

Kansas in full bloom



Fields of sunflowers are finishing blooming as fall and harvest near. This sunflower was photographed in a field near Goodland recently.

Photo by Tom Betz
The Goodland Star-News

Fewer adults are smoking cigarettes

Fewer American adults are smoking cigarettes according to a new "Vital Signs" report from the Center for Disease Control and Prevention. Also, daily smokers are smoking fewer cigarettes each day, it says.

The report, which covers data from 2005 to 2010, shows an estimated 19.3 percent or 45.3 million of American adults, aged 18 and 18, continue to smoke, a decline from 20.9 percent in 2005. Of those adults who smoke, 78.2 percent (35.4 million) smoke every day.

The percent of U.S. adult daily smokers who smoke nine or fewer cigarettes per day rose to 21.8 percent in 2010, up from 16.4 percent in 2005. The percent who smoke 30 or more cigarettes per day fell from 12.7 percent to 8.3 percent during the same period.

"Any decline in the number of people who smoke and the number of cigarettes consumed is a step

in the right direction. However, tobacco use remains a significant health burden for the people of U.S.," said Center for Disease Control and Prevention Director Tom Frieden, M.D., M.P.H. "States with the strongest tobacco control programs have the greatest success at reducing smoking."

"You don't have to be a heavy smoker or a long-time smoker to get a smoking-related disease or have a heart attack or asthma attack," said Dr. Frieden. "The sooner you quit smoking, the sooner your body can begin to heal."

Although data from the center's National Health Interview Survey show few American adults are smoking, the rate of decline between 2005 and 2010 is slower than in the previous five-year period.

"This slowing trend shows the need for intensified efforts to reduce cigarette smoking among adults,"

said Tim McAfee M.D., M.P.H., director of the center's office on smoking and health. "We know what works: higher tobacco prices, hard-hitting media campaigns, graphic health warnings on cigarette packs and 100 percent smoke-free policies, with easily accessible help for those who want to quit. These approaches are proven to decrease smoking and reduce the health burden and economic impact of tobacco-related diseases in the U.S."

Tobacco use remains the leading preventable cause of death and disease in the U.S. Tobacco use and exposure to secondhand tobacco smoke kill an estimated 443,000 Americans each year. For every one smoking-related death, another 20 people live with a smoking-related disease.

In addition to the loss of human life, smoking costs about \$193 bil-

lion annually in direct health care expenses and lost productivity. Tobacco control programs that have been proven to reduce smoking also have been proven to reduce the health care costs directly related to tobacco use.

Smokers can get free resources and help quitting by calling 1-800-QUIT-NOW (784-8669) or visiting www.smokefree.gov.

"Vital Signs" is a Center for Disease Control report that appears on the first Tuesday of the month. The report provides the latest data and information on Key health indicators. These are cancer prevention, obesity, tobacco use, motor vehicle passenger safety, prescription drug overdose, HIV/AIDS, alcohol use, health care-associated infections, cardiovascular health, teen pregnancy, asthma and food safety.

Provided by the Sherman County Health Department.

rotary

Goodland Rotary club met Friday at the Northwest Technical College. Club president, Marty Melia, called the meeting to order with a prayer and the pledge of allegiance and greeted 22 members and three guests. Guests included John Toppliff, Colten Klemm and Brent Wood.

Melia gave a recap of the board of director's meeting held Wednesday. Included in the recap was the announcement the new member application of Bill Biermann, school superintendent, had been approved.

The board approved and sent to Rotary International a matching grant application to help fund a rolling shelter to cover the Kiddie Car ride at the fair grounds sponsored and operated by Goodland Rotary. Rotarian of the day, Donna Price,

introduced her guest, Brent Wood, chairman of the Flatlander Fall Festival, who provided the program for the meeting. Wood gave the club members a summary of the schedule of activities for this year's festival which runs September 23, 24 and 25.

Wood mentioned important changes to this year's schedule of events included a new start and ending time for Saturday. The festival on Main Ave. will open at 9 a.m. and close at 3 p.m. instead of 10 a.m. and 4 p.m. as in the past.

Wood said additional volunteers are needed to help with this year's festival and anyone interested in helping should contact him immediately.

For providing the program, Goodland Rotary will donate a book to the birthing center of Good-

land Regional Medical Center in Wood's name. The book, The Brain Game, describes for parents of new borns various activities to stimulate development of the brain at different stages from birth through 24 months.

A donation of The Brain Game book to parents of newborns is in keeping with one of the goals of Rotary International, to enhance

literacy around the world.

Chet Ross will be the Rotarian of the Day next meeting and will provide the program. Royal Reid was the winner of the weekly drawing and donated his winnings back to the club for the PolioPlus program to eradicate polio around the world.

Dick Liess

matters of record

Bankruptcies

Cases filed in the U.S. District Bankruptcy Court, 167 United States Courthouse, 401 N. Market Street, Wichita. Definitions: Chapter 7, liquidation, business or personal; Chapter 11, business reorganization; Chapter 12, farmer reorganization; Chapter 13, personal reorganization. Dba: doing business as; aka: also known as.

Goodland
Nonamaker, Rodney Ray, liabilities \$46,069, assets \$5,125.

Classifieds work!
899-2338

PUBLIC AUCTION

TRAILERS / ANTIQUES / TOOLS / FURNITURE / APPLIANCES / MISC.

SATURDAY, SEPTEMBER 17, 2011 @ 10:00 AM

AUCTION LOCATION: 4-H BUILDING, N. HWY 25, ATWOOD, KS

Sellers: **Bill & Linda Ficken & Et al**
Glad Real Estate / Rocky Hayes - Auctioneer

415 State, Po Box 173 Atwood, KS 67730 Office: 785-626-2039 Cell: 785-626-4022

Terms: Cash day of sale. not responsible for accidents. announcements made day of sale shall take precedence over printed matter. Persons not personally known by the auctionfirm must have a letter of credit from the banking institution. Visit our website for additional pictures @ www.gladrealestate.com
Lunch Will Be Served

FUN BY THE NUMBERS

				1	6	5		
8	5	3		4	7			
			7			3	9	8
	6	5		3		8		1
7	4		5		8			3
3	8			7			4	9
5								
	3	7		6	9	4	8	
					9	3	6	

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Level: Beginner

Crossword Puzzle

1	2	3		4	5	6		7	8	9
10			11		12		13		14	
15			16		17			18		
19				20			21			
22			23	24		25			26	27
	28		29			30		31		
		32						33		
	34	35				36	37	38		
39					40					
41					42			43	44	
45			46	47		48			49	50
		51			52	53		54	55	
56	57				58			59		
60				61				62		
63					64				65	

CLUES ACROSS

1. Popular TV network
4. Dreaming sleep state
7. Microgram
10. Yemeni monetary unit
12. Mild yellow Dutch cheese
14. The outward flow of the tide
15. Pole (Scottish)
17. Acts as assistant
18. Portable container for an object
19. Fill with high spirits
20. Two channel sound systems
22. Defunct art magazine
23. Noncommercial TV network
25. Asian court attendant
28. African overland journeys
31. A cable car
32. A feudal lord entitled to allegiance
33. Gambling town
34. In an honest way
39. Apothecaries' unit
40. Long times
41. Ventilates
42. Obsolete petroleum
45. Part of a dress above the waist
48. US Sec. of Energy
49. Lime or lemon drink
51. Dizziness
54. Make second offer
56. Mains
58. Popular carbonated drink
59. Tested and proved to be reliable
60. Barristers collectively
61. Color properties
62. Small ornamental ladies' bag

CLUES DOWN

63. Guillemot
64. Unit of a tennis match
65. Point midway between S & SE
1. Shaped like a curve
2. Onion rolls
3. A dressing room beside the sea
4. Transfer to a different position
5. Copyread
6. Produced
7. One who gauges dimensions
8. Ed Murrow's network
9. Gigabit ethernet
11. Allow
13. Nothing more than specified
16. Restore to working order
18. Show differences when compared
21. Atomic #63
24. La ___ Tar Pits, Hollywood
26. Stick used as a walking aid
27. Group health insurance
29. Lightweight carbon papers
30. A closed litter for one passenger
34. Cold (Spanish)
35. Ant bear
36. Seashore
37. 19th Hebrew letter
38. Free from injury
39. Gentle tap
43. Recurrent patterns of behavior
44. Words of farewell
46. Atomic #24
47. A way to make into a print
50. Singer Fisher
52. Promissory notes
53. Great merriment
55. Before
56. Helps little firms
57. Cologne

The crossword puzzle brought to you by:

The
Goodland Star-News

1205 Main, Goodland, Kan. 67735
(785) 899-2338