

opinion

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LETTERS POLICY

WRITE: Letters to the Editor, The Sabetha Herald, P.O. Box 208, Sabetha, KS 66534

EMAIL: news@sabethaherald.com

We welcome letters of general interest to the community and reserve the right to edit for clarification or length. Letters should be fewer than 400 words, and writers are limited to one letter every other week. Letters are due by 10 a.m. on Monday before publication and must be signed with the writer’s name, address and phone number for verification purposes. Only the name and hometown will be included in the printed letter. We do not publish anonymous letters or letters printed elsewhere.

DISCLAIMER

The opinions expressed in editorials, columns, letters to the editor or editorial cartoons do not necessarily reflect those of The Sabetha Herald or its staff. Furthermore, The Sabetha Herald does not and will not fact check the information included in letters to the editor. All information will be left as presented by the author.

COLUMNS

Be still

There’s nothing like a snowstorm to strip us of the illusion of total self-sufficiency.

Snowstorms remind us of our priorities. They remind us how much we need God; not just for “big” tasks that we judge as “important,” but for every aspect of our lives.

Jesus Christ didn’t say, “apart from me, you can do the little stuff, but you can’t do big stuff.” He said, “apart from me, you can do nothing.” (John 15:5)

Snowstorms remind us of how much we need one another: not just the people that agree with us on every point. When the weather is fair, and the roads are clear, it’s tempting to think that all it takes for us to be an expert is an opinion, and a social media account, and the couple dozen people who affix little “thumbs up” icons to our recycled memes.

“If only we were _____, we’d by gosh get things right. We’d tell _____ a thing or two. We’d put an end to all this _____” (it’s amaz-

ing how wise we become, when we cancel everyone who disagrees with us).

When the roads are blocked, and the drifts are shoulder-high, and the wind chill is well below zero, we’re effectively in “time out.” We might move a little snow with a shovel so we can get from our front door to the driveway, but unless we’re in the driver’s seat of a big tractor or snowplow, and trained to run it, we’re not going anywhere. Does it matter if the snowplow or tow truck operator ever heard of our opinions, or gave us thumbs up on social media at that point?

So, we wait. And we trust that help is on the way. And we accept the help, when it comes, with gratitude, and we give thanks to God in all things.

Our ancestors in faith were

a lot like us. Faced with an insurmountable barrier (the Red Sea) the Israelites, fleeing Egypt, were panicking, blaming, verging on rioting, and ready to turn on Moses and each other. Yet, God already had in mind what He would do.

Moses tells the people, “God will fight your battles – you only need to be still.” (Exodus 14:14)

Just because we may not see a way forward, doesn’t mean that God doesn’t have a plan. God always has, not just a plan, but plans, to prosper us and not to harm us; plans to give us hope and a future (Jeremiah 29:11). The Enemy hopes we will stay distracted, busy, angry and fearful, so we’ll never find God’s plans, nor hear God’s voice.

“Be still and know that I am God. I will be exalted among na-

tions. I will be exalted on Earth.” (Psalm 46:10)

Everything in our world right now seems designed to point us away from being still, and knowing God, and holding onto faith. Even our worship tends to be filled with talking, music, motion and noise – with no space for being quiet, and knowing the still, small voice of the Lord. A snowstorm enforces silence and stillness and waiting for most of us, while a few of God’s people work skillfully and tirelessly on our behalf.

Soon, this snow will be a memory, but maybe we can grow in wisdom and keep the gratitude and the lesson: that it is in stillness and silence that we can discern the Lord’s voice, and it is in working together as God’s people that the Kingdom of Heaven will truly and for all time, come forth. May 2025 be a year of working together for the sake of God’s Kingdom, for all God’s creation.

Minister Speaks

BY: SHANE SPANGLER
FAIRVIEW UNITED CHURCH OF CHRIST



Let’s strive to be physically, spiritually alive in ‘25!

As we welcome in another new year, this is the perfect time to re-focus, re-commit and re-dedicate ourselves to making our lives better. Two ways we can do this are to improve our physical and spiritual health. We can choose to be satisfied with just “getting by” with our health, or we can challenge ourselves to be better, to be more disciplined, and to be obedient to what God has called us to do. In other words, we can strive to be physically and spiritually alive!

One of the most practical ways to improve our physical health is to be more active. Ideally, this means making time for at least 30 minutes of exercise six days a week, and to be more active at work as well. Our bodies are masterfully designed to move, and since mobility is the key to longevity, the more we move, the healthier we will be. Remember, sitting is to the spine what smoking is to the lungs and sugar is to the teeth. We need to be moving, not sitting all day.

A couple of suggestions to improve mobility in the workplace are to utilize a standing work-

station and a walking pad at our desk. This allows us to be moving, working and exercising at the same time.

Not only is this an effective and efficient option, but it will improve health and productivity at the same time. Another simple suggestion is to replace our chair with an exercise ball. This is an easy way to increase mobility, strengthen the core and decrease stiffness.

Spiritual fitness starts with keeping God first in our lives. I can speak from experience when I say this is easier said than done. This has been a struggle for me, and I know that any time I am irritable or stressed or react to a situation in a regretful way, it is usually because my priorities are misguided. There is plenty of room for growth in this area for me.

Everyone is busy and distracted by various life stressors, but making time for prayer, devotions and

fellowship with a body of believers are all effective ways to become spiritually alive. It may not be easy to keep God first, but this is exactly what He asks of us. In fact, Jesus is very clear about this when He is asked what the greatest commandment is.

He tells us to “love the Lord with all your heart and with all your soul and with all your mind,” Mat. 22:37. When our time on earth comes to an end, my guess is it would be very satisfying and rewarding if we could look back on our lives with minimal regrets. I’m not sure if this is possible if we aren’t living on purpose, being disciplined, and striving to give our best in all that we do.

In the New Testament, Paul emphasizes this when he says, “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into

strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever,” 1 Cor. 9:24-25.

Giving our best and living our lives in such a way as to “win the prize” should be our goal and ensure that we do not have regrets later. Timothy also acknowledges the importance of our health but takes it a step further. He reminds us that while our physical health is important, our spiritual health is more important.

He encourages us to “train ourselves to be Godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come,” 1 Tim. 4:8.

A good dose of perspective is healthy for all of us. While it is good and important to make sure we are physically fit for our time on earth, it is even more important that we are spiritually fit for our time in eternity. A new year means another opportunity to make a better version of ourselves, so let’s strive to be alive in ‘25!

Health Notes

BY: DR. BRETT LUKERT



THIS COLUMN IS PAID FOR BY LUKERT CHIROPRACTIC.

First published in The Sabetha Herald on Wednesday, January 1, 2025

LEGAL NOTICE

NOTICE TO CREDITORS

PURSUANT TO K.S.A. 58a-818

To All Persons Concerned:

You are hereby notified that Dolores Jean Althouse died on the 8th day of December, 2024. The decedent was the Grantor of The Dolores Jean Althouse Revocable Living Trust Dated January 23, 2015, as amended. Kathy Jean Remmers and Douglas Floyd Althouse now serve as the Successor Co-Trustees of the trust and have the power to pay the outstanding debts of the decedent from the trust property upon receipt of proper proof of the debts. In accordance with K.S.A. 58a-818, creditors of the decedent must present claims for such debts to the Successor Co-Trustees in writing within the later of four months from the date of first publication of this Notice, or 30 days after receipt of actual notice if the identity of the creditor is known or reasonably ascertainable by the Successor Co-Trustees. If a creditor fails to present such claims to the Successor Trustee within the prescribed time period, the creditor will be forever barred as against the Successor Co-Trustees and the trust property.

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PUBLIC NOTICE

Invitation to Bid

Sealed bids are being accepted for a KS Department of Commerce, CDBG project, number 24-IN-001. The bid is for the installation of a 400-amp, 480-volt Load Center. This requires the purchase of the Load Center, all wire and components and labor to install the Load Center and connect 3-phase electrical power to Kaeb LLC to complete a 3-phase electric access project. Sealed bids are being accepted at the Nemaha County Clerk’s office from January 8th until 4:30 p.m. on February 5, 2025. Sealed bids will be opened and read aloud on February 6, 2025.

The information for Bidders, Form of Bid, Form of contract, Plans, Specifications, and Forms of Bid Bond, Performance and Payment Bond, and other contract documents may be examined at the Nemaha County Clerk’s office at the Nemaha County Courthouse at 607 Nemaha Street, Seneca, Kansas.

Bidder Packets may be obtained at the office upon payment of \$100 for each set. Any unsuccessful bidder, upon returning the packet promptly and in good condition, will be refunded his payment. Any non-bidder upon returning the packet promptly and in good condition will be refunded \$100.

Nemaha County reserves the right to waive any informalities or to reject any or all bids.

Each bidder must deposit with his bid, security in the amount and form, and subject to the conditions provided in the Information for Bidders section of the Bidder Packet.

No Bidder may withdraw his bid within 30 days after the actual date of the opening on February 6th.

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If it matters to you... It matters to us.

We have been serving Sabetha and the surrounding area since 1876. The Sabetha Republican was established in 1876, and The Sabetha Herald was established in 1884. The two consolidated in 1893.



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