

weather report

45°

at noon



Today

- Sunset, 4:26 p.m.
- Tomorrow**
- Sunrise, 7:03 a.m.
- Sunset, 4:27 p.m.

Midday Conditions

- Soil Temperature 36 degrees
- Humidity 32 percent
- Sky mostly sunny
- Winds southeast 12 m.p.h.
- Barometer 30.24 inches and falling
- Record High 73° (1981)
- Record Low -13° (1935)

Last 24 Hours*

High	56°
Low	17°
Precipitation	none

Northwest Kansas Forecast

Tonight: partly cloudy, low 30s, wind south 10-20 m.p.h. Tomorrow: partly sunny, windy, 20 percent chance of rain, thunderstorm possible, high 60-65, low 20s, wind southwest 20-30.

Extended Forecast

Saturday and Sunday: mostly cloudy, blustery, 40 percent chance of snow, high 30, low 5-10. (National Weather Service) Get 24-hour weather info. at 162.400 MHz. * Readings taken at 7 a.m.

local markets



Noon

- Wheat — \$2.54 bushel
- Posted county price — \$2.48
- Corn — \$1.94 bushel
- Posted county price — \$1.90
- Loan deficiency payment — 09¢
- Milo — \$1.69 hundredweight
- Soybeans — \$3.76 bushel
- Posted county price — \$3.76
- Loan deficiency payment — \$1.16
- Millet — \$3.75 hundredweight
- Sunflowers
- Oil current crop — \$8.90 cwt.
- Loan deficiency pmt. — 52¢
- Confection current — inquire
- Pinto beans — \$19 (new crop)
- (Markets provided by Mueller Grain, Sigco Sun, Frontier Equity Co-op and 21st Century Bean. These may not be closing figures.)

afternoon wire

Late news from the Associated Press

1 p.m.

Police fight protestors

BUENOS AIRES, Argentina — Argentina's embattled president sent riot police into the streets of the capital today, cracking down on hundreds of anti-government demonstrators with tear gas, water cannons and repeated charges by police on horseback. President Fernando de la Rúa's decision to use force came after at least 16 people died across the country in two days of violence sparked by the government's failure to turn around a plummeting economy on the brink of collapse. Domingo Cavallo, the powerful economy minister, handed in his resignation before dawn today as the political crisis deepened, and major political leaders were reportedly negotiating behind-the-scenes to reorder the government. Other figures in the tattered coalition government were reported to be leaving De la Rúa.

Commission ends sales tax for road

By Tom Betz

The Goodland Daily News

Sherman County commissioners agreed Tuesday to end the special one-quarter of 1 percent sales tax approved three years ago to repair and maintain old U.S. 24. County Clerk Janet Rumpel said the county should have enough money in the fund to repay all the bonds for the project by the end of March. She said the bond consultant figured the county can call the bonds at that time and close the project. Rumpel said the county has to notify the state office of taxation to quit collecting the tax on March 31. She said the state requires the notice

90 days in advance, and the request must end on a quarter of the year. The state will not collect the tax after March, but because of filing schedules, the county will receive payments probably until June. "We need to sunset this as we told the taxpayers we would when the project was completed," said Commissioner Chuck Frankenfeld. The tax was approved in August 1998, and collection began in October. Over the three years, the sales tax has brought in about \$20,000 per month to pay for the chip sealing and resurfacing most of the 35 miles of road. Curt Way, county public works director, said he has enough material on hand to seal the east 16

miles again next year. Commissioner Kevin Rasure asked how the county would maintain the road in the future. Way said the plan is to use part of the road and bridge fund under an asphalt line item. "It will take about two years to have enough to chip seal the west section," he told the commissioners. Commissioner Frankenfeld made the motion to approve sending the letters to end collection of the tax and call the bonds. Commissioner Mitch Tiede seconded the motion, saying it was important to keep faith with the tax payers, "especially if we ever have to go back and ask for something again." The motion passed unanimously.

While Way was there, the commissioners reviewed proposed changes in the tire disposal fee collected at the transfer station. He said the increases are needed to keep up with the anticipated cost of tire disposal by outside contractors. The proposed rates would increase the cost for a passenger tire from \$2 to \$2.25, add a new category for light truck tires (16- and 16.5-inch) \$3; no change in the truck tire fee (up through 11x24.5) \$5; no increase in the tractor and miscellaneous tires (up through 18.4x38, and includes sprinkler tires) \$15; raised medium equipment tires (up through 24.3x38) by \$10 to \$30.

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Kanorado Lights Up



Judges from the *Goodland Daily News* and the *Burlington Record* picked winners of the annual holiday light decoration contest in Kanorado last week. Tom and Tammy Colby, 110 Railroad, (above) won the \$30 first place prize for their home and truck decorated in lights and an American flag. John and Connie Sheldon, 306 Main, (top) won the \$10 third prize for their use of luminaries and lights. Phil and Maria Garcia, 510 Walnut, (not pictured) won the \$20 second prize for the lighted "gum drop" trees in front of their home. Victor and Maria Delgado (right) won an honorable mention, along with Dinia Perez and Rod Boyce.

Photos by Rachel Miscall/The Goodland Daily News



Not everyone is having "Merry," "Happy" holiday

By Sharon Corcoran

The Goodland Daily News

Everywhere you go, people greet you with "Merry Christmas" or "Happy Holidays," but not everyone is merry at this time of year. The holidays can be an especially difficult time for someone who is grieving over the death of a loved one. Many are also dragged down by stress — brought on by worry that they won't get everything done they think they should or by a lack of money to buy gifts or debt from charging too many presents. In families where couples have divorced, confusion over where to celebrate the holidays can cause stress for parents and kids. With all the rich foods served at parties or given as gifts, many people put on weight and then feel bad about themselves. The shorter days bring on "seasonal affective disorder" for many people, a type of depression caused by the lack of sunlight and the effect it has on the body. Whatever the cause, depression can have serious consequences, especially if left untreated. A web site offering support to depressed people says that an estimated 20 million Americans experience the illness at some time in their lives, although most are never diagnosed. Nearly 80 percent of all depressed people contemplate suicide.

"It's hard to believe that more people have died from suicide than homicide," U.S. Surgeon General Dr. David Satcher said, "but it's a sad fact." The brochure "When Someone You Love Dies" published by the Watchtower Bible and Tract Society provides

help for people coping with grief. Some suggestions in the brochure are: rely on friends, take care of your health, postpone major decisions, get back into a regular routine and do not be afraid to let go of acute grief. Another tip is to avoid undue anxi-

ety. Reducing stress is necessary for anyone who is feeling down, says John Peptis, a licensed clinical social worker with the High Plains Mental Health Center. Feeling overwhelmed contributes to depression. A physical exam is needed when suffering from depression, Peptis said, as health can be a factor. And a regular exercise program will improve your mood, he said, as well as improve physical health and stave off weight gain. Stick to a regular schedule, he said, and avoid idle time. Don't cram your day with activities, Peptis said, but be balanced. Having either too much or too little to do, he said, can cause depression. Set limits, as the demands others put on you can cause depression, Peptis said, and say "no" to things you do not like to do. Talk things out, he said, so minor problems don't build up into bigger ones. Use mistakes and setbacks as opportunities to learn, he said. Relaxation and rest are needed, Peptis said, and brief vacations can help. Get out of town every six months, he said, even if it's just for a weekend. Vacations break your routine, he said, keeping you from getting into a rut. Listening to music is a good way to relax, he said, and spending time with friends and family can be relaxing as well.

And who you spend your time with makes a difference. Surround yourself with people who think positive, Peptis said, and avoid people who drag you down. Avoid tobacco, alcohol and drugs, he said, as they only make things worse. Therapy and medicine in combination are the best treatment for depression, Peptis said. An advantage to therapy, he said, is that the therapist is required to keep things confidential. Some people may feel uncomfortable telling certain things to a friend, he said, as the friend may tell others. People with chronic depression may need to stay on medication for life, Peptis said, while depression caused by a certain situation will usually go away when the problem is resolved. Seasonal affective disorder usually goes away, he said, when the days lengthen, exposing the body to more sunlight. Medication may or may not be needed when depression is temporary, he said. High Plains Mental Health has an emergency number for after hours, Peptis said, for people having suicidal thoughts or really needing to talk to someone. After 5 p.m. and on the weekends call (800) 432-0333, he said, and a member of the consortium in Topeka will put you through to someone in the area.

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