

# Women encouraged to have annual checkup

In recognition of Cervical Health Awareness Month, the Kansas Department of Health and Environment encourages women to schedule their annual well-woman checkups.

According to a 2010 Kansas Behavioral Risk Factor Surveillance System report, approximately 17 percent of Kansas women aged 18 and older did not have a Pap test

within the past three years. Although cervical cancer was once the leading cancer killer of women, the number of cases has declined 75 percent in the past 50 years, largely because of the widely available and reliable Pap test.

Even so, an estimated 12,000 women in the U.S. are diagnosed with cervical cancer each year. In 2007, 4,021 women died from cer-

vical cancer in the U.S. In 2008, 76 Kansas cases were diagnosed, with 24 deaths due to cervical cancer in 2010.

Most cervical cancer cases are caused by infection with human papillomavirus, a common sexually transmitted disease. Infection can also cause a number of other health problems for both men and women. A vaccine is available to prevent

many of these potential health problems and is routinely recommended for both females and males at 11-12 years of age. The three dose series is to be given over a six-month period. If an adolescent misses receiving the three recommended doses, they may catch up during 13-26 years of age.

Most health insurance policies cover the cost of vaccines. If an ado-

lescent does not have an insurance plan that cover vaccines, the Vaccines for Children program may be able to help. The program provides vaccines at no cost to doctors who serve eligible children. Ask your doctor or contact your local health department to learn more about the program, or visit [www.cdc.gov/vaccines/](http://www.cdc.gov/vaccines/). The department's Early Detection Works program provides

breast and cervical cancer screening for uninsured women age 40 to 64, who meet income guidelines. For more information about the Early Detection Works program, call toll free (877) 277-1368 or visit [www.kdchecks.gov/edw](http://www.kdchecks.gov/edw).

For more information about Kansas cancer resources and information, visit [www.cancerkans.org](http://www.cancerkans.org).

# Landscape plants facing more moisture loss

After months to years of surviving drought, landscape plants may soon find that life is getting worse.

If they're lucky, their owners watered deeply in late fall, to ensure the plants were well-hydrated before winter set in.

"Since then, however, we've had so many warm spells that trees and

shrubs have been losing moisture much faster than they normally would," said Ward Upham, horticulturist with Kansas State Research and Extension.

The ornamentals likely to be affected first and worst are the evergreens and young deciduous plants, Upham warned. They'll be

particularly vulnerable if dry when the season started.

"Fortunately, wintertime balmy spells can also be long or warm enough to create the conditions needed to irrigate," he said. "Frozen soil can't absorb water. Cold soil can."

A number of factors - including

cloud cover and nighttime temperatures - can affect how fast topsoil thaws, Upham said.

So, he recommends the plant owners start testing after two to three mild days in a row. The easiest approach is to try to push a rod, piece of rebar or long screwdriver into the ground.

"Gardeners are more familiar with doing this in summer, to test how deeply they've watered. Once a rod reaches dry soil, you can't push it in any further," he explained. "But, a rod will also stop when it reaches frozen soil."

Irrigating a few inches of thawed soil might be a waste of water,

Upham said. Supplying a root zone-wide drink that reaches eight to 12 inches deep could save a tree's life.

"You have to irrigate slowly, even if that means putting out water buckets with holes in their bottom," he advised. "Also, water at least as far out as the leaf canopy's drip line."

## matters of record

### Real Estate

The following real estate transactions have been reported by the Sherman County register of deeds.

Whispering Falls Foundation quit claims to Whispering Trails Foundation, Lots 1 and 2, Block 7, Westmore Acres Subdivision to City of Goodland.

John Backes quit claims to Dawn Backes, Lot 7, S1/2 Lot 8, Block 27, Beahm's Addition to City of Goodland. (908 E. 5th.)

Dale and Jane C. Hudson convey and warrant to Dale and Jane C. Hudson, the E/2 of Sec. 13, T8S, R37W, except that portion previously conveyed to Chicago, Rock Island and Pacific Railroad for right of way purposes; AND the NW/4 of Sec. 2, T9S, R37W.

Delmer V. Pancake, Trustee of the Alfred G. Pancake Revocable Trust dated June 13, 1994, to John Floyd Patterson, Jr. and Denise LaJune Patterson, Lots 1, 2, 3 and 4, N10' of Lot 5, N10' of E50' of Lot 8, E50' of Lots 9, 10, 11 and 12, Block 41, Beahm's Addition to City of Goodland.

Berwyn E. Petersen and Betty Jean Petersen, co-trustees of the Berwyn E. Petersen Revocable Trust dated October 19, 2000, and of the Betty Jean Petersen Revocable Trust dated October 19, 2000, to Spring Creek Family Farms, the SE/4 of Sec. 3, T8S, R38W.

Ken Petersen to Spring Creek Family Farms, the SE/4 of Sec. 3, T8S, R38W.

Alvin K. Baker and Evelyn P. Baker to James F. Oberkirsch, Lots 1, 2, 3, 4, 5 and 6, Block 2, Toelkes Addition to City of Goodland.

Kent L. Willems as Trustee under John D. Willems and Judith C. Willems Irrevocable Living Trust, dated August 14, 2001, to Kent L. Willems and Shelly K. Willems, a tract of land in NE/4 of Sec. 31, T8S, R40W, containing 19.85 acres more or less.

Terrace L. Adams and Donde D. Adams convey and warrant to JDM Farms, Lots 1, 2 and 3, Block 76, Original Town of Goodland.

Fawn Fulk quit claims to Fawn Fulk and Charles Fulk, the SW/4 of Sec. 34, T6S, R38.

Brent J. Flanders, Diana L. Flanders and Sandra Dumler, all Trustees of the Jim Flanders Trust No. 2 dated July 1, 1998, to Jesse Lundquist and Elizabeth Lundquist, a tract of land in SW/4 of Sec. 21, T6S, R38W; AND a tract of land in S/2 of Sec. 21, T6S, R38W. (100% of the minerals are being reserved for the Grantor.)

Brent Hostetler conveys and warrants to Travis J. Foster, the E/2 of Lot 16, all of Lot 17, and W7.5' of Lot 18, Block 57, Original Town of Goodland.

Lance Ihrig and Debra A. Ihrig, trustees of the Lance and Debra Ihrig Revocable Trust dated March 17, 2011, to Kevin Soderlund and Marian L. Soderlund, a part of SW/4, Sec. 3, T10S, R40W.

Linda Kay Knott to Holly Anne Bellis, the E90' of Lots 1, 2 and 3,

Block 51, Goodland Original Addition to City of Goodland.

Brookfield Global Relocation Services, LLC to Keith Richard Higgins, the S10' of Lot 6 and all of Lot 7, and N15' of Lot 8, Block 6, CK&N Addition to City of Goodland.

John D. Wellmann and Wendy M. Wellmann to Brookfield Global Relocation Services, LLC, the S10' of Lot 6 and all of Lot 7, and N15' of Lot 8, Block 6, CK&N Addition to City of Goodland.

Janet Johnson and Cora A. House, Trustees of Lowell A. and Thelma L. Chatfield Trust dated May 15, 1991, to David S. King and Michael L. King, the NE/4 of Sec. 18, T8S, R40W; NE/4 of Sec. 18, T7S, R39W; S/2 of Sec. 20, T8S, R37W.

Max W. Meinen and Nona W. Meinen convey and warrant to Steven C. Duell and Colleen K. Duell, all interest in the N/2 of Sec. 26, T8S, R41W.

Christina S. Kenrick, Trustee of the Alfred F. and Mae M. Kenrick Trust UTD 5/25/1972, to Steven C. Duell and Colleen K. Duell, all interest in N/2 of Sec. 26, T8S, R41W.

Tri-State Properties, LLP to J. Kendall Cooper and Jacque S. Cooper, the S65' of Lots 1, 2 and 3, Block 75, Subdivision of Blocks to Original Town of Goodland.

PLC Properties to David and Judith Daniels, Lots 16, 17 and 18, Block 23, Third Addition to City of Goodland.

Karen Nikel and John Nickel to Rodney Lindsten, the SW/4 of Sec. 3, T6S, R42W; Lots 19 and 20 and S/2 of Lot 21, Block 14, Third Addition to Goodland.

Gary Peters, Trustee of Joan K. Leonard Trust dated July 20, 1992, to Gary Peters, the NE/4 of Sec. 17, T7S, R38W; NE/4 of Sec. 33, T8S, R37W.

## Ways to keep your momentum going

I love the first of the year. It's fresh and full of potential. I've got my office organized and my goals set. Now comes the hard part... the daily work.



**jamie morphew**

• business tips

I do great in January. I slow down in February. Then somewhere in March I begin to wonder why I made that goal in the first place.

JonAcuff.com/blog is one of the blogs I regularly read. He recently wrote how starting things is fun and exciting, but finishing things is a drag. Isn't that the truth?!

But if I want to make a difference, I have to finish projects and complete goals. Just starting them does nothing.

How about you? What amazing projects and goals have you started that unless they're finished will ac-

complish nothing? Let's make a difference in 2012! Let's finish things!

Cut this tip out of the paper (make sure everyone is done reading the paper first), and stick it on your calendar to remind you:

Just starting doesn't make a difference. Finish it!

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, contact Jamie Morphew at (620) 874-0771.

# Welcome

## Gulraiz Cheema, MD, FCPS Newest Member of the HaysMed Orthopedic, Spine and Sports Medicine Team



HaysMed and the HaysMed Orthopedic Institute welcome Dr. Gulraiz A. Cheema, Orthopedic Surgeon. Dr. Cheema specializes in foot and ankle surgery, total hip and knee replacement, orthopedic trauma, and hand surgery.

Dr. Cheema completed his medical degree at Quaid-e-Azam Medical College in Bahawalpur, Pakistan. He completed Fellowships in Foot and Ankle and Hand at the University of Arkansas for Medical Sciences. He also completed an Adult Reconstruction (Joint Replacement) Fellowship at Methodist Hospital in Houston and an Orthopedic Trauma Fellowship at the University Louisville.

### Hays Orthopedic Institute Specializes in:

- Foot and ankle
- Total knee and hip replacements/revisions
- Minimally invasive spine surgery
- Hand and upper extremity
- Sports medicine
- Microvascular surgery
- Hip resurfacing
- Pain management/rehab

For more information about HaysMed's orthopedic services, call 785-261-7599 or ask your primary care physician.



Robert L. Bassett, MD



Alex F. DeCarvalho, MD



Daniel D. Divilbiss, MD



Sukchan Lee, MD



Vivek Sharma, MD



Frederick R. Smith, DO



2500 Canterbury Drive,  
Suite 112 - Hays  
785-261-7599  
Toll Free 866-428-8221  
[www.haysortho.com](http://www.haysortho.com)

## REAL ESTATE AUCTION

January 24th, 2012 at 10 a.m. MST

508 East 11th, Goodland, KS...Good investment or starter home with 3 bedrooms, 1 bath on main floor, Partial basement with bath, large double attached garage.



**Terms of sale:** \$1,000 down day of auction, balance due at closing on or before Feb. 10th, 2012. Title insurance and closing fee paid 1/2 by seller and 1/2 by buyer. 2011 taxes \$604.80. Taxes for 2012 prorated to date of closing. Announcements sale date shall take precedence over printed material.

For more information contact Donna Moore or Terry Richardson at Homestead Realty & Auction, 1023 Main, Goodland, KS. 785-899-2328

Feb. 5: NFL Championship at Theatre!  
Sherman  
1203 Main - Phone 899-4103  
Tonight 7 PM  
**The Muppets (PG)**  
Starts Friday 7 PM:  
**Sherlock Holmes (PG-13)**

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785-899-2328 or 800-974-2426  
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