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The Addiction Epidemic: A Crisis We Can't Ignore

By Alexa Romesburg, For the Lincoln-Sentinel

Addiction is a beastly thing. According to statistics, based on 2024-2025 data, some estimates suggest that roughly half of all U.S. adults have a family member or close friend who is or has been addicted to a form of substance. To put that in perspective, the adult (18 and over) population in the U.S. in 2024 was approximately 267 million. While 2025 figures are still being tabulated, projections exceed 268 million. Cutting that in half means that close to 134 million adults in the U.S. are related to or know, and love someone struggling with addiction. That is a staggering number. Now I am not a numbers person. So, if you are like me, then maybe your eyes glaze over any time statistical data, charts, facts, and figures enter the chat. So let me simplify this information for all of our sakes. We are not talking about the number of people who are addicted right now. We are only speaking of those who know and love them. One hundred thirty-four million adults in our country know and love someone who is or has been addicted.

But what about the children? They make up nearly a 25% of U.S. population in total and are not even reflected, or represented at all in that 134 million. So, what are their numbers? Estimates vary depending on sources but the most consistent figure available puts the population of U.S. children ages 0-17 at somewhere around 72 million. Of that number, what percentage of them are directly impacted by a parent, close relative, or



Addiction can feel isolating, but its impact reaches far beyond the individual. (File photo)

immediate family member who is or has been addicted in their lifetime? Based on 2023 data, nearly 19 million

abundance of compassion for the poor, in general. We have monthly and even some weekly food pantries

mass amounts overseas and across the world, as well we should. But what about the people who are suffering not from poverty or any overtly tragic illness like cancer or type 2 diabetes, but those who are suffering from the ailments inherent in being related, connected or close to someone living and dealing with an addiction?

There is a lot of taboo around addiction. It is stigmatized. And so, there is a lot of shame. In a study conducted by Johns Hopkins Bloomberg School of Public Health, published in 2014, they found that there was a more negative public sentiment reserved for drug addiction than those with mental illness. "While drug addiction and mental illness are both chronic, treatable health conditions, the American public is more likely to think of addiction as a moral failing than a medical condition," said one study leader, Colleen L. Barry, PhD, MPP. There

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Even in our small Kansas communities, addiction is closer than we think.

children live with at least one parent or primary caregiver who has an addiction. WHAT? That is greater than the number of children affected by poverty in the U.S. each year. For comparison, the average number of children living in poverty each year ranges between 10 to 11 million according to Children's Defense Fund. The number of children affected by addiction in their households sits comfortably at almost double that number yet we still speak in hushed tones, with thinly veiled disdain about a subject that is tearing our entire country and large swaths of our population to pieces.

We as a nation have an

in every major city and most if not all small towns; Christmas gift drives and Salvation Army, Angel Trees, Toys for Tots, Operation Christmas Child and on and on the list of charities goes for those in poverty at Christmas as well as during many other times throughout the calendar year. We also have shelters and services for the impoverished including government aided housing, groceries, and utilities. There are food vouchers, gas vouchers, and some churches who help when asked to do so. Thank God for all of this compassion. It is good and well-placed. We also send our financial aid in large form and

Hopeful Beginnings coming to Lincoln

The Lincoln Area Chamber of Commerce will be presiding at the ribbon cutting of a new business/service in Lincoln! Lyda Fincham, KCMFT, is opening her new office, Hopeful Beginnings Counseling Services, in the Lincoln County Hospital Specialty Clinic, 127 W. Lincoln Avenue. Appointments are now available.

The Ribbon Cutting and Open House is set for Tuesday, May 5 at 4:30 p.m. at the Specialty Clinic. Guests will have an opportunity to meet Lyda and learn more about play therapy, trauma-focused therapy and the available tools for compassionate care, healing and emotional well-being. Light refreshments will be served.

LES Para receives Exemplary Award



Jenny Hillegeist recently received an award of distinction for her work with students at Lincoln Elementary School. She was presented with the Kansas Masonic Foundation Exemplary Paraprofessional Award. In announcing the award the district praised her work.

"Jenny works hard every day for the students of Lincoln Elementary School," the post read. "She will go above and beyond for each of them. She has excellent rapport with all the students, and she is always willing to help out in anything that is needed."

The local Masonic Lodge honors local teachers and paraprofessionals for their contributions to our community and to the future of our children, whether the contribution is a specific act or a lifelong career. School district may make nominations in different ways, such as one teacher and/or paraprofessional per building or grade. The method of selection is entirely up to the nominating district. Nominations must be made at least 2-3 weeks before the presentation date, which is coordinated by the lodge.

Congratulations to Jenny Hillegeist for her hard work, to the district for having an exemplary paraprofessional on staff and to the students who reap the benefits.

Tescott students get hands on learning

Last week Mrs. Deckert's 5th grade class at Tescott built farm planters! A little glue and nail-pounding was a much needed release following their math state assessment! Home Depot brought the goods to the classroom and the students seemed to work as hard on these fun projects as they did on their state assessments!

Meanwhile, Tescott sophomores and juniors enjoyed the opportunity to practice many hands-on career tasks at Salina Build My Future! The Salina Area Builders Association made this project possible.

This is a good example of how the business community can contribute and enrich the education of the students.



Leopards Forensics heads to State



Lincoln Jr/Sr High School State Speech qualifiers will be heading to McPherson on May 2 to compete in the 1A State Speech and Drama Festival. Congratulations to the following students who will be representing Lincoln! Tennyson Donley and Emily Romesburg - Duet; Olivia Dail and Nayalie Polly - IDA and Duet; Hazel Metz and Alyssa Lopez - Duet; Benjamin Bell and Clay Bates - IDA; Dylan Rosebrook - Extemp; Clay Bates - Prose; Nayalie Polly - Humorous Solo; Chloe Helus - Humorous Solo and Olivia Budreau - Poetry. Congratulations to the students for making it to this level. We know you will represent your school with flair! (Courtesy Photo)

Fact: German chocolate cake was invented in Texas



The "German" part of German chocolate cake comes from a person's name—and that person wasn't even from Germany. Specifically, it's named after Samuel German, who, in 1852, created the formula for a sweet baking chocolate bar for Baker's Chocolate Company in Massachusetts, which subsequently (and confusingly!) named the product Baker's German's Sweet Chocolate. Fast-forward to June 13, 1957. The Dallas Morning Star published a recipe for a cake, invented and submitted by a reader identified as Mrs. George Clay, which used the chocolate. Over the years as the recipe made its way around the country, people lost the original reference for the name and thought German chocolate cake came from the country of Germany.

Cash Grain

Corn.....	\$3.90
Milo.....	\$3.45
Soybeans.....	\$10.61
Wheat.....	\$5.91

Cash prices courtesy of Ag Mark

Community Calendar

Thursday, April 23
 USD 298: 4TH GRADERS AG DAY; BASEBALL @ LUCAS - 4:00 PM
 USD 299: 3pm Softball @ Little River; 4pm Baseball vs. Kinsley @ Lucas

Friday, April 24
 USD 298: 9:30 AM JH TRACK BULLPUP RELAYS @ OSBORNE
 USD 299: 10am Young AmeriTowne - Sylvan-Lucas 235 S Chapman St (235 S Chapman St, Lenora, Kansas 67645); 3pm HS Track Solomon Inv. @ Solomon

Saturday, April 25
 Lake Wilson Marina: 10 am 4th Annual Lake Wilson Cleanup
 Sylvan Sales Commission: 12:00 pm Sheep & Goat Sale
 USD 298: SOLO & SMALL ENSEMBLE - STATE FESTIVAL; 7pm LJSHS PLAY
 USD 299: State Music Festival (Solos & Small Ensembles) @ Salina Kansas

Sunday, April 26
 USD 298: 3:00 pm - LJSHS PLAY

Monday, April 27
 Lincoln: City-wide Clean Up
 USD 298: 3:00 PM JV TRACK @ TESCOTT; No School - Staff Appreciation
 USD 299: 3pm HS (JV) Track @ Tescott

Tuesday, April 28
 Lincoln: City-wide Clean Up
 USD 298: BASEBALL @ LUCAS - 4:00 PM; HS GOLF ROCK HILLS - 1:00 PM
 USD 299: 4th Grade to Strataca; Parents Night Baseball; 4pm Baseball vs. Ellsworth @ Lucas; 4pm Softball vs. Ness City @ Sylvan

Wednesday, April 29
 USD 298: 6:00 PM HS ACADEMIC BANQUET-LJSHS COMMONS; NPL/PTL MEETING
 USD 299: 6-8 KMEA Trip; 8am Community Workday

Commodity Distribution held the third Wednesday every other month at The Cube (147 N. 4th St., Lincoln.) January, March, May, June, Sept., Nov.

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 Commission meets each Monday, and the last working day of the month, at the courthouse.



BOT Tescott Branch giving back to their community

The Bank of Tescott team rolled up their sleeves for the 2026 Tescott Branch Community Focus Project, giving a little extra love to Hal's Hangout in downtown Tescott. With prom approaching, the team cleaned up the popular photo area, making it picture-perfect for the paparazzi sure to swarm the area once the prom goes appear. The Bank of Tescott is proud to invest in the projects that mean the most to their communities and even more proud of the team that makes it happen.

Hooked on Community Support



A great crowd turned out for the Eric Jones and Leo Dowlin Memorial Fish Fry hosted by the Barnard Lions Club. Events like this help fund scholarships for seniors with ties to the Barnard area, proving once again that strong communities come together to support the next generation.



Get to know who is asking for your vote

The Lincoln County GOP is hosting Philip Sarnecki For Governor will be speaking at The CUBE 137 N 4th, Lincoln Kansas Mon. April 27, 2026 from 7- 8:30. This is a great opportunity to meet and speak to a gubernatorial Candidate!
 Next month the Lincoln County GOP will be hosting Stacy Rogers for Governor and Charlotte O'Hara for Governor. There are nine Republicans running for Governor and one Democrat, what do you know about

any of them? An informed Voter is a VOTER with POWER!
 The Lincoln County GOP would like to remind everyone, if you would like to get involved as a Precinct Committee Person, you have until June 1, 2026 to file with the County Clerk. If you would like to know what a Precinct Committee Person does, you can search Kansas GOP Precinct and read the Precinct Handbook. Every Lincoln County Township Precinct Committee Chair is open and

can have one Committee Man and Woman. You can also contact Denah Jensen, Lincoln County GOP Chair, 785-342-6633.
 The Lincoln County GOP would also like to thank Danedri Herbert (the Kansas GOP Chair) and Chris MCGOWNE (The Big First, Kansas First District GOP Chair) for speaking at the Lincoln County GOP meeting that was held April 14th, 2026. We would also like to thank those that were in attendance.

USD 298 Lincoln studies future of Elementary Facilities

Lincoln Elementary School, the hub of primary education in USD 298, is at a critical crossroads. After a year of study and deliberation by a steering committee, the Board of Education is seeking community input on how to address significant facility deterioration that has moved beyond the scope of routine maintenance.
The Challenges: Beyond Simple Repairs
 The aging facility faces several urgent structural concerns, most notably a unique and persistent water issue. Investigations have revealed a natural spring beneath the building, causing constant flooding and foundation concerns, plaguing the school for years.
 In addition to the water intrusion, the building's exterior is deteriorating and plumbing and electrical systems are in critical need of replacement.
Exploring Two Primary Options
 The cost of these essential repairs significantly exceeds the district's annual operating budget, requiring

a bond to finance a long-term solution. The Board is currently weighing two primary options:
Option 1 - Make Repairs to the Existing Elementary School
 Critical Infrastructure Repairs -
 • address underground spring infiltration and basement/foundation issues
 • address antiquated electrical systems and sewer pipe corrosion and collapse in and under the building which will require significant demolition of concrete, bathroom fixtures, flooring, and walls
 • repair deteriorated building exterior
 • Additional Needs and/or Enhancements to Consider
 • heavy remodeling to remove walls to make classrooms larger and/or more functional for modern instructional and learning needs, which will then require construction of 3 additional classrooms
 • remodeling required to relocate the district office to the

elementary school
 • remodeling to create a secure main entrance
Option 2 - Constructing a new elementary addition onto the existing high school
 This plan would condense staff, utilize only one kitchen, and schedule the lunchroom and other common spaces for separate use from younger versus older students.
 Features of New Construction
 • elementary classrooms and restrooms
 • a secure main entrance
 • a gym for elementary PE and recess with after school use by all age groups
 Other Additions to Consider
 • space to relocate district office to preK-12 complex
A Call for Community Voices
 "The future of our schools is a community decision," Superintendent Nikki Flinn stated. "We want our stakeholders to see these chal-

See "Elementary" page 4



Monday, April 27
 Polish Sausage, Kraut on Bun, Potato Salad, Cuc and Tomato Salad, Gelatin w/Fruit, & Milk

Tuesday, April 28
 Lasagna, Italian Blend Veggies, Corn Salad, Applesauce, Garlic Bread, & Milk

Wednesday, April 29
 Chicken Tenders, Potato Wedges, Carrots w/dip, Peach Crisp, Bread, & Milk

Thursday, April 30
 Roast Beef, Potatoes w/Gravy, Mixed Veggies, Ambrosia, Bread, & Milk

Friday, May 1
 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.

Join us for

HOT DOG DAYS

- Lincoln -

Friday, May 1

11:30am - 1:00pm

HOT DOG MEAL SERVED

Citizens State Bank & Trust Company

Classic Values
Modern Solutions

Contact Information: Lincoln Sentinel-Republican

lincolnksnews@gmail.com • Phone 785-524-4200

Salute To Service Award goes to Lincoln VFW member

On March 24th Bud DeArvil, a Life Member of Lincoln VFW Post 7928, received the "Salute to Service" award from the NHL's Detroit Red Wings Hockey Club. The award honors veterans for their military service and their community service. Bud reached the rank of Major in the U.S. Army. He served 4 years active duty from 1969 to 1973 first in Germany, then 13 months in the

DMZ of Korea and finally 6 years in the Kansas Army National Guard. Locally Bud is active in the Lincoln VFW and the Lincoln American Legion. Bud does the Public Address announcing for the Lincoln High School football and basketball games and track meets. He has been active with the Lincoln Historical Museum and the Central Christian Church in Lincoln.

His granddaughter, Garnet Peeler of Ann Arbor, Michigan, submitted Bud's name to the Detroit Red Wings Hockey Club for their Salute to Service program. On March 24th Bud received the award which included a personalized Red Wings jersey. Bud and his wife Georgie attended the Red Wings NHL hockey game with their granddaughter to receive the Award.



Lincoln High School Track Team

Front Row (L to R): Warren Ford, Kadin Schneider, Alyssa Lopez, Keynan Flinn, Jordan Meyer. Back Row (L to R): Ian Ryan, Benjamin Bell, Gabriel Esposito, Clay Bates, Camden Weber. (Photo by Jenna Farris)



Lions and Tigers and Bears! Oh My!

Lions and bears will have to wait their turn, but Rolling Hills Zoo has officially broken ground on a new tiger exhibit. The 70,000 square foot area, officially named "Kathy Tolbert Tiger Falls," is expected to be complete in the spring of 2027. It will be the home of Amur Tigers, Snow Leopards and Red Pandas.

COMMISSION MEETING MINUTES

April 6, 2026
The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, April 6, 2026. Chairman Debora Smith called the meeting to order at 8:30 a.m. with Vice-Chairman Ken Meitler and Member Leon Hart present. County Clerk Dawn Harlow was in attendance as recording secretary. Others present for portions of the meeting: Adam Robertson, Kaye Metzler, Mona Buttenhoff, Tony Lamia, and Felicia Strahm. Correspondence: a letter and invoice from the Kansas County Commissioners' Association, and a letter of interest from Dalton Wirth to serve on the Repeater Board. Commissioner Smith forwarded a request from Dale Pacey to utilize the landfill magnet. The board denied the request. Debora Smith moved to accept Jeff White's resignation as a Repeater Board Member and appoint Dalton Wirth as the replacement, seconded

by Leon Hart. Motion carried. County Administrator Adam Robertson provided an update on bridge replacement projects. Pastor Kaye Metzler discussed the Food Pantry operated by the Methodist Church. A group has formed and is creating a not-for-profit for the Food Pantry; however, given the uncertainty about the Methodist Church's future, the pantry will need to be moved to another location. Metzler requested that the board consider offering space, identifying the Health Department storage building or the building north of the courthouse, and/or offering financial support to the organization. Health Nurse/Administrator Mona Buttenhoff provided an update on department activities and upcoming training requirements. Tony Lamia, Slechta Enterprises, related that he would be interested in continuing to operate the recycling center if the board would consider an increase to \$1,500 per

month. Lamia noted what he is currently paying staff to process the materials, as well as the difficulty of finding a location that will accept the materials. Human Resource Officer Felicia Strahm requested an executive session. Debora Smith moved to recess into executive session for ten minutes for the purpose of discussing an employee resignation 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, Adam Robertson, and Felicia Strahm present, seconded by Ken Meitler. Motion carried. Time in: 10:01 a.m. Time out: 10:11 a.m. The chairman reconvened the meeting to regular session at 10:11 a.m. with no action taken. Debora Smith moved to recess into executive session for ten minutes for the purpose of discussing EMS applicants, pursuant to K.S.A. 75-

See "COMMISSION" page 5



- 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 following Worship
Sunday Worship @ 10:30 am
- BEVERLY COMMUNITY CHURCH**
www.beverlycommunitychurch.org
Pastor Toby Flaming
Sunday School @ 9:30 am
Morning Worship @ 10:45 am
- CENTRAL CHRISTIAN CHURCH**
Sunday School @ 9:30 am
Worship Service @ 10:30 am
Nursery available during service
Light Keepers Wed. @6:30 grades 6-12
Men's Prayer Breakfast, 7am @ The Cube
- CULVER METHODIST CHURCH**
Pastor Demerle Eckart
401 Main Street, Culver, Ks
Sunday Worship @ 9:30 am
Saturday Coffee @ 8-10 am
- DENMARK EVANGELICAL LUTHERAN 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
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 Steven Rohn
Sunday School @ 9:30 am
Worship Service @ 10:30 am
Women of Grace.Wed. @ 5:30 pm
To rent the cube call Michael Pickering 785-524-4744.
Sunday Evening Service @ 6:30
Adventure Club Wed. 6pm - 7pm
Ages 3-12
- LINCOLN PARK MANOR CHAPEL**
Morning Worship @ 9:30 am
Afternoon Worship @ 2:30 pm
- LINCOLN UNITED METHODIST**
Worship Service @ 10:30 am
Alternate Pastor & Lay Leaders provide Communion
- PRESBYTERIAN CHURCH**
Sylvan Grove, Kansas
Sunday School @ 10:00 am
Church @ 11:00 am
- ST. JOHN LUTHERAN CHURCH**
Pastor Don Haselhuhn
Lincoln, Kansas
Two and one-half miles south of Lincoln on Highway 14
Sunday/Bible School...9:30 am
Worship Service.....10:30 am
- ST. PATRICK'S CATHOLIC CHURCH**
Father Mark Wesely, 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

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:

St. Paul's Lutheran Church

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

NEWS BRIEFS

Men's Prayer Breakfast
Men's Prayer Breakfast is being held at the Cube on Saturday mornings at 7:00 AM and all men of the community are invited.

KCC to hold Wildfire Risk and Utility Readiness workshop
TOPEKA - A virtual workshop on Wildfire Risk and Utility Readiness will be hosted by the Kansas Corporation Commission on Friday, April 24 from 9 a.m. to 1 p.m.
House Bill 2107, passed by the Kansas Legislature during its 2025 session, requires the KCC to hold a workshop addressing the topics of general wildfire risk, mitigation strategies, wildfire emergency response, and managing cost recovery. This comes at a time when, according to the Pacific Northwest National Laboratory, wildfires are increasing in frequency, destructiveness, and cost. Wildfire-driven financial risks affect all types of electric utilities, including investor-owned, cooperative, and public.
The virtual workshop will feature a series of presentations from national and local experts, each followed by a Q&A session and discussion. The workshop can be accessed on the agency's YouTube channel. No preregistration is required.

Guest Editorial Celebrate rural libraries this week

Libraries are a vital part of our rural communities. That's why I invite you to celebrate the library in your small town during National Library Week, April 19 to 25.

These book-filled buildings serve as community spaces, wi-fi hotspots, children's imagination stations, and more. Many libraries have rooms to use for events such as baby showers, wedding showers, workshops, and city council meetings.

Across the U.S., rural libraries serve approximately 30 million people, according to data from the Institute of Museum and Library Services. These libraries often house local history collections or local cookbooks. They also provide computers and knowledgeable library staff who can help with your burning questions.

Even with the expansion of electronic resources, libraries are heavily used. Recent data shows about 90% of libraries in North America offer ebooks and audio books through services such as Libby. The free app allows people to borrow books using a library card, automatically returning when they are due.

The library in Lyons, Nebraska, where the Center for Rural Affairs' home office is located, which is also my hometown, caters to generations of families. I have fond memories of riding my bike to the library to borrow as many books as I could. Early in my adult life, the library moved into a brand new building that features a community room, beautiful murals in the children's section, and rows and rows of books.

If you have not stopped by your local library lately, perhaps this week is a good reminder to do so. Checking out a book is free (just make sure you return it on time). Take time to browse through the sections, chat with the people who make libraries great places to be, and enjoy the many services your library provides.

- Rhea Landholm
media and marketing manager
Center for Rural Affairs

Post Rock Extension District

Steps for a Weed Free Lawn

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

Weeds have a way of popping up in lawns and gardens, no matter how often we pull them. This year, stay one step ahead by using a crabgrass preventer before weeds take hold. Pre-emergent herbicides are great because they kill weeds before they become large plants. It's often more effective than trying to spray something once your yard is full of weeds or trying to pull them out by hand. Follow these steps for a weed free lawn.

Crabgrass preventers are another name for pre-emergence herbicides, they prevent crabgrass seeds from developing into mature plants. Many people have a somewhat foggy idea of how they work and assume they kill the weed seed. Such is not the case. They do not kill the seed or even keep the seed from germinating but rather kill the young plant after it germinates. Therefore, they do not prevent germination but prevent emergence.

Crabgrass preventers are just that - preventers. With few exceptions, they have no effect on existing crabgrass plants, so they must be applied before germination. Additionally, preventers do not last forever once applied to the soil. Microorganisms and natural processes begin to gradually break them down soon after they are applied. If some products are applied too early, they may have lost much of their strength by the time they are needed. Most crabgrass preventers are fairly ineffective after about 60 days, but there is considerable variation among products. (Dimension and Barricade last longer.)

For north central Kansas, crabgrass

typically begins to germinate around May 1st, but could be earlier this year. April 15th is normally a good target date for applying preventer because it gives active ingredients time to evenly disperse in the soil before crabgrass germination starts. For an even more accurate application, base timing on the bloom of ornamental plants. The Eastern Redbud tree is a good choice for this purpose. When the trees in your area approach full bloom, apply crabgrass preventer. A follow-up application will be needed about 8 weeks later unless you are using Dimension or Barricade. Products that do require a follow-up application include pendimethalin (Scotts Halts) and Team (Hi-Yield Crabgrass Control).

Dimension and Barricade are the only two products that give season-long control of crabgrass from a single application. In fact, they can be applied much earlier than April 15th and still have sufficient residual strength to last the season. Barricade can even be applied in the fall for crabgrass control the next season. Dimension can be applied as early as March 1st. Though Dimension is usually not applied as early as Barricade, it is the herbicide of choice if it must be applied later than recommended. It is the exception to the rule that pre-emergence herbicides do not kill existing weeds. Dimension can kill crabgrass as long as it is young (two- to three-leaf stage). Dimension is also the best choice if treating a lawn that was planted late last fall. Normally a pre-emergence herbicide is not recommended unless the lawn has been mowed two to four times. But Dimension is kind to

young tall fescue, perennial ryegrass, and Kentucky bluegrass seedlings and some formulations can be applied as early as two weeks after the first sign of germination. However, read the label of the specific product you wish to use to ensure that this use is allowed. Lawns established in the fall can be safely treated with Dimension the following spring even if they have not been mowed.

Note that when you are out shopping for herbicides, some may be sold using the common name or active ingredient rather than the trade name. The common chemical name for Dimension is dithiopyr and Barricade is proflaminate. Remember, when using any pesticide, read the label and follow instructions carefully.

We recommend crabgrass preventers be applied before fertilizer so that the grass isn't encouraged to put on too much growth too early. However, it may be difficult to find products that contain pre-emergents without fertilizer. Those that don't contain fertilizer are pendimethalin, sold as Scotts Halts. Team (Benefin + Trifluralin) sold as Hi-Yield Crabgrass Control. Dimension sold as Hi-Yield Turf & Ornamental Weed and Grass Stopper, Bonide Crabgrass & Weed Preventer.

Make sure to get ahead of weeds this season and implement proper control. If you have any questions about how to care for your lawn this season, reach out to your local Extension Office.

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

Elementary/ from page 2

lenges firsthand, understand the benefits and drawbacks of all options and associated costs, and help us decide the best path forward for our students and taxpayers."

The district is launching a multi-phase engagement plan, including:

Community Meetings: Detailed presentations and discussion on costs and options.

Facility Tours: First-hand views of the facility needs.

District-Wide Survey: A formal feedback tool to be released in the coming weeks.

Join the Conversation

The public is strongly encouraged to attend one of the following events for a first-hand view of the issues and to learn about options being considered. Meetings and tours will be held in the Lincoln Elementary Gym on the following dates. Meetings will include information and time for Q&A from the community, followed by optional tours of the building.

- April 28, 7:00 p.m.
- May 4, 5:30 p.m.
- May 6, 7:00 p.m.

More details regarding the upcoming community survey will be released next week. For more information, please contact the USD 298 District Office.

Insight - Kansas Farm Bureau - opinion Spring and smoke

Greg Doering
Kansas Farm Bureau

The old proverb "society grows great when old men plant trees in whose shade they know they shall never sit," recognizes the small contributions of past generations in forming the outline of the world we live in today and that shapes all of us.

Four individuals — Jennifer Mathes, Mona Owens, Pam Dougan and Ron Betzen — received recognition for their roles in creating a lot of shade over the past three decades by helping to create a five-county Earth Day program in Parsons.

When the local community Earth Day event was discontinued, the Young Farmers and Ranchers of Labette County, led by Mathes, decided to keep the event going with a focus on agriculture and conservation. Her original purpose was to promote agriculture, educate children that today's agriculture is environmentally friendly and to educate teachers and provide them with curriculum ideas to use throughout the year.

The event has mostly dodged serious spring weather with only one rain out. A tornado tore through Parsons only hours after students marked Earth Day in 2000. The event also wasn't held in 2020 and was threatened again in 2021 until volunteers created a virtual option dubbed "Agriculture 4 All" that met

the goals of the original mission and is still available to view on YouTube.

Starting with the motto, "In agriculture, every day is Earth Day," the group hosted more than 1,000 attendees of all grade levels in the inaugural year, and the young farmers group continued hosting the event until the turn of the century.

That's when Farm Bureaus from Crawford, Montgomery, Neosho and Wilson counties joined the effort to provide area schools with a day of ag-centered lessons and manage the army of volunteers necessary to host stations featuring livestock, crops and conservation demonstrations.

Eventually the Earth Day event was pared back to fourth graders to better manage logistics, and nearly 600 attended the most recent event on April 16. The event also included more than 150 area FFA students who volunteered to run stations, serve lunch and help manage 600 fourth graders. Or at least attempt to manage them after they ate dessert.

The four honorees were recognized for their contributions over the previous 30 years. Mathes was honored for her vision to reimagine and continue an event that others didn't see value in. Dougan and Owens, Farm Bureau coordinators representing Neosho and Labette counties, respectively, poured hours of their time into planning and coordinat-

ing the event over the years. Betzen, formerly a district administrator for Kansas Farm Bureau, helped connect county Farm Bureaus and provided plenty of behind-the-scenes support.

In addition to teaching students about agriculture, conservation and environmental stewardship, the Earth Day event also sent every attendee home with one other thing: a sapling. Most often the saplings were eastern redbuds, which are generally showing off their brilliant pink petals this time of year.

Fittingly, the four people honored for the 30th anniversary of the five-county Earth Day will have a red-bud dedicated in their honor in the park that's served as the host site. Hopefully someday they get the chance to enjoy its shade where they can consider the thousands of other trees that were planted because of the event.

Shade is a great benefit from past plantings, but a better marker of a society's greatness is an ability to inspire the next generation and have them know that for farmers and ranchers, every day is Earth Day.

"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.

What's in a Handshake?

By Todd Thompson
Leavenworth County Attorney

Extend your hand, grasp another person's hand, and move it up and down. Simple enough.

But before I even knew how to tie my shoes, my granddad made sure I knew how to give a proper handshake. We even practiced!

My granddad, larger than life in both size and reputation, would look at me and say,

"When you shake someone's hand, it needs to be firm—and you need to look them in the eye."

I didn't fully understand back then, but I listened. My tiny fingers could

barely reach across his palm, but I squeezed anyway.

"Not too tight—just firm," he'd say. I tried again.

And with that, he passed down an age-old tradition.

Long before handshakes became a way to seal deals or greet coworkers, they were gestures of peace and equality.

Carvings in ancient Greece depict handshakes between gods and mortals, kings and commoners, symbols of mutual respect.

The ancient Romans did, too. They would clasp forearms, allegedly to check for weapons. Yet, this gesture signaled trust.

Over time, that trust evolved. Merchants used handshakes to bind contracts, as did leaders, clergy, and neighbors alike.

Eventually, the handshake became our go-to gesture for almost everything: job interviews, political campaigns, Sunday services, Little League games, school graduations. If one wanted to show respect, trust, and goodwill, a handshake would do.

And then, in 2020, a pandemic swept the world.

The handshake, like vinyl records or handwritten letters, nearly became extinct. Suddenly the rules were: "no touching" and

See "Handshake" page 6



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(First Published in Lincoln Sentinel Republican) (Name of News Publication)
APRIL 15, 2026

IN THE 12th JUDICIAL DISTRICT
DISTRICT COURT OF LINCOLN COUNTY, KANSAS

IN THE MATTER OF THE PETITION OF
Kristyn Rochelle Nimz
Petitioner Name
To Change Her Name to
Kristyn Rochelle Sachsen
New Name

Case No. LC-2026-CF-000003
Div. No.

PURSUANT TO K.S.A. CHAPTER 60

NOTICE OF HEARING - PUBLICATION

THE STATE OF KANSAS TO ALL WHO ARE OR MAY BE CONCERNED:

You are hereby notified that Kristyn Nimz (Petitioner's Full Name), filed a Petition in the above court on the 15th day of April, 2026, requesting a judgment and order changing her name from Kristyn Nimz to Kristyn Sachsen.

The Petition will be heard in Lincoln County District Court, 214 E. Union Ave., [Court address], [City], Kansas, on the 29th day of April, 2026, at 2:00 p.m.

If you have any objection to the requested name change, you are required to file a responsive pleading on or before [Date] 2026. [Insert date at least 41 days after first publication] in this court or appear at the hearing and object to the requested name change. If you fail to act, judgment and order will be entered upon the Petition as requested by Petitioner.

Kristyn Nimz
Petitioner, Pro Se
Name (Print) Kristyn Nimz
Address 1: 814 E. 2nd
Address 2:
City, State, Zip: Union Grove, KS 67461
Telephone Number: 785-480-0841

KSC 12-2010 Page 1 of 1

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LEGAL NOTICE

(First published in Lincoln Sentinel Republican Wednesday, Apr. 15, 2026)
IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS
IN THE MATTER OF THE ESTATE
OF
DOLORES OBERMUELLER, DECEASED
(Petition Pursuant to K.S.A. Chapter 59) CASE NO. LC-2026-PR-6

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:
You are hereby notified that on April 10, 2026, a Petition was filed in this Court by Randy Obermueller and Terri Wagoner, the devisees and legatees in the Last Will and Testament of Dolores Obermueller, deceased, dated August 17, 1999, requesting Informal Administration and to Admit Will to Probate.

You are required to file your written defenses thereto on or before the May 11, 2026, at 11:00 o'clock A.M., in the District Court of Lincoln County, Lincoln, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon said Petition.

Randy Obermueller and Terri Wagoner, Petitioners

Kenneth L. Cole - 11003
WOELK & COLE
P.O. Box 431
Russell, KS 67665
(785) 483-3711
Attorneys for Petitioner

Commission/from page 3

4319(2)(b)(1) to discuss personnel matters of non-elected personnel, to reconvene in the courthouse commission meeting room with the board, Adam Robertson, and Felicia Strahm present, seconded by Leon Hart. Motion carried. Time in: 10:13 a.m. Time out: 10:23 a.m.

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

Human Resource Officer Strahm answered the board's questions regarding open county-wide positions.

The board discussed Tony Lamia's request to increase the rate paid to Slechta Enterprises for operating the recycling center. The board approved the increase request and asked Administrator Robertson to amend the current agreement.

Administrator Robertson reviewed vehicle and equipment usage by public works staff. The group discussed the status of the sales tax legislation. Robertson discussed a bill that was introduced that would ultimately end the Payment in Lieu of Tax agreements for all counties with wind farms, and authorize the state to assess a fee per kilowatt hour to the wind farms, which would then be deposited into state funds, and would be used to reduce the school general fund levy across the state. Robertson related that although there was no movement on the bill, Senator Bowers said it would be brought back next year. Robertson stressed that if this bill is approved, it will negatively impact counties with wind farms.

Clerk Harlow shared an email inquiry regarding hospital funding.

Debora Smith moved to approve the minutes of the March 30, 2026 meeting, seconded by Ken Meitler. Motion carried.

The chairman adjourned the meeting at 1:06 p.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Monday, April 13, 2026.

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Addiction/from page 1

is room for that perspective without emptying the conversation of empathy completely for those who are addicts. What may have begun as personal moral failing or an inherited predisposition can quickly shift, escalating to a valid medical condition, thereby significantly complicating recovery or treatment. Both can be true and neither must cancel out the other. Human beings have to accept personal responsibility for moral failings. But to shame or stigmatize a group of people merely serves to keep the goal posts moving further and further away from solution-oriented approaches to health.

We, in our tiny communities here in Kansas are not immune whatsoever to the ravaging effects of addiction. Here, where so many have moved, seeking refuge and retreat from the bigger, everchanging world out there, have only found, if not from a place like this,

the very things they sought to escape are present here too, in no small measure, proportionately speaking. The numbers reflecting those who are struggling in active addiction are just as staggering as the numbers of those who love them. According to SAMHSA (Substance Abuse and Mental Health Services Administration), in 2023 in our country, 48.5 million people aged 12 or older (or 17.1% of the population) had a substance use disorder in the past year. Even more staggering is the fact that in the same survey it was revealed, 167.2 million people or a whopping 59% of the U.S. population among people aged 12 or older defined themselves as "current users" meaning they had used tobacco products, vaped nicotine, used alcohol, or used an illicit drug in the past month. That is so incredible it requires some deep reflection. Well over half

of our citizens 12 and older are self-identifying as active and current users of substances on a regular basis. This truly does affect us all. There is no other epidemic as pervasive or destructive in our society to date. We understand cancer, and its destructive force. We understand diabetes, and heart disease and obesity. We also seek to understand while raising awareness for things like autism, and A.D.H.D. We have a name and a category for all these things which are affecting our population in large and ever-increasing numbers. But we still relegate addiction to the corner. If only Patrick Swayze was here to rail at us all his famous- "Nobody puts, Baby in a corner!" But addiction is not, baby. It is a monster. And it eats its victims alive, while swallowing entire families engulfed in its jaws. Maybe it is time to do some soul searching as a nation. But here in our

communities, maybe it is time to do some self-examination too. Whenever, addiction is present in a family, they say it is a "family problem" as in, it is not solely a problem to be owned by the addict alone. After all, they did not get that way without influence or impact by their environment and the system they may have grown up within. So too, it can be said of the larger and broader societal system encompassing individual families. Even as we recognize the impact of family systems on individuals, we must acknowledge that we all live in a dysfunctional society. As a result, addiction is an epidemic of mass proportion. There is no way to turn it around without facing it. The first step in any 12-step program of recovery is to admit there is a problem. Noone can change what they will not acknowledge. If we do not come face to face with the reality of ad-

diction in our country, culture, and community we will continue being powerless to change it.

If you or anyone you know and love is struggling with addiction and would like help, support, resources or answers, here are some numbers and available options for support:

- SAMHSA National Helpline- 1-800-662-HELP (4357)
- CKF Addiction Treatment - Salina, Kansas (785)825-6224 <https://ckfaddictiontreatment.org>
- Ashby House Family Shelter- Salina, Kansas (785)826-4935 <https://www.ashbyhouse.org>
- Sober Living University- Salina, Kansas (785)376-9997 <https://soberlivinguniversity.com>
- Reclaiming My Path Community Recovery Home (for men & women)- Salina, Kansas (626)999-0702 <https://reclaimingmypath.com>
- Johnson County Mental

Health Center-Adolescent Center for Treatment-Olathe, KS. (913)782-0283 <https://www.jocogov.org/departments/mental-health>

Saint Francis Ministries West Campus- Salina, KS. (785)825-0563 x4315 <https://recovered.org/rehabs/saint-francis-ministries-salina-ks>

- Cherry Creek Treatment Center (for adolescents)- Wichita, KS. (316)710-6836 <https://www.cherry-creektreatmentcenter.com>
- Central Kansas Mental Health Center- Salina, KS. (785)823-6322 <https://recovery.com/outpatient/central-kansas-mental-health-center-salina/>
- Salina Rescue Mission (for men)- Salina, Kansas (785)823-2610
- Jayhawk Oxford House (for men)- Salina, Kansas (785)404-2283
- Serenity House (for women)- Salina, Kansas (785)404-2145
- Suicide and Crisis Life-line- 988

Handshake/from page 4

"keep six feet apart."

To replace handshakes, we tried tapping feet or bumping elbows. The handshake, which had survived Caesar and Crusades, the one my grandfather so carefully taught me to show respect and trust, all but disappeared.

Yet, these alternatives were no match.

Research suggests that even brief physical contact, like a handshake, can promote trust and connection—something no elbow bump quite replaces.

Now that we have returned to shaking hands, things have gotten... weird.

I've shaken someone's fist because I didn't realize they were going for a bump.

I've offered the classic handshake my grandfather taught me, only to get one of those thumb-grab variations I still don't quite understand.

Some people don't want a handshake at all.

I once extended my hand to someone whose culture prefers a bow. Then there are the huggers. They reach wide as I stand there with

my hand out like an awkward statue.

Worse is the reverse: you think someone wants a hug, and they just wanted a handshake. Brutal.

All this awkwardness seems to mirror the times we live in.

Like so much else right now, even our simplest gestures feel uncertain.

Maybe that's exactly why they matter more.

Maybe the goal isn't to settle on a single "right" greeting, but to approach each other with a little more patience and a willingness to meet in the middle.

But for me, that handshake my grandfather taught me still means something.

It didn't just create a bond

between him and me. It connects me to something older than both of us. It gave me roots.

It taught me how to meet the world—with respect, with intention, and with an open hand.

But don't be surprised when I use hand sanitizer after greeting you.

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Total for the Week - Cattle - 5300 & 64 Hogs
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600-700	\$460.00-487.00	600-700	\$405.00-416.00
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Early Consignments for Thursday, April 23rd

Sale: 10 a.m. 125 blk s&h, 750-850, home raise, long wean, Benoit sired; 46 blk s&h, 550, 2 round vacc; 27 blk s&h, 450-600, wean 30 days; 25 charX s&h, 400-550, home raise, off cow, fall vacc, open; 55 blk sim/angus hfns, 850-900, replacement kind, 50% home raise, 50% local, pelvic checked; 55 blk/bwf hfns, 850-900, home raise, long wean, vacc, replacement kind; 15 blk s&h, 400-500, home raise, off cow, 1 round vacc; 90 blk/bwf str, 600-800, home raise, long wean, off wheat; 20 bulls& heifers, 350-550, wean 30 days; 62 str, 850-900, no sort; 64 blk/charX s&h 450-700, 55 days weaned, 2 rnd vacc, open, hay fed plus many more by sale time.

MAY COWS SALE: MAY 5, 2026

• **BULLS:** 3 - 14 month old bulls, semen check, Fireproof sired; 2- 2 year old, wf bulls, semen tested; plus more by sale time.

• **REPLACEMENT HEIFERS:** 2 hereford hrs, full breeding vaccs; plus more by sale time.

• **HEIFER PAIRS:** 10+10 red/simX 1st calf pairs, all worked, calves 1-3 months old; 11+11 rwf F1's with red angus calves, worked for grass; 2+2 bwf hfr pairs, calves worked, cows worked for turn out; plus more by sale time.

• **COWS/COW PAIRS:** 10+10 red/simX pairs, all worked, calves 1-3 months old; 50 blk fall bred cows, 4-6 years; 50 blk/red cows, 3-5 years, fall bred, bred blk; 120+120 blk running age pairs; 100+100 older pairs, calves worked, mostly blk cows, blk/char calves, cows worked in January; 250 blk cows, few reds, 3-6 years, bred angus & sim/angus, calve Sept/Oct.; 35 cows & older pairs; 20 blk cows, 3-5 years, summer & fall bred; 15 blk cows, 3 years, bred Sawyer ang/Werth hereford, fall bred; 15 blk cows, 4 years, bred Sawyerang/Werth hereford, fall bred; 15+15 bwf/rwf, 3-6 years; 35 blk fall bred cows, mostly 3 years, few 5 years, bred blk bulls, bulls in Thanksgiving for 75 days; 15+15 young to sold mouth pairs; 30+30 blk running age pairs, calves worked & banded, 1-3 months old; 1- 4 year old hereford heavy bred, bred blk; 3 late bred older cows; 2+2 older pairs; plus more by sale time.

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Spring Into a New Career at KANSASWORKS Virtual Statewide Job Fair

TOPEKA – Lieutenant Governor and Secretary of Commerce David Toland encourages jobseekers and employers searching for available talent to take part in this month's Virtual Statewide Job Fair, hosted by KANSASWORKS, from 8:00 a.m. to 5:00 p.m. Thursday, April 23.

"Companies are investing in Kansas — making this the perfect time for you to start investing in a new fulfilling career," Lieutenant Governor and Secretary of Commerce David Toland said. "With an array of industries represented at this month's job fair, our KANSASWORKS professionals can help you find the perfect fit."

The Virtual Job Fair format allows anyone searching for a new job to fill out applications, chat live and interview virtually with participating employers.

This month's Virtual Statewide Job Fair portal features helpful information such as a jobseeker training video, a list

of participating employers and channels for attendees to register and log in. Jobseekers are encouraged to dress professionally, as they might be asked to engage in an interview.

Candidates can participate through any digital device. Any individual with a disability may request accommodation by contacting their nearest workforce center at (877) 509-6757 prior to the event.

Registration is required to participate in virtual job fairs, regardless of previous participation. To register, click here.

About the Kansas Department of Commerce:

As the state's lead economic development agency, the Kansas Department of Commerce strives to empower individuals, businesses and communities to achieve prosperity in Kansas. Commerce accomplishes its mission by developing relationships with corporations, site location consultants and stakeholders in Kansas, the na-

tion and world. Our strong partnerships allow us to help create an environment for existing Kansas businesses to grow and foster an innovative, competitive landscape for new businesses. Through Commerce's project successes, Kansas was awarded Area Development Magazine's prestigious Gold Shovel award in 2021, 2022, 2023 and 2024, and was awarded the 2021 and 2022 Governor's Cup by Site Selection Magazine.

About KANSASWORKS:

KANSASWORKS links businesses, job candidates and educational institutions to ensure that employers can find skilled workers. Services are provided to employers and job candidates through the state's 27 workforce centers, online or virtual services. KANSASWORKS is completely free for all Kansans to use. Learn more at KANSASWORKS.com. State employment opportunities can be found at jobs.ks.gov.

American Red Cross proudly recognizes the dedication of its volunteers during National Volunteer Week

National Volunteer Week is being observed April 19-25, and the American Red Cross of Greater Kansas would like to honor those who are the heart of the organization: the volunteers who contribute their time and talent to make the Red Cross mission possible every day.

Generations of American Red Cross volunteers have helped and supported people in need since the organization was founded in 1881. Volunteers make up 90% of the Red Cross workforce and make it possible for us to shelter, feed and provide comfort after disasters; supply about 40% of the nation's blood; teach skills that save lives; provide international humanitarian aid; and support military members, veterans and their families.

Here in the Greater Kansas Chapter, more than 400 people volunteer with the Red Cross by supporting blood collections, responding to home fires and other disasters in the middle of the night, and so much more. Nationally, more than 325,000 individuals volunteer their time to support the mission of the American Red Cross. They join the more than 17 million Red Cross and Red Crescent volunteers working for the good of humanity in more than 191 countries across the globe.

JOIN US As the Red Cross honors and recognizes our volunteers during National Volunteer Week, we invite people to join a team working together to make an impact.

"Generations of American Red Cross volunteers have come together to deliver care and hope in the face of emergencies," said Jane Blocher, Executive Director of the Red Cross of Greater Kansas. "Join this generation of volunteers working together to bring comfort and relief to people in need."

Right now, there is a critical need for people to fill these roles. Free training will be provided.

DISASTER ACTION TEAM The vast majority of emergencies we respond to are local, personal crises like home fires. These events may not make headlines, but they shatter lives. For more than 60 years, our Disaster Action Team volunteers have been ready 24/7, 365 days a year — to deliver immediate relief, emotional support and long-term recovery resources. When disaster strikes, we make sure families never face it alone.

SHELTER RESIDENT TRANSITION ASSOCIATE The Shelter Resident Transition (SRT) Service Associate (SA) is part of the response to a larger disaster. These caseworkers work with shel-

ter residents to help them create an action plan so that they can transition from the shelter to a more sustainable living solution, helping to jumpstart their recovery.

BLOOD DONOR AMBASSADOR If you enjoy connecting with people, consider becoming a Blood Donor Ambassador. Ambassadors help ensure every blood donor has a positive experience from the moment they arrive to the moment they leave. You'll greet donors, assist with registration, answer questions, share helpful information and offer refreshments after their donation. Whether you volunteer regularly or occasionally is up to you.

BLOOD TRANSPORTATION SPECIALISTS Our Blood Transportation Specialists bring lifesaving blood and blood products to local hospitals within their region. They choose when they want to help with either scheduled shifts or our on-demand opportunities. As an on-demand volunteer you can choose shifts that fit your schedule. You will receive real-time alerts when hospitals have a critical request for urgently needed blood and be on your way to the distribution site within 30-120 minutes. Your time driving could be the difference in helping save a patient's life.

Got News?

We run club, business, school, sports and life's celebrations!

Birthday Announcements

Free with a picture for 100 years or older for residents of Lincoln County. For 100th birthdays for non-residents with a tie to the area, the article is free. Free announcements are available for Lincoln County resident 75 and older. Photos can be submitted for \$25.

Anniversary Announcements

Free with one photo for 50 years and over for Lincoln County residents or couples with children in Lincoln County. Free announcements, with no photo, are available 25, 30, 40 and 45 years. Announcements can include couple's name, residence, date and place of marriage, occupations, children/grandchildren, and reception information (if applicable). Additional photos can be submitted for \$25.



Wedding Announcements

Free for Lincoln County residents or couples with parents in Lincoln County with the following information: name of bride and groom, residence, parents and residence, bridal party, where and when the wedding took place, honeymoon location and where the couple resides after wedding. Free announcements must be submitted to our office before their one year anniversary. A photo may be added for \$25.

Engagement Announcements

Free for residents of Lincoln County or couples with parents in Lincoln County with the following information: name of prospective bride and groom with residence, their parents and residence, when/where the wedding is planned, couples' schooling and occupations. Free announcement must be submitted to our office before their wedding. A photo may be added for \$25.

Birth Announcements

Free for parents and/or grandparents in Lincoln County with the following information: baby's name, weight, length, place of birth and date, parents name and residence, siblings, grandparents and residences, great grandparents and residences) please specify if they are deceased). A photo may be added for \$25.

Letters to the Editor

The Lincoln Sentinel-Republican, Lincoln County is open to views from residents within the county.

Letters to the Editor must include complete name, signature, address and phone number. Name and town will only be published in the newspaper. Free letters are limited to approximately 250 words. If a letter is more than 250 words, it is subject to editing and the full versions will be posted online. They may also be published in the paper at the editor's discretion. If the word count exceeds 250 words, the letter can be published as a paid advertisement (subject to editorial approval). Political letters are also considered paid advertisements.

Calendar Entries

Any event from Lincoln County which is free or by free will donation may be listed in the Times calendar. Those events are also listed in the Essential Calendar on the website. Deadline is 5 pm Friday.

Club Notes

Clubs and organizations are welcome to submit items. We publish these for free if the clubs regularly meet within Lincoln County.

Business Briefs

If a business is located within Lincoln County, or owned by a resident of Lincoln County submissions such as new hires, awards, etc. may be submitted for consideration. Note, this does not include sales, services or other items considered advertising.

Sports Items

We are happy to publish sports items from around the county. Don't forget your college student-athletics! Open to all Lincoln County residents -- including proud grandpa and grandmas!

Academic Items

We publish awards and achievements from our students around the county. This can be any level from elementary school through college.

Your item not listed?

Just give us a call or an email and tell us what you'd like published -- 785-524-4200 - or lincolnksnews@gmail.com

Submit editorial content by email to lincolnksnews@gmail.com



The Official Newspaper for Lincoln County Kansas

LINCOLN SENTINEL-REPUBLICAN

Lincoln Lifts Its Way to State Podium Finish

The Lincoln High School powerlifting team turned in an impressive showing at the KEMFA State Meet, highlighted by a runner-up finish from the boys team and a dominant individual championship performance on the girls side.

The Lincoln boys placed second overall with 61 points, finishing behind Central Plains but ahead of a competitive field. The strong team finish was fueled by standout performances across multiple weight classes, led by Austin Ahring, who delivered one of the top individual performances of the meet.

Competing in the 220-pound class, Ahring finished second overall with a total of 1,035 pounds, showcasing strength across all three lifts. He earned second place in the bench press (325 pounds) and third in the squat (435 pounds), helping anchor Lincoln's scoring effort and secure the team's spot near the top of the standings.

On the girls side, Lincoln finished seventh overall with 50 team points, but the highlight of the day belonged to Alyssa Lopez, who captured an individual state title in dominant fashion.

Lopez claimed first place in the 114-pound class with a total of 430 pounds, earning top finishes in multiple events. She took first in the bench press (105 pounds) and clean (135 pounds), while also placing second in the squat (190 pounds) to secure the overall championship in her division.

Lincoln also received contributions from other lifters throughout the lineup, adding valuable points and depth on both the boys and girls sides.

Overall, the meet reflected a strong combination of team depth and individual excellence for Lincoln, with the boys earning a place among the state's elite and the girls showcasing top-tier talent with a state champion performance.

With momentum from this year's results, Lincoln continues to establish itself as a competitive force in Kansas high school powerlifting.



The Lincoln High School powerlifting team celebrates a successful trip to the KEMFA State Meet, highlighted by a second-place boys team finish and an individual championship by Alyssa Lopez. Back Row (L-R): Xavier Miller, Noah Krueger, Nathan King, Austin Ahring, Jonathan Bell, Kadin Schneider and Ayden McBride. Front Row (L-R): Alison Rosebrook, Alyssa Lopez, Ashton Lyne, Julie Good, Aniston Madsen, and Hadley Wiebke. (Photo courtesy of USD 298)

Baseball, Softball Seasons in Full Swing



Caleb Meier



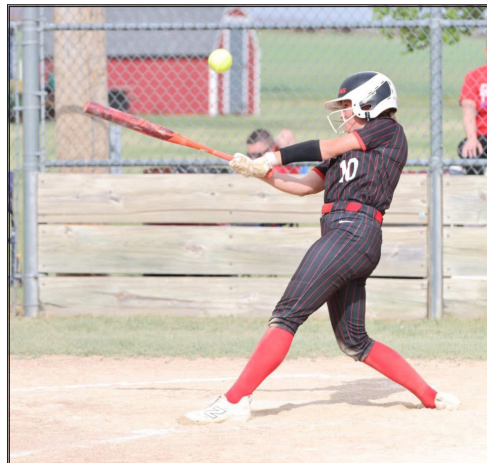
Cody Charvat



Brody Shearer

Sylvan-Lucas-Lincoln Baseball Photos by Jayden Meitler

Sylvan-Lucas Softball Photos by Lori Spear



Jayden Meitler



Harlee Nelson



Josie Svaty



Teryn Spear