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Lincoln FFA attends Agronomy Field Day at Beck's



LEARNING BEYOND THE CLASSROOM: Lincoln Jr./Sr. High School students gather in front of the Beck's sign during a recent FFA Agronomy Field Day. The hands-on experience gave students an opportunity to explore crop production, soil management and agricultural research while learning about potential careers in agriculture. *(Courtesy Photo)*

What is so special about an Agronomy Field Day at Beck's, you might ask? Well, it's simple.

Agronomy is the science of soil management and crop production. Beck's is a family farm on 80 acres that has grown into a major force in U.S. Agriculture. Since 1937, Beck's has grown into the third-largest seed brand in the U.S. For students with their eyes set on a career in agriculture, this is the pairing of best practices with best products.

An FFA Agronomy Field Day is a hands-on agricultural event where students, educators and local growers learn about crop production, research and best management practices through demonstrations, presentations and field activities.

In the FFA context, Agronomy is a Career Development Event (CDE) where teams present oral and written plans on agronomic scenarios, and members test knowledge in areas like crop quality evaluation, weed identification, soil and plant health and nutrient management.

A Field Day is a related, often public, event that brings these agronomic concepts to life on the field - typically at a demonstration center, farm or agricultural facility - with live examples, expert talks and interactive activities.

In Kansas, the Kansas FFA Agronomy CDE is a key competitive event, and local chapters may host or partner with Field Days to support members' learning and recognition. The next Agronomy Field Day will be held near Elkhorn, KS, and can be found at the Kansas FFA website, the Kansas Agribusiness Retailers Association sponsor page, or contact the local FFA chapter for evet listings.

Proposed USD 298 Bond Highlights Classroom HVAC and Window Upgrades

Part of an ongoing series on the $6.4 million bond issue, this release outlines plans to modernize climate control systems, improve indoor air quality, and enhance the learning environment at Lincoln Elementary.

Unified School District 298 Lincoln is sharing details on another key priority within the upcoming $6.4 million bond election on November 3: major upgrades to the heating, ventilation, air conditioning (HVAC) systems, and windows at Lincoln Elementary School.

The proposed bond measure directly improves the design of climate control infrastructure, replacing classroom HVAC units with a system designed specifically to foster a healthy and productive learning environment.

The Need for Improved Air Circulation and Classroom Acoustics

Lincoln Elementary's current windows do not open. This design limits ventilation, hindering the ability to bring in and circulate fresh outside air.

Proper ventilation and fresh air exchanges are essential in school environments. Beyond mitigating the airborne transmission of seasonal viruses like the flu and cold pathogens, fresh air plays a direct role in student performance:

• Improved Focus and Cognitive Function: Studies show that higher indoor carbon dioxide levels from poor ventilation lead to fatigue and reduced concentration; bringing fresh air into classrooms improves attention spans, memory retention, and overall academic performance.

• Quiet Operation: The current HVAC system uses noisy, stand-alone units located inside classrooms. Teachers must frequently compete with the loud system while instruction is taking place or choose to turn the climate control off entirely—resulting in uncomfortable classroom temperatures.

Furthermore, the existing units lack a centralized control system. Without automated night and weekend scheduling, the district misses critical opportunities to set back temperatures off-hours, leading to unnecessary energy consumption.

Modern Solutions for Efficiency and Comfort

If approved by voters on November 3, the proposed $6.4 million bond will replace the existing units with modern, highly efficient windows and a centralized, quiet HVAC system tailored for school facilities.

Key benefits of the upgraded systems include:

• Automated Fresh Air Delivery: The new system will continuously introduce filtered fresh air into the building as part of its normal operation.

See "Bond" page 7

Witches and Goblins and Ghouls! Oh my!

Like any other holiday (or pseudo-holiday) we Americans enjoy celebrating, Halloween has some interesting historic vibes attached to the mere mention of the day.

The day's earliest roots go back to Samhain, a Celtic festival marking the end of harvest and the start of winter. Celts believed that on October 31, the boundary between the living and the dead blurred, allowing spirits to return to the lives they left behind. In celebration of this spooky day, people lit bonfires, wore animal-skin costumes and practiced divination. It marks the end of All Hallowtide, a three-day Christian celebration honoring the dead.

In the 8th century, Pope Gregory III designated November 1 as All Saints' Day, incorporating some Samhain traditions. The evening before became All Hallows' Eve, later shortened to Halloween. Halloween marks the start of All Hallowtide, a threeday Christian observance remembering the dead.

The celebration eventually found its way into North American in the 19th century, where the holiday evolved into a secular celebration. By the 20th century, Halloween included trick-or-treating, costume parties, jack-o'-lanterns



and several haunted attractions, or distractions. Jack-o'-lanterns originated in Ireland, where people carved turnips before pumpkins became common in America. Now whole fields are planted in pumpkins and bumpy gourds to celebrate Halloween, and pumpkin patches are open to the public with a lot more to offer than pumpkins and gourds!

Halloween today blends ancient pagan beliefs, Christian observances, and modern cultural practices into a widely celebrated autumn festival. We might watch horror films, listen to Boris Karloff and his Monster Mash or live out fantasies by wearing costumes. Did you always wish you were a doctor? You can be one on Halloween!! A dog catcher? You got it! Sleeping Beauty? Of course!

One thing we never fail to do is invite all our princesses and heroes, monsters and ogres and even Barbie and Ken to beautiful historic downtown Lincoln, KS for Business Boo!

Business Boo is always on October 31 and always includes the four blocks of Lincoln Avenue that make downtown Lincoln (100 block of East Lincoln Ave through the 100 block of West Lincoln Ave. on both sides of the street). Merchants step outside their buildings and offer candy to all the goblins and spooks. Merchants whose buildings lie outside the downtown area are invited to come along, stake a claim on Lincoln Avenue and set up business for your treat giveaways, and of course, don't forget your costume!

Between 5 p.m. and 6 p.m. on All Hallows's Eve, Lincoln Avenue becomes the Walk of the Misfits as the parade moves one by one (or five by five in some groups) to each of the treat stations in search of their favorite sugar-loaded snack. Or you can grab a slice of Biggee's pizza at the VFW Hall.

Join us on Lincoln Avenue October 31 at 5 p.m. for Business Boo!! You won't be sorry!

Future Hoop Stars Hit the Court!



Young basketball enthusiasts in grades K-8 hit the hardwood Saturday, October 17, for the Brett Barney Basketball Clinic, sponsored by the Lincoln Recreation Department. Participants were divided into three age groups for hands-on instruction and skill development. Recreation Director Darcy Couse extended a special thank-you to Brett, Madi and Tim for sharing their time, talents and basketball expertise with the next generation of players!

October 24 is United Nations Day

United Nations Day is an annual commemorative day, reflecting the official creation of the United Nations on 24 October 1945. In 1947, the United Nations General Assembly declared 24 October, the anniversary of the Charter of the United Nations, to "be devoted to making known to the people of the world the aims and achievements of the United Nations and to gaining their support for" its work.

In 1971, the United Nations General Assembly adopted a further resolution (United Nations Resolution 2782) declaring that United Nations Day shall be an international observance or international holiday and recommended that it should be observed as a public holiday by United Nations member states.

The first event called "United Nations Day" was a World War II Allies' day of solidarity and military parades launched by US president Franklin D. Roosevelt tied to US Flag Day on 14 June 1942, six months after the Declaration by United Nations. It was observed in New York City as the "New York at War" parade, in London, and by the Soviet and Chinese governments.

It was observed throughout World War II, during 1942–1944. Prior to the foundation of the UN itself, it was not directly connected to the current international observance.

U.N. Day has traditionally been marked throughout the world with meetings, discussions and exhibits about the achievements and goals of the organization. In 1971, the General Assembly recommended that member states observe it as a public holiday.

Several international schools throughout the world would also celebrate the diversity of their student body on United Nations Day (although the event is not necessarily celebrated on 24 October). Celebrations often include a show of cultural performances in the evening and a food fair, where food is available from all over the world.

On United Nations Day in 1951, the United Nations Postal Administration issued the first UN Stamps, which were issued in U.S. Dollars at the U.N. Headquarters in New York.

In the United States, the President issued a proclamation each year for United Nations Day from 1948 until 2024.

In Kosovo, which is administered by the Interim Administration Mission, United Nations Day is an official non-working day.

Whatever Happened to Front Porch Sitting?



There was a time when front porches were the heart of American neighborhoods. Families gathered on warm evenings, children played nearby, and neighbors stopped to chat. But as automobiles, air conditioning and television became popular, Americans began spending more time indoors. After World War II, home designs shifted toward private backyards and patios, leaving front porches behind.

Today, front porches are making a comeback as homeowners rediscover the joy of connecting with neighbors. Maybe our grandparents had it right all along. Sometimes the best conversations happen on the front porch!

Cash Grain

Corn	$4.22
Milo	$3.82
Soybeans	$11.83
Wheat	$6.36

Cash prices courtesy of Ag Mark

Community Calendar

Thursday, October 22
USD 298: P/T CONFERENCES 1:00-8:00 P.M.; SCHOOL DISMISSED @ 12:00
USD 299: 9th Grade Pre-Act testing (8:10 to lunchtime); Grade School Family Night

Friday, October 23
USD 298: 7:00 PM - HS FB @ ELL-SALINE
USD 299: 7pm HS FB @ Victoria

Saturday, October 24
Lincoln: 7 am Finch Theatre Pancake Breakfast@ Finch Theatre; 10 am A Spooktabulous Craft Show @ The Cube; 1 pm Halloween Party @ Beverly Township Hall; 5:30 pm Annual Art Auction Benefit Fundraiser @ Lincoln Art Center
USD 299: CC Regionals @ TribuneTBD; HS VB Sub-State @ TBD
USD 298: CROSS COUNTRY REGIONALS @ Tribune; HS VB SUB-STATE - 1:00 P.M. - TBD

Sunday, October 25
USD 298: 5:30 PM - ADULT VOLLEYBALL - LINCOLN REC

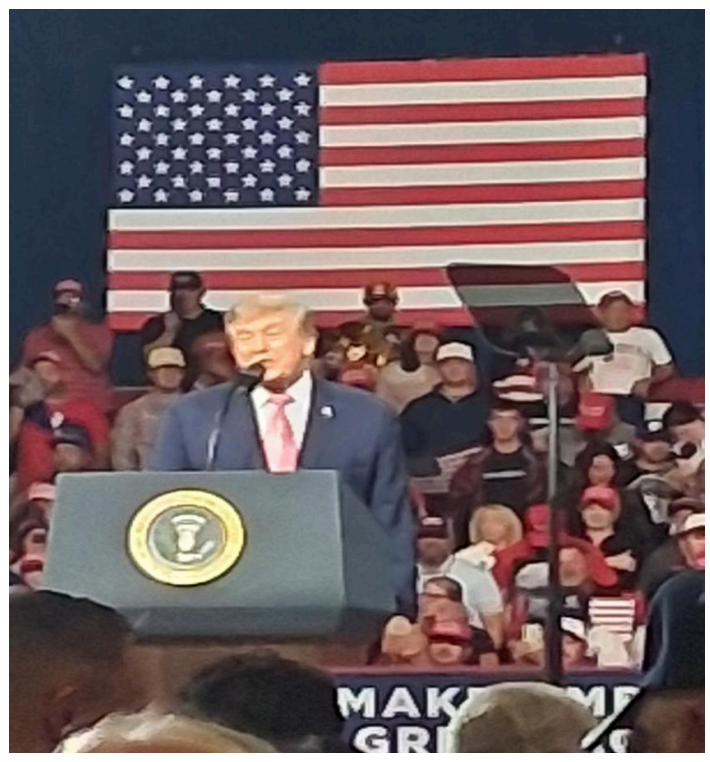
Monday, October 26
USD 298: Parent Teacher Conf. (4-8); 6pm FAFSA mtg. in Sylvan Commons; 6pm FFA Meeting Sylvan High School

Tuesday, October 27
Lincoln: 10:15 am Fall Storytime @ Lincoln Carnegie Library
USD 298: 9:00 AM - CREEDE REPERTORY THEATRE @ LES;
USD 299: Parent/Teacher Conf. (4-8 p.m.); 4pm HS Scholar Bowl @ Tescott

Wednesday, October 28
USD 298: P/T CONFERENCES 4:00-8:00 P.M.
USD 299: Kays Do's & Don't of Halloween @ GS; NRCS Lincoln Soil Conservation Speech Contest @ Sylvan

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





Trump brings energy to Wichita

By Brandy Sensmeier
LSR Staff

I had the opportunity to cover the Marshall Rally in Wichita.

We arrived really early and there was already no parking room. People were walking miles to get to the front door. Many were turned back due to the strict regulations on bags. I will say this event was high security with multiple check points.

Many familiar faces were at the event Senator Marshall, Ty Masterson, Ted Nugent, and of course President Trump were some of those most anticipated. Kobach was also there and gave us statistics on crime and funding that have been achieved over the several years.

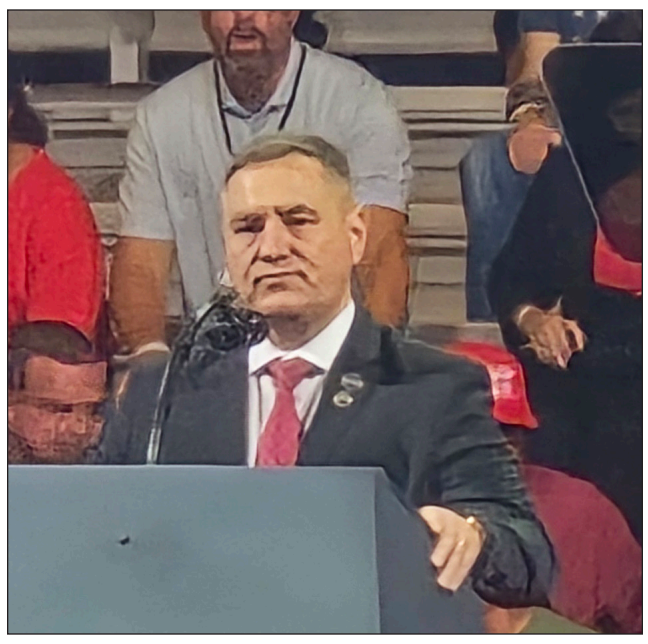
Ty Masterson focused on how taxes are kicking our elderly out of their homes. He talked about building a greater Kansas for the generations after us, as he wants to leave his grandchildren with more than what his generation was able to get. He is pushing for more affordable living across the state.

Roger Marshall focused on supporting our troops and veterans. Also bringing to light speculations on Adam Hamilton participating in drag shows and not reporting one of his ministers molesting two children. Marshall stated "Adam Hamilton sat on the report for a year before going to the police".

Ted Nugent was a bright star on the stage as he came out to the mic with Rock'n Roll music blaring. Nugget said "I got a call from the President this morning while in my tree stand in Michigan, he said" Ted I need you down in Kansas today". I don't get out of the tree stand for NOONE except for FREEDOM!!!!". A roar started across the stadium as the attendees chanted "U S A".

After a long wait, President Trump came to the stage, but before entering the stage one of my favorite hymns played, "How Great Thou Art" reimagined by Elvis Presley. Trump wanted to let people know how important it was to get out and vote. Trump then informed the public of everything going on in France. This also holds a warning to the American people to fight against the same thing from happening here.

Although there were a few that came with malicious intent, the rally was fun and a new experience for me.





Lincoln Senior Center MENU

Monday, October 25
Chicken Ranch Pizza, Salad, California Blend Veggies, Fruit Parfeit

Tuesday, October 26
Bierock Casserole, Glazed Carrots, Seasons Brussel Sprouts, Peaches & Milk

Wednesday, October 27
Taco Salad, Corn Salad, Bread Stick, Cinnamon Baked Apples & Milk

Thursday, October 28
Pulled Pork w/Bun, Baked Beans, Applesauce, Chocolate Chip Cookies & Milk

Friday, October 29
Eyeballs & Brains, Bloody Beats, Bugs on a Log, Slimmed Pears, Witches Fingers & Ghost Juice

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.

Medicare enrollment

K-State Extension in Post Rock District has a Certified SHICK Counselor who can provide FREE, UNBIASED, and CONFIDENTIAL assistance with Medicare enrollment.

Appointments are available by calling 785-524-4432.

- Beloit: 11/5 and 11/19
- Downs: 11/10
- Jewell: 11/4
- Lincoln: 10/15, 11/2, 11/16, and 11/23
- Mankato: 11/25
- Osborne: 10/27, 11/17 and 11/24
- Smith Center: 11/6
- Sylvan Grove: 11/23
- Phone appointments: 11/30, 12/2, 12/3, 12/4

Call for additional appointment availability.

POST ROCK EXTENSION DISTRICT

Test to Prevent Nitrate and Prussic Acid Poisoning

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

Many Kansas cattle operations rely on some type of harvested feed to use in the winter months and common among those sources is forage sorghum, sorghum-sudangrass, sudan, and silage. Forages in the sorghum family are prone to two different problems for feeding cattle, nitrate poisoning and prussic acid (hydrocyanic acid, HCN) poisoning. They are easy to get confused because both result in a lack of oxygen availability to the animal and are more likely to occur when the plant is stressed (fertility, hail, drought).

In dry areas of the state, cattle may be removed from pasture early. Bringing hungry cattle into pens with weeds can be very dangerous as the nitrate concentration may be elevated throughout the plant and animal intake high. Manure in corrals can contribute to the elevation of nitrates in the weeds. Elevated nitrates may not result in death but could cause abortions.

Our current KSU forage fact sheet on prussic acid poisoning indicates that prussic acid potential dissipates as the forage dries. It goes on to say hay or silage that likely contained high cyanide concentrations at harvest should be analyzed before it is fed. We tend to forget this second statement and think that when the plant dries, all the cells are ruptured and any HCN is released. To confirm this, we measured dhurrin content in sorghum hay in a study last year. The dhurrin content was stable from 1 to 10 weeks of dry storage. In the plant, dhurrin (the precursor to HCN in sorghum species) and the enzyme that converts it to cyanide, are stored in separate compartments within the cell. When the plant is eaten, the compartments are ruptured, and the cyanide formed and released. Measurement of dhurrin directly is used in some research studies. However, commercial labs do not typically measure dhurrin directly. Rather the procedure includes something to stimulate cyanide release. If hay is made from forages in the sorghum family or other susceptible species, testing for prussic acid in forage that has suffered from drought, hail or fertility issues is advised. Testing is cheap compared to the cost of losing even one animal.

Management recommendations common to both prussic acid and nitrates include test first, don't gamble. Keep in mind, different labs use different tests that have different scales. Feed animals with a known safe feedstuff(s) before introduction to potentially problematic feeds. Don't turn out hungry. Ensiling will reduce concentrations of either by about half in well-made silage, but silage put up under less-than-optimal conditions could still contain very high levels. If extremely high before ensiling, a 50% reduction may not be enough to result in safe feed.

If testing before grazing, samples should reflect what the animals are expected to consume, generally leaves and upper portion of the plant. Sample a minimum of 15 sites across a given field. One method is to sample from each corner and the center by walking diagonal lines and sample plants every 50-100 steps or as appropriate for field size.

We expect levels of nitrates and prussic acid to be variable across a field, so more samples are better than less. A rule of thumb is to sample 10 to 20 % of the bales per field or cutting as a minimum. Be aware of areas of the field that exhibited more plant stress than others. If large enough areas, you may want to sample them separately. Your acreage size and feeding methods likely factor into this decision. Use a forage probe that cuts across all plant parts in a bale rather than a grab sample from individual bales or windrows. Your local extension office can help with sampling procedures and equipment.

For more complete information on these problems, you can find the publications Nitrate Toxicity and Prussic Acid Poisoning online or in your extension office. Thanks to Sandy Johnson for sharing information related to nitrate and prussic acid poisoning and for further information on submitting a forage sample, 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 "K-State Extension Post Rock District" along with our website www.postrock.k-state.edu.

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OBITUARIES



Larry Leo Hitter

Feb. 22, 1945 - Oct. 10, 2026

Larry Leo Hiitter, 81, passed away Saturday, October 10, 2026, in Lincoln, KS. He was born February 22, 1945, in Ellsworth, KS to Walter B. and Ethel M. (Blazer) Hiitter. He attended 1st through 7th grades at Union Valley School in rural Lincoln County. He then attended 8th through 12th grade at Vesper High School, graduating with the class of 1963.

Larry married his high school sweetheart, Janet Liepitz on December 27, 1963. They were blessed with two boys, Gerald and Tim.

Larry was introduced to farming at a young age. Learning to drive his dad's tractor at the age of 8. While in high school, he worked for area farmers, Floyd Cox and Dean Panzer, as well as helping on the family farm. After graduation, he worked for Harold Reinert building terraces, then he went to work at the Vesper Co-op Service Station. He later moved on to Walker Products at their alfalfa mill. There he got his start driving semis over the road, delivering alfalfa pellets. When Larry's dad retired from farming, he took over the family farm full-time and took pride in building his cattle herd. When Gerald and Tim joined him in the farming operation, he bought his own semi and started hauling cattle with Kubick Trucking Co. of Ellsworth. His most memorable trip was hauling a load of Holstein cattle to California, driving along Highway 10 and being able to see the ocean. Larry worked many years off and on at the Sylvan Sale Barn in Sylvan Grove, KS, riding his big sorrel gelding, Joe, and penning cattle.

Larry and Janet were members of the Emmanuel United Church of Christ until it closed. They then became members of the Vesper Presbyterian Church, and later joined the United Methodist Church in Lincoln, KS.

Larry always enjoyed his horses and was a long-time member of the former Sylvan Grove Saddle Club. His love of horses and cattle continued into his retirement years. He could often be found hauling his mare, Pebbles, around just to go "check cattle", with Janet bringing the pickup and trailer or helping move cattle from pasture to pasture with his son and grandsons.

Larry loved the good, snowy hunting season. Especially coyote hunting with his greyhounds. He instilled this love in his son, Tim and grandsons, Wyatt and Sam. In retirement years when he felt "too old" to handle the dogs, he'd go along with an empty box and give guidance to the young 'uns while watching from a good perch with Janet.

Larry loved his coffee time with friends. He spent many hours in both Sylvan Grove and Lincoln "coffee shops" visiting and discussing whatever anyone wanted to talk about. He loved a good bowl of ice cream, especially vanilla, and a good piece of fried chicken. But hold anything spicy or hot! Larry loved spending time with his grandchildren and great-grandchildren. His smile couldn't have gotten any wider when he knew they were coming or he was going to visit them.

Larry is survived by his wife, Janet; sons, Gerald (Teri Jo) Hiitter, Lincoln and Tim (Amy) Hiitter, Sylvan Grove; grandchildren, Kimberly (Mitchell) Meyer, great-grandsons, Daxton and Rhett Meyer; Wyatt (Jordan) Hiitter; Sam (MeKelle) Hiitter, great-grandson Luke; sister, Vera Mae (Jim) Haines, Thunder Bay, Onterio Canada; nephews; Scott (Elsie) Haines and family; Jeff (Jocelyn) Haines and family; and many more family and friends who loved him dearly. Larry was preceded in death by his parents, Walter and Ethel Hiitter.

Visitation: 1:00 – 7:00 p.m., Wednesday, October 14, 2026, at Parsons Funeral Home, Hall Chapel, Lincoln, KS. Family will be present from 5 p.m. to 7 p.m. to greet visitors.

Funeral Service: 10:00 a.m., Thursday, October 15, 2026, at Parsons Funeral Home, Hall Chapel, 111 E. Elm St, Lincoln, KS. Interment will follow at the Emanuel Cemetery south of Vesper, KS.

Memorial contributions can be made to United Methodist Church of Lincoln, KS or Gentiva Hospice and sent c/o Parsons Funeral Home, Hall Chapel, PO Box 37, Lincoln, KS 67455

Condolences can be left and service livestreamed at hallchapel.com



Bina Jean Lebien

Jan. 18, 1930 - Oct. 12, 2026

Bina Jean Lebien, 96, passed away Monday, October 12, 2026 in Newton, KS. She was born, the youngest of nine, on January 18, 1930, to Henry Ambrose Chard and Clara Elvira (Howard) Chard in the limestone house at 719 Sixth St. in Lincoln. She was born at the beginning of the Depression and the "dust bowl" years. Bina remembered helping her mother wet sheets to hang in the windows to try to keep out the dust. The family didn't have running water in the house until she graduated from Lincoln High School in 1948. Baths were taken outside in summer and standing in the wash tub in front of the stove in winter.

Bina married Lawrence "Pickle" Lebien on June 17, 1951, while Lawrence was on leave during the Korean War. To this union were born Douglas L. and Shelia E. Bina worked as a telephone switchboard operator until the early '60s when she began working at Lincoln Co. Hospital as a medical records keeper. She retired from the hospital in 1997.

Bina was a member of the VFW Auxiliary and volunteered at Stop N Shop throughout the years. She was a member of the St. John Lutheran Church. Her talents included many sewing, quilting and craft projects. She loved to experiment with recipes in the kitchen that she saw on the Food Network, and she owned every kitchen gadget known to man. Taking her granddaughters to "fancy" restaurants and shopping trips was a particular joy.

She was preceded in death by her husband, her parents and her eight siblings. She is survived by her children, Doug (Vicki) of Lincoln and Shelia (Rod) Rathbun of Newton; six grandchildren; 14 great grandchildren; and numerous nieces and nephews who will all miss her greatly.

A funeral service will take place at 11:00 a.m., Thursday, October 22, 2026 at St. John Lutheran Church, Lincoln with burial following at Lincoln Cemetery. Visitation will be held 9-11 a.m. at the church, prior to the funeral service.

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

PRAIRIE DOC BY MEGGIE HOLDEN, MDA, RD, LD, CEDS

An Eating Disorder Doesn't Have a Body Type

When most people think about an eating disorder, they picture someone who is very thin or visibly unwell. But eating disorders don't have a specific body type.

You can't tell if someone has an eating disorder just by looking at them.

As a dietitian who specializes in eating disorders, this is one of the biggest misconceptions I see. You don't have to "look sick" to have an eating disorder.

Eating disorders are serious mental illnesses that affect a person's thoughts, feelings, and behaviors around food, eating, exercise, and their body. They can also affect the whole body, including the heart, gastrointestinal system, bones, hormones, and energy levels.

Eating disorders can happen to people of all body sizes. Someone in a larger body can have a restrictive eating disorder, including anorexia nervosa. They may be eating very little, eliminating entire food groups, experiencing significant fear around food, or exercising excessively. They may be struggling with inadequate nutrition even though they don't fit the stereotype of what someone with an eating disorder is "supposed" to look like.

And sometimes, their weight loss is even praised. Comments like "You look great!" or "Have you lost weight?" may seem like compliments, but for someone struggling with an eating disorder, that attention can reinforce harmful behaviors.

Weight alone cannot tell us whether someone is adequately nourished, medically stable, or struggling with an eating disorder.

Eating disorders are about much more than wanting to be thin. They can involve restricting food, binge eating, purging, compulsive exercise, or a combination of these behaviors. For some people, an eating disorder may begin with what looks like a harmless attempt to "eat healthier" or lose weight.

For someone with ARFID, food may be restricted because of sensory sensitivities, fear of choking or vomiting, or simply a lack of interest in eating. Weight and body image may have nothing to do with it.

Eating disorders are not a choice, and recovery is not as simple as deciding to "just eat." It is important to recognize the signs and reach out for help when something doesn't seem right.

Some signs to watch for include:

- Increasing anxiety around food or meals
- Avoiding meals, snacks, or certain foods
- Cutting out entire food groups
- Exercising excessively or despite illness or injury
- Spending a lot of time thinking about food, weight, or exercise
- Feeling shame or guilt around eating
- Withdrawing from friends or activities because of food or body concerns

If you are concerned about yourself or someone you love, you don't have to wait until things become severe to ask for help.

Treatment often involves a team that may include a medical provider, an eating-disorder dietitian, and a therapist. A medical provider can monitor physical health, a dietitian can help with nutrition and challenges around food, and a therapist can address the thoughts, emotions, and behaviors contributing to the eating disorder. Treatment addresses both the physical and mental health effects of the illness.

If you're worried about someone, start by letting them know you've noticed some changes and that you care about how they are doing. Listen without judgment and encourage them to talk with a healthcare professional who has experience treating eating disorders.

Eating disorders can affect anyone, at any body size. No one should have to wait until they "look sick" to get help.

Meggie Holden, MDA, RD, LD, CEDS, is a registered dietitian and Certified Eating Disorder Specialist and the owner of Compassionate Nutrition in Sioux Falls, South Dakota. She specializes in eating disorder treatment and helping people develop a more peaceful and flexible relationship with food and their bodies. Meggie takes a compassionate, weight-inclusive approach to nutrition and works primarily with adolescents and adults. She is passionate about helping people move away from diet culture and toward a healthier, more sustainable relationship with food. Follow us on Facebook, Instagram, YouTube, and TikTok to stay connected. Our programming includes the medical Q&A show On Call with the Prairie Doc® (most Thursdays at 7pm on YouTube, and Facebook), along with two podcasts and a weekly radio program (Sundays at 6am and 1pm on SDPB).

CHURCH DIRECTORY

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
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
Adult Sunday School @ 10:00 am
Morning Worship @11:00 pm

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Pastors Kaye & Jeff Metzler
Worship Service @ 9:00 am

LINCOLN COMMUNITY CHURCH
www.lincolncommunitychurch.org
Pastor Steven Rohn
Sunday School @ 9:30 am
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Women of Grace.Wed. @ 5:30 pm
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
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Alternate Pastor & Lay Leaders provide Communion

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

ST. JOHN LUTHERAN CHURCH
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Motorists encouraged to be on the lookout for deer

While deer can be spotted near roadways any time of the year, motorists should be especially vigilant in the fall for deer crossing roadways due to the "rut," or mating season, a time when deer are frequently on the move.

"When a deer enters the roadway, drivers may be tempted to swerve. That can lead to a loss of control, leaving the roadway or a collision with oncoming traffic," said Kansas Highway Patrol Lt. Chad Crittenden. "Drivers are often safer when they brake firmly and stay in their lane."

That's why the Kansas Department of Transportation, Kansas Highway Patrol, Kansas Department of Wildlife and Parks and AAA Kansas are working together to raise awareness and help drivers avoid collisions with deer.

"Deer are focused on mating and not paying attention to hazards like vehicles," said Levi Jaster, KDWP Big Game Coordinator. "Bucks are looking for does, and with crops out of the fields and leaves off the trees, deer have fewer places to stay concealed. That means motorists are more likely to encounter deer on or near roadways, especially at dawn and dusk."

Letters to the Editor

Vote yes for LES

My name is Carly Errebo, owner of Seirer's Clothing, and I strongly believe in supporting our local businesses. As a business owner, I know the value of keeping money close to home to help facilitate economic development and growth in our local community.

We all want our tax dollars to benefit the city of Lincoln Center and Lincoln County. We also want a safe, functional elementary school that will serve future generations. Supporting local businesses when opportunities are available, while hiring qualified professionals when necessary, is a practical approach to responsible planning. What concerns me is that some taxpayers think this work is not necessary and that this was a rash decision.

Responsible leadership is knowing when something is broken, identifying the issues, creating a plan to fix the issues, and implementing the corrections. The USD 298 Board of Education has spent more than three years researching, planning, and evaluating the needs of our facilities. I was a member of the facility committee, attended a majority of the open to public meetings, and know these decisions have not been made lightly. This is not a "if it ain't broke don't fix it" situation. We know what is broken and the longer it takes to be corrected will only cost us more in the future.

The scale of work needed to be done will take specialized services and professionals that our local market does not offer. However, the construction projects will be bid, giving our local contractors the opportunity to participate and compete for that work if they choose to do so. Keeping those opportunities open to local businesses is an important part of the process.

This project deserves to be evaluated on the facts, the work that needs to be done, and the

district's efforts to protect taxpayer dollars—not on the assumption that hiring a specialized firm from outside our county means the district has failed to put our community first.

Our children, our taxpayers, and our community deserve more than temporary fixes. They deserve thoughtful planning, informed decisions, and lasting solutions. Vote YES on November 3rd for the USD 298 School Bond.

Vote yes for LES

November is right around the corner, and it is time to vote YES for LES. Not only to save the school but potentially save our town. If we want families to move to, or return to the Lincoln area, to raise children, we need to provide school facilities that are inviting, maintained, and accessible. And yes, if the vote passes taxpayers will need to foot the bill. That yes vote means it will be possible for students and staff to have a facility that is safe and functions up to code.

USD 298 has an extraordinary tradition academically. But if the school facilities are a mess people will not decide to make Lincoln their home and go elsewhere to live. The school board, staff, and their team of advisors have come up with a solution to solve the issues facing our LES facility and restore it to a safe functioning environment for the students and staff.

I am grateful I got my 32-year art teaching job in Lincoln and raised my three girls in this town.

Our schools provided many opportunities and skills for my girls to become successful in their careers and now be productive citizens. I have 2 grandchildren attending LES currently and I am hopeful they can graduate from USD 298 like their mom and aunts.

The schools are the hub that holds a community together, when your school closes the town eventually dies. Currently many small communities are struggling to keep schools open around us and some have made the hard decision to close. Vote YES for LES and the opportunity for new citizens to put down roots in and around Lincoln, Kansas and have the USD 298 academic experience.

Kae Hayworth
Retired USD 298 teacher
Lincoln, KS

Letters to the editor can be emailed to: lincolnksnews@gmail.com

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LINCOLN - PAST, PRESENT & FUTURE BY CINDY ENTRIKEN

Present

What do you think when you hear the words "ADA compliant"? Even if neither you nor anyone in your family has a disability, the Americans with Disabilities Act (ADA) applies to you.

And you should be damn glad it does!

Even without a permanent disability as the result of a congenital condition, you might develop a disabling condition like arthritis which progresses to severe osteoarthritis over time. As walking becomes more difficult, you might need a walker, a rollator (knee roller), or crutches.

What if you had a vehicle or farm accident and had a temporary injury like a broken leg or a fractured ankle? These might require short-term use of crutches, a knee roller, or a wheelchair. You might sustain a permanent injury like a severed spinal cord and require the use of a wheelchair for the rest of your life.

When people talk about accessibility, they usually think of the ADA, passed and signed into law in 1990. The law requires that all public places provide accommodation for persons with disabilities, permanent or temporary. However, the Lincoln, Kansas, Grade School, built in 1950, is not ADA compliant.

Here's a list of locations not ADA compliant at the Lincoln, Kansas, Grade School.

- bathrooms
- classrooms — doors and aisle widths
- windows
- south entrance into the building including the curb
- stairs (transition) from the east wing to the west wing of the building (a ramp has been installed but I don't know if it meets ADA requirements)
- the locker rooms
- the kitchen and dining area (no longer used for this function; now used for storage)

The bond issue vote on Tuesday November 3, contains solutions for the problems identified above.

If passed, the district will be able to issue $6.4 million in bonds to finance the necessary repairs and upgrades that the building needs.

Consider a single user restroom. To comply with ADA, the door width must be 36 inches. Most of the doors in the building meet the width requirement but they lack the necessary side clearance for wheelchairs.

The height of a bathroom sink from the floor up to the rim can be no more than 34 inches above the floor. The bottom of the sink must be a minimum of 27 inches above the floor to allow a wheelchair to roll under it. The controls/levers for the sink can be no further back from the front edge of the sink than 25 inches, depending on the age of the persons using the restroom.

The toilet seat must be between 17 and 19 inches above the floor. Grab bars are required on the wall behind and on at least one side of the toilet so an individual can transfer from the wheelchair to the toilet and back. The grab bar must be 33 to 36 inches above the floor, lower for children, depending on their age. The minimum size for a single user ADA bathroom layout must be 6 feet 8 inches by 7 feet 4 inches with the door swinging into the space. The size can be reduced to 6 feet by 7 feet 4 inches if the door swings out of the space. There are also specific regulations for soap dispenser, paper towel, and toilet paper dispenser heights.

It's not just bathrooms that need modification. The exterior doors of the building need to be retrofitted for push button automatic door openers. The south entrance to the building needs to be completely reworked so that an individual in a wheelchair, knee roller, or on crutches can safely and easily enter the building. Below is a photo of the south entrance as it is today.



What if you had a child with a disability who attended school? There's only one way in and out of each classroom because the windows are too high and they don't open. If the bond issue passes, the district can purchase and install new windows which are ADA compliant and are at a lower height.

My point here is that those of us who don't have a physical disability don't stop to think how difficult it is to perform a basic function like using the restroom or simply entering a building until . . . Then we want our surroundings to accommodate us so we can perform basic functions without difficulty.

Past

In 2021 I had surgery on my right foot. I was supposed to use a knee roller for three months then transition to a boot to walk. Sadly, the surgery failed. I had a second surgery and used a knee roller for six months total. I had great difficulty entering any building which lacked the push button for automatic door openers.

To go downstairs at our house I had to sit on my rear end and slide down, one step at a time. To go upstairs, I had to sit on the bottom stair and lift myself up to the next step. My upper body strength improved but it was very difficult just the same.

Present

I've read some of the comments on the Concerned Citizens of Lincoln County, Kansas, facebook page. One comment really stuck out — that the water intrusion, lack of accessibility, and non-functioning windows among other things — should have been fixed years ago. That seems to imply that these are problems but since they weren't fixed years ago they shouldn't be fixed now? How does that make sense to anyone? Or is it just me that doesn't get it?

Future

The date to vote for the bond issue is rapidly approaching. Please vote yes to insure that you and everyone else has access to our cherished grade school. You'll be doing the right thing now and for the future.

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Fall into New Role at KANSASWORKS Weekend Statewide Job Fair

TOPEKA – Lieutenant Governor and Secretary of Commerce David Toland encourages jobseekers and employers searching for available talent to take part in the upcoming Weekend Virtual Statewide Job Fair, hosted by KANSASWORKS. Designed for jobseekers who can't attend job fairs during the standard work week, this event will run from 8:00 a.m. Friday, October 23, until 5:00 p.m. Sunday, October 25.

"Searching for a new role can feel overwhelming — especially with a busy work week already taking up most of your time," Lieutenant Governor and Secretary of Commerce David Toland said. "KANSASWORKS weekend job fairs meet jobseekers where they are, connecting busy Kansans looking for a rewarding career with employers who are ready to hire right now."

This month's Virtual Statewide Job Fair portal features helpful information such as a jobseeker training video, a list of participating employers and channels for attendees to register and log in. Jobseekers are encouraged to dress professionally, as they might be asked to engage in an interview.

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

Candidates can participate through any digital device. Any individual with a disability may request accommodation by contacting their nearest workforce center at (877) 509-6757 prior to the event. Registration is required to participate in virtual job fairs, regardless of previous participation. To register, click here.

About the Kansas Department of Commerce:

As the state's lead economic development agency, the Kansas Department of Commerce strives to empower individuals, businesses and communities to achieve prosperity in Kansas. Commerce accomplishes its mission by developing relationships with corporations, site location consultants and stakeholders in Kansas, the nation and world. Our strong partnerships allow us to help create an environment for existing Kansas businesses to grow and foster an innovative, competitive landscape for new businesses. Through Commerce's project successes, Kansas was awarded Area Development Magazine's prestigious Gold Shovel award in 2021, 2022, 2023 and 2024, and was awarded the 2021 and 2022 Governor's Cup by Site Selection Magazine.

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THE ANGLE

Grace



Alexa Romesburg

Grace…Man. What does it even mean these days? In the news, we see people living in ways that would defy any historical definition of biblical Christianity and calling it grace. Yet according to Paul, grace was not given so that we could sin more. "Certainly not!" Or, "God forbid!" (Romans 6:2). So, what is it then? Furthermore, how are we to apply grace (in our own lives and in relationships with others) in the context of modern living in a post-modern world without using grace as permission to excuse sin in as much as it is defined by the word of God? Where does grace end and accountability begin? Does grace ever end? Isn't accountability mandated in the body of Christ even though grace is what saves us all anyway? What does accountability look like then? I submit, I don't know a definitive answer to those questions.

One spiritual metaphor frequently employed to explain grace in Christian ministerial contexts related to theology or doctrine is conceptualized in an analogy of a man on a cruise ship. It is often called the "cheese and crackers" illustration. The story tells of a man who worked incredibly hard and long to earn and save enough money to go on a luxury cruise. He exhausted his savings to buy a ticket. Afterwards, upon doing so, assuming he wouldn't be able to afford banquet food while on board, the man planned accordingly, and packed a suitcase full of cheese and crackers to last the duration of the cruise. Throughout the voyage he stayed mostly in his cabin, eating stale crackers, watching other passengers walk by his room, as they headed to the dining hall to feast on luxurious buffets of steak and lobster, wishing he had money to join them.

Sometime near the end of the trip, a crew member noticed him hungry in his room and asked why he hadn't been eating with the other passengers. The man explained that he had only enough money for the ticket. Shocked, the crew member responded: "Sir, didn't you know? The food is already included in the price of your ticket."

This story serves as a direct parallel pointing to how many people view the grace of God. The ticket represents salvation through Jesus Christ. Although it was incredibly expensive, the price was paid by somebody else. The cheese and crackers represent living a life of spiritual poverty, anxiety, or legalism and relying strictly on one's own meager resources and hard work. The included feast represents the abundant life and blessings meant to be enjoyed right now, during our time on earth. Things like See "Angel" page 7

SPICE UP YOUR LIFE - LINDSAY YOUNG

Blackened Tilapia Baja Tacos make a splash



Blackened Tilapia Baja Tacos are a good way to enjoy fish, even for the non-fish lover.

Editor's Note: This column first ran in print on Oct. 10, 2013.

This summer, when Joey and I visited Wisconsin, we found out that we'd be taking part in a fish boil right off of Lake Michigan, and while Joey was excited at the prospect of some fresh fish, I found myself hoping for some good side dishes.

I just don't like fish.

Unless you deep fry it (or it's shellfish. I love me some shellfish.), you can normally count me out on eating any kind of fish, and even if it's fried, it often depends on how much you manage to hide the fish flavor before I'll enjoy my dinner (don't tell Adam Strunk).

I'm not sure what it is about it, but fish just makes me wrinkle up my nose.

So that's why, when I tell you that I have a recipe for fish tacos this week, you should sit up and take notice that this is actually pretty good, because I liked it, and it wasn't made in a fryer.

This week's recipe comes from the March 2011 issue of Cooking Light Magazine, and it's one I not only clipped for my recipe box but also one I've made several times. I've made a few changes (there's some weird jalapeno sauce they made to go with it that I didn't care for when I tried it), so what's worked for me is below. Also, if you're nervous about cooking fish like I normally am, I can say with confidence that this is super easy.

Blackened Tilapia Baja Tacos

Ingredients

- 1 and 1/2 teaspoons paprika
- 1 and 1/2 teaspoons brown sugar
- 1 teaspoon dried oregano
- 3/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground red pepper
- 4, 6-ounce tilapia fillets
- 1 tablespoon canola oil
- 8, 6-inch corn tortillas,
- crunchy taco shells or tortilla chips
- 1 ripe peeled avocado, thinly sliced

Rum Banana Directions

Combine the paprika, brown sugar, oregano, garlic powder, salt, cumin and red

pepper on a plate and dredge the fish fillets in the spice mixture.

Heat the oil in a skillet over medium-high heat. Add the fish to the pan and cook for about three minutes on each side.

Warm the tortillas according to package instructions or place a bed of tortilla chips on each plate.

Slice the fish and evenly distribute amongst the tortillas, adding avocado to each taco.

I'd recommend using crunchy tortilla chips or crunchy taco shells. The texture of the chips with the fish and avocado is a really nice juxtaposition.

Also, if you're not sure on how to choose a ripe avocado, pick one that gives just slightly when you squeeze it with your thumb. If it gives a lot, it's over-ripe. If it's pretty hard, you'll want to leave it on your counter for a few days until it's got some give.

Personally, I love avocado, so any excuse I can get to use it is excuse enough to try a recipe out (even if it is fish).

If you're not a huge fish fan, maybe you can give this one a try and see if you like it. The spices in this recipe definitely take away a lot of that fishy flavor. Also, if you pair this with a crunchy shell, you'll be able to overcome the slimy feel that fish sometimes gets.

Give it a shot. If nothing else, you'll have something delicious to share with a fish lover in your life, and you'll have some delicious avocado that can become some even more delicious guacamole.

That's a win-win in my book.

Spice Up Your Life is a weekly recipe column by Lindsey Young, who describes herself as an enthusiastic amateur cook and can be reached through her website at spiceupkitchen.net.

Insight - Kansas Farm Bureau

Extension expertise

Chuck Voelker
Montgomery County rancher

I am a proud member of our local extension district's governing board. One of our responsibilities is the annual performance evaluations for our 14 extension professionals. After reviewing their goals, accomplishments and community involvement, I was simply amazed at all of the great works being done. And that got me wondering how many people really understand or recognize the variety and scope of activities agents are responsible for and involved with across the state.

But first, a brief history lesson. Since the passage of the Smith-Lever Act of 1914, K-State Extension has strived to improve Kansans' lives, livelihoods and communities through education, research, engagement and leadership. In 1915, the Kansas Legislature passed the County Farm Bureau Law to provide state and county funding to implement local agricultural extension programs. Yes, many of the first extension professionals actually were employed by Farm Bureau. The law was revised in 1951 to separate the county extension program from Farm Bureau, making it a cooperative responsibility between the newly created county agricultural extension councils and Kansas State University.

K-State Extension is alive and well in all 105 Kansas counties. Every county has an extension office staffed with personnel ready to either provide advice or search for helpful solutions. Currently, there are 57 counties covered by 21 districts. The remaining 48 counties have their own agents and programs.

While programming will vary across the state, there are four basic areas of focus: agriculture, 4-H and youth development, family and consumer sciences, and community vitality.

Extension work in the agriculture sector today is much more than traditional livestock and crop production. Horticulture, natural resources activities, wildlife promotion, predator control, pond management, tractor safety, backyard poultry, bee keeping, water quality, meat science events and even mushroom farming are just a few of the numerous topics being addressed by current extension personnel.

Kansas 4-H officially began in 1905, making it one of the earliest state-level 4-H programs in the United States. It is no longer just about "sows, cows and plows". Today's 4-H involves STEM (science, technology, engineering and math) activities and projects in areas such as communications, interior design and architecture, performing arts, health and wellness, computer science and entrepreneurship just to mention a few. Many 4-H agents across the state are actively participating with schools and other groups to provide programming opportunities with youth that might not otherwise have the opportunity.

Family and consumer sciences is so much more than the long-associated cooking, canning and clothing focus areas. Today, you'll find our agents involved with programming in areas such as diabetes prevention, healthy snack creations, safe food handler training, exercise events for aging individuals, babysitting clinics and activities for improving the health and quality of life for older adults.

Community vitality is a focus area I'm sure many are unaware of. Our agents are highly involved in community events and activities. Helping to bring in grant money for revitalization of parks and recreational areas, assisting retirees with their Medicare selections and tax preparation, community health worker programs, entrepreneurship opportunities, small business development assistance and community meeting facilitations are just a few of their undertakings.

Yes, K-State Extension provides much needed and certainly undervalued services all across this great state. While it is ever evolving and changing, the responsibilities, passion and willingness to serve will forever be present. If you're not familiar with the activities of your local extension office, I highly suggest you stop by to see it for yourself. Who knows, you might just become a volunteer to assist in your own area of expertise.

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

Got a local story or event? Email: lincolnksnews@ gmail.com today!

Farmers & Ranchers Livestock Commission Co.

Total for the Week - Cattle - 1,957 Hogs - 35

Bulls- $201 - $211 Cows- $143 - $153

Strs	
300-400	$560.00-570.00
400-500	$505.00-514.00
500-600	$460.00-470.00
600-700	$405.00-415.50
700-800	$355.00-365.50
800-900	$334.00-344.00
900-1000	$324.00-333.00

Hfrs	
300-400	$510.00-520.00
400-500	$490.00-500.00
500-600	$387.00-398.00
600-700	$355.00-365.00
700-800	$350.00-359.00
800-900	$345.00-355.00
900-1000	NO TEST

Early consignments for Thursday, October 22nd.
45 blk s&h, 550-650, spring vacc, knife cut; 75 blk s&h, 500-600, fall vacc; 22 s&h, 750-850, wean 50 days, 3 round vacc; 6 blk s&h, 600, home raise, off cow, fall vacc; 9 s&h, 400-500, off cow, spring vacc; 40 mostly blk s&h, 500-600, home raise, off cow, spring vacc, open; 30 blk/char strs, 600-700, wean 30 days, 2 round vacc; plus more by sale time.

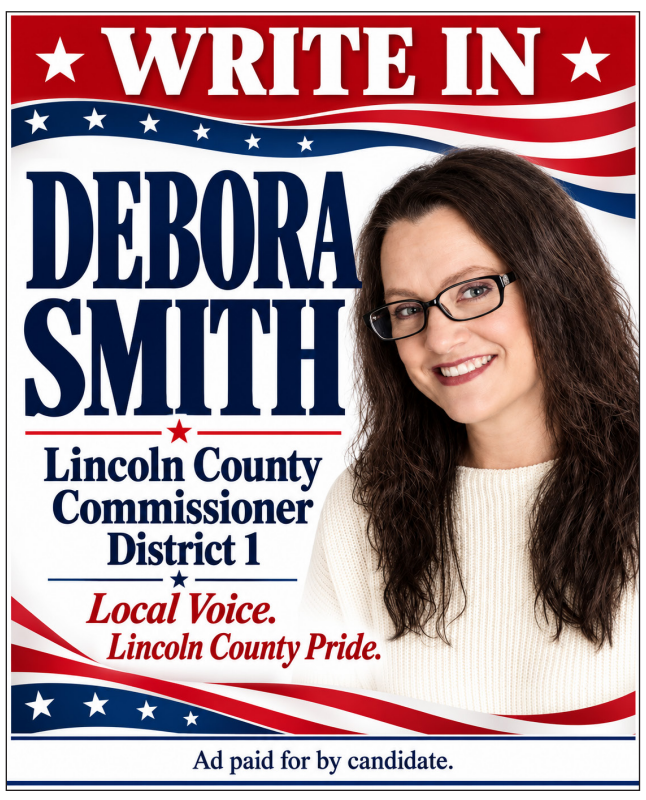
Early consignments for Special Calf Sale Tuesday, October 27th. (11am)
Bulls: 16 red/blk s&h, 500-600, off cow, spring vacc, no implants, open; 22 blk s&h, 500-600, home raise, spring vacc; 11 blk s&h, 400-500, spring vacc; 50 s&h, 400-600, home raise, spring vacc; 50 s&h, 500-650, wean 45 days, 2 round vacc; 200 s&h, 450-550, vacc; 20 strs; 150 blk/bwf s&h, 500-600, home raise, fall vacc; 20 blk/bwf s&h, 600-700, off cow, 2 round vacc, open; 70 s&h, 550-650, vacc; 125 blk/rwf s&h, 550-600, home raise, open; 125 blk s&h, 500-625, off cow, 2 round vacc, open; 150 blk/charX s&h, 400-600, home raise, fall vacc, open; 150 blk s&h, 550-650, home raise, spring vacc; 430 charX s&h, 500-650, fall vacc; 20 red angus s&h, 400-500, fall vacc; 70 strs, 600, fall vacc, no implants, Green Garden/Davison angus; 70 hfrs, 575, fall vacc, no implants, Green Garden/Davison angus; 35 mostly char s&h, 600-700, home raise, off cow, 2 round vacc, no implants; 280 blk strs, 450-650, fall vacc, Don Johnson sired; 70 red angus strs, 500-550, home raise, off cow, vacc; plus more by sale time.

SPECIAL UPCOMING SALES
Cow Sales (Tues)
November 17 (11am)
December 15 (11 am)
Calf Sales (Tues)
October 27 (11am)
November 3 (11am)
Wean/Vacc Sales (Tues)
December 1 (10am)
January 5 (10am)
January 12 (10am)

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



Jim's Metal Roof Coatings
Leak Repair, bin tops,
Quonset roofing metal/galvanized
Asphalt Shingle roof coating
Painting exterior steel or aluminum
Statewide service - Free Estimates
785-201-7622



One person was killed and 692 people were injured in the 10,742 deer-vehicle crashes on Kansas roadways in 2025. Across the state, 40% of all single-vehicle crashes in 2025 involved a collision with a deer.

Andrew Booth, Kansas Turnpike Authority Safety Coordinator, encourages motorists to stay focused, reduce distractions and drive at a safe speed to increase safety when deer are near the roadway.

"In the event a driver hits a deer, help is available by dialing *KTA (*582) when traveling on the turnpike or *47 to reach the Kansas Highway Patrol," Booth said.

Shawn Steward, Public Affairs Manager for AAA Kansas, said that besides the inconvenience of your vehicle damage, the cost of repairs may put a serious dent in your wallet.

"AAA insurance statistics show the average claim in Kansas for an animal strike in 2025 was almost $7,900 – up 42% in the past five years," Steward said. "This is largely due to advanced vehicle technology such as cameras and sensors."

Roadway safety officials suggest drivers:

Be watchful at dawn and dusk; deer are more active and seldom travel alone.

- Reduce speeds near wooded areas and water sources.
- Always wear a seat belt and use appropriate child safety seats.
- Use bright headlights when there is no oncoming traffic. The deer's eyes often reflect.
- Do not swerve. This can cause motorists to veer into oncoming traffic, run off the road, hit objects or overturn.
- If you strike a deer, move the vehicle to the roadway's shoulder and call law enforcement: KHP dispatch at *47, turnpike users at *582 or local law enforcement at 911.
- Contact your insurance company to report damage

Angle/from page 6

peace, joy, spiritual gifts, and freedom are freely available and accessible for all who are "aboard" in order to benefit fully from the luxuries of grace, as opposed to barely scraping by while waiting to get to heaven. It all makes sense in that context. Doesn't it?

But, how does that concept and truthful representation of grace inform or instruct us as believers when living in a world wherein sin is running rampant aboard this luxury cruise liner? Grace affords us the very things we who are sinful could never ever earn in 1000 lifetimes. And we who have been blessed enough to receive do understand the charge we are given to then give freely away what we have so freely received. So… then what? Where does liberal grace meet modern Christianity? Is there such a thing? Even more to the point, where in modern Christianity (if there is such a thing) does liberal grace meet that "Old-Time Religion"? Again, I don't know.

But I do think we are all failing somewhere. There is either not nearly enough grace afforded to the fallen short sinners now earnestly seeking Jesus, or contrastingly, far too much "grace" given to the modern believer who latches on to the concept of unconditional love and forgiveness without embracing equal measures of genuine, fruitful repentance. The truth is, all of our tickets were paid for by somebody other than us. We are all guests in the dining hall, invited there to feast on the extravagant food prepared for us in a banquet of grace. But there is certainly a doctrinal requisite of Christ-like decorum presumed for anyone aboard. This tension between the holiness and sanctification mandated aboard the "cruise ship" of salvation and the contrasting freedoms and abundance meant to be enjoyed by all aboard thanks to the extraordinary and lavish grace bestowed upon believers leaves ample room for ambiguity and differing opinions.

Personally speaking, I confess I have found myself in error at both ends of religious extremes during different periods of my life. There were seasons when I lived meagerly as a spiritually frugal person in a legalistic and unforgiving state of mind. Then, suddenly I swung like a pendulum to an extreme opposite side of the theological spectrum, living in extreme "grace" as though my private sin didn't matter because "His grace is sufficient." I have felt the pain of judgment from churched Christians. Likewise, I too have been judgmental as a Christian. No longer. While the grace of God is, in fact, more than sufficient to cover every filthy sin anyone ever committed, the goal remains holiness, reverence, love and purity. Without pride or hypocrisy. Legalism is bad. Grace is good. Lawlessness is also bad, but arrogance is abhorrent.

In closing, if a choice between modern Christianity and old-time religion must be made-

"Then, sings my soul, my Savior, God, to Thee, how great Thou art." And please, Lord, by all means, "Gimme That Old-Time Religion" along with a cruise style buffet of "Amazing Grace."

NOTICE OF PUBLIC HEARING

(First Published in Lincoln Sentinel-Republican on Wednesday, October 21, 2026)

The City Council of the City of Lincoln Center, Kansas, will hold a Public Hearing at its regular meeting at City Hall, 153 W. Lincoln Avenue, Lincoln, Kansas 67455 6:30 pm on Monday, November 9, 2026 to consider the vacation of the following public right-of-way by the City of Lincoln Center, Kansas, while preserving said right-of-way as a permanent utility easement, as legally described as follows:

The east-west alley running between S. 1st Street and S. 2nd Street, being adjacent and between lots 1, 2, 3, and 4, all in Block 31 in the City of Lincoln Center, Lincoln, County, Kansas, intending to revert all of this alley to the owners of the real estate immediately abutting it, according to their frontage;

reserving to the City and the owners of any lesser property rights for public utilities, rights-of-ways and easements for public service facilities in such right-of-way for present uses, if any.

The Public Hearing is open to the public, and at such time and place all persons interested can appear and be heard regarding the matter.

Bond/from page 1

- Centralized Energy Management: Automated digital controls will adjust temperatures automatically during non-school hours, optimizing energy usage.
- Enhanced Thermal Comfort: New, high-efficiency windows will eliminate drafts, control solar heat gain, and maintain stable classroom temperatures year-round.

Part of a Comprehensive Facility Plan

The HVAC and window upgrades complement other vital infrastructure priorities within the $6.4 million bond proposal, including underground spring water mitigation, sewer line replacement, ADA restroom modernizations, and secure main entry enhancements.

Attend Remaining Community Meeting

District patrons are invited to learn more about the HVAC and facility improvement plans at Lincoln Elementary School during upcoming public meeting and guided tours:

- Wednesday, October 21 at 7:00 PM

For full details regarding the November 3 bond election, tax impact illustrations, and project plans, please visit www.usd298.com/page/bond-info or contact the District Office.

PUBLIC NOTICE

(First published in Lincoln Sentinel-Republican Wednesday, October 7, 2026)

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS

NOTICE OF DELINQUENT PERSONAL PROPERTY TAX FOR THE TAX YEAR 2025

NOTICE IS HEREBY GIVEN THAT THE 2025 TAX YEAR PERSONAL PROPERTY TAXES ASSESSED AGAINST THE FOLLOWING LISTED PERSONS, FIRMS OR CORPORATIONS ARE UNPAID. THE LIST INCLUDES THE LAST KNOWN ADDRESS AND THE TOTAL AMOUNT OF UNPAID TAXES, INTEREST, PENALTIES AND FEES CALCULATED TO OCTOBER 1, 2026. THE UNPAID AMOUNTS SHALL CONTINUE TO ACCUMULATE INTEREST UNTIL PAID PER KSA 19-547.

THIS PUBLICATION IS NOT AN ATTEMPT TO COLLECT.

CEDRON FARMS 423.66
1120 STATE HWY 7W
HOUSTON, TX 77265

JOBLONSKI, AUSTIN 79.50
109 N 2ND
LINCOLN, KS 67455

JONES, BRIAN 67.00
2167 E HWY 18
LINCOLN, KS 67455

MARTIN, TERRA S 680.26
3021 E IRON DR
TESCOTT, KS 67484

NAIL, ANGELA & MICHAEL SR 327.44 617 N 5TH
LINCOLN, KS 67455

PETERSON, WILLIAM 912.10
3047 E HWY 18
BEVERLY, KS 67423

LAYTON REIDEL 66.74
1265 WALKER AVE
WALKER, KS 67674

KAREN ANNE RIFFEL & THOMAS COPE 203.68
8374 MARKET ST
LAKEWOOD RANCH, FL 34202

SALAZAR, GEORGE 204.20
PO BOX 34
BEVERLY, KS 67423

SCHNEIDER FAMILY TRUST 319.00
116 S 2ND ST
LINCOLN, KS 67455

THROWER, CORI 66.74
704 DOSTER ST APT 3
CONCORDIA, KS 66901

CLARENCE VONFANGE 79.50
PO BOX 2472
SALINA, KS 67402

WHITE, CHARLES 302.90
405 ½ S 5TH
LINCOLN, KS 67455

WOODY, WILLIAM 1100.02
PO BOX 75
BEVERLY, KS 67423

WOODY, WILLIAM 426.94
PO BOX 75
BEVERLY, KS 67423

WOODY, WILLIAM 208.64
PO BOX 75
BEVERLY, KS 67423

I CERTIFY THAT THE FORGOING ARE TRUE AND CORRECT STATEMENTS ON THE 2025 DELINQUENT PERSONAL PROPERTY TAX, INTEREST, PENALTIES AND FEES AS OF OCTOBER 1, 2026, AGAINST THE ABOVE NAMED TAX-PAYERS FOR THE TAX YEAR 2025.

MARY ANN STERTZ
LINCOLN COUNTY TREASURER
736 MAIN STREET
HOXIE, KS 67740
(785) 675-3217
FAX NO. (785) 675-3983

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, October 7, 2026)

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS

IN THE MATTER OF THE ESTATE OF

STEVEN L. MEYER, DECEASED.

Case No. LC-2026-PR-000019

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 Charlie Meyer, as one of the children and one of the heirs of Steven L. Meyer, deceased, requesting:

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

The West Half of the Southeast Quarter (W ½ SE ¼); and the Southwest Quarter of the Northeast Quarter (SW ¼ NE ¼) of Section Fifteen (15); and all that part of the Northeast Quarter of the Northwest Quarter (NE ¼ NW ¼) of Section Fifteen (15), lying South of the Center Line of the Saline River, being about thirty (30) acres, all in Township Twelve (12) South, Range Seven (7) West of the Sixth Principal Meridian in Lincoln County, Kansas.

and all property, real and personal, or interests therein, owned by decedent at the time of death; and you are hereby required to file your written defenses to the Petition on or before November 9th, 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 therein, judgment and decree will be entered in due course upon said Petition.

Charlie Meyer, Petitioner

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

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, September 30, 2026)

ELECTRONICALLY FILED
2026 Sep 21 PM 1:58
CLERK OF THE LINCOLN COUNTY DISTRICT COURT
CASE NUMBER: LC-2026-PR-000018
IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS

In the Matter of the Estate of

DEBRA JEAN STOVALL, Deceased.

Case No. LC-2026-PR-18

NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are notified that on September 21, 2026, Allen Gregory Stovall filed a Petition for Administration and for Simplified Administration in the District Court of Lincoln County, Kansas, requesting that he be appointed Administrator of the Estate of Debra Jean Stovall, deceased, and that the Estate be administered under the Kansas Simplified Estates Act.

The Petition is set for hearing on the 26th day of October, 2026, at 10:00 a.m., before the District Court of Lincoln County, Kansas. Any person interested in the Estate may appear and be heard as permitted by law and the Court's orders.

If simplified administration is ordered, routine administration of the Estate may proceed without ongoing court supervision, and further notice of the Administrator's actions generally will not be given except as required by law, including notice of final settlement.

Creditors are notified to present their demands against the Estate within four months from the date of first publication of this notice as provided by law. Claims not timely presented may be forever barred. Known or reasonably ascertainable creditors may also receive actual notice as required by law.

Allen Gregory Stovall
Petitioner, Pro Se
4039 N. Crystal Springs Rd.
Salina, KS 67401

HOUSE CONCURRENT RESOLUTION No. 5004

A PROPOSITION to amend section 1 of article 5 of the constitution of the state of Kansas to require individuals to be citizens of the United States, at least 18 years of age and a resident of the voting area in which such person seeks to vote in order to vote in this state.

Be it resolved by the Legislature of the State of Kansas, two-thirds of the members elected (or appointed) and qualified to the House of Representatives and two-thirds of the members elected (or appointed) and qualified to the Senate concurring therein:

Section 1. The following proposition to amend the constitution of the state of Kansas shall be submitted to the qualified electors of the state for their approval or rejection: Section 1 of article 5 of the constitution of the state of Kansas is hereby amended to read as follows:

"§ 1. Qualifications of electors. ~~Every~~(a) *No person shall be deemed a qualified elector unless such person:*

(1) *Is* a citizen of the United States ~~who~~;

(2) has attained the age of eighteen years; and ~~who~~

(3) *except as provided in subsection (b) or (c),* resides in the voting area in which ~~he or she~~ *such person* seeks to vote ~~shall be deemed a qualified elector.~~

(b) Laws of this state relating to voting for presidential electors and candidates for the office of president and vice-president of the United States shall comply with the laws of the United States relating thereto. A citizen of the United States, who is otherwise qualified to vote in Kansas for presidential electors and candidates for the offices of president and vice-president of the United States may vote for such officers either in person or by absentee ballot notwithstanding the fact that such person may have become a nonresident of this state if ~~his or her~~ *such person's* removal from this state occurs during a period in accordance with federal law next preceding such election.

(c) A person who is otherwise a qualified elector may vote in the voting area of ~~his or her~~ *such person's* former residence either in person or by absentee ballot notwithstanding the fact that such person may have become a nonresident of such voting area during a period prescribed by law next preceding the election at which ~~he or she~~ *such person* seeks to vote, if ~~his~~ *such person's* new residence is in another voting area in the state of Kansas."

Sec. 2. The following statement shall be printed on the ballot with the amendment as a whole:

"Explanatory statement. This amendment would clarify that only a person who is a citizen of the United States is eligible to vote in this state.

"A vote for this proposition would clarify that only a person who is a citizen of the United States is eligible to vote in this state.

"A vote against this proposition would make no change to the constitution of the state of Kansas, and the language concerning voter qualifications would remain the same."

Sec. 3. This resolution, if approved by two-thirds of the members elected (or appointed) and qualified to the House of Representatives and two-thirds of the members elected (or appointed) and qualified to the Senate, shall be entered on the journals, together with the yeas and nays. The secretary of state shall cause this resolution to be published as provided by law and shall cause the proposed amendment to be submitted to the electors of the state at the general election in November in the year 2026, unless a special election is called at a sooner date by concurrent resolution of the legislature, in which case the proposed amendment shall be submitted to the electors of the state at the special election.

VOTE HERE

Lincoln County Registered Voters
General Election
Tuesday, November 3, 2026

USD 298 Lincoln Jr. Sr. High School Storm Shelter
701 E North St, Lincoln, KS 67455

Lincoln Center Precincts I & II, Battle Creek, Beaver, Colorado, Elkhorn, Franklin, Grant, Indiana, Logan, Madison, Marion, Salt Creek, Scott and Valley Townships
Barnard City, and Beverly City

Sylvan Grove Rural Fire Training Room
130 S Main St, Sylvan Grove, KS 67481

Cedron, Golden Belt, Hanover, Highland, Orange, Pleasant and Vesper Townships
Sylvan Grove City

Can't make it to the Polls on November 3?
You can Advance Vote at the Courthouse
Starting: October 14, 9:00 a.m. – 4:00 p.m.
Ending: November 2 at 12 noon

Polls are open from 7:00 a.m. to 7:00 p.m.

Election Related Important Dates

Public Test of Voting Equipment
October 9 at 10:00 a.m.
Courthouse Meeting Room

Voter Registration Deadline
October 13

Advance Ballots Mailed & Early Voting Begins
October 14

Election Audit
November 5 - 10:00 a.m.
Commission Meeting Room

Election Canvass
November 9 – 8:30 a.m.
Commission Meeting Room

Post-Election Public Testing of the Vote Tabulating Equipment
November 12 – 10:00 a.m.
Courthouse Meeting Room





Sylvan-Lucas' Zayne Maupin (15) heads downfield as teammate Lane Brokes (14) moves in to deliver a block during the Mustangs' Senior Night victory over Little River. (*Photo by Lori Spear)*



Lincoln's Jeremiah Miller (2) hands off to Ben Bell (20) during Friday night's Senior Night showdown against Trego. The Leopards celebrated the occasion with an impressive 76-50 victory. (*Photo by Kristy Rosebrook)*



Lincoln's Xavier Miller (7) carries the ball as Kadin Schneider (1) moves in to assist during Friday night's high-scoring showdown. The Leopards came out on top, defeating Trego 76-50. (*Photo by Kristy Rosebrook)*



Sylvan-Lucas senior quarterback Cai Labertew looks downfield for an open receiver during Friday night's 54-38 victory over Little River. (*Photo by Lori Spear)*



LEFT: Tescott's Jace Krone (20) carries the ball during a standout performance in the Trojans' dominating 48-0 victory over Palco. Teammate Joey Stirn (10) delivers a block while Parker Graves (18) follows Krone downfield and Carter Phelps (15) joins the action. (*Photo by Kriston Phelps)*



CHEERING ON THE TROJANS! The Tescott High School cheerleaders bring energy, enthusiasm and plenty of school spirit to the sidelines as they cheer their Trojans on to an impressive 48-0 victory over Palco Friday night. (*Photo by Kriston Phelps)*



Sylvan-Lucas' Caleb Meier finds nothing but open field ahead as he races toward the end zone for a touchdown during the Mustangs' victory over Little River. (*Photo by Lori Spear)*

Sylvan-Lucas Volleyball Sweeps Lakeside in Downs

The Sylvan-Lucas Mustangs enjoyed a successful night on the volleyball court in Downs last week, sweeping Lakeside in both varsity and junior varsity action. The varsity squad dominated its first match, 25-8 and 25-12, before securing another victory, 25-10 and 27-25. The junior varsity team also came away with a pair of close set wins, 25-23 and 25-22, completing a clean sweep for the Mustangs.



ALLIE GEAR
(Photo by Lori Spear)



LAUREN BROKES & MORGAN FINKENBINDER
(Photo by Lori Spear)



KADENCE PALMER & ALLIE GEAR
(Photo by Lori Spear)