

Colby college to build new wrestling facility

By Andy Heintz

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At long last, Colby Community College athletes will get a wrestling facility, housed in a health center open to the whole community. College trustees heard plans for the center at a special meeting Wednesday. The money will come mostly from a \$246,000 federal grant the college received earlier for a health center, said President Lynn Kreider. No college or local tax money will be used for the half-million dollar project. "We are very mindful of using taxpayers money," said Debbie Schwanke, college information director. "It's going to be a very cost-effective building."

The facility, between the Living Center East and the tennis courts on the northeast side of the campus, will be completed by August. "The 12,000-square-foot building will include a wrestling room, free weights and basic locker rooms," Dr. Kreider said. Schwanke said the project will include new equipment. "It will house an exercise room with treadmills, elliptical machines and stationary bicycles, in addition to a room full of free weights," she said. Schwanke said college officials they having been trying to get a wrestling facility for the school's championship wrestling program for a long time.

"We needed a facility to attract people to our wrestling program," she said. "This new facility should be a big boost..." Activities from the current fitness center will be moved to the new building. The old building will be converted to a training and physical therapy room that will include hot and cold tubs, Schwanke said. It will be used by athletic trainer Kip Nelson to tend to athletes and also give the members of the physical therapy assistant program a place to work on clients. "The federal grant was awarded to the school to promote fitness and wellness in the northwest Kansas area," Schwanke said. The Pierre Memorial Fund will

provide \$100,00 for the project, Kreider said. The trustees of the fund are requiring the college to match this amount, but he said the school is close to securing the match.

The school will use \$106,000 from previous donations to the Wellness Center campaign to help pay for the facility. Kreider said he has been talking area contractors about the project.

"I have been in conversation with several area contractors who have indicated their willingness to supply construction materials at their cost for this facility," he said.

Watch out for burned out feeling

It's not uncommon for small business owners to feel burned out. Here are some things you can do to avoid it:

- Take care of yourself. If you're run down, you're more likely to feel burned out. Be sure to eat right, get adequate sleep, exercise, and de-stress regularly.
- Mix things up from time to time. If you're in a rut, do things different for a day. Take a different path to the office, park in a different spot, go somewhere new for lunch. You might be surprised by what you've been missing.
- Learn how to better manage your



jamie morphew

• business tips

• Don't be embarrassed to ask for help. No one can do it all. If you're overwhelmed, look for people who can help lighten the load.

This tip was brought to you by Western Kansas Business Consulting, sponsored in part by Sherman County. We offer free and confidential business consulting to Kearny, Scott, Sherman, and Wichita counties. For more information or to set up an appointment, contact Jamie Morphew at #620-874-0771 or e-mail wkbc@wbsnet.org.

time. You can't add hours to your day, but you can use the hours you have in the most effective way.

- Learn to say no. It can be difficult, but not having boundaries and limits is a short road to burn out.
- Laugh! Laughing is good for you and can make your work fun and enjoyable.

matters record

District Traffic

The following fines have been reported by the Sherman County District Court. All ages are at the time of the ticket.

July 29: Manuel Pelegri, 38, Miami, \$175 for violating motor carrier safety rules and regulations, not paying United Carrier fees.

Deanna K. Smith, 45, Colorado Springs, \$141 for speeding, 86/70.

Jacob B. Strother, 36, Hatfield, Ark., \$175 for violating motor carrier safety rules and regulations, not paying United Carrier fees.

Kenneth C. Thieman, 17, Wyandotte, Okla., \$135 for speeding, 85/70.

July 30: Christopher M. Kennedy, 21, Cheyenne Wells, Colo., \$129 for speeding, 79/65.

Jeffrey J. Kirch, 47, Windsor, Wis., \$225 for violating motor carrier safety rules and regulations, log not consistent.

Robert A. Mixon, 40, Lake Wales, Fla., \$175 for violating motor carrier safety rules and regulations, not paying United Carrier fees, and \$135 for being over weight limits on wheels and axles.

July 31: Joseph C. Moorner, 48, Alexandria, La., \$195 for violating motor carrier safety rules and regulations, over weight limits.

Cyprian L. Soto Jr., 23, Cypress, Texas, \$147 for speeding, 87/70.

Mark E. Twenty, 38, Denver, \$225 for violating motor carrier safety rules and regulations, log not consistent.

Aug. 1: Martin F. Warnke, 32, Ford, \$135 for speeding, 85/70.

Aug. 2: Sompheth Phivong, 33, Brighton, Colo., \$192 for speeding, 93/70.

PUBLIC NOTICE NW KS GMD#4 WTAP Sign-up Starts October 1

The State Conservation Commission will begin accepting applications for the Water Right Retirement Program, WTAP, beginning October 1.

WTAP is a voluntary, incentive-based program designed to help restore aquifers and streams in critical areas. Six "High Priority" units in the Northwest Kansas Groundwater Management District No. 4 have been designated as eligible target areas by the Chief Engineer because of significant water level declines. They have been designated to be in need of aquifer recovery and are now closed to further appropriations of water. These six areas in Cheyenne, Sherman, Thomas, and Sheridan counties are also the subject of additional management program protocols being discussed with landowners by GMD#4.

Applicants who are selected for WTAP grants are compensated by the State Conservation Commission in exchange for the permanent retirement of a water right. Priority is given to retiring water rights in areas which would have the greatest impact on the aquifer system. **WTAP grants are approved on the basis of competitive bids and the amount of Historic Consumptive Water Use which has been established under the water right.**

A fixed rate price of \$2,000 per acre-foot of Historic Consumptive Water Use is available for eligible water rights to be retired.

To be eligible, water rights must have been actively used in the last 10 years. Dryland farming is permitted after a water right is retired. Limited irrigation can be temporarily allowed to establish a permanent cover on the land being transitioned from irrigation. Partial water right reductions can also be considered for retirement grants.

The Fall sign-up period is **October 1, 2008 through November 15, 2008.** If funds are still available, a Spring sign-up period will be held on February 15 through March 31, 2009.

For more information, contact Steve Frost, Water Conservation Program manager, at (785) 296-8964. Complete WTAP rules and regulations, applications, maps and other details are posted on the SCC web site at www.scc.ks.gov. Information and assistance can also be provided at the NW KS Grounwater Management District No. 4 in Colby, (785) 462-3915, or at the Kansas Department of Agriculture, Division of Water Resources Field Office in Stockton, (785) 425-6787.



Be a Part of the Holiday Fun!

We are seeking local recipes for our new Christmas special, "Home for the Holidays". The categories for recipes are:



- Appetizer
- Salad
- Main dish
- Desserts
- Drinks
- Side dishes

Send your recipe to:
The Goodland Star-News
1205 Main
Goodland, Kan. 67735

Deadline for the recipes is Nov. 7.

Don't miss out on the fun and send your favorite recipes in today!

The top 3 winners from each of these categories, as judged by our staff, will be invited to a Holiday Tasting to give people an opportunity to taste the delicious recipes. Winners will receive a prize!

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