

Mega Gigantic Goodland Getaway



A van load of Coffmans wheeled into Goodland last Friday. Melanie Coffman of Shawnee (center) won the Goodland getaway package in the Kansas Department of Commerce's Mega Gigantic Getaway Giveaway. She brought her parents Wayne and Janel Coffman and brothers Curtis and Jay Coffman, all of Baldwin, on the trip. A picture from her trip to Lindsborg won her the package that included a night at the Kuhrt Ranch Bed and Breakfast, a night at Best Western Buffalo Inn, dinner for two at the Harvesters Restaurant at Howard Johnson's, lunch buffet for two at Hank's Restaurant, free admission to the High Plains Museum and the one-room school house, two movie passes at the Sherman Theatre, a tour of the National Weather Service, a tour of the Ennis-Handy House and a gift certificate at the Antique Warehouse Mall.

Photo by Sharon Corcoran/The Goodland Star-News

Quick recipes cut carbohydrates

Brenda Ponichtera's focus for her cookbook, "Quick & healthy" was health conscious people who don't want to spend a lot of time in the kitchen.

Ponichtera has three goals in mind for her book. One was weight loss and/or control.

Two was eating more high fiber and fewer simple carbohydrates.

And finally, the third goal was eating a low-fat diet by using monounsaturated and polyunsaturated fats while limiting saturated fats and avoiding trans fats.

The information and the following recipes are from Ponichtera's book.

Cabbage salad

6 cups chopped cabbage
3 green onions, chopped
3 tablespoons toasted sesame seeds

Dressing:

3 tablespoons rice vinegar
1 tablespoon sugar or equivalent artificial sweetener

In a large bowl mix the first three ingredients.

Add sugar to the rice vinegar
Add dressing to cabbage and mix well.



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• postscript

This can be served immediately or refrigerated for several hours. Serves 6.

Rolled chicken and asparagus

1 pound skinless, boneless chicken breasts
24 to 30 asparagus spears (remove tough ends)
2 tablespoons lemon juice
6 green onions, chopped
1/2 teaspoon salt (optional)
1/2 teaspoon pepper

Preheat oven to 350 degrees.

Cut chicken breasts into 8 to 10 strips, each about 1 by 5 inches long.

Wrap strips in a corkscrew fashion around 2 or 3 uncooked asparagus spears. Fasten with toothpicks.

Spray with a non-stick cooking spray a baking dish and place wrapped asparagus spears in it. Sprinkle with lemon juice, green

onions, salt and pepper.

Cover and bake 25 to 30 minutes or until chicken is no longer pink. Remove toothpicks. Serve hot or refrigerate until chilled and

serve cold.

Serves 4.

White chocolate mousse with berries

1 small box (1 ounce) sugar-free instant white chocolate pudding
2 cups nonfat milk
2 cups nonfat whipped topping
2 cups fresh berries (or frozen, thawed) raspberries, blueberries or huckleberries

Mix pudding with milk in a medium bowl.

With a wire whisk stir constantly for 2 minutes.

Refrigerate for 5 minutes.

Add whipped topping and mix well.

Layer mousse with berries in a serving bowl or parfait glasses. Be sure to save some berries for the top.

This can be eaten immediately or you can refrigerate and serve later. Serves 8.

Pain is leading complaint of those seeking health care

There is no reason to live with unmanaged pain, said Dr. Robert Twillman, pain management program director for the University of Kansas Medical Center.

Pain is actually the leading complaint of persons visiting a health care professional. Pain is defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage that results from the stimulation of specialized nerve endings and causes physical distress, discomfort or agony to the people who experience it.

The emotional component of pain is called suffering. The sensation of pain is unique to each individual and is difficult to measure.

Persistent pain isn't limited to one age, sex or ethnic group. In fact, chances are you know someone who lives with chronic pain. Fifty million Americans suffer from this debilitating condition which can affect all walks of life.

And unfortunately, 80 percent of



hospice services inc.

• end-of-life care

surveyed pain sufferers believe that their pain is an unavoidable part of their medical condition and something with which they must live.

Pain takes a toll on people emotionally and physically. A survey of more than 1,000 people with pain revealed that:

• Forty percent are uncomfortable discussing their pain.

• Thirty-seven percent say it can be isolating, leaving them feeling alone.

• One-third believe people do not understand how much pain they are in.

• One-quarter say their family is tired of hearing about their pain, do not understand how it affects them

and feel inadequate as a spouse/partner because of it.

The survey also found that people with severe,

persistent pain are physically impacted in the following ways:

• Fifty-six percent of people with pain feel that their pain interferes with sleeping.

• Fifty-one percent believe their mood is affected by pain.

• Thirty percent report that pain affects their ability to drive.

• Seven percent feel that their pain affects their ability to feed themselves.

What all of these statistics demonstrate is that pain can have a tremendous impact on someone's life. From quality of life issues to job performance and security, pain is not only physically debilitating, but also emotionally devastating. And

many patients do not realize that there are things they can do to alleviate their pain. Each person experiencing pain has different needs but most can be helped.

The Kansas LIFE Project (Living Initiatives for End-of-Life Care) advocates for quality care for all Kansans as they near the end of life. Recognizing the need for improved pain management in Kansas, the LIFE Project convened and led several summits on pain management which led, through collaborative effort, to the release of the "Joint Policy Statement of the Kansas Boards of Healing Arts, Nursing and Pharmacy on the Use of Controlled Substances for the Treatment of Pain."

The joint statement was created and approved in the summer of 2002 and reflects the depth of commitment and desire that Kansas licensing boards have to supporting, encouraging and expecting quality and excellence in the assessment

and management of pain. The Kansas Boards of Healing Arts, Nursing and Pharmacy are the first licensing boards in the nation to issue such a joint statement.

Hospice Services focuses on controlling pain along with managing symptoms and providing comfort, dignity and quality of life. The nurses work to stay state-of-art in the area of pain management through a variety of educational opportunities including journals and workshops.

As we learn more about how the body works, pain management continues to improve. With the many ways of dealing with pain, it is not acceptable for any Kansans to live or die in great pain. For more information on pain and pain management, contact the Kansas Pain Initiative at 913-588-3692.

Written by Sandy Kuhlman, executive director of Hospice Services Inc., Box 116, Phillipsburg, Kan. 67661. Contact her or Julia

Schemper at 800-315-5122. Hospices serves northwest and northcentral Kansas and has been providing end-of-life care for more than 23 years.

Open House

Saturday, September 24, 2005



1015 W. 35th, Goodland
1:00 pm - 2:00 pm

Let Molly show you this incredible home situated on 2 acres. Perfect setting for Kansas sunsets. Family home w/full finished basement.

HOSTED by Molly J. Oliver

460-SOLD (7653)

STOCK REALTY

390 N. Franklin

Colby, KS

matters of record

Real Estate

The following real estate transactions were reported by the Sherman County Register of Deeds:

Ralph L. and Wava Duell to the secretary of transportation of the state of Kansas, Shawnee County, a tract in the SE/4, Sec. 13, T9S, R40W.

Edwin A. and Bernadine M. Pahls to Dennis R. and Edwin A. Pahls, trustees of the Dennis R. Pahls Trust, all interest in the SE/4,

Sec. 22, T10S, R36W; the SW/4, Sec. 22, T10S, R36W; and the N/2, Sec. 22, T10S, R36W.

Lee J. and Karen A. Brinker to Dennis R. and Edwin A. Pahls, trustees of the Dennis R. Pahls Trust, all interest to the SE/4, Sec. 2, T9S, R37W; the SW/4, Sec. 22, T10S, R36W; the N/2, Sec. 32, T10S, R36W; and the W/2 of the NW/4, Sec. 34, T10S, R36W.

Lee J. and Karen A. Brinker to

Galen L. and Jane M. Pahls, trustees of the Galen L. Pahls Trust, all interest to the NE/4, Sec. 11, T9S, R37W; the NW/4, Sec. 22, T10S, R36W; and the E/2 of the NW/4, Sec. 34, T10S, R36W.

Edwin A. and Bernadine M. Pahls to Galen L. and Jane M. Pahls, trustees of the Galen L. Pahls Trust, all interest to the NE/4, Sec. 11, T9S, R37W, and the NW/4, Sec. 22, T10S, R36W.

Legal Notice

Legal Notice

If You Bought Copenhagen, Skoal or other U.S. Smokeless Tobacco Products in Kansas

You may benefit from a class action settlement.

There is a proposed Settlement of a class action lawsuit, *Chance and Osborn v. UST et al.* in the District Court of Seward County, Kansas. The lawsuit concerns U.S. Smokeless Tobacco Company's moist smokeless tobacco products purchased in Kansas.

What is the Litigation About?

Plaintiffs allege that U.S. Smokeless Tobacco engaged in sales practices that made it possible for U.S. Smokeless Tobacco to monopolize the market for moist smokeless tobacco products in violation of antitrust and/or consumer protection laws. U.S. Smokeless Tobacco denies all claims of wrongdoing made by Plaintiffs.

Who is Involved?

You may be a member of the Settlement Class if you are of legal age to purchase tobacco and purchased U.S. Smokeless moist snuff tobacco products, including Copenhagen and Skoal, at any time from January 1, 1990 to the present in Kansas. U.S. Smokeless Tobacco, its parents, subsidiaries, affiliates and employees are excluded from the Settlement Class.

What will Class Members get?

If the Court approves the proposed Settlement, eligible Class Members will receive a package of coupons worth approximately \$650.00 in discounts for future purchases of Copenhagen, Rooster or Red Seal moist smokeless tobacco products. In order to file a Claim Form and receive these coupons, please visit the website or call the toll free number below.

Class Counsel will petition the Court for reasonable attorneys' fees, in an amount not to exceed 33% of the total value of the settlement.

Class Counsel's fees, costs and expenses will be paid by

For Information on the Proposed Settlement, Your Rights and a Copy of the Notice and Claim Form:

Visit: www.kssmokelesstobaccosettlement.com Or Call: 1-877-874-7560

Or Write: Claims Administrator, Kansas Smokeless Tobacco Settlement, P.O. Box 1752, Faribault, Minnesota 55021-1752

PLEASE DO NOT CALL THE COURT

U.S. Smokeless separately and will not reduce the amount of benefits to Class Members.

What are My Legal Rights?

• If you wish to remain a member of the Settlement Class, you do not have to do anything. However, to receive the coupon package, you must file a Claim Form. If the Court approves the proposed Settlement and you submitted a valid Claim Form, you will receive the coupons. You will also be bound by all the Court's orders. This means you will forego any claims you may have against U.S. Smokeless Tobacco that are covered by the Settlement.

• If you wish to get coupons, you need to complete a Claim Form. You can get a Claim Form by visiting www.kssmokelesstobaccosettlement.com, calling 1-877-874-7560 or writing the Claims Administrator at the address below. Claim Forms must be signed and postmarked by September 16, 2006.

• If you do not wish to be a member of the Settlement Class, you must sign a Request for Exclusion letter as outlined in the Notice of Settlement. Your request must be postmarked by November 11, 2005.

When Will the Settlement Be Approved?

The District Court of Seward County, Kansas will hold a Fairness hearing to decide if the proposed Settlement is fair, reasonable and adequate on November 30, 2005. The hearing will be held at 1:30 p.m. at the District Court of Seward County, 415 N. Washington Street, Liberal, Kansas 67901.

If you remain a member of the Settlement Class, you or your counsel have the right to appear in Court and object to the Settlement. However, in order to object, you must file a written objection, as described in the Notice of Settlement. Objections must be filed by October 29, 2005.

AUCTION

Sunday, September 25, 2005 • 1:00 p.m.

Lamb Mercantile Building on Bellview Ave.
(Main Street) Winona, KS

Food and Drinks provided by the Winona 4-H!

Partial Listing:

- 2 Oak shelving units original fixtures in the Paul Jones Hardware owned by the Lamb family since 1934
- 2 Original Oak Bolt Bins
- Old Radios
- Antique Table Top Display case (needs glass replaced)
- Several long store counters - one bar height
- Parts of early day kitchen cupboard
- Kitchen cabinets (miscellaneous)
- Iron skillets and odds and ends dishes
- Children's chairs from U.M. Church
- Old Air Compressor
- 3 piece Aunt Jemima salt and pepper and pitcher. F&F Series

- Firestone store fixtures
- Old Burroughs Portable Adding Machine
- Old Coffee Grinder
- 5 Gal. LP Cylinders
- Cabinet Humidifier
- Small Speed Queen Clothes dryer (Used very little)
- Gladiron Ironer
- Used Siegler Furnace
- Used Lear LP Upright room heater
- New Dearborn Upright room heater
- New Infa Red Radiant Heaters
- New Dearborn Unvented Gas Heater
- National Biscuit Co. Covers used on bulk cookie boxes years ago.
- Used Corning Ware Cook Top
- 2 Used Bathroom lavatories (one to be built into a cabinet)
- Queen size Mattress and Box Springs
- Double Bed, Mattress and springs
- 1979 Cadillac DeVille (low mileage)
- Paper Back Books
- Puzzles
- Iron Skillets and Misc. dishes
- Old Sunbeam Mixmaster Mixer

Odd and End items too numerous to mention!!

Questions:
Call Jean Lowe at
785-846-7637

