

Cheyenne County judge resigns, avoids hearing

By Karen Krien
The St. Francis Herald
 Cheyenne County District Magistrate Judge Tamara Zimbelman has resigned in an agreement which spares her a full hearing before a state judicial commission.
 The announcement came from Carol Green, clerk of state appellate courts, who reported that an agreement had been reached in disciplinary proceedings which halts any further proceedings by the Commission on Judicial Qualifications.

On Nov. 19, Judge Zimbelman agreed to resign her position on Jan. 1, and she agreed not to accept a position or serve as a judge at any time in the future.
 Judge Zimbelman also agreed to submit a letter of apology to the residents of the 15th Judicial District.
 A hearing had been set for Nov. 20 and 21 in Topeka. Judge Zimbelman was found guilty of intimidation of a witness in Cheyenne County District Court on March 21. Kay McFarland, chief justice

of the Kansas Supreme Court, reported on March 25, that Judge Zimbelman was prohibited from performing any judicial duties and allowed to do only administrative assignments by the chief judge of the district.
 Nine counts, all pertaining to her conduct which allegedly violated the provisions of the Supreme Court rules, were listed against Judge Zimbelman by an investigative panel.
 Counts included charges that the judge:

- Intimidating a witness.
- Making threats against Chris Merklin.
- Requested that a St. Francis Police officer meet her at the home of a couple she thought had stolen her purse.
- Told a St. Francis police officer that she was sending someone to scare the couple.
- Denied, during an investigation by the Kansas Bureau of Investigation, the officer's statement about scaring the couple.
- Wrote a letter to Agent Butler

with the Kansas Bureau of Investigation stating she had been intimidated by him and a Mr. Atteberry into making false statements.
 • Wrote a letter to the St. Francis police chief and an officer threatening them with contempt of court if they failed to inform her about any criminal action against a member of her family.
 • Called the sheriff and his wife to the home of a minor who had been "patted down" by the sheriff's wife.
 • Appeared at the site where her

husband had been stopped by law enforcement officers who discovered a possible controlled substance in the Zimbelman pickup.
 When the judge attempted to get into the pickup, the charges said, she was told to stay out because it was being impounded and she proceeded to curse the officers.
 The notice says that when she has fulfilled the stipulations of the agreement, the Commission on Judicial Qualifications will halt further proceedings against Judge Zimbelman.

Colby man sues hospital there

By Patty Decker
Colby Free Press
 A Colby man filed a civil lawsuit last week in the Thomas County District Court against Colby's hospital, alleging negligence during a procedure for checking kidney and bladder functions.
 Dean Birdsall, through his attorney, Aaron Krannawitter of Hoxie, is asking for damages in excess of \$500,000 for himself and family as a result of the damage to his arm, his lost wages, medical expenses, future problems, pain and suffering and other related issues, including loss of consortium.

Birdsall alleges that in July 2002, an employee at Citizens Medical Center attempted to inject dye into his vein to check kidney and bladder functions.
 The lawsuit said the employee missed the vein and the dye was injected into Birdsall's arm, resulting in severe damage and loss of use, along with continued pain.
 Thus far, the medical expenses have exceeded \$10,000, with more expected, the suit says. He said he has lost work time and will incur future losses in wages. Birdsall is a part-time driver for *The Colby Free Press* and works at Village Inn in

Colby.
 Birdsall is asking the court to have Citizens Medical Center pay his current and future medical expenses and lost wages of \$10,000 for each, \$75,000 or more for the damage to his arm, and more than \$250,000 for his pain and suffering and loss of consortium with that same amount of \$250,000 or more granted to his wife, Garrah Birdsall, and their children, also because of the damage to their relationship allegedly caused by the accident.
 The employee allegedly responsible for injecting the dye was not identified in the lawsuit.

Life changes may cause 'holiday blues'

A lot of people experience the "holiday blues" for one reason or another. Poor health, significant life changes and losses are major factors.
 A hectic holiday schedule, unrealistic expectations, financial stress and family obligations can also contribute to a "down in the dumps" feelings. Usually those feelings decrease and go away after the holidays are over and done.

But for some people, those feelings, often described as the "winter blues" or "cabin fever," continue into the next few weeks or months and may contribute to more serious health problems or depression.
 Those feelings may be a symptom of seasonal affective disorder, a disorder that has much to do with the lack of exposure to sunlight. As the days become shorter, particularly in the more northern climates, winter clouds hide the sun, and people stay indoors more.
 The symptoms can develop and

exercise; eat nutritious foods; and spend time with friends and family.
 Remember, all of us experience a few days when we're feeling down in the dumps, but if sad and hopeless feelings go on and on, then it's time to ask for help from a medical or mental health professional.

increase. Those symptoms include changes from usual behavior, such as loss of energy, anxiety and irritability, difficulty concentrating, and loss of interest in previously enjoyable activities.
 Difficulty sleeping and changes in eating habits, particularly significant weight gain, may also be indications of this disorder.
 Increasing exposure to sunlight and/or bright lights appears to reduce the symptoms of the disorder. It's a good idea to open up the drapes on windows, increase the lighting in the house and take a walk outdoors on sunny days.
 In addition, practice good stress management; get enough rest and

we're feeling down in the dumps, but if sad and hopeless feelings go on and on, then it's time to ask for help from a medical or mental health professional.
Contributed by Karen D. Beery, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.
Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601.
Internet site: www.highplainsmentalhealth.com

High Plains Mental Health Center
 • plain sense

Council receives \$156,200 grant to help businesses

The Western Prairie Resource Conservation and Development Council has received a U.S. Department of Agriculture Rural Business Enterprise Grant for \$156,200 to establish a revolving loan fund.
 The fund will be used in concert with traditional financing to assist

in developing small businesses.
 The fund is part a regional effort to generate new jobs by growing private businesses. Education and continuing assistance to entrepreneurs should increase the likelihood of long-term success.
 The council serves eight north-

west Kansas counties: Sherman, Wallace, Cheyenne, Rawlins, Decatur, Thomas, Sheridan and Logan. The agency assists area communities with grants, community development, entrepreneurial development, conservation and rangeland issues.

matters of record

Goodland Police
 The following crimes have been reported to the Goodland Police Department:
November 15 — Jarod R. Smades reported a burglary at 1509 Grand Ave. and the theft of a drill and automotive parts, valued at

\$150, taken from a garage.
November 20 — William L. Lacy, Jr. reported the theft of a rifle, binoculars and a camcorder, valued at \$775, taken from 1122 College Ave.
November 22 — David L. Fisher was the victim of battery at 214 N.

Main Ave. Kevin P. Hatfield was arrested and charged in municipal court.

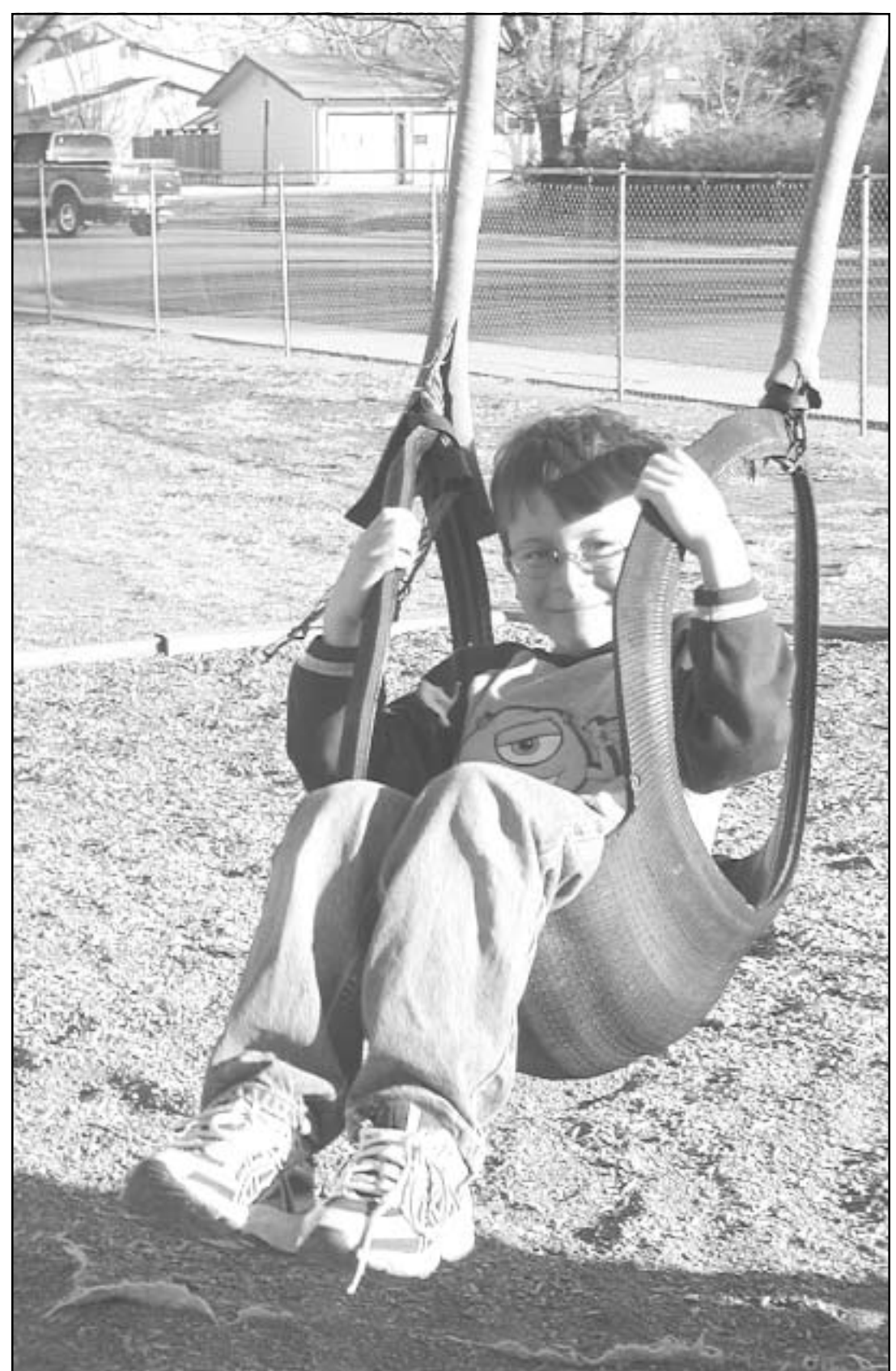
Annual VFW White Elephant Sale
Saturday, Dec. 6
 Can bring items to VFW Hall, Dec. 4th & 5th or call for items to be picked up: Club 899-3021, Carl 890-5126, Dan 899-5393
 Col. Bane Auction Service doing the auction.

Blue Star Banner Program
 3 p.m., Sunday, Dec. 7, 2003
 Goodland Elks Lodge #1528
 1523 Arcade, Goodland, Kan.
 Families of active duty military men and women will be honored at this special ceremony at the lodge. A certificate and blue star banner will be presented to these families at this ceremony.
 Preceding this ceremony at 2 p.m. MT, a Memorial Ceremony will be held in remembrance of departed members over the past year.
The Public is invited to attend!!

Brewster All-Star Booster Club
December 3 - December 9
Wednesday - Western Kansas Liberty League Scholastic test at Triplains 10 a.m.
Thursday - Winter music program 7:30 p.m.
Friday - Basketball at home against Grinnell 6:30 p.m.
Monday - High school Scholars Bowl at Colby 4 p.m., junior high Scholars Bowl at Tribune 4 p.m., 4-H meeting 7:30 p.m.
Tuesday - Sagebrush Shootout at Brewster 3 p.m., half day of school for students.

<p>McB's Motor Company 24 Hour Wrecker Service Owners: Virgil & Jackie Baumfalk 421 E. 17th • Goodland, Kan. (785) 899-7375</p>	<p>S&T Telephone Cooperative wishes all students success! S&T Telephone Cooperative Association P.O. Box 99 • Brewster, Kan. • (785) 694-2256</p>
<p>USD 314 Wishes the best to ALL Brewster Students! Go Bulldogs!</p> 	<p>102.5 FM KKCI Best of the 70s, 80s, & 90s KWGB 97.9 KLOE 730 am Full Service Radio</p>

Fun in the sun in November?



Brik Thompson, 6, took advantage of the warm weather and the day off from school Friday to swing at the park at West Elementary School. His mother, Traci Thompson, pushed him and his brother, Cooper, 2.
 Photo by Sharon Corcoran/The Goodland Star-News

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