

**SPICE UP YOUR LIFE - LINDSAY YOUNG**

**Flavorful one-pan Middle Eastern dish is the 'peas' knees**



Ruhama Shitrit, who goes by “RuhamasFood” on several social media platforms. You can find the specific Instagram reel for this recipe at <https://www.instagram.com/reel/DQo-rV7Dvxu/>. I added more of the spices in my version.

**One Pan Beef Rice and Peas**

- Ingredients**
- 5 tablespoons extra virgin olive oil
  - 1 large onion, sliced thinly
  - 1 tablespoon salt
  - 1 tablespoon turmeric
  - 1 tablespoon garlic powder
  - 2 teaspoons black pepper
  - 2 pounds ground beef
  - 2 cups basmati rice, rinsed and drained
  - 16 ounces frozen peas
  - about half a bunch of fresh parsley, chopped
  - 1/2 tablespoon dijon mustard (I used spicy brown, since that's what I had on hand.)
  - 1/2 tablespoon honey
  - 4 cups water, boiling

**Directions**  
In a large skillet or pot with a lid, heat the olive oil over medium heat. Add the onions and saute. When they are nearly cooked through, add in the salt, turmeric and pepper and saute for several minutes. Add the ground beef, and continue to cook, breaking it apart as you

go, until it is cooked through. Add in the rice, peas, parsley, mustard and honey, and mix everything well. Pour in the boiling water, and stir. Cover the pan with a lid. Cook for five minutes on medium heat, and then lower the temperature to low for 40 more.

This was amazing. It was different from anything I've ever made, but it was hearty and made for a fabulous meal. The leftovers were awesome, too. This recipe also made a ton of food, so it would be great for a family dinner. And I would say it's very kid-friendly. And now that I have several of Ruhama's recipes saved, I'm also discovering a whole new genre of spices and seasonings I'll need to invest in to keep trying more of her dishes. I'd still love to receive recipes from readers every once in awhile, but having access to amazing cooks from around the world online is a pretty good way to try new things, too, even if shopping for ingredients in rural Kansas can sometimes pose a challenge.

*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](http://spiceupkitchen.net).*

Got a great local story?  
email: [lincolnsnews@gmail.com](mailto:lincolnsnews@gmail.com)

**Legal Notice**

(First Published in Lincoln Sentinel-Republican on Wednesday, January 14, 2026)

**IN THE DISTRICT COURT OF LINCOLN COUNTY, KANSAS**

IN THE MATTER OF THE ESTATE of  
DUANE S. HELUS A/K/A

DUANE SCOTT HELUS, DECEASED  
LC-2025-PR-000017

Proceeding Pursuant to K.S.A. Chapter 59

**NOTICE OF HEARING AND NOTICE TO CREDITORS**

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are notified that on **December 29, 2025**, a petition was filed in this Court by **Linda Rosebrook**, as executor named in the Last Will and Testament of **Duane S. Helus a/k/a Duane Scott Helus**, deceased, dated April 27, 2009, requesting the Will filed with the petition be admitted to probate and record; Petitioner be appointed as executor, without bond, and Petitioner be granted Letters Testamentary.

You are required to file your written defenses to the Petition on or before **February 9, 2026 at 10:00 AM** in the District Court of Lincoln County, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgement and decree will be entered in due course upon the petition.

All creditors are notified to exhibit their demands against the Estate within the latter of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

**Linda Rosebrook**  
PETITIONER

James R. Angell, #19329  
KENNEDY BERKLEY, P.A.  
119 W. Iron Ave., 7th Floor  
Salina, KS 67401  
Phone: (785) 825-4674  
Fax: (785) 825-5936  
[jangell@kenberk.com](mailto:jangell@kenberk.com)  
ATTORNEYS FOR PETITIONER

**Legal Notice**

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

**ORDINANCE NUMBER 767**

**AN ORDINANCE AMENDING CHAPTER XIV, SECTION 14-101 OF THE CITY CODE OF THE CITY OF LINCOLN CENTER, KANSAS, TO ADD LOCAL AMENDMENTS TO THE 2025 STANDARD TRAFFIC ORDINANCE AND REPEALING THE EXISTING SECTION 14-101.**

**BE IT ORDAINED, BY THE GOVERNING BODY OF THE CITY OF LINCOLN CENTER, KANSAS:**

**SECTION ONE.** Section 14-101 of the City Code of the City of Lincoln Center, Kansas is hereby amended to read as follows:

**14-101. INCORPORATING STANDARD TRAFFIC ORDINANCE.**

(a) Adoption by Reference. The Standard Traffic Ordinance for Kansas Cities, 52nd Edition (2025), published by the League of Kansas Municipalities, Topeka, Kansas (the “Standard Traffic Ordinance”), is adopted and incorporated by reference except such portions as are hereinafter amended. At least one copy of the Standard Traffic Ordinance shall be marked or stamped “Official Copy as Adopted by Ordinance No. 762” with all sections thereof intended to be amended clearly marked to show any such amendments and to which shall be attached a copy of this ordinance and filed with the City Clerk to be open to inspection and available to the public at all reasonable business hours.

(b) Amendments. Section 33 of the Standard Traffic Ordinance is hereby amended to read as follows:

Section 33. Maximum speed limits.

(a) Except when a special hazard exists that requires lower speed for compliance with Section 32, the limits specified in this section or established as hereinafter authorized shall be maximum lawful speeds, and no person shall drive a vehicle at a speed in excess of such maximum limits:

- (1) In any urban district, 30 miles per hour;
- (2) On any separated multilane highway, as designated and posted by the secretary of transportation, 75 miles per hour;
- (3) On any county or township highway, 55 miles per hour;
- (4) On all other highways, 65 miles per hour;
- (5) In any school zone, 20 miles per hour; and
- (6) On all other highways, 65 miles per hour.

The maximum speed limits established by or pursuant to this paragraph shall be of force and effect regardless of whether signs are posted giving notice thereof.

(b) No person shall drive a school bus to or from school, or interschool or intraschool functions or activities, at a speed in excess of the maximum speed limits provided in subsection (a), except that the board of education of any school district may establish by board policy lower maximum speed limits for the operation of such district's school buses. The provision of this subsection relating to school buses shall apply to buses used for the transportation of students enrolled in community colleges or area vocational schools, when such buses are transporting students to or from school, or functions or activities.

**SECTION TWO.** Existing Sections 14-101 are hereby repealed.

**SECTION THREE.** This ordinance shall be in full force and effect from and after its adoption and publication once in the official city newspaper.

INTRODUCED, PASSED, and APPROVED by the Governing Body of the City of Lincoln Center, Kansas, on this 12th day of January 2026.

APPROVED:  
By: /s/ Travis Schwerdtfager  
Mayor

Attest: (seal)  
By: /s/ Heather N. Hillegeist  
City Clerk

**Shop Kansas Farms By Rick McNary**

**Spotlight on Kim Baldwin**



Kim Baldwin

What do you do with 10,000 pounds of popcorn your family harvested and thought was sold to a dealer, but the deal fell through? Just ask Kim Baldwin of rural Inman: you create Papa Baldy's Poppin' Snacks!

Kim, originally a native of New Mexico, moved to Kansas to marry her husband, Adam, in 2010. Their children, Banks and Isannah, work alongside Adam's parents, Dwight and Cindy Baldwin, on the family farm that raises wheat, corn, soybeans, grain sorghum and, since 2017, popcorn.

One winter while Dwight was munching on popcorn, he got the idea to diversify and grow a few acres on their farm. He arranged with a buyer to purchase the

first crop, then the buyer backed out. As a family, they decided to start a direct-to-consumer business. Kim's background in journalism and advertising became important as they began developing the brand of the product and searching for markets. They came up with various names but couldn't agree on one, so they took their choices to social media.

"I designed various logos then we put it out for a vote on a private Facebook page for farm wives that Cindy and I belong to," Kim says. "The rug rats call Dwight 'Papa' and Adam was nicknamed 'Baldy' in college, so Papa Baldy's was one suggestion. The name and the logo that won was by far the most popular but wasn't my first choice; my favorite design didn't even make the cut."

Like all farm families, all members participate in one form or another on the farm, including children. When I first wrote about the Baldwins in 2018, their children were young and busy bagging and selling popcorn. At the most recent Shop Kansas Farms (SKF) Market of Farms in Andover, Banks stood several inches taller than me but was still selling popcorn.

In addition to helping on the farm, Kim teaches English and journalism and serves as the Inman FFA assistant sponsor at Inman Junior/Senior High School. As if that doesn't keep her busy enough, she writes a column for Kansas Farm Bureau (KFB), which appears in numerous print and digital news outlets both locally and nationally.

Learn more by reading Growing Popcorn, follow Kim's column on KFB, and check out their website, Papa Baldy's Poppin' Snacks.

Note: Baldwin is the first to be featured in the Shop Kansas Farms celebration of the International Year of the Woman Farmer.

**Legal Notice**

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

**ORDINANCE NUMBER 769**

**AN ORDINANCE AMENDING CHAPTER XIII, ARTICLE 3, SECTION 13-310 TO THE CITY CODE OF THE CITY OF LINCOLN CENTER, KANSAS, TO AMEND HEIGHT AT WHICH ANY OWNER OF ANY TREE MUST TRIM AND CLEAR SPACE ABOVE THE SURFACE OF ANY STREET OR RIGHT-OF-WAY FROM EIGHT FEET TO FOURTEEN FEET IN THE CITY OF LINCOLN CENTER, KANSAS.**

**BE IT ORDAINED, BY THE GOVERNING BODY OF THE CITY OF LINCOLN CENTER, KANSAS:**

**SECTION 1.** Section 13-310 of the City Code of the City of Lincoln Center, Kansas is hereby amended to read as follows:

13-310. PRUNING, CORNER CLEARANCE. Every owner of any tree overhanging any street or right-of-way within the city shall trim the branches so that such branches shall not obstruct the light from any streetlamp or obstruct the view of any street intersection and so that there shall be a clear space of fourteen feet, if such tree were in full leaf, above the surface of the street or right-of-way. The owners shall remove all dead, diseased or dangerous trees, or broken or decayed limbs which constitute a menace to the safety of the public. The city shall have the right to trim any tree or shrub on private property when it interferes with the proper spread of light along the street from a streetlight or interferes with visibility of any traffic control device or sign.

**SECTION 2.** Existing Section 13-310 of the City Code of the City of Lincoln Center, Kansas, is hereby repealed.

**SECTION 3.** This ordinance shall be in full force and effect from and after its adoption and publication once in the official city newspaper.

INTRODUCED, PASSED, and APPROVED by the Governing Body of the City of Lincoln Center, Kansas, on this 12th day of January 2026.

APPROVED:  
By: /s/ Travis Schwerdtfager  
Mayor

Attest: (seal)  
By: /s/ Heather N. Hillegeist  
City Clerk

**Legal Notice**

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

**ORDINANCE NUMBER 768**

**AN ORDINANCE AMENDING CHAPTER XIV OF THE CITY CODE OF THE CITY OF LINCOLN CENTER, KANSAS, BY ADDING A NEW SECTION 14-104 TO PROVIDE DESIGNATED SCHOOL ZONES DURING CERTAIN HOURS AND TO PROVIDE FOR THE PLACEMENT OF SCHOOL ZONE SIGNS ALL FOR THE BENEFIT AND PROTECTION OF THE CITIZENS OF THE CITY OF LINCOLN CENTER, KANSAS.**

**BE IT ORDAINED, BY THE GOVERNING BODY OF THE CITY OF LINCOLN CENTER, KANSAS:**

**SECTION ONE.** Section 14-104 is added to the City Code of the City of Lincoln Center, Kansas to read as follows:

**14-104.School Zone.** There is hereby established a school zone on weekdays, Monday through Friday, between the hours of 7:30 – 8:15 a.m. and 3:30 – 4:15 p.m. on E. North Street, starting at a point 100 feet west of where N. Industrial Park Drive intersects with E. North Street to a point 100 feet west of where E. North Street intersects with Highway 18. At this location and during this time, there is hereby established a maximum speed of twenty (20) miles per hour and shall be in effect year round.

**SECTION TWO.** This ordinance shall be in full force and effect from and after its adoption and publication once in the official city newspaper.

INTRODUCED, PASSED, and APPROVED by the Governing Body of the City of Lincoln Center, Kansas, on this 12th day of January 2026.

APPROVED:  
By: /s/ Travis Schwerdtfager  
Mayor

Attest: (seal)  
By: /s/ Heather N. Hillegeist  
City Clerk

Have a great week!