

Surgeon General calls on country for support

Three out of four women in the United States provide their infants with the healthiest start in life by breastfeeding and today Surgeon General Regina Benjamin called on the entire nation to support the removal of barriers to this important public health behavior.

The Surgeon General's Call to Action to Support Breastfeeding is an unprecedented document from the nation's highest medical source, calling on health care providers, employers, insurers, policymakers, researchers and the community at large to take action steps to support mothers in reaching their personal breastfeeding goals.

The Kansas Department of Health and Environment also encourage the benefits of breastfeeding and its

important, positive long term effects on the growth and development of infants.

"We promote breastfeeding during the first six months of infancy and longer," said Robert Moser, MD, Acting Secretary and State Health Officer for KDHE. "It is the best way an infant can obtain the nutritional and emotional resources needed during the first year of life."

The United States Breastfeeding Committee applauds the call to action, which is based on the latest evidence about the health, psychosocial, economic and environmental effects of breastfeeding. The document includes action steps and implementation strategies for six major sectors of society:

- **Mothers and their Families:** emphasizes the need to educate and inform families about the importance of breastfeeding and provide the ongoing support mothers need.
- **Communities:** calls upon the entire community to support breastfeeding mothers, including the provision of peer counseling support, promotion of breastfeeding through community-based organizations and traditional and new media venues and the removal of commercial barriers to breastfeeding.
- **Health Care:** urges the health care system to adopt evidence-based practices as outlined in the Baby-Friendly Hospital Initiative, provide health professional education and training, ensure access to skilled, professional lactation care

services and increase availability of banked donor milk.

• **Employment:** calls for paid maternity leave and worksite and child care accommodations that support women when they return to work.

• **Research and Surveillance:** emphasizes the need for additional research, especially regarding the most effective ways to address disparities and measure the economic impact of breastfeeding, and calls for a national monitoring system.

• **Public Health Infrastructure:** calls for enhanced national leadership, including creation of a federal interagency work group and increasing the capacity of the U.S. Breastfeeding Committee and affiliated state coalitions.

The increased promotion and

support of breastfeeding in the U.S. and Kansas has led to improved rates. The Kansas breastfeeding initiation rate from 2009 birth certificate data was 78 percent. That rate allowed Kansas to meet the Healthy People 2010 Objective breastfeeding initiation rate of 75 percent. Two areas that show improvement is needed for Kansas to meet the new 2020 Healthy People Objectives are: improving the duration of breastfeeding as well as exclusive breastfeeding.

"Breastfeeding promotes overall health, growth and development for infants by preventing infections during infancy, as well as asthma, obesity, diabetes and other chronic illnesses in childhood and later adulthood," said Robert Moser.

MD, Acting Secretary and State Health Officer for the department. "In addition to the benefits for infants, breastfeeding is also a benefit to mothers by advancing the recovery from postpartum depression and decreasing the risk of ovarian, uterine and endometrial cancers, as well as anemia, diabetes and osteoporosis."

For more information on the Call to Action, visit the Surgeon General's website: www.surgeongeneral.gov/.

More information on breastfeeding, and its benefits, can be found at: www.kansaswic.org/breastfeeding/.

Lincoln larks

It was a rainy morning on Monday, Jan. 17, when the Lincoln Larks FCE met at Arbutus Topliff's home. Colleen Duell and Cinda Hatcher also attended.

The lesson materials was given on seasonings with herbs and spices. Discussion was held on the different seasonings we could use on meats and vegetables to change the taste.

We talked of ways to store and

preserving herbs. Cinnamon is a highly antioxidant spice. In closing this lesson remember to follow good eating guidelines.

Sugar is a carbohydrate found in fruits and vegetables. Some of the different sugars are table, fruit, brown and liquid. The function of sugar in foods is caramelization, creaming, gelatinization, gelling and preservation. Use sugar

wisely.

Vitamin D, the sunshine vitamin, is known for its role in building strong bones. Vitamin D is not found in many foods.

Protect your health by letting the sunshine in, focus on food and check medications. An open lesson will be given in April.

An invitation to dine is lost in a sense of order. Fast food eateries

provide little atmosphere for a dining experience. A table was once set with dishes and silverware has given way to foam boxes and food wrappers. Do you still know how to set a table? Is it even important? A good rule of thumb is to prepare one extra portion of each dish for every six guests. Check on different ways to fold napkins.

Several suggestions were given

on what to do with fabric scraps like draft catchers, pin cushions, table runners and even purses. A goal is to teach kids and adults to sew and recycle at the same time. Show the community the importance of helping others with items that would normally be thrown away. This is a great "green" project.

We also talked about the caring for others lesson.

Also redecorate your home with carpet, curtains and furniture.

An open meeting to the public will be on sugars in March and Vitamin D in April. More information will follow.

We will try to have a meeting in February.

matters of record

Municipal Court

These are cases decided by the Goodland Municipal Court:

Dec. 10: Christopher A. Riddick speeding 10 mph over limit, fined \$105.

Dec. 12: Zabdriel Salazar, fireworks violation, fined \$560.

Dec. 15: Ruby L. Anderson, failed to yield at stop sign, fined \$135.

Steven Glen Patterson, speeding 10 mph over limit, fined \$105.

John C. Mosbarger, speeding 10 mph over limit, fined \$105.

Goodland Police

The following incidents have been reported to the Goodland Po-

lice Department:

Nov. 29 - 10:24 a.m., 204 W. 11th, runaway.

Dec. 9 - 4:13 p.m., 1100 Main Ave., arrested Omar Salazar on a warrant.

District Traffic

The following fines have been paid in the Sherman County District Court.

November 21: Matthew Sumnerlin, speeding, \$198.50.

November 22: Sherry D. Jewell, speeding, \$168.50.

November 23: Raymond T. Smith, speeding, \$168.50.

Joseph W. Tevis, driving with suspended license, \$393.50.

public notice

IN THE DISTRICT COURT OF SHERMAN COUNTY, KANSAS

IN THE MATTER OF THE CONDEMNATION OF LAND FOR STATE HIGHWAY PURPOSES

DEBRA L. MILLER, Secretary of Transportation of the State of Kansas, Plaintiff,

v.

Lyle Scott Hooker and Karen Sue Hooker, husband and wife owner, 320 Rd 65, Kanorado, Kansas 67741-0127; Cramer, Cramer, Walter and Wilson Partnership, oil and gas and sub surface minerals interest holder, c/o Gerald J. Cramer, 6000 W 9th, Overland Park, Kansas 66207; Barbara Stoddard and Jim Reaka, wife and husband, owners, 3182 Holly St., Denver, CO 80222; Bruce Stoddard and Julie Stoddard, husband and wife, owners, 8332 E. Julia St, Tuscon, AZ 85710; James Stoddard and Marcy Stoddard, husband and wife, owners, 11799 E Asbury Ave., Aurora, CO 80014; Ricky Windell, tenant, PO Box 643, Kanorado, KS 67741; Jessica D. Cole and Spouse, owners, 121 Eustis, Goodland, KS 67735; Eugene G. Davis and Evelyn J. Davis, husband and wife, owners, 55688 Co. Road AA, Burlington, CO 80807; Wilma J. Davis, owner, c/o Cheryl Schrammer, 612 N Vine, Hoisington, KS 67544; D&E Partnerships, tenant, 55688 Co. Road AA, Burlington, CO 80807; the Board of County Commissioners of Sherman County, Kansas, tax lien holder % Iris Scheopner, County Treasurer, Sherman County Courthouse, Rm 103, 813 Broadway, Goodland, Kansas 67735.

(a) A PERMANENT EASEMENT for controlled access highway right of way, removal of borrow material, or for other highway purposes over and upon a tract of land in the Northeast Quarter of Section 30, Township 8 South, Range 41 West of the 6th P.M., described as follows: BEGINNING at Southeast corner of said Quarter Section; FIRST COURSE, thence on an assumed bearing of North 02 degrees 29 minutes 13 seconds East, 202.40 feet along the East line of said Quarter Section; SECOND COURSE, thence North 87 degrees 33 minutes 31 seconds West, 304.27 feet; THIRD COURSE, thence South 89 degrees 34 minutes 44 seconds West, 1001.25 feet to the Northerly right of way line of the existing highway; FOURTH COURSE, thence North 87 degrees 33 minutes 31 seconds West, 1335.26 feet along said Northerly right of way line to the West line of said Quarter Section; FIFTH COURSE, thence South 02 degrees 34 minutes 18 seconds West, 154.11 feet along said West line to the Southwest corner of said Quarter Section; SIXTH COURSE, thence South 87 degrees 35 minutes 44 seconds East, 2639.72 feet along the South line of said Quarter Section to the POINT OF BEGINNING. The above described tract contains 10.21 acres, which includes 9.29 acres of existing right of way, resulting in an acquisition of 0.92 acre, more or less.

Case No. 10-CV-48

PURSUANT TO K.S.A. CHAPTER 26

NOTICE OF APPRAISERS HEARING

Notice is hereby given that the

undersigned appraisers, appointed by the Court, will, in accordance with the provisions of K.S.A. 26-501, et seq., hold a public hearing on all matters pertaining to their appraisal of compensation and the assessment of damages for the taking of the lands or interests therein sought to be taken by the plaintiff in the above-entitled matter covering the following described lands:

Tract 11

Jessica D. Cole and spouse if any, owners, 121 Eustis, Goodland, KS 67735; Eugene G. Davis and Evelyn J. Davis, husband and wife, owners, 55688 Co. Road AA, Burlington, CO 80807; Wilma J. Davis, owner, c/o Cheryl Schrammer, 612 N Vine, Hoisington, KS 67544; D&E Partnerships, tenant, 55688 Co. Road AA, Burlington, CO 80807; the Board of County Commissioners of Sherman County, Kansas, tax lien holder c/o Iris Scheopner, County Treasurer, Sherman County Courthouse, Rm 103, 813 Broadway, Goodland, Kansas 67735.

(a) A PERMANENT EASEMENT for controlled access highway right of way, removal of borrow material, or for other highway purposes over and upon a tract of land in the Northeast Quarter of Section 30, Township 8 South, Range 41 West of the 6th P.M., described as follows: BEGINNING at Southeast corner of said Quarter Section; FIRST COURSE, thence on an assumed bearing of North 02 degrees 29 minutes 13 seconds East, 202.40 feet along the East line of said Quarter Section; SECOND COURSE, thence North 87 degrees 33 minutes 31 seconds West, 304.27 feet; THIRD COURSE, thence South 89 degrees 34 minutes 44 seconds West, 1001.25 feet to the Northerly right of way line of the existing highway; FOURTH COURSE, thence North 87 degrees 33 minutes 31 seconds West, 1335.26 feet along said Northerly right of way line to the West line of said Quarter Section; FIFTH COURSE, thence South 02 degrees 34 minutes 18 seconds West, 154.11 feet along said West line to the Southwest corner of said Quarter Section; SIXTH COURSE, thence South 87 degrees 35 minutes 44 seconds East, 2639.72 feet along the South line of said Quarter Section to the POINT OF BEGINNING. The above described tract contains 10.21 acres, which includes 9.29 acres of existing right of way, resulting in an acquisition of 0.92 acre, more or less.

Lands abutting said highway shall have no right or easement of access thereto.

The Secretary may install a fence or other device to delineate the above described controlled access highway facility. If such fence or other device is installed, the Secretary assumes no legal or other responsibility for fencing private property.

(b) A PERMANENT EASEMENT for controlled access highway right of way, removal of borrow material, or for other highway purposes over and upon a tract of land in the Southeast Quarter of Section 30, Township 8 South, Range 41 West of the 6th P.M., described as follows: BEGINNING at the Northeast corner of said Quarter Section; FIRST COURSE, thence on an assumed bearing of South 02 degrees 31 minutes 30 seconds West, 187.60 feet along the East line of said Quarter Section; SECOND COURSE, thence North 87 degrees 33 minutes 31 seconds West, 753.84 feet; THIRD COURSE, thence North 79 degrees 57 minutes 50 seconds West, 302.65 feet to the Southerly right of way line of the existing highway; FOURTH COURSE, thence North 87 degrees 33 minutes 31 seconds West, 1585.94 feet along said Southerly right of way line to the West line of said Quarter Section; FIFTH COURSE, thence North 02 degrees 34 minutes 18 seconds East, 145.89 feet along said West line to the Northwest corner of said Quarter Section; SIXTH COURSE, thence South 87 degrees 35 minutes 44 seconds East, 2639.72 feet along the North line of said Quarter Section to the POINT OF BEGINNING. The above described tract contains 9.72 acres, which includes 8.89 acres of existing right of way, resulting in an acquisition of 0.83 acre, more or less.

Lands abutting said highway shall have no right or easement of access thereto.

The Secretary may install a fence or other device to delineate the above described controlled access highway facility. If such fence or other device is installed, the Secretary assumes no legal or other responsibility for fencing private property.

Such hearing will commence at 10:00 a.m. M.S.T. on the 24th day of February, 2011, in the Jury Room of the Sherman County Courthouse, Goodland, Kansas, or on the following day without further notice, and may be continued thereafter from day to day or place to place until the same is concluded

with respect to all properties involved in the action. Any party may present either oral or written testimony at such hearing. You are further notified that the court has set the 25th day of February, 2011, for the filing of the awards of these appraisers with the Clerk of the District Court, and any party dissatisfied with the award may appeal therefrom as by law permitted within thirty (30) days from the day of filing.

You are further notified that pursuant to K.S.A. 26-507 once the plaintiff deposits the amount of the appraisers award into the hands of the Clerk of the District Court, the title, easement or interest appropriated in the land condemned shall thereupon immediately vest in the plaintiff, and it shall be entitled to the immediate possession of the land to the extent necessary for the purpose for which taken and consistent with the title, easement or interest condemned.

APPRAISERS

CHARLENE COLE
TERRY RICHARDSON
JOYCE BOEHME

Published in The Goodland Star-News, Friday, February 4, 2011.

IN THE DISTRICT COURT OF SHERMAN COUNTY KANSAS

In the Matter of the Estate of Byron W. Myers, Jr. a/k/a Coke Myers, Deceased

Case No. 11PR07

NOTICE OF HEARING AND NOTICE TO CREDITORS THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on January 28, 2011, a petition was filed in this Court by Michelle Simoneau, an heir, devisee and legatee, and as executor named in the "Last Will and Testament of Byron W. Myers, Jr.," deceased, dated September 28, 2005, praying the will filed with the petition be admitted to probate and record; Petitioner be appointed as executor, without bond; Petitioner be granted Letters Testamentary under the Kansas Simplified Estates Act.

You are further advised under the provisions the Kansas Simplified Estates Act the Court need not supervise administration of the Estate, and no notice of any action of the executor or any other proceedings in the administration will be given, except for notice of final settlement of

decendent's estate.

You are further advised if written objections to simplified administration are filed with the court, the court may order that supervised administration ensue.

You are required to file your written defenses thereto on or before February 25, 2011, at 10:00, in the district court, Sherman County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course and upon the petition.

All creditors are notified to exhibit their demands against the Estate within four months from the date of the first publication of this notice, as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

Michelle Simoneau
Petitioner

Zuspann & Zuspann, P.A.
1002 Broadway Ste B.
P. O. Box 968
Goodland, Kansas 67735-0968
Phone: (785) 890-6555
Attorneys for Petitioner

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PUBLIC NOTICE

Terracon Consultants, Inc. doing business as Verizon Wireless is proposing to construct a 295 foot self-support telecommunications tower with associated equipment placed within a 100 foot by 100 foot lease area in an agricultural field located west of the intersection of County Road Q and County Road 4 near Brewster, Thomas County, KS (Terracon project # 02119001). Any interested party wishing to submit comments regarding the effect the proposed telecommunications tower may have on any historic property may do so by sending such comments to Terracon Consultants, ATTN: NEPA Dept., 13910 W 96th Terr., Lenexa, KS 66215.

Published in the Goodland Star-News, Friday, January 28 and February 4, 2011.

PUBLIC NOTICE

Terracon Consultants, Inc. doing business as Verizon Wireless is proposing to construct a 295 foot self-support lattice telecommunications tower with

associated equipment placed a 100 foot by 100 foot lease area in an agricultural field southeast of the intersection of Road 2 and Road 63 in Kanorado, Sherman County, KS (Terracon project # 02119001). Any interested party wishing to submit comments regarding the effect the proposed telecommunications tower may have on any historic property may do so by sending such comments to Terracon Consultants, ATTN: NEPA Dept., 13910 W 96th Terr., Lenexa, KS 66215.

Published in The Goodland Star-News, Friday, January 28 and February 4, 2011. Defendants.

NOTICE OF ANNUAL MEETING OF THE SHERMAN COUNTY CONSERVATION DISTRICT

To all qualified electors residing within the boundaries of the Sherman County Conservation District, notice is hereby given that pursuant to K.S.A. 2-1907, as amended, on the 15th day of February, 2010, at 6:30 p.m. an annual meeting of the Sherman County Conservation District will be held at the VFW, 8th and Main, Goodland, KS.

The meeting agenda shall include the following business items:

ONE: The supervisors of the Sherman County Conservation District shall make full and due report of their activities and financial affairs since the last annual meeting.

TWO: They shall conduct an election by secret ballot of qualified electors, there present, of one supervisor to serve for a term of three years from date on said meeting.

The term of Lynn Ihrig is expiring.

All in the county of Sherman in the State of Kansas.

By
Lonnell Whiteker
Chairperson
Sherman County Conservation District

Attest
Sandra Rodgers
Manager/Secretary

Published in The Goodland Star-News, Friday, February 5 and 12, 2010.