

O'Hare appointed to fill new District Court position in the 12th Judicial District



In a press release dated 4/10/25 Governor Laura Kelly announced her appointment of Jennifer O'Hare of Lincoln, Kansas, to the new 12th Judicial District judge position created through Kansas Supreme Court Administrative Order 2024-JA-096, which eliminates a district magistrate position and adds a new district judgeship.

"Judge Jennifer O'Hare has a broad range of legal experience, including 20 years as a county attorney and more than four years as district magistrate judge," Governor Laura Kelly said. "Her substantial experience in various practice areas and her connection to her community will make her an even greater asset to the 12th Ju-

dicial District as she undertakes the duties of district court judge."

O'Hare has been the Lincoln County Magistrate Judge for the 12th District since December 2021. She has also been a municipal judge for the cities of Lincoln, Lucas, and Wilson. She is active in the legal community with memberships in the Kansas District Magistrate Judge Association, Kansas Municipal Judge Association, Supreme Court Learning Center Committee, and the 12th Judicial District Department of Corrections Advisory. O'Hare earned a bachelor's degree at Fort Hays State University and a juris doctor from Oklahoma City University

See "Ohare" page 6

Raffle to benefit **Denmark Church**



Lincoln quilter Anne Grace has donated one of her completed quilts to be raffled off with all proceeds going to the Denmark Church Steeple Fund.

The quilt is 62" x 78". Tickets are \$5 each or 6 for \$25 and can be purchased at The Bank of Tescott, Lincoln branch, or Citizen State Bank.

The drawing will be held at the church May 25 immediately following the 10:30 service.

Rathbun awarded Herb **Clutter Memorial Scholarship**

Bv Kansas Wheat



Cooper Rathbun's earliest memories involve riding in the combine. Like many farm kids, he graduated from the buddy seat to driving the grain cart and eventually helping with equipment maintenance to make sure everything ran smoothly during one of the most critical times of the year. Now, as a high school senior, he plans to put that experience

May is National and Kansas Bike Month

May is National and Kansas Bike Month, a time to celebrate the many benefits of bicycling and encourage more people to give it a try. Whether you're a daily commuter, a weekend rider, or just dusting off your bike for the first time in a while, there's no better time to get rolling.

Why Bike Month? First established in 1956 and promoted nationally by the League of American Bicyclists, Bike Month is recog- pening on May 31st at 8:30 nized across the country and a.m. at the school parking right here in Kansas. Biking lot.

supports healthier communities, cleaner air, and more connected neighborhoods—and it's fun!

Find National and Local Events with details on www. ksrides.org:

• Free rides on KANcycle for the entire month of May including locations in Salina, Minneapolis, Concordia, Belleville, Mankato, Beloit, Lincoln, Ellsworth, Lindsborg and Coffeyville.

• Clyde Bike Rodeo hap-

• Jamestown Bike Rodeo happening on May 17th at 8:30 a.m at 311 Walnut.

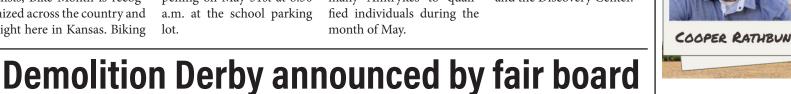
• Miltonvale Bike Rodeo happening on May 3rd at 8:30 a.m. at the Ride on Bike Shop.

• Salina Bike Rodeo happening on May 10th from 3-5 p.m. at the City Lights Stage. Registration is through the Salina Parks and Recreation Department. • The Salina Noon Network Ambucs will give away

• Slow Saturday Social Rides are held in Salina each Saturday morning in May (3, 10, 17, 24, 31) meeting at Sunflower Bank Parking lot, 176 N. Santa Fe at 9:00 a.m. • The Salina Public Library will have a Bike Month book display in the Youth Services Department from May 2-12. • Bike/Hike the Park is happening at Lakewood Park on Saturday May 17th from 10 am to noon. Guests are encouraged to explore the park

many Amtrykes to qualified individuals during the month of May.

and the Discovery Center.



If you have a hankering for crashing your car, banging into junkers or a basic need to demolish something you will not want to miss the Lincoln County/Sylvan Grove Fair's 2005 Demolition Derby! The Derby is

planned for July 19 at 7:30 p.m. at the Sylvan Grove Fairgrounds. The pit will open at 5:00 p.m.

Categories include 80s and new bonestock with a \$50 entry fee and pays the first three places \$1000, \$500 and

\$200; Compacts with a \$50 entry fee and pays the first three positions \$1000, \$500 and \$200; and the Hobo Derby which has a \$50 entry fee and pays the first four positions \$1,500, \$800, \$300 and \$100.

Admission is \$10 (children under 12 are free). Pit passes are \$25.00.

For more information contact Nate Pasek (785-658-5289) or Ben Kratky (785-568-7710).

Greenhouse Project Breaks Ground



Construction is officially underway! A huge thank you to Donnie and Connie White for kicking off the project. This greenhouse is made possible through the generosity of the Dane G. Hansen Foundation and the Post Rock **Community Foundation Grant.** (Photo by Becky Rathbun)



National Nurses Week is May 6 - 12, ending on Florence Nightingale's birthday. These permanent dates enhance planning and position National Nurses Week as an established recognition event. As of 1998, May 8 was designated as National Student Nurses Day, to be celebrated annually. And as of 2003, National School Nurse Day is celebrated on the Wednesday within National Nurses Week (May 6-12) each year. Thank a nurse. They are the first line of your defense.

National Nurse's Day

to work as he studies for a future career in agricultural engineering. His passion for farming, paired with his interests in technology and innovation, made him the ideal candidate for the 2025 Herb Clutter Memorial Scholarship, administered by the Kansas Association of Wheat Growers.

"Growing up on my family's farm, I have spent countless hours working alongside my family during wheat harvest - riding in the combine, running grain carts and learning the importance of efficiency and sustainability in farming," Rathbun wrote in his application. "These experiences have instilled in me a strong work ethic and an appreciation for innovation in agriculture."

In addition to working on the family farm, Rathbun has been actively involved in leadership roles in school and his community, including as team captain of the basketball team. He has also secured a summer internship with Wilson & Company, which will provide him with hands-on engineering experience.

Rathbun will graduate in May from Lincoln Junior-Senior High School and plans to attend Fort Hays State University to complete his pre-engineering classes before transferring to Kansas State University. Ultimately, he plans to pursue a career in agricultural engineering, focusing on developing technologies that improve efficiency, sustainability and productivity in farming.

"My goal is to develop practical, research-backed solutions that enhance wheat production while keeping costs manageable for farmers – just as Herb Clutter envisioned through

See "Rathbun" page 6

Bates selected for 2025 State FFA Band

LJSHS senior Levi Bates has been selected for participation in the 2025 Kansas FFA Band. From among the FFA members throughout the state, 65 students were chosen for this prestigious band.

The State Bank and State Chorus will perform for the 97th annual Kansas FFA Convention May 27-30 in Manhattan.

\$3.71
\$9.61
\$4.83

Cash Grain

Cash prices courtesy of Ag Mark

COMMUNITY

LINCOLN SENTINEL-REPUBLICAN

April 30, 2025 - **PAGE 2**

Community Calendar

Thursday, May 1 TNGR Post Rock Mountain Bike Club Group Ride @ Mettner Field: May is National Bike Month – FREE KanCycle Bike Rides

Friday, May 2 USD 298: 10am - HS Track @ Beloit Relays USD 299: 3rd Grade Field Trip to the Alpaca Farm; 10am HS Track Beloit Relays @ Beloit

Saturday, May 3 Denmark: Denmark Mall Two Brothers and a **Covered Wagon** Vesper CC: 5:30 pm Bingo at the Vesper Community Center USD 298: State Speech/Forensics TBD USD 299: Speech & Drama State Festival @ TBD

Sunday, May 4 USD 299: FFA State CDE's @ Manhattan USD 298: 4pm - Baseball vs Minneapolis @ Lucas

Monday, May 5 6th grade field trip to Cosmosphere; All day FFA CDE's @ Manhattan; All day Happy Trails Appreciation @ GS/HS; 4pm BSB vs. Minneapolis @ Lucan; 4pm SFB vs. Minneapolis @ Sylvan

Tuesday, May 6

USD 298: 1:30 p.m. - Kindergarten Graduation; 1pm -Varsity Golf vs Lakeside @ Downs; 2:30pm - 5th Grade Promotion; 3pm - HS Track @ Tescott Invitational USD 299: 3pm HS Track Tescott Invt. @ Tescott

Wednesday, May 7 USD 298: 9:30am - JH Track St. John's Invitational @ Mankato

USD 299: Grade School Field Day; 8am Senior Breakfast in Lucas; 8:45am Senior Walk Thru at GS; 9:30am JH Track St. John's Beloit @ Mankato; 6:30pm HS Class Night

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 third Wednesday of each month @ 5 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 $ec{\mathsf{C}}$ ommission meets each Monday, and the last working day of the month, at the courthouse.



Honors Student Spotlight

Lucas-Sylvan Elementary 3rd Quarter Honor Roll

4.0 GPA Honor Roll

6th: Jacob Gosvener, Ronni Stoppel, and Emerald Ugboc

5th: Logan Koehn, Willow Reichel, and Acee Schneider

4th: Emma Agler, Rylee Bradshaw, Alex Cline, Andrew Cline, Camden Hlad, Benjamin Meyer, Chase Nielsen, John Oltean, Kamryn Palmer, Bentley Raile, Lennox Seehafer, Cash Sonnier-Rowe, Sophia Stone, and Ray Stoppel

Thanks to our Sponsors

- Bank of Tescott Citizens State Bank & Trust Co Deckert & Sons Trucking Inc Farmway Credit Union Frederking Seed G. Kyle Gwinner, Optometrist Horizon Farm & Ranch Realty Insurance Works Lincoln County Hospital Lincoln Grocery
- Meyer Tire Mity Mart Post Rock Aviation Scoular Seirer's Clothing Susan Marshall, Attorney at Law Sylvan Sales Commission USD #299, Sylvan Unified School District Viv's Retail Liquor Wilson Communications

Congratulations

HUNTER HUNTSMEN 4H BY JAXSON MEITLER, REPORTER



Our Hunter Huntsman 4H Club hosted their annual Easter Bake Sale on Saturday, April 19th, 2025. We appreciate everyone's support and thank you to those who bought our baked goods or donated to our 4h Club. It was a good morning! (courtesy photo)

3.5-3.99 GPA Honor Roll 6th: Benton Barta, Kai Frederking, Ava Graf, Tara Mueller, Wyatt Mullender, Briggs Graf, Seehafer

5th: Rhiley Alexander, Maleah Beatty, Trey Meitler, Jesse Pahls, and Ryler Wacker 4th: Izaak Alexander, Irish Bailey, Sebastiaan Geustyn, Kaylee Jackson, Joseph Kratky, and Aydon Luallin

Monday, April 28 To be determined

Tuesday, April 29 To be determined

Wednesday, April 30 To be determined

Thursday, May 1 To be determined

Friday, May 2 To be determined

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.

Trinity Lutheran Church Sunday, May 4 Noon to 2 pm at Hunter Community Center

Pork BBQ

Serving Pulled Pork Sandwiches and Pork Burger



70 Years Celebration of Church Building

Free Will Offering Thrivent Sponsored

Bingo and family fun at Vesper Community Center

family fun on Saturday May 3rd at the Vesper Community Center, located at 1247 N 120th Rd, Lincoln KS 67455 1 mile south of Hwy 18 in Vesper.

Doors and the concession stand open at 5:30pm and bingo begins at 7pm. Volunteers will be serving grilled burgers and all beef hot dogs. Desserts will include apple and cherry pies, cinnamon rolls and chocolate chip cookies, all fresh-baked on-site. There will also be chocolate and coconut cream pies, ice cream sundaes, popcorn, chips, veggie slices and dressing.

Earlier this month, there were more than 25 bingo winners and Delma Naegle from Lucas won the Jackpot round. The Vesper facility is available to rent for wedding receptions and other gatherings. For more information go to the www.vespercc.org web site.

The all volunteer run Vesper Community Center is supported by private donations and grants from Dane G Hansen, Post Rock Community Foundation, Lincoln County Wind Economic Benefit fund and local businesses, so be sure to thank Seirer's Clothing, Citi-

There will be bingo, delicious food and wholesome zens State Bank & Trust, Meyer Tire and Lube the Bank of Tescott and the Lincoln Building Supply, S&S Auto service and towing, 181 Ag Supply, Bennington State Bank, and Kansas Homes and Movers when you patronize these businesses.



Delma Naegle, Lincoln, jackpot winner

The Civil War in Kansas

The violent guerrilla warfare between proslavery and antislavery forces, known as Bleeding Kansas, foreshadowed the national Civil War to come. The border struggle only grew more heated between 1861 and 1865. Join Will Haynes, as he discusses the story of Kansas during the Civil War and how it helped shape the state's image for years afterward. Haynes is the

deputy director of engagement and learning for Watkins Museum of History in Lawrence. This presentation is underwritten by Humanities Kansas.

This free presentation is offered at the Smoky Hill Museum, May 1, 5:30-6:30 pm. Enjoy the presentation at the Museum or from the comfort of your own home via Zoom. Register for your Zoom link at www.smokyhillmuseum.org.

The Smoky Hill Museum is a nationally accredited history museum, in the heart of downtown Salina, Kansas. This FREE museum is open Tuesday-Friday 11-5, Saturday 10-5. Also, be sure to stop by the Museum Store for a wide variety of regional and Kansas products, local artwork and gifts for all ages.

Thank You! The family of Eleanor L Berkley would like to thank all those who came to her visitation or funeral to

celebrate her life. Thank you also for all the cards, prayers, food, help at the luncheon, memorials

and other acts of kindness shown to Hal and her family.

We appreciate it all!



NOTICE TO TAXPAYERS

THE 2024 SECOND HALF PROPERTY TAXES ARE DUE ON OR BEFORE MAY 10, 2025

Payments May BE MAILED TO:

Lincoln County Treasurer

216 E Lincoln Ave, Lincoln, KS 67455 Phone (785) 524-4190 • Fax (785) 524-5206

e-mail: lctreasurer@lincolncoks.org Mary Ann Stertz, Lincoln County Treasurer

COMMUNITY

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Lincoln Sentinel-Republican Phone Hours 785-524-4200

Monday Closed for Production Tueday 2 pm to 6 pm Wednesday Noon to 6 pm Thursday Noon to 6 pm Friday Noon to 6 pm

Saturday/Sunday Closed

OBITUARY

Duane Scott Helus Dec. 18, 1962 - Apr. 18, 2025

Duane Scott Helus, 62, passed away Friday, April 18, 2025 at Wesley Medical Center in Wichita, KS. He was born December 18, 1962 in Salina, KS to Fred and Annette (Brown) Helus.

Duane was united in marriage to

Florence Diane Steinborn on August 25, 2007 at St. John Lutheran Church, Lincoln.

Duane was preceded in death by his parents and brother Terry Lee Helus. He is survived by his wife Diane of Lincoln; step-daughter Ida Marie Steinborn; daughters, Kimberly Dawn and Chloe Lynn Helus; sister Linda Rosebrook (Dan); niece Jennifer Dionne (Charles); nephew Mike Rosebrook (Sara); and niece Stacey Gawith (Matthew).

The family has chosen cremation. A celebration of life service will take place at a later date.

Memorial contributions can be made to the family for Duane's daughter's school expenses, c/o, Hall Chapel, PO Box 37, Lincoln, KS 67455. Condolences can be left at hallchapel.com.

Community action needed for Lincoln Senior Center

The Lincoln Senior Center recently accepted a challenge from Barbara Vestal. Barbara has donated \$100 to the senior center earmarked for operating expenses. Due to the rising cost of living the center is approximately \$10,000 short of meeting their annual expenses.

Grants are available for improvements and maintenance, but grants are not available for operating expenses. Therefore, Barb's Challenge is challenging civic minded individuals or groups to match her donation.

The center will also engage in other fundraising efforts throughout the year, but Barb's Challenge is one way to ensure the center is able to continue its many programs for seniors. Donations should be marked for Barb's Challenge and can be

dropped or mailed to the Lincoln Senior Center, 110 W Lincoln Ave.,

Lincoln, KS, 67455 or Citizens State Bank, 100 W Lincoln Ave,. Lincoln,KS 67455.

The Lincoln Senior Center creates a positive environment for senior citizens from hot lunches to daily card games, Aging Gracefully exercise classes and much needed socialization. Many families rely on the center's employees to keep them informed of their loved one's general wellbeing.

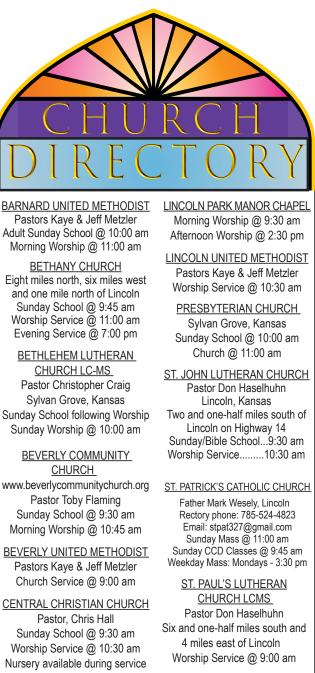
Crankin' the Creek for the Raptor's Race #2



category with four laps. Sophomore Abby Rigney followed with 5th place completing three laps. The Freshmen lady Raptors followed with Izabell Dail in 2nd (4 laps), Addisen Schreiber in 4th (3 laps) and Chloe Helus in 9th with one lap. Emmalee Dail finished in 8th place with two laps in the 7th grade category to sum up the Lady Raptors.

In the Varsity boys division, Harlan Pancost came in 5th place with Freshmen boys by placing 4th (5 laps), Brodey Schreiber 16th (4 laps), Luke Hartsock in 20th (3 laps), Caden May in 22nd (3 laps) and Zane Betzold in 23rd (2 laps).

"The 'Crankin' the Creek' mountain bike race held at Fancy Creek State Park was an excellent venue for our second race. Our Raptors rode tough, experiencing some new technical features they all saw for the first time at this new race course," commented



Light Keepers Wed. @6:30 ST grades 6-12 Pasto CULVER METHODIST CHURCH Pasto Wor:

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

DENMARK EVANGELICAL LUTHER-AN COMMUNITY CHURCH, ELCA Worship Service @ 10:30 am

FAITH BAPTIST CHURCH Pastor Jonathan Schale Lincoln Park Manor @ 9:30 am Bible Study @10:30 am Worship Hour @ 11:00 am Afternoon Worship @ 2:00 pm <u>ST. PAUL'S LUTHERAN</u> <u>CHURCH, ELCA</u> Pastor Rod Thompson, Tescott Worship Service @ 9:00 am

<u>TESCOTT UNITED METHODIST</u> <u>CHURCH</u> Pastor Demerle Eckart Sunday School @ 10:00 am Worship @ 11:00 am

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

Lady Raptors Izabell Dail and Addisen Schreiber charge out of the chute at the beginning of their race at Fancy Creek State Park. (courtesy photo)

The second race of season five of Kansas NICA's mountain bike race series was held at a scenic new venue, Fancy Creek State Park at Randolph, KS. Nestled among the breathtaking landscapes of the Flint Hills north of Manhattan, the athletes experienced an exhilarating mix of challenging terrain and scenic beauty. The 'Crankin' the Creek' NICA race held on April 13th hosted eleven teams for a warm breezy weekend. Student athletes joining the Raptors came from Topeka, Emporia, Hutchinson, Lawrence, Manhattan, Wichita,

Louisburg, Olathe, Lindsborg & Great Bend with 162 athletes racing bikes. The festivities began at 9:30 a.m. with junior high boys and completing two laps for 8th grade was Clayton Underwood coming in at 7th place. Racing in the 7th grade boys category completing 2 laps was Austin Rothenberger in 25th. The race laps were approximately a 2.5 mile loop of single track, winding through trees with additional spots of technical rocky hill climbs.

Racing for the lady Raptors were Olivia Dail placing 5th in the JV



5 laps and Isaac Palen finished in 9th with 4 laps. The Raptor's JV boys competing were Luke Hollerich placing a 3rd podium finish, and Colton Jeardoe placing 6th, both with four laps. Parker Williams led the

Coach John McClure. For more information about joining the team or to join as a coach, visit www.facebook. com/NCK- Raptors. For more information about the Kansas League, visit www.kansasmtb.org.

Celebrate 50 Years of Marriage Debra & Dale Rosebrook



With grateful hearts, the family of Debra and Dale Rosebrook is pleased to announce the celebration of their 50th wedding anniversary on May 3, 2025. The couple was united in holy matrimony on May 3, 1975, during a candlelight service at the First Baptist Church in Barnard, Kansas.

Dale and Debra have built a life grounded in love, faith, and devotion. Dale has faithfully worked the land as a farmer, while Debra lovingly dedicated herself to raising their children: Jeremy (Kristy) Rosebrook, Jana (Julian) Parks, and Leesa (Dustin) Beam.

They have been richly blessed with ten grandchildren—Miranda, Dylan, Collin, and Madelyn Rosebrook; Anessa, Malachi, and Briley Parks; and Parker, Jackson, and Piper Beam—who are a constant source of joy and gratitude in their lives.

The couple will celebrate their golden anniversary with a private family gathering. Friends and loved ones are invited to join in the celebration by sending cards and well wishes to their home at:

2650 E Hwy 18, Lincoln, KS 67455

"We love because He first loved us." – 1 John 4:19 Their journey together stands as a testament to enduring love and the blessings of a Christ-centered marriage. FIRST BAPTIST CHURCH Pastor Carolyn Allen, Barnard Morning Worship @11:00 pm <u>GRACE CHAPEL-HUNTER</u> Pastors Kaye & Jeff Metzler Worship Service @ 9:00 am <u>LINCOLN COMMUNITY</u> <u>CHURCH</u> www.lincolncommunitychurch.org Pastor Steven Rohn Sunday School @ 9:30 am Worship Service @ 10:30 am Ladies Prayer Group.Wed. @ 5 pm

Wed. Bible Study @ 7:00 pm

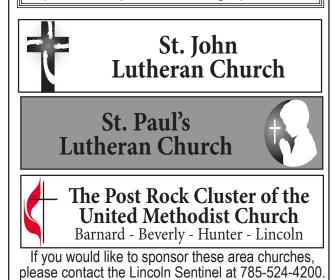
To rent the cube call Michael Pickering 785–488-7049. Sunday Evening Service @ 6:30 Adventure Club Wed. 6pm - 7pm Ages 3-12 St. John Lutheran Church



Two and 1/2 miles south of Lincoln on Highway 14 Pastor Don Haselhuhn.

Service Times: Sunday School: 9:30 a.m. Morning Worship: 10:30 a.m

Church schedules are made possible by the following sponsors:



Attention Lincoln Readers

In the foyer of the newspaper office at 141 W Lincoln Ave there is a blue drop box into which you can place payments, ads, etc.

There are also papers in the foyer available for purchase. If for any reason you don't receive your paper with your mail delivery, please feel free to pick one up at the office.

EDITORIAL/OPINION

LINCOLN SENTINEL-REPUBLICAN April 30, 2025 - Page 4

Farmers & Ranchers Livestock Commission Co.

Total for the Week - Cattle - 3,160 **Bulls -** \$220.00 - \$232.00 **Cows -** \$153.00 - \$164.50

Strs		Hfrs	
300-400	\$500.00-510.00	300-400	\$2900.00-500.00
400-500	\$481.00-490.00	400-500	\$414.00-\$424.00
500-600	\$405.00-414.00	500-600	\$360.00-372.00
600-700	\$362.00-372.50	600-700	\$308.00-319.00
700-800	\$315.00-325.00	700-800	\$275.00-284.00
800-900	\$287.00-298.50	800-900	\$256.00-266.00
900-1000	\$270.00-281.50	900-1000	\$235.00-246.00

Early Consignments Thursday, May 1 - 10 a.m start time

70 s&h, 700-850, home raise, wean, vacc; 5 blk char strs, 800#'s; 20 blk s&h, 600-800, Jan. wean, vacc; 14 blk s&h, 450-600, Don Johnson angus sired; plus more by sale time.

Early Consignments for the Special Going to Grass Cow Sale Tuesday, May 6th • 11 a.m start time

• *Bulls:* 16- 18month old, red angus bulls, semen & trich checked; 1 – 15month old angus bull, Gardiner genetics, semen checked, virgin, EPD's available; plus more by sale time.

• <u>Replacement Heifers:</u> 50 angus hfrs, 750#'s, calfhood vacc, pelvic checked; 27 red angus hfrs, 900#'s, Montana origin, tract checked, all vaccs; 14 blk hfrs, SD origin, 1000#'s, tract checked, all vaccs; plus more by sale time.

• *Bred Heifers:* 20 bred hfrs, bred angus; 50 blk heifers, 1/8 blk sim, 100% Diamond Peek genetics, bred to Geonomic select sires sons of Hoover Dam Cross Bow & Fail Safe Fires, 60-65 # birthweight, calve Sept.2 for 45 days, all 1 iron, all 1 raising, vacc & ready to go; plus more by sale time.

• *Heifer Pairs:* 10+10 red angus/simX hfr pairs, vacc, ready for grass; 10+10 blk/red hfr pairs; 36+36 blk pairs; 9+9 blk angus hfr pairs, Feb/March calves, all worked, no implants; plus more by sale time.

• Cows/Cow Pairs: 60+60 red/blk pairs, 3-6 years old, ND origin, AI to Gardiner Hometown, Greeley red angus, Froeshner, Smokey Y red angus; 15 mostly blk, 3-5 years, heavy bred, bred Balancer; 10+10 young pairs, red angus/ simX, vacc, ready for grass; 40 red angus cows, 4-5 years, fall bred, (just weaned calves); 3+3 young pairs; 10 bred cows, 6-8 years, fall bred, bred sim/angus; 10+10 running age red pairs; 5+5 blk pairs, 6 years old, calves 2 months, all worked, off pasture; 5+5 blk/bwf pairs, solid mouth; 198 blk cows, 3-4 years (27- 5years), bred to Leachman & TD angus, bulls in Thanksgiving for 65 days; 27 red ang. 3-4 year, bred red angus for 60 day calving window; 70 blk 3-7 years, bred red angus, mostly off Paint Rock Angus origin, August calvers; 7 heavy bred young cows; 5+5 young pairs, all worked; 10 blk fall bred cows; 1+1 blk 4 year old pair, month old calf; 5+5 blk/bwf pairs, 3-8 years, Feb. calves; 8+8 blk running age pairs; 9 angus fall bred cows, 7-8 years, 3 mon. bred, vacc; 6+6 red angus solid mouth pairs, calves 60 days old; 10 blk/red cows, 6-older, fall calvers, bred blk; 18+18 red angus pairs, 6-8 years, all worked; 12+12 blk pairs, 7-8 years, Jan. calves, all vaccs, Bolder & Hickok sired calves; 4+4 young blk pairs; 2 young blk bred cows; 4+4 pairs, 6 years old, Dec. calves; 65 blk/ bwf cows, 3-4 years, horned Hereford or angus bred, calving August 25 for 55 days; 25+25 red angus pairs, off Ranch in Nebraska, worked ready for grass; 128 blk/bwf cows, 3-5 years, bred sim/agnus, calve Dec.3 for 69 days; 55 red/blk fall bred cows, 5-6 years, bred to red angus, easy keeping cows, bulls in Dec.1 for 60 days; 30+30 home raise blk pairs, 5-6 years, 3 month old calves, all worked, blk/char calves; 8+8 pairs, 3-5 years; 20+20 sim/angus pairs, 4-5 years, 60+ day old calves; 15 home raised blk/ bwf herefordX fall bred cows, 3-4 years, calve mid Sept. for 60 days, gentle; plus more by sale time.

POST ROCK EXTENSION DISTRICT

Pine Tree Problems

By Cassie Thiessen*K*-State Research and Extension Post Rock Horticulture Agent

Although pine trees are not native to Kansas, they have been widely planted for ornamental, windbreak, and conservation purposes. However, because they are not adapted to our region's climate, they can face a variety of challenges. Certain varieties, like Scots and white pine, are particularly sensitive to drought. Several pines, including Austrian and ponderosa, are reasonably adapted to Kansas conditions; however, they still can suffer environmental stresses. Unfortunately, pines are also susceptible to several diseases, which can cause defoliation, dieback, and even death. If you have a pine tree that isn't healthy, accurately identifying the problem is important, as control measures are different for each condition.

Tip blight is a fungal disease that affects Austrian, ponderosa, Scots, and mugo pines. The disease is most severe on mature trees (20 years or older). Repeated infections over many years can kill large sections of trees or entire trees. The infection period for tip blight occurs when the buds start to expand, usually in late April. Wet spring weather increases disease severity. Tip blight symptoms first appear in late May or early June. The newly developing shoots (candles) fail to grow. The shoots are stunted, and the emerging needles are stunted and turn yellow or tan. Dothistroma needle blight is a

common and serious disease of Austrian and ponderosa pines in windbreaks and ornamental landscapes. Mugo pine also can be infected, but Scots pine and white pine are considered resistant. The disease causes premature needle drop the year after infection. Austrian and ponderosa pines usually retain needles for 3 to 4 years, so the loss of interior needles is a loss of important photosynthetic capacity. Repeated infection over many years can kill a tree. The disease tends to be more severe in crowded plantings.

Both tip blight and Dothistroma needle blight can be controlled with fungicide sprays. Spring applications will protect foliage from infection. However, follow-up applications will provide a more complete and dependable control. The Post Rock Extension Office offers a publication that outlines recommended fungicides and the optimal times to apply them. You can pick up a copy at your local office or access it online at postrock.ksu.edu.

Pine wilt is a serious problem, caused by the pinewood nematode, a microscopic worm. The pine sawyer beetle, a long-horned borer, spreads the nematode. The nematode feeds and multiplies in the tree's resin canals, quickly causing wilting and death. The nematode and beetles spend the winter in the infected tree. The beetles start emerging around May 1, carrying nematodes to new trees and continuing the cycle of infection.

In Kansas, new pine wilt infections are most apparent from August to December. Trees wilt and die in a short period of time, from several weeks to a few months. The most important step to prevent the spread of pine wilt is sanitation. If a tree is suspected to have pine wilt, bring a sample to your local K-State Research and Extension office for submission to the K-State Plant Disease Diagnostic Lab. A branch that is at least 2 inches in diameter and 6 to 8 inches long, taken from right against the trunk, is adequate. If the test is positive, the tree should be cut down as soon as possible. Cut the tree to the ground — do not leave a stump. Chip or burn the wood immediately

See "Post" page 6

PRAIRIE DOC BY JILL KRUSE, DO

The Golden Rules of Dementia

Dementia is a progressive condition that results in decline in cognitive function. People with dementia have increasing difficulties with short term memory, thinking, and reasoning. For family members it can be hard to watch the decline in a loved one who is struggling with dementia. Interacting when someone has dementia can be difficult. Following these three Golden Rules can help.

Rule number 1: Do not ask direct questions. Asking someone with dementia if they remember your name or remember what they had for breakfast can be distressing. Someone with dementia may not be able to find the answer you are looking for and can feel put on the spot to come up with an answer.

Rule number 2: Listen to the person with dementia and learn from them. When someone is suffering from dementia, their feelings are more important than facts. My grandmother had dementia for the last 20 years of her life. She was very upset that my aunt had not come to visit her. My aunt had passed away a few years prior. At first, we thought the best thing was to tell her the truth, that my aunt had died. We saw that this was new information each time we told her. She grieved deeply each time she heard that news. It was kinder to tell her that my aunt was away at school and would be home at the next holiday to visit. There was no reason to keep inflicting that trauma on her. We were able to ease her mind. She was worried she had done something wrong to cause my aunt to not visit.

Rule number 3: Do not contradict. The part of the brain that is able to reason is no longer functioning in dementia. Trying to win an argument with logic is not beneficial. Another time visiting my grandmother, she was very anxious that she had not taken lunch out to her husband. She believed he was out working in the field on the family farm. My grandfather had died the year I was born. Rather than contradicting her, I said that I would make sure that he got lunch and

would take it out for her. This made her feel better.

These three golden rules can help give the family member with dementia a sense of security and safety. It can also be helpful for family members to interact with the person they love in a new and meaningful way. Meet the person with dementia where they are, instead of trying to force them to be where you are. If you allow them to take the lead, you may learn some beautiful stories from the past and have fond memories for your future.

Jill Kruse, D.O. is part of The Prairie Doc[®] team of physicians and currently practices as a hospitalist in Brookings, South Dakota. Follow The Prairie Doc[®] at www.prairiedoc. org and on Facebook, Instagram, and Threads featuring On Call with the Prairie Doc[®], a medical Q&A show, 2 podcasts, and a Radio program, providing health information based on science, built on trust, streaming live on Facebook most Thursdays at 7 p.m. central and wherever podcast can be found.

Special Cow Sales Tuesday May 6, 2025

Spring Spectacular Horse Sale

- Saturday May 17, 2025
- Rope Horse Preview
- Friday, May 16 @ 1pm.
- Ranch Horse Competition
- Friday, May 16 @ 6pm.

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Kyle Elwood, Brandon Hamel, and Garren Walrod

Have a great week!

INSIGHT KANSAS - FARM BUREAU (OPINION)

Pioneer lessons

Kim Baldwin

McPherson County farmer and rancher

As the end of the school year is quickly coming into sight for my children, the end-of-year activities are beginning to ramp up. State assessments have been completed, countdowns have begun and field trips have picked up.

I recently joined my daughter's elementary class as they expanded on their classroom lessons about pioneers and experienced a different time period for a day. Students dressed up as pioneer children, wrapped their lunch in parchment paper, packed it into metal pails and headed to Wichita to participate in a day of experiential learning.

Their earlier lessons truly came to life as these students experienced multiple aspects of what life was like for a child in Kansas more than 150 years ago.

For a portion of the morning, the students entered a restored farmhouse and learned about a variety of chores required to churn butter, fire up the kitchen stove, wash dishes and make toast. Afterwards, the students moved outside to learn about some of the tasks they would have helped with had they lived on a farm. From cutting grass using a scythe, tossing hay using pitchforks, utilizing pulley systems to move heavy objects to planting rows and rows of seed on foot, the kids soon realized that there was a lot of work involved in running a farm back in the day.

While walking by some antique farm machinery that was being explained to the kids, I couldn't help but think that I sure was glad I live in 2025 and can utilize advanced technology and practices from planting seeds to harvesting crops.

I was soon reminded that while there have been major advancements in technology, some things still remain the same.

As the students wrapped up their lesson about all of the work required of a pioneer family to prepare for planting to harvest, we rounded a corner to discover a large display board with pegs.

The students were asked what was one thing completely out of their control that still needed to happen to increase the odds of growing a successful crop to harvest. While there were some interesting answers presented by these third graders, the main answer was rain.

The students were then each handed a hockey puck and one by one they were prompted to select a space on the peg board to release their puck. Where the puck would land would determine the crop they would have, ranging from a bumper crop all the way to a total failure.

Students cheered one another on as each child would approach the board and chose where to place their puck before releasing it to watch as it bounced from peg to peg before arriving at its final spot. High fives and cheers were given when a puck landed on average or bumper harvests and audible sighs were heard when a puck would land in the zones deemed below average and crop failure.

You could actually see some students were quite anxious as they approached the board to find out the results of their crop. Sometimes a student would second guess their initial placement of their puck and quickly select another area of the board before releasing hoping their luck would be better by making an adjustment.

Overall, there were more successful harvests than crop failures with this group of students. Nonetheless, the exercise allowed students to briefly experience the feelings and concerns a farmer living in the late 1800s would potentially have as they grew a crop.

The day I spent with a group of pioneer kids is one I will soon not forget as it was a great reminder of the realities and concerns of farmers back then that are still present for us today. Sometimes it takes a day in third grade to help me realize that while there have been major advancements, there are still plenty of areas that impact the success of our farms today just like those from years past.

"Insight" is a weekly column published by Kansas Farm Bureau, the state's largest farm organization whose mission is to strengthen agriculture and the lives of Kansans through advocacy, education and service.

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News

LINCOLN SENTINEL-REPUBLICAN

APRIL 30, 2025 - PAGE 5

Spice Up Your Life - Lindsay Young

Take a poke at creating a whimsical cake this week



This poke cake is a super easy dessert to create, using all box mixes, but it's also gorgeous, deliciously moist and can be customized for any occasion.

In the past seven years, I have written a number of columns that stemmed from my life goal of being the "cool aunt."

This week's is another in that installment, after I asked our family group chat if anyone had any dessert requests for Easter, and my sister responded with one from my niece for an "Easterthemed cake with pink frosting and with bunny and egg sprinkles."

Actually, that was an easy one, but I also wanted to make sure that I wasn't going to completely overload the rest of the family on a sugar rush to end all sugar rushes, so I was super happy when I found this week's recipe, which looks like it's overly sweet but is actually a fabulous cake that is moist and full of flavor. Plus, if you don't consider yourself much of a baker, you're in luck: this is just elevated box mixes.

This comes from Morgan Reed on the website "Cooktop Cove." You can find the original post at https://cooktopcove.com/2024/03/18/hands-doesnthis-is-the-only-cake-my-hubby-willeat-for-easter/. I didn't change anything in the ingredients for this one. It was

just too simple.

Colorful Poke Cake Ingredients

- 1 box white cake mix (plus the ingredients on the box)
- a variety of colors of food coloring
- 2 3.4-ounce boxes vanilla instant pudding 4 cups milk
- 8 ounces whipped topping, thawed
 - sprinkles for decorating

Directions

Prepare a nine-by-13-inch baking pan by spraying it with cooking spray, and set it aside. Preheat the oven to the temperature instructed on the cake mix.

Start by mixing up the cake mix, according to the instructions on the box. Decide how many colors you want to have in your cake, and pour even amounts of the cake batter into that many bowls.

Using the food coloring, dye each bowl to your desired shade.

Plop the colored batters into the prepared baking pan by the spoonful, distributing them randomly to cover the bottom of the pan.

Once all the batter is in the pan, gently swirl the batter with a knife to integrate the colors a bit more. (Be careful not to do it so much that they mix into a solid, yucky shade.)

Bake the cake for the amount of time specified on the box, and remove it from the oven when a toothpick inserted in the center comes out clean. Let the cake cool for about 10 minutes, and then, using the handle of a wooden spoon, poke holes all over

the top of the cake, placing them about one inch apart.

In a bowl, whisk the pudding mix and milk together, and continue whisking until it just starts to thicken. Pour the pudding on top of the cake, spreading it out evenly and letting it run down into the holes you created. (Some

of it will stay on top, and that's OK.) Put the cake in the refrigerator for at least two hours.

Before serving, spread the entire container of whipped topping on top of the cake, and decorate with any sprinkles you would like to use. (I also colored my whipped topping with food coloring.) Refrigerate any leftovers.

The cool thing about this recipe is you can make it for any holiday or occasion you want. I went with pastel colors for my version, but I could easily see using a few shades of green for St. Patrick's Day or red, white and blue for July.

The pudding in this was such a great addition. It took the cake from being a normal box cake to something a bit more special, and I really liked the lightness of the whipped topping instead of thick buttercream.

And this ended up being both adult and 7-year-old approved after our Easter lunch, which cemented me as both the family dessert maker and the cool aunt, all in the same day.

One day, her imagination is going to completely outpace my abilities, but at this point, I'll be happy to have my colorful cake and eat it, too.

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.

New online work zone course geared to assist new Kansas drivers

A new course focusing on work zone safety has been launched for Kansas drivers.

Kansas Work Zone Safe is a free online driving course aimed at teaching teens and other new drivers how to safely navigate through work zones. The course will include information on safe behaviors, laws and situations drivers may encounter in work zones.

Current data from the Kansas Department of Transportation shows 1,705 work zone crashes occurred in Kansas in 2024 - an average of 4.6 per day. Those crashes resulted in 508 injuries and eight fatalities.

"Behind every flag, cone and flashing light are highway workers and first responders who have families that want them to come home every night," said Haley Dougherty, KDOT State Highway Safety Engineer. "This course is designed to raise awareness in new drivers about safe driving practices in work zones, which should make the work zone safer for all."

With an estimated 2,500 miles of construction let by KDOT in the last several years and taking place this year, many highway workers will be relying on drivers to slow down and pay attention so everyone can make it home safely.

Drivers can access the course at WorkZoneSafe.com by clicking the link for the Kansas course. Students who complete the course will be eligible for a scholarship to be awarded at a later date. Details about the scholarship incentive will be provided as they become available.

The new platform begins during National Work Zone Awareness Week, a campaign focused on increasing work zone safety. Go to KDOT's website, ksdot.gov/ travel/traveler-safety/work-zone-safety, or KDOT's Facebook page, facebook.com/KSDOTHQ.

The Kansas Work Zone Safe course is supported by KDOT, the Kansas Contractors Association and other transportation organizations across the state. For more information, visit WorkZoneSafe.com.

COMMISSION MEETING MINUTES

April 14, 2025

The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, April 14, 2025. Chairman Debora Smith called the meeting to order at 8:30 a.m. with Vice-Chairman Leon Hart and Member Kenny Meitler present. County Clerk Dawn Harlow was in attendance as recording secretary.

Others present for portions of the meeting: Elizabeth Sheldon, Felicia

an immunization evaluation by the State of Kansas last week, and the department passed all requirements. Sheldon discussed applying for grants to update AED's located at various places throughout the county and provided an update on current activities. Upcoming activities for the department include staff trainings and conferences, a PHEP tabletop exercise, and teaching a babysitter class at the EMS station May 20 for students in

with the board, Register of Deeds Tami Kerth, and HR Felicia Strahm, seconded by Leon Hart. Motion carried. Time in: 9:50 a.m. Time out: 10:00 a.m. The chairman reconvened the meeting to regular session at 10:00 a.m. Debora Smith moved to employ Braxton Stertz as a part-time Register of Deeds Clerk/Secretary at Grade 13 Step 0, \$13.10 per hour, contingent upon passing preemployment testing, seconded by Kenny Meitler. Motion carried. Lincoln Senior Center Representatives Vicki Hook and Nancy Knapp provided income and expenses to date for 2025. The group forecasted that the center will be short approximately \$10,000 by the end of the year and inquired whether additional funds will be distributed from the County. The board related that all Services for the Aged funds for 2025 were dispersed and no other funds will be available. Human Resource Officer Felicia Strahm requested an executive session to discuss applicants various positions for available. Debora Smith moved to recess into executive session for fifteen minutes for the purpose of discussing county applicants, 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 board

and HR Felicia Strahm, seconded by Leon Hart. Motion carried.

Time in: 10:23 a.m. Time in: 10:38 a.m. The chairman reconvened the meeting to regular session at 10:38 a.m. with no action taken.

The group discussed potential dates available to conduct second interviews for County Administrator applicants.

County Treasurer Mary Ann Stertz provided the 1st quarter 2025 Treasurer Quarterly Interest Earned

Salina Regional Airport reminds travelers to be REAL ID ready by May 7

The Salina Airport Authority is reminding all travelers that beginning May 7, 2025, the Transportation Security Administration (TSA) will require a REAL IDcompliant form of identification to board commercial flights within the United States.

Passengers 18 and older must present a REAL IDcompliant driver's license or another acceptable form of identification at TSA security checkpoints. Without such identification, passengers may face delays, additional screening, or may not be permitted through the

Strahm, Brett Wilkinson, Dale Hlad, Shad Lohman, Tami Kerth, Felicia Strahm, and Mary Ann Stertz.

Correspondence: bills for Lincoln Park Manor; a request for a letter of support from the Lincoln County Hospital; returned mail for solid waste disposal fees; and mid-month accounts payable.

Health Nurse/Administrator Elizabeth Sheldon discussed a request received from a student inquiring about completing a 36-hour practicum at the facility. County insurance carriers will be contacted to ensure there are no concerns prior to approval. Sheldon requested approval to teach a CMA class in the fall at USD 298. Sheldon plans to continue the modified hours at the health department to ensure that work requirements are met if approved. The board approved the request. Sheldon reported that the department had

4th -12th grades. Sheldon with Human Resource Officer Felicia Strahm provided a listing of job responsibilities for each employee within the department.

Brett Wilkinson, Kirkham Michael and Public Works Director Dale Hlad provided the summary of bids received for bridge replacement project OŠ 149. Wilkinson recommended that the board award the bid to L & M Contractors Inc. Debora Smith moved to award the bid to L & M Contractors Inc for offsystem bridge OS 149 in the amount of \$323,307.50, seconded by Leon Hart. Motion carried.

Debora Smith moved to recess into executive session for the purpose of discussing Register of Deeds applicants, 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

of Kansans believe government

should be required to publish

on Idle Funds report for the board's review.

Debora Smith moved to employ Colleen Tennant as a part-time Bus Director, at grade 15 step 6, at \$15.67 per hour, effective today, seconded by Kenny Meitler. Motion carried. Debora Smith moved employ Aaron Bray as a parttime landfill employee, at grade 13 step 6, at \$14.24 per hour, effective today, seconded by Leon Hart. Motion carried.

Debora Smith moved to approve mid-month accounts payable in the amount of \$42,042.20, seconded by Kenny Meitler. Motion carried. Debora Smith moved to

approve the minutes for the April 7th meeting, seconded by Leon Hart. Motion carried.

The chairman adjourned the meeting at 12:25 p.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Monday, April 21, 2025.

security checkpoint.

"Aviation security requirements are changing nationwide, and we want to ensure that every passenger traveling through Salina Regional Airport is fully prepared," said Pieter Miller, Executive Director of the Salina Airport Authority. "Now is the time to doublecheck your ID and take action if you haven't yet upgraded to a REAL ID."

REAL ID-compliant driver's licenses feature a star symbol in the upper right corner. Kansas residents can learn more about obtaining a REAL ID through the Kansas Department of Revenue at https://www.ksrevenue.gov/dovrealid.html.

- Acceptable alternative forms of ID include:
- U.S. passport or passport card
- DHS trusted traveler card (e.g., Global Entry, NEXUS)
- U.S. military ID
- Permanent resident card

To help ensure travelers are aware of the change, the Salina Airport Authority has posted informational signage throughout the terminal and is working with airline partners and local organizations to share updated travel requirements with the community.

For more information on REAL ID and to check your compliance status, visit the TSA's dedicated REAL ID site at www.dhs.gov/real-id.



public notices in print and digital **newspapers** as a service to the community

f The right of the people to keep a free & transparent press is obligatory for us citizens. Public notices **belong** in newspapers!

Leavenworth County resident

KansasPublicNotices.com *2024 Kansas State Study; Conducted by Coda Ventures



LINCOLN SENTINEL-REPUBLICAN

April 30, 2025 - Page 6

Rathbun/from page 1___

News

his leadership in variety development and industrial uses of wheat," he wrote. "The Herb Clutter Memorial Scholarship represents more than just financial assistance - it honors a legacy of leadership, innovation and commitment to Kansas wheat growers. I am eager to carry on that legacy by applying my education and experiences to the advancement of the wheat industry."

Herbert W. Clutter was a farmer from Holcomb and the first president of the National Association of Wheat Growers, which was established in 1948. Clutter encouraged Kansas wheat farmers to organize as a strong, unified voice, which led to the formation of the Kansas Association of Wheat Growers in 1952. He encouraged research in education and industrial uses of wheat, improved variety development and methods to produce the best product at the lowest cost. Clutter's efforts led to the formation of the Kansas Wheat Commission by the Kansas legislature in 1957.

The Herb Clutter Memorial Scholarship was established in 2009 to honor Herb Clutter's influential role in organizing leadership groups on behalf of Kansas wheat producers and is supported by the generosity of the Herb Clutter family. Farm kids with a self-starter attitude and a curious mind like Rathbun are the perfect fit to honor Clutter's legacy.

"Wheat harvest taught me more than just the mechanics of farming; it instilled in me a strong work ethic, patience and the ability to adapt under pressure," he wrote. "Long hours in the field, unpredictable weather and the teamwork required to make everything come together showed me the dedication that farming demands."

Learn more about the Herb Clutter Memorial Scholarship at https://kswheat.com/clutter.

O'Hare/from page 1____

Law School.

"I am deeply honored and sincerely grateful to Governor Kelly for entrusting me with this important responsibility," said Judge Jennifer O'Hare. "I am committed to serving the citizens of the 12th Judicial District with integrity, fairness, and respect, and to upholding our district's strong tradition of judicial excellence."

District court judges in the 12th Judicial District are appointed by the governor. After serving one year in office, the new district judge must stand for a retention vote in the next general election to remain in the position. If retained, the incumbent will serve a four-year term.

The other nominees for this position were Guy Steier, Nels Noel, and Robert Walsh.

O'Hare is a 1991 graduate of Lincoln High School.

Thank You, Readers!

City of Beverly Accepting Sealed Bids

(First Published in Lincoln Sentinel-Republican on Wednesday, April 23, 2025)

By Jamie Rathbun

Family and Community Wellness Agent, Post Rock Extension District #1

Imagine if there was one action you could take daily to give you all these health benefits:

- Maintain a healthy weight

- Strengthen heart and lungs

- Reduce risk of stroke and heart disease

- Strengthen bones and muscles - Improve balance and coordination

- Manage and prevent high blood pressure and high cholesterol levels - Ease joint pain

- Improves mood

Would you make time each day to support your health? Knowing that this one action could support so many health factors, why would you not take a walk daily?

That's right, walking each day can elevate our health in so many ways! Let's meander through some facts about the amazing benefits of walking every day.

Walk More. Stress Less. Walking is one of the simplest ways to get and stay active.

- Walking is the most popular form of exercise. For most people, it's safe, low-or no-cost, and easy

to stick with.

- Research has shown that walking can have a significant impact on your health by lowering your chances of heart disease.

Step into better health

- Walking at a lively pace at least 150 minutes a week can help you think better, feel better, and sleep better.

Make a Move. One in four U.S. adults sits for longer than eight hour each day. Sitting for too long can hurt your physical and mental health.

- A recent study found that swapping just 30 minutes of sitting with low-intensity physical activity reduced risk of death by 17%. If everyone increased their activity, even by a small amount, we would see an improvement in health and lower the cost of disease in the United States.

Sweet Dreams. Prioritize sleep and aim for seven to nine hours a night.

- Getting a good night's sleep every night is vital to cardiovascular health. Too little (or too much) sleep is associated with heart disease, studies show. Good sleep improves mood, memory, and reasoning. Check the Stress. Money, work and family responsibilities, and health concerns are top sources of

stress.

- Chronic stress can impact your emotional and physical health. Stress can increase your risk for heart attack and stroke.

- Workplace stressors - such as long hours, finances, job security, and work-family conflict - are as harmful to your health as secondhand smoke.

Now that we know that walking isn't just good for our body - it's a simple and powerful way to care for our mind and soul, let's get out for a brisk walk to make a world of difference for our heart health and mental clarity.

Join Post Rock Extension District during May (National Walking Month) for some Walk at Lunch days. Check our website (www. postrock.ksu.edu) or our Facebook page (Post Rock Extension) for more details.

The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Contact Jamie Rathbun at jrathbun@ksu.edu or by calling 785-524-4432. Stay connected with "Post Rock Extension" on Facebook, Twitter, Instagram, and YouTube. Our website is www. postrock.ksu.edu.

KANcycle Bike Sharing announces free rides

May is National Bike Month and KANcycle is making it easier than ever to get rolling – by offering free 60-minute bike share rides all month long. Whether you're biking for your health, the environment, or just for fun, KANcycle invites riders across north central Kansas to celebrate the power of two wheels.

KANcycle is offering the promo code "bike2025" for 31 free rides on KANcycle during the month of May. This promo code is good for all locations in the KANcycle service area.



"No better way of celebrating National Ride a Bike Day, National Bike to Work Day, Bike Month, and overall physical activity, than by offering free rides," said Michelle Coats, Director of Mobility Management for the region. "KANcycle is a great program for Kansas, and we want more people to take advantage of this service. Rides can be taken for any purpose, including shopping, errands, and even fun."

Bikes are easy to check Riders need to out. download the Movatic app, find a rack with an available bike, enter the promo code on the payment screen, and start riding. To end the ride, the process is reversed. KANcycle is a regional bike sharing program that includes stations in Salina,

Minneapolis, Concordia, Belleville, Mankato, Beloit, Lincoln, Ellsworth, Lindsborg and Coffeyville, with convenient, affordable access to bicycles as an easy, fun, healthy and eco-friendly means of transportation and recreation. OCCK, through a collaborative funding partnership with Blue Cross and Blue Shield of Kansas, brings you KANcycle powered by Movatic. Movatic manages all aspects of its bike-share programs — from bikes and technology, to maintenance and fleet rebalancing. Riding KANcycle bike share is easy. Bikes can be found via the free Movatic Mobile App available for iPhone and

ter the rider returns the bike to a designated Movatic bike station, the rental ends and the bike is available for the next person to enjoy.

Blue Cross and Blue Shield of Kansas, the state's largest health insurer, helps to support KANcycle, as they do Bike Share ICT in Wichita.

For more information about OCCK, Inc., visit www.occk.com. For more information about City-Go and OCCK Transportation, visit www.salinacitygo.com. Or, contact the Transportation OCCK Center at 785-826-1583. For more information about KANcycle, visit www.kancycle.org.

For more information

The City of Beverly is now accepting sealed bids on property located within the limits of Beverly, Kansas. These need to be in the office of the City Clerk by Sunday May 11, 2025. Lot 21 of Block 27 & S2 Vac Alley lying North of Lot 21.

Beverly City Office PO Box 137 Beverly, KS 67423

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, April 30, 2025)

City of Lincoln Center, Kansas FINANCIAL REPORT

For the Period from	December 31, 2024		То	March 31, 2025
Funds	Balance Forward	Receipts	Withdrawals	Balance
General Operating	\$845,357.50	\$291,865.72	\$208,914.98	\$928,308.24
Water Utility	\$470,870.92	\$69,617.48	\$87,633.22	\$452,855.18
Electric Utility	\$3,106,629.04	\$483,206.11	\$342,571.46	\$3,247,263.69
Sewer Utility	\$471,651.58	\$61,233.63	\$23,783.95	\$509,101.20
Special Liability	\$75,123.46	\$0.00	\$0.00	\$75,123.46
G.O. Bond & Interest	\$44,463.54	\$49,975.95	\$44,648.00	\$49,791.49
Library	\$0.00	\$44,261.34	\$42,000.00	\$2,261.34
Special Highway	\$95,272.38	\$7,731.84	\$1,888.80	\$101,115.42
Equipment Reserve Fund	\$279,862.10	\$1,526.49	\$0.00	\$281,388.5
Employee Benefits	\$54,783.44	\$15,871.86	\$14,545.20	\$56,110.1
Payroll Withholding	\$8,250.11	\$5,672.24	\$6,443.33	\$7,479.03
Sp. Park & Recreation	\$22,075.96	\$1,110.81	\$0.00	\$23,186.7
Solid Waste Service	\$12,089.06	\$30,221.13	\$29,364.72	\$12,945.4
Cemetery Trust	\$81,186.89	\$623.98	\$0.00	\$81,810.8
Recreation Fund	\$155,393.00	\$59,952.36	\$50,691.36	
Water Reserve	\$76,161.53	\$0.00	\$0.00	
Light Reserve	\$650,000.00	\$0.00	\$0.00	
Sewer Reserve	\$105,000.00	\$0.00	\$0.00	the second se
Project Fund	\$0.00	\$0.00	\$0.00	
Covid-19 Fed Funds	\$94,000.00	\$0.00	\$0.00	
Base Grant Project	\$0.00	\$72,450.00	\$72,450.00	\$0.00
TOTALS	\$6,648,170.51	\$1,195,320.94	\$924,935.02	
Balance on Deposit: Citizens State Bank: Bank of Tescott:	\$3,690,760.12 \$3,235,873.33	r		
Petty Cash:	\$5,255,875.55			
TOTAL	\$6,927,133.45		1	5
Outstanding Warrants:	\$8,577.02			
Net Balance on Deposit:	\$6,918,556.43	1		
	CITY DEBT			
	General Obligation Bor	nd. Series 2017		\$314,000.0
	Kansas Public Water Su			\$981,710.5
			TOTAL	\$1,295,710.5
	INVESTMENTS OWN			631 115 7
		itizens State Bank		\$31,115.7
		Citizens State Bank		\$3,659,644.4
		ank of Tescott - N	the second s	\$2,743,560.64
ummu	E E	ank of Tescott - S		72,745,500.6
(Included in Net Balance on			TOTAL	\$6,926,633.4
Inclusion in the property of	De Hereby Certify that			ç0,520,033.4
			icin is correct	
I, Kimberly Meyer Conne			Title	Treasurer
l, Kimberly Meyer of	ameye		Title:	Treasurer
I, Kimberly Meyer of Signed II And Sworn Befor Subscribed and Sworn Befor	e Me this 23 c	lay of April		20 25
l, Kimberly Meyer of	e Me the 23 c	lay of April	Title: tillegeist	

Android. Each bike has about Bike Month aca unique number which tivities across the state riders enter into the app of Kansas, visit www. to unlock the bike. Af-

ksrides.org.

Post/from page 3_

to destroy the beetles and nematodes. Do not save the wood for firewood. The beetles are attracted to drought-stressed trees. If possible, provide water during dry periods to prevent drought stress. There are products available for preventative injections. While they do not provide 100 percent control, several injectable products significantly de-

creased pine wilt infection when used preventively in research trials. The materials need to be applied by a trained tree care professional. Injections provide no curative activity. Once a tree is infected, there is no way to stop the disease.

Pine trees are beautiful when healthy, but unfortunately, susceptible to many conditions. If you

have questions on how to protect your pine trees, contact your local Post Rock Extension office. Post Rock Extension Dis-

trict 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).





Very nice, like new 2022 Cherokee Wolf Pup 18TO Limited package 23 foot travel trailer with one slide out. Sleeps 5 people. Plus everything you need to get started camping. Includes Anderson Anti-sway hitch, Anderson buckets, wheel chalks, Anderson leveler. Equipped with a Solar Panel and trailer brakes. Flip down travel rack. Upgraded Wilderness Queen camper mattress. Lots of extras.



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Place your 25-word classified in the Kansas Press Association and 135 more newspapers for only \$300/ week. Find employees, sell your home or your car. Call the Kansas Press Association @ 785-271-5304 today!

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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

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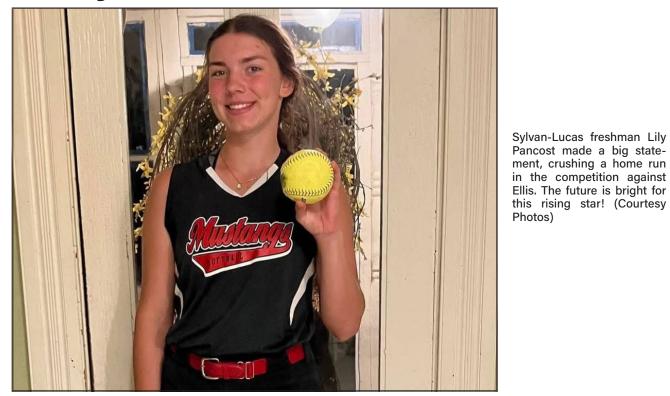
APRIL 30, 2025 - PAGE 8

Harlee Nelson Hits a Major Milestone



Harlee Nelson, Sylvan-Lucas showcases her all-around dominance on the field, reaching an incredible 200 strikeouts as pitcher and 100 stolen bases as a runner. A true powerhouse on both sides of the game! (Courtesy Photos)

Freshman Power: Lily Pancost Slams One Out of the Park



OSBORNE HIGH SCHOOL KASER RELAY RESULTS FRIDAY, APRIL 25, 2025 (TOP 5 FINISHERS LISTED)

	•	
	100 Meters Boys: 1. Xavier Miller, 11.4 4. Zayne Maupin, 11.7 PR	Lincoln Sylvan-Lucas
1	400 Meters Boys: 1. Xavier Miller, 52.8 PR 3. Cai Labertew, 55.9	Lincoln Sylvan-Lucas
	800 Meters Boys: 4. Carter Johnson, 2:14.1 PR	Sylvan-Lucas
	1600 Meters Boys: 3. Harlan Pancost, 5:15.7	Sylvan-Lucas
	3200 Meters Boys: 5. Harlan Pancost, 11:10.2 PR	Sylvan-Lucas
	110m Hurdles Boys: 3. Jeremiah Miller, 16.3 PR	Lincoln
	300m Hurdles Boys: 1. Jeremiah Miller, 42.4	Lincoln
	4x100 Relay Boys: 2. Lincoln, 46.6 Ben Bell, Jeremiah Miller, Xavier Miller	, Jonathan Bell
s a	4x400 Relay Boys: 2. Lincoln, 3:46.3 Ben Bell, Jeremiah Miller, Xavier Miller, 4. Sylvan-Lucas, 3:50.4 Carter Johnson, Vance Dohl, Cai Laber	
		,,

4x800 Relay Boys: 3. Sylvan-Lucas 11:30.8 Lane Brokes, Jacob Oltean, Caleb Diabal, Eli Schultz

Shot Put Boys: 3. Easton Good, 45'6" PR 5. Austin Ahring, 41'8"

Lincoln Lincoln

Lincoln

Lincoln

Javelin Boys: 2. Austin Ahring, 145'2.5" 3. Easton Good, 142'6" PR

High Jump Boys: 4. Vance Dohl, 5'6" PR

Pole Vault Boys: 2. Ben Bell, 12'0"

Lincoln

Sylvan-Lucas

Long Jump Boys: 4. Zayne Maupin, 18'2"

100 Meters Girls: 3. Ember Larson, 13.1

200 Meters Girls: 4. Ember Larson, 28.1 PR

400 Meters Girls: 2. Codie Huehl, 1:01.2 3. Hazel Metz, 1:06.3

Sylvan-Lucas Lincoln

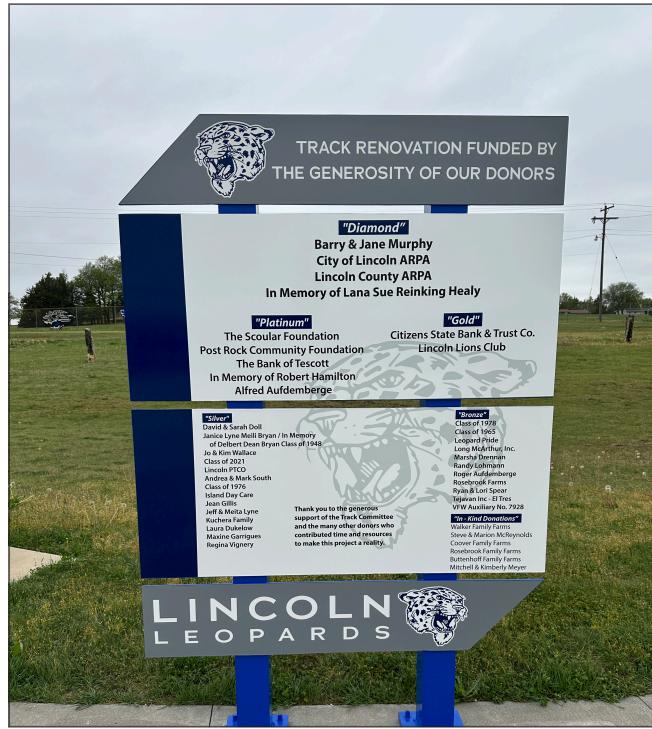
1600 Meters Girls: 4. Kaylee Obermueller, 6:11.3 Lincoln

Sylvan-Lucas

Lincoln

Lincoln

Lincoln Track Donors Recognized at Jim Mettner Field



Lincoln Jr Sr High School proudly displays a new sign at Jim Mettner Field, honoring the generous donors who made the track renovation project a reality. Thank you for investing in the future of our athletes and community! (Courtesy Photos)

3200 Meters Girls: 5. Olivia Dail, 13:04.1

Lincoln

4x100 Relay Girls: 2. Lincoln, 54.2 Ethney Sheldon, Ivee Sheldon, Ashton Lyne, Ember Larson

4x400 Relay Girls:

2. Lincoln, 4:27.9 Hazel Metz, Kaylee Obermueller, Ethney Sheldon, Ivee Sheldon 4. Syvan-Lucas, 4:37.5 Jayden Meitler, Serenity Steinke, Codie Huehl, LeeAllie Wacker

4x800 Relay Girls: 4. Lincoln, 11:50.4 Olivia Dail, Izabell Dail, Tennyson Donley, Lilly Behrens

Discus Girls: Lincoln 4. Lilly Behrens, 106'4"

Long Jump Girls: 4. Maggie Labertew, 14'9.25" Sylvan-Lucas

Triple Jump Girls: 3. Morgan Finkenbinger, 32'2" SR Sylvan-Lucas

BOYS TEAM SCORES:

1.	Clifton-Clyde	118
2.	St Johns	114
3.	Lincoln	82
4.	Northern Valley	42
5.	Sylvan-Lucas Únified	41
6.	Lakeside	29
7.	Ellis	28
7.	Thunder Ridge	28
9.	Natoma	20
9.	Palco	20
11.	Tipton Catholic	11
12.	Stockton	8
13.	Christian Family Ed	7
14.	Logan	6

GIRLS TEAM SCORES:

1.	Osborne	120
2.	Ellis	118
3.	Clifton-Clyde	103
4.	Lincoln	47
5.	Tipton Catholic	40
6.	St Johns	32
7.	Stockton	28
8.	Sylvan-Lucas Unified	22
9.	Palco	12
9.	Thunder Ridge	12
11.	Logan	10
12.	Northern Valley	6
12.	Lakeside	6
14.	Natoma	1