

**NOTICE**

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that, to the best of our knowledge, all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-424-8590. Equal Housing Opportunity.

**Big ads get noticed - small ads do too!**

Contact us at [lincolnksnews@gmail.com](mailto:lincolnksnews@gmail.com) to start advertising today!

**Weekly Temps**

	High	Low	Rain
2-24	46	36	
2-25	73	31	
2-26	69	31	
2-27	71	31	
2-28	77	37	

Total Moisture for Feb 0.37

3-1	65	27	
3-2	32	31	

**HIRING?  
SELLING?  
BUYING?  
RENTING?**

**Contact us TODAY to get your listing in the CLASSIFIEDS!**



**City of Lincoln Center**  
Will Accept Applications until Friday, March 6, 2026 for  
**Pool Manager & Lifeguards**  
For Job Description & Application Contact:  
**City Clerk's Office**  
P O Box 126, 153 W. Lincoln Ave.  
Lincoln, KS 67455  
785-524-4280  
*City will fully reimburse the cost of certification if employed for 2 years.*  
*(Subject to Pre-Employment Drug Testing)*

**CONTACT US:  
LINCOLNKSNEWS@GMAIL.COM  
FOR ALL OF YOUR ADVERTISING NEEDS**

**PUBLIC NOTICE**  
(First Published in Lincoln Sentinel-Republican on Wednesday, March 4, 2026)  
The Lincoln Housing Authority will hold a public hearing on April 10, 2026, at 10:00 am at **107 E Court Street, Lincoln, KS 67455** on the 3rd floor community room. To receive comments regarding its Public Housing Agency Plan certification and Capital Fund Program 5 -Year Action Plan. The plans are available for review at the Lincoln Housing Authority office, Monday through Thursday 9:00 am - 3:00 pm and Friday 9:00 am- 12:00 pm. All residents and members of the public are invited to attend and provide comments.

**Legal Notice**  
(First Published in Lincoln Sentinel-Republican on Wednesday, March 4, 2026)  
**Results of the Market Study Analysis for Lincoln County for The Assessment Year 2026 January 1, 2026**  
**PURSUANT TO L. 1991, CH 2792 (TREND IDENTIFIED) RESIDENTIAL**  
"A study of the residential real estate market for older houses, i.e. built before 1945, indicated that there is an overall inflationary trend of 6% from 2025.  
"A study of the residential real estate market for newer houses, i.e. built after 1945, indicated that there is an overall inflationary trend of 4% from 2025.  
"A study of the commercial real estate market indicated there is an overall inflationary trend of 5% from 2025.  
"A study of the real estate market for vacant lots indicated there is a stable market with no overall upward or downward trend.  
Increase in the value of residences and commercial occur due to buying pressure in the market regardless of whether change has occurred in the property itself. In addition, the value on a specific property may not follow the general market trend due to location or other factors. Changes in buyer demands as to age, style or condition and corrections to descriptive information about the property itself, or adjustments based on specific sales of comparable properties may affect each property differently.

**Lincoln Sentinel-Republican Business & Service Directory**  
Call: 785-524-4200 or email: [lincolnksnews@gmail.com](mailto:lincolnksnews@gmail.com) to get your business card for as low as \$8.75 per week!

**AERIAL SPRAYING**  
**Post Rock Aviation**  
Clay Haring (785) 524-5240 Lincoln, KS  
Helping farmers feed America.  
**ALPHA AG AIR LLC.**  
Tracy Hillegeist 785-577-3017  
Lucas Baumbach • 785-243-4803  
Beverly, Kansas

**MEDICAL SERVICES**  
**Lincoln County Hospital**  
*Neighbors Helping Neighbors*  
**785.524.4403**  
[www.lincolncountyhospital.net](http://www.lincolncountyhospital.net)

**AUTOMOTIVE REPAIR**  
**MEYER TIRE & LUBE**  
785-524-4480  
1892 E. Hwy 18 - Lincoln, KS  
LP Bottle Exchange  
Oil - Lube - Tires - Full Service  
Hours: M-F - 7:30-5:30; Sat - 8:00-12:00

**BANKING**  
**Citizens State Bank**  
& Trust Company  
Ellsworth • Lincoln  
Delphos • Glasco  
Minneapolis  
785.524.4840  
[www.csbank.com](http://www.csbank.com)

**CHIROPRACTIC**  
**Grant Heller, D.C.** Monday-Friday  
**Mark E. Luce, D.C.** Mondays & Saturdays  
102 E. Elm Street  
Lincoln, KS 67455  
Call for an appointment.  
785-524-4371

**Lincoln Medical Clinic**  
Mon., Tues., Thurs., Fri.; 8 a.m. - 5 p.m.  
Wed.; 7 a.m. - 7 p.m.  
**Sylvan Medical Clinic**  
Fridays 8:30 a.m. - 2 p.m.  
**785.524.4474**  
*Appointments and Walk-Ins accepted at both Clinics*

**HISTORICAL SOCIETY**  
**Lincoln County Historical Society**  
Hours: Wed. - Fri. 1 - 5 p.m. | Sat. 10 a.m - 2 p.m.  
785-524-9997 | [directorlchm1@gmail.com](mailto:directorlchm1@gmail.com)  
[facebook.com/lchistoricalmuseum](https://facebook.com/lchistoricalmuseum)  
[lincolnksmuseum.com](http://lincolnksmuseum.com)

**LIQUOR SALES**  
**Viv's Retail Liquor**  
605 N 6th St.  
**524-4844**  
HOURS: 9am-9pm Mon.-Thurs.  
9am-10pm Fri. & Sat.

**OPTOMETRY**  
**G. Kyle Gwinner OD, L.L.C.**  
208 W. Lincoln, Lincoln, KS  
M,W, & Th- 8:00 am- 12 noon  
Tues. & Fri. - 8:00 am- 5 pm  
Call 524-5244 or 785-202-1968

**RESTAURANT**  
**Sylvan Sale Barn Cafe**  
Monday 6:30 am until the sale is over  
785-526-7123

**SEED SALES**  
**Frederking Seeds**  
• State of the Art Seed Treatment On-Site  
• Seed Tenders Available Channel  
• Full line of Corn, Soybean, Alfalfa and Other Seed Available  
Eric Frederking - (785) 531-0612  
Ron Frederking - (785) 658-7223

**KANSAS CLASSIFIEDS**  
For Sale Place your 25-word classified in the Kansas Press Association and 135 more newspapers for only \$300/ week. Find employees, sell your home or your car. Call the Kansas Press Association @ 785-271-5304 today!  
For Sale Hereford Bulls Ready for service, horned and polled, good selection, will deliver. Davis Herefords • Maple Hill Kansas 785-256-4643 or 785-383-2493  
Misc. We Buy Houses for Cash AS-IS! No repairs. No fuss. Any condition. Easy process: Call, get cash offer and get paid. Call today for your fair cash offer: 1-913-365-1969  
Misc. Attention: VIAGRA and CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - Only \$99! 100% guaranteed. CALL NOW: 1-833-641-6607  
Misc. We Buy Vintage Guitars! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. These brands only! Call for a quote: 1-833-641-6990  
Misc. CASH PAID FOR HIGH-END MEN'S SPORT WATCHES. Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. These brands only! Call for a quote: 1-833-641-4573.  
Misc. GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-0154.  
Misc. BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-833-752-0092  
Misc. STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-833-928-5491 You will need to have your zip code to connect to the right provider.  
Misc. INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$10,000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-833-770-0339  
Misc. AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-833-889-4107 Have zip code of property ready when calling!  
Misc. WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-833-879-1451 Have zip code of service location ready when you call!  
Misc. NEED NEW WINDOWS? Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation & FREE quote today. 1-833-880-0052 You will need to have your zip code to connect to the right provider.

**SHOP LOCAL**

**Doc/from page 4**  
tion. Pain, fatigue, dizziness and muscle tension often have emotional and neurological components. When providers acknowledge this mind-body connection, patients feel seen rather than dismissed. They're more likely to share concerns, ask questions and participate actively in their care. This collaboration strengthens the therapeutic alliance, which research consistently links to better health outcomes across disciplines.  
Trauma-informed practice is not a specialty; it's a skill-set. It requires curiosity, humility and a willingness to adapt. It asks clinicians to be mindful of their tone, body language and pace. It reminds us that healing happens in relationships, and that every interaction, every moment of touch, every explanation, and every pause can either reinforce safety or erode it.  
When we approach patients with the assumption that their bodies carry stories we cannot see, we create conditions where trust can grow. And when trust grows, so does the capacity for healing.  
Patti Berg-Poppe, MPT, Ph.D., is a physical therapist, professor, and Chair of the Department of Physical Therapy at the University of South Dakota. She has published on trauma-informed care, including work examining how adverse childhood experiences influence patient engagement and how trauma-aware practices can strengthen therapeutic relationships. Her writing and teaching emphasize the importance of trust, safety and respectful communication in all health care interactions. Shana Cerny, OTD, OTR/L, BCP, is an occupational therapist and associate professor in the Department of Occupational Therapy at the University of South Dakota. Her research, service and teaching interests revolve around trauma-informed care, including publication of practice guidelines for trauma-informed occupational therapy, interventions for individuals after exploitation, and the effectiveness of a trauma-informed care curriculum for multi-disciplinary care providers. She is a Trust-Based Relational Intervention® Educator and co-creator of the Child & Adult Advocacy Studies graduate certificate at the University of South Dakota. Follow The Prairie Doc® at [www.prairiedoc.org](http://www.prairiedoc.org), Facebook, Instagram, YouTube, and Tik Tok. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7pm, YouTube and streaming on Facebook), 2 podcasts, and a Radio program (on SDPB, Sundays at 6am and 1pm).  
*Have a great week!*

**Got a great news story?  
Send your information to  
lincolnksnews@gmail.com**

**WANTED TO BUY!**  
Wanted to Buy Coin and Currency Collections, Gold and Silver Jewelry, any Shape, Pocket Watches and War Memorabilia.  
Call Steven 785-472-1340  
Drovers Coin & Antiquities Exchange