

## Celebrating 150 Years in Sylvan Grove



Sylvan Grove residents and visitors filled the streets, park, and downtown area during the community's 150th celebration honoring the rich history and spirit of Sylvan Grove. Sandy Labertew buzzed through the parade as the "Queen Bee," leading her worker bees and drones with plenty of personality. Elsewhere downtown, a group of suspicious-looking characters gathered outside the bank during the community's entertaining bank robbery reenactment. The celebration also featured music in the park, bringing generations together throughout the day. In one especially memorable moment following the parade, Sylvan Grove's oldest resident, Lu Willingham, held the community's youngest resident, Grayson Branda, a touching reminder of the town's past, present, and future. (All photos courtesy of Terry Lilak and the Sylvan Grove 150th Celebration)

## New Hazel Avery Program Connects Youth to History

The Lincoln County Historical Society and Museum is proud to announce the launch of the Hazel Avery Student Internship / Work-Study Program, a groundbreaking initiative designed to engage local high school students in meaningful museum work while honoring Hazel Avery, the creator of the Kansas State Flag, and celebrating Lincoln as the birthplace of the State Flag. Starting in Fall 2026, the program will offer three unpaid internship positions to students from Lincoln High School, with plans to expand in Spring 2027 to include Sylvan-Lucas High School. Interns will gain hands-on experience in marketing and pr, archiving, exhibit preparation, research, customer service, and museum operations, earning academic credit while contributing to the preservation of Lincoln County's rich history.

## Parents as Teachers present Walk and Roll

All kids ages 0-6 are welcome to bring their bikes/trikes/scooters/strollers (and helmets) to the Lincoln City Park on May 26 at 6 p.m. Car and bicycle themed activities are planned, children can walk or ride their vehicles around the tennis courts and learn about bicycle and traffic safety! As an added perk, parents will have opportunity to meet other families who live in the area. Children should bring their riding helmets if they have one. There will be a free helmet giveaway during the event.

## Calling high school juniors - Class of 2027

ACT's American College Application Campaign (ACAC) is partnering with College Essay Guy this spring and summer to offer FREE webinars designed to help students get started on their college personal statement. Students only need to register for ONE session, as both webinars will cover the same information.

## Summer hours for Lincoln County Transportation

Lincoln County Transportation is making some changes. Beginning June 18, 2026, riders are required to give at least a 24-hour notice when booking a ride. If a caregiver will be accompanying the rider, please state such at the time of the booking. We do anticipate taking multiple riders and our vans only hold up to five people. Due to rising gas prices, the County Board of Commissioners have made the decision to cut back on miles driven and fares. Beginning June 18, 2026, rides within Lincoln will be \$2.00 per round trip. In county round trip will be \$6.00 plus \$.50 per stop. Trips may be booked to Ellsworth, Beloit and Minneapolis for \$10.00 per round trip plus \$1.00 per stop. Trips can be made to Salina Mondays and Wednesdays at \$12.00 round trip plus \$2.00 per stop.

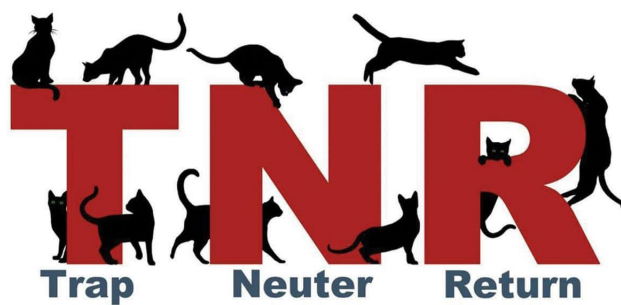
## A Dog's Life to begin TNR program

We know - I've heard it. What's the point? Or, "It's just a cat (or dog)." Everyone has heard the complaints about stray dogs and feral cats. They tear up our lawns and gardens, walk on our vehicles, fight with our pets, multiplying in our garages and in some cases, attacking humans. The truth is none of these animals asked to be displaced - none of them asked to be surviving on their own - none of them asked for any of this. All we want to do is help. A Dog's Life Rescue and Networking Association, is based in Lincoln, and a humane society. Joseph and Joshua Baker, along with their board of directors, have been working in Lincoln County for two years. Their organization has be-

come highly networked and involved across the country in projects big and small,

and partnering with locals and rescue partners to find them homes. This will also

Anything helps, even spreading the word.



with a great network of rescues and teams. In Lincoln last year the group moved multiple medical case cats from the street, providing vaccinations, neutering, to the good life with a rescue partner. These were cats that were unclaimed and dying. The group wants to lower the stray population through humane and moral causes such as TNR

help us keep wildlife out of town and weak diseases at a minimum. Last year two cats were seen with what was believed to be signs of the distemper and 100% fatal disease distemper. They were dispatched by local authorities to avoid the spread. These diseases can be infectious and lethal even if shared with a pet who has been vaccinated.

The group can provide low income assistance to people in need of vetting for their pets, in an effort to stop the overflowing growth of animals. Millions are killed monthly across the nation in shelters, on the roads, and in cruelty cases. "Lincoln is a small county with small towns - let's be the first in Kansas to fix our issues and be a leader in what animal welfare can and should look like," Joseph said. Thanks to a generous donor and funding support, the group is officially able to begin a TNR (Trap-Neuter-Return) program! That means real progress is finally possible. But to keep

See "A Dog's Life" page 5

## Making a lasting impact in our communities

Since 2023, the Patterson Family Foundation has been partnering with the Post Rock Community Foundation through matching dollars and the results have been incredible. To date, \$66,320.64 has been granted back into our communities, supporting 19 different projects across the area! One of the largest grants helped fund the Safety at the Playground - USD 298 Playground Resurfacing Project. And the impact has been truly meaningful: "This project has brought so much happiness to our students and families. We didn't fully realize how much the playground needed attention until it was redone. Now we truly understand the impact a safe, updated playground can have on both the school and the community - especially for our kids." - Nikki Flinn, Superintendent of USD 298 This is what community partnership looks like—real change, real benefits, and brighter spaces for our future. Thank you Patterson Family Foundation. Don't miss out on supporting amazing projects like this one. The Post Rock Community Foundation's Second Chance Match Month is continuing through the end of May, your dollars can make an even greater impact this month!



### The Hidden Cost of Winning Big



Ever watched The Price Is Right or Jeopardy! and thought you could win big? While game show prizes sound exciting, many contestants are surprised to learn the winnings are taxable.

In the United States, cash and prize winnings are considered income by the IRS. That means winning a \$50,000 car could leave you owing \$10,000 to \$15,000 in federal and state taxes, depending on your tax bracket. Contestants are often taxed based on the prize's retail value, which can be higher than what the item would actually sell for.

### Cash Grain

Corn .....	\$4.08
Milo .....	\$3.73
Soybeans.....	\$10.97
Wheat.....	\$6.32

Cash prices courtesy of Ag Mark

## Community Calendar

### Thursday, June 4

USD 298: Cheer Camp @ LHS  
USD 299: Cheer Camp @ LHS

### Friday, June 5

Lincoln: Alumni Weekend through June 7  
USD 298: Cheer Camp @ LHS  
USD 299: Cheer Camp @ LHS

### Saturday, June 6

Lincoln: Free Fishing Day; City-Wide Garage Sales

### Sunday, June 7

Lincoln: Free Fishing Day  
USD 299: 1:30pm Booster Club meeting @ Lincoln Mexican Restaurant; 3:45pm Storm BB Practice @ Sylvan Gym

### Monday, June 8

USD 299: 7pm Board of Ed Mtg

### Tuesday, June 9

Lincoln: 10:15 am Summer Storytime @ Lincoln Carnegie Library  
USD 299: 8am HS Girls BB Practice Sylvan Gym

### Wednesday, June 10

USD 298: 9 am Enrollment Meeting @ BOE office; 10am HS VB Practice Sylvan Gym

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.

# Honors Student Spotlight

## Lincoln Junior/Senior High 2nd Semester Honor Roll

### A Honor Roll

2026: Alaya Bourque, Veronica Ford, Josee Hillegeist, Jasmine Hoffman, Alyssa Lopez  
2027: Benjamin Bell, Madden Esposito, Ember Larson  
2028: Gabriel Esposito, Mallie Florence, Chloe Helus, Anna Koster, Ivey Sheldon  
2029: Colton Baxter, Juliette Good, Laina Larson, Alison Rosebrook  
2030: Dane Bates, Titus Bell, Hailey Buttenhoff, Kaitlyn Heinze, Emily King, Gavin Lopez, Sloan McReynolds-Baetz, Marissa Rosebrook, Kayley Schnieder, Ethan Wolting  
2031: Olivia Borst, Leilani Holeman, Chloe Koster, Layne Nelson, Conor Schneider, Brianna Westerman  
2032: Kyndal Flinn, Kali Gardner, Caylen Holeman, Austin Rosebrook, Brennan Wolting

### A-B Honor Roll

2026: Austin Ahring, Aliana Becerra-Gil, Jonathan Bell, Damon Bennett, Easton Good, Kimberly Helus, Jasmín Hoffman, Jordan Meyer, Riley Obermueller, Nayalie Polly, Aprilia Suiter, Cooper Winsky  
2027: Clay Bates, Chris Boucher, Logan Dail, Olivia Dail, Mckayla Meier, Alannah Polly, Kadin Schneider, Ethney Sheldon, Evan Voeltz  
2028: Izabell Dail, Jaden Merrell, Ian Ryan, Camden Weber  
2029: Tenley Buttenhoff, Keynan Flinn, Alexis Hoffman, Jahdiel Miller, Arabella Westerman, Hadley Wiebke  
2030: Kimber Gardner, Benjamin Hull, Coy Rathbun, Emily Rodriguez-Nolasco, Reiko Rosado  
2031: Grace Bishop, Lyla Hair, Levi Hillegeist, Adrian Rathbun, Aaliyah Stertz  
2032: August Buttenhoff, Parker Hall, Sadie Hull, Jack Metz, Amelia Norman, Madelyn Oliver, Kaydence Serrien, Harper Zachgo

### Thanks to our Sponsors

Bank of Tescott  
Citizens State Bank & Trust Co  
Deckert & Sons Trucking Inc  
Farmway Credit Union  
Frederking Seed  
G. Kyle Gwinner, Optometrist  
Horizon Farm & Ranch Realty  
Insurance Works  
Lincoln County Hospital  
Lincoln Grocery

Meyer Tire  
Mity Mart  
Post Rock Aviation  
Scoular  
Seirer's Clothing  
Susan Marshall, Attorney at Law  
Sylvan Sales Commission  
USD #299, Sylvan Unified School District  
Viv's Retail Liquor  
Wilson Communications

### Congratulations

## Students win Citizenship Awards



High school: Carter Johnson and Breckyn Gosvener

Junior High: Jaxson Meitler and Keira Palmer

High school students Carter Johnson and Breckyn Gosvener, as well as Junior high students Jaxson Meitler and Keira Palmer, received Citizenship Awards.

In order for a high school citizenship award the following criteria

must be met:

- Demonstrates leadership in school or community activities.
- Participates in volunteer work or service projects regularly.
- Shows respect and kindness towards peers and staff.

- Promotes inclusivity and diversity within the school environment.
- Acts as a positive role model for fellow students.
- Engages in initiatives that benefit the local community.

## Switchgrass Summer Art Program off to a Creative Start

The Switchgrass Summer Art Program is now in full swing, providing creativity, community, and complimentary art opportunities to children in the area every Thursday through August 27. Conveniently located at the Switchgrass Art Cooperative (208 S. Main Street, Lucas), the program is accessible to all children aged 1-18, irrespective of their residence or family's financial status.

### Week 1: Art Journals and Free Lunches

The program commenced with an Art Journal class, during which 27 children crafted personalized covers for their summer sketchbooks. This year, Switchgrass received a donation of scrapbooks from the Pete Felten estate to be utilized as art journals. These journals will be added throughout the program and returned to participants at the end of the summer. If you missed the first week, children are welcome to create an art journal at any class during the summer. In addition to hands-on art-making, 15 nutritious meals were distributed through our ongoing collaboration with Feeding the Children of Central Kansas, headquartered in Wilson.

**Upcoming May 28: Print Making**  
This week's class will delve into the dynamic realm of print making.

- Toddlers and preschoolers will engage in creating artworks using rubber stamps, experimenting with repetition and layering techniques.
- Social and Quiet Hour attendees will create monoprints.

### Lunch Details:

Every Wednesday and Thursday at the Switchgrass Classroom  
Free lunch is available to children aged 1 through 18. Attendance at the art class is not required to receive a meal, and meals may be taken to go. Lunch reservations are due the week prior to each Thursday session. Reservations can be made by emailing switchgrass.lucas@gmail.com or by visiting the gallery during business hours.

### Program Details:

- Toddler & Preschool Class - 11:00 AM**
- Social Hour Class - 12:00 PM**
- Quiet Hour Class - 1:00 PM**
- Support the Summer Art Program:**

This program is supported by community donations and volunteers. In 2025, Switchgrass distributed over 380 lunches and delivered more than 140 art lessons to children in the area. Donations help replenish art supplies, and volunteers are always welcome.

To get involved or learn more, visit SwitchgrassCoop.com or visit the gallery during business hours.

Switchgrass is a volunteer-run artist cooperative located in Lucas, Kansas, that supports over 30 regional artists and authors year-round.



### Monday, June 1

Roast Turkey, Gravy, Green Beans w/Onions, Fruit Cobbler, Roll & Milk

### Tuesday, June 2

Baked Chicken, Mashed Potatoes w/Gravy, Broccoli, Ambrosia, Roll & Milk

### Wednesday, June 3

Beef & Noodles, Mashed Potatoes, Stewed Tomatoes, Fruit & Milk

### Thursday, June 4

Roast Pork, Rice, Green Beans, Apricots, Roll & Milk

### Friday, June 5

Chicken Pot Pie, Biscuit, Salad, 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.

**Phone Number & Website**  
785-524-4200 | JLSNewsGroup.com

## VACATION BIBLE SCHOOL!



June 1-5, 2026

9:00-Noon

4 Yr Preschool

through 6th Grade

Beverly Community Church

200 Agnes, Beverly, KS

Register Today:



www.beverlycommunitychurch.org/vbs

# Contact Information: Lincoln Sentinel-Republican

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

## Honors Student Spotlight

Lucas-Sylvan Jr/Sr High  
1st Semester Honor Roll

**4.0 GPA Honor Roll**

12th- Leah Criswell, Montana Griffiths, Molly Heller, Macie Ortiz, Josie Svaty, LeeAllie Wacker  
11th- Abigail Feldkamp  
10th- Caleb Dlabal, Cooper Johnson, Landon McCarter, Caleb Meier, Jayden Meitler, Lily Pancost, Teryn Spear, Brooklyn Thielen  
9th- Ben Feldkamp, Sam Heller  
8th- Cason Hlad, Jaxson Meitler  
7th- Raynna Beckman, Bo Brokes, Eli Brokes, Kai Frederking, Wyatt Mullender, Briggs Seehafer, Ronni Stoppel, Emerald Ugbo

**3.5-3.99 GPA Honor Roll**

12th- Layne Buttenhoff, Olivia Crawford, Vance Dohl, Breckyn Gosvener, Aubrelle

Hurlbut, Carter Johnson, Tristan Keith, Harlee Nelson, Kristyn Nimz, Chase Palmer, Isaac Schultz, Railyne Soukup  
11th- Garrett Bohnen, Kenzley Frederking, Saydee Goss, Codie Huehl, Zayne Maupin, Kadence Palmer, Ozzie Trevino  
10th- Lane Brokes, Cody Charvat, Colton Covio, Dominique Davidson, Tevis Dohl, Merzadys Gustus, Triston Kraft, Tucker Mullender, Mina Pahls, Mavrik Ranker, Faith Soukup, Belle Wehrman  
9th- Aeris Brock, Lauren Brokes, Jozelyn Davidson  
8th- Chrissy Balluch, Tayleigh Denning, Kaidence Mikulecky, Blaine Nelson, Peyton Nielsen, Kenny Pahls, Keira Palmer  
7th- Micah Agler, Benton Barta, Davan Kuster, Jacob Gosvener, Rio Siebert

*Thanks to our Sponsors*

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

*Congratulations!*



- 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.

**CORRECTION**

### Potluck dinner

by Cindy Entriken

Thirty people — newcomers and long-time residents — from Lincoln County attended a potluck dinner on Sunday May 17, 2026, at the Lincoln Shared Kitchen. The gathering, sponsored by Countywide Connections, formerly known as the Welcoming Committee, was to welcome newcomers to the county and to talk about volunteer opportunities. Damon Vonada talked about successful volunteer efforts to save and restore the Union Pacific Depot in Sylvan Grove. Volunteers painted and decorated the three-room building. Local

residents donated items which were originally at the depot including a safe, numerous books about trains, and historical items that belonged to the Union Pacific Railroad at one time. Vonada invited everyone to Sylvan Grove for the 150th celebration of the founding of the town. Events scheduled during the celebration include a parade, the reenactment of the Sylvan Grove bank robbery, and an open house at the train depot. The celebration will be on Saturday, May 23, 2026. Kelly Gourley spoke about the pocket park on West Lincoln Avenue. Lincoln County has given

the pocket park to the Economic Development Foundation. Last fall the Foundation solicited input from the public about a design for the new park. With funds from a grant the east and west limestone walls, which heretofore were not exposed to the elements, have been tucked so that they can withstand Kansas weather. According to Gourley, in order to obtain grant funds for development of the park, she needs to raise money from local sources. Gourley hopes to raise about \$50,000 to use as seed money for the project.

### COMMISSION MEETING MINUTES

May 11, 2026  
The Lincoln County Board of Commissioners met in the courthouse commission meeting room on Monday, May 11, 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, Kelly Gourley, Colleen Tennant, Glenna Phillips, Becky McCary, Felicia Strahm, Jennifer Bryant, Shawn Esterl,

Dustin Florence, and Mike Kratky. Administrator's report: discussed the courthouse tax credits and the ability to amend the project to include the clock project and the roof replacement; contacted TreanorHL regarding providing the courthouse plans to companies interested in bidding to be the project manager; and provided an update on an EMS grant application. Economic Development Director Kelly Gourley discussed plans to amend the organization's bylaws and explained the current process for electing new

members. Gourley stated that the proposed bylaw changes would require the Board of Commissioners to appoint new members to the foundation. Before the appointment, the foundation's Board of Trustees would review individuals nominated for open positions and make a recommendation to the Board of Commissioners. Transportation Bus Director Colleen Tennant related that Bret Kingan has resigned as a part-time driver. Tennant discussed issues with passengers and presented

a proposed increase to the fee schedule. Debora Smith moved to approve the updated fares for the Transportation Bus, effective June 1, seconded by Leon Hart. Motion carried. Central Kansas Mental Health Center representatives Glenna Phillips and Becky McCary reviewed the Center's annual report and presented the 2027 budget request. Human Resource Officer Felicia Strahm provided a quote to update the county's pay scale. The board requested that

See "COMMISSION" page 5

**Lincoln City ~ Wide Garage Sales Saturday, June 6**

Sale list & map available Wednesday, June 3 at Mity Mart, Lincoln Grocery & Lincoln Chamber Facebook  
785-524-4934

**Bill Houston, turning 90 years young**

Drop by to celebrate and share stories  
Saturday, June 13th, 1-3 pm

Parish Hall, Lincoln  
No gifts please

### Highlights from Horse sale

We want to thank all buyers and consignors alike from the Spring Spectacular Catalog Horse Sale. We had a great turn out with exceptional horses. High seller was Lot#131- 2020 palomino mare by Wimpys Little Colonel- she has 62 AQHA team roping points. Wimpy's Brand fetched a price of \$25,500.00 consigned by Jamie Stover  
2nd High Seller was MS Cherokeeote Mitch a 2023 buckskin mare by Call Me Mitch for \$18,750.00 consigned by Garrett Brehm.  
3rd High seller was Leo Lena Lariat a 2019 palomino gelding by Taco Tuck Leo for a nice ticket of \$17,500 consigned by Gordon Christiansen.

Top 5 averaged \$19,150  
Top 10 averaged \$17315  
Top 20 averaged \$14043

## 150th Celebration Thank You

Congratulations to Jennifer Huehl, Terry Lilac, and all the folks who worked so hard to put together a brilliant 150th Celebration for Sylvan Grove. Our thanks to all of those who came from far and wide, from neighboring towns, and from just across the street to celebrate Sylvan Grove and our heritage. God smiled on us with picture perfect weather. But the rest of the event was the culmination of a great many people working hard and working together to make something beautiful and memorable for our town. Well done.

Due to the rising cost of gas prices, the Commissioners have decided we need to cut back on miles driven and increase our fares.

### Our new schedule and fares for Lincoln County Public Transportation

**New Fares & Mileage  
Starting Thursday, June 18th**

Lincoln \$2 Round Trip

In County \$6 Round Trip \$.50 per Stop

Ellsworth, Beloit, and Minneapolis \$10 Round Trip/ \$1 per Stop

Salina 2 days a week \$12 Round Trip \$2 per Stop (Monday & Wednesday)



**JUNE 5-6-7 • MARION, KS**  
Free BBQ • Cornhole  
12 & under free

# CHINGAWASSA Day

**ELL YOUNG BAND**  
+ 5 others

## Farmers & Ranchers Livestock Commission Co.

Total for the Week - Cattle - 3,040

Bulls - \$245 - \$251 Cows - \$180 - \$191

Strs	Hfrs
300-400 \$590.00-601.00	300-400 \$500.00-510.00
400-500 \$565.00-575.00	400-500 \$490.00-500.00
500-600 \$495.00-507.50	500-600 \$405.00-414.00
600-700 \$450.00-460.00	600-700 \$405.00-414.00
700-800 \$375.00-388.00	700-800 \$345.00-354.00
800-900 \$355.00-365.00	800-900 \$345.00-355.50
900-1000 \$320.00-330.25	900-1000 \$304.00-314.50

**No sale UNTIL June 8th. Mondays ONLY  
the month of June.**

For a complete list of cattle for all sales check out our website at: [www.fandrive.com](http://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

**CKMHC**  
CENTRAL KANSAS MENTAL HEALTH CENTER

Salina  
809 Elmhurst Blvd  
(Main Office)

Abilene Ellsworth Lincoln Minneapolis  
420 NE 10th St 1602 Aylward Ave 114 W Court St 817 A Argyle Ave

CKMHC Crisis Services Available 24/7  
785-823-6322 or 800-794-8281

**Help whenever you need it.**

<p><b>988 Suicide and Crisis Lifeline</b></p> <p>If you or someone you know needs support now Call or text 988 Chat: 988lifeline.org</p>	<p><b>Crisis Text Line</b></p> <p>Serves anyone, in any type of crisis. Text "HOME" to 741741 Chat: crisistextline.org or connect on WhatsApp</p>
<p><b>Farm Aid Hotline</b> (English or Spanish)</p> <p>If you or a loved one in the farming/ag community is struggling please reach out Call: 1-800-327-6243 or call/text 988</p>	<p><b>The Trevor Project</b></p> <p>Crisis Support Services for LGBTQ youth in need. Text "START" to 678678</p>
<p><b>Veterans Crisis Line</b></p> <p>A free, confidential resource for all service members. Call 988 and press 1</p>	<p><b>National Domestic Violence Hotline</b></p> <p>Text "START" to 88788 Chat: thehotline.org Call: 1-800-799-7233 (SAFE)</p>

## Post Rock Extension District

### Managing Bloat in Beef Cattle

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

Under normal function, gases are produced continuously by fermentation in the rumen and are regularly eructated or burped up. Various scenarios can interfere with normal eructation and gas release in cattle. The outcome is a buildup of gases, distention of the rumen, and then ultimately a life-threatening situation. This is what we refer to as "Bloat". Ruminant distention is the primary clinical sign of bloat. Distention is noted in the animal's left paralumbar fossa (high on the abdomen, behind the ribs, below the spine, in front of the hip). It is very evident if you observe the animal from behind. As the abdomen continues to expand, pressure is put on the diaphragm, which increases the difficulty to breathe. The pressure also compresses blood flow to the rear of the body, leading to weakening rear legs. Without immediate intervention, the animal will suffocate and expire from the buildup of gas in the rumen. There are 2 main forms of bloat in cattle: Frothy and free gas. Frothy bloat occurs when gas produced by fermentation becomes entrapped in tiny bubbles, forming a foam-like consistency that cannot be burped out. There are many factors that can lead to this foam creation, but it is often attributed to consuming highly digestible rapidly degraded soluble proteins in lush growing legume pasture. This form is often referred to as "Pasture Bloat" as that is where it is most often seen but can occur in feedlot cattle depending on the rumen conditions and ration.

Free-gas bloat, on the other hand, is typically seen in feedlot or growing scenarios and involves issues with rumen motility and the ability to burp.

Free gas bloat is often associated with bouts of acidosis or vagal nerve entrapment. Acidosis-induced bloat occurs when finely ground grains are consumed, and rapid fermentation occurs, leading to rapid gas production and reduced pH. Acidosis can directly damage the rumen walls. Both situations interfere with rumen contractility, leading to bloat. Vagal nerve entrapment can also lead to free gas bloat. The vagal nerve travels through the chest cavity before it enters the abdomen. The vagal nerve sends signals to the rumen and the intestines to control contractions of the smooth muscle. In some situations, after a bout of BRD (Bovine Respiratory Disease), the lymph nodes can swell near the lungs, leading to entrapment of the vagal nerve. If the rumen is no longer receiving complete signals to contract correctly, eructation interference occurs, leading to bloat. Free-gas bloats are often an individual issue within larger groups.

Regardless of the root cause, bloat is an emergency situation. The goal of treatment is to relieve the pressure on the diaphragm to allow the animal to freely breathe. Ideally, the animal is mechanically restrained, an oral speculum is placed in the animal's mouth, and a large-bore stomach tube is passed through the speculum from the mouth into the rumen. Once the tube reaches the rumen, the gas or froth is immediately expelled, providing relief. In frothy bloat cases, complete alleviation of the bloat cannot be done until the gas trapped in the froth is released. In such cases, some type of surfactant is recommended to break down the foam and release the gas to be belched out. Common products that are used are poloxalene or mineral oil, and are administered orally through the stomach tube. Never drench the products into a bloated animal, as swallowing ability is often impaired and puts the

animal at risk of aspiration pneumonia. Relieved bloat cases should be monitored closely for a few days, as re-tubing and therapy for relief is often necessary. For animals that have chronic free gas bloat, a small surgical fistula can be created by a veterinarian. These fistulas will provide relief to any bloat without intervention for 60-90 days.

Preventing bloat in most cases comes down to grazing and feeding management. For frothy bloat, this can entail utilizing free choice anti-foaming products as well as changing grazing practices to reduce the likelihood of problems. For free-gas bloat, the main goal is to reduce acidotic events and maintain consistent feed intake. Utilizing products like ionophores can moderate intakes to help reduce risk as well. If numerous free gas bloats occur in a short period of time, it's essential to investigate water tanks for availability or stray voltage, as well as evaluating ration composition for problems.

Bloat is a relatively common issue that can occur on any cattle operation. Cattle producers should all consider prior planning, the proper tools, and practical know-how to alleviate bloat. Your local veterinarian is an excellent resource to ensure you have a proper plan in place. Thanks to A.J. Tarpoff, Kansas State Extension Veterinarian, for sharing information related to bloat. 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](mailto: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](http://www.postrock.k-state.edu).

## PRAIRIE DOC BY CHRISSIE YOUNG, MS

### Adverse Childhood Experiences: From Public Health Crisis to Clinical Opportunity

Since the landmark 1998 study conducted by the CDC and Kaiser Permanente, it has been understood that Adverse Childhood Experiences (ACEs), traumatic events occurring before age 18, have a profound and lasting impact on adult health. These experiences, ranging from abuse and neglect to household dysfunction like substance misuse or mental illness, are remarkably common. Approximately 62% of adults have experienced at least one ACE, and one in six report four or more.

The evidence for a dose-response relationship between ACEs and negative health outcomes is striking. Individuals with high ACE scores (four or more) face significantly increased risks for nine of the ten leading causes of death in the United States. This includes a 2.1-fold increased risk of heart disease, 2.3-fold for cancer, and 3.1-fold for chronic lower respiratory disease. The impact on behavioral health is even more acute, with high ACE scores associated with a 4.7-fold increase in depression, a 10.2-fold increase in substance dependence, and a staggering 37.5-fold increase in suicide attempts.

The biological mechanism driving these outcomes is the toxic stress response. When significant adversity is experienced without the buffering protection of safe, stable relationships, it leads to prolonged activation of the body's stress response systems. This disruption to neuro-endocrine-immune-metabolic (NEIM) function, alters gene expression via epigenetic markers, and accelerates cellular aging through the shortening of telomeres.

However, the most critical takeaway for clinicians is that ACEs are not destiny. The brain and body remain malleable throughout the life course, and targeted interventions can improve outcomes even for adults with high ACE scores. A modern clinical response requires moving beyond isolated medical treatments toward a multidisciplinary "Network of Care" that leverages the expertise of Community Health Workers (CHWs).

CHWs are essential mitigating fac-

tors because they are uniquely positioned to solve for social determinants of health (SDOH). Because ACEs often co-occur with challenges like housing instability, food insecurity, and economic hardship, CHWs help patients secure these basic needs. By addressing these external stressors, CHWs effectively lower the "cumulative dose" of adversity the patient experiences, which is necessary for the body to return to a state of homeostasis. Furthermore, as culturally congruent navigators, they build the trust needed to coach patients in self-care and "stress-busting" strategies.

Robust evidence suggests that seven key evidence-based strategies can mitigate NEIM disruptions and enhance neuroplasticity:

1. Supportive Relationships: Buffering stress through strong emotional connections.
2. Quality Sleep: Improving immune regulation through healthy sleep habits.
3. Balanced Nutrition: Counteracting pro-inflammatory states with anti-inflammatory diets.
4. Regular Physical Activity: Promoting neurogenesis and metabolic health.
5. Mindfulness Practices: Reducing stress hormones and improving emotional regulation.
6. Access to Nature: Lowering blood pressure and calming the stress response.
7. Mental and Behavioral Healthcare: Trauma-informed therapies to reverse cellular "wear and tear".

Implementing trauma-informed care (TIC) allows providers to move the clinical inquiry from "What is wrong with you?" to "What happened to you?". By recognizing toxic stress as a treatable health condition and utilizing CHWs to address underlying social needs, we can offer genuine healing. In doing so, we not only improve individual adult outcomes but also interrupt the intergenerational transmission of adversity, providing a healthier foundation for the next generation.

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**A Dog's Life/**from page 1

the funding focused on what matters most, medical care, we desperately need help with supplies like cat kennels; small cat carriers; humane trapping supplies; towels & blankets and cleaning supplies

Currently the group's focus will be on Sylvan, as their donors are Sylvan locals who specifically asked for these funds to help address the local cat population issue. We are more than happy to honor that request and honestly excited to finally tackle a problem the community has dealt with for decades.

And by the way, this issue is bigger than "just cats." One unspayed female cat and her offspring can produce hundreds, even thousands of cats over several years. Free-roaming domestic cats are responsible for the deaths of billions of birds and small wildlife annually in the United States. They are considered one of the largest human-linked threats to native wildlife populations.

Outdoor cat colonies also face horrible conditions themselves: hit by cars; attacked by wildlife; exposed to harsh weather; disease & parasites and starvation and injury. Unmanaged outdoor cats commonly suffer from intestinal parasites; fleas & ticks; upper respiratory infections; feline leukemia (FeLV); feline immunodeficiency virus (FIV) and untreated eye infections and injuries.

Tick-borne illnesses are also a growing concern in Kansas and surrounding states. Diseases like Cytauxzoonosis, often called "bobcat fever," are extremely deadly to domestic cats and spread through tick bites. Many infected cats die within days without treatment. Parasite infestations in feral colonies can become severe quickly, especially in kittens, causing malnutrition, anemia, dehydration, and painful deaths that are entirely preventable with intervention.

TNR helps stop the cycle humanely, meaning there are fewer kittens suffering, fewer sick and injured cats, fewer overwhelmed shelters and fewer calls about colonies multiplying behind every abandoned building and grain bin in rural Kansas.

Baker says the program only works if the community stands behind it. "Once we build enough community support in Lincoln, we will begin expanding there as well," Baker said. "We cannot fix a decades-long issue overnight, but we can start making measurable change right now."

**Commission/**from page 3

additional companies be asked to quote.

Sheriff Dustin Florence requested approval to transfer Denae Smith to the full-time jailer position. Debora Smith moved to transfer Denae Smith from a full-time communications officer to a full-time jailer, at grade 30 step 10, \$17.85 per hour, effective May 26, 2026, seconded by Ken Meitler. Motion carried. Florence requested that Jennifer Bryant be transferred from part-time to full-time dispatcher. Debora Smith moved to move Jennifer Bryant from part-time to full-time dispatcher, Grade 13, Step 8 at \$15.50 per hour, effective May 26, 2026, seconded by Ken Meitler. Motion carried. Florence related that a former dispatcher is interested in working part-time for the department, an individual has expressed interest in becoming a part-time deputy, and that John Novak has resigned as a part-time dispatcher. The board will take formal action once pre-employment testing and pay are determined.

Shawn Esterl, Saline County Environmentalist, presented the 1st quarter Local Environmental Protection Program (LEPP) performance report for services provided within the county. Esterl noted that his organization needs to be included when individuals submit land plats for the board's approval to ensure that lot designs meet sanitary code requirements before the board takes formal action on the plat.

Human Resource Officer Felicia Strahm related that a retirement reception for Dave Winckler will be held on May 28 from 3 p.m. - 5 p.m. at the highway department shop. Strahm discussed the October employee training day. Debora Smith moved to recess into executive session for thirty minutes for the purpose of discussing FMLA and employee conduct, 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 Leon Hart. Motion carried. Time in: 11:33 a.m. Time out: 12:03 p.m.

The chairman reconvened the meeting to regular session at 12:03 p.m. with no action taken.

Strahm discussed available open positions. The board identified topics to discuss at the upcoming department head meeting.

The board discussed the requirement that contractors be KDOT prequalified to bid on building Cell #3 of the Construction/Demolition (CD) pit. The board agreed that contractors would not need to be KDOT prequalified to work on this particular project.

Clerk Harlow provided an email from the State ROZ program regarding an individual's request to modify for student loan reimbursement before the end of the program on June 30, thereby enabling her to receive the full five years of reimbursement. Clerk Harlow will contact the State to ask additional questions posed by the board.

Debora Smith moved to approve the minutes of the May 4, 2026, meeting, seconded by Leon Hart. Motion carried.

Mike Kratky complimented a highway department motor grader operator on the road maintenance completed. The chairman adjourned the meeting at 1:52 p.m. The next meeting will be in the courthouse commission meeting room at 8:30 a.m. on Monday, May 18, 2026.

**Doc/**from page 4

and adult neurologic conditions? <https://www.uclahealth.org/news/article/is-there-a-link-between-childhood-trauma-and-adult-neurologic-conditions>

Chrissie Young, MS, is the Director of the Center for the Prevention of Child Maltreatment at the University of South Dakota. She leads statewide efforts to strengthen child- and family-serving systems through training, technical assistance, prevention initiatives, and cross-sector collaboration. Her work focuses on building community and professional capacity to better recognize, respond to, and prevent child maltreatment and adverse childhood experiences. Follow The Prairie Doc® at www.prairiedoc.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).

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# Area Athletes Headed to State Track Meet After Strong Regional Performances

Athletes from Lincoln, Tescott, and Sylvan-Lucas are preparing for the biggest meet of the season after turning in impressive performances at the KSHSAA 1A Regional Track Meet in Lincoln. Several area competitors earned trips to the state track and field championships in Wichita by finishing among the top qualifiers in their events.

The KSHSAA State Track and Field Championships will be held Friday and Saturday, May 29-30, at Cessna Stadium on the campus of Wichita State University in Wichita.

Lincoln will send a strong group of athletes to state, highlighted by Xavier Miller, who qualified in both the 200-meter dash and 400-meter dash. The Leopards' boys 4x400-meter relay team of Jeremiah Miller, Xavier Miller, Ben Bell, and Jonathan Bell also punched their ticket to state after a stand-out regional performance.

Lincoln's girls 4x400-meter relay team of Kaylee Obermuller, Ember Larson, Lily Behrens, and Tennyson Donley also qualified for the state meet, continuing a strong season for the relay squad.

In field events, Ben Bell and Dylan Rosebrook advanced in pole vault, while Easton Good qualified in both shot put and javelin. Austin Ahring earned a state berth in discus, and Jeremiah Miller added another qualification in the 300-meter hurdles.

Tescott will also be well represented in Wichita. Hailey Thornhill qualified in both the 200-meter dash and 400-meter dash, while Joey Stirn advanced in the 300-meter hurdles. Breonna Peterson earned state appearances in both the one-mile and two-mile runs after strong distance performances at regionals.

Sylvan-Lucas will also be represented at state by three athletes. Vance Dohl qualified in the high jump, Codie Huehl earned a trip to Wichita in the 400-meter run, and Lane Brokes advanced in the discus.

The state track and field championships bring together the top Class 1A athletes from across Kansas, and area fans will have plenty of local competitors to cheer for as the season reaches its finale. From sprinters and hurdlers to throwers, vaulters, relay teams, and distance runners, the local schools will be well represented on Kansas' biggest high school track stage.



BREONNA PETERSON



EASTON GOOD



CODIE HUEHL



EMBER LARSON



JEREMIAH MILLER



XAVIER MILLER



JOEY STIRN

## Mustang Softball-Season Comes to a Close

The Sylvan-Lucas Lady Mustangs softball team wrapped up their season after a hard-fought matchup against TMP-Marian. The team celebrated several accomplishments along the way, including Brooklyn Thielen blasting her second home run of the season and Lily Pancost earning recognition for reaching 100 strikeouts this year. Teammates gathered together following the game to celebrate a season filled with memories, milestones, and Mustang pride. Back row left to right: Saydee Goss, Belle Wehrman, Faith Soukup, Molly Heller, Brooklyn Thielen, Lily Pancost, Caleb Dlabal, Morgan Finkenbinder, Olivia Crawford, Aeris Brock, Kenzley Frederking, Kelton Frederking, Zane Maupin, Cai Labertew, Lane Brokes, Layne Buttenhoff. Front Row left to right: Merzadys Gustus, Josie Svaty, Jayden Meitler, Asst. Coach Elsie Finkenbinder, me, Teryn Spear, Montana Griffiths, Mina Pahlis, Harlee Nelson, Kelbie Nelson.



## Area Athletes Selected for Summer All-Star Football Games

Several area athletes and coaches will have one final opportunity to represent their schools this summer after being selected to participate in Kansas and Colorado all-star football games.

Tescott senior Charlie Phelps was selected to play on the Kansas All-Star roster for the Colorado 6-Man All-State Football Game, which will be held Saturday, June 6, beginning at 11 a.m. in Alamosa. Phelps will also have the opportunity to be coached one more time by Tescott High School Head Coach Daymon Walker, who was selected to coach

the Kansas squad. The annual all-star game showcases some of the top six-man football athletes from Kansas and Colorado and gives graduating seniors one final chance to compete at the high school level. The following weekend, several local athletes will

take part in the Kansas 8-Man All-Star Game in Beloit on Saturday, June 13. Lincoln seniors Easton Good, Kolton Meyer, and Brody Shearer were selected to compete on the Division I East Blue Team. Joining them on the roster will be Lincoln head football coach

Colby Hamel, who was chosen as part of the coaching staff for the East squad. Sylvan-Lucas standouts Vance Dohl and Carter Johnson were also selected to play on the Division I East Blue Team, adding even more local representation to the all-star roster.

The all-star games serve as a celebration of the athletes' high school football careers and recognize the dedication, leadership, and success these players and coaches brought to their programs and communities throughout their careers.



Easton Good, Lincoln



Brody Shearer, Lincoln



Kolton Meyer, Lincoln



Vance Dohl, Sylvan-Lucas



Carter Johnson, Sylvan-Lucas



Charlie Phelps, Tescott