

Clean kitchen can prevent illnesses in home

Want to avoid colds and flu this winter?
 "Start in the kitchen," said Mary Meck Higgins, Kansas State University Research and Extension nutrition specialist.
 A kitchen sink may look innocent, yet, says Kelly Reynolds, an environmental microbiologist at the University of Arizona, a sink drain can harbor more than 500,000 bacteria per square inch.
 Higgins advises wearing gloves

and mixing one tablespoon of chlorine bleach with four cups of water to scrub the basin of the sink, then pouring the solution down the drain to clean it twice a week.
 Kitchen sponges also harbor germs, said Higgins, who suggested adding sponges to the drying cycle of the dishwasher to sanitize them or using dis cloths and towel that can be changed each day.
 She suggests these be laundered and disinfected in hot soapy water

with a little chlorine bleach and vinegar added to the wash cycle.
 Other tips for keeping the kitchen healthy include:
 • Wash hands before and after handling raw and cooked foods.
 Disinfect counters daily, and after handling or preparing raw fruits and vegetables, meats and poultry.
 • Use courtesy wipes to disinfect handles, infant or toddler seat or other parts of a grocery cart that

appear unclean.
 • While shopping, place foods that can attract bacteria (raw fruits, vegetables, meats and poultry are examples) in disposable bags provided by the market or other vendor to prevent cross contamination.
 • At home, place reusable or other grocery bags on the floor or alternative surface (a chair or stool, for example), rather than risk potential contamination on the kitchen coun-

ter, island or tabletop.
 • Was reusable grocery bags regularly.
 • Clean while cooking and preparing meals and snacks.
 • Follow manufacturer's instructions when cleaning any appliance. If spattered food remains in a microwave, heating one cup of water to create steam can help soften debris and simplify cleaning.
 Be sure to clean all six surfaces

of a microwave's interior.
 • Clean keypads, touch screens, cabinets, hardware and ceiling fans periodically. Wash hands in hot, soapy water frequently.
 Information on cleaning and maintaining a healthy kitchen is available at Kansas State Research and Extension county offices or online at www.ksre.ksu.edu/humannutrition/.

Weight control meetings to start

People interested in attending Weight Watchers meetings can now do so at 6 p.m. on Tuesdays starting Jan. 11 at Right Combination Dance Studio, 902 W. Hwy 24. Weigh-ins are at 5:30. People can visit a meeting for free without any obligation to join.
 Weight Watchers has created a program that goes beyond traditional calorie counting to help people lose weight and keep it off.
 Meetings last about 35 minutes. It is recommended that members attend one meeting each week to learn about healthy eating, gain mo-

tivation and have their confidential weigh-in to track their progress.
 Weight Watchers International is the world's leading provider of weight management services, operating through a network of company-owned and franchise operations. They provide subscription weight management over the Internet and offer publications and programs for those interested in weight loss and weight control.
 For information call Right Combination Dance Studio at (785) 890-3285.

Agency looking for foster parents

Youthville is in need of foster homes, especially loving families able to care for teens, sibling groups and special needs youth. For those interested in becoming a foster parent to help make a difference in the life of a child, an informational meeting is being held from 5:30 to 6:30 p.m. (Mountain Time) on Thursday, Jan. 13, at the Colby United Methodist Church, 950 South Franklin, Colby.
 Parents will learn about: what

it takes to become a foster parent, licensing regulations, benefits and much more.
 Youthville is one of the largest nonprofit child welfare agencies in Kansas, specializing in foster care, adoption, psychiatric residential treatment and counseling and therapy. To learn more visit www.youthville.org and visit www.youthvilles.com.
 For information call (800) 593-1950 ext. 8118 or email info@youthville.org.

Time to review strengths, weaknesses

Most people think their strengths are what they're good at and their weaknesses are what they're bad at. This thinking can lead a person into a career that they may be good at but that completely depletes them.
 Here's a better way to think of strengths and weaknesses: Your strengths are those things that make you feel stronger, and your weaknesses are those things that make you feel weaker.
 Aha! Some of you are having a light bulb moment right now. Just because you're good at something does not make it a strength. If it depletes you, it's a weakness. If it's a weakness, it will not fulfill you. If it



jamie morphey
 • business tips

won't fulfill you, do you really want to continue to do it?
 Take time to evaluate your strengths and weaknesses and determine what you were made to do.
This tip was brought to you by Western Kansas Business Consulting, sponsored in part by Sherman County. We offer free and confidential business consulting to Kearny, Scott, Sherman, and Wichita counties. For more information or to set up an appointment, contact Jamie Morphey at (620) 874-0771 or e-mail wkbc@wbsnet.org.

Classifieds work ! 899-2338

The Goodland Star News Service Directory

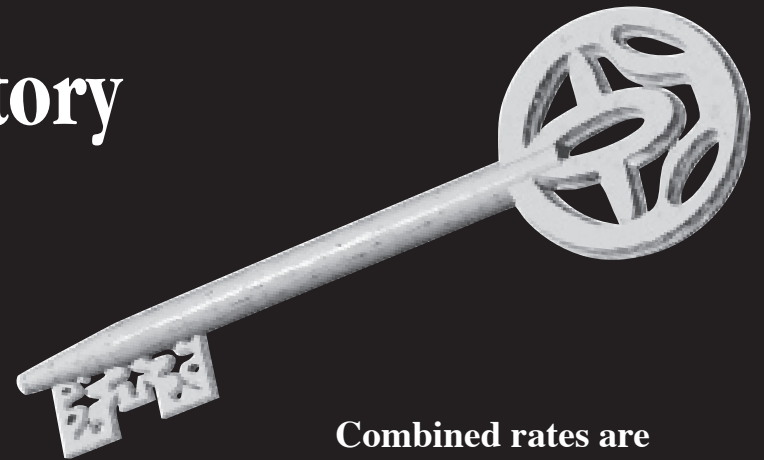
785-899-2338

Your KEY to business success.

Have your name up front when a customer needs you.

Repetitive advertising is the key to opening the door to new customers

Combined rates are available to feature your services in the Star-News and The Country Advocate.



Committed to serving the Goodland area since 1972!

The Genuine. The Original.



Weathercraft Roofing & Overhead Door

716 W. Highway 24, Goodland • (785) 899-3064

Truck Lettering
 800-886-2423

AWARD WINNING SIGNS AND PINSTRIPING SINCE 1974

Hot Brush 204 W. 4th Box 309
 Bird City, Kan. 67731

NEW SYSTEM PROFESSIONAL WINDOW CLEANING



Serving Northwest Kansas & Northeastern Colorado since 1992!

(785) 462-6995 OR (800) 611-6735
egriffith@st-tel.net

www.mywindowcleaner.net



Eldean and Janet Griffith 155 E. 5th, Box 692, Colby, KS

Something New is Happening at:

Sugar Hills Golf Club

Come join us! Stop by or give us a call! We have a lot of special functions planned for 2011. Also check out our new web page!

- Golf Tournaments - Call now, dates go fast!
- Private Parties
- Receptions
- Social Meetings
- Class Reunions
- Special Sunday Brunch
- Country on the Green - summer fest music
- Monthly Entertainment specials
- Extra Club Golf reduced fees!



sugarhillsgolf.com
 6450 Rd. 16, Goodland • (785) 899-2785

"Seek Shelter Today!"
 LIFE • HOME • CAR • FARM • BUSINESS



Jim Alcorn, Agent
 1624 S. Main Street
 Goodland, KS 67735-0727
 Business: (785) 899-2553



www.shelterinsurance.com

Pro Floor Care

Carpet & Upholstery Cleaning Specialists
 Commercial & Residential

- * Advanced cleaning methods
 - * Affordable Quality Service * Spot & Spill Service
 - * Water Damage Restoration * VCT Tile & Ceramic Maintenance
- Colby, Kan. (785) 462-8313 Toll Free (800) 473-4138
www.profloorcareandsupply.com

Free Estimates
 Proudly offering wide variety of cleaning products for Commercial and Residential

We don't cut corners We Clean Them

PLAINS HEATING & AIR CONDITIONING, INC.

FREE ESTIMATES! **Scott Sitzman** FREE ESTIMATES!
 Residential & Commercial HVAC
 New Installations-Replacements-Service
 Phone: (719) 775-2914 Toll Free: (800) 678-2914
 E-mail: plahtg@co-isp.com
 976 Main Street, Limon, CO 80828

"Serving Eastern Colorado for 35 years, and now serving Western Kansas!"

Discover the comfort of a Mendota Fire!
www.plainsheating.com



DAN BRENNER
 FORD-MERCURY, INC.
 222 W. Hwy. 24, I-70 BUSINESS LOOP
 GOODLAND, KS 67735
 (Toll Free) 800-636-8770
 (Business) 785-899-2316 (Fax) 785-899-2317

Culligan * Drinking Systems
 Better Water. Pure and Simple™ Quality Service since 1948
 * Water Softeners (Sales & Rentals)
 * Water Coolers
 * Salt Sales & Delivery
Scheopner's Water Conditioning, Inc.
 904 Main, Goodland
 (785) 899-2352

PS Homeworks
 Commercial or residential cleaning and painting
 Experienced, insured and professional!
 Weekly, Bi-weekly, Monthly or for a 1 time event
Help Us Help You! Call (785) 821-0055

Bowman's Heating / Air Conditioning

785 899 5770

 577 W. 31st St., Goodland, KS
It's Hard To Stop A Trane

Let this space work for you!
Call 785-899-2338 today!