

Warm weather encourages flowers



Spring flowers are having a good year with the warm weather the area is having. These flowers are Tim McGrath's at 11th and Caldwell.
Photo by Pat Schiefen/The Goodland Star-News

Wednesday is walking day

Wednesday in celebration of National Walking Day, the American Heart Association has teamed up with Olympic Gold Medalist Jennie Finch to announce the launch of the "Billion Calorie Count-UP," a new multi-year, nationwide goal aimed at encouraging Americans to collectively burn 1 billion calories by the year 2020.

For every hour of very brisk walking, life expectancy may increase for some adults by two hours, and this year the American Heart Association is making it easier than ever to get started, get healthy and get walking. To take part in the "Billion Calorie Count-UP," interested walkers should log on to <http://www.heart.org/myheartlmylife> to find a Heart Walk in their area. Starting Wednesday (National Walking Day), the American Heart Association will count the calories burned by individual walkers at Heart Walks across the country and add them to the "Billion Calorie Count-UP" total. In addition to National Walking Day, other key milestone dates, such as National Eating Healthy Day on Nov. 7, will be used to report out on our calorie counting status.

Helping to lead the charge is Olympic Gold Medalist Jennie Finch who understands the important role that regular physical activity plays in a healthy lifestyle.

"When I was playing softball, I used to spend countless hours training to keep my body in top shape.

That was my day job. Luckily, for most Americans, staying in shape is a lot simpler, and this year, it can start with a brisk daily walk," said Jennie Finch, American Heart Association spokesperson and Olympic Gold Medalist. "I'm thrilled to be working with the American Heart Association to launch the 'Billion Calorie Count-UP' and supporting their commitment to improving the cardiovascular health of all Americans by at least 20 percent by the year 2020."

To be part of the Billion Calorie Count-Up, visit <http://www.heart.org/myheartlmylife> to sign up for an American Heart Association Heart Walk in your area, and to access healthy living resources including information about getting active and eating healthy.

"Statistics show that one in two men, and one in three women are at risk for heart disease, and research shows that poor lifestyle is a major contributor," noted Jennifer Everrett, senior Heart Walk director, American Heart Association. "From walking clubs and paths to cooking tips and easy-made recipes, our *My Heart My Life* healthy living initiative is working to help individuals and families understand how to get active and eat healthy - all part of the American Heart Association's 2020 goal. Don't stop with signing up for Heart Walk; use our American Heart Association Walking Clubs and Walking Paths to keep you walking every day."

Ragtime to be played in Oberlin

The "Turpin Tyme Ragsters," a seven piece ragtime music ensemble based in Kansas City, will perform at the Oberlin Gateway at 6:30 p.m. (Mountain Time) on Saturday.

The group recreates, from the original arrangements, the ragtime sounds of composers Scott Joplin, James Scott, Charles Johnson, Joseph Lamb, Eubie Blake, "Jelly Roll" Morton, Tom Turpin (their namesake) along with many others.

They hope to "turn back the clocks," musically, to an era of ceiling fans, ice cream socials and Sunday concerts in the park.

The Ragsters' repertoire reflects the diversity of music from "turn of the century" America, including songs like "Dill Pickles," "The Entertainer," "Easy Winners," "Alexander's Ragtime Band," "Tiger Rag," "The Chrysanthemum," "Peaceful Henry," "12 Street Rag," "Ragtime Dance" and many more.

They have added a wealth of new musical material since they last performed in Oberlin.

Their musical presentation unfolds with toe tapping ragtime songs, with historical information and humor provided.

In 2008, they were featured artists at the prestigious Scott Joplin International Ragtime Festival in Sedalia, Mo.

Band members include: Gary Richmond, leader and cornet play-

er; Greg Briggs, clarinet; Mark Cochick, tenor saxophone; Dan Strom, trombone; Nora Hulse, piano; Dave Swanson, tuba, and Mike Thompson, drums.

The program is sponsored by Oberlin Arts and Humanities Commission.

It is a season ticket event or \$12 for adults, and \$ for students, grades 1-12. For details, call (785) 475-3557 or (785) 470-0218.

Book celebrates 150 years for beef industry

By Ron Wilson

Director
Huck Boyd National Institute
for Rural Development
at Kansas State University

What do you get for the man who has everything? That question seems to come up persistently around birthdays and holidays. In one case, the question led to a special gift that provided support to a special project which is celebrating 150 years of our state's vitally important beef industry. Specifically, this gift supported the creation of a wonderful book titled 150 Years of Kansas Beef.

Dr. Justin Kastner is assistant professor of food safety and security and director of the Frontier program in K-State's College of Veterinary Medicine.

The Frontier program is an interdisciplinary historical studies unit at the vet school.

In 2007, Kastner was meeting with Dr. Dan Thomson, director of K-State's Beef Cattle Institute. They discussed the idea of a project to honor the beef industry.

"I commented that the sesquicentennial of Kansas was four years away, and that was how it got started," Kastner said. The idea was

to create a book that would honor the Kansas beef industry in conjunction with 150 years of Kansas statehood. The Beef Cattle Institute provided the initial financial support.

"This book is intended to celebrate the people of our industry and celebrate the state of Kansas," Thomson said. "When we celebrate the beef industry, this truly is a celebration of years of labor, heritage, and a humble work force within our state."

Kastner and a team of students set out to do the historical research to produce the book. His co-editor was Blair Bryant Tenhouse, a research assistant with the Frontier program who grew up showing cattle in south central Kansas.

They put in countless hours of research and miles on the road, studying the rich history of Kansas beef as well as the stories of the families who are engaged in producing it.

It was envisioned as a coffee-table style book, with attractive photos and high quality workmanship.

Unfortunately, that meant there were substantial production costs. But through the vet school's development office, key financial support for the project came from the Vanier family.

Jack and Donna Vanier are long-time ranchers, entrepreneurs, and rural philanthropists. They come from the CK Ranch near the community of Brookville, population 257 people. Now, that's rural.

Donna Vanier was wondering about a special Christmas gift for her husband. She hit on the idea of supporting the book project as a special gift in his honor.

"I don't have the opportunity to surprise Jack very often," she said. "This is why I want to honor his legacy as a prominent cattleman and astute businessman who has worked tirelessly for the state of Kansas."

The book was printed during the summer of 2011. In September, K-State held a book dedication event honoring Jack Vanier. The book expresses thanks to Donna Vanier whose gift made it possible.

"There have been many books about Kansas beef," Justin said. "What makes this book unique is that it combines the economic and social history of the industry with the family histories of those involved."

The first chapter of the book is about cowboys, cowtowns, and cattle trails.

The book goes on to chronicle

international agricultural investment in Kansas, cattle production practices, the growth of livestock exchanges and cattle trade, families of the Kansas beef industry and K-State's Department of Animal Sciences and Industry.

The families featured include the Bragg and Coffman families of Dodge City and Overbrook, the Fink family near Manhattan, the Gardiners of Ashland, Schlickaus of Haven, Schulers of Chapman, the Perriers of Eureka, and more. Much more material is found on the podcasts that accompany the book.

For further information or to purchase the book, go to www.vet.k-state.edu/features/beef.htm.

So what do you get for the man who has everything? In the case of Donna Vanier, she made a surprise gift in her husband's honor to a project that very fittingly celebrates 150 years of Kansas beef.

We appreciate the Vaniers, Justin Kastner, Blair Tenhouse, Dan Thomson, and all those producers who have made a difference with their hard work through the years. In the end, what matters is not what we get, but what we give.

Two Goodland wrestlers recognized for grades

In addition to having an excellent season, culminating in a second place finish at state, the Goodland High School wrestling team had several students named to the All-Academic team.

The Kansas Wrestling Coaches Association honors wrestlers and teams each year for outstanding performance off the mat. The Cowboys had a combined grade point average

of 3.09, earning them an honorable mention in 3-2-1A.

Jason Cowan and Riley Oharah were named First Team All Academic for having grade point averages above 3.5 and having a .500 record or above in varsity matches.

corrections

The Goodland Star-News will correct any mistake or misunderstanding in a news story. Please call our office at (785) 899-2338 to report errors.

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We want to keep an accurate record and appreciate you calling to our attention any failure to live up to this standard.

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Disease risks associated with drinking raw milk

The Kansas Department of Agriculture and Kansas Department of Health and Environment are warning consumers and producers about the risks associated with consuming unpasteurized milk, often called raw milk.

A study by the Centers for Disease Control and Prevention published last month indicated that when weighted for consumption the rate of outbreaks caused by raw milk and products made from it may be 150 times greater than outbreaks linked to pasteurized milk.

Pasteurization is the process of heating milk to slow microbial growth. In Kansas, it is illegal to sell raw milk in a retail setting. While dairy producers can legally sell raw milk on farms directly to consumers, the practice is not recommended.

"Consuming raw milk is an unnecessary risk," said Kansas Department of Agriculture Dairy Inspection Program Manager George Blush. "You cannot tell if milk is safe by just looking at, smelling or tasting it. Even milk from the cleanest dairies can pose risk without the pasteurization safeguard."

The department's dairy inspections start at the farm and continue as the milk and milk products are transported, processed, distributed and sold. The goal is to provide a safe, wholesome milk supply for Kansans and consumers in other states.

Since 2007, there have been

three outbreaks of disease associated with consumption of raw milk in Kansas. In October 2007, 68 people became ill due to consuming cheese made from raw milk at a Kansas community celebration. Laboratory tests confirmed the cause of this outbreak to be campylobacteriosis, an intestinal bacterial infection. More recently, reported in January 2012, 18 people became ill in an outbreak of campylobacteriosis associated with consumption of raw milk from a dairy in south central Kansas.

The CDC study reviewed dairy product outbreaks from 1993 to 2006 in all 50 states. Outbreaks of diseases linked to raw milk products were more frequent and more severe in people younger than age 20. The rate of hospitalizations was 13 times higher in outbreaks associated with unpasteurized products compared to those associated with products that were pasteurized.

Raw milk can contain harmful bacteria and other germs that can cause diarrhea, vomiting and abdominal cramping. In severe cases, consuming raw milk can cause life-threatening diseases and even death. KDHE Secretary and State Health Officer Robert Moser, M.D., said if an individual has consumed raw milk purchased directly from a farm or eaten dairy products made with raw milk and develop signs and symptoms of illness, they should consult their physician.

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