

Long Island native seeking judgeship

By **PATTY DECKER**
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A former Norton area woman is vying for the 15th Judicial District seat held by Judge Jack Burr of Goodland.

Andrea (Vincent) Wyrick, 33, was born in Long Island and lived in that area for 14 years before her family moved to Abilene.

During those early years, the Vincent family raised horses and cattle and it was because of her fond memories, she decided to return closer to her roots in 2002.

Serving as county attorney in Thomas and Logan counties, Wyrick made the decision to run for the seat held by Judge Burr after he announced he would not run for another term.

In addition to Wyrick, Scott Showalter of Goodland and Kevin Berens of St. Francis, all Republicans, have filed for the position. It will then be up to voters in the seven-county area at the Aug. 5 primary to decide which Republican candidate is the best qualified to run for Burr's seat.

The seven counties include Wallace, Cheyenne, Sheridan, Sherman, Logan, Rawlins and Thomas.

"If elected," Wyrick said, "I am going to miss serving as the county attorney."

After practicing many areas of the law through past and current employment and in every court-

room in the 15th Judicial District, she believes she is qualified for this next step.

Wyrick has also maintained a private practice in Sharon Springs, Goodland and Colby.

However, Wyrick said she doesn't think what she has done is all that makes for a good judge.

"I believe character stemming from life experience and personal beliefs makes a good judge," she said.

"It's who you are — and I have tried my entire life to live out integrity."

Although she admits she is not perfect and has made mistakes, she said she is continually learning from the past and hopes to pass her personal beliefs and importance of character on to her children.

"Who I am when no one else is looking is the kind of character I am talking about and I think a judge must possess this."

In her capacity as the county attorney, Wyrick said she wanted to further the educational and prevention needs of the schools.

"My office has promoted the 'Computer Cop' that helps parents maintain an active role in their children's life by monitoring what they are exposed to on the internet," she said.

She also promotes youth with the addition of a student-aid in her office each year she has been the county attorney.

Senior Center menu

JUNE
9th. Spanish Rice w/Hamburger, Cook's Choice Veg, Mandarin Oranges, Bread, Pudding.
10th. Salisbury Steak w/Gravy, Au-Gratin Potatoes, Peas, Bread, Pears.
11th. Salmon Patties w/ Sauce, Broccoli Salad, Apple-sauce, Roll, Cherry Cobbler.
12th. Liver & Onions w/Gravy, Parslied Potatoes, Green Beans, Bread, Ambrosia Fruit Salad.
13th. Chicken Fajita Pasta Salad, Cantaloupe, Tortilla Chips, Brownie.
16th. Swedish Meat Balls, Mixed Fruit, Corn, Noodles, Cookie.
17th. Lasagna, Italian Blend Veggies, Tossed Salad, Garlic Bread, Watermelon.
18th. Hot Turkey Sandwich, Mashed Potatoes/Gravy, Mixed Vegetables, Bread, Cranberry Pineapple Crunch.
19th. Pork Roast, Steamed Cabbage, Carrots &

Onions, Strawberries & Bananas, Bread, Birthday cake.
20th. Chef Salad, Mandarin Oranges, Bread Sticks or Crax, Apple Crisp.
23rd. Sloppy Joes, Hash Brown Casserole, Peas, Bun, Apricots.
24th. Ham, Candied Sweet Potatoes, Pineapple, Roll, Cottage Cheese.
25th. Oven Fried Chicken, Potato Salad, Green Beans, Bread, Cantaloupe.
26th. Hamburger Stroganoff, Stewed Tomatoes, Cucumbers & Onions, Noodles, Peaches.
27th. Turkey AlaKing, Broccoli, Applesauce Gelatin, Biscuit, Cook's Choice Complement.
30th. Polish Sausage w/Kraut, Mashed Potatoes, Corn, Bread, Pears.

Requested contribution, \$2.50 per meal. Checks to Homestead Nutrition Project. Guests under 60 pay full cost of meal, \$4.75 at the site. \$5 home delivered.

Walking: Fruits, veggies suffer

(Continued from Page 1)
Striggo (Pave Pounders), Ron Zwickle (Fit to Go), Bob Cotton (Fit to Go), Alan Hale (The Brats), Fonda Lawrence (Fit to Go), Jane Burton (Fit to Go), Joan Bolt (Walkabout), Chastity Harman (Street Walkers) and Lisa Baker (Shlumpadinkas).

None of the teams met the minimum of 1,680 cups of fruits and vegetables for the eight week period. Team placings were as follows: Fit to Go (Bob Cotton) 1,644, The Brats (Mindy Harting), 1,643, Shlumpadinkas (Charlotte Stephenson) 1,461, www.man (Vicky Gallentine) 1,436 and Strutters (Pam Menagh) 1,356.

(Writer's comments: Special thanks to all team captains for all the reports. Congratulations to all of the participants for a very good year in the Walk Kansas program. If you would like to participate in

Walk Kansas 2009, start to plan now. It is an exceptional opportunity to promote health and fitness for the entire family. It's also a great way to enjoy time together as a group or one-on-one with a child or teenager. This year it was an eye opener for many to see how few fruits and vegetables were actually being consumed by most participants. Walk Kansas is an easy way to increase fruits and vegetable consumption as well as improving your health and physical fitness.)

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan and Trego counties.

Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

Biking: Unique way to discover

(Continued from Page 1)
"Biking Across Kansas is a recreational and social bicycle tour for all ages. Participants enjoy the challenge, camaraderie and adventure of pedaling from Colorado to Missouri under their own power.

"It is a unique way to discover the history and quiet beauty of the Great Plains region. Cyclists experience the friendly hospitality of the many small communities along the way.

"This is truly a diverse group with a good mix of beginners and experienced riders.

"While we don't have the mountains of Colorado, new riders learn very quickly that Kansas is not so flat. There are sections of level roads to be sure but there are also many challenging inclines,

particularly in the eastern third of the state.

"This is not an endurance contest, a race or a test of stamina. Participants have all day to make each day's trip and each rider sets a pace agreeable to his or her own degree of expertise.

"We also have stationary vehicles along the route with fruit and water as well as assistance with minor medical and mechanical problems.

"We also will transport exhausted riders to the next destination if desired.

"Each participant's luggage is also transported each day to the next overnight stop so they do not have to be concerned about that.

"We are excited about coming to Norton and all the other communities along the way."

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UPCOMING EVENTS in Kansas

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Annual music & art festival. Wilson Park, Arkansas City 9 AM - 4 PM, www.arkcity.org

Smoky Hill River Festival
June 12-15
32nd annual festival, celebrating great music, art and family fun. Oakdale Park, Salina (785) 309-5770 www.riverfestival.com

Father's Day Car Show
June 15
Antique, classic, original & restored cars, trucks & motorcycles. Rolling Hills Wildlife Adventure, Salina (785) 827-9488, www.rollinghillswildlife.com

Midsummer's Day Festival
June 21
Enjoy Swedish heritage and culture. Live music, dancing, children's activities, demonstrations and food. Volvo regional meet. Lindsborg (888) 227-2227, www.midsummersday.org

Hiawatha Summerfest 2008
June 28
Antique cars, trucks, motorcycles & tractors. Arts & crafts, food, games, museum tours, shuttles & fireworks. Downtown Hiawatha (785) 742-7136, www.cityofhiawatha.org

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