

Kansas Drought Worsens, Prompts Emergency Declarations

By Jyll Phillips, Lincoln-Sentinel
 Drought conditions in Kansas have significantly intensified during the spring of 2026, driven by persistent precipitation deficits and above-normal temperatures. Western and central Kansas are bearing the brunt of the extreme dry spell, which has degraded the winter wheat crop and prompted state officials to implement emergency water measures.

Governor Laura Kelly has signed a proclamation approving updated drought declarations for counties across Kansas.

Drought conditions have intensified this spring, with extreme drought expanding into northwest and far southwest Kansas, and severe drought continuing to grow across central parts of the state.

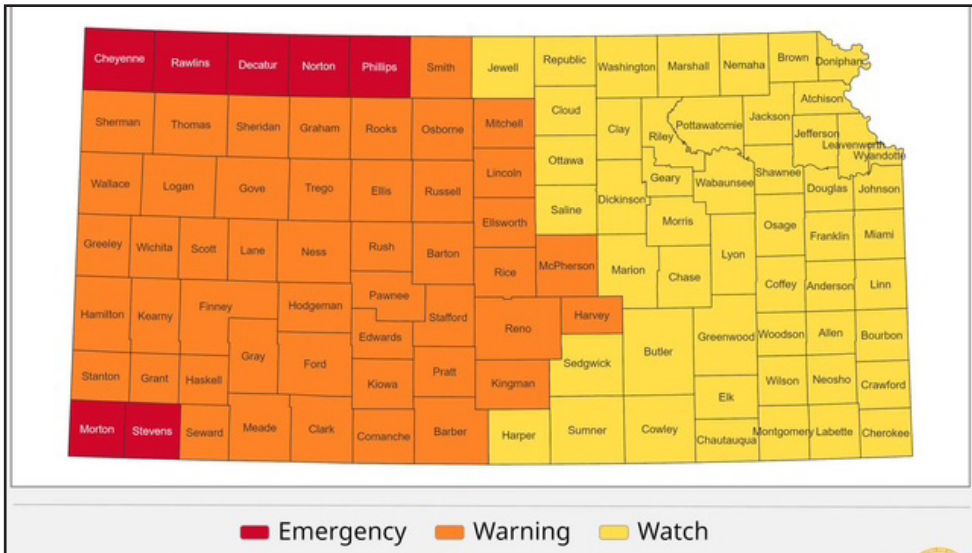
Current Classifications & Geographic Spread

Statewide Overview: The lack of topsoil and subsoil moisture has spread drought conditions across much of the state, with the western

half seeing the most severe impacts. State Action: In late April, Governor Laura Kelly issued an updated drought declaration for Kansas, placing 51

counties under a drought watch, 47 under a drought warning, and 7 in a drought emergency. Regional Disparities: While western and central Kansas have faced significant degradation, some areas in far southeastern Kansas have seen limited improvement due to localized, targeted

rainfall. Agricultural and Economic Impacts Winter Wheat: The prolonged stress from drought and recent spring freezes ensure proper germination in the dry soil. Forecast and Outlook Forecasters warn that the drought is far from over and impacts—ranging from



counties under a drought watch, 47 under a drought warning, and 7 in a drought emergency.

Regional Disparities: While western and central Kansas have faced significant degradation, some areas in far southeastern Kansas have seen limited improvement due to localized, targeted

has severely hindered the state's winter wheat crop. Experts warn of potential widespread wheat failure and significant challenges for rangeland.

Corn Planting: Although farmers are attempting to plant corn, many are being forced to delay seeding until substantial rainfall occurs to

crop stress to elevated fire danger—are likely to continue. The National Weather Service and the Climate Prediction Center project that drought conditions and development will persist, and potentially worsen, across much of the western half of Kansas heading into the summer months.

PRCF Announces Additional Match Opportunity

The Post Rock Community Foundation is pleased to announce that the Patterson Family Foundation has extended an additional matching funds opportunity for the month of May. This special opportunity comes after Post Rock successfully participated in a match month earlier this year in February. Now even more funds will be eligible for the match in May!

The Patterson Family Foundation recognized the strong community support shown during Post Rock's February match and offered an extended chance to bring even more charitable dollars into the region. Every qualifying donation made to a Post Rock Community Foundation eligible fund during the month of May will be matched proportionally from the available match pool, increasing the impact of each gift and strengthening the foundation's ability to support local needs.

The following funds will be considered eligible for the match:

- Blue Hill Masonic Lodge #198 A.F. & A.M. Legacy Fund
- Forrest D. Meyer Fund for the 1st Presbyterian Church
- Grace Chapel United Methodist Church Fund
- L. Eileen Broberg Designated Fund
- Lincoln County Historical Society Fund

See "PRCF" page 6

Lincoln Senior Excels at State Entrepreneurship Challenge



Personal finance senior Ashton Lyne competed in the State Youth Entrepreneurship Challenge at Manhattan State University.

During the event, she took part in several competitions, including a network design challenge, a public trade show, three mock boardroom pitches for her business, and a collaborative group challenge.

Nearly 100 businesses from across Kansas participated, presenting both existing and conceptual ventures. Ashton earned a spot in the highest category of the competition for her conceptual business, Lyne Dental and Associates. Her exemplary score earned her a \$2,000 award!

Sallman Receives Exemplary Teacher Award



Traci Sallman of Lincoln has received the Exemplary Teacher award from the Grand Lodge, Ellsworth Lodge #146. The award states Sallman was selected for exceptional achievement and dedication deserving of the esteem of the Masons of Kansas and the officers and members of the Grand Lodge.

Sallman has taught in the Ellsworth school district for many years.

Ten Confirmed at St. Patrick's Catholic Church



St. Patrick's Catholic Church celebrated the Confirmation. Pictured are, back row: Father Mark Wesely and Bishop Jerry Vincke; middle row: Conor Schneider, Kai Frederking, Dane Bates, Coy Rathbun, Kenneth Pahls, and Layne Nelson; front row: Chloe Koster, Kaley Schneider, Lelani Holeman and Keira Palmer. (Courtesy Photo)

Community in Action: The Bank of Tescott Employees Give Back



The Bank of Tescott employees partnered with the Lincoln Recreation Department for their Community Focus Project, helping clean and organize multiple areas of the facility, including the ballfields, concession stand, press box, and rec office. (Courtesy Photos)

What Do You Call #?



What do you call this symbol? # Is it a pound sign? A hashtag? A tic-tac-toe board? According to the Merriam-Webster Dictionary it is an octothorpe. The "octo" represents the eight points on the popular symbol, but the "thorpe" is a total mystery. One theory claims it comes from the Old English word for "village" based on the idea the symbol looks like a village surrounded by eight fields.

Cash Grain

Corn.....	\$4.20
Milo.....	\$3.70
Soybeans.....	\$10.95
Wheat.....	\$6.26

Cash prices courtesy of Ag Mark

Community Calendar

Thursday, May 7

USD 298: 6:00 PM JH AWARDS NIGHT; 7:30 PM HS ATHLETIC AWARDS - LJSHS COMMONS; School Physicals @ 8:30 am
USD 299: HS Football Mtg. during seminar; 7pm GS Spring Program

Friday, May 8

USD 298: 3:00 PM HS TRACK - THOMPSON RELAYS - LINCOLN; PRE-K LAST DAY OF SCHOOL
USD 299: 1pm Elementary AR Party; 3pm HS Track Thompson Relays @ Lincoln

Saturday, May 9

USD 298: GRADUATION - 10:00 A.M. - LJSHS GYM
UDS 299: 2pm Graduation

Sunday, May 10

Monday, May 11

USD 298: BASEBALL @ ELLINWOOD - 4:00 PM; 8:30 am K-2ND GRADE FIELD DAY; 12pm3RD - 5TH GRADE FIELD DAY; 4pm POST ROCK DANCE; 6pm USD 298 BOARD MEETING
USD 299: 6th Grade to Cosmosphere FFA Greenhand Ag Mechanics; 4pm Baseball @ Ellinwood; 4pm Softball @ Ellinwood; 7pm Board of Ed Mtg

Tuesday, May 12

USD 298: LAST DAY OF SCHOOL - 12:00 P.M. DISMISSAL
1:00 PM JH TRACK PIKE TRAIL LEAGUE @ TESCOTT; HS GOLF TIPTON - 10:30 AM; POST ROCK DANCE - 4:00pm- 8:00pm
USD 299: Elementary Field Day; 1pm JH Track PTL Meet @ Tescott; 7pm NHS Induction @ TBD

Wednesday, May 13

Lincoln: 12:00 pm Retirement Party for Debbie Babcock and Sally Ulrich @ Finch Theatre
USD 298: BASEBALL REGIONALS - TBD; POST ROCK DANCE - 4:00pm- 8:00pm
USD 299: 3rd Grade to Alpaca Farm; 4th-6th Grade to Rock Town; Regional Baseball @ TBD; 1pm K-6th End of the year Movie; 6pm FFA Awards Banquet; 7pm JH Class Awards Night

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.

World War II survivor featured speaker at Lincoln High School History class



Seventy-five years after the end of WWII, Mildred Schindler Janzen, 97 of Ellsworth, KS, finally decided to tell her story. Janzen was a teenager when Russian soldiers invaded their peaceful family farm in the German countryside and changed the course of her life forever.

Janzen's memoir, published in late 2020 by Sunbury Press, recounts her experiences as a refugee including separating from her family, coming to America alone as a teenager, finding love, and living the good life. The secret to her abundant joy is revealed in *Surviving Hitler, Evading Stalin: One Woman's Remarkable Escape from Nazi Germany*.

Janzen made an appearance at Lincoln High School in the junior history class to discuss her experiences living in Nazi Germany and Soviet-controlled East Germany as well as to answer questions about her personal experiences in World War II. Students have studied her story under the direction of teacher, Mr. Cody Wolting.

"I wish to leave a testimony for the younger American generation that is coming of age at this present

time. Do not ever take the legacy of your birthright for granted. Oppose evil at every opportunity. Speak out against injustice. Most importantly, pay attention in your history class. History can repeat itself; many of my generation bear witness to that fact," Janzen said.

Mississippi writer, Sherye Green, partnered with Janzen to write her riveting memoir. Along with Mildred, Green was named the winner of the 2021 Mississippi Library Association Author Award-Nonfiction for the memoir.

"What a privilege it has been to get to know and to work with Mildred," Green says. "Her story, set against the backdrop of a little-known period of World War II, is an eyewitness testimony to history you will not want to miss."

Surviving Hitler, Evading Stalin won the 2020 and 2021 "Sunny Award" from Sunbury Press in for the book in each imprint that "had the biggest impact or the greatest reach." Additionally, Janzen received the National Medal of Honor from the Daughters of the American Revolution (DAR), their highest national award, and another DAR medal for Women in History. The memoir was named a 2021 American Book Fest – Best Book Award Finalist for Autobiographies & Memoirs and won a silver medal in the 2022 Illumination Book Awards:

Biography/Memoir-Inspiration. A short documentary, *Mildred's Escape*, has also won eight awards in film festivals worldwide.

For more information, please contact: Susan Nickerson, 785-623-1236, or Sherye Green 601-940-2146.

Contact: Susan Nickerson
785-623-1236 snickerson181@gmail.com
Author Website: www.sheryesimmonsgreen.com//survivinghitlerevadingstalin Facebook Page: <https://www.facebook.com/msjmemoir>
Trailer: <https://youtu.be/ST15vJ7EGHI>



Coach Linda Haring with the 2026 Sylvan-Lucas Unified Speech and Drama team. (Photo courtesy of Lori Spear)

Haring recognized at Sylvan-Lucas schools

Lincoln's own Kansas Pregame recently posted a tribute on Facebook to long-time Sylvan-Lucas Unified educator, Linda Haring.

"Much of the state knows long-time Sylvan-Lucas Unified English teacher Linda Haring as the veteran coach of the Mustangs' volleyball and softball teams, but did you know her work in speech and drama has produced one of the most successful programs in Kansas over

her three decade tenure?

Haring has guided Sylvan-Lucas to 10 top-three team finishes at the Kansas State High School Activities Association State Speech & Drama Championships, including state titles in Class 1A in 2018 and 2023. The Mustangs added another third-place finish in Class 1A this past weekend after finishing third as a team in 2A last season with another third place finish in 1A in 2024,

continuing a consistent presence as one of the state's top programs.

She has led the SLUHS volleyball team to multiple sub-state championships and a third-place finish in Class 1A-Division I at the 2017 state tournament, while also compiling nearly 300 wins on the softball diamond."

Thanks to Linda Haring for thirty years of consistency and success as one of the state's top all-around coaches and educators.

Lincoln County Kansas GOP to host Gubernatorial Candidates

The Lincoln County Kansas GOP will be hosting two Gubernatorial candidates in the month of May. Stacy Rogers will be speaking on Wed. May 13th, 2026 at The Cube (137 N 4th Lincoln Kansas) from 6:30 to 7:30pm. Charlotte O'Hara will be speaking on Thur. May 14th, 2026 at The Cube (137 N 4th Lincoln Kansas) from 6:30-7:30pm. The doors will open at 6pm for both events.

This is an opportunity to voters to get to know the candidates for Governor of Kansas. Each candidate is not only asking for your vote, but contributions to their campaigns.

The LCK GOP is hosting these events to give you, the VOTER, the opportunity to ask questions of those asking for your VOTE and your money!

A well informed VOTER is a powerful citizen! Being informed of the WHO you are voting for, the WHY you are voting for them and the WHAT do they stand for, is paramount when you are selecting a name, not just a party on the ballot on August 4th, 2026! It is imperative that ALL eligible voters vote in this primary. With NINE Republican and THREE Democrat Guber-

natorial candidates, we need to ensure that we elect the best candidate for the General election in November.

The Lincoln County Kansas GOP can not endorse any candidate until after the primaries in Aug., but we do encourage everyone to research each candidate, go to events that each candidate is speaking and ask questions. Your vote DOES count and in AMERICA it is not only a PRIVILEGE but a RIGHT for every LEGAL CITIZEN to cast a vote for their desired candidate! Do not let only the voice of big cities be heard!



Monday, May 11

Beef Stroganoff, Buttered Noodles, Buttered Peas & Carrots, Ambrosia, Roll & Milk

Tuesday, May 12

Herbed Pork Roast, Sweet Potatoes, Cauliflower/ Parsley, Hot Sliced Peaches, Roll & Milk

Wednesday, May 13

Oven Fried Chicken, Garlic Mashed Potatoes, Gravy, Strawberry Shortcake, Roll & Milk

Thursday, May 14

Sloppy Joe w/Bun, Potatoes Wedges, Baked Beans, Apricots, Cookie & Milk

Friday, May 15

BBQ Meatballs, Sweet Potato Fries, Roasted Cauliflower, Fruit & Milk

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.

2026 Alumni Weekend June 5-7, 2026



Luncheon/Annual Meeting
Saturday, June 6, 2026 @ Noon
Location: Lincoln High School

Meal Cost: \$17 per person
Annual Dues: \$10

Reserve your meal & pay your dues by Friday, May 29, 2026:

Lincoln Alumni Association
PO Box 15, Lincoln, KS 67455
(Paypal: @LincolnKSAlumni)

For the full weekend schedule and further details, follow us on Facebook:

Lincoln High School Alumni Association
Lincoln KS

Or email us at: lincolnalumniassc@gmail.com



MAY
05/09/26
10am-4pm

1, 2, 3 SALE
APPAREL & FOOTWEAR



GIVEAWAY:
Mother's Day Cup
Holder Gift Basket

SERVING
Cheesecake Bite w/Stonewall
Kitchen Dessert Sauces & Wine

SEIRER'S CLOTHING
(785) 524-4752
143 W Lincoln Ave
Lincoln Center, KS 67455

Military Appreciation Month

By James Vestal

May is Military Appreciation month, a special time for those in military service. It is a time designated to honor and recognize the contributions, sacrifices and services of the members of the armed forces, past and present.

May dates to remember: May 1 was Silver Star Banner a day; May 8 is Military spouse appreciation day; May 10 is VFW meeting night in Lincoln; May 11 is VFW Auxiliary monthly meeting; May 13 is Children of Fallen Patriots day; May 14 is the monthly American Legion meeting; May 16 is Armed Forces day and May 25 is Memorial Day.

The Veterans' Crisis Hotline is always there for all veterans. Dial 988 then 1.

Contact Information: Lincoln Sentinel-Republican

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

OBITUARY



Dennis A. Cross
Oct. 12, 1945 - Apr. 22, 2026

Dennis A. Cross was born on October 12, 1945, in Algona, Iowa, and passed away on April 22, 2026. His presence left a lasting mark on all who knew him.

Dennis was a man who loved deeply. He loved his children and grandchildren above all else, and that love showed in the way he lived his life. He also had a special place in his heart for animals and a true appre-

ciation for art. He also had a love of travel, especially to Mexico, where he enjoyed spending time and experiencing the culture.

A proud graduate of Sylvan Grove High School, Class of 1963, Dennis went on to serve in the United States Marine Corps during the Vietnam War, where he was awarded the Purple Heart for his service and sacrifice. He later earned his bachelor's degree in geology from California State University, Northridge—accomplishments that reflected his dedication, discipline, and curiosity about the world.

He was an avid runner for most of his life and enjoyed participating in local running events, which spoke to his drive and love of staying active.

Dennis was a proud member of the Lions Club, the Historical Society, and the Art Center, consistently giving back to the community he held close to his heart. He was widely known for his masonry work, with his craftsmanship visible throughout the area as a lasting testament to his skill, pride, and strong work ethic. Dennis was also deeply honored to serve on the Honor Guard and firing squad with American Legion Post 359, paying his respects to fellow veterans at their final rest.

More than anything, Dennis will be remembered for who he was: a kind,

hardworking man with a great sense of humor who could make people laugh and feel at home.

His legacy lives on in his family, his service, his work, and the community he helped build.

He is survived by his children, Kati (Ryley) Hembry, Jake (Jessica) Cross, and Matt (Kayelee) Cross; Serrina Schneider (Brandon) and Kylie Donley, whom he loved as his own; his grandchildren, Kimber and Kalli Gardner, Whitley Hembry, Izaak Hanson, Chasen and Emilia Cross, and Tennyson Donley; his sisters, Janet (Dale) Urban and Gina Burnett; and his niece, Korina Urban.

He was preceded in death by his parents, Leroy and Esther Cross; his brother-in-law, Jim Burnett; and his nephew, Shane Urban.

He will be deeply missed and never forgotten.

Visitation will take place from 1-7 p.m., Thursday, April 30, 2026 at Hall Chapel in Lincoln, KS.

A funeral service will be held at 10:00 a.m., Friday, May 1, 2026 at Hall Chapel with burial following at Sylvan Grove Cemetery.

Memorial contributions can be made to the Lincoln Art Center, c/o, Hall Chapel, PO Box 37, Lincoln, KS 67455. Condolences can be left at hallchapel.com.



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

Retirement Reception
Beloit USD #273 will be hosting a Retirement Reception honoring: Brenda Bonebrake, Stephanie Draayer, Rachel Ellenz, Anne Palen, Jeff Travis, Sally Ulrich, and Kathy Wilson on Wednesday, May 20, 2026 at the Beloit Junior Senior High School Gymnasium from 4:00 to 5:00 p.m. The public is invited to attend.

Multi-county signing project to begin this week
Beginning on Wednesday, April 29, the Kansas Department of Transportation plans to begin a project to replace and install signs at various locations along K-4, K-43, K-15 and K-18 in Dickinson, Marion, Saline and Ottawa counties. Project work will primarily be done on the shoulders with minimal impact to traffic. Traffic control will be used when required by the contractor's operations. Komo Construction, LLC, of Elko New Market, Minnesota, is the prime contractor and has scheduled this project to be completed by September at a cost of \$368,193. For up-to-date information on road closures and road conditions, visit www.kandrive.gov call 511 in Kansas or 866-511-5368 outside Kansas.

Welcome to the Neighborhood

By Cindy Entriken

Another family is moving to Lincoln on May 5th — Trent and Wendy Woodruff and their daughter, Melissa Valdez.

The Woodruff family, currently living in Lincoln, Nebraska, decided to move to a smaller Lincoln because, as Wendy explained, they have always liked small towns and Lincoln, Nebraska is just too big. Both Wendy and Trent grew up in small Nebraska towns so a move to Lincoln, Kansas, and its slower, more relaxed pace is something they want now that they are retired.

Trent had a 22 year career with the Air Force. Following his retirement from the Air Force he became a JROTC instructor for two years in Reno, Nevada before the family moved back to Nebraska. He continued his work at a JROTC instructor there for another 13 years. Throughout Trent's career working in JROTC, Wendy assisted him with young cadets.

For the last four years Trent has worked as a custodial manager in Millard, Nebraska, a suburb of Omaha.

Wendy says that with retirement, Trent is hoping to take up gardening, something he's not done but always thought he'd enjoy.

As for Wendy, she said, "I have lived my dream of being a wife and mother to our daughter, son, kitties, and a bunny. The bunny passed away some time ago and Wendy is trying to persuade Trent that they need another bunny, but he's not thrilled. Apparently their previous bunny chewed through the monitor cords of his computer. Due to the age of the monitor and cord, they had to get an entire new monitor - an unwelcome expense.

In her retirement Wendy plans to continue pursuing her genealogy hobby.

Melissa is looking forward to moving to Lincoln and is interested in finding a managerial position with a local business.

Once the Woodruff family arrives here, be on the lookout for new faces at the grocery store, Finch Theatre, library, or the gas station. It might be them. Whoever the new faces are, smile and say, "Welcome to the neighborhood!"

Rural Minds Matter

Kansas Farm Bureau continues to honor mental health advocates with Rural Minds Matter awards; increases award amount

May is Mental Health Month, and Kansas Farm Bureau (KFB) remains committed to supporting farmers, ranchers and other rural residents facing stress through resources available at www.kfb.org/ruralmindsmatter.

Building on the last two years of success, KFB is again recognizing outstanding mental health advocates with the Rural Minds Matter Advocate of the Year and Young Advocate of the Year awards. This year, the award is increasing to \$2,000 per winner, demonstrating a continued dedication to strengthening mental health support in rural communities and recognizing individuals who are making a meaningful impact.

"We are proud to recognize the dedication of those working to break the stigma surrounding mental health in rural areas," says Joe Newland, KFB president. "Their efforts are instrumental in fostering awareness, support and change, and we are honored to celebrate their contributions."

In rural regions, access to mental health resources can often be limited, making the advocacy of individuals particularly crucial. By destigmatiz-

ing mental health, raising awareness and implementing inclusive strategies, these advocates play a pivotal role in fostering improved well-being within their communities.

The Rural Minds Matter Young Advocate of the Year award celebrates the outstanding efforts of individuals aged 18-35 who have demonstrated exceptional advocacy for mental health awareness and support within rural communities across Kansas. This award recognizes the significance of empowering this generation to address mental health challenges effectively.

Similarly, the Rural Minds Matter Advocate of the Year honors individuals above 35 who have exhibited remarkable dedication and leadership in advocating for mental health awareness and support within rural Kansas communities. This award underscores the substantial impact that experienced advocates have in addressing mental health stigmas and promoting access to resources and services in rural areas.

The selected recipients of both awards will receive:

- Recognition: The Rural Minds Matter Advocate of the Year award will be presented at

KFB's Annual Meeting and the Rural Minds Matter Young Advocate of the Year award will be presented at the Young Farmers and Ranchers Conference. Both events are in Manhattan.

- Visibility: Articles will be written about their mental health advocacy contributions to appear on www.kfb.org/ruralmindsmatter and www.kansalivingmagazine.com.
- Support: Winners in each category will receive a \$2,000 cash prize to further their advocacy efforts.

Nominations or applications for the awards require detailed information about the nominee's involvement in mental health advocacy, challenges they've overcome, awareness-raising efforts, destigmatization strategies, collaborative initiatives, impacts, leadership qualities, recognitions received, testimonials and reasons for nomination. The deadline to submit applications is July 17.

For more information about the Rural Minds Matter awards and Kansas Farm Bureau's mental health initiatives, please visit www.kfb.org/ruralmindsmatter.

COMMISSION MEETING MINUTES

April 20, 2026
The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, April 20, 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, Dustin Florence, Diane Walters, and Richard White.
Correspondence: bills for Lincoln

Park Manor; Lincoln Senior Center 2027 proposed budget; and estimates received for maintenance projects at Lincoln Park Manor.
Sheriff Dustin Florence related that jailer Ethan Ahring and deputy Gregg Vannoster have tendered their resignations.
Administrator's report: provided a summary of topics discussed during Representative Troy Waymaster legislative coffee, including the legislator request to place a sales tax question on the ballot; provided an update on meetings with the new Public Works Director, bridge

replacement projects OS 107 and OS 149; noted that Kirkham Michael plans to require bids for the construction of cell 3 of the construction/demolition pit to be received electronically; presented the updated agreement with Slechta Enterprises for operation of the recycling center; and noted upcoming meetings and conferences that he will be attending.
Nursing Home Administrator Diane Walters reviewed bids received for several repairs needed at the facility. Debora Smith moved to approve See "COMMISSION" page 6

Farmers & Ranchers Livestock Commission Co.

Total for the Week - Cattle - 3604
Bulls - \$225 - \$243 Cows - \$187 - \$235

Strs		Hfrs	
300-400	\$665.00-680.00	300-400	\$600.00-620.00
400-500	\$600.00-635.00	400-500	\$525.00-535.00
500-600	\$530.00-550.00	500-600	\$500.00-518.00
600-700	\$460.00-475.00	600-700	\$400.00-407.00
700-800	\$400.00-415.00	700-800	\$360.00-370.00
800-900	\$370.00-485.00	800-900	\$330.00-349.00
900-1000	\$340.00-352.25	900-1000	\$310.00-323.00

Early Consignments for Thursday May 7th Sale: 10 a.m. 110 mostly blk s&h 400-600 60 days weaned, home raised, vacc; 6 s&h 450-550 weaned 60 days, 2 rnd vacc; 24 s&h 450-800 60 days weaned, home raised, vacc plus many more by sale time.

**Spring Spectacular Catalog Horse Sale
May 15-16th**

***Performance Preview Friday May 15th 1 p.m.
***Ranch Horse Competition Friday May 15th 6 p.m.
***Short Preview Saturday May 16th 7:30-9:30 a.m.
***Sale Starts 10 a.m.

For a complete list of cattle for all sales check out our website at: www.fandrive.com

Sales Manager, Mike Samples

Office: 785-825-0211 Cell: 785-826-7884

Salina, Kansas

Listen to our markets on KSAL, Salina at 6:45 a.m. Mon. thru Fri.
For more information or to consign cattle call sale barn or:

Fieldman Representatives:

Kenny Briscoe • Lincoln, KS • 785-658-7386
Lisa Long • Ellsworth, KS • 620-553-2351
Cody Schafer • 620-381-1050

Auctioneers:

Kyle Elwood, Brandon Hamel, and Garren Walrod

Public Notice

(First Published in Lincoln Sentinel-Republican
on Wednesday, May 6, 2026)

The Lincoln County Economic Development Foundation (LCEDF) will be considering revising their bylaws during their monthly meeting on Wednesday, May 13th, 2026, at 9:30 a.m., in the County Courthouse basement meeting room. Proposed changes primarily involve revising the definition of 'voting members', eliminating the public election process for the Board of Trustees and replacing it with an appointment process by the County Commission. These proposed changes are due to very low participation in the public election process. The goal of the proposed changes is for a less confusing and more open and streamlined process for determining Trustees serving on the board. Citizens are welcome to attend the meeting to provide comment on the proposed revisions. Questions? Contact the LCEDF at 216 E Lincoln Ave., Lincoln, KS 67455, 785-524-8954, LcedfDirector@Outlook.com.

Legal Notice

(First Published in Lincoln Sentinel-Republican
on Wednesday, May 6, 2026)

GENERAL NOTICE TO CONTROL NOXIOUS WEEDS

The Kansas Noxious Weed Law K.S.A. 2-1314 et seq requires all persons who own or supervise land in Kansas to control and eradicate all weeds declared noxious by legislative action. The weeds declared noxious are: field bindweed, musk thistle, Johnsongrass, bur ragweed, Canada thistle, sericea lespedeza, leafy spurge, hoary cress, quackgrass, Russian knapweed, kudzu and pignut and is / are County Option Noxious Weed/Weeds declared noxious by the Board of County Commissioners of Lincoln County.

Notice is hereby given pursuant to the Kansas Noxious Weed Law to every person who owns or supervises land in Lincoln County that noxious weeds growing or found on such land shall be controlled and eradicated. Control is defined as preventing the production of viable seed and the vegetative spread of the plant.

Failure to observe this notice may result in the County:

1. Serving a legal notice requiring control of the noxious weeds within a minimum of five days. Failure to control the noxious weeds within the time period allowed may result in the county treating the noxious weeds at the landowners expense and placing a lien on the property if the bill is not paid within 30 days or,
2. Filing criminal charges for non-compliance. Conviction for non-compliance may result in a fine of \$100 per day of non-compliance with a maximum fine of \$1,500.

The public is also hereby notified that it is a violation of the Kansas Noxious Weed Law to barter, sell or give away infested nursery stock or livestock feed unless the feed is fed on the farm where grown or sold to a commercial processor that will destroy the viability of the noxious weed seed. Custom harvesting machines must be labeled with a label provided by the Kansas Department of Agriculture and must be free of all weed seed and litter when entering the State and when leaving a field infested with noxious weeds. Additional information may be obtained from the Lincoln County Noxious Weed Department or by contacting the Kansas Department of Agriculture, 1320 Research Park Dr., Manhattan, KS 66502

THE LEOPARD LEGACY- BY NIKKI FLINN

Small Town, Big Stakes: Why Community Input and Investment Matter



Nikki Flinn
Superintendent
USD 298

Rural school districts across the country face a quiet but persistent challenge: how to maintain safe, functional, and modern facilities with limited resources. Unlike larger districts that may have broader

tax bases or more consistent access to funding, rural schools often operate within tighter financial constraints. Yet the expectations placed on them to provide a high-quality education, integrating technology, student opportunities, and maintaining safe learning environments are no less demanding.

Many rural school buildings were constructed decades ago, at a time when educational needs looked very different from today. Classrooms were not designed for modern technology, infrastructure systems have aged well beyond their intended lifespan, and maintenance costs continue to rise. What might begin as small repairs can quickly turn into larger, more complex issues when underlying systems such as plumbing, infrastructure, electrical, and heating and air are outdated. These challenges are not just about convenience; they directly impact the ability to provide a safe and effective learning environment for students.

Our district is no exception. We take pride in the care and commitment shown toward our schools, but we also recognize that we are facing serious challenges ahead. Keeping facilities up to date is not simply about appearances it is about ensuring that our buildings meet today's educational demands while remaining safe and reliable for the children and families who depend on them every day.

District leadership has worked diligently to address facility needs whenever possible, stretching limited resources to make improvements and maintain operations. However, when buildings are significantly dated, updates become more difficult and more expensive. Infrastructure needs can outpace available funding, leaving districts in the position of making difficult decisions about what can be addressed now and what must wait.

This is a reality shared by many rural communities. Financial limitations often place a heavier burden on local taxpayers, and decisions about school funding are never taken lightly. At the same time, schools are more than just buildings they are central to the health and vitality of a community. They serve as gathering places, sources of pride, and foundations for future growth.

Investing in school facilities is, ultimately, an investment in the future of the community itself. Updated, safe, and functional schools support stu-

dent success, attract and retain families, and contribute to the overall well-being of the area. While the challenges are real and the path forward may not be simple, the importance of addressing these needs cannot be overstated.

As we look ahead, it is essential that we continue the conversation as a community. By understanding the challenges, considering the options, and working together, we can make informed decisions that reflect both our current realities and our hopes for the future. Ensuring safe, modern learning environments for our students is not just a goal it is a responsibility we all share.

As we consider the future of our district's facilities, we are actively seeking input from our community. These decisions will shape our schools for years to come, and it is essential that they reflect the voices and priorities of those we serve. Completing the survey is an important step in helping guide the decisions ahead, and we encourage all community members, parents, students, staff, and residents to take part. Attending upcoming meetings will also provide an opportunity to learn more, ask questions, and share feedback directly. Meeting dates are: April 28th at 7:00p.m., May 4th at 5:30p.m., and May 6th at 7:00 p.m. all meetings are at Lincoln Elementary School gymnasium. Your input will play critical

THE ANGLE



Alexa Romesburg

Conspiracy theories abound in our day and age. Many of them always have.

Yet somehow it seems as if they are more prominent and sort of in our faces at this present time. From Epstein to Columbine; Pizzagate to Watergate; Sandy Hook to Puff Daddy (or Puff Diddy or whatever he is calling himself these days); from 33rd degree Masons to bizarre rituals at Bohemian Grove; from Mrs. Macron, first lady of France to Mrs. Obama former first lady in our great country; from the White House with a gold-gilded Oval office to the once cobble now rubble streets of Ukraine; from Hollywood to Nashville; the music industry to the fashion industry; from child sacrifice to human trafficking; a notorious Illuminati to the mysterious Georgia Guidestones; from the United States to One World Order; from "sea to shining sea" ... it gets very, very dark.

If you read all that and are still with me, I thank you and want to give you a warm and sincere, virtual hug. These are the types

of things, in my opinion, which the bible refers to in Ephesians, advising, "It is shameful to even mention what the disobedient do in secret." But too, Ephesians likewise advises in the immediately preceding verse to, "Have no fellowship with the fruitless deeds of darkness, but rather expose them." So, what are we to do? Not even mention these awful and very dark subjects? Or rather expose them in the light- which by default, would require us to at least "mention" them aloud? It is an emotionally fraught, moral conundrum. To mention these things is shameful, but to leave them unexposed is negligent. What is a thinking and spiritually conscientious person to do? I don't know.

At one time in my spiritual journey, I became obsessed with and focused on exposing many "fruitless" works of darkness in the world. In doing so, I found myself deeply submerged in a number of interconnected, winding rabbit holes which threatened to collapse, leaving me buried alive inside of them. And not to quote Nietzsche again, but he had some good quotes which bear consideration (concerning the subject at hand), like this one, "Whoever fights monsters should

Conspiracy Theories

see to it that in the process he does not become a monster. And if you gaze long enough into an abyss, the abyss will gaze back into you." If that does not adequately sum up the psychological and spiritual danger in becoming consumed with evil conspiracy theories and the negativity of our world today, then I don't know what does. I fell into that abyss once. Consequently, a very tragic downfall ensued, and I almost became a monster, myself. Nietzsche was at least partially correct. The only redeeming view from bleak to hopeful is the grace of God.

Speaking of which, there is another verse for us, which may be instructive when we are bombarded with conspiracy "theories" come facts on our nightly news broadcasts, or You Tube (and Facebook) algorithm suggestions and feeds. It is this, found in Romans, written by Paul, to the believers in Rome (who at that time faced a myriad of political corruption and societal immorality too) "But I want you to be wise about what is good, and innocent about what is evil." What does that mean for daily living though? Well, there is another verse which may help sort that principle out. It is found in Philippians. "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely,

whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." I guess in those words we are able to discern a prescription for the balance between staring into the abyss for too long and negligence regarding the works of darkness and our moral duty to expose them. It is ok to educate ourselves on the state of the world and even to give attention to the truth of its darkness, but in so doing we must heed the cautionary tale of every other human once avowed to fight monsters, who then became one. Even Jesus, himself, advised his followers, "Behold, I send you out as sheep in the midst of wolves, so be wise as serpents and innocent as doves." Yes. When researching and sharing knowledge of this world and its conspiracies as followers of Christ, we must not lose the plot. We can get lost in the mire of muddy waters filled to the brim with skeletal remains washed up from the graves of buried secrets. In coming back up for air after my own deep dive into the abyss, as it were, I came to realize one, singular, essential truth. Knowing all the conspiracies in the world pales compared to knowing Christ. For that reason, I decided, like Paul, "to know nothing among you except Jesus Christ, and him crucified." Amen.

Legal Notice

(First Published in Lincoln Sentinel-Republican
on Wednesday, April 29, 2026)

Notice is hereby given that Lincoln County, Kansas is soliciting bids for construction of **LINCOLN COUNTY Landfill Cell 3 Excavation**. The project consists of constructing a new Construction and Demolition Landfill disposal cell. The project consists of 19,691 yards of unclassified excavation, 3,362 yards of compaction of earthwork, and accompanying erosion and pollution control. Lincoln County shall provide all of the funds required for this project. All Federal, State and County regulations must be complied with. Online Bids (vBids) for the proposed construction will be received by Lincoln County via QuestCDN Virtubid until **1:00 pm local time May 15, 2026**. Bids will be presented to the Lincoln County Commissioners at their meeting in the Lincoln County Courthouse Commission room at **9:30 a.m. local time May 18, 2026**. Plans, Specifications and Contract Documents may be examined at the County Clerk's Office in the Lincoln County Courthouse and at the Engineer's Office at the following address at Kirkham, Michael & Associates, Inc., 217 N. Douglas, Ellsworth, Kansas 67439. The contract documents are available at www.questcdn.com. This contract is **QuestCDN project #10124767**.

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NOTICE

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that, to the best of our knowledge, all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-424-8590, Equal Housing Opportunity.

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The Lincoln County Public Works Department is accepting applications for Part-Time Seasonal Mowers

The primary responsibility of this employee includes operating mower tractor with a side mount mower along the county roadside. This employee may also assist with cutting trees and cleaning ditches and culverts. This employee must be able to work with minimum direct supervision.

For more information or to apply, please contact **Human Resource Officer For Lincoln County**
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Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, May 6, 2026)

Notice to Creditors Under K.S.A. 58a-818

To all persons concerned:

You are notified that Mildred L. Hlad died on March 23, 2026. The decedent was the grantor of the Mildred L. Hlad Revocable Trust, dated May 5, 1994, as restated on September 2, 2016, and any amendments thereto. Janet L. Bryan and Dale E. Hlad serve as Trustees. The Trustees have the power to pay the decedent's outstanding debts from the trust property on receipt of proper proof of the debts. Under K.S.A. 58a-818, the decedent's creditors must present the Trustee with written claims for such debts within the later of four (4) months from the date of the first publication of notice, or thirty (30) days after receipt of actual notice if the identity of the creditor is known or reasonably ascertainable by the Trustee. If a creditor fails to present such claims to the Trustee within such prescribed time, then the creditor will be forever barred as against the Trustee and the trust property.

Janet L. Bryan and Dale E. Hlad Trustees of the Mildred L. Hlad Revocable Trust, dated May 5, 1994, as restated on September 2, 2016, and any amendments thereto.

Adam C. Dees
Clinkscales Elder Law Practice, P.A.
Attorney for Janet L. Bryan and Dale E. Hlad, Trustees of the Mildred L. Hlad Revocable Trust, dated May 5, 1994, as restated on September 2, 2016, and any amendments thereto
c/o Clinkscales Elder Law Practice, P.A.
P.O. Box 722
Hays, Kansas 67601
Phone: (785) 625-8040
Fax: (785) 625-9113
Email: info@clinkscaleslaw.com

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, April 29, 2026)

NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:
You are hereby notified that Charles E. Derryberry, Jr. died on April 6, 2026. All of his property and assets were titled in The Charles Edward Derryberry, Jr. Trust No. 1 dated May 7, 2008, as amended ("Trust"). The successor co-trustees of the Trust is H. Stanley Crawford and Cornelia Ann Crawford, 1266 E. Pike Drive, Lincoln, Kansas 67455, and all debts of the decedent shall be paid from the Trust upon receipt of proper proof thereof.

All creditors are notified to exhibit their demands against the Trust within the later of four months from the date of the first publication of this notice or if the creditor is known or reasonably ascertainable, thirty days after receipt of actual notice, as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

The Charles Edward Derryberry Trust No. 1 dated May 7, 2008, as amended

By: /s/ H. Stanley Crawford
Trustee

By: /s/ Cornelia Ann Crawford
Trustee

SUBMITTED AND APPROVED BY:

Jeffrey A. Norris, KS 27036
CLARK, MIZE & LINVILLE, CHARTERED
129 S. Eighth - P.O. Box 380
Salina, Kansas 67402-0380
Tel. (785) 823-6325 - Fax (785) 823-1868
janorris@cml-law.com
Attorneys for The Charles Edward Derryberry Trust No. 1

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PRCF/from page 1

- Lincoln High School Alumni Association Scholarship Fund
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- Post Rock Administrative Fund
- Post Rock Community Action Fund
- Post Rock Healthy Living Fund
- Robert Durham Trust for the Friends of S.P. Dinsmoor's Garden of Eden Fund
- Robert Durham Trust for the Lucas Area Community Theater Fund
- Sylvan Area Fund
- Sylvan Grove Community Organization Fund
- Sylvan Historical Society Designated Fund
- Sylvan Legacy Fund
- The Barbara A. Wolford Fund
- The Tim & Janet Meyer Fund for the Post Rock Area Fund

Community members are encouraged to take advantage of this limitedtime match to support the foundation's mission of improving the quality of life in the Post Rock area.

To learn more about each fund or to contribute, visit www.postrockcf.org or contact Elisa Agler, Director.

Donations can also be mailed to: Post Rock Community Foundation, PO Box 62, Sylvan Grove, KS 67481, or given in person at the Post Rock Community Foundation table on May 23rd during Sylvan Grove's 150th Celebration.

Honor the Past, Power the Future



Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, April 29, 2026)

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS
IN THE MATTER OF THE ESTATE OF

ROBERT D. CRANGLE, SR., DECEASED. No. LC-2026-PR-NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a Petition has been filed in this court by S. Jeanne Crangle, as surviving spouse and one of the heirs of Robert D. Crangle, Sr., deceased, requesting:

Descent be determined of the following described personal property:

50 shares of Rose & Crangle, LTD, representing ownership of 50% of the company

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

You are hereby required to file your written defenses to the Petition on or before June 1, 2026 at 9:30 o'clock a.m., in the City of Lincoln, Lincoln County, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the Petition.

S. Jeanne Crangle, Petitioner

Chantz N. Martin
FRASIER, JOHNSON & MARTIN, LLC
116 North Hersey
P.O. Box 369
Beloit, Kansas 67420
(785)-738-5723
Attorneys for Petitioner

POST ROCK EXTENSION DISTRICT

The Basics of Mineral Nutrition

By Blair Todd
K-State Research and Extension Post Rock Livestock Production Agent

Most beef cattle producers recognize that mineral nutrition is important. However, a mineral program is only one component of an operation's nutrition and management plan. An exceptional mineral program will not compensate for deficiencies in energy, protein, or management according to Kansas State Extension Beef Systems Specialist, Justin Waggoner. Additionally, the classical signs associated with clinical deficiency of a particular mineral (wasting, hair loss, discoloration of hair coat, diarrhea, bone abnormalities, etc.) are not often or are rarely observed in production settings. The production and economic losses attributed to mineral nutrition in many situations are the result of sub-clinical deficiencies, toxicities and antagonisms between minerals which are often less obvious (reduced immune function, vaccine response, and sub-optimal fertility).

Many producers erroneously assume that the science of mineral nutrition is relatively complete. However, mineral nutrition is complicated, and our knowledge of mineral nutrition

is relatively incomplete. There are 17 minerals required in the diets of beef cattle. However, no requirements have been established for several minerals that are considered essential (Chlorine, Chromium, Molybdenum, and Nickel). Minerals may be broken down into two categories. 1. The macrominerals whose requirements are expressed as a percent of the total diet (calcium, phosphorus, magnesium, potassium, sodium, chlorine, and sulfur). 2. The microminerals or trace minerals (required in trace amounts) whose requirements are expressed as parts per million (ppm) or milligrams per kilogram of dry matter consumed (chromium, cobalt, copper, iodine, iron, manganese, molybdenum, nickel, selenium, and zinc).

Mineral status of an animal is a function of the total diet (both water and feed) and stored mineral reserves within the body. Water may be a substantial source of mineral; however, the variation in water consumption makes estimating the contribution of mineral from water sources difficult. Mineral content of forages is influenced by several factors including plant species, soil, maturity, and growing conditions. These factors, and oth-

ers not mentioned, make estimating the dietary mineral content of grazing cattle challenging. Most commercial mineral supplements are formulated to meet or exceed the requirements for a given stage of production. This ensures that deficiencies are unlikely but providing supra-optimal levels of minerals may be unnecessary unless specific production problems exist. A mineral program does not have to be complex or expensive to be successful. Minerals are an important component of beef cattle nutrition that should not be over-looked as sub-clinical deficiencies of minerals likely contribute to more production and economic losses than we realize.

For further information, contact me at any Post Rock Extension District Offices in Beloit, Lincoln, Mankato, Osborne or Smith Center.

Post Rock Extension District of K-State Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith counties. Blaire may be contacted at blairet@ksu.edu or by calling Beloit 738-3597, Smith Center 282-6823, Lincoln 524-4432, Mankato 378-3174, or Osborne 346-2521. Join us on Facebook at "Post Rock Extension" along with our website www.postrock.k-state.edu.

PRAIRIE DOC BY ANDREW ELLSWORTH, MD

A Bump in the Crossroads of the Body

When was the last time you thought about your neck?

It's easy to overlook, but your neck is a remarkably busy place. It houses the spinal cord, carrying signals between your brain and the rest of your body. It allows food to travel from your mouth to your stomach. It delivers blood to your brain. It contains muscles that support and move your head, along with your vocal cords, thyroid, and parathyroid glands.

In many ways, the neck is a crossroads of vital structures, and it can offer clues when something is not quite right elsewhere in the body.

Take a moment and gently feel your neck. Become familiar with what is normal for you. If you notice a lump or something that does not feel right, it's worth paying attention.

Many neck lumps are not dangerous. Some are simply swollen lymph nodes reacting to an infection. A cold, flu, sinus infection, strep throat, dental issue, or even a skin infection can cause lymph nodes in the neck to enlarge. These typically improve over a couple of weeks as the body recovers.

However, as with any area of the body, if you feel a new lump or bump, consider an appointment with your pro-

vider to have it examined.

As a general rule, if a neck lump persists beyond two to three weeks in an adult, it should be evaluated. In children, lymph nodes may remain enlarged a bit longer and still be harmless, but in adults, persistence deserves a closer look.

The feel of a lump can also provide clues. Lymph nodes from infection are often soft, movable, and a bit rubbery. In contrast, a hard, fixed, or rapidly growing lump is more concerning and should be checked promptly. Lumps that continue to enlarge or change over time also warrant evaluation.

Other symptoms also matter. Fever, unexplained weight loss, night sweats, or difficulty swallowing are important signals that should not be ignored. Swelling in multiple areas of the body may suggest a more widespread process, such as some infections or, less commonly, a cancer like lymphoma.

Another common finding is a thyroid nodule, located in the front of the neck. These are fairly common and usually benign, but they are often evaluated with ultrasound to better understand their size and appearance and to determine if follow-up is needed.

Some people experience a "globus

sensation" which is the feeling of something stuck in the throat when nothing is actually there. This can be related to acid reflux, post-nasal drip, muscle tension, or even stress and anxiety. Once again, persistent symptoms should be checked out.

The bottom line is simple: if you notice a lump or bump in your neck, do not ignore it. While many causes are minor and temporary, some require further attention. When in doubt, have it evaluated.

A quick check today can provide reassurance, or catch something early when it matters most.

Dr. Andrew Ellsworth is a Family Medicine Physician at Avera Medical Group Brookings in Brookings, SD. He serves as one of the Prairie Doc Volunteer Hosts during its 24th Season providing Health Education Based on Science, Built on Trust. Follow The Prairie Doc* at www.prairedoc.org, Facebook, Instagram, YouTube, and Tik Tok. Prairie Doc Programming includes On Call with the Prairie Doc*, a medical Q&A show (most Thursdays at 7pm on YouTube and streaming on Facebook), 2 podcasts, and a Radio program (on SDPB, Sundays at 6am and 1pm).



Commission/from page 3

the bid from Street Plumbing to replace three coil units in the dining room in the amount of \$8,424, seconded by Leon Hart. Motion carried. Debora Smith moved to approve the bid from Street Plumbing to replace the AL control panel in the amount of \$2,222, seconded by Ken Meitler. Motion carried. Walters provided an update on maintenance needs and upcoming staff and resident activities.

The board discussed which portions of the courthouse rehabilitation project should be completed with the funds currently saved.

Richard White requested road and culvert maintenance in Franklin Township. Leon Hart moved to approve Resolution 2025-15, rescinding the State of Disaster Emergency Proclamation Resolution 2025-13, removing the burn ban, sec-

onded by Ken Meitler. Motion carried.

Debora Smith moved to approve the minutes of the April 13, 2026, meeting, seconded by Leon Hart. Motion carried. The board received notice that the legislation to extend the ROZ program was not approved. New applicants will not be accepted after June 30, 2026. All students already approved and receiving funds through the ROZ student loan program will be funded through their five-year award.

Debora Smith moved to approve the bid for the primary and secondary boiler pump replacement from Street Plumbing in the amount of \$6,788, seconded by Leon Hart. Motion carried.

The chairman adjourned the meeting at 12:48 p.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Monday, April 27, 2026.

Sylvan Grove 150

150th Celebration
Saturday, May 23rd, 2026

Rooted in our History... Reaching to our Future

Join the Celebration!

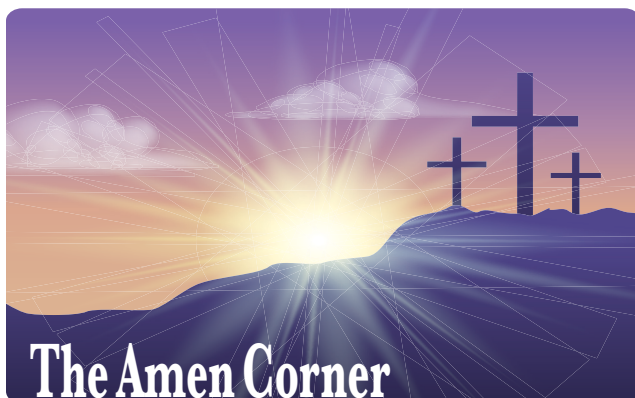
The day kicks off with a **Parade at 10:00 AM**

- Bank Robbery Reenactment
- Food and Vendor Booths
- Kids Games and Activities
- Youth Watermelon Spitting Contest
- Beard Contest
- Scavenger Hunt
- Tractor and Car Displays
- Historical Museums Open House, Displays, and Demonstrations
- School Alumni Open House
- Live Band and Dance

Entries & Information

Parade or Booth Entries
Pick up entry forms at
City Hall
or call **785-526-7188**

Scan for More Information



Pastor Don M Haselhuhn
St John and St Paul's Lutheran churches
Lincoln Kansas

"One thing"
"If there's one thing we need to know about God, what would it be?" I could answer this question in so many different ways.

King David writes this about God: "When I look at Your heavens, the work of Your fingers, the moon and the stars, which You have set in place, what is

man that You are mindful of him, and the son of man that You care for him? (Psalm 8:3 - 4)"

God is always with you. God is present everywhere. What does this mean? It means that, even when you feel all alone and that no one seems to care, God is still there.

God is always with you, though people sometimes forget. Early in my ministry, I witnessed a mom yelling and swearing at her little child in a grocery store. I was dressed

in my pastor's shirt, just coming from church in St Louis. When I rounded the corner and began walking down the aisle, she stopped, mid-swear and patted her child on the head. I'm not God, I just work for Him, but that mom was reminded God sees all and is there in that moment.

God is always with you. That can seem unsettling, but it's also Good News! When you're frightened, frustrated, angry, or ill, God is right there. He's just a word away: "God..." Start that prayer, and know He is right there with you.

Jesus says this, "And behold, I am with you always, to the end of the age. (Matthew 28:20b)" Jesus promises to always be with you, no matter your circumstances, needs, or sin, God is there with you. Talk to Him, He always has time for you, His child.

Have a great week!