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Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, March 19, 2025)

Notice is hereby given that Lincoln County, Kansas (OWNER) is soliciting bids for construction of a 49’ span steel beam span bridge on 190th Road located 0.2 miles south and 7.4 miles west of West-fall. The project consists of constructing a single span steel beam bridge on steel pile with steel sheet pile backwall. Lincoln County will remove the existing structure, prepare the site for construction of the bridge, and backfill the structure and complete approach roadways when construction is complete. Lincoln County shall provide all funds required for this project. All Federal, State, and County regulations must be complied with.

Bids for the proposed construction will be received by Lincoln County at the Highway Department Office at 203 E Spring Street in Lincoln, KS until **3:00 p.m. local time April 10th, 2025**. All mailed bids must be received prior to the stated time. The bid shall include a lump sum price for all materials, labor, equipment, and incidentals necessary to construct the bridge and a proposed start date and completion date. The construction schedule will be taken into consideration in selection of the BIDDER to whom the project will be awarded. Submit the bid proposal on company letterhead and complete and return this form with the bid. Lincoln County reserves the right to waive any and all technicalities and to reject any and all bids.

Interested bidders must contact Dale Hlad at Lincoln County at 785-524-4656 prior to submitting a bid.

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, March 12, 2025)

Notice of Annual Meeting

The 64th annual meeting of the Salt Creek Watershed Jt. Dist. #46 will be held at the Salt Creek Watershed #46 District office in Barnard, Kansas, on Tuesday March 18th, 2025 at 7:00 P.M. We welcome all Salt Creek residents and other interested parties to the meeting.

Arlen Bacon, President
Steve Simmons, Secretary

Legal Notice

(First Published in Lincoln Sentinel-Republican on Wednesday, March 12, 2025)

IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS
Probate Division

In the Matter of the Estate of)
) Case No. LC-25-PR-000004
Lois E. Horner,)
f/k/a Lois E. Mooneyham, Deceased)

NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that Lois E. Horner, f/k/a Lois E. Mooneyham, died on February 5, 2025. All of her property and assets were titled in The Lois E. Mooneyham Trust dated November 5, 1996 (“Trust”). The successor sole trustee of the Trust is Jimmy Ray Mooneyham, 5165 Rockenham Rd., St. George, Kansas 66535, and all debts of the decedent shall be paid from the Trust.

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

By: Jimmy R. Mooneyham,
Trustee under Lois E. Mooneyham
Trust dated November 5, 1996

SUBMITTED AND APPROVED BY:

Jeffrey A. Norris, KS 27036
CLARK, MIZE & LINVILLE, CHARTERED
129 S. Eighth - P.O. Box 380
Salina, Kansas 67402-0380
Tel. (785) 823-6325 - Fax (785) 823-1868
janorris@cml-law.com
Attorneys for Petitioner

Farmers & Ranchers
Livestock Commission Co.

Total for the Week - Cattle - 4,634 Hogs - 49
Bulls - \$200.00 - \$210.00 Cows - \$142.00 - \$151.00

Strs		Hftrs	
300-400	\$455.00-465.00	300-400	\$440.00-450.00
400-500	\$450.00-460.00	400-500	\$390.00-400.00
500-600	\$390.00-402.00	500-600	\$342.00-353.50
600-700	\$355.00-364.00	600-700	\$315.00-327.00
700-800	\$307.00-316.50	700-800	\$269.00-280.00
800-900	\$279.00-290.00	800-900	\$247.00-258.50
900-1000	\$252.00-263.50	900-1000	NO TEST

Early Consignments
Thursday, March 20th
10 a.m start time

28 hftrs, 625-775, home raise, long wean; 10 bwf/rwf hftrs, 700, long wean, 3 round vaccs; 100 blk strs, 850-900, 1 iron, off rye, no grain, no silage; 33 blk/red strs, 850-925, home raise, long wean, 2 round vacc; 55 mostly blk s&h, 750-900, home raise, long wean, 2 round vacc, open; 62 strs, 850, no sort; plus more by sale time.

Special Cow Sales
Tuesday April 15, 2025
Tuesday May 6, 2025

New Frontier Bull Sale
Saturday March 22, 2025

In Stock Today

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

Sales Manager, Mike Samples
Office: 785-825-0211 Cell: 785-826-7884
Salina, Kansas

Listen to our markets on KSAL, Salina at 6:45 a.m. Mon. thru Fri.
For more information or to consign cattle call sale barn or:
Fieldman Representatives:
Kenny Briscoe • Lincoln, KS • 785-658-7386
Lisa Long • Ellsworth, KS • 620-553-2351
Cody Schafer • 620-381-1050
Auctioneers:
Kyle Elwood, Brandon Hamel, and Garren Walrod

Walk Kansas and KANcycle partner to offer free bike rides for participants

Walk Kansas participants have an exciting new way to stay active this year! KANcycle, the regional bike-sharing program operated by OCCK Transportation, is partnering with Walk Kansas to offer free bike rides throughout the eight-week Walk Kansas program.

This partnership encourages participants to incorporate cycling into their fitness routine, promoting healthy lifestyles and active transportation. Walk Kansas participants will receive a special promo code to use in the Movatic app, allowing them to enjoy a daily free 1-hour KANcycle ride (56 rides total) during the program.

“We are thrilled to partner with Walk Kansas to provide another way for people to stay active and explore their communities,” said Michelle Coats, Mobility Manager for North Central Kansas. “Cycling is a great complement to walking, and this initiative makes it even easier to participate.”

Regular physical activity is essential for overall health. The Centers for Disease Control and Prevention (CDC) recommends adults get at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking or cycling, each week, along with two days of muscle-strengthening activities. Participating in Walk Kansas helps individuals meet these guidelines, improving heart health, boosting mood, and reducing the risk of chronic diseases.

How It Works:

1. Register for Walk Kansas
2. Download the Movatic app
3. Enter the promo code (provided after registration)
4. Unlock a KANcycle bike and start riding!

KANcycle bikes are available in several North Central Kansas communities, including Salina, Minneapolis, Concordia, Belleville, Mankato, Beloit, Lincoln, Ellsworth, and Lindsborg, and Coffeyville in Southeast Kansas, making it easy for Walk Kansas participants to add cycling to their weekly activity goals.

Walk Kansas, a program through K-State Research and Extension, runs from March 30 to May 24, 2025, and encourages teams or individuals to log physical activity minutes equal to walking across the state. The program promotes regular movement, healthy eating, and overall wellness.

Now is the time to take the first step toward better health! Registration for Walk Kansas is open – sign up today at www.walkkansas.org. For more information about KANcycle, visit www.kancycle.org.

DOC/ from page 4

with clarity and justification. The structured discussion format of VTS also encourages strong communication, as well as cooperative analytical skills, which are essential for collaborative work within healthcare teams.

Attuning to a patient's needs requires careful observation, but diagnosing complex cases also demands the ability to navigate uncertainty. Patients may present with overlapping or unclear symptoms, and medical professionals must carefully weigh multiple possibilities. VTS trains students to tolerate ambiguity by prompting them to analyze complex images without immediate resolution. Further, the process fosters active listening to alternative interpretations offered by others, often leading participants to refine their own thoughts. This practice fosters adaptability, allowing future medical professionals to confidently refine their assessments rather than

defaulting to initial impressions.

By engaging with works of art in VTS discussions, medical students and practitioners develop sharper attention to detail, improved communications, and increased empathy. Ideally, this reflective approach extends into clinical practice, allowing healthcare providers to take a more holistic view of their patients, ask insightful questions, thoroughly evaluate symptoms before reaching a diagnosis, and communicate thoughtfully with patients and families.

If you would like to learn more about Visual Thinking Strategies and potential partnerships, contact your local art museum.

Select Sources:

Agarwal, G.G., McNulty, M., Santiago, K.M. et al. Impact of Visual Thinking Strategies (VTS) on the Analysis of Clinical Images: A Pre-Post Study of VTS in First-Year Medical Students. *J Med Humanit* 41, 561–572 (2020). <https://doi.org/10.1007/s10912-020-09652-4>

Cerqueira, A.R., Alves, A.S., Monteiro-Soares, M.

et al. Visual Thinking Strategies in medical education: a systematic review. *BMC Med Educ* 23, 536 (2023). <https://doi.org/10.1186/s12909-023-04470-3>

Rezaei S, Childress A, Kaul B, Rosales KM, Newell A, Rose S. Using Visual Arts Education and Reflective Practice to Increase Empathy and Perspective Taking in Medical Students. *MedEdPORTAL*. 2023;19:11346. https://doi.org/10.15766/mep_2374-8265.11346

Donna Merkt is a certified VTS facilitator and has practiced VTS for more than 15 years, during which she's led VTS conversations with thousands of students and adults, and trained numerous educators and medical professionals to use the method. She currently serves as director of the South Dakota Art Museum at South Dakota State University. Follow The Prairie Doc at www.prairiedoc.org, Facebook, Instagram, Youtube and Threads. Prairie Doc Programming includes On Call with the Prairie Doc*, a medical Q&A show (most Thursdays at 7pm streaming on Facebook), 2 podcasts, and a Radio program (on SDPB), providing health information based on science, built on trust.*

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84%

of Kansans believe government should be required to publish **public notices** in print and digital **newspapers** as a service to the community

The right of the people to keep a **free & transparent press** is obligatory for us citizens. **Public notices belong in newspapers!**

Leavenworth County resident

KansasPublicNotices.com

*2024 Kansas State Study; Conducted by Coda Ventures

Kansas Press Association

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27th Spring Art Auction

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