

New food labels used on products

New food labels on familiar products in the meat and produce departments at grocery stores may be helpful to consumers evaluating their food choices, a Kansas State University specialist said.

"The new labels are an outgrowth of the 2002 and 2008 farm bills and reflect changes in the U.S. Department of Agriculture's country-of-origin labeling requirements on retail foods," said Karen Blakeslee, Kansas State University Research and Extension food scientist.

"Included in the requirements are

retail muscle cuts such as beef and pork roasts and steaks. Ground beef, lamb, chicken, goat and pork; and perishable agricultural commodities such as fresh and frozen fruits and vegetables are also included, as are peanuts, pecans, macadamia nuts and ginseng," Ms. Blakeslee said.

Fish and shellfish also are subject to the country-of-origin labeling rules, and they're required to specify production methods (wild or farm-raised), she said.

Excluded from the labeling rule are processed foods that have undergone a physical or chemical change (such as cooking, smoking or curing) or have been combined with other covered commodities or components (such as breading or tomato sauce). Also exempt are restaurants, cafeterias, food stands and bars that serve food.

"Country-of-origin labeling rules will become mandatory March 16," said Ms. Blakeslee, who spends working hours answering food and food safety questions as coordinator of K-State's Rapid Response Center.

More information about country-of-origin labeling - also called COOL - is available on the United States Department of Agriculture web site: www.usda.gov. Information on choosing health-promoting foods is available at the Cheyenne County Extension Office at 332-3171.

Odd Facts

- Marilyn Monroe had six toes.
- Walt Disney was afraid of mice.
- The sound of E.T. walking was made by someone squishing her hands in jelly.
- Rubber bands last longer when refrigerated.
- Peanuts are one of the ingredients of dynamite.
- There are 293 ways to make change for a dollar.
- The average person's left hand does 56% of the typing.
- A shark is the only fish that can blink with both eyes.
- There are more chickens than people in the world.
- Two-thirds of the world's eggplant is grown in New Jersey.



SHAKOTAH BLANKA shows his goat, Dally, at the National Western Stock Show.

Youth places at show

Shakotah Blanka competed at the 2009 National Western Junior Market Goat Show in Denver, Colo., on Jan. 14 and 15.

He placed seventh with one goat in the light weight, 81 pounds to 84 pounds, division. His other goat placed ninth in the light weight, 72 pounds to 79 pounds, category. They placed in the top 10 in each class.

There were a total of 138 goats competing from Colorado, Texas, New Mexico, Nebraska, Oklahoma, Utah, Wyoming and Kansas.

Shakotah also competed in Showmanship Junior Division, 9 to 12 years of age with a total of 36 showman.

"I had a lot of fun and looking forward to showing at Denver again next year," said Shakotah.

Public Notices

Notice of hearing in estate

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, January 15, January 22 and January 29, 2009. (3-5)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

In the Matter of the Estate of MARVIN D. CONFER, Deceased.

Case No. 2009-PR-05

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED

You are hereby notified that a Petition has been filed in the Court by Esther M. Confer, the surviving spouse and one of the heirs of Marvin D. Confer, deceased, praying:

Descent be determined of the following

described real estate situated in Cheyenne County, Kansas, to-wit:

An undivided one-fourth (1/4) interest in and to Lots Forty-five (45) and Forty-six (46) in Block One (1), Park hill Addition to the town, now City of St. Francis, Cheyenne County, Kansas, according to the recorded plat thereof.

and all personal property and other Kansas real estate owned by decedent at the time of death. And that such property and all personal property owned by the decedent at the time of death be assigned pursuant to the laws of intestate succession.

You are required to file your written defenses thereto on or before February 6, 2009 at 9:15 a.m. (CT) in the City of St. Francis, Cheyenne 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 the Petition.

ESTHER M. CONFER, Petitioner

MICHAEL J. DAY, #8523
KITE & DAY
112 W. Washington, P.O. Box 575
St. Francis, KS 67756
(785) 332-3323
Attorney for Petitioner

An undivided one-half (1/2) interest in and to the West Half of the Northeast Quarter (W/2NE/4) of Section Eight (8), Township Five (5) South, Range Thirty-nine (39) West of the 6th P.M.; and

Lots Eight (8) and Nine (9) in Block Forty-nine (49) in Henry's Addition to the City of St. Francis, Kansas, according to the recorded plat thereof.

and all personal property and other Kansas real estate owned by decedent at the time of death. And that such property and all personal property owned by the decedent at the time of death be assigned pursuant to the laws of intestate succession.

You are required to file your written defenses thereto on or before February 6, 2009 at 9:00 a.m. (CT) in the City of St. Francis, Cheyenne 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 the Petition.

EULA F. DOGGETT, Petitioner

MICHAEL J. DAY, #8523
KITE & DAY
112 W. Washington, P.O. Box 575
St. Francis, KS 67756
(785) 332-3323
Attorney for Petitioner

mineral interests have lapsed on the following real estate in Cheyenne County, Kansas, more particularly described as the West Half of the West Half (W¹/₂W¹/₂) of Section Seventeen (17), Township Two (2) South, Range Thirty-seven (37) West of the 6th P.M.

This notice is given by the undersigned, who is the surface owner of the above described property.

Lynn Glasco

APPROVED BY:

JAMES M. MILLIKEN, CHARTERED
Kevin N. Berens
Supreme Court No. 19304
101 W. Washington, P.O. Box 627
St. Francis, Kansas 67756-0627
(785) 332-2101

Petition is filed in court

Published in The Saint Francis Herald, St. Francis, Kansas, Thursdays, January 8, 15, and 22, 2009. (2-4)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

In the Matter of the Estate of

PEARL L. CARROLL, Deceased

Case No. 2009-PR-01

NOTICE OF HEARING

STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a petition has been filed in this Court by Kent Hoffman, a beneficiary of Pearl L. Carroll, deceased, praying that: the foreign will of Pearl L. Carroll, deceased, dated August 5, 1986, be admitted to probate and record in this Court; no administration of the Estate is necessary; the will be construed, and the following fractional mineral interests in, on and under the following described real estate, to-wit:

659/5760 interests in the Northwest

Quarter (NW/4) of Section Ten (10); 659/5760 interests in the North Half of the Southwest Quarter (N/2SW/4) of Section Ten (10); 659/5760 interests in the Northwest Quarter of the Southeast Quarter (NW/4SE/4) of Section Ten (10); 1/9 interest in the Northwest Quarter (NW/4) of Section Fifteen (15); 1/9 interest in the Northeast Quarter of the Northeast Quarter (NE/4NE/4) of Section Sixteen (16); 1318/11520 interest in the South Half of the Northeast Quarter (S/2NE/4) of Section Sixteen (16); 1318/11520 interest in the Southeast Quarter (SE/4) of Section Sixteen (16); 1318/11520 interest in the Northeast Quarter (NE/4) of Section Twenty-one (21); ALL in Township One (1), South, Range Thirty-eight (38) West of the 6th P.M., Cheyenne County, Kansas,

Be assigned to Kent Hoffman, the residuary legatee and devisee of the Estate of Pearl L. Carroll.

You are hereby notified to file your written defenses thereto on or before January 30, 2009 at 9:00 a.m. in the District Court of Cheyenne 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 the petition.

Kent Hoffman, Petitioner

Michael J. Day #8523
KITE & DAY
112 W. Washington,
P.O. Box 575
St. Francis, KS 67756
(785) 332-3323
Attorney for Petitioner

Petition filed in estate

Published in the St. Francis Herald on Thursdays, January 15, January 22 and January 29, 2009. (3-5)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS

In The Matter of The Estate of

Case No. 09-PR-02

BETTIE J. DAY A/K/A BETTIE JANE DAY, Deceased.

PURSUANT TO K.S.A. CHAPTER 59

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 Samuel G. Day, a beneficiary of Bettie J. Day a/k/a Bettie Jane Day, deceased, praying that: the foreign will of Bettie J. Day a/k/a Bettie Jane Day, deceased, dated December

17, 1986, and First Codicil to the Last Will and Testament of Bettie J. Day a/k/a Bettie Jane Day dated September 24, 1997, be admitted to probate and record in this Court; no administration of the Estate is necessary; the will be construed, and the following Kansas real estate owned by the decedent, situated in Cheyenne County, Kansas:

Overriding Royalty Interest in Real Estate situated in Cheyenne County, Kansas, and described as follows:

SW/4SE/4 of Section Twenty (20), Township Four (4) South, Range Forty-one (41) West of the 6th P.M.

be assigned in accordance with the terms of the Will.

You are required to file your written defenses therein on or before the 9th day of February, 2009, at 10:00 A.M. in the District Court, in the city of St. Francis, Cheyenne 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 the Petition.

Samuel G. Day, Petitioner

JAMES M. MILLIKEN, CHARTERED
Kari M. Gilliland, #17386
101 W. Washington Street,
P.O. Box 627
St. Francis, Kansas 67756
(785)332-2101

Plain Sense

Traumatic Brain Injury

Plain Sense from High Plains Mental Health Center

Traumatic Brain Injury (TBI) is most often the result of a sudden and violent blow to the head that causes the brain to collide with the inside of the skull. This collision bruises the brain, tears nerve fibers, and can result in internal bleeding. According to the US Department of Health and Human Services' National Institutes of Health, half of all traumatic brain injuries are the result of accidents involving cars, motorcycles, or bicycles, while approximately another 20 percent are caused by acts of violence, such as gunshot wounds or by incidents of child abuse.

As a result of the Iraq and Afghanistan wars, the US military has seen a significant increase in traumatic brain injury, which is being referred to as the "signature wound" of those military conflicts. Explosions account for 75 percent of combat related injuries and include not only the deadly shrapnel, but also the resulting blast wave itself that can cause brain concussion. This latter point is critical for American soldiers and veterans because some of them may not be aware that repeated exposure to blast waves can result in brain injury. In other words, while traumatic brain injury, can be the result of one single violent event, it can also occur from a series of less violent attacks. According to The

American Veterans and Servicemembers Survival Guide (2008), individuals who suffer from traumatic brain injury will experience some of the following challenges:

- Trouble with memory, attention, or concentration
- Sensitivity to sounds, lights, or distractions
- Impaired decision making ability or problem solving
- Difficulty with controlling behavior or increased impulsiveness
- Easily confused or overwhelmed
- Changes in sleep patterns

The current policy of the United States Veterans Administration requires that all veterans of the Iraq and Afghanistan wars be screened for traumatic brain injury, when they receive medical care. Post-traumatic Stress Disorder, Depression, and Traumatic Brain Injury have similar symptoms, thus this screening is vital for an accurate diagnosis and treatment. Most traumatic brain injury, injuries are mild and resolved within one year. However, as many as 20 percent of veterans may suffer from prolonged symptoms and require ongoing specialized treatment.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education, and Outreach Department.

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Idalia News

By Angela DeLeon
St. John United Church of Christ News

Men's Bible study is weekly from 7 to 7:30 a.m. on Thursdays at St. John's Church. All men are welcome.

Schedule

Denice and Marlene Miller will be back on schedule Jan. 28, 9 to 11 a.m. at the Idalia Prairie Vista Cafe. They will doing free blood pressure checks and answering questions about programs available to people in the community.

Blood Drive

A blood drive will be held from 2 to 5:30 p.m. Friday, Jan. 30, at the Idalia school library.

Young adults

A young adult get together has been planned for Thursday, Jan. 29, at 6:30 p.m. at St. John's. There will be homemade tamales and then game playing. Child care will be provided during the games.

Benefit

There will be a benefit for Carol Ann Fiinn Lye Sunday, Jan. 25, from 11 a.m. to 1:30 p.m. at the Roundhouse in Wray.

Community Events

Jan. 23 - Idalia will be traveling to Lone Star for junior high, junior varsity, and varsity basketball games starting at 3 p.m.

Jan. 24 - Idalia plays basketball with Otis at 1 p.m. Playing will be junior high, junior varsity and varsity.

Jan. 30 - Junior high and varsity will be playing Arickaree.

Feb. 15 - Dodgeball sign up starts at 2 p.m. and the games start at 3 p.m. Teams need to have eight players but only six can play at a time. Ages are sixth grade to 114 years old. Pre-register by Feb. 10, in the front office of the Idalia school.

Feb. 19 - The Family and Community and Education meeting will be held starting at 7 p.m.



Business Cards...

- * One color
 - * Two colors
 - * Logos
 - * Full color
 - * Two sided
 - * Pictures
- *The options are endless in making business cards for your business.*

The new card will run in the business card directory FREE for two weeks!

The Aquarium
Over 400 Aquariums of Tropical and Saltwater Fish

AMANDA MILLER
Assistant Manager

310-938-5891
193 N. Second Street
Los Angeles, CA 90016

NATURE'S SHOP
Discover the Secrets of the Great White Tail

(612) 486-DEER

Books and Videos Provided
Learn How To Track
The Trophy

The Saint Francis Herald
S. Casey McCormick
Advertising Manager
scmccormick@nwkansas.com

310 W. Washington spherald@nwkansas.com
PO Box 1050 785-332-3162
St. Francis, KS 67756 785-332-3001 (fax)

Lapse of mineral interests

Published in The Saint Francis Herald, St. Francis, Kansas, Thursday, January 22, 2009 (4)

NOTICE OF THE LAPSE OF MINERAL INTERESTS

TO: Park College, 8700 NW River Park Drive, Parkville, MO 64152

You are hereby notified that pursuant to K.S.A. 55-1601, et seq, the

Deadlines !! Deadlines
We know how all of us hate deadlines — But in order for us to do our best and try to keep you happy, please note below The Saint Francis Herald and Bird City Times deadlines.

Articles and Ad are due Monday at 5 p.m. for that weeks paper

The Saint Francis Herald
Bird City Times