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The Official Newspaper for Lincoln County Kansas

Volume 137 No. 23 www.lincolnsentinel.com Wednesday, June 5, 2024 \$1.25

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Alumni Weekend proves you can go home again!



The LHS Class of 1974 celebrated 50 years since graduation with a whopping 77% turnout! 46 classmates came for the reunion along with 28 spouses including Darrell and Kathy Schmeidler and Charlie Newell. Additionally, three one-time classmates came to reconnect, for a total of 79 attendees! Ten classmates or former classmates are deceased. Delores (Rupert) Baskin, Diana Douglass, Audrey (Couse) Buttenhoff, Paula (Cox) Cole, Teree (Hamilton) Rohleder, and Linda (Choitz) Voeltz. Jo (Chard) Henry, Donna Achterberg, Sherrie Smith, Debbie (Byarlay) Webb, Rae Jean (Gjesdahl) Weston, Melodee (Cromwell) Larsen, Pam Meier, Kim (LaShell) Jarvis, Ann (Marshall) Lorey Kim Wallace, Steve Obermueller, Rodney Larsen, Justin Ahring, Cathy (Cole) Steiner, Dena Donley, Opal (Hannemann) Schultz, Susan (Jensen) Turpin, Cathy (Von Fange) Bruce, Jo (Hartzell) Wallace, Jennifer (Gorsuch) Barnhart, Randy Pickering, Joe Coover, Ron Jensen, Mike Nitsch, Joe Wolford, Randy Meier, Mike Morgan, Craig Walker, Don Panzer, Tim Madden, Doug Rees, Mike Hansen, Jay Liggett, Roger Campbell, Harlan "Bud" Andreasen, Mark Eckhart, Ron Rathbun, Royce Meili, Jim Cole, Steve Spear, Mike Clunn, and Rick Chard. (Courtesy Photo)





Above Left: Bree McReynolds-Baetz addressed the crowd atop her toes. Above Right: Old friends reconnected during the weekend event. Pam (Kingan) Michael and Jill (Harlow) Money. (Courtesy Photos)

By Jyll Phillips, Lincoln-Sentinel

Alumni Weekend was held June 1-2, bringing alumni from near and far, making it a successful weekend for the Lincoln High School Alumni Association with alumni events.

The bi-annual event kicked off Friday evening, June 1, with an informal Cruise Main Street. This is a throwback to their high school days and a way to see everyone who returned for the event.

On Saturday, June 2, a luncheon and official meeting of the Alumni Association and its members was held at Lincoln High School with approximately 100 in attendance. The meal was served by the Lincoln PTCO and included pulled pork, green beans, cheesy potatoes, a

dinner roll and brownies. Following the meal, Bree McReynolds-Baetz coln Alumni Association Board Member addressed the crowd. McReynolds-



Lincoln PTCO catered and served the 100 people attending the luncheon and meeting. (Courtesy Photo)

Baetz, also a member of USD298 Board of Education, welcomed the alumni crowd and guests, reviewed account balances and announced Lincoln Alumni Scholarship recipients over

the last two years. It's fun to note that due to her height, or lack thereof, she stood on tiptoes during the entire address so she could see and be seen above the podium!

The last time the Lincoln

Alumni Association met for their luncheon and meeting was in 2022, when the Lincoln Track Fundraising Committee honored all

See "Alumni" page 6

KSN Summer Road Trip

The KSN Summer Road Trip is visiting Lincoln Thursday, June 6 from 2:30 – 3:30 p.m. A little summer fun party is planned to welcome them.

Make a short trip to the courthouse and bring the kids to meet the KSN team, see the Storm Track 3 weather vehicle and more! Town sponsors are The Bank of Tescott and Lincoln County Hospital.

The new Sugar Dealer dessert food trailer from Red's Sweets in Sylvan Grove is bringing ice cream, mini-cakes and more! Additional activities sponsored by the Lincoln Art Center, Lincoln Carnegie Library, Lincoln County Health Department and Lincoln's VFW Post #7928.

Biking Across Kansas celebrates 50 years

The city of Lincoln will welcome Biking Across Kansas for an overnight stay June 11-12.

BAK 2024 will be visiting Lincoln as part of their 50th anniversary tour with 775 enthusiastic bicyclists, part-time riders, non-riders and volunteers. Bicyclists will begin arriving early to mid-morning Tuesday, June 11 through the afternoon. Many will be on the hunt for cold beverages, food, points of interest and other activities and/or entertainment. BAK officials will arrive at the school to set up camp and the school will open to the riders at noon. A team of shuttle drivers will help the riders move around town and enjoy our restaurants and things to do. The riders will have breakfast before getting back on the road and heading east on June 12, and the camp will be packed up.

The 2024 BAK route covers a total of 505 miles. On Friday, June 7, the bikers will ride 16.5 miles from the Colorado border to Tribune. From there they will ride an additional 46.7 miles from Tribune to Scott City on Saturday, June 8. June 9 they will continue their route from Scott City to Ness City, another 56.3 miles of biking. On Monday, June 10 the group will travel 67.6 miles from Ness City to Hoisington. They will leave Hoisington and journey on to Lincoln, adding 62 miles along their path. This is also BAK Century Day. Bikers may choose an alternate route from Hoisington to Lincoln that covers 100 miles. Wednesday, June 12 sees the group leave Lincoln and cycle 75.2 miles to their next stop in Concordia. From Concordia, they move on to Frankfort on a 78.6-mile path. Friday, June 14 the cyclists will ride 56.5 miles from Frankfort to Holton. The last day of the journey is Saturday, June 15, where they will add another 41.3 miles to their bicycle tires between Holton to Atchison.

Several groups have planned fundraising meals and open their doors to welcome BAK participants. The Historical Museum will be open that day to cyclists for a cook down and restroom break.

Businesses may show their community spirit and creativity by decorating bikes and displaying them on Main Street for two events. First, be a part of the KSN Summer Road Trip June 6, then keep the momentum going for BAK. This is a good opportunity to attract visitors, promote businesses and celebrate these events.

Participate by decorating a Bike. Participants are encouraged to get creative by decorating in a way to represent your business or a fun theme. Place your decorated bike on Lincoln's main street by the morning of June 6 to kick off the KSN Summer Road Trip festivities and keep it displayed through June 11. Attach your business name and logo to your bike to let everyone know who you are!

Super Sitter workshop

The Post Rock District 4-H is holding a Supper Sitter Workshop in Sylvan Grove on June 18 at the Sylvan Grove Library. The workshop runs from 1-3:30 P.M.

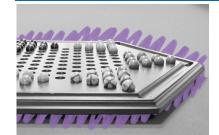
The workshop supports the growth and confidence of youth babysitters, kids helping with younger siblings and those who find enjoyment playing with littles. It is focused on helping youth understand the ages and stages of child development from infant through school-age, while exploring safe interactive play and engaging activities.

Interested youth entering 2nd grade through high school in the fall are welcome to participate. This is a wonderful opportunity to explore early childhood development while building leadership skills and having fun.

The workshop is free, but participants must register by June 13 to assist with planning and preparation for the June 18 workshop. Register on-line at bit.ly/24SuperSitterWorkshop SylvanGrove. To learn more about the workshop visit www. postrock.k-state.edu/youth/workshops/ or call 785-524-

What's in a name?

Cash Grain



Chinese is a classic board game, however, contrary to its name it has nothing to do with China! It's actually a variation of a game called Halma (meaning "jump" in Greek. Halma used a square board, and a star-shaped version was invented in Germany around 1880. The game arrived in America in the late 1920's under the name Hop Ching checkers, and later, Chinese star checkers. It was advertised as a "game from the Orient for all ages," but that story was invented entirely for

Sorghum.....\$4.36 Soybeans.....\$11.46

Cash prices courtesy of bankoftescott.com

Community Calendar

Thursday, June 6

Lincoln: 10:30 am Summer Fun & Safety @ Lincoln Library; 2:30 pm KSN Summer Road Trip @ Lincoln **County Courthouse**

Friday, June 7

Sylvan Grove: 1:30 pm Adventures with Rockets with Steve Arthur @ Sylvan Grove Library USD 299: ACT Registration Deadline

Saturday, June 8 Lincoln: 10 am Sip & Shop @ Seier's Clothing USD 299: ACT Testing

Sunday, June 9

Monday, June 10 USD 298: 7 pm BOE Meeting USD 299: 7:30 pm BOE Meeting

Tuesday, June 11 Lincoln: Bike Across Kansas Overnight Stay in Lincoln

Sylvan Grove: 10 am Wild Adventure with Tommie Berger @ Sylvan Grove Library

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

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.



Monday, June 10 Chicken Tenders, Potatoes w/Gravy, Green Beans, Mixed Fruit & Roll

Tuesday, June 11

Spaghetti w/Meat Sauce, Tossed Salad, Cucumbers & Onions, Garlic Bread & Fruit Cobbler

Wednesday, June 12 Chicken Salad w/Bread, Lettuce & Sliced Tomato,

Picked Beets & Fruited Jello-O Thursday, June 13

Breakfast Casserole, Yogurt, Cinnamon Apples

& Muffin

Friday, June 14

Pork Loin, Baby Bakers, Spinach Cheese Bale, Pinneaple & Roll

Menu is subject to change. Call 785-524-4738 before 9:30 a.m. to reserve a lunch. The suggested donation for people over 60 or with current paperwork \$4.00. For people without paperwork or under 60, meals are \$7.00, mandatory.

Thank You

Lincoln County Hospital would like to express our sincere thank you for the generous donations that purchased much needed equipment for our hospital.

The late Paul Kuchera -An electronic microscope for our laboratory

> The Lincoln Masonic Lodge -A new traction device for our therapy department



We truly appreciate your generosity!

ADVERTISING WORKS



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NPL vs TVC ALL STAR game

The NPL won 46-34. Back row (L-R): Emma Finkenbinder of Sylvan, Raelyn Bolte of Pike Valley, Lauren Brummet of Lakeside, Jenna & Aubrey Gengler of STJ. Front row (L-R): Bentley Smith & Jasmine Fenn of Lincoln, and Kamryn Rietzke of Thunder Ridge. (courtesy photo)



Lincoln Co. Wheat Plot Tour with Rosebrook Farms. (courtesy photo)

Post Rock Extension District Wheat Plot tours summary

Well, it won't be long, and the combines and farm trucks will be rolling in the wheat fields around north central KS. The 2024 wheat crop has certainly been through a variety of conditions during the growing season with some looking pretty good while others not so good. Stay tuned and I will provide an update on our Post Rock Extension District Wheat Demonstration Plot Tours that were held the end of May. Annually, the Post Rock Extension District conducts face-to-face tours of our wheat demonstration plots around the district, and this was held

on Wednesday, May 22

at our five locations. The variety signs are up on each of the wheat plots in Jewell, Lincoln, Mitchell, Osborne and Smith counties and the field locations are posted on our website at www.postrock.ksu.edu under the "Crops" tab and then go to "Test Plots". So, we encourage you to go by and take a look at the varieties in any of the wheat plots closest to you. We recorded the Jewell County wheat demonstration plot tour, and it will be posted on our "Crops" page, under "Test Plots." K-State Research and Extension agronomists along with myself provided information on each of the varieties along

with conditions throughout the growing season including diseases.
"The wheat variety plots

provide a visual demonstration of how crop varieties perform in a particular area of the state along with yield potential of that variety," Sandra Wick, K-State Research and Extension, Post Rock District, Crop Production Agent explains. "This is known as "seeing is believing!" "Producers who observe the demonstrations and the latest methods or practices, then may apply them to their own situations," added Wick. Producers can then compare the yield data from the many K-State Research

and Extension experiment fields across the state of Kansas, to this local yield data, in selecting the most adaptive and productive wheat varieties.

Demonstration Wheat Plot cooperators take a lot of time out of their busy schedule to provide local yield data to producers of north central Kansas. A BIG thank you to Darrell and Josh Bohnert, Jewell Co.; Rosebrook Farms, Lincoln Co.; Marty Fletchall, Mitchell Co.; Doane Farms, Osborne Co.; and Steve Kuhlman, Smith Co. If you would like to volunteer as a Wheat

See "POST" page 6

Colby Hamel to coach in the KEMFA 8 Man All-Star Game

Colby Hamel graduated from Lakin, Ks in 2011, where he was a 4 Sport athlete in Football, Basketball, Baseball and Track. After graduating high school Colby started 47 games in football all at Hutchinson CC, Garden City CC and Finished at FHSU in 2015. Following college Colby started his teaching career in Lakin, KS where he earned his Teaching Certificate in Education through FHSU transition to teaching program then earned his Masters Degree in Education. This is Colbys 2nd opportunity to coach in the KEMFA 8 Man All-Star Game. Colby Hamel is Currently the Head HS Football Coach in Lincoln, KS where he also coaches JH Boys Basketball and HS Track. Colby is Married to Delaney Hamel who is the School Mental Health Therapist in Lincoln as well. Colby has three kids Aubrie (6), Nova (5) and Rudy (2).

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Zachgo family reunion

The annual Zachgo reunion was held May 26,2024 at Sylvan Grove, KS. Those attending this year included Ron and Gloria Zachgo; Connie LaShell, Julie, Caleb and Troy; Trevor Hillegeist and family; Rick, Barb and Brennan Wilting; Bobby Zachgo; Perry Zachgo; Tammy and Carolyn LaShell and Niki; Matt, Bernice, Dalyn, Rebecca and Logan Zachgo; Sally Behrens and Hannah; Jim Zachgo; Sandy and Edgar Brummer; Virginia and Travis Naylor; Carol Blum; DeAnn Meitler; Linda Glisson; Judy Werner; Vicki Wiles; Kristyn Glisson; Kenny Brummer; Wyvonne Lyn;, Angie and Liberty Ringler; Richard Zachgo; Gary Zachgo; David and Christina Zachgo and boys; Jason and Annie Zachgo; Cole, Jessica, Harper, Kinsley, Camdyn and Stella Zachgo; Ethan, Casey and Graycee Curnutt; Toni, Jaylee and Tobee Hillegeist; Trenton Hillegeist and family; Rhonda Keller; Courtney, Braxten and Bryson Zsuzsic;, Robin and Wilda Wolf; and Rick and Sharon Zachgo.

News and Advertising **Deadlines**

To ensure that your submissions is received in a timely manner, content should be reported by NO LATER than

Fridays by Noon Content can be mailed to:

Lincoln Sentinel-Republican 141 W. Lincoln Ave, Lincoln, KS 67455

emailed to lincolnksnews@gmail.com

Thank you for your support!

OBITUARY



Betty Lee Little Nov. 26, 1940- May 28, 2024

Betty Lee Little, 83, passed away Tuesday, May 28, 2024. She was born to Clarence and Sylva Rosebrook on their farmstead in rural Lincoln County during a winter storm on November 26, 1940. She was the second of three sisters, her best friends, Mary Ann and Peggy. Betty was born a farmgirl. She eventually fell in love with her own farmer and polka dancing partner, Don Little, whom she wed on June 12, 1960. They had one daughter,

Karla. Betty, Don, and Karla were a unit. Whether pulling calves in the middle of the night, driving to track meets and softball games, setting up electric fence to protect Betty's garden from coons, or on their monthly trip to Panjo's pizza and movie at the Stiefel, they were always together.

Anyone with the honor of meeting Betty knows she was fiercely loyal and immensely proud of her family and friends. She loved deeply. She was the ultimate caretaker. This naturally translated to her being the best "Mamaw" and "Grammy" to her two grandchildren, Matt and Mariah, and "Great Gaga" to her three great-grandchildren, Demi, Lawson, and Carter.

As an individual, Betty had her own breadth of skills and hobbies. If she wasn't making one of her famous cherry pies, you could find her taking care of her flowers, loving on her dog, Jazz, working on a puzzle, or decorating her home with pictures of her family.

Most importantly, Betty was a servant of the Lord. She greatly enjoyed her Bible studies and sharing that time with her group of friends. One of her most cherished possessions was her Bible, the pages full of handwritten notes in the margins and scraps from Bible lessons. One of her saved lessons had highlighted: "My funeral shall not be about me! Focus all attention upon the Christ who loves me and gave His life up for me! In Him I have died, which means I did not die!"

Betty was preceded in death by her parents.

She is survived by: her husband, Don; daughter, Karla (Randy) Jones; grandchildren, Matt (Alisha) Jones, Mariah (Garrett) Greif; great-grandchildren, Carter Jones, Demi Greif, and Lawson Greif; sisters, Mary Ann (Harold) Morton, Peggy Krehbiel; many nieces and nephews and an abundance of friends.

A memorial service will be held at 2 p.m. Friday, May 31, at Christ the King Lutheran Church, Salina, KS. Memorials may be made to Christ the King Lutheran Church.

Online condolences at www.ryanmortuary.com.

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

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

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

<u>CHURCH</u> www.beverlycommunitychurch.org Pastor Toby Flaming Sunday School @ 9:30 am Morning Worship @ 10:45 am **BEVERLY UNITED METHODIST** Pastors Kave & Jeff Metzler

Church Service @ 9:00 am CENTRAL CHRISTIAN CHURCH Pastor, Chris Hall Sunday School @ 9:30 am Worship Service @ 10:30 am Nursery available during service Light Keepers Wed. @6:30

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

grades 6-12

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

FAITH BAPTIST CHURCH Pastor Jonathan Schale Lincoln Park Manor @ 9:30 am Bible Study @10:30 am Worship Hour @ 11:15 am Evening Worship @ 6:00 pm Wed. Bible Study @ 7:00 pm

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

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

LINCOLN COMMUNITY **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

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

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

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

ST. JOHN LUTHERAN CHURCH Pastor Don Haselhuhn Lincoln, Kansas Two and one-half miles south of Lincoln on Highway 14 Sunday/Bible School...9:30 am Worship Service......10:30 am VBS May 20-24..... 9-11:30 am

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

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

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

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

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

Lincoln United Methodist Church



216 N. Fourth, Lincoln Pastors: Kaye and Jeff Metzler Service Times: Adult Sunday School: 10:00 a.m. Morning Worship:

Church schedules are made possible by the following sponsors:



St. John **Lutheran Church**

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

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COMMISSION MEETING MINUTES

May 20, 2024

The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, May 20, 2024. Chairman Dennis Ray called the meeting to order at 8:30 a.m. with Vice-Chairman Debora Smith present and Member Ryley Hembry absent. County Clerk Dawn Harlow was in attendance as the recording secretary.

Others present for portions of the meeting: Dustin Florence, Rhonda Wright, Elizabeth Sheldon, Brandon Cochran, Felicia Strahm, Diana Walters, Roberta Turner, Rhonda Wright, Dan Heina, Jesse Knight, Denae Smith, Leann Johnson, and Mary Ann Stertz.

Correspondence: a bill for Lincoln Park Manor. Sheriff Dustin Florence

inquired if the board plans to pass any regulations concerning the ability to stay in McReynolds Park.

The board discussed drainage issues on county-owned property. Chairman Ray agreed to speak with the tenant concerning the matter.

Debora Smith moved to approve the May 13th minutes, seconded by Dennis Ray. Motion carried.

Health Nurse/Administrator Elizabeth Sheldon provided a list of items she plans to purchase with the remaining COV-ID grant funds. All funds must be allocated by June 30, 2024, and spent by December 31, 2024. Sheldon provided an update on department activities. Human Resource Officer Felicia Strahm, with EMS Director Brandon

Cochran, requested to

reemploy Jerry Hlad as an EMT. Cochran provided an update on equipment repairs. The group discussed whether the department was making money when agreeing to take transfers from hospitals outside the county to facilities in Topeka and Kansas City by the time you consider labor costs for four attendants, supplies, operating and replacement costs for the unit. The board reiterated that the counties where those facilities are located are responsible for providing the service to their residents and that Lincoln County taxpayers should not bear the expense for another county. Debora Smith moved to reemploy Jerry Hlad as a part-time per need EMT at his former rate of pay of \$16.80 per hour, effective April 14,

2024, seconded by Dennis Ray. Motion carried. Nursing Home Administrator Diane Walters provided an update on facility maintenance projects and upcoming facility activities. Transportation Bus Di-

rector Roberta Turner provided estimates received to repair the Dodge van. The board suggested that the vehicle be taken to a Dodge dealer to have it looked at.

County Appraiser Rhonda Wright inquired about how the board would like to handle budgeting for the 2025 department wages. The board instructed Wright to budget the same as last year, and they will adjust when the time comes to complete the overall budget.

See "Commission" page 6



Cancer Nutrition, Prevention, & Early Detection

When: June 13th at 12:30 p.m.

Where: Lincoln Senior Center

Please RSVP by calling: 785-524-4474







EDITORIAL/OPINION

LINCOLN SENTINEL-REPUBLICAN

JUNE 5, 2024 - PAGE 4

Editorial

Abuse of power destroying our republic

With the recent lawfare verdict against the presumptive Republican nominee for President, Donald J. Trump, we are at a dangerous inflection point in our nation.

The rights of the voters are being usurped by a Democrat controlled local jurisdiction that wove a fantastical indictment that no one has ever been subject to in our nation's history.

We are witnessing total disenfranchisement of the voters in the name of power and financial gain for the elite of the ruling class.

The policies from the Bureaucratic state are doing great harm to families, small business, women and girls sports, and that's just the start. Out of control federal spending and unchecked illegal immigration to fund special interest groups plus forever wars to bolster the Tech Giants and the Military Industrial Complex are crushing the American Dream and our population as a whole.

The strategy of the elites is clear, harass and indict your political opponents and see what sticks. Who will be next; Senators, Congressman, Representatives, or just anyone who gets in their way of ultimate control.

After spending years researching the presidencies of Franklin Roosevelt, Harry Truman, Dwight Eisenhower, John Kennedy and Lyndon Johnson, things weren't perfect but something like this has never happened in recent American history. If we don't band together and get our Representative Republic and the Judicial system to operate of the people, by the people and for the people, our future, and certainly our children and grandchildren's futures, will most certainly be bleak.

Sat., June 15, 2024

PUBLIC WELCOME TO COME

Speaking/Q&A with

Lincoln County Clerk, Dawn Harlow

and Republican Candidate

for Kansas House of Representative,

Gerald Johnson

- This event is being sponsored by

Post Rock Republican Women of

Lincoln/Mitchell Co. Ks

for any questions

Please call 785-342-6633

2:30 - 4:30 p.m. · NCK in Beloit

Dale Worley JLS Media Group

LINCOLN - PAST, PRESENT & FUTURE

by Cindy Entriken

Change in life

Negative change, like a divorce, a job lay-off, or the death of a loved one is always disruptive. Especially since negative change is usually unforeseen. The adjustment period after a negative change can take months, or even years as individuals learn to adapt to the new situation.

Positive change, like a wedding, a job promotion, or the birth of a baby, can be challenging also. The change may be desired, planned for, or celebrated but it comes with adjustments to the new situation. Those adjustments take time, maybe just a few hours or a day, and occasionally - depending on how big and complex the change - weeks or months.

There's a third type of change that may be the most challenging. That is the change that's desired but once it's there, ambivalence sets in and folks aren't so sure that the change was a good idea after all. Marriage is one example.

Everyone is excited by the wedding, overwhelmed by the beauty of the surrounding, thrilled by seeing the evident love between the individuals getting married. The wedding couple walks on air, delighted and relieved that the wedding is over and that they can get on with their lives as a married couple.

But a few months in, the honeymoon ends and tiny clashes can seem like big wars. One or both partners may begin to think, "Maybe this wasn't such a good idea after all." They have to work through their

ambivalence about the marriage and get on with the task of learning how to live with each other, make compromises, celebrate and build on their differences.

Population Growth and Change in Lincoln

Lincoln Center, referred to as Lincoln by residents, has been pursuing a growth strategy. That strategy began to take off a few years back when the City offered "free" land for folks to move to Lincoln and build a home on site. A national promotion did prompt some folks to relocate to Lincoln. Then in 2014, at the behest of local elected officials, the Lincoln County Economic Development Foundation (LCEDF) was created. It's mission was and is to bring new businesses to the area, and LCEDF has worked incredibly hard to fulfill that mission.

In 2022 another national campaign, which included a story in an internet magazine, newspaper and television coverage brought renewed attention to Lincoln as the LCEDF and community members worked to save a beautiful dutch colonial house that had fallen into disrepair. Those efforts and the nation-wide media coverage resulted in a few more folks moving to the area.

About a year and a half ago LCEDF decided to try a new approach - recruiting remote workers who would move to Lincoln County, earn at least \$50,000 per year, and commit to living here for at least one year. Recent news reports have praised those efforts with headlines like, "Lincoln

County Leading Growth Trend."

The growth trend in Lincoln County is bringing much needed revenue to local businesses and governmental taxing units. Increased business activity may result in new jobs and higher wages. Additional property taxes will help city and county governments carry out their tasks and the school district will benefit from increased revenue as a result of new students. Newcomers will also bring new ideas and new energy to local organizations always looking for more volunteers to perform community service.

Welcoming Newcomers to Lincoln

The entire community including business and governmental leaders is responsible for welcoming new residents. The community's efforts will help newcomers form the emotional and social connections that will make them feel part of the community. It will also reduce the negative impact of those folks who do not like change no matter how beneficial it is to the area.

The city of Lincoln has taken a positive step in its efforts to welcome newcomers by redesigning its website. It's gorgeous, more user friendly, and has a page titled "New Resident Resources" which contains up-todate information about city services, local schools, recycling and more. There are other activities that would increase the successful transition of newcomers to become participating members of the community.

New neighbor organizations, not to

See "LINCOLN" page 6

Prairie Doc - Joanie Holm, R.N., C.N.P.

Kindness is the Best Medicine

My name is Joanie Holm. I am a certified nurse practitioner in Brookings, South Dakota and I am the person fortunate to have been the life partner of the original Prairie Doc, Richard P. Holm, M.D. Rick and I were married for 40 years before his passing in March of 2020.

During those wonderful decades together, if I could point to one powerful action that strengthened our relationship with each other, with our family, our community and with our patients, it would be the act of kindness.

Thankfully, Rick was alive to see the recognition and formalization of kindness as an essential element of medical education. Medical schools across the country have started to offer courses on compassion and caring. One of the first to do so was the University of South Dakota Sanford School of Medicine.

When Dr. Mary Nettleman was Dean of the USD medical school, she explained why the school embraced kindness as part of its core

curriculum at the time. "People want a physician who is not only competent, but also kind, so we will work to elevate this value throughout the school. By approaching this intentionally, we hope that students will learn how important kindness is in medicine and how they can incorporate it into their everyday practice. A culture of kindness can make us exceptional," said Nettleman.

I celebrate this awareness and elevation of kindness in medical education and I salute educators for enriching their medical students in this way.

Since Rick's death, I have received many wonderful notes of condolence that have been very meaningful to me and my family. With permission from the author of one such letter, I share the following message which further illustrates kindness.

Dear Mrs. Holm,

I'm one of the people who knew your husband through his TV show, and I learned from him. I have cerebral palsy and sometimes it's hard for people to understand me. One day, my mom and I were having dinner in Sioux Falls and you were seated close to us. When Dr. Holm walked by my table, I put my hand out and he stopped and talked to me. I wanted to tell him that we were praying for him and I will never forget how he made me feel. I have worked with many doctors and he was one of the best!

My dear husband practiced kindness in all he did. Regardless of our profession, may we all embrace acts of kindness and stop to hold the outreached hand of a fellow human being.

Joanie S. Holm, R.N., C.N.P. is cofounder and president of Healing Words Foundation that supports Prairie Doc® programming. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show providing health information based on science, built on trust for 21 Seasons, streaming live on Facebook most Thursdays at 7 p.m. central.

Farmers & Ranchers Livestock Commission Co.

NO SALES May 27-31

Monday sales only the month of June. Selling ALL classes of cattle. Passion For Prime Wagyu Sale.

June 8, 2024.

Start time: 1 pm.

Closed July 4, 2024

• 1st Thursday back July 11, 2024. Resuming normal schedule.

In Stock Today Heavy Duty Round Bale Feeders

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Insight - Kansas Farm Bureau Voting for agriculture

Glenn Brunkow

Pottawatomie County farmer and

Well, we are in an election year and the filing date is right around the corner. What does that mean? It means that the campaigns will get fully under way and we, the voters, have a lot of work to do. I know what you are thinking— shouldn't it be the candidates working hard?

trying to convince us to vote for them. However, we will have our work cut out for us too when trying to decide for whom to vote. I hope that you will take time to get to know the candidates for all the positions up for election this year. Even those that are close to home like county commissioners. Often, they have the biggest influence over your day-to-day lives.

Do not get me wrong, the state and federal elections are important, and I hope you will do your due diligence on those candidates as well. I cannot help but think this is one of the most important elections in our history. We need to make sure we support the candidate that represents our positions.

and get involved in a campaign for a candidate that you believe in. We all need to take a more active role in helping to decide who will represent us at each level of government.

As Farm Bureau members you also can get involved and have a say in which candidates will earn the endorsement of Voters Organized To Elect Farm Bureau Friends. Each Yes, they will have their hands full county should have a dedicated group to evaluate candidates based on their support for agriculture and make recommendations to the VOTE FBF board, which is comprised of independently elected representatives from each of the 10 Kanas Farm Bureau districts.

These recommendations are important as VOTE FBF considers endorsements of candidates who are pro agriculture. The VOTE FBF board takes the recommendations of the counties very seriously since you are the ones who live with the candidates and know them much better.

process, you must be a member of Kansas Farm Bureau and a contributor to VOTE FBF. These voluntary contributions are the only source of

I also hope you will take some time money used to make campaign donations to endorsed candidates. Then let your county coordinator or your county president know you are interested in being part of the process. To learn more, visit www.kfb.org/ VOTEFBF.

When trying to decide which candidate to vote for I hope you will also look at the list of candidates earning a VOTE FBF endorsement and take that into consideration also. We must find candidates who are supporters of agriculture, it is the most important economic driver in the state of Kansas.

Vote FBF only endorses at the state and federal levels, so it is up to each of you to find the local candidates who best represent your views and values. Again, I cannot emphasize the importance of being informed and active this election cycle. Who we chose to represent us has enormous implications for the future. Become informed and vote.

"Insight" is a weekly column pub-To take part in the county evaluation lished 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.

Thank you, readers!



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Periodical's Postage Paid at Lincoln, KS 67455

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your budget and reach our loyal readership. For all advertising placements, please email lincolnksnews@gmail.com, call our office, 785-524-4200, or mail it to 141 W Lincoln Ave, Lincoln, KS 67455. Subscriptions: Questions and updates regarding subscriptions shoull be sent to lincolnksnews@gmail.com

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THIS IS THE PRACTICE OF SPENDING TIME IN A FOREST OR IN NATURE TO REAP HEALTH BENEFITS.

ANSWER: FOREST BATHING

Hospita

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.

20		10	38
1	16		19
	3	17	25
26	27	29	•

11	દ	S
2	91	-
01	8	20

uoiinjos

Get Scrambled

Unscramble the words to determine the phrase.

HET ERGTA UDTOOSRO

Answer: The Great Outdoors



- 1654: LOUIS XIV IS CROWNED KING OF FRANCE.
- 1905: NORWAY'S PARLIAMENT DISSOLVES ITS UNION WITH SWEDEN.
- **1946**: THE UNITED KINGDOM'S BBC RETURNS TO BROADCASTING ITS TELEVISION SERVICE, WHICH HAS BEEN OFF AIR FOR SEVEN YEARS DUE TO WORLD WAR II.



NATURE

the physical world, including plants, animals and the landscape



ENGLISH: Breeze

SPANISH: Brisa

ITALIAN: Brezza

FRENCH: Brise

GERMAN: Brise



INVOLVE FIRE, IT IS VITAL TO MAKE SURE THAT THE FIRE IS COMPLETELY EXTINGUISHED BEFORE LEAVING THE SITE.



the bigger picture is?

Salina Surgical Hospital is PROUD to be partially owned by local community involved physicians.

VNSMEK: SMVN



ARREST REPORT

Date: 5/25/2024 White Male Charge: Driving Under the Influence, Transporting and Open Container

Bond: \$2,500.00 C/S Released on 5/26/2024

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, May 29, 2024)

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS

In the Matter of the Estate of)
Harvey Lee Roush, Jr., a/k/a,)

Harvey L. Roush, Jr., a/k/a,

Harvey Roush, deceased

) Case No.: LC-2024-PR-000006) Title to Real Estate Involved

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on May 22, 2024, a petition was filed in this Court by Christopher J. Roush, one of the children and heirs of Harvey Lee Roush, Jr., a/k/a Harvey L. Roush, Jr., a/k/a Harvey Roush, deceased, requesting:

Descent be determined of the following described real estate situated in Lincoln County, Kansas:

That part of the Northeast Quarter (NE/4) of Section Eighteen (18), Township Twelve (12) South, Range Eight (8) West of the 6th P.M., Lincoln County, Kansas, more particularly described as follows:

Beginning at the Northeast corner of said Northeast Quarter, thence S 00 degrees 00 minutes 00 seconds E along the East line of the aforementioned section a distance of 193.02 feet; thence N 88 degrees 02 minutes 29 seconds W a distance of 160.75 feet; thence N 78 degrees 19 minutes 57 seconds W a distance of 258.59 feet; thence S 67 degrees 02 minutes 54 seconds W a distance of 171.04 feet; thence S 12 degrees 51 minutes 37 seconds W a distance of 410.44 feet; thence S 66 degrees 26 minutes 13 seconds W a distance of 232.77 feet; thence N 86 degrees 31 minutes 36 seconds W a distance of 612.14 feet; thence N 00 degrees 09 minutes 13 seconds E a distance of 712.34 feet to the North line of the aforementioned section; thence S 87 degrees 54 minutes 22 seconds E a distance of 1486.22 feet to the point of beginning containing 16.67 acres.

and all personal property and other Kansas real estate owned by decedent at the time of death. All such real property and all personal property and other Kansas real estate owned by decedent at the time of death to be assigned pursuant to the laws of intestate succession.

You are required to file your written defenses thereto on or before the 25th day of June, 2024, at 9:00 a.m. in the District Court of Lincoln County, Kansas, 216 E. Lincoln Ave., Lincoln, Kansas 67455, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the Petition.

/s/ Christopher J. Roush Petitioner

Submitted by:

/s/ Jeffrey A. Norris Jeffrey A. Norris, Kan. Sup. Ct. No. 27036 Clark, Mize & Linville, Chartered 129 South 8th, P.O. Box 380

Salina, KS 67402-0380 TELE: (785) 823-6325 - FAX: (785) 823-1868

janorris@cml-law.com Attorneys for Petitioner

Commission/from page 3___

Noxious Weed Director Dan Heina presented the department's 2025 budget request. The board requested that Heina represent the budget after he has calculated or obtained payroll estimates for the suggested salary increases. Heina presented a bid received to purchase and install a spray rig on the new truck. Dennis Ray moved to purchase a spray assembly for the noxious weed department from Fairbank Equipment in the amount of \$19,799.79, seconded by Debora Smith. Motion carried. Heina presented the department's 2024 Annual Noxious Weed Eradication Progress Report for 2024 for the board's approval. The board requested that Heina provide a map monthly of the area sprayed and that Heina contact Dale Hlad to get the GPS units reinstalled on the trucks. Debora Smith moved that the board sign the Annual Noxious Weed Eradication report for 2024, seconded by Dennis Ray. Motion carried.

Emergency Manager Jesse Knight provided an update on floodplain management activities. The group discussed the noncompliant projects and recommendations received regarding compliance issues. Knight provided a summary of FEMA-NFIP minimum standards, KDA-DWR requirements, enforcement, fines and penalties, and State consequences for County non-compliance.

Emergency Manager Jesse Knight provided an update on emergency management activities and projects.

Human Resource Officer Felicia Strahm, with Denae Smith, provided a copy of the agreement to reinstate PTO time. Debora Smith moved to approve the PTO Reinstatement and Wage Deduction Agreement with Denae Smith, seconded by Dennis Ray. Motion carried.

HR Officer Strahm requested an executive session. Dennis Ray moved to recess into executive session for ten minutes for the purpose of discussing applicants in the Treasurer's Office, 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, HR Felicia Strahm, Treasurer Leann Johnson, Deputy Treasurer Mary Ann Stertz, and County Clerk Dawn Harlow, seconded by Debora Smith. Motion carried. Time in: 11:39 a.m. Time out: 11:49 a.m.

The chairman reconvened the meeting to regular session at 11:49 a.m. with no action taken.

The chairman adjourned the meeting at 11:51 a.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Tuesday, May 28, 2024.

Weekly Temps

	High	Low	Rain
5-28	84	53	
5-29	82	51	
5-30	86	64	
5-31	76	61	.15

Total Rain May 3.69

6-1	79	56	.10
6-2	83	65	
6-3	86	63	

Alumni/from page 1___

alumni who were State Champion Track athletes, many of whom were in attendance. This recognition was in honor of the strong tradition of the LHS track program and to raise awareness of the fundraising efforts which were taking place at the time. During the address to the Alumni crowd this weekend, McReynolds-Baetz announced that the funds had been successfully raised for the track project and plans were moving forward to replace the track during the Summer of 2024. The audience was thanked for their efforts.

"Many of you I this room were donors to this project, and we want to than you for your support," McReynolds-Baetz told the group.

Classes who had class reunions during the weekend were also recognized, with the LHS Class of 1948 being the oldest class represented. Attendees for the event traveled from as far away as Pennsylvania, Wyoming, Florida and North Carolina! That's a long road home! The LHS Class of 1974 celebrated 50 years since their high school graduation,

The rest of the weekend was filled with city-wide garage sales, an ice cream social at the Lincoln Historical Society, a free afternoon movie at the Finch Theatre and a Texas Holdem Tournament at the Lincoln Art Center.

Local restaurants offered specialty drinks for the weekend, and the Lincoln VFW hosted an evening of live entertainment by Howard Mahan and Friends on Saturday evening. Sunday rounded out the weekend with a golf tournament at the Lincoln Golf Course.

Alumni Weekend is held every other year, on even years, so the next gathering will take place the first Saturday in June of 2026.

When discussing how the weekend went, McReynolds-Baetz said, "We hope that all alumni had a wonderful time reconnecting with old friends, making new memories and celebrating our shared history. We look forward to seeing everyone again ins 2026 for another fantastic Alumni Weekend!"

Post/from page 2___

Demonstration plot cooperator, contact Sandra at any of our Post Rock Extension District Offices in Beloit, Lincoln, Mankato, Osborne or Smith Center.

We especially would like to thank all of our sponsors for our Post Rock Extension District Wheat Test Plot Program including Ag Mark, LLC; CPI; Kansas Wheat Alliance; Lang Diesel, Inc.; Midway Coop, Inc., Nutrien Ag Solutions; Phillips Seed Farm; Randall Farmers Coop Union; Sims Fertilizer & Chemical; State Exchange Bank; Star Seed Inc.; Trinity Ag LLC; and Walker Products. We encourage all producers and agriculture businesses to take advantage of these educational opportunities from the Post Rock Extension District and K-State Research and Extension.

For more information on our Wheat Demonstration plot program, contact me at any of our Post Rock Extension District Offices in Beloit, Lincoln, Mankato, Osborne or Smith Center.

Post Rock Extension District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith counties. Sandra may be contacted at swick@ksu.edu or by calling Smith Center, 282-6823, Beloit 738-3597, Lincoln 524-4432, Mankato 378-3174, or Osborne 346-2521. Join us for our weekly "The Ag News Roundup" by simply emailing me and getting on our weekly ag listserv. Also remember our website is www.postrock.ksu.edu and my twitter account is @ PRDcrops.

Legal Notice

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

NOTICE OF HEARING ON AMENDING THE 2023-24 BUDGET

The governing body of Unified School District 299 will meet on the 17th day of June, 2024 at 7:00 PM, at 504 W. 4th Street, Sylvan Grove, KS, 67481 for the purpose of hearing and answering objections of taxpayers relating to the proposed amended use of funds. Detailed budget information is available at District Office and will be available at this hearing.

SUMMARY OF AMENDMENTS

	Adopted Budget			Proposed Amendment
		2023-24	2023-24 Budget	
	Actual Tax	Amount of Tax to be	Expenditures &	Expenditures &
Fund	Rate	Levied	Transfers	Transfers
General Fund	20.0000	704,124	2,854,368	2,888,458
KPERS			246,787	256,699
angela M. Jally Board Clerk				
		·	() Board	l Clerk

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, May 22, 2024)
IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS

In the Matter of the Estate of)
Case No. LC-2024-PR-000005
ROBERT HAACK, deceased)

NOTICE OF HEARING AND NOTICE TO CREDITORS

TO THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on **May 10, 2024**, a Petition was filed in this Court by Glenda M. Haack, personal representative named in the "Last Will and Testament of ROBERT HAACK, deceased, dated February 17, 2006, requesting the Will filed with the petition be admitted to probate and record; that Glenda M. Haack be appointed as Executor, without bond; and that Glenda M. Haack be granted Letters Testamentary.

You are required to file your written defenses thereto on or before **Monday, June 17, 2024, at 9:30 a.m.**, in this Lincoln County District Court, Lincoln, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the Petition.

All creditors are notified to exhibit their demands against the Estate within four (4) months from the date of the first publication of this notice, as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

GLENDA M. HAACK PETITIONER

DANIEL K. DIEDERICH #11540 122 N. Santa Fe, Suite B Salina, Kansas 67401 (785) 826-9250 dan@dkdiederichlaw.com ATTORNEY FOR PETITIONER

(Petition Pursuant to K.S.A. Chapter 59

Lincoln/from page 4_

be confused with Welcome Wagon, have been around for years. Welcome Wagon is a direct mail marketing firm, in business since 1928. The original Welcome Wagon payed women, called hostesses, to visit the homes of new residents and provide information about the community and baskets of gifts and coupons from local businesses.

Lincoln needs a permanent welcoming committee whose responsibility would be similar to the hostesses of long ago. Gift baskets might contain the most recent copy of Lincoln County Magazine, a directory from the Chamber of Commerce, lists of all the local religious and health care organizations, nonprofits, and governmental units with contact information, and the most recent copy of the local paper. The hostess should also talk about community organizations and volunteer opportunities where newcomers can meet people and become involved in local activities.

Another task for hostesses would be to gather information about the new resident and, with the resident's permission, publish a brief bio of the individual/family on social media and the local paper. This gives long-time residents an opportunity to learn something about the newcomers. The published information could include things such as employment and residence, hobbies and volunteer interests, and contact information.

Village Lines has hosted several welcoming events, called gatherings, for MMM folks.

The gatherings are designed to be somewhat intimate to allow for conversation over light snacks and beverages, and have been a mix of local and new residents.

The gatherings, however, need to be expanded so that newcomers who aren't part of MMM are also welcomed in a similar fashion. Gatherings organizers can learn who's new in town from periodic contact with local realtors, landlords, and the school district. The city could also notify the welcoming committee when a new residential utility connection is made.

One way to expand the gatherings would be to hold a quarterly or twice yearly event where new residents and long established residents have an opportunity to mingle, converse, enjoy light snacks and beverages. The Lincoln Art Center or the Carnegie Library would be ideal locations for these informal events.

Moving to a new community is anxiety-producing for the newcomer but also for the community. Think of it this way. You have to pack 13 decorated cupcakes into a bakery box made for 12. You don't want to mess up the frosting nor do you want to destroy the cupcakes. You adjust the ones already in the box so that the new one can be fitted in carefully to join the rest. That's what Lincoln should be doing to welcome newcomers - helping them join the rest of us in making Lincoln a great place to live, work, and play.

Kansas Ornate Box Turtles and their Home on the Range

Join Dr. Benjamin Reed as he opens up the world of the Kansas state reptile, the ornate box turtle. He'll discuss its history and uses, its importance and place in the Kansas ecosystem, including range, movement, behavior and more. He'll also share the threats they face and what we can do about it. Reed earned his PhD from the University of Nebraska and now teaches at Washburn University.

The Smoky Hill Museum is hosting this free presentation, Thursday, June 6,

Join Dr. Benjamin Reed as he opens up the world of the Kansas state reptile, the ornate box turtle. He'll discuss its instory and uses, its importance and blace in the Kansas ecosystem, includ-

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.

NOTICE

This newspaper will knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that, to the best o our knowledge, all dwellings advertised in this newspaper are available on an equal opportunity basis. To complair of discrimination call HUD toll-free at 1-800-424-8590 Equal Housing Opportunity.

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- Attend Monthly Council Meetings

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- Previous Experience in Compliance or Related Fields is not a must but would be an asset

Flexible hours • Monthly Salary of \$600 Drug screening and Physical will be required

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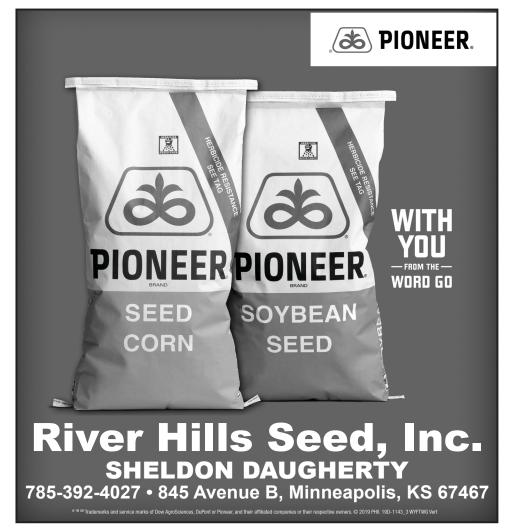
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Olivia Dail makes the pass as she climbs the steep hill during the Lone Hill race.. (courtesy photo)

NCK Raptors host final race of Season 4

The NCK Raptors hosted the final race of season four of Kansas NICA's mountain bike race series, due to rain cancelling the Fort Scott race location the end of April. This new NICA race course was located at Lone Hill, only 1/2 mile southeast of Palen Family Farms featuring flowy downhill sections cutting through the beautiful Mitchell County landscape. Ten teams total visited North Central Kansas for the 'Legends of Lone Hill' NICA race held Sunday, May 26th. The teams joining the Raptors came from Topeka, Emporia, Hutchinson, Lawrence, Manhattan, Wichita, Louisburg, Olathe and Smokey Valley with 108 student athletes racing bikes for the last race of the season.

The junior high boys began the day at 9:30 a.m. completing two laps for 8th grade was Parker Williams coming in at 7th place, Zane Betzold in 14th, Brodey Schreiber in 15th and Luke Hartsock in 17th. The 7th grade boys competing with 2 laps were Clayton Underwood in 4th, Marcus Hollerich in 7th, Kylian Alvis coming in 8th and Devon Ackerman in 9th completing 1 lap. Racing in the 6th grade category with one lap was Ayden Voeltz placing 15th. The race laps were around 3.5 miles leaving the PitZone area to charge uphill and then ride along the ridgeline taking in views as far as the eyes can see.

The lady Raptors were the next wave with Norah Ellenz placing 1st in the JV category with four laps. The Freshmen ladies completing three laps were, Olivia Dail in 1st and Abby Rigney in 4th. Vanessa Underwood placed 6th and Anastasya Schreiber in 8th, both finishing two laps. The 8th grade ladies followed with Tennyson Donley in 1st, Izabell Dail in 3rd and Addisen Schreiber in 5th all with two laps. Elizabeth Palen, 7th grader, completed two laps for a 3rd place finish and Emmalee Dail also finished in 3rd place in the 6th grade category with one lap to complete the lady Raptors.

The HS boy's race was delayed for a bit due to rain passing through, but they were back in action thirty minutes later. The Raptor's JV boys competing were, Isaac Palen placing 2nd and Harlan Pancost in 4th, both with five laps. Colton Jeardoe finished in 5th for the Sophomore boys with four laps and Luke Hollerich came in 9th with 3 laps. Jeremiah Roderick placed 5th in the Freshmen category with four laps.

"The NCK Raptor athletes and coaches were excited to host the final race of the season at the new location of Lone Hill. All of us coaches are extremely proud of our athletes and look forward to season five in the spring of 2025," commented Coach John McClure.

For more information about joining the team or to join as a coach, visit www.facebook.com/NCKRAP-TORS. For more information about the Kansas League, visit www.kansasmtb.org.

Salina Rescue Mission Needs List June 2024

Neosporin Sugar Disposable Razors 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.





Barnard Vacation Bible School

Barnard Vacation Bible School, hosted in Barnard, KS, was a collaborative effort by Barnard Methodist and Barnard Baptist Church. This year's theme, "Scuba," brought an underwater adventure to life for the 64 children in attendance. Through engaging activities, crafts, and lessons, the kids explored the depths of faith and friendship, creating memorable experiences and learning valuable lessons. The event was a resounding success, thanks to the dedicated efforts of the volunteers and the enthusiastic participation of the children. (courtesy photo)

Post Rock Community Foundation awards over \$92,000 in spring grants

During its spring grant cycle, the Post Rock Community Foundation awarded over \$92,000 to 18 projects throughout Lincoln County and communities served by USD 298 and USD 299. The following organizations received funding:

- Barnard Rural Fire Department, \$2,500 to purchase tools for tire change, repairs, & maintenance.
- Trinity Lutheran Church, \$3,394 to support materials and vendors needed to renovate the kitchen.
- Sylvan Grove Public Library., \$4,800 to upgrade computers and printer.
- NCK Outdoors Inc., \$5,000 to support phase 2 of Quartzite Park with purchases of grading and construction needs, fencing and picnic tables.
- Vesper Community Center, \$4,295.99 to support payment for upgrades on handicap parking, the ramp, and parking lot millings.
- Luray Historical Society, \$1,669.21 to support Wyatt's Adventure to Save History, updates on the west wall of the log cabin.
- Lincoln County Economic Development Foundation, \$5,000 to support the renovation of 127 W Lin-
- coln Avenue in Lincoln, KS. • USD 299, \$2,215 to purchase the PLL + PCK Basic Intervention Bundle of the 95% Phonics Library.
- City of Lincoln Lincoln Recreation Department, \$10,000 to hire a vendor to complete fencing for the Softball/Youth Field Construction Project.
- City of Sylvan Grove, \$5,000 to pay for mulch and the necessary materials to finish the fairground playground. • USD 298 Lincoln, \$10,000 to construct a greenhouse for educational opportunities. • USD 299, \$20,000 to purchase needed items and upgrades for the High

School Stage Update Project. About Post Rock Community Foundation

Since 2010, the Post Rock Community Foundation has been connecting donors with philanthropic causes they love. As an affiliate of the Greater Salina Community Foundation, PRCF is proud to serve the communities of Lincoln County and those served by USD 298 and USD 299. For more information, visit www. postrockcf.org.

P.O.Box 62 · Sylvan Grove, KS 67481 (785) 381-7002 · postrockcf@gscf.org www.postrockcf.org

- USD 299, \$960.99 to purchase a projector and iPad for the Sylvan-Lucas Booster Club Advertisement Project.
- Luray Community Foundation, \$4,775 to purchase and install new lighting in the community kitchen, upgrade breaker box, and wire new hot water heater.
- USD 299, \$3,249.50 to purchase 10 Spike Lego Kits for Cooperative Learning and STEAM Development.
- USD 299, \$270.31 to purchase 6 flex-space balance ball seats and 4 kids balance balls. • USD 298 Lincoln, \$7,000 to purchase a variety of playground supplies for Little Leopard Learners Playground.
- USD 298 Lincoln, \$2,440 to pay for 1-year license for the VR Lab Academy.

This round of grants was made possible by four funds at the community foundation: the Dane G. Hansen Community Grant Fund, the Post Rock Community Action Fund, and the Sylvan Area Fund, which all focus on improving quality of life throughout our service area and the Kansas Health Foundation Fund for Post Rock which supports the public health of Lincoln County and the communities served by USD 298 and 299.

The foundation's next grant cycle opens August 1. For more information, visit https://postrockcf.org/grants/

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SPICE UP YOUR LIFE - LINDSAY YOUNG

There's a kernel of summer flavor in this pasta salad



This chocolate mousse is made with only three ingredients: coconut milk, sugar substitute and cocoa powder, making it a yummy dairy-free and veg-

During my junior year of high school, we read Nathaniel Hawthorne's "The Scarlet Letter" in English class.

Our final project included the option to create a video, and for some reason, my group thought it would be an excellent idea to recreate scenes from the classic novel in a mashup with jokes from "Monty Python and the Holy Grail."

As part of our filming, I purchased a "quick crack" coconut to use for horse hoof sound effects and learned quickly that this coconut did not want to crack quickly at all. In the end, my poor dad had to come to my rescue with a hacksaw. I was also horribly disappointed that coconut milk was not nearly as sweet as I thought it was. Many things were learned that day.

I was thinking about that this week when I bought a can of coconut cream for a recipe and then realized that it called for coconut milk. The good news is that they're almost the same product. The only difference? Coconut cream has more fat and less water. And in this case, that was actually a benefit. The recipe I tried came from the blog "Yummy Inspirations." You can find the original post at https://yummyin-

spirations.net/2023/03/coconut-milkchocolate-mousse-recipe/. With only three ingredients, there wasn't much 'spicing up" to do, so other than noting that you can also use coconut cream, I did not change anything in this one.

Coconut Milk Chocolate Mousse

Ingredients

- 13 to 15 ounce can of coconut milk or cream
- 2 to 3 tablespoons sugar substi-
- 2 to 3 tablespoons unsweetened cocoa powder

Directions

At least 24 hours before you want to make this, put your can of coconut milk into the refrigerator.

When you're ready to make it, carefully spoon the coconut solids off the top of the can into a mixing bowl, leaving as much of the water behind as you can.

Beat the coconut solids, on high, for several minutes until it is smooth and forms soft peaks.

Beat in two tablespoons of sugar substitute and two tablespoons of cocoa powder, and once everything is well combined, give it a taste. Add another tablespoon of either if you want it sweeter and/or chocolatier.

Serve right away or refrigerate until you're ready to enjoy.

This makes either one decent-sized serving or two smaller servings of chocolate mousse. If you're not a huge coconut fan, you probably won't like this one, but honestly, the chocolate overpowers the coconut overall, so it's not as prominent as you might

The texture is pretty close to a mousse but definitely not as airy as a traditional one. It was a nice treat,

It also isn't going to be fat free by any means, and despite using a sugar substitute, there will still be some sugar in this from the coconut milk. The bonus, though, is it's dairy free and vegan, so it's a nice substitute for people with some dietary restrictions.

And I got to learn yet another new

lesson about coconut products. Looking back on it, I'm guessing not too many people learn about tropical fruits as part of their reading of Hawthorne, but I'm also guessing not too many English teachers are in a predicament where they have to watch a stupid movie in order to understand their students' equally stupid project so they can grade it. (Sorry, Mrs. Coleman.)

But I suppose the silver lining is we all received some surprising lessons

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.