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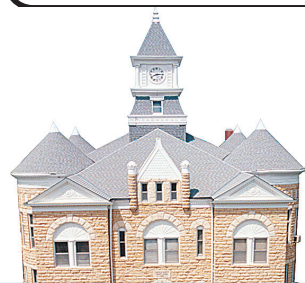
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Put a spring in your step with Walk Kansas

By Jyll Phillips, Lincoln-Sentinel

Walk Kansas is a K-State Research and Extension (KSRE) health initiative that promotes personal health and well-being by helping participants adopt healthful lifestyle habits. It is primarily a team-based program designed to help participants be more active with support from friends and family, make healthier nutrition and beverage choices and learn helpful techniques to reduce stress.

This year marks the 23rd Walk Kansas program. Each year organizers bring a renewed focus on helping participants meet the Physical Activity Guidelines for

Americans and increasing the number of fruits and vegetables they eat.

A team captain is the organizer of a six-member team of walkers. The captain will make sure all members register, share program infor-

teract regularly.

To participate in the program, first join a team or organize your own. Registration began March 4. The program will run March 31 – May 25, 2004.

The 2024 Team Challenges

for physical activity – 150 minutes per week. Collectively, the team would walk the equivalency of 435 miles as they discover the 8 Wonders of Kansas.

Challenge #2 follows US Route 56. This trail actually begins in New Mexico, but it won't take long to reach Kansas, and then trek across the state on Route 56. Each person logs 200 minutes of activity/week. The team travel will equal 640 miles.

Challenge #3 is a cross country winding trail from Troy to Elkhart, requiring each person to log four hours per week. The team would travel 764 miles total.

Challenge #4 is from Little See "Walk" page 6



mation with their team and motivate team members. The team will then choose a name and select a challenge, do activities together and in-

clude four ways to reach the team goal.

Challenge #1 is a tour of the 8 Wonders. Each person reaches the minimum goal

Pittenger recognized

By Jyll Phillips, Lincoln-Sentinel

If you've been a student in USD #298 any time in recent history, or had a child enrolled, you know Shari Pittenger. Lovingly known as "Pitt" to many, Pittenger spent decades in Lincoln working with children as their physical education teacher. What some may not know is that she was an outstanding athlete in her youth.

As a member of the Class of 1984 Washburn University's Lady Blues, Pittenger had a very successful college career in basketball and was named Defensive Player of the Year.

The class of 1984 was the first women's team to win the CSIC and District 10 championship, going on to the National tournament. She and her teammates also played AAU basketball following graduation.

Pittenger and her teammates were recognized at half-time during a match-up between Washburn and Emporia State Saturday, March 2. The Lady Blues won the game by 1 point in overtime

"I was proud to be part of a great team and legacy!" she said.



Shari Pittenger (center) honored for her successful college basketball career for the Washburn University's Lady Blues. (Courtesy Photo)

Pi Day is March 14

By Jyll Phillips, Lincoln-Sentinel

Pi is the ratio of the circumference of a circle to its diameter, or approximately 3.14. Pi Day occurs on March 14 because it is written as 3/14 in the U.S. According to CNN.com, serious math geeks celebrate the day exactly at 1:59 a.m. or p.m. reflecting the first six digits of the ratio, 3.14159.

Pi Day began in 1988 at San Francisco's Exploratorium by physicist Larry Shaw to celebrate the famous number and mathematics in general. At the Exploratorium Shaw is known as the Prince of Pi. In 2009, the US

House of Representatives passed a resolution to recognize Pi Day.

The mathematical concept of pi has been around for centuries, but it started to be known by the Greek letter in the 1700s. Philologist William Jones began using the symbol in 1706, but mathematician Leonhard Euler popularized the expression.

Similar to our love for pie, pi is infinite. Its exact value cannot be calculated, and it doesn't seem to have a pattern. We will never be able to find all the digits of pi because of its very definition as an irrational number. Babylonian civilization

used the fraction 3 1/2, the Chinese used the integer 3. By 1665, Isaac Newton calculated pi to 16 decimal places. Computers hadn't been invented yet, so this was a pretty big deal. In the early 1700s Thomas Lagney calculated 127 decimal places of pi, reaching a new record. In the second half of the twentieth century, the number of digits of pi increased from about 2000 to 500,000 on the CDC 6600, one of the first computers ever made. This record was broken again in 2017 when a Swiss scientist computed more than 22 trillion digits of pi. The calculation took

over a hundred days.

The record for reciting the greatest number of decimal places of Pi was achieved by Rajveer Meena at VIT University, Vellore, India on March 21, 2015. He was able to recite 70,000 decimal places. To maintain the sanctity of the record, Rajveer wore a blindfold throughout the duration of his recall, which took an astonishing 10 hours!

In the Exploratorium science museum, a circular parade happens every year on pi day. Each person participating holds one digit in the number pi.

See "Pi" page 6

Chance Encounters



chance encounters

Russell Horton
Lincoln Art Center | Mar 8 5:30-7:30



The Lincoln Art Center will feature an exhibit of selected works by Russell Horton of Baldwin City, Kansas and Tpeka artist, Phyll Klima. The opening reception will be held at the Lincoln Art Center on Friday, March 8 from 5:30-7:30 p.m. The exhibit will run through April 27, 2024. (Courtesy Photo)

March is Colorectal Cancer Awareness Month

By Jamie Rathbun, Family and Wellness Agent
Post Rock Extension District

Colorectal cancer is the third most frequently diagnosed cancer in both men and women in the U.S. and accounts for 9 percent of all cancer-related deaths. Colorectal cancer begins in the colon or rectum, and often begins as a growth or polyp that develops into cancer. If detected early, colorectal cancer can be prevented or treated without death occurring.

There are other health related problems associated with colorectal cancer that may be clues to aid in the diagnosis. If any of these symptoms are present, see a physician for proper diagnosis and treatment: a change in bowel habits or blood in your stool, diarrhea, constipation or feeling that the bowel does not empty all the way, any abdominal pain, aches or cramps that don't go away or an unexplainable weight loss.

There are several types of screening tests for colorectal cancer. The Centers for Disease Control and Prevention recommend individuals begin testing at age 45 unless they have an underlying condition that warrants earlier testing. Some tests may be combined for more accurate screening results.

The most commonly used tests used to screen for colorectal cancer includes a fecal occult blood test which checks for blood in the stool. This is an annual test.

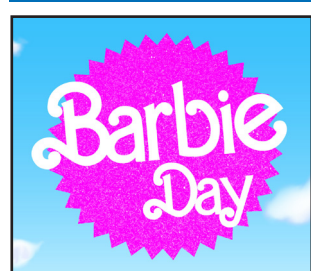
A colonoscopy looks inside the rectum and colon for polyps and other abnormalities and allows doctors to remove growths or obtain a biopsy during the procedure. A colonoscopy should be performed every 10 years or as recommended by a health care professional.

A virtual colonoscopy uses a series of x-rays to create images of the colon and shows polyps or other abnormalities. A virtual colonoscopy can be used at age 45.

A DNA stool test looks at genetic changes in the stool. A DNA stool test should be performed every three years unless recommended more often by a health care professional.

National Barbie Day is celebrated on March 9th

Cash Grain



In 1959, Ruth Handler created the Barbie doll and launched an American icon. Barbie's full name is Barbara Millicent Roberts, and she came with a full array of accessories. While toymakers mass-produced toys for years, before Barbie, none of them had adult features. Barbie's adult features made the toy a first of its kind. Interestingly, Barbie's marketing strategy relied on television advertising. For example, Barbie was the sole sponsor of the Mickey Mouse Club, marketing directly to children. At the time, the approach was unique. Estimates place over a billion Barbie dolls have been sold worldwide in over 150 countries.

Wheat.....\$5.48
Corn.....\$4.21
Sorghum.....\$3.91
Soybeans.....\$10.59

Cash prices courtesy of
bankoftescott.com

Community Calendar

Thursday, March 7

Lincoln: 10 am Storytime @ the Library
USD 298: NHS Blood Drive
USD 299: Choir to Russell leave at 11:30 back at 2:15

Friday, March 8

Beverly: 6:30 pm Ladies Spring Banquet @ Beverly Community Church
USD 298: NO SCHOOL
USD 299: ACT Registration Deadline

Saturday, March 9

Lincoln: 10 am Sip & Shop at Seirer's Clothing

Sunday, March 10

Monday, March 11

USD 298: No School - Spring Break through March 15
USD 299: Parent/Teacher Conferences (School Dismiss at 1:00)

Tuesday, March 12

USD 299: FFA Rewards Trip

Wednesday, March 13

USD 299: 6 pm Karaoke & Game Night hosted by Event Planning Classes

Spring Break

USD 298:
March 11 - 15

USD 299:
March 14 - 15 No School

Have a great week!

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

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

Front Row: Dawson Lee, Danika Pasley, Justin Pasley. Middle Row: Ayden Thompson, Eli Gipe, Sarai Glaser, Charlie Phelps, Elizabeth Wenthe. Back Row: Loni Pasley, Breonna Peterson (courtesy Jeff Mick)

THS Presents “The Big Day”

By Jeff Mick

Play Director Tescott High School

Have you ever had a “Big Day”? We all have. However, maybe not quite like this group. Tescott High School presents “The Big Day”, a series of 11 short plays, each with their own “Big Day,” showcasing a riotous variety of life’s not-so-ordinary situations.

Our cast includes: Eli Gipe, Sarai Glaser, Dawson Lee, Danika Pasley, Justin Pasley, Loni Pasley, Breonna Peterson, Charlie Phelps, Ayden Thompson, and Elizabeth Wenthe.

Please join us at Tescott High School for our production of “The Big Day”. Performances will be on Thursday, March 7th at 7:00 pm and Friday, March 8th at 7:00 pm. Tickets are \$5.00 for adults and \$3.00 for students.

JR. SUNFLOWER 4H CLUB

By Anna Koster

Wayne Elder called the Model Meeting to order on February 18th. There were 23 members, 3 leaders, and 1 tag-a-long. The roll call question was, “What is your favorite dessert?” Parliamentarian, Alison Rosebrook, talked about reconsidering a motion.

Rachel Bell gave the leaders report and she announced that Feb. 22nd is the deadline for registration for the District 4-H Day on March 4th. It’s in Smith Center at the High School at 4:00p.m. Beef Weigh-in is on Feb. 24th at the Sylvan Sale Barn from 10:00 to noon. The Super Saturday Judging Event in Hays is on March 23rd.

Austin Rosebrook reviewed the educational trip the club had to Tony’s pizza facility. Rachel Bell also gave the 4-H Council report and she said that the next meeting is Feb. 28th at 6:30 p.m. Wayne Elder did the Club Seal Ceremony. He put the purple seal that we got last year with the rest of the seals from previous years. The club discussed meeting times during Daylight Savings Time. Benjamin Bell moved that we change the meeting time to 5:30 instead of 4:30. August Buttenhoff seconded the motion.

The Bell Family gave the project talks/demonstrations this month. Jonathan gave a talk about his cow/calf pair. Benjamin talked about his cow and Titus talked about his steer. The song leaders led the club in singing Jesus Loves Me. The recreation leaders told the club that we are going to play GaGa Ball. The next meeting will be March 17th at the Rosebrook’s Farm Shed at 5:30 p.m.

Salina Rescue Mission Needs:

Tums

Powdered Milk

Salad Dressing

Sandwich Meats and Cheeses

Kleenex

Donations may be delivered seven days a week between 8 a.m. and 8 p.m. The Mission is located at 1716 Summers Road in Salina. Thank you for caring for our homeless neighbors.

Eisenhower Foundation Accepting Mural Submissions

The Eisenhower Foundation has commissioned a mural to be painted on the Bert & Wetta silo in Abilene, Kansas, and is currently accepting design submissions. The selected design should incorporate elements of the life and legacy of Dwight D. Eisenhower and may include themes such as Ike’s life growing up in Abilene or his military and presidential accomplishments. The contest is open to residents of Kansas of all ages.

Submissions are due by April 30, 2024, and the mural will be completed in the fall of 2024. The community member who submits the selected design will be honored at the unveiling reception and will also receive a personalized tour for up to six guests at the Eisenhower Presidential Museum.

For a complete list of submission requirements, please visit EisenhowerFoundation.net or email silo@eisenhowerfoundation.net. This project is being completed thanks to generous support from the Kansas Department of Commerce, Kansas Creative Arts and Industries Commission (which receives support from the National Endowment for the Arts, a federal agency), the Community Foundation of Dickinson County, and Bert & Wetta Sales Inc.

About the Eisenhower Foundation

The Eisenhower Foundation non-profit was formed in 1945 after the Allied victory in Europe to create a memorial to General Eisenhower. The mission of the Eisenhower Foundation is to honor and champion the relevance today of the life and leadership of Dwight D. Eisenhower through compelling programs and events that celebrate his life and legacy.

The 22-acre campus in Abilene, Kan., includes the Presidential Library, Presidential Museum, Boyhood Home, Visitors Center and Place of Meditation.

Lincoln Senior Center

MENU

Monday, March 11

Pork Cutlet, Roasted Potatoes & Gravy, Broccoli Normandy, Rosy Applesauce & Roll

Tuesday, March 12

Spaghetti w/Meat Sauce, Salad w/Tomato & Cucumber, Peaches & Garlic Bread

Wednesday, March 13

Country Fried Steak, Mashed Potatos & Gravy, Green Beans, Mandarin Oranges & Roll

Thursday, March 14

Hot Beef Sandwich, Potatoes & Gravy, Carrots & Fruit

Friday, March 15

Fish Sandwich wBun, Hash Browns, Baked Beans & Fruited Gelatin

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
2-27	83	34	
2-28	60	9	
2-29	48	32	
Total Moisture Feb 1.22			
3-1	56	31	
3-2	50	29	
3-3	71	51	
3-4	72	32	

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OBITUARY



Donna Jean Kingan
July 7, 1939 - Feb. 29, 2024

Donna Jean Kingan, 84, passed away Thursday, February 29, 2024 in Lincoln, KS. She was born July 7, 1939 in Hays, KS to William and Selma (Johnson) Webb. The family moved to the Westfall, KS area

where Donna, brother Don, and sister Marshea enjoyed living on the farm. Donna attended school and graduated high school in Lincoln. While working at Rexall Drug Store, she met Leon Kingan. After graduating in 1957, Donna attended beauty school in Salina, KS, and after completing the course, she and Leon were married on December 29, 1957. To this union, three children were born. Donna worked as a cosmetologist until she retired at the age of 70.

She was a dedicated member and pianist at Central Christian Church for 50 years. She enjoyed knitting, crocheting, sewing, square dancing, ham radio, traveling, and cooking and baking.

Donna is survived by her son Bret Kingan of Lincoln; daughters, Barbara (Dale) Lewis of Beloit, KS and Pamela (Larry) Michael of Tescott, KS; three grandchildren and eight great grandchildren. She was preceded in death by her parents, husband Leon, granddaughter Sheena Kingan, brother Donald Webb, and sister Marshea Sheppard.

Visitation: 10:00 a.m. – noon, Tuesday, March 5, 2024 at Hall Chapel, Lincoln.

Graveside funeral service: 1:00 p.m., Tuesday, March 5, 2024 at Lincoln Cemetery.

In lieu of flowers, memorial contributions can be made to Central Christian Church or Gentiva Hospice, c/o, Hall Chapel, PO Box 37, Lincoln, KS 67455. Condolences can be left at hallchapel.com.

Larry Don Spear
July 11, 1936 - Feb. 23, 2024

Larry Don Spear was born July 11, 1936 in Lincoln County, the youngest child of Frank and Alta (Titsworth) Spear. He departed this life on Friday, February 23, 2024 at the age of 87.

Larry was a retired farmer and lifetime resident of Lincoln County. In June 1955, he married Wilma Jean “Jeanie” Ryan and to the union, three sons; Steve, Mike and Brad were born and raised on the family farm Northwest of Lincoln.

Farm life was the best life for Larry. He spent the majority of his days tending to the land and sharing his knowledge of farming practices as well as a solid work ethic with his family. He never

missed a day of work and even up until his final weeks, he was always busy, which kept his mind sharp and his body mobile.

When work was finished, Larry, known by “Papa” to his grandchildren and great-grandchildren, was known to enjoy an afternoon of fishing, family time at the lake, a solid game of cards, a piece of homemade pie (or two if Sue allowed him) and always...a well deserved nap!

After the loss of his wife of 48 years, Jeanie, Larry met Virginia “Sue” Dean and the couple wed in February of 2005. Larry and Sue were well-known on area dance floors and spent many hours kicking up their heels at Jolly-Mixer dances. Their love of dancing also blessed them with many friendships throughout the years.

Larry was a believer of Christ and never missed an opportunity to share the Word of the Lord. While he will be deeply missed by his family, he can now rest in the eternal glory of his heavenly home.

Larry was preceded in death by his parents; sisters, Betty “Jean” Markley and Shirley Phillips; wife Jeanie Spear; and son Brad Spear.

Left to celebrate Larry’s life and legacy include his wife Sue; sons, Steve (Jill) Spear and Mike (Lori) Spear; daughter-in-law Diane Spear; grandchildren, Ryan (Lori) Spear, Jared (Lisa) Spear, Corey (Kacy) Spear, Rachael Spear, Adam Spear and Jesse Spear; great-grandchildren, Aziah, Kaydence, Teryn, Axl and Stryker.

A private graveside service will be held on Tuesday, February 27 at Prairie Grove Cemetery, rural Lincoln. Condolences can be left at hallchapel.com.

COMMISSION MEETING MINUTES

February 20, 2024

The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Tuesday, February 20, 2024. Chairman Dennis Ray called the meeting to order at 8:30 a.m. with Member Ryley Hembry present, and Vice-Chairman Debora Smith absent. Deputy County Clerk Jennifer Machado acted as recording secretary.

Others present for portions of the meeting: Elizabeth Sheldon, Felicia Strahm, and Diane Walters.

Vice-Chairman Debora Smith arrived to the meeting at 8:33 a.m.

Correspondence: a flyer from Midwest Land Group; a bill for Lincoln Park Manor; midmonth accounts payable; application to the WEB fund for an additional ROZ student; tax abatements; and an estimate from Cummins to replace the nursing home generator batteries.

The board discussed the recycling trailer removed from Sylvan Grove and requested that Slechts be scheduled on the agenda to discuss.

The board approved the Landfill/Transfer Station to purchase the F150, with fuel tank, from the Highway department for \$800.

Debora Smith moved to approve tax abatements 2023-33 through 2023-35 in the amount of \$428.92, seconded by Ryley Hembry.

Motion carried. Debora Smith moved to approve mid-month accounts payable in the amount of \$14,003.33, second by Ryley Hembry. Motion carried.

Debora Smith moved to approve the WEB fund contribution application requesting funding for the Rural Opportunity Zone Student, second Ryley Hembry. Motion Carried.

The board approved the estimate from Cummins to replace the nursing home generator batteries for \$1,599.78.

Commissioner Smith requested that the board appoint Jim Gabelmann as the alternate to the Juvenile Detention board. Dennis Ray moved to appoint Jim Gabelmann as the alternate to the Juvenile Detention board, effective today, seconded Ryley Hembry. Motion carried.

Health Nurse/Administrator Elizabeth Sheldon related that the washer and dryer have been leaking and might need to be replaced. Sheldon inquired if the county general fund could purchase the new machines as the courthouse custodian is the only department using the machines now that they no longer offer family planning services. Sheldon discussed plans for upcoming activities. The board inquired whether Sheldon was using PTO time when teaching the CNA class for

Salina Tech. Sheldon related that she has been clocking out while teaching, as Salina Tech is paying her, and that she works Fridays to make up the hours when she has tasks to complete and utilizes PTO time when she does not.

The board discussed board appointments. The board discussed the commissioner’s salaries with Human Resource Officer Felicia Strahm.

The board had previously granted an increase that exceeded the potential on a step plus one-step wage increase given to employees for the calendar year. The board decided to leave the pay where it is as commissioners have not granted raises for their positions for many years, their pay does not correlate with the pay scale, and they spend more time on public affairs than just the commission meeting.

Dennis Ray moved to recess into executive session for fifteen minutes for the purpose of discussing personnel evaluation, 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, seconded by Debora Smith. Motion carried. Time in: 9:32 a.m. Time Out: 9:47 a.m.

The chairman reconvened the meeting to regular session at 9:47 a.m. with no action taken.

Dennis Ray moved to recess into executive session for ten minutes for the purpose of discussing employee evaluations, 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 HR Felicia Strahm, seconded by Ryley Hembry. Motion carried. Time in: 9:49 a.m. Time out: 9:59 a.m.

The chairman reconvened the meeting to regular session at 9:59 a.m. with no action taken.

Dennis Ray moved to approve the February 12th minutes as presented, seconded by Ryley Hembry. Motion carried.

Nursing Home Administrator Diane Walters provided an update on nursing home repairs and activities. Walters related that the State Health and Fire Marshall inspection corrective actions had been accepted, with one notation on the wooden kitchen cabinets. The board authorized Walters to obtain cost estimates to replace the cabinets.

The chairman adjourned the meeting at 10:17 a.m. The next meeting will be at 8:30 a.m. Monday, February 26, 2024, in the courthouse commission meeting room.

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BARNARD UNITED METHODIST Pastors Kaye & Jeff Metzler Adult Sunday School @ 10:00 am Morning Worship @ 11:00 am	LINCOLN PARK MANOR CHAPEL Morning Worship @ 9:30 am Afternoon Worship @ 2:30 pm
BETHANY CHURCH Eight miles north, six miles west and one mile north of Lincoln Sunday School @ 9:45 am Worship Service @ 11:00 am Evening Service @ 7:00 pm	LINCOLN UNITED METHODIST Pastors Kaye & Jeff Metzler Worship Service @ 10:30 am
BETHLEHEM LUTHERAN CHURCH LC-MS Pastor Christopher Craig Sylvan Grove, Kansas Sunday School @ 9:00 am Sunday Worship @ 10:00 am	PRESBYTERIAN CHURCH Sylvan Grove, Kansas Sunday School @ 10:00 am Church @ 11:00 am
BEVERLY COMMUNITY CHURCH www.beverlycommunitychurch.org Pastor Toby Flaming Sunday School @ 9:30 am Morning Worship @ 10:45 am Wednesday Service @ 7:00 pm Youth Mtg., Sun. eve. @ 6:30 pm	ST. JOHN LUTHERAN CHURCH Pastor Don Haselhuhn Lincoln, Kansas Two and one-half miles south of Lincoln on Highway 14 Sunday/Bible School...9:30 am Worship Service.....10:30 am
BEVERLY UNITED METHODIST Pastors Kaye & Jeff Metzler Church Service @ 9:00 am	ST. PATRICK'S CATHOLIC CHURCH Father Mark Wesely, Lincoln Rectory phone: 785-524-4823 Email: spat327@gmail.com Sunday Mass @ 11:00 am Sunday CCD Classes @ 9:45 am Weekday Mass: Mondays - 3:30 pm
CENTRAL CHRISTIAN CHURCH Pastor, Chris Hall Sunday School @ 9:15 am Worship Service @ 10:30 am Find us on Facebook Children are welcome!	ST. PAUL'S LUTHERAN CHURCH LCMS Pastor Don Haselhuhn Six and one-half miles south and 4 miles east of Lincoln Worship Service @ 9:00 am
CULVER METHODIST CHURCH Pastor Demele Eckart 401 Main Street, Culver, Ks Sunday Worship @ 9:30 am Saturday Coffee @ 8-10 am	ST. PAUL'S LUTHERAN CHURCH, ELCA Pastor Rod Thompson, Tescott Worship Service @ 9:00 am
DENMARK EVANGELICAL LUTHERAN COMMUNITY CHURCH, ELCA Pastor Angie Sundell Worship Service @ 10:30 am	TESCOTT UNITED METHODIST CHURCH Pastor Demele Eckart Sunday School @ 10:00 am Worship @ 11:00 am
FAITH BAPTIST CHURCH Pastor Jonathan Schale Lincoln Park Manor @ 9:30 am Bible Study @10:30 am Worship Hour @ 11:15 am Evening Worship @ 6:00 pm Wed. Bible Study @ 7:00 pm	TRINITY LUTHERAN CHURCH, HUNTER Pastor Matthew Schneider Hunter, Kansas Sunday School @ 9:00 am Worship Service @10:00 am Midweek/Confirmation Wednesdays @ 4:30 to 5:45
FIRST BAPTIST CHURCH Pastor Carolyn Allen, Barnard Morning Worship @11:00 pm	
GRACE CHAPEL-HUNTER Pastors Kaye & Jeff Metzler Worship Service @ 9:00 am	
LINCOLN COMMUNITY CHURCH www.lincolncommunitychurch.org Pastor Adam Boyd Sunday School @ 9:30 am Worship Service @ 10:30 am Ladies Prayer Group.Wed. @ 5 pm Awana @ Cube Wed. @ 6:30 pm "Teens for Christ" Sun. @ 7:00 pm Michael Pickering 785-488-7049	

Church schedules are made possible by the following sponsors:



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Ladies Spring Banquet

Sponsored by Beverly Community Church

Friday, March 8, 2024

6:30 p.m.

Beverly Community Church, Beverly, KS

Speaker: Laurie Larson of Clay Center, KS

Theme: At His Feet

What to Bring: Salad and a friend



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Guest Editorial

How a Positive Outlook
Enhances Life

The First Step In Our Journey To
Discover Optimism

As we greet a new week with open arms, I'm thrilled to dive into a topic close to my heart and critical to our collective journey: Optimism. Beyond the warm and fuzzy feelings, optimism is a robust psychological tool that researchers affirm can significantly boost our well-being and success.

Did you know that an optimistic outlook is not just about seeing the glass as half full? It's grounded in science as a catalyst for better health, resilience, and overall happiness.

Studies reveal that optimists tend to lead longer, healthier lives compared to their pessimistic counterparts. They're not only adept at navigating life's inevitable ups and downs but also excel in turning challenges into opportunities for growth.

This revelation about optimism isn't just an abstract concept; it's a practical approach to life that we can all adopt. It's about finding that silver lining, even in the most clouded situations.

So, how do we cultivate this powerful mindset? Start small: practice gratitude, set realistic goals, and shift your narrative from negative to positive. Remember, optimism isn't about ignoring reality but choosing to focus on the possibilities that lie ahead.

In line with exploring optimism, I'm excited to share my latest series on the subject. Today marks the release of my first piece, where I explore optimism's real-world impact and share my finding and world view with all of you.

I invite you to join this enlightening discussion and share your insights as we collectively navigate the path to a more optimistic outlook.

Here is a small taste:

Let's consider the simple act of starting a new day (Which can be incredibly hard sometimes). An optimist wakes up thinking about the potential of the day ahead, while a pessimist might dread the day's challenges.—From the Original Post

As this week unfolds, I encourage you to reflect on the role optimism plays in your life. How does it shape your perspective on personal growth and leadership? How can it transform the challenges you face into stepping stones for success?

Let's inspire one another with stories of optimism, resilience, and the power of a positive outlook. Here's to a week filled with hope, growth, and boundless possibilities.

- Tomer Rozenberg, writing for
medium.com

PRAIRIE DOC - BY DR. LAUREN WOOD THUM AND
DR. DENNIS JOSEPH THUM

Sexual function and aging

As husband and wife urologists, we talk a lot about sex (mainly at work). There are several issues that commonly arise in our patients that can lead to a less than satisfactory sex life. The great news is many treatment options exist.

There are many factors affecting men and women as they age that can interfere with sexual relations. In women, vaginal dryness, prolapse and incontinence are most common. A decrease in circulating estrogen in peri and post-menopausal women leads to atrophy, or dryness, of the vagina that can result in pain. Symptomatic pelvic organ prolapse can create physical barriers to intercourse. Embarrassing urinary incontinence is another reason some shy away from intimacy.

Nearly all women who are experiencing painful vaginal dryness or dyspareunia (pain with intercourse) can be safely treated with a vaginal estrogen cream. Unlike hormone replacement therapy (HRT), vaginal estrogen poses few risks and can safely be administered without fear of cancer, stroke or clotting problems. The cream is placed in the vagina several times weekly at night, helping to improve tissue quality and relieve

symptoms of pain and dryness.

For women who struggle with a vaginal bulge, many options exist to maintain sexual function. A pessary can be fitted in some women who are able to remove it themselves. More often, outpatient surgery is used to restore normal anatomy and maintain sexual function if desired.

Incontinence, the involuntary leakage of urine, has many causes and several treatment options exist depending on the type.

Diagnosing and treating male urologic factors are also key to maintaining intimacy. Erectile dysfunction (ED) is common in aging men for a variety of reasons including but not limited to vascular, hormonal and psychologic issues. Certain treatments for an enlarged prostate or prostate cancer can also lead to ED. The backbone of therapy for erectile dysfunction includes pills like Viagra or Cialis. For some men who do not respond well to these medications or have side effects that are intolerable, penile injections provide a simple and effective solution. As a last resort, surgical options are also available.

Peyronies disease is another issue we frequently see in men that affects

sexual quality of life. This is caused by deposits of scar tissue in the penis. This scar tissue can frequently cause curvature with erection, which makes sex difficult or painful. Excellent non-operative and operative treatments exist which can restore a couple's sexual quality of life.

Whether sexual intercourse remains a priority in your relationship as you age is a very personal decision and is ultimately up to you. If you are suffering from conditions interfering with your ability to be sexually active, many treatment options exist and we encourage you to speak with your doctor about these issues.

-D. Joseph Thum and Lauren Wood Thum are both board certified Urologists at Urology Specialists in Sioux Falls, SD. Dr. Joseph Thum also sees patients in Worthington. In their free time, they enjoy the outdoors and spending time with their sons and German Shepherds. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show providing health information based on science, built on trust, streaming live on Facebook most Thursdays at 7 p.m. central.

SPICE UP YOUR LIFE - LINDSAY YOUNG

Try a great mini sweet that's perfect to have 'round



Mini pumpkin spice donuts are completely addictive, with tons of delicious spices and a fabulous cinnamon-sugar coating.

When I was a kid, our Sunday morning breakfasts before church would often be something special from the day-old bakery we had in town.

One of my personal favorites was when we'd get mini donuts. I would dip them in milk, trading off between chocolate-covered and cinnamon sugar flavors.

I have been thinking about those donuts ever since I found a mini donut pan at our local thrift shop, and I finally took the plunge on baking some of my own.

Around Thanksgiving this year, I accidentally bought pumpkin pie filling instead of regular canned pumpkin, and it has been sitting in my pantry ever since, so I decided it was high time to both use up that can and break in my new pan.

The recipe I made is from the blog "Lovely Indeed." You can find the original post at <https://lovelyindeed.com/mini-donut-recipe-baked-pumpkin->

spice-mini-donuts/. I added extra spices in my version.

Mini Pumpkin Spice Donuts
Donut Ingredients

- 1/2 cup canola or vegetable oil
- 3 eggs
- 1 1/2 cup sugar
- 1 1/2 cup canned pumpkin
- 2 teaspoons cinnamon
- 2 teaspoons ginger
- 1 teaspoon cloves
- 1 1/2 teaspoon salt
- 1 1/2 teaspoon baking powder
- 1 3/4 cup, plus 2 tablespoons flour

Coating Ingredients

- 1/4 cup butter, melted
- 1 cup sugar
- 1 tablespoon cinnamon

Directions

Preheat the oven to 350 degrees.

Spray the wells of a mini donut pan with cooking spray and set it aside.

In a mixing bowl, beat the oil, eggs, sugar, pumpkin, cinnamon, ginger, cloves, salt and baking powder until the mixture is smooth. Beat in the flour just until it's all incorporated.

Transfer the batter to a piping bag or a large zip-top plastic bag with the tip snipped off.

Fill each well on the pan about three-fourths full, and bake for 10 to 12 minutes.

Remove the donuts from the pan and

let them cool.

In another zip-top bag, combine the sugar and cinnamon.

Lightly brush each donut with melted butter, and then drop them (a few at a time) into the bag, and gently shake to coat them in cinnamon-sugar. Serve immediately, and store any leftovers in an airtight container.

This took some time to make, as my donut pan only has nine wells, and this recipe easily made several dozen donuts, but it also gave me plenty of time to wash up my dishes and listen to a podcast.

And these were worth it. We shared them with our guests for a mingle at our office, and then we shamelessly snacked on the leftovers for a few days afterwards. They were moist, full of flavor and very addictive. I had a few with a cup of coffee, and it was the perfect pairing.

I didn't get a chance to dip any of these in milk like when I was younger, but it was still nice to remember those Sunday breakfasts with my family. And the best part? I didn't even have to share these with my sister.

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

Early Spring Soil Temperatures

One of the most neglected tools for vegetable gardeners is a soil thermometer. Soil temperature is a much better measure of when to plant than air temperature or the calendar. Planting when soil is too cool can cause seeds to rot and transplants to sit there and not develop more roots.

A number of vegetables can germinate and grow at cool temperatures. For example, peas will germinate and grow well at a soil temperature of 40 F. Though lettuce, parsnips, and spinach can sprout at a soil temperature of 35 F, they prefer at least 45 F for best germination and growth. Radishes also do well at a soil temperature of 45 F. Warm-season crops such as tomatoes, sweet corn and beans prefer at least 55 F for germination (or transplanting), but others such as peppers, cucumbers, melons and sweet potatoes need it even warmer, about 60 F.

Taking soil temperature accurately is a bit of a science. First, use a metal soil thermometer, which is sold in many garden, auto parts and hardware stores. Take the temperature 2.5 inches deep at about 10 to 11 a.m. Temperature variations throughout the day and night affect soil temperature, with lowest readings after dawn and warmest around mid-afternoon. The late-morning reading gives a good average temperature. If taking the soil temperature at this time is not practical, take a reading before you leave for work and a second when you return home and use the average. Also, be sure to get a consistent reading for four to five days in a row before planting, and make sure a cold snap is not predicted.

You can also check local soil temperature conditions on the K-State Mesonet Website. Go to mesonet.k-

state.edu to find your counties approximate soil temperature. You can click on the weather tab and then the soil temperature tab. The website will tell you the current soil temperature, the 7-day minimum and maximum and the 7-day average which is a good estimate of consistent soil temperatures to use when planting vegetable crops.

This time of year, we are all excited to get some vegetables in the ground. Make sure you are taking soil temperatures into consideration before setting out your seeds or plants. If you have any questions, please call your local Extension office.

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

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THIS PART OF THE BODY STORES
IMPORTANT NUTRIENTS.
THAT MAKES IT A HIGHLY
NUTRITIOUS FOOD.

ANSWER: LIVER

Math Blocks


Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

2		19	27
	8		26
9	10		33
26	24	36	

41	01	6
3	8	15
16	9	2

Solution

THIS DAY IN... HISTORY




- 1769: MOZART DEPARTS ITALY AFTER THE LAST OF HIS THREE TOURS THERE.
- 1837: THE CITY OF CHICAGO IS INCORPORATED.
- 1913: THE UNITED STATES DEPARTMENT OF LABOR IS FORMED.

Get Scrambled

Unscramble the words to determine the phrase.

RUTNOITNI CFSAT

Answer: Nutrition facts

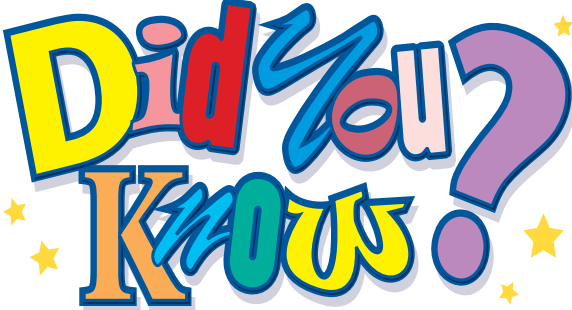


MINERAL


a solid inorganic substance of natural occurrence

How they SAY that in...

ENGLISH: Nutrient
SPANISH: Nutriente
ITALIAN: Sostanza nutriente
FRENCH: Nutriment
GERMAN: Nährstoff



NUTRITION IS THE PROCESS OF OBTAINING FOOD NECESSARY FOR HEALTH AND GROWTH.







Can you guess what the bigger picture is?

ANSWER: CARROTS

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White Male

Charge: Failure to Appear

Bond: \$500.00 Cash

Released 2/22/2024

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Clint Heller - Sales Agent (785) 545-5737

Ray/Broker

SCAN ME

Clint

Farmers & Ranchers

Livestock Commission Co.

Total for the Week - Cattle – 4,097 Hogs – 81

Bulls – \$137.00 - \$147.50 Cows – \$121.00 - \$133.00

Strs		Hfrs	
300-400	\$355.00-367.00	300-400	\$323.00-335.00
400-500	\$340.00-352.00	400-500	\$305.00-317.00
500-600	\$330.00-340.00	500-600	\$300.00-311.00
600-700	\$298.00-309.00	600-700	\$251.00-262.00
700-800	\$275.00-284.00	700-800	\$232.00-242.00
800-900	\$236.00-247.50	800-900	\$213.00-223.50
900-1000	\$220.00-230.00	900-1000	\$200.00-209.00

Early Consignments for

Thursday, March 7th:

30 mix steers & heifers, 700-800; 150 steers & heifers, 650-800, home raise, long wean, 2 round vaccinations, pregged open; 100 steers, 650-850; 50 heifers, 600-800; 180 black steers & heifers, 450-700, home raise, long wean, vaccinated, running out, Don Johnson sired; 6 heifers, 500-600, home raise, wean 100 days; 15 bwf/rwf heifers, 700-750, long wean, 2 round vaccinations, open; 110 heifers, 650-750, home raise, long wean, 2 round vaccinations, no implants; 28 steers & heifers, 750-800, home raise, long wean, hay fed; 42 black steers & heifers, 500-900, home raise, long wean, green; 300 black/bwf steers & heifers, 500-750, home raise, long wean, 2 round vaccinations, running out; 40 black steers, 900-950, home raise, long wean; 26 black heifers, 900-950, home raise, long wean, open; plus more by sale time.

• Special Cow Sale Tuesday March 19th:

• Get your cattle consigned.

• BULLS: 4 yearling black angus bulls, semen tested, registered; 8- 17months old registered red angus; 4 polled char 18 month old, virgin, semen & trich checked; plus more by sale time.

• HEIFER PAIRS: 40/40 red angus pairs, all AI sired calves by "9 Mile Enterprise" red angus Gennex, calves worked 40 days old; 7/7 black/bwf heifers, angus calves, calves worked, home raised; plus more by sale time.

• REPLACEMENT HEIFERS: 100 black heifers, 800#s, 2 round vaccinations, open, very fancy; 30 black heifers, sim/angus, vaccinated, Cow Camp sired; 45 black heifers, 800#s, pelvic measure, pelvic exam, OCHV'd; 6 black heifers, 750#s, 2 round vaccination, open; 40 blk/sim angus heifers, OCHV'd pelvic exam, home raise, preg-guard, 850#s, mostly River Creek & Triangle J sired; 12 black/sim angus heifers, 850#s, pelvic checked, OCHV'd; plus more by sale time.

• BRED COWS/COW PAIRS: 77 cows, 76 calves, cows – 4-7 years old, bulls in Dec.8, Jamison Horn Herefords; 10/10 black pairs, Dec. calves, all worked, cows, poured; 7/7 older pairs; 15/15 black cows, black/charX calves, 5-6 years old, all worked; 80 black cows, 5-8 years, home raise, GENTLE, Gardner genetics, will have some calves by sale time; 140 red/blk angus, 3-5 years old, fall bred, bred black; 3 red angus cows, 5-6 years, heavy bred, (dispersal); 20/20 black older cows, angus calves, calves worked; plus more by sale time.

• Spring Spectacular Horse Sale

• May 18, 2024.

• Get your horses consigned today!!

• Deadline is March 1st!!

Upcoming Special Sales

• Cow Sales

• March 19 • April 16 • May 7

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For more information or to consign cattle call sale barn or:

Fieldman Representatives:

Kenny Briscoe • Lincoln, KS • 785-658-7386

Lisa Long • Ellsworth, KS • 620-553-2351

Cody Schafer • 620-381-1050

Auctioneers:

Kyle Elwood, Brandon Hamel, and Garren Walrod

Walk/

from page 1

Balkans to Nicodemus. Walk the southeast part of the state known as the Little Balkans to Nicodemus, KS. The team who chooses this challenge will go 1,200 miles, requiring each person to log six hours per week. During the eight weeks of the program, each team member will log and report their total minutes of physical activity each week along with the number of servings of fruits and vegetables eaten. The team captain will report the total team activity to the Extension office.

Don't like to walk long distances? Any moderate or vigorous intensity activity will count toward your miles. The participants' Walk Kansas Activity Guide provides more information. Strengthening exercises also count and these activities are part of the Physical Activity Guidelines for Americans.

So, grab your walking shoes, running shoes or cross trainers and contact the Post Rock Extension office to register. Registration is \$10.00 per person and includes a weekly newsletter, access to Med Instead of Meds webinars, access to the online system to track physical activity, etc. and local Walk Kansas activities. T-shirts may be ordered at walkkansas.org.

Pi/

from page 1

Interestingly, some of the most famous scientists in the world have a connection to pi day. Albert Einstein was born on March 14th, 1879. Stephen Hawking died on March 15th, 2018, at the age of 76.

In celebration of this illusive number, MarCon Pies is offering their Cutie Pies on sale two for \$5.00 from 9 am until noon March 14 at 114 W. Lincoln Ave.

Answers for Older Kansans

(AOK) Seminar Series,

focused on protecting

oneself from scams,

continues through March:

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

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

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

March 2024 Dates:

March 13th : Golden Wheel Senior Center @ 10:30 am

114. Concord St.

Minneapolis, Ks 67467

785-392-3338

March 20th : Hillsboro Senior Center @ 10:30 am

212 N. Main St.

Hillsboro, KS 67063

620-947-2304

March 13th : Lincoln Senior Center @ 12:30 pm

116 W. Lincoln Ave.

Lincoln, Ks 67455

785-524-4738

March 20th : Peabody Senior Center @ 12:30 pm

106 N. Walnut St

Peabody, KS 66866

620-983-2226

New Scholarship Investments Bring Opportunities for Students Across ESU

Band, Spirit Teams Open to Non-Music Majors

Emporia State is proud to introduce the launch of a new series of scholarships aimed at making college more accessible and affordable to students in Hornet Nation.

The first announcement brings sizeable scholarships to students in Athletic Bands, which includes the Emporia State Marching Hornets, ESU Colorguard, Stingers Dance Team + Hornet Cheer. These new scholarships begin for new and returning students in fall 2024.

Fall Semester Scholarships:

• Year 1 - \$2,000

• Year 2 - \$2,500

• Year 3 - \$2,750

• Year 4 and above - \$3,000

Spring Semester Scholarships (no marching field events):

• Year 1 - \$1,500

• Year 2 - \$1,750

• Year 3 - \$2,000

• Year 4 and above - \$2,250

These scholarships are provided by Emporia State University and the generous donors of Hornet Nation, including the late Russell Davis.

"One of the reasons the Emporia State Athletic Bands is being chosen for this scholarship fund is that well over half of our ensembles are non-music majors," explained Dr. Bill Woodworth, director of Athletic Bands.

"Having these funds for these ensembles is benefitting the entire university."

Tryout information - Colorguard, Dance,

Federal Housing Administration Launches New Option to Help Struggling Borrowers Keep Their Homes

The new offering, called the Payment Supplement, will help borrowers bring their mortgage payments current and avoid foreclosure. FHA will also extend its full suite of loss mitigation options for all borrowers through April 30, 2025.

The Federal Housing Administration (FHA) today announced a new loss mitigation home retention option for borrowers with FHA-insured single family forward mortgages who are behind on their mortgage payments. The new offering, called the Payment Supplement, provides mortgage servicers with an additional tool to temporarily reduce a borrower's monthly mortgage payment by up to 25 percent without modifying the mortgage's current interest rate.

The Payment Supplement is meant to help those borrowers who cannot sufficiently be assisted by existing FHA home retention solutions because the interest rate on their mortgage is lower than current interest rates. It is the latest addition to a successful suite of FHA loss mitigation options that has kept more than 1.6 million struggling borrowers in their homes since the start of this Administration.

"HUD uses every tool in our toolkit to ensure we can help struggling borrowers avoid foreclosure," said HUD Secretary Marcia L. Fudge. "Today's new policy will enable the families we serve to get back on their feet while staying in their homes."

When implemented, the Payment Supplement will allow mortgage servicers to temporarily reduce a borrower's mortgage payment by using funds from a Partial Claim which enables the borrower to access up to 30 percent of the outstanding balance of their FHA-insured mortgage. The Partial Claim amount is placed in a junior lien and paid back when the homeowner sells or refinances the home or the mortgage otherwise terminates. Under the Payment Supplement, the Partial Claim funds are used in the following way:

• First, the Partial Claim is used to pay any arrearages and to bring the borrower's mortgage payment current.

• Next, the remaining funds are deposited in an FHA custodial account managed by the mortgage servicer and used to temporarily supplement the principal and interest portion of a borrower's mortgage payment each month, with a target of up to a 25 percent reduction in monthly principal and interest payments.

"FHA developed this innovative tool because after interest rates rose the FHA Recovery Modification could no longer reliably provide payment reduction to borrowers facing a hardship," said Federal Housing Commissioner Julia Gordon. "Payment Supplement will bring borrowers current and temporarily reduce their monthly payments for up to three years, which we hope will enable them to weather their hardship and once again begin making their full mortgage payments."

The Payment Supplement option is available to all borrowers who have not already exhausted their Partial Claim allowance through previous loss mitigation actions.

Mortgage servicers may begin implementing Payment Supplement on May 1, 2024, but must implement the solution for all eligible borrowers by January 1, 2025.

In addition to the publication of the Payment Supplement policy, FHA also announced today that it is extending its full suite of temporary loss mitigation options through April 30, 2025. The existing loss mitigation options, originally developed as part of FHA's COVID-19 recovery efforts, are currently available to mortgage servicers for all borrowers who are behind on their mortgage payments, regardless of the reason for their hardship. The options were originally set to expire on October 30, 2024.

Cheer + Corky

Three components of the band program require tryouts - Colorguard, Stingers and Hornet Cheer including Corky (ESU's mascot) tryouts:

• Colorguard: April 20, 9 a.m. to 5 p.m.

• Stingers Dance Team:

Workshop: March 23, 9 a.m. to 5 p.m.

Auditions: April 27, 9 a.m. to 5 p.m.

• Hornet Cheer + Corky (ESU mascot): May 4, 9 a.m. to 5 p.m.

Any students interested in Colorguard, Stingers Dance Team, Hornet Cheer + Corky - including current high school students planning to attend ESU - can complete online forms at this link: <https://www.emporia.edu/visual-and-performing-arts/departments-music/scholarships/>.

Marching Hornets

The Marching Hornets has room for more members, no tryouts are required as of now. The program launched a new pep band in fall 2023 that plays at home volleyball competitions. Named "Volleyband," this group does require tryouts and members receive an additional stipend of \$500.

Any students, including high school students, interested in ESU bands or other music scholarships, can complete an online form: <https://www.emporia.edu/visual-and-performing-arts/departments-music/scholarships/marching-hornets-interest-form/>.

View Online: <http://emporia.meritpages.com/news/New-Scholarship-Investments-Bring-Opportunities-for-Students-Across-ESU/41958>

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Grant Heller, D.C.

Monday-Friday

Mark E. Luce, D.C.

Mondays & Saturdays

Heller Chiropractic, LLC

102 E. Elm Street
Lincoln, KS 67455
Call for an appointment.
785-524-4371

HISTORICAL SOCIETY

Lincoln County Historical Society

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

LIQUOR SALES

Viv's Retail Liquor

605 N 6th St.
524-4844
HOURS: 9am-9pm Mon.-Thurs.
9am-10pm Fri. & Sat.

OPTOMETRY

G. Kyle Gwinner OD, L.L.C.

208 W. Lincoln, Lincoln, KS
M, W, & Th: 8:00 am- 12 noon
Tues. & Fri.: 8:00 am- 5 pm

Call 524-5244 or 785-202-1968

REAL ESTATE

WILDLIFE REALTY

KAYLA ERREDO - REALTOR
(785) 420-0304
kaylaerrebo.realtor@gmail.com
www.mywildliferealty.com

Kendra Johnson REALTOR

785-420-7282
Idealwithkendra@gmail.com

MEDICAL SERVICES

Lincoln County Hospital

Neighbors Helping Neighbors

785.524.4403
www.lincolncountyhospital.net

Lincoln Medical Clinic

Mon., Tues., Thurs., Fri.: 8:00 a.m. - 5:00 p.m.
Wed.: 7:00 a.m. - 7:00 p.m.

785.524.4474

Sylvan Medical Clinic

Saturday's 8:30 a.m. - 1:00 p.m.

Appointments and Walk-Ins accepted at both Clinics

RESTAURANT

Sylvan Sale Barn Cafe

Monday 6:30 am until the sale is over
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SEED SALES

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• State of the Art Seed Treatment On-Site
• Seed Tenders Available Channel
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Ron Frederking - (785) 658-7223

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, February 28, 2024)

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS

IN THE MATTER OF THE ESTATE OF)
) Case No. 23 PR 000018
DARRELL K. OETTING, DECEASED) TITLE TO REAL ESTATE INVOLVED
)

NOTICE OF HEARING ON PETITION FOR FINAL SETTLEMENT AND APPROVAL OF ACCOUNTING

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

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

/s/Quinton Richards

Quinton Richards
Executor

KENNEDY BERKLEY
119 W. Iron, 7th Fl.
P.O. Box 2567
Salina, KS 67402-2567
(785) 825-4674
ATTORNEYS FOR PETITIONER

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, March 6, 2024)

Notice of Annual Meeting

The 63rd annual meeting of the Salt Creek Watershed Jt. Dist. #46 will be held at the Salt Creek Watershed #46 District office in Barnard, Kansas, on Tuesday March 19th, 2024 at 7:00 P.M. We welcome all Salt Creek residents and other interested parties to the meeting.

Arlen Bacon, President
Steve Simmons, Secretary

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Misc.
VIAGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 844-887-7963

Misc.
PROFESSIONAL LAWN SERVICE: Fertilization, weed control, seeding, aeration and mosquito control. Call now for a free quote. Ask about our first application special! 855-288-8649.

Misc.
TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 855-454-6658

Misc.
PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 844-575-0691

Misc.
GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up.

All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 855-612-3543.

Misc.
BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-219-8849

Misc.
STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-519-3376 You will need to have your zip code to connect to the right provider.

Misc
INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$10,000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-920-1883

Misc
AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-877-589-0093 Have zip code of property ready when calling!

Misc
WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage and mold growth in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-877-586-6688. Have zip code of service location ready when you call!

Misc
NEED NEW WINDOWS? Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation & FREE quote today. 1-866-766-5558 You will need to have your zip code to connect to the right provider.

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Wanted to Buy Coin and Currency Collections, Gold and Silver Jewelry, any Shape, Pocket Watches and War Memorabilia.

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Trego Powerlifting Meet Results

MEN 114.0 CLASS
Bench
2nd - Kadin Schneider 135.0
Squat
3rd - Kadin Schneider 205.0
Clean
3rd - Kadin Schneider 145.0
Overall
3rd - Kadin Schneider 445.0

MEN 140.0 CLASS
Bench
3rd - Jonathan Bell 155.0



Jonathan Bell and Kadin Schneider

Heavy Load Lifted

Lincoln competes in Trego Powerlifting Meet



Lincoln Powerlifting traveled to Trego on Saturday morning to compete in a powerlifting meet. Overall, Lincoln tied for 7th place out of 21 schools. (L-R): Fallon Dyer, Wyatt Wallace, Jonathan Bell, Evan Voeltz, Austin Baird, Dylan Rosebrook, Ben Bell, Brenton Geyer, Brody Shearer, Kadin Schneider, Austin Ahring, Nate Kind and Ashton Lyne. (Photos by Colby Hamel)

The end of the road for area school’s basketball season

GIRLS:
Goessel 45, Sylvan-Lucas 41
Class 1A Division I Solomon
Sub-State Semifinals

Sacred Heart 65, Lincoln 12

Otis-Bison 40, Tescott 29

BOYS:
Canton-Galva 45, Sylvan-Lucas 37
Class 1A Division I Solomon
Sub-State, Semifinals

Valley Heights 38, Lincoln 34

Pawnee Heights 51, Tescott 63



PRAY FOR EMMA

The season ended on Friday night for the Sylvan-Lucas Girls. Our prayers and best wishes go out to Senior Emma Cline of Sylvan-Lucas for a successful recovery. A heart wrenching photo of those assisting Emma on the basketball court as her team prays for her. Emma sustained a broken leg during the third quarter. (Courtesy Photo)

SYLVAN-LUCAS SUBSTATE GIRLS BASKETBALL



Sylvan-Lucas vs Rural Vista Final Score 73-25

photos | Lynne Thrun

- Top Left - #13 Serenity Steinike, #11 Angie Linder, and #20 Harlee Nielsen
- Top Center - #10 Maggie Labertew
- Top Left - #5 Emma Finkenbinder
- Bottom Left - #4 Emma Cline

