March 21, 2024, full meet results can be found on [nckssports.com](https://nckssports.com).  
(Photos by Becky Rathbun)



ALYSSA LOPEZ



ASHTON LYNE



AUSTIN MILLER



BENTLEY SMITH



CALEB DOTTERER, Spotter: Deagen Walters



CARTER FERN, Spotter: Dylan Rosebrook



DRAYSE WALTER, Spotter: Zayne Maupin



TYANNA BURNETT-PORTER



ZAYNE MAUPIN<sup>o</sup>



LEVI BATES

Boys 114.0	
Bench	1st - Kadin Schneider, LHS 135 2nd - Ben Case, THS 90
Squat	1st - Kadin Schneider, LHS 175 2nd - Ben Case, THS 125
Clean	1st - Kadin Schneider, LHS 150 2nd - Ben Case, THS 90
Overall	1st - Kadin Schneider, LHS 460 2nd - Ben Case, THS 305
Boys 123	
Bench	1st - Izak Schulmeister, SLUHS 165
Squat	2nd - Izak Schulmeister, SLUHS 250
Clean	2nd - Izak Schulmeister, SLUHS 170
Overall	1st - Izak Schulmeister, SLUHS 585
Boys 132	
Bench	1st - Kaden Budreau, LHS 205 2nd - Levi Bates, LHS 130
Squat	1st - Kaden Budreau, LHS 235 2nd - Levi Bates, LHS 215 3rd - Gage Meier, SLUHS 185
Clean	1st - Levi Bates, LHS 155 2nd - Kaden Budreau, LHS 135 3rd - Gage Meier, SLUHS 135
Overall	1st - Kaden Budreau, LHS 575 2nd - Levi Bates, LHS 500 3rd - Gage Meier, SLUHS 320
Boys 140	
Bench	1st - Drayse Walter, SLUHS 185 3rd - Jonathan Bell, LHS 155
Squat	1st - Drayse Walter, SLUHS 245 2nd - Carter Fern, THS 225
Clean	1st - Drayse Walter, SLUHS 205 2nd - Carter Fern, THS 170 3rd - Jonathan Bell, LHS 165
Overall	1st - Drayse Walter, SLUHS 635 2nd - Carter Fern, THS 540 3rd - Jonathan Bell, LHS 525
Boys 148	
Bench	2nd - Blane Lamb, SLUHS 190 3rd - Eli Gipe, THS 165
Squat	2nd - Blane Lamb, SLUHS 225
Clean	2nd - Eli Gipe, THS 180 3rd - Blane Lamb, SLUHS 170
Overall	2nd - Blane Lamb, SLUHS 610 3rd - Eli Gipe, THS 560
Boys 156	
Bench	3rd - Dylan Rosebrook, LHS 156
Squat	2nd - Dylan Rosebrook, LHS 245
Clean	3rd - Riley Obermueller, LHS 170
Overall	3rd - Dylan Rosebrook, LHS 575
Boys 165	
Bench	3rd - Casey Sigle, SLUHS 195
Squat	1st - Zayne Maupin, SLUHS 295 2nd - Casey Sigle, SLUHS 275 3rd - Carter Johnson, SLUHS 265
Clean	1st - Deagen Walters, LHS 215 2nd - Zayne Maupin, SLUHS 205
Overall	1st - Zayne Maupin, SLUHS 705 2nd - Casey Sigle, SLUHS 655 3rd - Carter Johnson, SLUHS 610
Boys 173	
Bench	3rd - Caleb Dotterer, LHS 215
Squat	1st - Caleb Dotterer, LHS 390 3rd - James Dickerman, LHS 310
Clean	2nd - Caleb Dotterer, LHS 220 3rd - James Dickerman, LHS 205
Overall	2nd - Caleb Dotterer, LHS 825
Boys 181	
Bench	1st - Logan Meier, LHS 265
Squat	2nd - Logan Meier, LHS 365
Clean	1st - Ben Bell, LHS 245 2nd - Logan Meier, LHS 225
Overall	1st - Logan Meier, LHS 855
Boys 220	
Bench	2nd - Austin Baird, LHS 225
Squat	3rd - Brandon Sinclair, LHS 355
Clean	3rd - Brandon Sinclair, LHS 225
Boys HWT	
Squat	2nd - Brody Shearer, LHS 410 Cade Brokes, SLUHS 405
Clean	2nd - Cade Brokes, SLUHS 245 3rd - Brody Shearer, LHS 245
Overall	2nd - Brody Shearer, LHS 890 3rd - Cade Brokes, SLUHS 875





Free Community NARCAN Training  
with Free Narcan distribution



DCCCA will be presenting training on the effects of Fentanyl and the importance of Narcan use.

Free Narcan will be given to the first 48 people

Wednesday, April 10, 2024 • 6:30 - 7:30 pm

At the Finch Theater

122 E Lincoln Ave, Lincoln, Ks



Farmers & Ranchers  
Livestock Commission Co.

Total for the Week - Cattle - 5,880

Bulls - \$155.00 - \$166.50 Cows - \$133.00 - \$145.50

Strs	
300-400	\$400.00-410.00
400-500	\$380.00-391.00
500-600	\$336.00-347.00
600-700	\$304.00-315.00
700-800	\$283.00-295.00
800-900	\$247.00-259.00
900-1000	\$228.00-239.75

Hftrs	
300-400	\$359.00-370.00
400-500	\$332.00-345.00
500-600	\$296.00-307.50
600-700	\$270.00-283.00
700-800	\$234.00-247.50
800-900	\$218.00-230.00
900-1000	NO TEST

Early Consignments for  
Thursday, March 28th:

135 black/red steers & heifers, 450-600, 2 round vaccinations; 34 black steers & heifers, 500-525, long wean, 3 round vaccination, open, knife cut, worked, hotwire & bunk broke; 65 heifers, 750-800, no sort; 64 heifers, 750-800, no sort; plus more by sale time.

• Early Consignments:  
• Special Cow Sale, April 16, 2024  
• Start Time: 11am.

**Bulls:** 25 angus bulls, 18 months old; 4 registered blk angus bulls, semen tested; 2 - 2 year old red angus; 6 yearling red angus; 5 hereford bulls, 18 months, virgin, semen & trich tested; 16 angus bulls, semen checked; 8 char polled, yearling bulls, semen checked; plus more by sale time.

**Heifers Pairs:** 40+40 red angus pairs, heifers are sisters off of one SD ranch, calves sired by Mushrush bulls, calves all worked, 40-50 days old; 75+75 blk pairs, home raise, big calves, worked, fancy; 25+25 pairs; 40+40 pairs; 30+30 pairs, blk Balancer heifers, Post Rock calves, calves born Jan1-Feb1, big calves; plus more by sale time.

**Bred Heifers:** 85 purebred angus heifers, September calvers, A'd to Sunbeam, cleaned up Poss angus Carccas bulls; 2 registered blk heifers, home raise, fall bred, bred Poss calving ease bulls; 75 blk heifers, calving August 15 for 45 days, bred to LBW Gerlach blk angus bulls; plus more by sale time.

**Cows/Cow Pairs:** 40+40 - 3-6 years old, mostly 3-in-1 deals, bred back to Meyer Fair & Squar Emerald; 85 cows, 3-4 years old, A'd to Poss angus Rawhide or Winchester, calving September 1; 20+20 pairs, running age cows, charX calves; 30 - 3 years old, coming with second calf, bred blk, fall calvers; 60 - 4-6 years old, mostly blk cows, bred blk, fall calvers; 100 blk cows, fall calvers; 14 blk registered angus, fall cows, 3-7 years, home raise, bred Stucky ranch bulls; 170 blk/red angus, 3-5 years, fall cows, bred blk or horned Herefords; 50 blk/bwf 4-7 years old, fall calvers; 200 blk/red cows, mostly 3-4 years old, bred angus or Hereford, short calving period, fall bred; 80+80 blk running age pairs; 200 blk cows, 5-8 years, bred Don Johnson angus, fall bred, calving Sept.1; 35+35 blk cows, blk/charX calves, 5-6 years old, all worked; 39 blk/bwf cows, 4-8 years old, bred blk, bulls in Dec.6 for 65 days; 30 blk 3-5 years old, fall cows, calving Aug.1 for 60 days, bred blk angus Gerlach bulls; 42 red angus, 3-4 years old, bred Swanson red angus bulls,

• Spring Spectacular Horse Sale  
• May 18, 2024.

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PRAIRIE DOC - ANDREW ELLSWORTH, MD

Feeling winded?

"Well, doc," the patient was telling me, "I get winded so easily now. I can hardly go to the mailbox without stopping to catch my breath. It did not used to be that way. Do you think something is wrong?"

Many of us have experienced shortness of breath. After a period of inactivity, such as winter or a busy month, when we decide to exercise again, it may be easier to feel winded. That experience can be due to deconditioning, feeling out of shape. A good remedy for that is a gradual increase in exercise, helping us to regain our strength and endurance.

Sometimes we get short of breath for other reasons. A recent infection can be a common cause, giving us a bad cough and leaving us winded for a while. There are several other lung causes like asthma or chronic obstructive pulmonary disease, including emphysema and chronic bronchitis, which can leave us short of breath.

However, the feeling of shortness of breath does not necessarily mean

there is a problem with the lungs. Shortness of breath can be a symptom of heart disease. A partial or total blockage of an artery in the heart may give someone chest pain, but sometimes shortness of breath could be one of the only symptoms.

One can feel winded from heart failure, when the heart is not pumping as well. As the heart has trouble keeping up, a person can get short of breath from the buildup of fluid, which may cause swelling of the legs and sometimes buildup of fluid in the lungs.

Or, perhaps the shortness of breath is from anemia. If someone is anemic, the hemoglobin level in their blood is low, which reduces the body's ability to carry oxygen throughout the body. Anemia can have a variety of causes, such as blood loss, low iron or other nutritional deficiencies, or problems with the production of blood cells. Blood loss can be caused from anything from heavy periods to a stomach ulcer. Everything that can result in anemia, can result in shortness of breath.

My patient with shortness of breath from walking to the mailbox came in to see me and we did several tests including a chest x-ray, blood tests, and an EKG. Ultimately, we did a stress test and after an angiogram and stent in the heart, he feels much better and is walking a mile or two nearly every day.

It is important to tell your health-care provider if you are feeling shortness of breath. While it could be due to anything from your heart, your lungs, being out of shape, or even anxiety, please do not ignore your body if you are feeling winded.

Andrew Ellsworth, 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](http://www.prairiedoc.org) and on Facebook and Instagram featuring On Call with the Prairie Doc® a medical Q&A show celebrating its 22nd season of 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

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



Alfredo sauce is very simple to make with just a few ingredients and can go from the stovetop to the table in under 20 minutes.

It's amazing what people will passionately debate about online.

Recently, I watched a video that started with two Italians explaining that they were going to show people how to make real alfredo sauce. The rest of the video was another creator trying out the dish, and from his reaction, I knew I had to give it a shot.

Of course, before that, I read some of the comments, and people were up in arms about whether or not fettuccine alfredo is really Italian or is an American invention.

I had to do some research, and I found an article by Francesco Dama entitled "Italian or American? The truth about fettuccine alfredo" that claims that the Italians created the dish and some American actors in the

1920s helped make it famous.

After reading the article, it was clear that the ingredients used for this particular recipe were, indeed, the ones used by the dish's creator, aptly named Alfredo.

The recipe I tried comes from content creator Corey Bonalewicz. You can find his videos on Instagram @iamcoreyb. His website is coreyb.com. I added salt and pepper to my version and added the amounts for the ingredients.

Alfredo Sauce  
Ingredients

- 16 ounces fettuccine or linguine noodles
- 4 tablespoons butter
- 1 cup freshly grated parmesan cheese
- salt and pepper, to taste

Directions

Cook your noodles according to package instructions. When they're done, be sure to reserve a couple cups of pasta water.

While the noodles cook, spread the butter onto the bottom of a large serving bowl and grate your cheese.

When the noodles are done, put the hot, drained noodles into the serving bowl and mix until the butter is melted and evenly distributed onto

the noodles. Next, stir in the cheese. Add about one-quarter cup of the hot pasta water and stir.

Add more water, a little at a time, until the cheese is melted and the sauce is the consistency you want.

Serve immediately.

I made the rookie mistake of buying pre-shredded parmesan for this, and it was disastrously difficult to get it to smoothly melt into the sauce. It was still good, but I will definitely make this again with cheese I grate myself. If you're not aware, pre-shredded cheese normally has an additive to keep it from clumping, which makes it tough to melt smoothly.

That being said, the flavor was on point for this, and I really enjoyed it. To make it a full meal, I sauteed some onions, bell peppers and spicy rope sausage to serve over the pasta, and it was great.

And whether you think fettuccine alfredo is a true Italian dish or something Americans came up with, it's still delicious, and that's really all that matters.

*Spice Up Your Life is a weekly recipe column by Lindsey Young, who describes herself as an enthusiastic amateur cook and can be reached through her website at [spiceupkitchen.net](http://spiceupkitchen.net).*

POST ROCK EXTENSION DISTRICT - BY CASSIE THIESSEN  
K-STATE RESEARCH AND EXTENSION-POST ROCK DISTRICT HORTICULTURE AGENT

Cedar Apple Rust

Spring time means many flowers will soon be popping up and blooming in our landscapes. There is also another sign of spring to be on the look out for: Cedar apple rust. The pathogen (a fungus) spends part of its life cycle on a juniper tree, and the other part of its life cycle on apple hosts such as; apples, crabapples, hawthorns, or quince.

Those jelly-like orange masses on the junipers produce spores that infect the apple hosts. Once infection occurs, leaf spots on apple leaves develop in 1-3 weeks. Eventually, fungal spores are produced in these leaf spots on the apple tissues. The spores are spread by wind and rain back to junipers starting around the first of July. Without both hosts, the fungus can't complete its life cycle.

The disease looks dramatic on junipers, but it does not cause any harm to the evergreen trees. The rusts can cause problems in the apple host, however. If infection is severe, many leaves drop off early and the tree is weakened due to re-

duced photosynthesis. If your tree only gets a small amount of rust each year, it probably won't be an issue for long term tree health.

Management options for apple hosts:  
1) Resistance: For new plantings of fruiting or flowering apples, consider planting a rust-resistant variety. Information on crabapple cultivars is available at your local Extension Office, call for more information.

2) Tree care: For any apple tree, proper pruning will allow air movement through the canopy. This practice reduces the leaf wetness that promotes disease. Maintaining overall tree health will also help prevent the disease.

3) Fungicides: Homeowners with a bad history of this disease (severe defoliation), might consider preventative fungicide sprays on the apple hosts when leaves are out and the orange galls are active. For best control, applications should continue through May or as long as the orange galls are active.

Products with the active ingredi-

ents myclobutanil or propiconazole are examples of materials labeled for cedar apple rust management in flowering crabapples and non-fruiting apples. Propiconazole products include Bonide Infuse Concentrate and Fertilome Liquid Systemic Fungicide. Some myclobutanil products are labeled for fruiting apples. However, in all cases, make sure you check the label carefully.

Spring time means many plants are blooming. Don't panic if you see cedar apple rust's orange, jelly like galls on your evergreen trees. The galls will eventually dry up and the tree will not be harmed. If you have apple trees, plan out a spray schedule for the season. If you have any questions, please call your local Post Rock Extension Office.

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

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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 of the County Commissioner districts and any registered Lincoln County voter may vote for the LCEDF nominee in the district where they reside.

District 1 consists of Elkhorn, Franklin & Valley townships.

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

District 3 consists of Battle Creek, Cedron, Golden Belt, Grant, Hanover, Highland, Indiana, Orange, Pleasant & Vesper 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 785-524-8954.

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LCIC/

Rock Festival, private individuals and business donations, along with a variety of grants. Studies have shown that outdoor musical instruments stimulate all five senses, help build social and emotional connections and encourage creativity, which are keys for fostering a positive community mindset. The group's mission is to continue to uplift community pride through neighborly assistance in the beautification of Lincoln Center, with a mission that ensures that every building, residence, yard, garden, street, alley and open space in Lincoln Center will look well-kept, maintained, welcoming and free of trash and overgrown vegetation. For more information, check the group's Facebook page. Lincoln Center Improvement Committee. There is a link on that page for anyone who might desire more involvement in the community, create a positive impact and have fun while working with a dynamic group of people for the benefit of neighbors.



Kansas State Board of Agriculture Board Meeting

The Kansas State Board of Agriculture will meet for its regular quarterly board meeting on Thursday, March 28, from 11:00 a.m.–2:00 p.m. in the Stevens Boardroom in the College Center Building at the Kansas State University Salina Campus, 2310 Centennial Rd. in Salina. The meeting is open to the public. This meeting will be held in person only. For more information or to receive a copy of the agenda, please contact Auburn Wassberg at Auburn.B.Wassberg@ks.gov. Persons who require special accommodations must make their needs known at least 24 hours prior to the meeting

COMMISSION MEETING MINUTES

March 11, 2024  
The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, March 11, 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 the recording secretary. Others present for portions of the meeting: Rhonda Wright, Jesse Knight, Dustin Florence, Kathy Moss, Cecilia Tagtmeyer, Vicki Hook, Nancy Knapp, Dale Hlad, and Brett Wilkinson. Correspondence: a proof of the insert being enclosed with appraisal notices; an Agreement with the City of Barnard; WEB fund recommendations; Resolutions; a gravel removal/purchase agreement; and a letter of support for the Sylvan Senior Center. Debora Smith moved to approve the contract amendment regarding compensation and invoicing with the City of Barnard to pay their ARPA funds upfront so that they can complete their project, seconded by Ryley Hembry. Motion carried. Dennis Ray moved to approve the WEB fund applications: Lincoln Carnegie Library - \$5,262.30; Lincoln County Historical - \$2,853.68; Lincoln Golf Club - \$5,000; Lincoln County - \$1,500; and

NCK Outdoors - \$8,000, seconded by Ryley Hembry. Motion carried. The board approved an insert to be added to the appraisal notices. The board approved a letter of support for the Sylvan Grove Senior Center grant application. Dennis Ray moved to correct the minutes from February 26, 2024, removing Jarrod Heinze as the appointment to the Repeater Board and replacing with Jeff Lyne, seconded by Debora Smith. Motion carried. Debora Smith moved to approve the minutes of March 4, 2024, seconded by Ryley Hembry. Motion carried. Sheriff Dustin Florence related that the department will be purchasing rifles for all patrol units with funds from the Law Enforcement Trust Fund. This purchase will allow all vehicles to be equipped with the same weapon. Currently the department is using a blend of county owned and officer owned rifles. The board approved surplus county weaponsto be sold by Carr Auction. The board discussed distribution of the Services for the Aged mill levy funds. The county can levy up to two mills each year, choosing to only levy \$60,000 for 2024. Dennis Ray moved to approve funding in the amount of \$5,000 to the Council on Aging; \$20,000 to the Sylvan Senior Center; and \$35,000 for the Lincoln Senior

Center with \$15,000 specifically earmarked for the Food Program, seconded by Debora Smith. Motion carried. Debora Smith moved to enter into a gravel agreement with the Dora L Schroeder Trust, seconded by Ryley Hembry. Motion carried. Director of Highway Department Dale Hlad provided costs to purchase three railroad cars from the Railroad Yard and stock culverts from J&J Drainage. The board approved the purchases. Hlad reported that the fuel pumps are scheduled to be installed this week. Brett Wilkinson, Kirkham Michael, presented an agreement for engineering services for the board's approval. Debora Smith moved to enter into an agreement for engineering services between Lincoln County and Kirkham Michael & Associates for Off-System 149, in the amount of \$12,500, seconded by Ryley Hembry. Motion carried. Dennis Ray moved to approve Resolution 2024-07, transferring \$12,500 from the General Fund to the Transportation Bus Fund; Resolution 2024-08, transferring \$32,533 from the General Fund to the Rescue Squad Fund; Resolution 2024-09, transferring \$10,000 from the General Fund to the Repeater Board Fund; Resolution 2024-10, transferring \$30,000 from the Lincoln County

Ambulance Fund into the Lincoln County Ambulance Service Capital Outlay Fund; Resolution 2024-11, transferring \$100,000 from the Lincoln County General Fund into the Lincoln County Capital Improvement Fund; Resolution 2024-12, transferring \$40,000 from the Lincoln County General Fund into the Lincoln County Equipment Reserve Fund; and Resolution 2024-14, transferring \$10,000 from the Lincoln County Noxious Weed into the Noxious Weed Capital Outlay Fund, seconded by Debora Smith. Motion carried. Debora Smith moved to approve Resolution 2024-13 establishing fees for Lincoln County for a Construction Notification Form and Floodplain Permit, seconded by Ryley Hembry. Motion carried. The board discussed the lack of movement in finding a truck for the Noxious Weed Department. Commissioner Ray provided an update from TreanorHL on the status of the courthouse improvement plans. The board discussed an email received regarding the Council on Aging bus vouchers. The chairman adjourned the meeting at 10:15 a.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. Monday, March 18, 2024.

Easter/

The custom of associating a rabbit or bunny with Easter came about in Protestant areas in Europe in the 17th century but didn't become common for 200 years. The rabbit is said to lay the eggs as well as decorate and hide them. In a way, this was a manifestation of the Protestant rejection of Catholic Easter customs. In other Euro-

pean counties other animals brought Easter eggs. In Switzerland there is the Easter cuckoo. In the Westphalia region of Germany, the fox brought the eggs. No matter what customs have been created through the years, the fact remains that Easter is the Christian celebration of the resurrection of Jesus Christ.

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

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. With such high demand, seminars are continuing through 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 money, and your information safe! April 2024 Dates: April 10th at 10:30 AM Glen Elder Senior Center 113 N. Mill St. Glen Elder, KS 67446 785-545-3444 April 10th @ 12:30 PM Jewell County Senior Center 214 N. High - Suite 2 Mankato, KS 66956 785-378-3385 April 17th @ 10:30 AM Ellsworth Senior Center 119 W. 4th Street Ellsworth, KS 67439 785-472-5185

April 17th at 12:30 PM Wilson Senior Center 511 25th Street Wilson, KS 67490 785-658-2388 To register for additional Answers for Older Kansans (AOK) Seminars such as Medicare Basics, visit us online at [www.ncfhaaa.com/seminars](http://www.ncfhaaa.com/seminars) or by calling 1-800-432-2703. Upcoming Medicare Basics Dates are as follows: (pre-registration is required, seminars are free) Medicare Basics (offered via zoom or in-person): a class to educate and inform you of the "in's and out's" of Medicare, especially if you are close to 65 years of age and preparing to enroll in Medicare. Zoom: April 3rd and 4th from 5:30 pm – 7 pm In-Person – Manhattan, KS – Manhattan Public Library, 1 pm – 3 pm Zoom: April 17th and 18th; 5:30 pm – 7 pm Can't wait to have you join us! --Your friends at the NC-FH AAAA The North Central-Flint Hills Agency on Aging, Inc. is a private, non-profit organization that plans, coordinates and provides services in 18 north central Kansas counties to enhance the quality and dignity of life for older Kansans, people living with disabilities and their families. Area Agency on Aging programs and services are partially funded by the Older Americans Act through the Kansas Department for Aging and Disability Services and voluntary participant contributions. The Area Agency on Aging works in partnership with local and county governments and senior citizens' groups. All services are available without regard to race, color, national origin, sex, age or disability.

# Lincoln Farm Supply, Inc

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### 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.