

Enter favorite appetizer recipe in contest

Are friends and family always asking you to bring that one appetizer to any and every gathering?

Then it's time to let America in on the delicious secret by entering your winning appetizer recipe in the Taste of Home Recipe Box Contest. The winner will receive a prize pack from Taste of Home Entertaining, and the winning recipe will be featured in a future Taste of Home Cooking School magazine.

People who love to cook often have at least one show-stopper recipe. That's why the culinary specialists at Taste of Home Cooking School are sponsoring this national contest to bring the best appetizers to Taste of Home.

"Taste of Home is about great food and

real people who take pride in what they cook and have fun doing it," said culinary specialist Kristie Larson. "People love Taste of Home recipes, but they value equally the connection they feel with other cooks just like themselves who want their families leaving the table full, happy, and raving about their meals now and for generations to come."

The cooking school is coming to Goodland's Max Jones Fieldhouse next Tuesday. Larson will lead the event, which will bring area residents together for a special evening of great recipes and cooking wisdom, sponsored by *The Goodland Star-News*.

Larson will be Marty Melia's guest for the Afternoon Show at 4:15 p.m. on

Wednesday on KLOE/KKCI/KWGB radio to talk about the Taste of Home cooking show and cooking ideas. Melia said he reads the magazine and enjoys cooking, and is looking forward to talking with Larson.

"We're excited about this season's contest, and I hope a Goodland cook will be the big winner," said Larson. "All types of finger foods are welcome, from dips and spreads to wings and wontons. The winning recipe will be chosen based on originality, ease of preparation and taste."

To enter the contest, bring a copy of your best appetizer recipe to a Taste of Home Cooking School and drop it into the recipe box in front of the stage. For official rules or to enter online, go to www.tasteofhome.com/contest. Be sure to include your

name, address, e-mail address and phone number.

The grand prize winner will get a prize pack from Taste of Home Entertaining, including kitchen gadgets, serving ware, and more — a \$1,000 value.

The winner will be famous, since the recipe will be featured in a future Taste of Home Cooking School magazine.

All entries must be received before midnight on June 1. A panel of culinary specialists will conduct impartial judging.

The contest will be only one of the exciting events at the Taste of Home Cooking School next Tuesday. Larson will demonstrate preparation of seasonal recipes provided by the event's national sponsors and Taste of Home. Participants will receive a

free Taste of Home Cooking School Classic Cooking magazine with the featured recipes. Door prizes supplied by area businesses and national sponsors will be given out during the show.

Tickets are available for \$8 each at *The Star-News*, 1205 Main, or at the *Colby Free Press*, *Saint Francis Herald*, *Norton Telegram*, *Oberlin Herald* the *Western Times* in Sharon Springs and Health Essentials in Burlington.

Doors will open at 5 p.m. for guests to visit vendor booths. The program will begin at 6:30. Come enjoy a night of fun food preparation, kitchen wisdom and cooking secrets as revealed by your expert host. For information, call Sheila at (785) 899-2338.

Doctors to use long distance

By Sharon Corcoran

The Goodland Star-News

The doctor is 400 miles away but can diagnose, talk with and treat patients using television monitors, video cameras, speakers and microphones, all tied together with computer hardware and software.

A child with attention deficit and hyperactivity disorder or autism can be examined by a doctor from Kansas City without even leaving Goodland. Patients whose parents don't have insurance and can't afford to pay for visits with a specialist can still receive top-notch health care.

It is all made possible by a three-year federal grant to the University of Kansas Center for Telemedicine and Telehealth from the Office for the Advancement of Telehealth, a division of the Health Resources and Services Administration. The money will pay physicians and hospitals to provide the care, through the KU center, when the patient's family cannot afford it.

Goodland Regional Medical Center has its Interactive Tele-Video System set up, said Debbie Hickman, director of patient care services, and began providing services in January.

The center works through sites across Kansas, she said, using the grant, which focuses on pediatrics and children with special health needs. Services available in Goodland emphasize child psychiatry, she said, developmental disabilities, attention deficit and autism disorders and behavior.

The grant is helping the center develop a network to provide services throughout Kansas, Hickman said, because it is hard to find doctors of many specialties to come to rural areas.

The hospital doesn't get any money from the grant except as a site fee, she said, but is able to provide the service because of the grant, which pays specialists from Kansas City or other areas to work with patients here. Outlying hospitals, such as Goodland's, are reim-

bursed an hourly fee, she said.

The doctors being able to see patients through the system means they can provide services for people who can't travel, Hickman said. Insurance gets a bill for those who have it, and the grant pays the doctor and the hospital for those who don't.

It allows patients to get care whether they have insurance or not, she said. The service became available in Goodland in January, she said; the grant came through in the fall, but it took time to set up the equipment and test it, to get everything coordinated.

More specialties should be available in Goodland in the future.

"After we evaluate the success of this one," Hickman said, "we will explore other opportunities."

The hospital will focus on medical needs it has not been able to meet some other way, she added.

Other specialties offered in telemedicine through the center (as listed on its web site) include adult psychiatry and psychology, cardiology, diet and nutrition, diabetes, cholesterol, hypertension, kidney disease, obesity, endocrinology, geriatrics, infectious disease, nephrology, neurology, cancer and blood diseases, pain management, urology, physical therapy, plastic surgery, pre- and post-surgery consultations, rehabilitation, speech-language pathology and wound care.

The systems allow a specialist, with the help of a nurse or other medical professional, to hear breath sounds, see inside the ear, nose or throat and view echocardiograms. Any medical device that produces a video signal can be hooked in.

Peripheral equipment available includes an electronic stethoscope, with a sending unit at one site and a receiving unit at another, allowing the doctor to hear breathing through headphones; an otoscope, which allows the doctor to see inside a patient's ear, nose or throat; and a camera with a short focal length for skin consultations.

Colby police to get Tasers

By Tisha Cox

Colby Free Press

Colby Police Department officers will be putting something different in their holsters after the City Council approved 11 model X26 Tasers.

The hand-held weapon discharges 50,000 volts of low-amperage electricity, either directly or through darts. The charge causes uncontrolled muscle reflexes in the target, temporarily paralyzing them.

City Manager Carolyn Armstrong said the tasers cost \$10,472, which was paid partly from the city's special law enforcement fund. The money was included in the city budget last summer, she said.

Police Chief Randy Jones said Tasers gives officers another choice besides drawing their gun.

"It's a matter of officer safety and

also the individual's," he said.

In incidents in Colby and around the area, use of a Taser would have made for a "more positive outcome," he said, adding that the weapons are effective up to 25 feet.

"The whole episode lasts about five seconds," Jones said. "They go down fairly quickly."

The weapon also allows officers to handcuff uncooperative suspects in less time than it would normally take to subdue them, the chief said.

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

Icy coating



There wasn't any snow last week, for the first time all year, but trees, shrubs and cars were coated in beautiful layers of ice from freezing fog. The weather was better over the weekend, but snow returned Monday, and the National Weather Service ex-

pected it to stay cold and foggy with a 20 percent chance of snow on Wednesday. High temperatures will be below freezing until Thursday, and the overnight lows should be down to about 4 tonight and Wednesday. Photo by Tom Betz/The Goodland Star-News

Colby hopes to build new fire station

By Tisha Cox

Colby Free Press

Colby officials hope to build a new fire station on the city's east side, giving the department more room for trucks and training, the City Council heard at a meeting last Tuesday.

The roof over the two north bays at the old fire station, next to the Colby City Hall at 585 N. Franklin Ave., collapsed under heavy snow Dec. 31. The bays were torn down last month for safety reasons.

City Manager Carolyn Armstrong said the city formed a committee to screen architectural consultants for a new station, including Councilmen Tim Hutfles and Mark Beringer, Fire Chief Bob McLemore and fire fighters.

The group will interview the firms, she said, then narrow the choices down to two or three to present to the council. After that, one firm will be chosen to design the

new station. Once a design is approved, the project will go out to bid.

"That's the next big step," Armstrong said.

Chief McLemore said the firm must have experience in designing fire stations.

"We'll have a good facility that way," he said.

The city bought a seven-acre parcel of land on South Country Club Drive, between the new state building and the Hi-Plains Co-op fueling station, in 2000.

"The central portion of town was unavailable," McLemore said. "At that time, that was the best place, and it still is."

The new location won't affect response time, he said, and will actually provide some advantages. He said firemen had driven to the farthest point in town from the site, and it took about five minutes, about what it took from the old station.

The land is closer to the hospital, college and nursing homes and is also on a wider street with less traffic.

"We won't have some of the issues we have now," McLemore added.

In the summer, children going to and from the swimming pool, people parking near the fire station and downtown traffic all can slow the department.

Country Club Drive, an emergency snow route, and is one of the first streets cleared after a heavy snowstorm, he said.

McLemore said he expects the new building will be bigger and better than the old station.

"This station has been inadequate for a number of years," he said.

A new facility will enable the department to store everything inside, from its biggest trucks to the hazardous materials trailer.

McLemore said servicing the lad-

der truck was a problem at the old station. No matter the weather, the truck had to be pulled outside for servicing because the building was too small.

McLemore said he has no idea of what a new station might cost, but the city has \$100,000 put aside.

Until a new fire station is built, the department will continue to house its vehicles at the National Guard Armory on Range Avenue. Armstrong said the Guard has put no time limit on how long the city can use the facility.

However, the city is paying a lease of \$2,800 per month.

"That helps cover utilities and the cost of having someone from the Guard present at the building 24 hours a day," she said. "The insurance is picking up the first six months of the lease and we're asking FEMA to pick up another year."

Need a Ride?

Call General Public Transportation Bus Services are available within the City limits of Goodland, Kansas

To schedule a ride call:

Monday thru Friday
9:00 am to 3:00 pm MST
785-899-5082

Donations are accepted
Handicap Accessible

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

NOTICE OF OWNERS OF TAXABLE PERSONAL PROPERTY

All owners of taxable personal property (including boats, mobile homes, campers, SNOWMOBILES, golf carts, trucks, non-highway vehicles airplanes, etc.) MUST come to the appraiser's office to report ownership of such property. ALL Personal Property MUST be listed by March 15. Any questions concerning personal property items call 899-4825 Sherman County Appraiser's Office.

WE NOW PRORATE WATERCRAFT.

Owner of record is to notify the County Appraiser within 30 days of the acquisition or sale.

REAL ESTATE IMPROVEMENTS OR STRUCTURAL CHANGES TO BUILDINGS MUST ALSO BE REPORTED BEFORE THE DEADLINE

AMERICAN CANCER SOCIETY'S "DAFFODIL DAYS"

ORDER BY FEBRUARY 20TH - DELIVERY 1ST WEEK OF MARCH

- ☉ Individual Bouquet - \$10
- ☉ Sunshine Bouquet w/ Vase - \$15
- ☉ Bear and a Bunch \$25

Contact Sherida Shoff 890-2000 day or 899-5047 Evening