



Carlotta McDermott of the Butterfly Cafe holds the afghan she is taking bids on.
Photo by Pat Schiefen/The Goodland Star-News

Woman to sell afghan; participates in walk

It's time again for the Multiple Sclerosis Walk, said the manager of the Butterfly Cafe, Carlotta McDermott. She has an afghan she is taking bids on until Friday, April 20, as part of her fund raising efforts. The afghan was made by Nyla Finley.

McDermott and her family began participating in the MS Walk because her sister Marion has the disease. They have been walking for 13 years. The walk she participates in is Saturday, April 21,

at Carey Park, Hutchinson. She also raises money through letters and collection jars.

Her sister, she said, got the disease when she was in her 30s. They have made some progress fighting the disease. The medicines are better and people with the disease live longer.

McDermott said there are two others in Marion's graduating class of 1978 that have MS. There are others in the community.

Other family members that are participating in the walk are her dad, Kenneth Corke; her sister, Marlene and her husband Don Regehr of Great Bend and their two children Madison and Ellison; and Marion Corke of Great Bend, who rides on a scooter. Their mother Delores Corke also walked when she was alive.

To contact McDermott call 890-2085.

Remove dead pines before wilt can spread

The Kansas Department of Agriculture is encouraging Kansans with dead pine trees to properly remove the trees during the month of April.

This month marks an important time to prevent the spread of pine wilt. Pine trees that are killed by the pine sawyer beetle that moved the disease from tree to tree.

Pine sawyers are a fast-moving parasite that borrows into pine trees feeding on resin canals. Pine sawyers generally emerge from dead pine trees in May and continue through July.

Emergence of these pests likely will be earlier this spring if warm conditions persist.

"It is important to destroy dead pine trees in order to slow the spread of pine wilt in Kansas," said Kansas Department of Agriculture plant pathologist Jon Appel. "Removal and cleanup of all branches more than an inch in diameter has proven effective in stopping or at least slowing the disease."

Trees that have died of pine wilt

Homeowners should take the dead pine trees to a nearby landfill where the trees will be burned. The wood may also be chipped or buried to stop the cycle. However, those chips should not be used as mulch on pines.

Wood from a removed pine tree also should not be used for firewood. Any movement of the wood or delay in burning it may allow the pine sawyers to emerge and start a disease outbreak.

Pine wilt is a disease specific to pines. Pines affected include Scotch, Austrian, Mugo (shrub pine) and a few others. The disease is generally not found in native North American pines such as the Ponderosa and Eastern White.

Pine wilt disease is established in the eastern half of Kansas but can still be controlled. The disease has been successfully eradicated in several communities of western Kansas.

The Kansas Department of Agriculture, Kansas Forest Service,

Kansas State University and Extension Service, landowners and horticulture groups are working to limit, delay and mitigate the spread of pine wilt disease into the western half of Kansas through the Pine Wilt Initiative.

Testing of suspect trees is a critical step in keeping the disease out of those communities where pines represent a large percentage of the forest.

In addition to removing dead trees, Kansans with pines displaying pine wilt symptoms should notify their local extension agent or the Kansas Department of Agriculture Plant Protection Program at (785) 862-2180. Symptoms include wilting and needles turning a dull green. If conditions are hot and dry, the tree rapidly dies with needles turning brown and resin stopping to flow.

For information on pine wilt go to www.ksda.gov/plant_protection/content/350/cid/12276.

Stay healthy with Medicare's preventative benefit program

Reduce your sugar and sodium intake. Drink more water. Get moving. Log eight hours of sleep.

There are so many health messages clamoring for our attention on a daily basis, even the most health conscious person can feel overwhelmed. The older we get, many of us adopt the attitude that there is not much we can do to control or improve our health.

Now stop right there!

One simple way to take care of yourself and stay healthy is to team up with your doctor to get the screenings and vaccines needed to detect and prevent illness. And as a result of the new health care law, the Affordable Care Act (ACA), everyone on Medicare can take advantage of free preventive health benefits. To find out specifically how ACA will personally impact your health care options, visit www.aarp.org/healthlawguide.

If you are insured by Medicare, set aside some time to learn about all Medicare offers you at www.aarp.org/Medicare.

But before adding another thing to your to-do list, spend a few minutes and continue reading about three easy-to-follow tips for staying healthy.

AARP Staying Healthy Tip: New Medicare beneficiaries should schedule a "Welcome to Medicare" appointment with your doctor during your first year of coverage.

The one-time "Welcome to Medicare" preventive visit is free for patients whose doctors accept Medicare, but it must be conducted

within the first twelve months after enrolling in Part B. At this visit, your doctor should:

- complete a comprehensive review of your medical and family health history;
- check your height, weight and blood pressure;
- calculate your body mass index;
- do a simple vision test;
- give you advice to help you prevent disease, improve your health and stay well; and
- make appropriate referrals when necessary.

AARP Staying Healthy Tip: Schedule a "Medicare Yearly Wellness" visit and use your appointment time to talk to your doctor.

If you're not new to Medicare, but have received coverage for more than twelve months, you too can schedule time to talk to your doctor during a "Medicare Yearly Wellness" visit. At this visit, your doctor should:

- complete a comprehensive review of your medical and family health history;
- check your height, weight and blood pressure;
- review your current medicines;
- schedule recommended shots and screenings; and
- advise you on personal medical issues and treatment options.

Use your visit as a time to talk to your doctor about your health, review the medications you take, and make a proactive plan to keep you healthy. Your plan should include information and important dates

about the vaccines and screenings that are right for you. Take advantage of every chance to talk with your doctor. Call your doctor's office and be sure to clearly state that you are scheduling your "Medicare Yearly Wellness" visit. Be prepared with your questions and bring paper and a pen with you to your appointment.

AARP Staying Healthy Tip: Find out what vaccines and screenings you need, when you need them, and how frequently.

Your doctor may suggest recommended vaccines to prevent flu and pneumonia and schedule screenings or tests such as:

- Cardiovascular screening
- Blood pressure
- Blood cholesterol
- Body Mass Index
- Diabetes screening
- Colorectal cancer screening

Additionally, your Medicare co-payment may vary depending on the type of screening and treatment provided. For example, if your doctor finds a benign growth during your colorectal cancer screening, he or she may remove it at that time and you may need to pay the Medicare co-payment for this extra procedure. Paying a copayment today for a preventive screening is a good investment in a healthier tomorrow.

Visit AARP's website to learn more about Medicare at www.aarp.org/medicare. To make your voice heard on the future of Medicare and Social Security visit www.earnedday.org.

Sherman County 4-Hers compete at Regionals

The Sherman County 4-Hers competed at Regional 4-H Day Friday, March 30, at Brewster. The results are as follows:

Junior demonstration: Truman Hooker, blue and Manten Crow, blue.

Junior project talk: Annika Linin, blue and Caleb Dechant, blue.

Intermediate demonstration: Parker Nemechek, red.

Intermediate project talk: Ashley Anderson, blue and Ryan Volk, blue.

Senior illustrated talk: Dani Mangus, blue and Cody Hooker, blue.

Junior piano: Annika Linin, blue.

Intermediate piano: Kinsey Volk, blue.

Intermediate instrumental: Jamie Nemechek, red.

Junior vocal solo: Ryan Berls, blue.

Intermediate vocal solo: Layne Goodwin, blue.

Senior vocal solo: Dani Mangus, blue.

Junior reading: Ryan Berls, blue-regional and Manten Crow, blue-alternate to regional.

Intermediate reading: Ella Ihrig and Taitem Ketter, blue.

Intermediate dance: Jessi Duell, Jade Artzer and Taitem Ketter, red.

Other talent - TaeKwan Do: Manten Crow, Jarek Crow and Trent Coon, blue.

Skits: Sunflower 4-H Club, blue.

Homeowners need to beware of mortgage settlement calls

Kansas Attorney General Derek Schmidt has warned homeowners to beware of phone solicitations from scam artists claiming to provide assistance related to the recent national mortgage settlement.

"It is illegal to charge an upfront fee for loan modification services," Schmidt said. "Third parties that claim to off homeowners access to funds under the national mortgage settlement may be operating a scam. Homeowners receiving such solicitations should not provide any personal or financial information and should report the solicitation to the Kansas Attorney General's Consumer Protection Division."

Kansans seeking relief under the state's recent \$49 million mortgage settlement should avoid falling prey to scams that often arise around

high-profile settlements. Schmidt offered this advice:

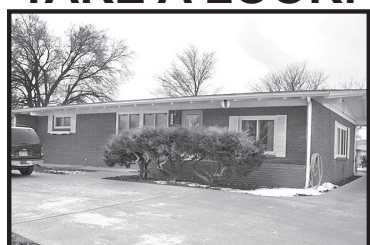
- Do not give your personal financial information to a solicitor such as your bank account number, social security number or even the name of your loan servicer. You bank will already have this information.
- Never pay an up-front fee for mortgage-related services.
- Call your bank to see if you qualify for relief under the settlement.
- Be skeptical of third party phone solicitations. Only your bank or loan servicer can assist you with regard to the recent national mortgage

settlement.

If you think you may be eligible for relief under the national mortgage settlement, call your bank directly.

Schmidt also urged consumers seeking information on the mortgage settlement to visit the attorney general's website, www.ag.ks.gov mortgage, or call the toll-free consumer hotline at (800) 432-2310.

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Assault Poker Tournament

Saturday, April 14th, 2012
Registration: 1 p.m. Start Time: 2 p.m.

Twisters Bar and Grill
735 E. College Dr., Colby KS

- Suggested donation: \$30 at the door
- Pre-register donation \$25

All proceeds go to Options Domestic and Sexual Assault

<p>Cash Prizes 1st Place: \$350 2nd Place: \$150 3rd Place: \$75 4th Place: \$30</p>	<p>Other Prizes for: Bad Beat Top Female Finisher First Person Out and Many More!</p>
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(All prizes based on 40+ participants)

Contact Aimy to pre-register or for any questions: (785) 462-0427

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