

Helping out the environment

Dear Dr. Brothers: My co-workers all drive separate cars to work, and I ride my bike. I'm not a crazy environmentalist, but it seems really wasteful for them all to drive alone. I've suggested carpooling and public transportation, but they haven't changed. How can I be more persuasive without seeming annoying and like I'm nagging them?



Dr. Joyce Brothers

• Ask Dr. Brothers

your lifestyle choices to calculate how much carbon you use on a yearly basis.

— B.G.
Dear B.G.: This is a question that should be on more people's minds as we struggle to understand our role in climate change and consumption of raw materials, especially oil. It's great that you're conscientious about your consumption and transportation, and that you're looking out for people around you in this respect. That being said, it can be a very difficult task to get people to change their lifestyle for an intangible reason like "saving the environment."

You need to make the effects of your co-workers' driving habits real to them, so they can understand that it might be worth a little inconvenience to change their habits. One interesting way to put a number on your co-workers' habits is by using one of the Web sites that can determine your carbon footprint. These Web sites, like www.carbonfootprint.com, use

up the latest fashion. If, on the other hand, you can keep your shopping trips under control, there is no reason to feel guilty for giving yourself a gift every now and then.

The guilt that you feel after purchases actually is probably more damaging to your psyche than the act of impulse buying itself. Especially if you usually buy clothes or items that are easily returned if you truly regret a purchasing decision, there isn't much harm in your habit. Feeling guilty or ashamed, though, can lead to worse problems that can affect your self-esteem and your ability to communicate with others. You shouldn't feel guilty just because you're doing something that you find pleasurable or that makes you feel good. And your mother, while maybe a bit more frugal than yourself, shouldn't make you feel bad about something as harmless as controlled indulging in your shopping habit.

— L.K.

Dear L.K.: The key to proper indulgence is moderation. It's great to be spontaneous, and it's wonderful that you can do impromptu things to make yourself feel good, but you have to know your limits. If you are taking a shopping spree every week, or running up credit-card debt, or allowing other parts of your life to suffer because of these "indulgences," it may be more than just a penchant for picking

Local horse lover gets on radio

By Ron Wilson, director

Huck Boyd National Institute for Rural Development at Kansas State University.

Let's go to Ocala, Florida and turn on the radio. As we tune in to stations across the radio dial, we come across a program where someone is talking about training, feeding, riding, and caring for horses. It's the Better Horses Radio program. The host is a man from halfway across the continent in rural Kansas. Thanks to K-State Research and Extension - Franklin County for this story idea.

Ernie Rodina is the district sales manager for Purina Feeds and host of the Better Horses Radio program.

This all started when Ernie was growing up in the Kansas City suburbs, when he joined 4-H and found that he enjoyed horses. He got a pony named Red which he rode all the time. As he grew, he continued to ride that pony. He remembers saying to his sister, "Do I look too big on this pony?"

While he may have outgrown the pony, he never outgrew his love for the equine industry. He enjoyed horses and the western and rural lifestyle. He knew he wanted to work with farmers, ranchers, and horsemen.

After graduating from Ottawa University, he worked for Farm-land Industries and then had the opportunity to join a management trainee program for Purina Mills. He trained in the rural community of Humboldt, population 1,964 people. Now, that's rural.

Ernie moved on up into a management position with Purina where he has been ever since. He serves a territory with more than 30 feed dealers in Kansas and Missouri, including greater Kansas City. His territory goes roughly from St. Joe to Marshall, Missouri; over to Emporia and up to Wamego, Kansas. Ernie and his family live near Ottawa.

Ernie says with a smile that his responsibility with the company is to focus on animals with names. In other words, his emphasis is on horses and pets, not the mass numbers of livestock in a feedlot. The key driving element of the business is equine.

Ernie says, "When I got started, my goal was that when people heard the word 'horse' they thought of Purina Mills and Ernie Rodina." He says, "My job is to sell feed, but if we can help people raise their equine experience to a new level, we win."

So Ernie set out to help horse owners. He started saving people's names from customer meetings so he could send them helpful equine information. Nine years ago, he started sending that information in a tri-fold brochure. Now that has evolved into a 50-page newspaper which goes to 25,000 people.

Ernie began calling this the Better Horses Network. Meanwhile, Purina was sponsoring a weekly radio program called the Horseman's Radio Weekly. When the host of that program retired, Ernie decided he would try producing his own radio show.

Ernie says, "It only took me doing it one time to realize, I needed

a partner." So Ernie brought in Dawn Dawson, an accomplished rider from Alma to join him on the show. Ernie says, "I brought her on as a guest and never let her go."

Each week Ernie and Dawn interview various guests and tell about current events and tips for improving the horse owners' equine experience. The program, called Better Horses Radio, has expanded to be carried on stations in Kansas and Missouri, plus as far away as Lexington, Kentucky and Ocala, Florida.

Meanwhile, Ernie is involved in special events and horse organizations across the Midwest. His goal has been realized. In 2006, the Kansas Horse Council named Ernie its Equine Ambassador of the Year.

But some things don't change. While out riding recently, he went by his sister and said with a smile, "Do I look too big on this horse?" That's the type of humor which has made him a successful businessman and fun radio personality.

It's time to leave Ocala, Florida, where we found the Better Horses Radio program coming all the way from Kansas. We commend Ernie Rodina, Dawn Dawson, and all those involved with the Better Horses Network for making a difference by helping horse owners raise their equine experience. Together, they create strong forces for better horses.

Editor's note: The mission of the Huck Boyd National Institute for Rural Development is to enhance rural development.

Lottery mishap could hurt casinos

TOPEKA (AP)- Recent computer blunders in the Kansas Lottery Pick 3 game could cost international gaming giant Gtech a contract to run the games at the four state-owned casinos.

The firm manages state lottery and casino data systems for gambling jurisdictions worldwide, including Kansas. In April, the firm was tentatively awarded the state's casino data systems contract.

But Ed Van Petten, Lottery executive director, said that final contract negotiations with Gtech were now at a standstill until the issue is resolved.

"It was defective software, pure and simple," Van Petten said Wednesday. "If they can't address software issues in the Lottery system, how do we know they're going to be able to operate a gaming system?"

Van Petten said the data systems contract would cover software for the Lottery's central monitoring system for all casino games. He said there's no deadline for signing a contract.

"I'm not moving forward until I'm satisfied. There is too much at stake for the state to move forward with a knee-jerk reaction," Van Petten said.

Gtech spokesman Bob Vincent acknowledged the casino contract issue.

"We believe we will shortly resolve these issues that have come

up with Pick 3," he told The Kansas City Star for a story in Wednesday's editions.

A law enacted last year allows for state-owned and -operated resort casinos in Cherokee, Ford,

Sumner and Wyandotte counties to be managed by casinos companies. The Lottery would own the games. As for the Pick 3 problem, "it was a software glitch that happened," Vincent said.

Public Notice

NOTICE OF PLACES AND DATES OF REGISTRATION FOR PRIMARY ELECTION

In compliance with the provisions of K.S.A. 25-2310, notice is hereby given that the books for registration of voters of Thomas County will be open at the following places and time specified.

The County Clerk's office at 300 N. Court Ave., Colby, during regular office hours from 8:00 a.m. to 5:00 p.m.

On JULY 21st, 2008 at 5:00 p.m. will be the last opportunity to register to vote and/or change party affiliation per K.S.A. 25-2311(a)(3)-25-3304(b) until the day after the Primary election.

A citizen of the United States who is eighteen (18) years of age and upwards, or will have attained the age of eighteen (18) of age at the next election, must register before he or she can vote. Voter registration books close fourteen (14) days before an election.

When a voter has been registered according to law, his or her registration shall continue to be valid until one (1) of the following occurs:

1. The voter changes his or her name by marriage.
2. The voter changes residence.
3. The voter's name has been purged according to law.

If any of the above has occurred, you must re-register.

An individual applicant may request an application for registration in person, by telephone or in writing by such applicant, to the County Election Officer.

WITNESS MY HAND and the seal of my office this 30th day of June 2008.

Shelly A. Harms
Shelly A. Harms, County Clerk/Election Officer
Thomas County, Kansas



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TV LISTINGS

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SATURDAY

JULY 12

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBY/ABC (4) (6)	Good Morning Kansas Saturday		Good Morning America (N) (CC)		Good Morning Kansas Saturday		That's-Raven	That's-Raven	Hannah Montana	Zack & Cody	Emperor New	Replacements
KSNK/NBC (3) (8)	Today (N) (CC)				Paid Program	Paid Program	Jane-Dragon	Zula Patrol	Penguins	Veggie-Tales	Babar (E) (CC)	Friend Rabbit
KBSL/CBS (12) (11)	The Early Show (N) (CC)				News (N)				Sushi Paek (E)	Dino Squad	Paid Program	Paid Program
K15CG (2)	Business	Market-Market	Beren-Bears	Make-Noddy	Bob the Builder	Thomas-Friends	Signing Time!	Biz Kid\$ (CC)	Lassie's Pet Vet	Motor-Week (N)	Wood-wright	Victory Garden
ESPN (28)	SportsCenter (CC)		SportsCenter (CC)		SportsCenter (CC)		SportsCenter (Live) (CC)				Arena Football: Teams TBA	
USA (37)	Paid Program	Paid Program	Paid Program	Paid Program	Movie: American Wedding ** (2003, Comedy) Jason Biggs. (CC)				Movie: The Nutty Professor *** (1996, Comedy) Eddie Murphy, Jada Pinkett. (CC)			
TBS (38)	(5-10) Movie: Mouse Hunt (1997)		Movie: 101 Dalmatians ** 1/2 (1996, Adventure) Glenn Close, Jeff Daniels. (CC)		Movie: Ella Enchanted ** 1/2 (2004, Romance-Comedy) Anne Hathaway. (CC)				Movie: Matilda *** (1996) Mara Wilson.			
WGN (39)	Paid Program	Adelante Chicago	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Funnies Pets	Funnies Pets
TNT (40)	Movie: Turbulence ** 1/2 (1997) Souffle aboard 747 frees murderer-in-transit. (CC)		Movie: Eraser ** 1/2 (1996, Action) A government agent protects a witness from gunrunners. (CC)		Movie: Inside the Bermuda Triangle (CC)		Movie: Dirty Jobs Cave Biologist (CC)		Movie: Dirty Jobs Shrimper (CC)		Movie: Dirty Jobs Garbage man.	
DSC (42)	Paid Program	Paid Program	Paid Program	Paid Program	Inside the Bermuda Triangle (CC)		Dirty Jobs Cave Biologist (CC)		Dirty Jobs Shrimper (CC)		Dirty Jobs Garbage man.	
A&E (47)	Biography Eddie Murphy Special Profile of				Sell This House!	Sell This House!	Sell This House!	Sell This House!	Flip This House (CC)		Flip This House Atlanta's west side.	
HIST (48)	Heavy Metal Liberty Convoy (CC)		American Eats The history of chocolate.		Wild West Tech The Gunslingers		UFO Files (CC)		Barbarians II Saxon pirates. (CC)		The Dark Ages (CC)	
NICK (55)	Jimmy Neutron	Jimmy Neutron	Odd-Parents	Odd-Parents	SpongeBob	SpongeBob	Barn-yard	Mighty B	SpongeBob	SpongeBob	SpongeBob	SpongeBob
DISN (56)	The Wiggles	Johnny-Sprites	Bunny-town	Tigger & Pooh	Mickey Mouse	Mickey Mouse	Handy Manny	Einsteins	Higglytown	Charlie & Lola	Movie: Thunderbirds **	
FAM (58)	Step by Step	Step by Step	Sabrina-Witch	Sabrina-Witch	Full House	Full House	Ground-ed-Life	Ground-ed-Life	That '70s Show	Movie: Chasing Liberty ** (2004) Mandy Moore. (CC)		
HALL (60)	Little House on the Prairie (CC)		Little House on the Prairie (CC)		Movie: The Apple Dumpling Gang ** (1975, Comedy) Bill Bixby. (CC)				Movie: The Apple Dumpling Gang Rides Again ** (1979, Comedy) Tim Conway.			

SATURDAY

JULY 12

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBY/ABC (4) (6)	NBA Access	Hannah Montana	Zack & Cody	Paid Program	Food Fast	Flawless Skin	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	ABC News
KSNK/NBC (3) (8)	Paid Program	Paid Program	Paid Program	Paid Program	Beach Volleyball: AVP Crocs Tour -- Men's Final. Chicago.		Golf: American Century Championship -- Second Round. From Lake Tahoe. (Live)					NBC News
KBSL/CBS (12) (11)	Paid Program	Paid Program	Paid Program	Paid Program	PGA Tour Golf: John Deere Classic -- Third Round. From Silvis, Ill. (Live) (CC)							CBS News
K15CG (2)	Yankee Shop	This Old House	Ask This Old House	Home-time	For Your Home	Food	Barbe-cue	School-Fine Art	Love of Quilting	Place-Our Own	Antiques Roadshow (CC)	
ESPN (28)	Arena Football: Conference Championship -- Teams TBA.		Arena Football		Arena Football: Conference Championship -- Teams TBA. (Live)				Arena Football		SportsCenter (Live) (CC)	
USA (37)	Burn Notice (CC)		Burn Notice (CC)		Burn Notice (CC)		Burn Notice (CC)		Movie: The Hulk (2003) Scientist Bruce Banner transforms into a powerful brute.			
TBS (38)	(11:15) Movie: Matilda *** (1996, Comedy) Mara Wilson.		Movie: Herbie: Fully Loaded ** 1/2 (2005, Comedy) Lindsay Lohan. (CC)		Friends (CC)		Sex and the City	Sex and the City	Seinfeld The Trip	Seinfeld The Trip		
WGN (39)	America's Funniest Home Videos (CC)		Soul Train (CC)		Movie: Deep Rising ** 1/2 (1998, Suspense) Treat Williams, Famke Janssen. (CC)		American Idol Rewind (CC)		America's Funniest Home Videos (CC)			
TNT (40)	(10:30) Movie: Stealth ** (2005, Action) Three pilots combat artificial intelligence. Josh Lucas, Jessica Biel. (CC)				Movie: Con Air ** 1/2 (1997, Action) Vicious convicts hijack their flight. Nicolas Cage, John Cusack. (CC)				NASCAR			
DSC (42)	Tuna Wranglers (CC)	Tuna Wranglers (CC)	Extreme Engineering (CC)		Futureweapons Stealth technology.		MythBusters (CC)		MythBusters (CC)			
A&E (47)	Flip This House Rogue tenant. (CC)	The Two Cores	The Two Cores	I Survived Maria; Jerry; Melissa (CC)		I Survived (CC)		I Survived (CC)	Meth in the City Use of meth. (CC)			
HIST (48)	(11:00) The Dark Ages (CC)	Surviving History (CC)	Surviving History (CC)	Surviving History (CC)		Surviving History (CC)		Surviving History (CC)	Journey to the Center of the World			
NICK (55)	OddPar-ents	OddPar-ents	Naked Brothers	Naked Brothers	Naked Brothers	Naked Brothers	Barn-yard	Barn-yard	SpongeBob	SpongeBob	SpongeBob	SpongeBob
DISN (56)	(11:00) Movie: Thunderbirds **	That's-Raven	That's-Raven	That's-Raven	That's-Raven	Zack & Cody	Zack & Cody	Phineas and Ferb	Phineas and Ferb	Cory in House	Cory in House	
FAM (58)	Movie: Chasing Liberty **	Movie: Nancy Drew ** (2002, Mystery) Maggie Lawson, Brett Cullen. (CC)			Movie: Love Don't Cost a Thing ** (2003, Romance-Comedy) Nick Cannon.				Movie: Uptown Girls ** (2003)			
HALL (60)	Movie: Return to Snowy River ** 1/2 (1988, Adventure) Tom Burlinson. (CC)		Movie: Wild Hearts (2006) A widower cares for his daughter at his family's farm.		Movie: The Last Cowboy (2003, Drama) Jennie Garth, Lance Henriksen. (CC)							

SATURDAY

JULY 12

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC (4) (6)	News (N) (CC)	Kake News	Movie: The Princess Diaries 2: Royal Engagement ** (2004) Anne Hathaway.		Eli Stone Praying for Time (CC)		News (N) (CC)	American Idol Rewind (CC)	Ent. Tonight			
KSNK/NBC (3) (8)	News (N) (CC)	Wheel of Fortune	Name Is Earl	Name Is Earl	Law & Order: Criminal Intent (PA)		Law & Order: Criminal Intent (PA)		News (N) (CC)	Saturday Night Live Jonah Hill; Mariah Carey. (CC)		
KBSL/CBS (12) (11)	News (N) (CC)	Paid Program	The Unit Outsiders		48 Hours Mystery (CC)				News (N) (CC)	M*A*S*H (CC)	Without a Trace Tail Spin (CC)	
K15CG (2)	Taste-Midwest	Ameri-ca's Hrtl	Keeping Up As Time Goes By		The Lawrence Welk Show		Rom-ance	New Red Green	Austin City Limits (CC)		Soundstage (Part 2 of 2) (CC)	
ESPN (28)	(5:00) SportsCenter (Live) (CC)		IndyCar Racing: Firestone Indy 200. From Nashville, Tenn. (Live)		Baseball Tonight (Live) (CC)				SportsCenter (Live) (CC)		Baseball Tonight (Live) (CC)	
USA (37)	(4:00) Movie: The Hulk ** 1/2 (2003)		Movie: Jurassic Park *** 1/2 (1993, Science Fiction) Cloned dinosaurs run amok at an island-jungle theme park. Sam Neill.		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Movie: The Hard Corps (2006) (CC)			
TBS (38)	King of Queens	King of Queens	Movie: Fun With Dick & Jane ** 1/2 (2005, Comedy) Jim Carrey, Tea Leoni.		Movie: What Women Want (2000) A chauvinistic ad executive can suddenly read women's minds. (CC)				Movie: RENO 911!		24 (CC)	
WGN (39)	MLB Baseball: Chicago White Sox at Texas Rangers. Rangers Ballpark in Arlington. (Live) (CC)		NASCAR Count, Green		NASCAR Racing: Sprint Cup -- LifeLock.com 400. From Joliet, Ill. (Live)				Scrubs (CC)	RENO 911!	Movie: Saving Grace (CC)	Movie: Into Blue
TNT (40)	NASCAR Count, Green		NASCAR Racing: Sprint Cup -- LifeLock.com 400. From Joliet, Ill. (Live)						Scrubs (CC)	RENO 911!	Movie: Saving Grace (CC)	Movie: Into Blue
DSC (42)	MythBusters Ming Dynasty Astronaut		China's Mega-Dam Three Gorges Dam.		China's Mega-Dam Three Gorges Dam.		Koppel: People's Republic		How It's Made	How It's Made	China's Mega-Dam Three Gorges Dam.	
A&E (47)	Crank: Made in America (CC)		Intervention Jill Jill abuses alcohol. (CC)		Intervention Alcohol addiction. (CC)		Intervention Sandra (CC)		Intervention Charles (N) (CC)		Intervention Jill Jill abuses alcohol. (CC)	
HIST (48)	Modern Marvels Axes (CC)		Extreme Marksman shooters re-enact shots made famous.		World-class sharp shooters re-enact shots made famous.		Hillbilly: The Real Story		Stories about mythic hillbillies spanning 300 years. (CC)		Extreme Marksman (CC)	
NICK (55)	iCarly (CC)	iCarly (CC)	iCarly (CC)	Naked Brothers	Dance, Sunset	Drake & Josh	George Lopez	George Lopez	Home Improve.	Home Improve.	Family Matters	Family Matters
DISN (56)	Hannah Montana	Zack & Cody	Cory in House	Phineas and Ferb	Movie: Sky High ** 1/2 (2005, Comedy) Michael Angarano.		Phineas and Ferb	Zack & Cody	Hannah Montana	That's-Raven	Phil of Future	
FAM (58)	(5:00) Movie: Uptown Girls **		Movie: Bring It On (2000) High-school cheerleaders vie for a coveted national title.		Movie: Bring It On Again ** 1/2 (2004, Comedy) Anne Judson-Yager. (CC)				Movie: Sugar & Spice ** 1/2 (2001)			
HALL (60)	Movie: The Long Shot (2004) An accident blinds an equestrian's horse. Julie Benz.		Movie: Every Second Counts (2008, Drama) Stephen Collins. (Premiere) (CC)						Movie: Wild Hearts (2006) A widower cares for his daughter at his family's farm.			



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