

Businesses can take advantage of economy

With a shaky economy and higher and higher costs, businesses all over are struggling to keep their doors open.

So what's a business owner to do? Crawl into bed, cover your head, and wait for the storm to pass?

While that sounds tempting some days, it's probably not the best choice of action. Instead, take advantage of the slower time to work "on" your business.

Brainstorm creative ways to market your business with little to no money. Fine tune how your business operates, and look for ways to "trim the fat." Use these times as an opportunity to grow stronger and better. And then, when things



jamie morphew

• business tips

turn around, you'll be in a position to thrive.

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.

matters of record

District Traffic

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

Aug. 10: Virginia R. Daniels, 43, Fountain, Colo., \$153 for speeding, 88/70.

Aug. 13: Waldemar Malinowski, 52, Denver, \$175 for violating motor carrier safety rules and regulations, not paying Unified Carrier registration.

Aug. 16: Rachel Fuentes, 31, Bethune, Colo., \$135 for not having a child in a safety restraint.

Matthew S. Grossenheide, 22, St. Louis, \$100 for unlawful parking.

Eva M. Huerta, 33, Denver, \$153 for speeding, 88/70.

Aug. 18: Collin P. Jensen, 22, Ferron, Utah, \$153 for speeding, 88/70.

Starla J. Kear, 17, Goodland, \$105 for speeding, 48/40, and \$30 for not wearing a seat belt.

Timotei V. Magdici, 41, Washougal, Wash., \$135 for unlawful parking.

Aug. 19: Evan G. Bathauer, 19, Windsor, Colo., \$147 for speeding, 87/70.

Delmer Lee Bruton Jr., 38, Sapulpa, Okla., \$100 for violating motor carrier safety rules and regulations, not paying Unified Carrier registration.

Aug. 20: Craig C. Loss, 21, Dallas, \$159 for speeding, 89/70.

Aug. 21: Shawn M. Frost, 31, Denver, \$135 for speeding, 85/70.

Aug. 22: Samuel L. Johnson, 35, Freeport, N.Y., \$190 for being over weight limits on wheels and axles.

Aug. 23: Michael J. Cicero, 53, Bella Vista, Ark., \$225 for violating motor carrier safety rules and regulations, log not consistent.

Bruce W. Dupree, 27, Naples, Fla., \$129 for speeding, 84/70.

Steven D. Gagnon, 35, Fort Pierce, Fla., \$123 for unlawful parking.

Wyatt E. Halverson, 28, Northfield, Minn., \$132 for speeding, 84/70.

Aug. 24: Segey Arsemtoev, 22, Lake Ozark, Mo., \$135 for speeding, 85/70.

Aug. 25: Lance Ihrig, 39, Goodland, \$123 for speeding, 68/55.

Aug. 26: Mary C. Anderson, 54, Glendale, Calif., \$159 for speeding, 89/70.

James W. Bussey, 47, McPherson, \$175 for violating motor carrier safety rules and regulations, 11-hour rule.

Taryn L. Chomik, 28, San Diego, Calif., \$141 for speeding, 86/70.

Amara Diabate, 30, Denver, \$175 for violating motor carrier safety rules and regulations, false log.

Aug. 27: James N. Cetain, 34, Eldorado, Ill., \$175 and \$100 for violating motor carrier safety rules and regulations, not paying Unified Carrier registration and no medical card.

Brenden E. Files, 21, Burlington, \$174 for speeding, 91/70.

Aug. 28: Alan A. Brown, 28, St. Anthony, Idaho, \$152 for speeding, 86/70.

ruleton eager beavers 4-h

The October meeting of the Ruleton Eager Beavers 4-H club was called to order by President Devin Mangus. The meeting was held at 2 p.m. at the 4-H building. Roll call was answered by "my favorite sport" by 10 members, one leader and four guests. There were no minutes read. There were no bills or communications. There was no treasurer's report given. No council report was given since they had not met. Adam Duell gave the Junior Leaders report and told that the ski trip was planned for Saturday to Tuesday, March 21 to 24. Leader Colleen Duell told the members that she had sign-up sheets for next year and to be sure to sign up.

There was no old business. Elections were held with these results. The new officers are President Sydney Winston, Vice President Michael Johnson, Secretary Holly Wilkening, Treasurer Kayler Rietcheck, Reporter Dani Mangus, Historians Dani and Devin Mangus. Recreation leaders will be Cody Hooker, Sierra VanDiver and Nash Jarrett. Leaders this year will be Colleen and Steve Duell, Barb and Kevin Winston and Charlene and Danny Mangus. Nichole Sederstrom was elected for parliamentarian. This concluded the elections for the upcoming year.

Leader Charlene Mangus told the

members that at our next meeting we would be writing letters to the troops. She would be sending some of them to the wounded soldier unit at Fort Riley.

Song leader Dani Mangus and Saige VanDiver lead the group in

singing "God Bless America" in honor of the upcoming elections.

Announcements were: enrollment forms are due to the extension office by Saturday, Nov. 1; 2 p.m. on Sunday, Nov. 2, are the achievement awards at the Methodist Church;

and at 6 p.m. on Monday, Nov. 3, at the 4-H building is officer's training.

Dani Mangus moved to adjourn the meeting by saying the club motto.

Reporter Dani Mangus



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!

Classifieds work!
899-2338



Cynthia Strnad

Sherman County
Commissioner
District 2

Honesty Accountability Integrity

Paid for by Cynthia Strnad

New Weight. New Health. New You!

Now, there is hope. Hays Medical Center's Bariatric Surgery Program may help you attain a more healthy body weight and other long-term health benefits.

An August 2007 New England Journal of Medicine report says obesity is associated with increased mortality. The life expectancy of severely overweight persons is reduced by an estimated 5-20 years.

Bariatric surgery can lead to long-term weight loss and decreased mortality due to weight-related complications. The health benefits of bariatric surgery may include:

- Significant weight loss
- Lower cholesterol
- Lower blood pressure
- Improvement of Type II diabetes
- Improvement of cardiovascular health
- Relief of sleep apnea
- Relief of digestive problems
- Decreased joint pain
- Improved mobility
- Improved self image

Reclaim your life and your health.

To find out if bariatric surgery is right for you, talk to your primary care physician or call 785-623-5945 today.



BARIATRIC SURGERY

At Hays Medical Center

2220 Canterbury Drive - Hays
785-623-5945
www.haysmed.com



Dr. Zurab Tsereteli
Bariatric Surgeon

You've struggled with severe weight problems for years.

You've tried all the diets, but nothing seems to work.

Now with weight loss surgery there is hope for you to reclaim your life.

Your Business on the web
You.com



Your Business

on

www.NWKansasOnline.com



BE SURE

your

Business is Listed

www.NWKansasOnline.com

Call 785-462-1149