

upcoming events

Museum to celebrate Christmas

The High Plains Museum will hold "Christmas Around the World" a family friendly Christmas spectacular from 1 to 5 p.m. Saturday. The event will feature festive crafts, stories, goodies and more. Explorers of all ages are invited to learn how Christmas is celebrated by different cultures all over the world. Learn about Christmas traditions like the St. Nicholas Shoe Fill – bring a shoe to the museum to decorate and return at 7 p.m. to collect your treat and enjoy a thrilling fire-side story from St. Nicholas. For more information call 890-4595.

weather report

58°

10 a.m.
Monday



Today

• Sunset, 4:24 p.m.

Wednesday

• Sunrise, 6:51 a.m.

• Sunset, 4:23 p.m.

Midday Conditions

- Soil temperature 39 degrees
- Humidity 30 percent
- Sky partly cloudy
- Winds west 10 mph
- Barometer 29.75 inches and falling
- Record High today 74° (1959)
- Record Low today -4° (1919)

Last 24 Hours*

High Sunday	60°
Low Sunday	22°
Precipitation	none
This month	none
Year to date	16.69
Below normal	2.53 inches

The Topside Forecast

Today: Sunny with a 30 percent chance of snow after 11 p.m., a high near 45, winds out of the west at 10 to 15 mph switching to the north at 20 to 25 mph and a low around 16. Wednesday: Cloudy with a 20 percent chance of snow, a high near 18, winds out of the north at 15 mph and a low around 4.

Extended Forecast

Thursday: Mostly cloudy with a 20 percent chance of snow at night, a high near 15 and a low around 0. Friday: Mostly cloudy with a high near 16 and a low around 0.

(National Weather Service)

local markets

10 a.m.

Wheat — \$6.92 bushel	Posted county price — \$6.76
Corn — \$4.04 bushel	Posted county price — \$4.09
Milo — \$3.641 bushel	
Soybeans — \$10.51 bushel	Posted county price — \$12.72
Millet — no bid	
Sunflowers	
Oil current crop — \$19 cwt.	Confection — no bid
Pinto beans — \$28	

(Markets by Scoular Grain, Sun Opta, Frontier Ag and 21st Century Bean. These may not be closing figures.)

Hospital doing more heart therapy

By Kevin Bottrell

kbottrell@nwkansas.com

After a recent move to consolidate the Respiratory Therapy department, Goodland Regional Medical Center is putting more emphasis on its cardiac rehab and pulmonary therapy service.

Director of Respiratory Therapy and Cardiopulmonary Rehab Chris Fulwider said the department had been scattered throughout the hospital, but was recently consolidated. Fulwider said the move has helped the department be more efficient. Patients also like the new location, he said, because they can come in one of the exterior doors and go right to the department, rather than have to go through the rest of the hospital.

The department has three full time staff members as well as four nurses that help out. Fulwider said they always try to hire one part time student from Northwest Kansas Technical College. Currently, the majority of the staff are graduates of the college's respiratory therapy.

The rehab program has been seeing more and more patients, almost up to its full capacity of 12. Rehab is every Monday, Wednesday and Friday, but the department tries to work with patients' schedules.

Patients might be sent for cardiac rehab after any cardiac event such as a heart attack, bypass surgery, valve replacement or the installation of a stent. Fulwider said his department reaches out to those patients to let them know the rehab is available in Goodland.

"We go over things with the

See HOSPITAL, Page 5

Atwood newspaper bought by native

The Rawlins County Square Deal has been sold to an Atwood native, and control will change in January.

Mary Holle, a co-owner and associate editor, said Lloyd Huff and his wife Susan, who live near Fort Worth, are purchasing the stock of Rawlins County Publishing Inc., with the closing set for mid-January.

Mr. Huff recently retired from Lockheed Martin as a senior fellow emeritus after a 34-year career in the aerospace field. He earned Bachelor and Master of Science degrees from the University of Kansas. His wife, a native of Evanston, Ill., grew up in Omaha, then moved to Kansas City as a high school senior. She received a Bachelor of Arts in environmental studies at KU.

The couple met at college and were married in August 1977, just before he started graduate school. In 1979, they moved to Fort Worth, where he started his career developing software for General Dynamics. After working as a lab technician for the Texas Animal Health Co., Mrs. Huff later joined her husband at General Dynamics as a tech analyst.

Mr. Huff said the move to Atwood represents a "coming home," especially since they are moving into the

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Kansas deer firearm season to begin on Wednesday

Wednesday is the first day of firearm deer season and the Kansas Department of Wildlife, Parks and Tourism is saying that new regulations will give hunters greater flexibility.

From Dec. 4 through 15, hunters will have the opportunity to hunt deer with any center-fire rifle and handgun; any gauge shotgun using slugs; and any legal muzzleloading rifle, musket or pistol, .40 caliber or larger. Shooting hours are one-half hour before sunrise to one-half hour after sunset.

For those who possess a valid deer permit, but have yet to fill a tag, time isn't up yet as any unfilled permit is valid during the firearm season; however, either species, nonresident and some antlerless permits are restricted to the deer management units listed on the permit. In addition to their deer permit, all hunters, unless exempt by law, must also have a Kansas hunting license. Hunters with archery permits must use archery equipment and hunters with muzzleloader permits must use muzzleloaders, crossbows are archery

equipment. During the firearm season, all hunters must wear hunter orange clothing consisting of an orange hat and an orange vest that shows 100 square inches from the front and 100 square inches from the back. Camouflage orange clothing is legal if the number of square inches of orange is visible.

If you are a resident hunter and have yet to purchase a permit, you may do so wherever licenses are sold and online. Permits aren't valid until the next calendar day after pur-

chase. Hunters must possess a permit that allows the harvest of a buck before they are eligible to purchase antlerless permits.

Hunters should remember that all deer must be tagged before moving the carcass from the kill site. Certain permits, such as an antlerless whitetail permit, require that the head remain attached to the carcass during transport for sex identification.

For more information, visit the Wildlife Department website, www.ksoutdoors.com.



Arts Council holds benefit open house

Gwen Mai (above) poured a glass of wine at the Goodland Arts Council's annual open house on Saturday at the Carnegie Arts Center. The wine tasting featured eight varieties from the Claremont Inn and Winery in Stratton, Colo. Visitors were asked to vote for their favorite wine. The winning wine will be named after the Carnegie Arts Center. The open house also featured entertainment by Josiah and Kendra Akers (right) and a bake sale (below) with baked goods made by members of the Goodland Arts Council Board. Later in the evening was a wreath-making workshop taught by Gloria Elliott. Proceeds from the event go to support the Arts Council and Art Center.

Photos by Kevin Bottrell/The Goodland Star-News



card showers

The family of Joan Hartley is requesting a card shower for 95th birthday. Her birthday is Friday, Dec. 6. Cards may be sent to her at 707 Wheatridge Circle, Goodland, Kan. 67735.

patient news

Carolyn Schritter is a patient in Parker, Colo. She would appreciate hearing from her friends and cards may be sent to her at The Center at Lincoln, Room 237, 12230 Lioness Way, Parker, Colo. 80134.

Doris Raile is a patient at Select Hospital and she would like to hear from friends. Her address is 6001 E. Woodman Road, 6th Floor Room 6126, Colorado Springs, Colo. 80923.

blue star banner

Do you have a son/daughter or grandson/granddaughter presently serving in active-duty military? Or does a friend or relative have someone? If so, we would like to present them with a Blue Star Banner for their door or window. Call Zona Price, secretary of the Goodland Elks Lodge at (785) 890-6251.

genesis and salvation army

If you can spare one hour ringing the bell for the Salvation Army contact 890-2299 to schedule a time. The annual event raises the majority of money used throughout the year. The money raised in Sherman County from Friday, Nov. 29, to Dec. 24, stays in Sherman County.

Genesis and Salvation Army are available year round to help those in need. Call (785) 890-2299 to speak to a volunteer.

activities

Tours of the 1907 Victorian House at 202 W. 13th are from 1 to 5 p.m. Wednesday through Monday. Closed on Tuesday.

The High Plains Museum, 1717 Cherry Ave., is open from 9 a.m. to 5 p.m. Monday, Wednesday through Saturday and from 1 to 5 p.m. Sunday. Closed Tuesdays.

The Carnegie Arts Center is open from 10 a.m. to 5 p.m. Tuesday through Saturday, 1 to 4 p.m. on Sunday and 1 to 6 p.m. on Monday at 120 W. 12th. The center is always in need of hosts and hostesses on Sundays. New monthly exhibits and you are invited to visit the gift shop.

The Goodland Public Library is open from 10 a.m. to 8 p.m. Monday through Thursday and from 10 a.m. to 5 p.m. Friday and Saturday. For information call (785) 899-5461 or stop by the library.

Big Brothers/Big Sisters of Sherman County is seeking mentors and children to mentor. Call 890-3665.

The Good Sam Family Support Council meets at 7 p.m. the second Thursday of every month at the Goodland Elks Lodge. Meetings are open to all interested people. For information call 890-3117 or 890-5936.

Breast Cancer Support Group meets at 5:30 p.m. the second Monday of the month. Any woman with cancer is welcome. Call Norma at 890-6629 for more information.

The Goodland Activities Center has the daily activities. For information call 890-7242. Memberships options for everyone including day passes for \$5. Visit goodlandgac.com or stop by 808 Main. The hours are 5:30 a.m. to 8 p.m. on Monday through Thursday, Friday 5:30 a.m.

matters of record

Real estate

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

Sean Sains conveys and warrants to Heath J. Mannis and Ashley N. Schmidt, Lots 1, 2 and 3, Block 21, Third Addition to City of Goodland.

Charles R. Hall and Susan D. Hall to Darrell D. Owens and Diane

the calendar

calendar

The annual meeting for the Sherman County Speedway will be at 2:30 p.m. on Saturday at the 4-H Building at the Sherman County Fairgrounds.

The Just Kids Christmas Shopping Day at the Goodland Churches Thrift Store, 1002 Main, will be from 10 a.m. to 5 p.m. on Saturday. Helpers will be there to help the kids pick out their gifts and wrap them. Santa will be there at 3 p.m.

Prairie Land Food sign up will be until Monday. Distribution is 1 to 2 p.m. Saturday, Dec. 21, at Cat's TnT, 1018 Main, or at the Bernadine Johnson residence, located at 704 Walnut. For information call 899-2338, 821-1275, 890-2287, 821-1827, 890-3973 or 899-4278 or order online at www.prairielandfood.com. The Prairie Pak will have fully cooked sausage patties, turkey burger, lean ground beef, pollock fish fillets, chicken breast filets, cinnamon rolls and a variety of seasonal fresh fruits and vegetables. The specials are a spiral sliced ham, Christmas meat and cheese, breaded jumbo

shrimp, pepperoni hotpockets and prime rib roast..

The Pride of the Prairie Orchestra will present "Many Merry Melodies" at 2:30 p.m. (Mountain Time) on Sunday, Dec. 15, at Frahm Theatre/Cultural Arts Center on the Colby Community College Campus. The orchestra is directed by Andrew Salvador and will include a sing-a-long and gift drawing. Admission costs are \$10 for adults, \$5 for seniors and \$3 for student or by Pride of the Prairie Patron ticket. For questions call Mary Shoaff (785) 462-2159 or Janet Hopson (785) 462-5102.

The Goodland Soup Bol serves dinner at 5 p.m. on Monday nights at the Goodland Methodist Church Fellowship Hall for anyone who wants to come. Free will donations welcome. For information call 899-3631.

The Kids Cooking Class is held on the second Wednesday of each month from 3:45 to 5:15 p.m. at the 4-H Building. This class is open for second to fifth graders. For information call 890-4880.

senior menu

Today: Mom's turkey cas-

to 6 p.m., Saturday 10 a.m. to 6 p.m. and Sunday 1 to 5 p.m. Aerobics are at 5:30 a.m. on Monday and Wednesday. Insanity class meets at 5:30 a.m. on Monday, Tuesday, Wednesday, Thursday, Friday and Saturday. Taekwondo with Wayne Luckert call for times and dates.

Weight Watchers meets at 5:30 p.m. for weigh in and 6 p.m. for the meeting every Tuesday at the Harvest Evangelical Free Church, 521 E. Hwy. 24. For information call (785) 890-6423.

Goodland Alcoholics Anonymous, 1013 Center. If you drink alcohol, that's your business. If you want to stop, we can help. Call 821-3826 or 728-7491.

Goodland Al-Anon Family Group meets at 6 p.m. on Fridays at First Christian Church, 711 Arcade. For information call Alice or Marilyn at 890-5914 or 821-2862. The "Freedom Today" group of Narcotics Anonymous meets at 8 p.m. Tuesdays, 8 p.m. Fridays and 8 p.m. on Sundays at 1013 Center. Call 890-8369.

Bird City Alcoholics Anonymous group meets at 6:30 p.m. (Mountain Time) on Fridays at the Senior Center on 4th Street. Narcotics Anonymous meets at 6:30 (Mountain Time) on Tuesdays at the Senior Center. Call (785) 734-2734 for more information.

Stratton "AA by the Book" Alcoholics Anonymous group meets at 7 p.m. Thursdays for a beginners open meeting. Filies and young people welcome. Call (719) 348-5398 for men and (719) 346-8553 for women. On U.S. Highway 24 go to Statton and it is the second house on the left, 513 Iola Street.

Fibromyalgia and Chronic Myofascial Pain Support Group meets from 6:30 to 8:30 p.m. the third Wednesday of every month in the Emergency Medical Services building, 257 15th St., in Burlington. Call Debbie at 719-346-4612.

thrift store

The Goodland Churches Thrift Shop, 1002 Main, is open from 10 a.m. to 5 p.m. on Monday through

Friday. Donations welcome. The daily specials are 50 percent off men's department on Monday, 50 percent off housewares, furniture, electronics and crafts on Tuesday, 10 cent books on Wednesday, 50 percent off children's department on Thursday and 50 percent of ladies' department on Friday. For information call 890-2007.

health department

The Sherman County Health Department at 1622 Broadway is open from 8 a.m. to noon and 1 to 5 p.m. Monday through Friday.

Blood pressures; infants', children's and adults' immunizations; health assessments for Kan Be Healthy, daycare and school entry; fasting blood sugar and hemoglobin; and family planning available by appointment. Sharps containers are available for a fee. WIC program available. Call 890-4888 or go to www.sherman.kansas.com.

If you have questions, concerns or complaints about child care, call the health department.

Water Testing — The Northwest Local Environmental Protection Group does well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the Health Department at 890-4888.

hospital volunteers

Gift shop hours are 9 a.m. to noon and 1 to 4 p.m.; a.m. and p.m. volunteers are in the gift shop.

early head start

Early Head Start is a state funded program for income eligible families with prenatal mothers and children up to age three. Families participate in a variety of educational activities and receive free medical and dental care.

Services include special needs of children with disabilities. If you have a family member with a special problem, such as drug or alcohol abuse, job loss or other family crisis, your family can qualify. Call 785-672-3125, ext. 187.

serole, peas, tropical fruit, bread and no bake cookie. Wednesday: Hot roast beef sandwich, mashed potatoes with gravy, corn, bread and fruit cobbler. Thursday: Tater tot casserole, California blend vegetables, bread and gelatin with fruit. Friday: Baked fish, parslied potatoes, cooked spinach, bread and applesauce.

school calendar

Today: 7 p.m. fifth and sixth grade band concert in the Goodland High School auditorium. 3 p.m. high school scholars' bowl at Tribune. 3 p.m. girls seventh grade basketball A/B at Scott City. 3:30 p.m. girls eighth grade basketball A/B in the junior high gym. Wednesday: 7:30 a.m. professional learning communities. Thursday: 3 p.m. junior high wrestling quad at Holcomb. 5:30 p.m. varsity and junior varsity wrestling at Oberlin. Friday: 3:45 p.m. junior varsity and c team basket ball against Norton at Max Jones Fieldhouse. 5:30 p.m. varsity basketball against Norton at Max Jones Fieldhouse.

preschool

Sherman County Head Start is a free preschool for eligible 3 and 4 year olds. The federally funded program is targeted to families who meet certain economic guidelines and provides hearing, vision, dental and educational screenings. Nutritious meals are served, and parents are encouraged to get involved in their children's education. For information call 890-2552.

mops

MOPS (Mothers of Preschoolers) meets the first Monday of every month October thru May. Meeting time: 6 p.m. -7:30 p.m. at the Harvest Evangelical Free Church; 521 E Highway 24; Goodland. For more information email goodlandmops@gmail.com or call (785) 890-6423.

crimestoppers

If you have information about any crime, call the Goodland Area Crime Stoppers "Look Line" at 899-5665. Your call will be confidential and you will not be asked your name. If the information results in the arrest and/or conviction of those involved, you could be eligible for a reward of up to \$1,000. Goodland Area Crime Stoppers is a nonprofit organization formed by citizens against crime.

The police department can also be called at 890-4570.

family shelter

The Northwest Kansas Domestic and Sexual Violence Services provides help day or night to victims of domestic violence and sexual assault. For information or help, call (800) 794-4624. In the Colby area, call (785) 443-1130.

animal shelter

Lost a pet? Call 890-4575 or go to www.petfinder.com and be sure to enter the Goodland zip code 67735. You can also call the Goodland Police Department at 890-4570 or Northwest Kansas Animal Shelter at 899-4398. Interested in adopting a pet? Call the animal shelter or go to the website www.nwkasgoodland.webs.com.

Enjoy a night at the movies! Sherman 1203 Main - Phone 899-5103. Nightly 7 PM: Showing through December 12: The Hunger Games: Catching Fire (PG-13)

Ted M. Senter and Tracy M. Senter convey and warrant to Korbec Holdings, LLC, Lots 28 and 29, Block 9, CK&N Addition to City of Goodland.

Get rid of unwanted items with the Classifieds! Call 899-2338

obituaries

Flora H. Loftin

Flora H. Loftin, 98, retired Weskan home economics teacher, died Saturday, Nov. 30, 2013, at Wallace County Community Care Center in Sharon Springs.

She was born on May 6, 1915, to Robert Lee and Ida Mae (Coffee) Steelman near Francis, Okla.

Mrs. Loftin attended public school at Sasakwa, Okla., graduating in 1933. After graduation, she worked as a housekeeper, nanny in Konawa, Okla.

On Aug. 25, 1937, she and Eugene William Loftin were married in Siloam Springs, Ark.

Mrs. Loftin returned to college after her husband was seriously injured in 1960 and was unable to continue working. She graduated from East Central State College in Ada, Okla., in 1967 with a degree in education. Teaching brought her to Kansas in 1969.

Mrs. Loftin was an accomplished seamstress. She loved playing dominoes, fishing and crossword puzzles.

Preceding her in death were her

husband; parents; six brothers, Elmer, Lee, Lawrence, Sydney, Bailey and Raymond; three sisters, Faye Jones, Mamie "Joan" Steelman and Hazel Harter; and a son-in-law William A. Peek, Jr.

Survivors include a daughter Carol Ann Peek of VanAlstyne, Texas; two sons, Dana E. Loftin of Colorado Springs, Colo., and Robert M. Loftin of Weskan; eight grandchildren; and seven great-grandchildren.

Services will be at 10 a.m. on Tuesday, Dec. 3, 2013, at Hi-Plains Baptist Church in Sharon Springs with Pastor Rick DeWees officiating and burial in the Weskan Cemetery at Weskan.

Visitation was from 3 to 6 p.m. at Koons Funeral Home in Sharon Springs.

Memorials to the Wallace County Ambulance Association or the Wallace County Community Care Center may be sent to Koons Funeral Home, 211 N. Main, Goodland, Kan. 67735-1555.



Loftin

KOONS FUNERAL HOME, INC AND MONUMENTS www.koonsfuneralhome.com

Tracy Smith

Tracy Smith, 45, former employee of Wheat Ridge Acres Retirement Community, died Friday, Nov. 29, 2013.

Arrangements are pending with Bateman Funeral Home. A full obituary will follow.

Tips for picking out your Christmas tree

Who doesn't love the smell of fresh greenery during the holidays? Some of our 4-H members had sold Christmas Wreaths and when they came in the office smelled like a pine forest. Seeing the wreaths brought me to thinking about Christmas and Christmas trees? You have a choice between an artificial tree and a real one each year, they each have their pros and cons depending on the needs of your household. If you are in the market for a real tree this year, here are a few tips to get the most out of the experience.

First, picking out the perfect tree can be a great experience for families. Around the state we have a few producers selling local grown trees, however in our area most are going to be brought in from other states. The states with the largest export of Christmas trees are Oregon, North Carolina and Michigan. The most popular species for Christmas trees are pine, fir and spruce. Each has varying degrees of needle retention, fragrance and branch stiffness (for holding up ornaments, of course).

When purchasing pre-cut Christmas tree take a good look at all of them and see which ones will fit the

dana belshe

ag notebook

space in your home and match your style of tree decorating.

Second, after you've gotten your tree home, you will want to prepare the spot in your house with a tree stand and plenty of space to move the tree indoors. Before you bring it indoors, cut the bottom inch of the trunk off so that the tree can easily take up water. When the tree is originally cut at the farm, it begins to send sap down to close off the cells so that the canopy of the tree can be protected from water loss.

It needs to be cut again to open up the cells that transfer water into the tree so that it won't dry up during the few weeks it is in your home (no fire hazards, please!). Make sure to replenish the water in the tree stand regularly since they will transpire up to a gallon of water per day. Yay, for indoor tree air purifiers during the holidays!

Whether you find a locally grown tree, purchase a live pre-cut tree, or enjoy your allergy-free artificial tree in your home this year, we hope it makes your Christmas very special.



1st Annual Auxiliary Attic Friday, December 6 9 AM-NOON: Front lobby at Goodland Regional Medical Center A fund raiser for GRMC Auxiliary featuring quality, gently used items

Specials for the week Nov. 29-Dec. 5 Drinks included. Dine-in or carry out! Friday, Nov. 29: Tostados Saturday, Nov. 30: Chicken Strips with Mac & Cheese Sunday, Dec. 1: Baked Chicken Monday, Dec. 2: Lasagna Tuesday, Dec. 3: Hot Chicken Fried Steak sandwich Wednesday, Dec. 4: BBQ Meatballs Thursday, Dec. 5: Soup and Sandwich Jct. of Hwys. 27 and 40, Sharon Springs, Kansas • Phone: 785-852-4664

American Profile Celebrating Hometown Life See American Profile magazine in this week's issue of Your sponsorship could be right here! (available in local area only) Brought to you by: The Goodland Star-News Call The Goodland Star-News today for more information! (785) 899-2338

Buy safe toys for kids this year

This time of year, families are bombarded with catalogs, television commercials, store displays and online advertising for toys and gadgets. When considering items on your child's list, make sure you and other gift-givers are safety savvy before you hit the stores this holiday season.

Selecting Toys

When choosing toys for children, pay close attention to warning labels and manufacturer's guidelines. More than 3 billion toys and games are sold in the United States every year, and most of them are very safe. Warning labels and manufacturers' instructions tell you how to use the product safely. "If the manufacturer sets a minimum age or other restrictions, there's a reason," said Cherie Sage, Safe Kids Kansas. "A label reading 'Not appropriate for children under 3' may be present because the toy poses a choking hazard, not because it's too difficult for a 2-year-old."

If you buy toys secondhand or get hand-me-downs, visit www.recalls.gov to make sure the toy hasn't been recalled for safety reasons. Sign up for email alerts on the Consumer Product Safety Commission website www.cpsc.gov or download the CPSC Recalls app to your smart phone to keep up-to-date on toy recalls beyond the holiday itself. If a new toy comes with a product registration card, mail it in so the manufacturer can contact you if the item is ever recalled. Report safety concerns about toys to (800) 638-2772 or www.cpsc.gov. Your experience could be part of a pattern that might lead to a recall.

Safe Kids Kansas also recommends:

Make sure to buy age-appropriate toys. Consider your child's age when purchasing a toy or game. It's worth a second to read the instructions and warning labels to make sure it's just right for your child. Avoid building sets with small magnets for children. Keep rare earth magnets and adult desktop magnet toys out of reach and out of sight of children. Magnets are extremely dangerous if swallowed.

Identify dangerous small parts. Look at the product labeling for age recommendations. Use a small parts tester or cardboard tube from a roll of toilet paper to identify choking hazards. Do not let small children play with anything that can fit into one of these cylinders. Products that grow larger when placed in water must be kept out of reach of children. These products can be swallowed and become lodged internally, requiring surgical removal. Keep batteries out of sight and out of reach. Lithium button batteries are coin-sized batteries that can easily be swallowed by children and can come from many devices, such as remote controls. Other places

you may find them are: singing greeting cards, watches, remotes, bathroom scales and flameless candles. If a child swallows a battery, go to the emergency room immediately. Tell doctors and nurses that your child may have swallowed a battery. Do not let the child eat or drink until a chest x-ray can determine if a battery is present. Do not induce vomiting. Call the National Battery Ingestion Hotline at (202) 625-3333 for additional treatment information.

Buy the proper safety gear. Riding toys account for the greatest number of toy-related injuries. If you purchase a riding toy, such as a scooter, skateboard, in-line skates or bicycle, remember that the gift isn't complete without a helmet and appropriate protective gear.

Inspect toys. Check children's play areas regularly for broken toys and dispose of them. Do not let young children play with toys that have straps, cords or strings longer than 7 inches, due to the risk of strangulation.

Actively supervise children. Caregivers should actively supervise children playing with any toy that has small parts, moving parts, electrical or battery power, cords, wheels or any other potentially risky component. Simply being in the same room as your child is not necessarily supervising. Active supervision means giving your child your full attention.

Practice proper storage. Teach children to put toys away after playing to help prevent falls and make sure toys intended for younger children are stored separately from those for older children.

Shop Safely

It is estimated that more than 20,000 children ages five and under are injured by shopping carts each year in the United States. Falls are the most common cause of shopping-cart related injury in children of this age group, accounting for 83 percent of all injuries. Tip-overs and children colliding with the shopping cart are other causes of injury.

Top five ways to avoid shopping-cart injuries:

1. Never leave your child unattended in a shopping cart and stay close to the cart at all times.
2. If you are placing your child in the shopping cart seat, always use a harness or the safety belt provided to restrain your child.
3. Never place your own infant carrier on top of a shopping cart.
4. Do not let your child ride in the cart basket, under the basket, on the sides or front of the cart.
5. Use the shopping carts that have a wheeled child carrier that is permanently attached and made part of the shopping cart. Some of these models look like cars or benches attached to the shopping cart.

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. We believe that news should be fair and factual. We want to keep an accurate record and appreciate you calling to our attention any failure to live up to this standard.

Trees ready to go



These decorated Christmas trees are for sale by silent auction. The Goodland Churches Thrift Store is getting ready for their Just Kids Christmas Shopping Day from 10 a.m. to 5 p.m. on Saturday. The

day is for kids (aged 12 and under) to shop for their family for gifts for Christmas. Santa and Mrs. Claus will be there at 3 p.m. and Santa's helpers will be there to help kids pick out their gifts. Other helpers

will wrap the presents so they are ready to put under the tree.

Photo by Pat Schiefen
The Goodland Star-News

Veterans' health different from civilians

Kansas Department of Health and Environment released a report in November on the health of Kansas veterans. The review of 2011 Behavioral Risk Factor Surveillance System data shows many differences in health conditions between veterans and civilians and between younger veterans (18 to 64 years old) and older veterans (65 and older).

"I encourage health care providers to use the information in this report to be informed of the increased health risks for veterans and provide appropriate advice and support to these individuals, including referrals to many of the support systems available for our veterans," said Robert Moser, state health officer.

The data show that younger veterans

are more diverse than older veterans. Younger veterans are less likely to be non-Hispanic white and more likely to be female. Younger veterans had a higher prevalence of having health care coverage but also had a higher prevalence of many health issues including overweight, disability, depression, hypertension, coronary heart disease, diabetes and heart attack than civilians 18 to 64 years old.

The health differences between senior veterans (65 and older) and senior civilians were less pronounced. Senior veterans had a higher prevalence of cancer, coronary heart disease, diabetes, heart attack, overweight and stroke as compared to senior civilians.

More veterans 18 to 64 years old

were diagnosed with depression, anxiety or post-traumatic stress disorder as compared to senior veterans. The percentage of veterans who have received psychological or psychiatric treatment in the past year was more than three times higher among younger veterans as compared to senior veterans.

"This report shows that many veterans are using the health and mental health services available to them," said Moser. "We encourage

all veterans to use these services to maintain and improve their health." As the battles in which the U.S. is involved move around the world, the challenges, skills, demands and risks to which veterans must adapt continue to change as well. Improving veterans' health depends on the ability to describe veterans' health risks and understand what prevention strategies and resources to choose.

Give a newspaper subscription for Christmas
Call 899-2338

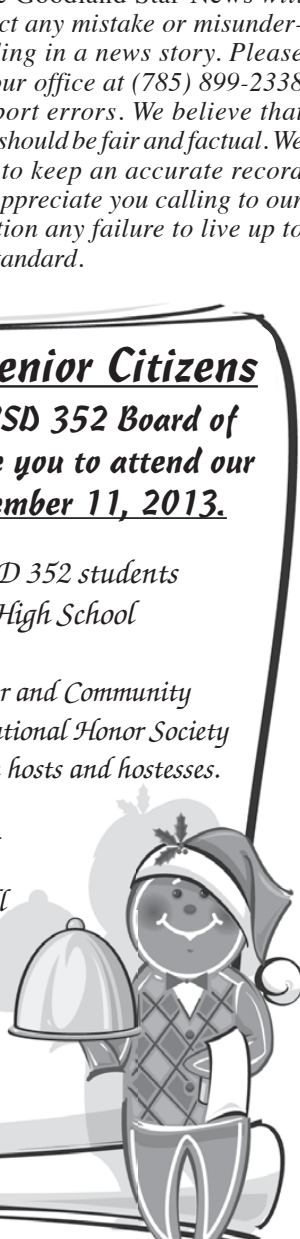
Sherman County Senior Citizens

Mr. Biermann and the USD 352 Board of Education cordially invite you to attend our Holiday Dinner on December 11, 2013.

11 a.m.: Entertainment by USD 352 students
12 noon: Dinner at Goodland High School

The members of the Family, Career and Community Leaders of America (FCCCLA), National Honor Society (NHS), and AFS will serve as the hosts and hostesses.

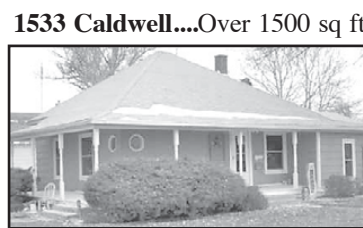
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from our viewpoint...

Airline merger a recipe for failure

Compounding its mistakes of the last few year, the Justice Department has allowed American Airlines to merge with US Airways into yet another giant airline.

Perhaps it was inevitable, given the fact that Delta Air Lines had been allowed to swallow Northwest, followed by United gobbling up Continental. Now the U.S. has three mega-airlines, each one too big to be allowed to fail.

Business interests assure us these mergers are "in the public interest," creating stronger airlines more capable of serving the public.

Bull, we say. The public will wind up paying every-higher ticket prices, and when one of these giants gets into trouble, who will be big enough to "save" it? Only Uncle Sammy, of courses.

So the government, by allowing and encouraging these giant mergers, is setting us up for more expensive flights and for giant bailouts down the road. Just like it has in so many industries, from autos to railroads to banking.

An enlightened antitrust policy would aim at preventing this kind of consolidation in any business. It cannot be good for the economy or the health of any business.

The airline industry has seen winners and losers since most of the old-line linear carriers failed to adapt to the "hub-and-spoke" world. Venerable names dropped out of the sky - Braniff, Trans World, Eastern Allegheny, Pan American, Western, the list seems endless.

Low-cost carriers rose in their place, led by Southwest, a company which always seems to be profitable despite its smaller size. Texas Air took over the old Continental and made a success of it for a time. Now, little US West has come out on top, taking over first US Air, then bankrupt American.

But the government does not seem to get the dangers of bigness. The same Justice Department that once spent years breaking up the original AT&T has since allowed one of the resulting "Baby Bells," Southwestern, or SBC, to gobble up two of it's siblings and it's one-time parent to become the new AT&T. Airlines swell with routes and planes. Banks are encouraged to "save" struggling brethren.

But what happens the next time the airline industry gets tough? The next time banks get out on a limb? And don't tell us these consolidations don't affect competition, even with the relatively minor concessions the government finally got out of American, US Air and other merger partners.

What next?
Why not go back to a policy that makes sense, that keeps business competitive, allows for winners and losers, exit and entry? And protects us from price gouging and mega-failures?
Where is Teddy Roosevelt when we really need him? - Steve Haynes

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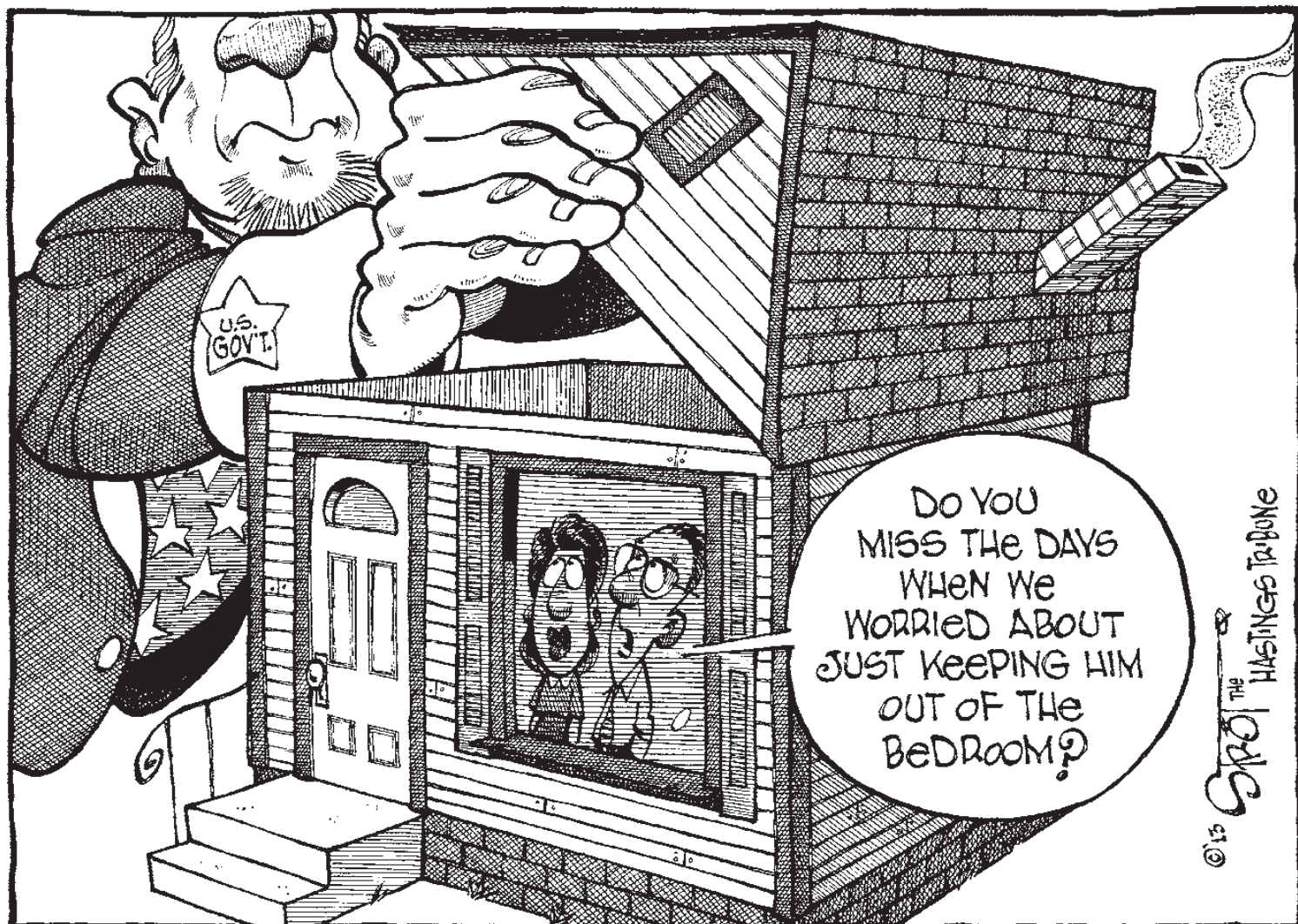
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Prepare for winter driving

When I think about the perils associated with winter travel, I think about my dad's simple, but sound advice, "Stay off the roads."

Dad has lived by this creed for more than 70 years in northwestern Kansas. He's seen his share of blowing and drifting snow. When he talks about western Kansas blizzards, the years of '31 and '57 are singled out.

The '31 blizzard hit on April Fool's Day and killed hundreds of cattle. One of Dad's neighbors lost 80 head of cattle in a pasture less than a quarter mile west of their small community of Seguin.

I was just a youngster, but I remember the blizzard of '57. Snow drifted as high as the roof on my friend, Vernon Rietcheck's two-story home. We sledged down the drifts and played in the snow all day.

Our parents weren't as lucky. There were roads to open and cattle to feed and water. Our homes were without electricity for five days.

My father and those hearty souls who lived on the High Plains learned from these storms. He learned to travel only when necessary - to feed, water and care for his livestock. He never traveled anywhere in his pickup without several pairs of gloves, a scoop shovel, a log chain and chains for the rear tires.

Dad always wore a cap with ear protection and carried a couple extra on the front seat of his pickup in the winter. The trunk of our car



Insight this week

• john schlageck

also had extras. He knew a person couldn't last long outside in freezing weather with all of your body heat escaping through the top of a bare head.

If we traveled anywhere during the winter months, the trunk of the family car was always packed with extra warm clothes, blankets, overalls, gloves, a flashlight, fresh batteries, chains and a shovel to clear the snow from in front of the tires.

Dad had been stuck in snow before. He'd heard of, and known of, people who were stranded and froze to death in some of the fierce northwestern Kansas blizzards. Before every winter season began, and often throughout, he'd remind us of these stories.

My father always topped off his fuel tanks for winter travel. He believed a full tank provided extra weight on the rear wheels.

"It runs better on the top half (of the tank)," he always said.

Although Dad never carried sand bags in the back of his car or trucks, he did carry extra weight during the winter. He always lugged

around tractor tire weights while some of his neighbors preferred sand and sprinkled the gritty stuff in front of their tires for extra traction in snow and ice.

If someone absolutely had to go out during a winter storm, Dad preached extra time and patience. If you're frightened or overly concerned about weather conditions - don't drive. Wait the storm out.

Remember, it takes a while to find your "driving legs" each new winter season, he'd say.

Relax. Sit back in the seat. From time to time take deep breaths. Don't grip the wheel until your knuckles turn white.

Try to anticipate what other drivers intend to do. Let them speed, spin, slip and slide. Allow at least twice as long to reach your destination. Concentrate on the road ahead, behind and on your right and left.

While driving during hazardous weather brings out the worst in some drivers, it can also bring out the best in others. Some welcome the chance to brave the elements. To drive safely under such conditions can provide a feeling of satisfaction and accomplishment.

Drive safely and know your limitations. Remember, if you have to take a chance that could result in an accident or worse, "Stay off the road."

The new 'vast wasteland'

Generations ago, network producer Fred Friendly (later president of CBS) warned that television was becoming a "vast wasteland."

Then there were only three major network channels.

Now there are hundreds of television cable channels. And millions of Americans go online weekly to share their own amateur productions.

When veteran reporter Morley Safer received the Fred Friendly First Amendment Award in 2009, he took direct aim at online media: "The blogosphere is no alternative, crammed as it is with the ravings and manipulations of every nut with a keyboard. Good journalism is structured and structure means responsibility."

This applies to education as well. The contrast between what a student can find online, and what is in school textbooks, is dramatic. And schools are abandoning textbooks for online sources at a rapid pace. Quality is a big problem. I will give examples where I visited student teachers who used online materials.

In the first case, a middle school teacher in northeast Kansas downloaded a brief lesson on classification of animals from a web service for which the school district pays a subscription. Unfortunately, the lesson was laden with errors, confusing the Linnaean ranks (kingdom, phylum, etc.) with the names (taxa) assigned to each rank (Animalia, Chordata, etc.). I counted six factual errors in the 10-minute lesson. Later that day, I emailed the web-based service and they promptly replied to me that they "would look into it." The next day, they got back, indicating that they had confirmed that these were errors. They had pulled the lesson and would

release it when corrected. Good.

In the second case just a few weeks later, another student teacher at a high school in south central Kansas pulled up a lesson sponsored by a popular cable channel you would recognize. The 10-minute segment showed the natural selection of Darwin's finch where the beak grew bigger-and-bigger to become woodpecker-like (dead wrong). This online video continued to explain the peppered moth experiment by Kettlewell and showed four pictures - one was a butterfly and three were moths, none of which was a peppered moth. The producers of this educational "lesson" had no biology knowledge. I suspect they did little more than search their video archives for any butterfly or moth picture. I emailed four times and got robo-replies. They never changed their wrong online lesson.

Printed textbooks are carefully reviewed by experts in the field. But the vast majority of online materials are not reviewed at all. As Safer said, the web is full of ravings by "every nut with a keyboard."

Because print libraries have limited funds, they can't afford to buy low quality and trivial publications. Real libraries also classify science in the 500s and 600s, and place the nonsense and occult in the 100s. Online materials are neither rated for accuracy nor classified into science or fake.

Some time ago, the journal *Pediatrics* summarized a study where doctors used

common search engines to research the term "childhood diarrhea." Almost 80 percent of the websites were wrong. Some provided recommendations that would have been fatal to infants if followed.

Researchers separated the university websites from the others, and "dot.edu" websites were just as likely to be wrong as "dot.com" or "dot.org." I have had my student teachers repeat similar checks and this situation has gotten worse, not better.

Simply, there is no magic method to detect accurate from bogus information on the web. If there was, we would all be using it.

That is what is so worrisome about the recent shift away from reviewed textbooks to using online materials. Even websites that provide teacher-prepared lessons are error-laden. A very few websites that channel through science organization "portals" offer anything near the quality of textbooks.

Fred Friendly died in 1998. Low quality television thrives. But cyberspace has provided an even greater "vast wasteland" he did not anticipate. And across Kansas, school administrators are competing to throw textbooks in the trash can and make this wasteland available to students in handheld devices.

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S, 300 SW 10th, Topeka, Kan. 66612. Phone (785) 296-7616, home (785) 332-2850; e-mail address ward.cassidy@house.ks.gov.

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Hospital doing more heart therapy

HOSPITAL, from Page 1

patient and devise an individual treatment plan based on where they are at," he said. "There are a lot of things we have to consider before we start exercising." A patient who has had a stent installed, for example, must wait two to three weeks before exercising their upper body, whereas a bypass patient must wait three to four weeks. For pulmonary patients, the department does a Pulmonary Function Test, and if the results show a certain severity of chronic obstructive pulmonary disease, the patient will be recommended for

pulmonary rehab. The test takes about an hour and measures lung volume, airway resistance, how well oxygen diffuses in the blood and more. Cardiac and pulmonary rehab have similar exercise programs, Fulwider said, but the goals are different. Cardiac rehab is for strengthening the heart, while pulmonary rehab is designed to help manage chronic obstructive pulmonary disease. The rehabilitation includes a treadmill, bike, recumbent stair-stepper and resistance training. Patients are hooked so the staff remotely monitor their vitals. "It's comforting because the patient

can find out what strenuous activity will do to them," he said. During the rehab, the staff can print progress reports that track all the patients' vital signs over time, which can then be given to their physicians. Fulwider said the amount of sessions depends greatly on a patient's insurance. Medicare will pay for 32 sessions, he said, while Blue Cross Blue Shield will pay for 18. The type of therapy the hospital does is called Phase Two, or monitored therapy. Fulwider said the department may work on offering Phase Three, which is more self-driven therapy, for the future.

Atwood newspaper sold to native

NEWSPAPER, from Page 1

house where he grew up. Mrs. Huff noted that her grandfather was in the newspaper business. Their son Christopher recently married Lin Zi, whom he met while both were graduate students at Oxford University in England. They are living there while completing classes. Daughter, Kelsey, married her high school Latin teacher, Bob Weinstein in May, and they live in Lawrence. Daughter Caroline graduated from high school in May and is a student at KU, where she is a German and Spanish major.

The newspaper was started with community support in 1992 by owners Keith and Rosalie Ross, Kevin and Mary Holle and Joe and Katie Snystrup. It since moved into a new building at 114 S. Fourth St. in Atwood. Employees at the paper include Mary Chessmore, Kathy Davis-Vrbas, Pat Carroll, Keith Reunitz and Leslie Crowe. "It is our belief that a newspaper is the glue that holds a community together," said Mrs. Ross, the publisher. "We have worked hard to keep our readers informed, to promote events, to help our advertisers sell their merchandise and to preserve the history of Rawlins County. No staff changes are planned at this time.

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Planning can prevent unrealistic expectations

Oh, the holidays. They can be joyous and warm or stressful and budget-breaking ... or all of the above. Plus they can leave families, particularly children, with unrealistic expectations.

To help individuals and families navigate the holidays without breaking the bank and still providing positive experiences, two Kansas State University specialists provided tips.

Start with a Plan

"If you've budgeted for holiday spending, stick to it," said Kansas State Research and Extension family resource specialist Elizabeth Kiss. "If you don't have a budget, make a plan. Decide how much you want to spend and what you want to spend it on."

Gifts, cards, food and decorations are the four things people typically spend money on around the holidays, she said. Think about your holiday traditions at home, at work, with friends and at children's schools.

Having a plan may mean having a conversation with family and friends about spending and expecta-

tations. "Making a list is important," Kiss said. "It doesn't have to hem you in. It doesn't have to take away any spontaneity if you find really fun and exciting things. It's a plan. It's not meant to be a straitjacket."

Kiss said the trappings around the holidays—the food and decorations are nice—but spending time with those you care about is important too, and that can be done without spending a lot of money.

"I'm a firm believer and I do this in my own shopping. I go through catalogues, I go online, I like to walk through stores. When I do that, I'm getting ideas," Kiss said. "I'm making lists. In my mind I'm on a shopping trip and not a buying trip. That way, when it's time to buy, it takes less time."

Credit versus cash

Using credit cards for holiday shopping has advantages, in that there's no need to carry cash. There may also be warranty benefits, depending on the item, she said. The drawbacks with credit cards, however, are that people sometimes lose track and overspend.

"Research has shown that when

we buy things on credit, we tend to pay more than we otherwise would have if we'd paid in cash," Kiss said.

Using a debit card has some of the conveniences of using a credit card but carries with it the risk of overdrawing your bank account.

"Another (cash) method is the envelope method," Kiss said. "Put the cash in an envelope. As you buy items, take the cash out and put receipts in. Once you've taken all of the cash out, you're done."

Giving gift cards can be a good option, she added, as long as recipients know that they need to treat them as if they're cash. Also, the purchaser should be aware of the terms of use of the gift card. Some cards come with fees and expiration dates.

A child's view

Children are often showered with gifts from family and friends during the holidays, but Kansas State Research and Extension child development specialist Bradford Wiles said some of that generosity is likely lost on the child.

"The reality of the research is that most children tend to have three to five favorite toys and beyond that,

even if they play with other items, they're not attached to those items," he said.

"We've all heard the joke about (children) enjoying the box more than the gift," he said, adding that although adults like the process of gift giving, young children can be overwhelmed with an excess of gifts. Plus, if a young child is given an abundance of gifts routinely at holidays, parents are encouraging an expectation that could be difficult to alter later, he said. When children receive gifts from many people, they may start to believe they're entitled to gifts, as opposed to being happy at the surprise.

Wiles encouraged adults to help older children develop a holiday wish list. That involvement offers children guidance in terms of what's realistic and the interaction helps adult and child learn together about gift giving expectations.

"At the same time, making a list about what they want to give can be very important, as well," Wiles said. "That provides the insight of what we know the holidays are about—the enjoyment of giving a gift as well as receiving a gift."

"If I could wave a magic wand, I would emphasize the quality of time over the quantity of objects. If you don't have a family tradition like that, you can start," he said.

Wiles agreed with Kiss about making a plan and communicating with others about it, noting that he spoke from personal experience: "In July, I sent a note to my brothers that because we were essentially exchanging gift cards all the time, that we should instead focus on each other's children. It was well received. Having those conversations with family members is really important."

He said a good resource for people looking for age-appropriate gifts for children can be found on the National Association for the Education of Young Children (NAEYC) website: www.naeyc.org/ecp/resources/goodtoys.

"Have a plan and include children in carrying out the plan," Kiss said. "If you're buying a fresh Christmas tree you can make it educational by

talking about the different options and costs. Or if you do holiday baking, that's a time to teach about numbers and measuring and it's an activity that you can do together. It may be really messy and I don't know how beautiful the cookies will be, but it can be fun and the children will be really proud."

The message that this conveys to children, she said, is that holidays are not only about spending money, but also about doing things together.

"Include your children in everything you can around the holidays," Wiles said. "Clearly they can't shop with Santa, but they can be part of the wrapping or baking or visiting family and friends. Children are always learning through observation so if you're modeling the behavior that you'd like them to exhibit when they get older, that's the best thing you can do."

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Case No. 13CV16 Court Number: Pursuant to K.S.A. Chapter

60

sale at public auction and sell to the highest bidder for cash in hand, at the Front Door of the Courthouse at Goodland, Sherman County, Kansas, on December 17, 2013, at 10:00 AM, the following real estate:

All of Lots Seventeen (17) and Eighteen (18) and the West Twenty feet (W 20') of Lot Nineteen (19), in Block Nineteen (19), FIRST ADDITION to the City of Goodland, Sherman County, Kansas, commonly known as 1008 West 12th Street, Goodland, KS 67735 (the "Property")

to satisfy the judgment in the above-entitled case. The sale is to be made without appraisal and subject to the redemption period as provided by law, and further subject to the approval of the Court. For more information, visit HYPERLINK "http://www.southlaw.com" www.Southlaw.com

NOTICE OF SALE

Under and by virtue of an Order of Sale issued to me by the Clerk of the District Court of Sherman County, Kansas, the undersigned Sheriff of Sherman County, Kansas, will offer for

Burton Pianalto, Sheriff Sherman County, Kansas

Prepared By: South & Associates, P.C. Brian R. Hazel (KS # 21804) 6363 College Blvd., Suite 100 Overland Park, KS 66211 (913)663-7600 (913)663-7899 (Fax)

Attorneys For Plaintiff (143266) File No. 143266

Published in The Goodland Star-News, Tuesday November 26 and December 3 and 10, 2013.

Service Manager

Immediate openings for Service Managers at our Colby, KS and Garden City, KS locations.



The Service Manager is responsible for the daily operation of the entire branch service department, including performance, profitability and supervising all service department personnel. Cummins Central Power offers a competitive wage, excellent benefits and a professional work environment. Consider building your future with us!

Qualified applicants please send resume to joe.r.legrand@cummins.com or contact Joe LeGrand at 402.541.0911

Cummins Central Power is an Equal Opportunity Employer

Tis the Season

TO BE TACKY

Goodland Area Young Professionals
City of Goodland & Goodland Chamber of Commerce

Ugly Sweater Party

Rock your ugly sweater at our inaugural social and ugliest sweater contest. Win prizes and enjoy hors d'oeuvres and cocktails at our joyous celebration of all that is tacky and horrid.

Thursday, December 5th | 6:30 - 10:00pm | Sugar Hills Golf Club
Tickets are \$25 per couple and \$15 per single
Tickets are available at: High Plains Office Supply, Goodland Star News, and Clark Crossing Co.

For inquires contact Megan Thomas at 785-899-6145

WANTED: 5 HOMES

TO APPLY MT. STATES COMPOSITE SIDING Be a part of our 2013-2014 Show Homes Campaign and Save!

5 homeowners in this general area will be given the opportunity to have

MT. STATES COMPOSITE SIDING

Applied to their home with decorative trim at a very low cost. This amazing new product has captured the interest of homeowners throughout the United States who are fed up with constant painting and maintenance costs. Backed with face and lifetime material warranty, and providing full insulation, summer and winter, this product can be installed on every type of home. It comes in a choice of colors and is now being offered to the local market. Your home can be a showplace in your vicinity. We will make it worth your while if we can use your home.

Financing Available WAC "Offer Limited-CALL NOW!"

INSULATED WINDOWS ALSO AVAILABLE

For an appointment, please call toll free:

1-888-540-0334

Nationwide Builders

3 Generations of Experience - www.nbcindustries.com

2014 Business Honor Roll

It's time to let the community know how long your business has been around. Please fill in the below information and return to the office before 01/07/14 noon MST. These pages will run in *The Goodland Star-News* on 01/10/14. You can mail, fax, email or drop off at the office or call and we can pick up your form. Please make sure the information on the form is legible. The ads are 1x3 and cost is \$40. The ads look like the one below.

Business name:
Year established/years in business:
Business owners:
Address:
Phone:

The Goodland Star-News
Established • 1932
81 years
Nor'West Newspapers
Steve & Cynthia Haynes
1205 Main • 899-2338

The Goodland Star-News
1205 Main Avenue, Goodland, KS 67735
Office: (785) 899-2338
Fax: (785) 899-6186
Cell: (719) 342-0536
Email: abonham@nwkansas.com
Angela Bonham
Advertising Representative

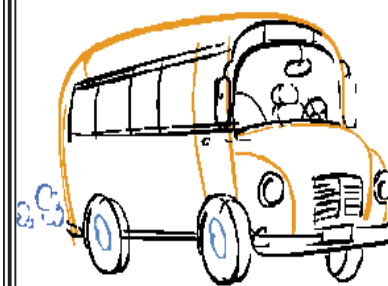
NEW Dollar Menu & More!

\$1	NEW! Buffalo Ranch Hot 'n Spicy McChicken	NEW! BBQ Ranch Burger	Grilled Onion Cheddar Burger	\$2 & more	Bacon Cheddar Hot 'n Spicy McChicken®
	Hot 'n Spicy McChicken	Sweet Tea lg	Fruit 'N Yogurt Parfait		Bacon Buffalo Ranch Hot 'n Spicy McChicken®
	Side Salad	Cone	Cookies		Bacon McDouble®
\$1.69	Double Cheeseburger	\$1.39	McDouble®		20pc. Chicken McNuggets® (Serves 2)



GOODLAND LOCATION ONLY • OPEN DAILY 6 A.M. TO 11 P.M.

General Public Transportation



Schedule a ride call:
785-899-5082
Monday-Friday
8 a.m.-3 p.m. MST

- First come first served
- \$1 per trip
- Handicap accessible
- Bus services are within city limits of Goodland, KS

"Project Funded in part by the KDOT Public Transit Program"

Partnering To Bring Medical Specialists To Goodland

Goodland Outreach Clinic Schedule

Goodland Regional Medical Center
220 W. Second Street - Goodland

Urology

Dr. Kevin McDonald
Monthly

Dr. Wallace Curry
Monthly

ONE CALL
1-855-HAYSMED

In partnership with Goodland Regional Medical Center
haysmed.com

All adults need to check for eye diseases

During Diabetic Eye Disease Awareness Month recently, the American Society of Retina Specialists urges all adults to schedule a simple eye examination to check for the earliest signs of diabetic retinopathy.

According to the National Eye Institute, diabetic retinopathy is a leading cause of blindness in American adults, affecting an estimated 4.1 million over age 40. Diabetic retinopathy is a complication of diabetes that often goes unnoticed

until vision is affected. It is caused by elevated blood sugar levels from diabetes damaging or blocking the small blood vessels that nourish the retina, the light-sensitive layer of tissue at the back of the eye that provides clear, sharp images.

As diabetic retinopathy cuts off this blood supply, vision is impaired. Symptoms include blurred or double vision, floaters, eye pain or pressure, or a shadow in the field of vision. If left untreated, it can lead to blindness.

"People who experience these symptoms should schedule an examination immediately," says society president and retina specialist John T. Thompson, MD, of Retina Specialists in Maryland. "Because anyone can develop diabetes, it is important for all adults—even those who live healthy lifestyles—to schedule an annual eye examination. With early detection, vision loss from this disease can be prevented."

During a routine eye examination, an ophthalmologist can see

the earliest signs of the disease, long before vision is affected and, if diagnosed, refer the patient to a retina specialist.

A retina specialist is a highly trained physician who specializes in the treatment of diabetic retinopathy and other eye conditions and diseases. The retina specialist will begin a treatment regimen to prolong vision, slow the progression of the disease, and make living with it very manageable.

Take the first step in preserving

vision. Visit www.SavingVision.org today to learn about diabetic retinopathy and other retina diseases and to locate an society member retina specialist.

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kansas classifieds

Adoption
WARM, FUN, PROFESSIONAL Couple Eager To Provide Your Child Love And Happiness Forever. Expenses Paid. Ann and Peter. Call 1-800-593-1730 annpeter102@gmail.com or go to www.annandpeter.info.

Business Opportunity
PROFITABLE KANSAS BUSINESSES for sale by owners. Many types, sizes, locations,

terms. \$25K to \$15M. Other states available. www.BizSale.com Call 1-800-617-4204

For Sale
PIANO SALE! Final week of our Sounds of the Season Sale! Hurry in and enjoy savings on over 120 pianos! Mid-America Piano, Manhattan. 800-950-3774. www.piano4u.com.

Help Wanted
"Partners In Excellence" OTR

Drivers APU Equipped Pre-Pass EZ-pass passenger policy. 2012 & Newer equipment. 100% NO touch. Butler Transport 1-800-528-7825 www.butlertransport.com

Help Wanted/Truck Driver
Drivers - CDL-A. Train and work for us! Professional, focused CDL training available. Choose Company Driver, Owner Operator, Lease Operator or Lease Trainer. (877)

369-7885 www.CentralTruckingDrivingJobs.com

Help Wanted/Truck Driver
Exp. Flatbed Drivers: Regional opportunities now open with plenty of freight & great pay! 800-277-0212 or driveforprime.com

Misc.
ATTENTION HUNTERS, trappers, processors. Petska Fur buying or trading gloves for deer/elk hides, antler and fur. www.petskafur.net, 308-730-

1968. Strong demand for fur and leather.

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FORT SCOTT COMMUNITY COLLEGE TRUCK DRIVING SCHOOL

LOW COST CLASS A CDL TRAINING
ACCREDITED 6-WEEK PROGRAM
FUNDING & LODGING AVAILABLE
2 LOCATIONS
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WWW.FORTSCOTT.EDU
CLASSES START MONTHLY

Save \$\$\$ on prescription drug costs!

SHICK can help!

Senior Health Insurance Counseling for Kansas (SHICK) can assist in comparing the 30 plans available for Medicare Part D Rx coverage. See if you qualify for **Extra Help** with Rx costs!

**Open Enrollment
October 15, 2013 -
December 7, 2013**

Call TODAY! 1-800-860-5260.

SHICK is administered by the Kansas Department for Aging & Disability Services

PROTECT

Protect yourself from Medicare errors, fraud, and abuse.

Keep your Medicare and Social Security numbers private.

Do NOT give your personal information out to unknown callers or door to door salespersons.

DETECT

Review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for mistakes.

Look for three things:

1. Charges for something you didn't get.
2. Billing for the same thing twice.
3. Services that were not ordered by your doctor.

REPORT

If you suspect errors, fraud or abuse, report it IMMEDIATELY!

Contact the Kansas Senior Medicare Patrol (SMP) by calling 1-800-860-5260 www.kdads.ks.gov

KANSAS SMP
Empowering Seniors To Prevent Healthcare Fraud

This project was supported by grant number 90MP0087, from the U.S. Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.

Kansas
Department for Aging and Disability Services

Your hometown. Their future.

Imagine the possibilities for your community if everyone designated just 5% of their estates to hometown needs.

With the help of community foundations, we can create permanent sources of funding for local charities, schools, churches, parks, and so much more!

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Learn more at keepfiveinkansas.com

The Goodland Star-News

HOLIDAY FOOD DRIVE October 21-December 18

All non-perishable food items (especially baby formulas) will be donated to the Sherman County Genesis Food Bank. No limit on number of items brought in.

Drop donations off at The Goodland Star-News, located at 1205 Main.

We will be giving away (2) 6-month subscriptions (around Thanksgiving) and (1) 1-year subscription (around Christmas). Each person that brings in food items will be entered into the drawing. 1 entry per food item.

All Central Time, for Kansas Mountain Time Stations subtract an hour

TV CHANNEL GUIDE

Table with 12 columns (Time slots) and 1 row (December 3, 2013) for Tuesday Evening. Lists channels and programs like ABC, CBS, NBC, FOX, etc.

AmericanProfile // CELEBRATING THE AMERICAN SPIRIT //

Table with 12 columns (Time slots) and 1 row (December 3, 2013) for Tuesday Evening. Lists channels and programs like HIST, LIFE, MTV, etc.

Wednesday Evening December 4, 2013

Table with 12 columns (Time slots) and 1 row (December 4, 2013) for Wednesday Evening. Lists channels and programs like ABC, CBS, NBC, FOX, etc.

Thursday Evening December 5, 2013

Table with 12 columns (Time slots) and 1 row (December 5, 2013) for Thursday Evening. Lists channels and programs like ABC, CBS, NBC, FOX, etc.

Friday Evening December 6, 2013

Table with 12 columns (Time slots) and 1 row (December 6, 2013) for Friday Evening. Lists channels and programs like ABC, CBS, NBC, FOX, etc.

AmericanProfile // CELEBRATING THE AMERICAN SPIRIT //

Table with 12 columns (Time slots) and 1 row (December 6, 2013) for Friday Evening. Lists channels and programs like HIST, LIFE, MTV, etc.

Table with 12 columns (Time slots) and 1 row (December 3, 2013) for Tuesday Evening. Lists channels and programs like S&T, ESPN, ABC, etc.

Saturday Evening December 7, 2013

Table with 12 columns (Time slots) and 1 row (December 7, 2013) for Saturday Evening. Lists channels and programs like ABC, CBS, NBC, FOX, etc.

Sunday Evening December 8, 2013

Table with 12 columns (Time slots) and 1 row (December 8, 2013) for Sunday Evening. Lists channels and programs like ABC, CBS, NBC, FOX, etc.

Monday Evening December 9, 2013

Table with 12 columns (Time slots) and 1 row (December 9, 2013) for Monday Evening. Lists channels and programs like ABC, CBS, NBC, FOX, etc.

CARD OF THANKS

Perhaps you sent a lovely card, or sat quietly in a chair. Perhaps you sent a funeral spray, if so we saw it there. Perhaps you spoke the kindest words, that any friends could say. Perhaps you were not there at all, just thought of us that day. Whatever you did to console our hearts, we thank you so very much whatever the part. -A special thank you to Dr. Shafei, Goodland Regional Medical Center, Good Samaritan, Pastor Dustin Petz, Hospice Services, Wheatridge Acres and Bateman Funeral Home, for all the care and concern. The family of Lowell Kramer. -11-29-12-3-

American Profile Cookbooks Available! Stop by The Goodland Star-News. -tfn-

Advertising Deadlines (box and line ads): Tuesday edition (Friday at noon). Friday edition (Wednesday at noon). Please check your ad the first time it runs. If you find an error, please call us at (785) 899-2338 so it can be corrected, since we will not be responsible for errors after that first day. Thank you! The Goodland Star-News.

HELP WANTED

Long-term position available. We are looking for an energetic person and/or family or mechanic on a dryland farm in Eastern Colorado. If you like mechanic work with some farming and some truck driving, give us a call. House and utilities provided. Competitive wages. Call (970) 383-2248 or cell phone (970) 554-0665. Email: oleoacres2@plainstel.com. -11-29-12-29-

Hitchcock, Inc. of Goodland is expanding our Valley irrigation business. Taking

applications for parts and service management, project supervisors and experienced electrical technicians. Career opportunities include benefits and retirement plan. Business management, pipeline fabricator or electrician with technical experience is beneficial. Call (785) 899-5628 for information. Drug test required. -11-26-12-6-

PSI Transport is always looking for good company livestock and grain haulers as well as shop mechanics. Competitive pay, life/health/dental benefits and bonus program available. EOE. (785) 675-3477. -6-10-TFN

FOR SALE

Gas restaurant range, 6 burner, 2 large ovens, large griddle, excellent condition. Call (785) 821-4379 or (785) 821-1963. -11-29-12-10-

Clean golf cart for sale. New batteries and motor, has winter top with doors. Call (785) 899-4110. -11-22-12-10-

2012 Wilson Grain trailer. 43x96x66. Air ride, ag hopper, 90% virgin tires and brakes. Call (785) 821-2009. -11-19-1-21

AKC Chesapeake Bay Retriever puppies. Champion bloodlines. DOB 10-5-13. Call (800) 519-5560. -11-15-12-15-

FEED: HIGH QUALITY 877F. Very low nitrate, safe. \$120.00/ton. Delivery available. St. Francis, KS (785) 332-5600 or (785) 332-3914. -11-15-12-15-

Hay for sale. Failed corn, milo hay. Also cane and oat hay. Nitrates tested. Can deliver. Call (785) 332-7004. -11-12-12-20-

2 Harley Davidson die cast models. 1-1:10 scale Hot Wheels HD Softail. 1-1:10 scale Maisto FLSTS Heritage Springer. Still in original boxes! Call Gary at (719) 350-0705. -9-24-tfn

AWP tool belt/pouches with kidney belt and suspenders. Paid \$100 plus, asking \$50. Call Gary at (719) 350-0705. -9-24-tfn

FIREWOOD FOR SALE in Goodland. Call (785) 890-7224 or (785) 821-2814. -12-11-tfn-

FOR RENT

Trailer and trailer space for rent in Goodland. Call (719) 346-9312, leave message. -12-3-12-13-

3 bedroom home in Goodland. Attached garage, nice location. Call (785) 821-0106. -11-29-12-6-

2 bed, 1 bath home in Goodland. Attached garage, fireplace, spacious living and dining. Call (785) 821-1028. -11-29-12-3-

Clean, 1 bedroom furnished apartment, utilities and cable included. No smoking, singles only, in Goodland. Call (785) 899-5866 or (785) 899-5041. -11-5-tfn-

RV lots available in newly-renovated park in Goodland. \$185/month. Sunflower Estates, call (785) 728-7222. -11-5-12-5-

For Rent: Storage unit on 5th & Caldwell. Contact Terry Richardson at Homestead Realty (785) 899-2328. -10-11-tfn-

Houses and apartments in Goodland, KS. All sizes. Call for details. (785) 890-6538. -6-12-tfn

Houses and apartments. Cole Real Estate. 785-899-2683. -tfn-

SERVICES

PLEXUS...Serious product for serious people who seriously want to get healthy and/or lose weight. Call (785) 332-4381. -11-19-tfn

Burlington-Goodland area. Residential overhead door service and repair, 20 years experience. Call Gary at (719) 350-0705. -7-12-tfn

CAT'S TNT for jewelry, vinyl graphic designs, massages, quilting and more! Stop by 1018 Main, Goodland - 3-23-tfn

WANTED

Want to buy: John Deere diesel engines, running or not. Call (785) 263-6275. -11-29-12-29-

Junk batteries, non-ferrous metals and iron. Darrel Bowen. Phone 785-899-2578. -tfn-

NOTICE

public notice

IN THE DISTRICT COURT OF SHERMAN COUNTY, KANSAS CIVIL DEPARTMENT

U.S. Bank National Association Plaintiff,

vs.

Anthony S. Duraso, et al. Defendants.

Case No. 13CV14 Court Number: Pursuant to K.S.A. Chapter 60

NOTICE OF SALE

Under and by virtue of an Order of Sale issued to me by the Clerk of the District Court of Sherman County, Kansas, the undersigned Sheriff of Sherman County, Kansas, will offer for sale at public auction and sell to the highest bidder for cash in hand, at the Front Door of the Courthouse at Goodland, Sherman County, Kansas, on December 17, 2013, at 10:00 AM, the following real estate:

A tract of land in the Southeast Quarter (SE 1/4) of Section Seven (7), Township Eight (8) South, Range Thirty-nine (39) West of the Sixth Principal Meridian, Sherman County, Kansas, described as follows:

Commencing at a point which is 719.35 feet South and 33.0 feet West of the Northeast corner of said Southeast Quarter (SE 1/4) at a point on the West right-of-way line of Caldwell Avenue; thence South and parallel to the East line of said SE 1/4 a distance of 100 feet to the point of beginning; thence West and parallel to the South line of said SE 1/4 a distance of 185.50 feet; thence South and parallel to the East line of said SE 1/4 a distance of 100 feet; thence East and parallel to the South line of said SE 1/4 a distance of 185.50 feet; thence North and parallel to the East line of said SE 1/4 a distance of 100 feet to the point of beginning; ALSO KNOWN AS Lot Five (5) in Block One (1), Roeder Subdivision to the City of Goodland, Kansas;

PLUS A TRACT described as follows: Commencing at a point which is 719.35 feet South and 33.0 feet West of the Northeast (NE) corner of the Southeast Quarter (SE 1/4) of Section Seven (7), Township Eight (8) South, Range Thirty-nine (39) West of the Sixth Principal Meridian, Sherman County, Kansas; thence South and parallel to the East line of said SE 1/4 a distance of 100 feet to the point of beginning; thence West 27 feet; thence South 100 feet; thence East 27 feet; thence North 100 feet to the point of beginning;

PLUS A TRACT described as follows: Commencing at a point which is 719.25 feet South and 33.0 feet West of the Northeast (NE) corner of the Southeast Quarter (SE 1/4) of Section Seven (7), Township Eight (8) South, Range Thirty-nine (39) West of the Sixth Principal Meridian, Sherman

County, Kansas; thence South and parallel to the East line of said SE 1/4 a distance of 100 feet; thence West and parallel to the South line of said SE 1/4 a distance of 165.50 feet to the point of beginning; thence South 100 feet; thence West 20 feet; thence North 100 feet; thence East 20 feet to the point of beginning;

PLUS A TRACT described as follows: Commencing at a point which is 719.35 feet South and 33.00 feet West of the Northeast (NE) corner of the Southeast Quarter (SE 1/4) of Section Seven (7) Township Eight (8) South, Range Thirty-nine (39) West of the Sixth Principal Meridian, Sherman County, Kansas, at a point on the West right-of-way line of Caldwell Avenue; thence West 185.50 feet; thence South 100 feet to the point of beginning; thence West and parallel to the South line of said SE 1/4 a distance of 164.00 feet; thence South and parallel to the East line of said SE 1/4 a distance of 100 feet; thence East and parallel to the South line of said SE 1/4 a distance of 164.00 feet; thence North and parallel to the East line of said SE 1/4 a distance of 100 feet to the point of beginning., commonly known as 1126 North Caldwell, Goodland, KS 67735 (the "Property")

to satisfy the judgment in the above-entitled case. The sale is to be made without appraisal and subject to the redemption period as provided by law, and further subject to the approval of the Court. For more information, visit HYPERLINK "http://www.southlaw.com" www.Southlaw.com

Burton Pianalto, Sheriff Sherman County, Kansas

Prepared By: South & Associates, P.C. Kristen G. Stroehmann (KS # 10551) 6363 College Blvd., Suite 100 Overland Park, KS 66211 (913)663-7600 (913)663-7899 (Fax) Attorneys For Plaintiff (156648)

Published in The Goodland Star-News, Tuesday, November 26 and December 3 and 10, 2013.

IN THE DISTRICT COURT OF SHERMAN COUNTY, KANSAS

US BANK NATIONAL ASSOCIATION, AS TRUSTEE FOR ASSET BACKED PASS THROUGH CERTIFICATES SERIES 2006-HE1 PLAINTIFF

-vs-

GREG WILKINSON, et. al.; DEFENDANTS

No. 11CV1 Div. No. K.S.A. 60 Mortgage Foreclosure

NOTICE OF SHERIFF'S SALE

Under and by virtue of an Order of Sale issued by the Clerk of the District Court in and for the said County of Sherman, in a certain cause in said Court Numbered 11CV1, wherein the parties above named were respectively plaintiff and defendant, and to me, the undersigned Sheriff of said County, directed, I will offer for sale at public auction and sell to the highest bidder for cash in hand at the front door of the courthouse in the City of Goodland in said County, on December 17, 2013, at 10:00 a.m.; of said day the following described real estate located in the County of Sherman, State of Kansas, to wit:

THE SOUTH THIRTY-SEVEN AND ONE-HALF FEET (S 37.5') OF LOT SEVEN (7) AND THE NORTH TWELVE AND ONE-HALF FEET (N 12.5') OF LOT EIGHT (8) IN BLOCK TWO (2) OF THE KOHLER FIRST ADDITION TO THE CITY OF GOODLAND, KANSAS, ACCORDING TO THE RECORDED PLAT THEREOF. Commonly known as 119 Walnut St., Goodland, Kansas 67735

This is an attempt to collect a debt and any information obtained will be used for that purpose.

Burton Pianalto SHERIFF OF SHERMAN COUNTY, KANSAS SHAPIRO & MOCK, LLC Attorneys for Plaintiff 4220 Shawnee Mission

Parkway - Suite 418B Fairway, KS 66205 (913)831-3000 Fax No. (913)831-3320 Our File No. 10-001405/jm

Published in The Goodland Star-News, Tuesday, November 26 and December 3 and 10, 2013.

IN THE DISTRICT COURT OF SHERMAN COUNTY, KANSAS

In the Matter of the Estate of Glenn Weis aka Glenn J. Weis, Deceased.

No. 2013-PR-02

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED: You are hereby notified that a petition has been filed in this Court by Jennifer Mazanec, duly appointed, qualified and acting Administrator of the Estate of Glenn Weis a.k.a. Glenn J. Weis, deceased, requesting that Petitioner's acts be approved; account be settled and allowed; the heirs be determined; the Will be construed and the Estate be assigned to the persons entitled thereto; the Court find the allowances requested for attorneys' fees and expenses are reasonable and should be allowed; the costs be determined and ordered paid; the administration of the Estate be closed; upon the filing of receipts the Petitioner be finally discharged as the Executor of the Estate of Glenn Weis a.k.a.

Glenn J. Weis, deceased, and the Petitioner be released from further liability.

You are required to file your written defenses to the petition on or before December 16, 2013, at 10:00 a.m. M.D.T. in the District Court, in Goodland, Sherman County, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the petition.

JENNIFER MAZANEC, ADMINISTRATOR

Lindsey D. Moore, #23135 LAW OFFICE OF JOHN D. GATZ P. O. Box 346 Colby, Kansas 67701 (785) 460-3383 Attorneys for Petitioner

Published in The Goodland Star-News, Tuesday, November 19 and 26 and December 3, 2013.

The Northwest Kansas Educational Service Center is advertising a vacancy for an Interrelated Teacher for the 2013-2014 school year. Qualifications: Must possess or be eligible to receive Kansas Teacher Certification. Training, education, experience, references, and interview results are some of the qualifications, which are considered for each candidate. For position details contact: Kurt Brown, Assistant Special Education Director at 785-672-3125 extension 120. Applications are available at www.nkesc.org or call 785-672-3125. Application Deadline: Until Filled. *NKESC is an Equal Opportunity Employer*

NOW HIRING! Front Desk Clerks; Cooks; Housekeeping; Servers; Maintenance Flexible hours. Full and part-time positions available. Great benefits including insurance, vacation pay & 401K. Top pay. Certification bonus. Monthly bonus program, Employee discount at Penny's Diner, Excellent promotional opportunities, Dynamic training program. APPLY TODAY! 801 N. Highway 27. Front Desk Clerks/Van Drivers must have good driving record and be able to pass a drug test. (Junction of Hwy K-27 @ US-40) Sharon Springs, KS Phone: (785) 852-4664. (785) 852-4665-fax. sharonspings@mail.oaktreeinn.com

Sponsored by The Goodland Star-News 1205 Main Goodland, Kan. 67735 899-2338

"Fore for Four" BIBS BALZAC JAG IDLE OTOOLE EDU NATALIEWOOD ROE SILAS TIGERS STEINEM NAMES LADDER HUNGRIY ALIEN SOSO RIGA SIT SOONERS RAN HAHAF FRED TROUT BUFFED BRONZE PLUTO FLOSSSES HONORS SLANT ASK MISTERGREEN SEE ATEASE URGE ERR TENTHS MEOW

Sponsored by The Goodland Star-News 1205 Main Goodland, Kan. 67735 899-2338

9 7 2 6 5 8 3 4 1 6 8 1 9 4 3 7 2 5 3 4 5 7 2 1 6 9 8 5 2 8 3 9 6 4 1 7 4 6 7 1 8 2 5 3 9 1 9 3 5 7 4 2 8 6 2 3 6 8 1 5 9 7 4 8 5 9 4 3 7 1 6 2 7 1 4 2 6 9 8 5 3

Time for a New Career? The Goodland Star-News is looking for a FULL TIME ADVERTISING EXECUTIVE to join our team selling advertising for Nor'West Newspapers. Work week is 40 hours. Computer skills are helpful but not required. Must have good communication skills, excellent customer service skills with attention to detail, and enjoy a fast-paced atmosphere. Send a resume to: Kevin Bottrell, Editor, 1205 Main, Goodland, KS 67735, or apply in person. No calls please. The Goodland Star-News 1205 Main, Goodland, KS 67735

