star-news dland.

Blood draws start



Burt Carr has blood drawn by Goodland Regional Medical Center employee Mona Marrs on Monday morning in preparation for the Sherman County Health Fair on Saturday, Jan. 29. Blood draws continue from 7 to 9 a.m. till Friday. Photo by Pat Schiefen/The Goodland Star-News

Healthy recipes contest part of health fair activities

Fair is planned for Saturday, Jan. 29, and as part of the program the health fair committee would like to challenge the people of the Sherman County community to submit, make and share their favorite healthy recipes.

If this sounds like something you would be interested in follow the steps:

Step 1: Sort through your favorite recipes and pick out the healthiest

Step 2: Recipes, entry forms and \$5 per recipe fee must be submitted in person or by mail to the Goodland and prizes. Activity Center, 808 Main Ave.,

The Sherman County Health by Jan. 21, or e-mailed to sarah@ egories will be announced and goodlandgac.com for nutritional analyses

Copies of your recipes will be by person under 18 years old made to share with Health Fair participants.

Step 3: Make your recipes and old bring them to the Heath Fair at the Northwest Kansas Tech College by 9 a.m. on Jan. 29.

Step 4: Judges will sample your grams of fat foods and review your recipe and the nutritional value.

The left-over's will be sold at a bake sale with proceeds going to the Sherman County Health Fair your recipes today. For questions

Step 5: Winners in different cat-890-7242 St. Francis Village to reopen in March

will begin this month and the first phase is expected to be completed by March.

The St, Francis Village had extensive damage from a fire on Oct. 19, and the fire closed the 48 unit facility. All of the residents were relocated to area care centers Good Samaritan Society facility in Goodland.

In the near future, St. Francis Village will begin phase one of the building recovery process, said Randy Fitzgerald, the Good Sa-

Good Samaritan Society officials maritan Society's director of opera- Village to continue providing care announced Thursday rebuilding of tions for Kansas and Texas, which and services for seniors and oththe fire damaged St, Francis Village includes rehabbing 22 units for resi- ers in need," Fitzgerald said. "I dents, kitchen renovations, and new am thankful the restoration of St. flooring, paint and communications Francis Village has received such systems. Phase one is expected to be complete by March.

> Phase two will finish 10 more units for a total of 32 by May, he the community to determine what said.

Decisions have not been made including the Sherman County for plans after phase two, and the Samaritan Society is the nation's reopened facility will be 16 short of the 48 the Village could hold before the fire.

pleased to be reopening Good care centers and retirement living Samaritan Society – St. Francis centers.

enormous support from community, staff and family members. I look forward to further discussions with will happen after phase two."

The Evangelical Lutheran Good largest not-for-profit provider of long-term care and senior services. The Society, founded in 1922, oper-"After the tragic fire, we are ates more than 240 long-term heath

Application cutoff date set for grassland reserve

for submitting applications for the Grassland Reserve Program has been set said Eric B. Banks, State Conservationist for the Natural Resources Conservation Service for Kansas.

Applications may be taken at any time, Banks said, but only applications submitted by Jan. 21, will be evaluated and ranked for funding for the Fiscal Year (FY) 2011 program.

The U.S. Department of Agriculture NRCS provides technical assistance for Grassland Reserve Program.

The program was reauthorized by the Food, Conservation, and Energy Act of 2008 (2008 Farm Bill). In FY 2011, the grassland program

WILEY SHARES HIS GOODLA

A cutoff date of Friday, Jan. 21, Kansas received an allocation of \$1.2 million.

"Kansas has the finest, most productive native grassland in the world," said Banks, "and GRP offers a way for ranchers and farmers -the backbone of our economy-to expiring contract in the next 12 ensure this unique natural resource remains a healthy and viable part of Kansas for years to come."

The grassland program is voluntary offering landowners the opportunity to protect, restore, and enhance grasslands on their property through permanent easements or rental contracts (10-, 15-, or 20year). For the FY 2011 program, priority will be given to enrolling land in easements.

The program emphasizes preservation of native and natural grasshas about \$44 million nationwide. lands and shrublands, support for

grazing operations, plant and animal biodiversity, and protection of grassland under multiple threats of conversion to other land uses.

Land enrolled in the Conservation Reserve Program with an months is eligible for enrollment in the grassland program. Enrollment options for this land are limited to permanent easements and 20-year rental contracts.

"I would encourage producers interested in preserving their grasslands to stop by a USDA Service Center and visit with the NRCS or Farm Service Agency staff to learn more about the program," Banks said.

The Sherman County NRCS office is located at 210 W. 10th. (785) 899-3070.

Sherman

County



The following real estate trans-Sherman County register of deeds:

matters of record

Mary Butler and Terry Rabe, Co-Trustees of the Coletta Soellner Revocable Trust dated April 9, 1986, to Leon A. Kelly and Susan J. Kelly, Lot 12, in Block 4, Eastridge Addition No.1 to the City of Goodland.

John Stratman, LLC to Pillango Investments, LLC, the SW/4 of Sec.32, T9S, R38W; the S/2 of Sec.31, T9S, R38W and a tract of land in NW/4 of Sec.31, T9S, R38W; a portion of NW/4 of Sec.31, T9S,R38W.

Body Hyder conveys and warrants to Pillango Investments, LLC, the SW/4 of Sec.32, T9S, R38W; S/2 of Sec.31, T9S, R38W and a tract of land in NW/4 of Sec.31, T9S, R38W; a portion of NW/4 of Sec.31, T9S, R38W.

Lazy Heart D. Ranch, Inc., Brewster, KS, to Todd Herman of Sec.11, T10S, R42W. Quenzer and Bronwyn Leah Quenzer, all of Sec.27, T7S, R37W; the NE/4 of Sec.28, T7S, R37W; the SE/4 of Sec.21, T7S, R37W.

Lonnel H. Whiteker, Jr. and Marlene M. Whiteker, to Adolfo Marez and Alberto P. Marez, Lots 12 and 13, Block 19, CK&NAddition to the City of Goodland.

Robert E. Dill conveys and quitclaims to Robert E. Dill and Mary Janet Dill, co-Trustees of The Dill Family Living Trust U/A dated October 8,2003, the S/2 of Sec. 18, T8S, R37W; E/2 of Sec.33, T7S,

actions have been reported by the R41W; E/2 of W/2 of W/2 and E/2 House, LLC, a tract of land in SW/4 of W/2 of Sec.15, T8S, R40W.

Rovert E. Dill as Trustee of the Lue J. Dill Revocable Trust, UA Evert convey and warrant to David dated January 10, 1986, conveys L. Evert, the SW/4 of Sec.16, T8S, and quitclaims to Robert E. Dill, R40W;SW/4ofSec.23,T8S,R41W; the S/2 of Sec.18, T8S, R37W; E/2 SW/4 of Sec.16, T7S, R41W. of Sec.33, T7S, R38W; SW/4 of Sec.27, T10S, R41W; E/2 of W/2 of W/2 and E/2 of W/1 of Sec.15, T8S, R40W.

Clifton Ray Morgan forever quitclaims to Joe Trevino, Lot 7, Block Mehling to Stagestop LLC, Lot 1 in 14, Sharp's Addition to the City of Goodland.

Charles R. Luckert, a widower, to Charles R. Luckert Trust dated November 15, 2001, Lots 1 and 2 and and Michael Vernell Chamness; N40' of Lot 3, Block 31, k Acadamy Addition to the City of Goodland. Frederick E. Marks and Julia Ann Marks, Illinois, to Frederick E. Marks Revocable Living Trust of Goodland. dated November 15, 2010, the N/2

David L. Evert and Cheryl Evert;

Steven J. Evert and Marcia Evert;

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.



R38W; SW/4 of Sec.27, T10S, Karen Evert, quitclaim to Red Brick of Sec.8, T9S, R40W.

prizes given.

sugar content

Special award

Healthiest and best tasting made

Healthiest and best tasting made

Healthiest and best tasting made

Best tasting food with the lowest

Best tasting food with the lowest

Don't delay, starting sorting out

please call Sarah Linton at (785)

by person 60 years old and better

by person 18 years old -59 years

Steven J. Evert and Marcia G.

Patricia Moura, Travis County, Texas, to Greg J. Pettibone and Sally Pettibone, the NW/4 of Sec.20, T7S, R42W.

William M. Mehling and Janet Block 3 in Sandy's First Addition to the City of Goodland; a tract of land in NE/4 of Sec.29, T8S, R39W.

Anne Catherine Coen Chamness William Neal Coen and Vanessa Lammens Coen, convey and warrant to Mai Enterprises 1005 LLC, Lot 22 in Block 60, Original Town





We are on **Facebook** check us out at The Goodland Star-News

High Plains Roosters #663 PHEASANTS forever Goodland, KS Be sure to come and join us! PHEASANTS PHEASANTS 11th Annual Banquet Events of the Banquet Auction Date: January 15, 2011 Men/Women/Kids Serving: Prime Rib Dinner Drawings Adult: \$15.00/person Silent Auction Youth: \$8.00/person Gun Auction (10 year and under) Membership Drawing Where: Elks Lodge, Goodland Renew or Buy a membership through When: Social Hour: 5 p.m. Early Registration or at the Banquet. Dinner: 6 p.m. MT **Special Gun Drawing** For More Information Savage 223 Pkg. Rifle & Scope Mossberg Silver Reserve Combo Troy Mannis: (785) 821-1838 20 & 28 GA. Gary Coon: (785) 890-7290 Remington 870 Wingmaster Trap 12 GA. Steve Duell: (785) 899-5888 Browning BPS 12 GA. David Rietcheck: (785) 899-2801 Stevens 20 GA. Side by Side Scott Jarrett: (785) 899-5405 Randy Bellamy: (785) 899-2816 David Leonard: (785) 899-5868 1 ticket \$5 OR 5 tickets \$20 (Need not be present to win) Visit our website! www.highplainsroosterpf.com Registration forms and more!

2011 Health Fair Saturday, Jan. 29, 2011 from 8-11:30 a.m. ALL TIMES ARE MOUNTAIN TIME Northwest Kansas Tech College Student Union 1209 Harrison, Goodland **Prior to Health Fair:** Free Carotid Ultrasound Screening By appointment, call (785) 890-6033 Reduced cost Whole Body Mass Index Screening-great for weight training! Call (785) 890-6033 for appointment Free Pulmonary Function Screening Call (785) 890-6023 for appointment

Free at Health Fair:

• Blood profile consultation • DRE (Prostate) •Skin Cancer Screening •Bone Density • DermaScan • kids activities • great door prizes • free blood pressure checks

Health and Wellness Programs at Health Fair:

- 8:30-8:50 a.m.: GRMC Physical Therapy Department
- 9-9:20 a.m.-GAC-"Seniors Get Movin"

HEALTH

- 9:30-9:50 a.m.-GRMC Dietician Sarah Linton
- 10-10:20 a.m.-GAC-"Kids Havin' Fun"
- 10:30-10:50 a.m.-Dr. Lisa Unruh, pediatrician

All programs presented in Lyons Room at Student Union

2011 Healthy Recipes Cooking Contest:

Make the healthiest recipe you have. Go the The Goodland Activities Center (808 Main, Goodland) to submit recipe, entry forms and \$5 recipe fee by Jan. 21st. Make your recipe and bring to Health Fair on Jan. 29 by 9 a.m., where it will be judged and winners announced. Any questions, contact Sarah at (785) 890-7242.

Brought to you by: Goodland Regional Medical, Goodland Activities Center, Northwest Kansas Technical College, & Sunflower District of the K-State Research & Extension Services