

Merry Christmas

The Goodland Star-News

1205 Main Avenue, Goodland, KS 67735 • Phone (785) 899-2338

MIDWEEK
Tuesday, Dec. 25,
2012

\$1


Volume 80, Number 103

8 Pages

Goodland, Kansas 67735

weather report

34°
9 a.m.
Saturday



Today
• Sunset, 4:29 p.m.

Wednesday
• Sunrise, 7:05 a.m.
• Sunset, 4:30 p.m.

Midday Conditions
• Soil temperature 34 degrees
• Humidity 49 percent
• Sky mostly sunny
• Winds northwest 10 mph
• Barometer 30.02 inches and rising
• Record High today 74° (1950)
• Record Low today -7° (1918)

Last 24 Hours*
High Friday 48°
Low Friday 14°
Precipitation none
This month 0.35
Year to date 9.37
Below normal 10.15 inches

The Topside Forecast
Today: Cloudy with a 50 percent chance of snow after 8 p.m., a high near 17 and a low around 0. Wednesday: Mostly sunny with a high near 23 and a low around 10.

Extended Forecast
Thursday: Partly sunny with a 20 percent chance of snow at night, a high near 29 and a low around 14. Friday: Partly sunny with a 20 percent chance of snow and a high near 28 and a low around 14.
(National Weather Service)
Get 24-hour weather info. at 162.400 MHz.

Decorated for the holidays



This house on Circle Drive is one of many around Goodland lit up for the Holiday season. Many residents have spent long hours on their displays, putting out strings of moving lights, nativity displays or inflatable Santas.
Photo by Pat Schiefen/The Goodland Star-News

Tax gets lukewarm reception from city

By Kevin Bottrell

kbottrell@nwkansas.com

At their regular meeting Dec. 17, the Goodland City Commission stopped short of fully endorsing the Goodland School District's request to put a sales tax on the ballot, but most said they think the issue should go before voters.

Superintendent Bill Biermann and several school board members came to the commission meeting with a formal letter asking the city to consider putting a 1/4 cent sales tax on the April 2 ballot. The district has been planning a project to renovate North and

West Elementary Schools and Goodland High School.

"You guys control whether this goes before the voters," Biermann said, addressing the commission.

With the 1/4 cent sales tax, the proposed bond issue would come down to 8 1/4 mills in property tax.

The commission did not make a decision at the meeting. City Manager Doug Gerber said he would have a draft resolution ready in time for the Monday, Jan. 7, meeting.

Commissioner Bill Finley said he had spoken to several business owners in town

who said they were not in favor of raising the sales tax because they would face stiffer competition from Burlington, which already has a lower sales tax.

"It's an unfair way to go after the money," he said, "and it could hurt us economically."

Biermann said the commission had discussed that issue at length, which was why the sales tax side of the proposal ended up on the low end of the options they considered.

Finley said he also thought the proposed new property tax was also a burden.

"We're having some hard times," he said. Biermann said people could vote down the

sales tax but approve the bond. If voters approve the sales tax but not the bond, the sales tax would be null and void.

Commissioner Gary Farris said he doesn't like the sales tax, but the issue should be brought to a vote. Mayor John Garcia said it is a decision that shouldn't be taken away from the voters.

In other business, the commission:
• Approved a bid for tree removal from Sunrise Lawn Service in Burlington for \$5,255. There were five other bidders: Floyd

See CITY, Page 5

local markets

9 a.m.

Wheat — \$7.82 bushel
Posted county price — \$7.86
Corn — \$7.03 bushel
Posted county price — \$7.08
Milo — \$6.63 bushel
Soybeans — \$13.46 bushel
Posted county price — \$14.40
Millet — \$14 hundredweight
Sunflowers
Oil current crop — \$23.50 cwt.
Confection — no bid
Pinto beans — \$28
(Markets by Scouler Grain, Sun Opta, Frontier Ag and 21st Century Bean. These may not be closing figures.)

County budgets for ambulances

By Kevin Bottrell

kbottrell@nwkansas.com

The ambulance budget has been completed for the next year. Ambulance Director Dwayne Wright and Billing Director Eric Albright told the county commissioners at their regular meeting last Tuesday.

Albright said they had to make some guesses since this will be their first year, but they based it on a 70 percent recovery rate on the bills sent out. In addition to Albright and Wright, there will be three full-time and two part-time employees including one paramedic.

One ambulance was getting its radiator replaced last week, they said, which will be paid for by the hospital.

In other business, the commissioners:

• Voted to charge the racing committee a flat rate per race of \$500. The county had been charging \$500 per race, then subtracting or adding based on actual costs, such as water used.

• Heard from Charlie Krull from Blue Cross Blue Shield about the

See BUDGET, Page 5

Workforce specialist in town part time

By Christina Beringer

colby.society@nwkansas.com

A Colby woman is helping people in Thomas and Sherman counties find jobs, learn skills and prepare for interviews — and helping businesses find qualified workers.

Bronwyn Bitner, who has lived in Colby for 14 years, took the position with the Local Area 1 Workforce Investment Board, known as Kansas WorkforceONE, on Nov. 1, and has offices in Colby and Goodland. She replaces Patti Purvis, who retired in September.

She's in Goodland on Mondays and Thursdays at 720 Armory Rd. Her phone number is (785) 443-4607.

Kansas WorkforceONE, based in Salina, is an affiliate of KansasWORKS, the state job service, which is part of the Department of

Commerce. It covers 62 counties, including all of western Kansas. KansasWORKS closed a state-staffed job office in Colby which had served this area until April 2012.

"We provide workforce investment activities that increase employment, retention and earnings of participants," Bitner said, "and our efforts are part of the Workforce Investment Act, which was put into (law) for the purpose of federal reform of the workforce development system."

By helping people look for a job and prepare them for the workforce, Bitner said her office can increase job seekers' confidence during an interview and help them to ultimately get a job they enjoy and are good at. And, she said, all of her services are

See WORKFORCE, Page 5



Bitner

What to do on your days off



Two of the many kids visiting the Goodland Activities Center during the winter break for school Friday afternoon. Several were shooting baskets.
Photo by Pat Schiefen/The Goodland Star-News

Kansas officials meet on drought relief

Governor Sam Brownback and other Kansas officials identified plans to assist communities, businesses, farmers and ranchers in coping with decreasing water supply and historic dry conditions at a meeting Thursday.

The Governor asked all Kansans to do their part and take conservation seriously.

"We can't predict the end date of this drought," Governor Brownback said. "I am asking all Kansans to please take steps to reduce their water usage and be conscious of fire hazards. There have been examples of communities cooperating to respond to this drought, but we need all Kansas communities working together to conserve, provide as-

sistance and resources to reduce the damage of this drought."

The meeting included Kansas Adjutant General Maj. Gen. Lee Tafanelli; Kansas Secretary of Agriculture Dale Rodman; Kansas Secretary of Health and Environment, Division of Environment Director John Mitchell; Kansas Wildlife, Parks and Tourism Secretary Robin Jennison and Kansas Water Office Director Tracy Streeter.

The main message shared by state leaders was cities and rural water districts need to measure their current water supply as well as review and use their conservation and drought emergency plans. They need to evaluate their experience from this past year and update

those plans to make sure they are prepared to address water supply needs should the drought continue as predicted.

Governor Brownback reminded citizens of the website, Drought.ks.gov, which provides drought information for all Kansans. It provides easy access to specific drought information, as well as links to state and federal resources for farmers and ranchers, small businesses, Kansans, and cities and counties.

The Governor's Drought Response Team will continue to watch the situation closely and work to minimize the effects the drought has on Kansans.

inside today

More local news, views from your Goodland Star-News



Wrestlers fall to Colby

The Goodland High School wrestling team lost to Colby on Thursday.
See Page 8



open house

Vida Young will turn 100 on her birthday of January 1, 2013. Friends and family are hosting an open house from 2 to 4 p.m. on Saturday, Dec. 29, 2012, at the Good Samaritan Center, 208 W. Second, Goodland. Cards may be sent to her there.

patient news

Taylor Finley has been moved to a rehab hospital. Cards and letters can be sent to him at Craig Rehab Hospital, Room 216A, 3425 South Clarkson Street, Englewood, Colo. 80113.

genesis and salvation army

Genesis and Salvation Army are available year round to help those in need. Please call 785-890-2299 to speak to a volunteer.

activities

Tours of the 1907 Victorian House at 202 W. 13th are from 1 to 5 p.m. Wednesday through Monday. Closed on Tuesday.

The High Plains Museum, 1717 Cherry Ave., is open from 9 a.m. to 5 p.m. Monday, Wednesday through Saturday and from 1 to 5 p.m. Sunday. Closed Tuesdays.

The Carnegie Arts Center is open from 10 a.m. to 5 p.m. Tuesday through Saturday, 1 to 4 p.m. on Sunday and 1 to 6 p.m. on Monday at 120 W. 12th. The center is always in need of hosts and hostesses on Sundays. New monthly exhibits and you are invited to visit the gift shop.

The Goodland Public Library is open from 10 a.m. to 8 p.m. Monday through Thursday and from 10 a.m. to 5 p.m. Friday and Saturday. For information call (785) 899-5461 or stop by the library.

Big Brothers/Big Sisters of Sherman County is seeking mentors and children to mentor. Call 890-3665.

The Good Sam Family Support Council meets at 7 p.m. the second Thursday of every month at the Goodland Elks Lodge. Meetings are open to all interested people. For information call 890-3117 or 890-5936.

Breast Cancer Support Group meets at 5:30 p.m. the second Monday of the month. Any woman with cancer is welcome. Call Norma at 890-6629 for more information.

The Goodland Activities Center has the daily activities. For information call 890-7242. Memberships options for everyone including day passes for \$5. Visit goodland-gac.com or stop by 808 Main.

Aerobics with Tena Thompkins at 5:30 a.m. on Monday, Wednesday and Fridays. Aerobics with Lisa Malsom at 5:30 p.m. on Monday and Wednesday. High Impact Workouts with Grady Bonsall at 5:30 a.m. on Tuesday and Thursday. Taekwondo with Wayne Luckert on Tuesday at 5 to 5:30 p.m. Tigers, 5:30 to 7 Karate Kids and 5:30 to 7 p.m. adult. Wednesdays 5 to 5:30 p.m. Tigers, 5:30 to 6:30 p.m. Karate Kids and 5:30 to 7:30 p.m. adults.

Weight Watchers meets at 5:30 p.m. for weigh in and 6 p.m. for the meeting every Tuesday at the

the calendar

calendar

"Playing at Work" - work related games will be played on Saturday at the High Plains Museum, Carnegie Arts Center and the Goodland Public Library.

Jodie Tubbs of the Kansas Commission on Veterans Affairs will be in Goodland from 1 to 2:15 p.m. Thursday, Jan. 3, in the Assembly Room on the third floor of the courthouse to help veterans and dependents with claims. Call the office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

Prairie Land Food sign up will be until Monday, Jan. 14. Distribution is 1 to 2 p.m. on

Saturday, Jan. 26, at the Knights of Columbus, 7th and Caldwell, or at the Bernadine Johnson residence, located at 704 Walnut. For information call 821-1827, 821-1275, or 890-3793 or order online at www.prairielandfood.com. The Prairie Pak will have ground beef, ham steak, chicken thighs, tilapia, meat balls and seasonal fresh fruits and vegetables. The specials are salmon filets; boneless pork chops; breakfast box with breakfast bites, French toast sticks, hash browns and bacon; pizzas; and chicken wings.

Tuesday Flicks are at 1:30 p.m. at the Goodland Public Library, 812 Broadway. Call the library for the title of the movie at

899-5461.

senior menu

Today: Closed. Wednesday: Hamburger, tater tots or triangles, peas, bun and apricots. Thursday: Cook's choice entree, au gratin potatoes, seasoned carrots, bread and applesauce. Friday: Tuna and noodles, winter mix vegetables, mixed fruit, bread and cookie. Monday: Swiss steak, has brown casserole, beets, bread and pears.

school menu

Today to Jan. 7: No school winter break.

school calendar

Today to Jan. 7: Winter break.

Controlling volunteer trees

Though trees are a vital part of our landscapes, there are situations where volunteer trees need to be controlled. This is often a case of the wrong plant in the wrong place. If the tree is a desirable species, you may want to consider transplanting in the spring. If it is not, active control measures would be in order.



dana belshe

• ag notebook

Most trees resprout after cutting though some don't. Cutting those that don't resprout is an effective control method. For example, eastern red cedar is a very common species that will not resprout after cutting.

Those that do resprout include siberian elm, hackberry, osage orange (hedgeball), oak, ash, aspen, cottonwood, maple, sycamore, willow and many more. These trees will either need to be dug out or the cut stump treated with herbicide after cutting.

Note that when we say volunteer trees, we mean those that come from seed rather than suckers that come from the roots of an existing tree. The recommendations given in the remainder of this article are designed to kill these volunteer trees. Using herbicides on suckers will damage and very possibly kill the original tree. Trees that commonly produce suckers include tree of heaven, honey locust, black locust, hackberry, western soapberry, cottonwood, aspen, poplar, willow and box elder. It is also possible for larger trees of the same species to be root-grafted.

Even though root-grafted trees are not suckers, they do share materials between the individual root systems and therefore herbicides

used to treat one tree can be passed to its neighbor.

Let's say we have a tree we want to control that is a volunteer and there are no other trees of the same species close enough to be root-grafted that we do not wish to harm. What do we do? If the tree is any size, you probably do not want to dig it out, that leaves using a herbicide on the cut stump. Basal treatments are also possible but that is beyond the scope of this article. First decide what herbicide to use.

Triclopyr and glyphosate are the herbicides most commonly available to homeowners. Triclopyr is found in many brush killers and glyphosate is found in Roundup as well as numerous other products. Read the label before purchasing to make sure that a cut stump treatment is listed.

Most often the undiluted product is applied to the stump immediately after cutting. A paint brush is often used for the application though some people will dip their pruning shears in the products immediately before cutting. Regardless, it is important that the stump is treated immediately or at least within 5 minutes. Note that a paint brush with foam rather than bristles is less likely to drip.

Trees do not need to be actively growing to be controlled. Actually this time of year is a very good time to treat as long as applications are not made when the temperature is below freezing.

Harvest Evangelical Free Church, 521 E. Hwy. 24. For information call (785) 890-6423.

Goodland Alcoholics Anonymous, 1013 Center. If you drink alcohol, that's your business. If you want to stop, we can help. Call 821-3826 pr 728-7491.

Goodland Al-Anon Family Group meets at 6 p.m. on Fridays at First Christian Church, 711 Arcade. For information call Alice or Marilyn at 890-5914 or 821-2862.

The Incognito Group. If alcohol has made your life unmanageable. Our group meets at 7 p.m. on Tuesday and Friday at the First Christian Church, 711 Arcade. Goodland West entrance. Talking about it is the first step. (785) 728-7022 and (785) 501-8282.

The "Freedom Today" group of Narcotics Anonymous meets at 8 p.m. Tuesdays, 8 p.m. Fridays and 8 p.m. on Sundays at 1013 Center. Call 890-8369.

Bird City Alcoholics Anonymous group meets at 6:30 p.m. (Mountain Time) on Fridays at the Senior Center on 4th Street. Narcotics Anonymous meets at 6:30 (Mountain Time) on Tuesdays at the Senior Center. Call (785) 734-2734 for more information.

Stratton "AA by the Book" Alcoholics Anonymous group meets at 7 p.m. Thursdays for a beginners open meeting. Filies and young people welcome. Call (719) 348-5398 for men and (719) 346-8553 for women. On U.S. Highway 24 go to Statton and it is the second house on the left, 513 Iola Street.

Fibromyalgia and Chronic Myofascial Pain Support Group meets from 6:30 to 8:30 p.m. the third Wednesday of every month in the Emergency Medical Services building, 257 15th St., in Burlington. Call Debbie at 719-346-4612.

area events

Prairie Museum of Art and History, 1905 S. Franklin, Colby is open from 9 a.m. to 5 p.m. Central Time Tuesday through Friday and 1 to 5 p.m. Saturday and Sunday. On exhibit during the month of October is a selection of works from the art department at Colby Community College. The pieces in the show,

created by art instructor Rebel Jay and her students from several art classes, utilize a variety of media including acrylics, chalk, clay, paper and found objects.

thrif store

The Goodland Churches Thrift Shop, 1002 Main, is open 9 a.m. to 5 p.m. on Tuesday through Friday and 10 a.m. to 2 p.m. on Saturday. Donations welcome. For information call 890-2007.

health department

The Sherman County Health Department at 1622 Broadway is open from 8 a.m. to noon and 1 to 5 p.m. Monday through Friday.

Blood pressures; infants', children's and adults' immunizations; health assessments for Kan Be Healthy, daycare and school entry; fasting blood sugar and hemoglobin; and family planning available by appointment. Sharps containers are available free. WIC program available. Call 890-4888 or go to www.sherman.kansas.com.

If you have questions, concerns or complaints about child care, call the health department.

Water Testing — The Northwest Local Environmental Protection Group does well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the Health Department at 890-4888.

hospital volunteers

Gift shop hours are 9 a.m. to noon and 1 to 4 p.m.; a.m. and p.m. volunteers are in the gift shop.

early head start

Early Head Start is a state funded program for income eligible families with prenatal mothers and children up to age three. Families participate in a variety of educational activities and receive free medical and dental care.

Services include special needs of children with disabilities. If you have a family member with a special problem, such as drug or alcohol abuse, job loss or other family crisis, your family can qualify. Call 785-672-3125, ext. 187.

preschool

Sherman County Head Start is a free preschool for eligible 3 and 4 year olds. The federally funded program is targeted to families who meet certain economic guidelines and provides hearing, vision, dental and educational screenings. Parents are encouraged to get involved in their children's education. For information call 890-2552.

crimestoppers

If you have information about any crime, call the Goodland Area Crime Stoppers "Look Line" at 899-5665. Your call will be confidential and you will not be asked your name. If the information results in the arrest and/or conviction of those involved, you could be eligible for a reward of up to \$1,000. Goodland Area Crime Stoppers is a nonprofit organization formed by citizens against crime.

The police department can also be called at 890-4570.

family shelter

The Northwest Kansas Domestic and Sexual Violence Services provides help day or night to victims of domestic violence and sexual assault. Weekly support groups are available in Hays. Support group for women's domestic violence victims/survivors is from 3:30 to 4:30 p.m. Central Time on Wednesdays; a men's domestic violence victims/survivors support group from noon to 1 p.m. Central Time Tuesdays; and a youth support group is available by appointment. A sexual violence victims/survivors support group in Hays and a domestic violence support group to meet in Colby are being formed. If interested in joining or for information or help, call (800) 794-4624. In the Colby area, call (785) 443-1130.

animal shelter

Lost a pet? Call 890-4575 or go to www.petfinder.com and be sure to enter the Goodland zip code 67735. You can also call the Goodland Police Department at 890-4570 or Northwest Kansas Animal Shelter at 899-4398. Interested in adopting a pet? Call the animal shelter or go to the website www.nwkasgoodland.webs.com.

matters of record

Sherman County Bastille The following people were booked into the Sherman County Bastille:

Nov. 16: Juan Ramirez-Cortez, 20, Goodland, arrested by city police for battery and disorderly conduct.

Terry Carpenter, 51, Goodland, arrested by city police on warrant other jurisdiction for sexual assault of a child, incest.

Nov. 19: Joanna Osbanm 21, Goodland, arrested by sheriff's deputy on arrest and detain for probation violation.

Omar Salazar, 20, Goodland, arrested by sheriff's deputy on arrest and detain for probation violation.

Nov. 22: William Testerman, 37, Adrin Mo., arrested by state trooper on warrant arrest for other

jurisdiction. Nov. 24: James Wilson, 34, Kanorado, arrested by sheriff's deputy for driving under influence.

Tyson Owing, 33, Colby, arrested by Thomas county sheriff's deputy for arrest and detain for probation violation.

Kenneth Ferguson, 33, Stockton, arrested by Thomas county sheriff's deputy for theft.

Tyler Williams, 19, LaCroze, arrested by Thomas county sheriff's deputy for theft.

Nov. 26: Ivan Goodman, 31, Utica, arrested by sheriff's deputy for failure to appear.

Erica Sutherland, 23, Goodland, arrested by sheriff's deputy for sale or distribution of hallucinogenic drugs and arrange sale or purchase with a communication device.

Braden Lucas, 21, Goodland, arrested by sheriff's deputy for sale or distribution of hallucinogenic drugs and no drug tax stamp.

Nov. 28: Derrek Sandoval, 18, Rexford, arrested by Thomas county sheriff's deputy for probation violation.

Damen Siruta, 24, Goodland, arrested by Thomas county sheriff's deputy for probation violation.

Skykler Dubois, 20, Arvada, Colo., arrested by state trooper for driving under influence - D, possession of hallucinogenic drugs and possession of drug paraphernalia with intent to inject etc.

Nov. 29: Artemio Cruz, 33, Chicago, Ill., arrested by state trooper for failure to stop at injury accident and fail to report.

Dec. 1: Heriberto Vargas, 36,

Wray, Colo., arrested by state trooper for driving under influence, no vehicle insurance and false identification.

Dec. 2: Isreal Negrete, 23, St. Francis, arrested by city police for battery

Dec. 3: Luis Diaz, 48, Colorado Springs, 48 hour curfew entry.

Dec. 5: David Curry, 54, Goodland, arrested by state trooper for driving while suspended, speeding and no seat belt.

Goodland Star-News CELEBRATES COMMUNITY NEWSPAPERS WINNING NUMBERS 86% of adults read a newspaper at least once a week

Enjoy a night at the movies! NIGHTLY 7 PM The Hobbit: An Unexpected Journey 3D

The Goodland Star-News Ad Deadlines For Tuesday papers Friday Noon For Friday papers Wednesday Noon For Country Advocate Friday Noon You may call the ad in to (785) 899-2338 or stop by the Star-News at 1205 Main.

American Profile Celebrating Hometown Life See American Profile magazine in this week's issue of Your sponsorship could be right here! Brought to you by: The Goodland Star-News Call The Goodland Star-News today for more information! (785) 899-2338

LIKE YOUR BEST FRIEND, WE ARE ALWAYS THERE FOR YOU. SIT BACK AND ENJOY YOUR COMMUNITY NEWSPAPER. Goodland Star-News 1205 Main, Goodland • (785) 899-2338

Please Join Us For a Public Reception honoring Dale Schields who is retiring after 43 years as Director of Human Resources at GRMC • Friday, December 28 • 3-6 p.m. (Come & Go) • Hospital Main Lobby Goodland Star-News 220 W. 2nd St. (785) 899-3625 www.goodlandregional.com Your Access to Quality Healthcare

State health system ready

The Centers for Medicare and Medicaid Services have informed Kansas they believe the state has demonstrated it is prepared for a Tuesday, Jan. 1, start date for KanCare, the state's new system of integrated care for Medicaid and Children's Health Insurance Program beneficiaries.

"I want to thank the thousands of Kansans from across the state who worked with Lt. Gov. Jeff Colyer, M.D., Secretary Bob Moser, Secretary Shawn Sullivan and their staffs to craft a health care plan that is truly what Kansans want and need," Gov. Sam Brownback said. "Thanks to their efforts, we will have a Medicaid program that will work for Kansans."

Federal and state officials have been in intensive discussions about the state's Section 1115 demonstration application. As it has submitted documents to the federal agency, the state has been posting reports, draft waiver amendments and provider network summaries on its KanCare website, www.kancare.ks.gov/rediness_activities.htm.

"We thank CMS leadership and staff for the time and effort they have dedicated to this process and look forward to continuing these important meetings around our KanCare system," said the lieutenant governor, who is a physician. "Our work together will allow us to ensure a smooth transition for Kansans on Medicaid."

The state and the federal agency will continue work to finalize spe-

cial terms and conditions. The departments of Health and Environment and Aging and Disability Services are ready to launch KanCare following a nearly two-year public discussion on improving care for the 380,000-plus Kansans served by Medicaid.

KanCare includes provisions to ensure members continue to have access to their current doctors during the transition.

A summary of those provisions is available on the KanCare website: www.kancare.ks.gov/benefits_services.htm. Other protections include the creation of a KanCare consumer ombudsman, telephone hotlines and state oversight of the plans for members in home and community based services waiver programs.

The state worked with three health plans to achieve measurable goals, and to focus on wellness and care coordination. Savings are not achieved by reducing eligibility or payments to doctors, clinics and hospitals.

KanCare continues current benefits and adds services such as heart and lung transplants and bariatric surgery. Services such as adult preventive dental services, will be offered by the three plans at no cost to the state.

Each Medicaid client has been pre-enrolled in either Amerigroup of Kansas, Sunflower State Health Plan or UnitedHealthcare Community Plan, but members may switch to a different plan between now and April 4.



Tips to avoid holiday overeating

A Kansas State University nutrition specialist suggests that understanding food science can help people enjoy holiday meals and parties without adding extra pounds.

Traditional holiday foods often are high in calories, with more sugar and fat than most people normally eat, said Tanda Kidd, Kansas State Research and Extension nutrition and physical activity specialist.

The fat content typically provides the mouth a smooth, pleasing feel, but that's not the only reason to reach for more.

Sugar, a simple carbohydrate, triggers neurotransmitters that release hormones (including serotonin) that stimulate a sense of calm and well-being, Kidd said.

The body processes simple carbohydrates quickly, so the sense of well-being is short lived, and that also can prompt a reach for more high is short lived, and that also can prompt a reach for more high-calorie, fattening foods.

To manage holiday events without overindulging, Kidd recommends eating regular meals and perhaps also a snack before a late afternoon or evening event, rather than skipping breakfast and lunch to be able to eat more at a party or festive meal.

She advised eating a variety of foods, including high-fiber foods like fruits and vegetables that are

filling, and fiber-rich whole grain breads, crackers or cereals. These foods have complex carbohydrates that break down slowly to provide lasting energy and contribute to a full, satisfied feeling.

When not overly hungry, guests are more able to pick and choose holiday foods, rather than overindulge in foods that will likely be higher in calories and fat, Kidd said.

Some people have dietary restrictions and are advised to not eat - or to limit - certain foods or food groups, and that can be a burden.

"Saying 'I can't' when invited to enjoy holiday foods can increase stress, which can stimulate the appetite and food cravings," she said.

To enjoy the holiday foods without offending a host or hostess, Kidd suggested two responses:

- If full, politely say "No, thank you. I'm full."
- Choose a small portion - or a taste.

A one-inch slice of pie tastes the same as a three-inch slice of pie, but has one-third the calories, she noted.

The same advice, choosing a small portion and taking the time to enjoy every bite, also applies to family favorite holiday foods, she said.

These traditions may cause use to reflect on memories of past

holidays, but that shouldn't be considered reason for a second - or third - helping, said Kidd, who suggested reserving one or two holiday favorites for specific gatherings to stretch the enjoyment, yet trim a menu - and temptation.

Kidd also suggested adapting a recipe to reduce calories and fat. Examples could include making a pumpkin pie without a crust, substituting egg whites for whole eggs or evaporated skim milk rather than whole milk or cream, or choosing a similar recipe formulated to be lower in calories and fat.

If planning a family or potluck party, the nutrition specialist suggested making a special-occasion family favorite, enjoying a small serving and leaving the leftovers for others.

Kidd had some tips for managing the holidays successfully:

- Choose a small plate to sample, rather, than overindulge.
- Eat slowly. On average, it takes about 20 minutes (after food is ingested) for the body to process food and to signal the brain that hunger is satisfied.
- Consider liquid calories. A full 12-ounce serving of beer has about 150 calories, a five-ounce serving of wine averages 100 calories and an eight-ounce serving of eggnog has 200 to 300 calories.

Alcohol is known to impair sens-

es, and while we frequently are warned about drinking and driving, Kidd said alcohol also impairs judgment at the dinner or buffet table by causing people to lose their sense of how much they are eating.

- Schedule time for 30 or more minutes of physical activity five or more days a week to relieve stress and maintain body functions, including more restful sleep.
- Weigh yourself regularly, such as once a week, mid-week or weekly at the same time of day and with similar clothing.

Water weight can vary two to six pounds; if an increase is consistent, Kidd advises cutting back, rather than continuing to eat more calories than needed with a plan to diet in the new year.

Why do New Year's diets fail? According to Kidd, the eating season typically begins at the end of October with Halloween candy and extends until after Super Bowl Sunday parties and Valentine's Day chocolates.

After three to four months, a change in eating habits can be difficult to overcome, she said.

Information on food, nutrition and health is available at Kansas State Research and Extension offices in each of Kansas' 105 counties and online at www.ksre.ksu.edu or www.ksre.ksu.edu/humannutrition/.

Board members get recognition

Bill Biermann, Superintendent of Schools along with board members Teresa Sieck, Jessica Cole and Diane Stiles of the Goodland School Board have been honored by the Kansas Association of School Boards for participation in training programs.

Biermann, Sieck, Cole and Stiles received certificates for acquitting at least 25 Leadership Academy points.

The Kansas Leadership Academy encourages school board members and superintendents to seek continuing education to help them

become better district leaders. The association sponsors workshops and seminars throughout the year at which school boards members and superintendents receive points based on the length and content of each seminar. The points are totaled at the end of the program year. Certificates and pins are presented to board members and superintendents who receive at least 75 points. Certificates only are presented to those who receive at least 25 points. Boards with all seven members receiving 25 or more points also receive recognition.

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.

Visit
Facebook
The Goodland
Star News

Holiday Hours

Our office will be open Saturday,
December 29 from 8 a.m. to 12 p.m. MT
and closed Monday and Tuesday,
December 31 and January 1.

The Goodland Star-News

1205 Main Avenue, Goodland, KS 67735 • (785) 899-2338

Happy New Year!

Happy Holidays!

Expecting a Houseful of Relatives?
Get Rid of Them!
For an Afternoon of Wine Tasting at
the
CLAREMONT INN & WINERY

28 UNIQUE WINES CURRENTLY AVAILABLE!

Visit us on Facebook
Facebook.com/ClaremontInn

Wine Tasting Tickets make great Stocking Stuffers!
\$12.00/pair

Gift Baskets

CLAREMONT INN & WINERY
STRATTON, CO
719-348-5125

OPEN DAILY 1-6 PM

CLOSED December 25th

from our viewpoint...

Time to get rid of superfluous coins

The U.S. Mint is experimenting with new materials for making coins, hoping to reduce the cost of keeping people in change.

The Mint has tried 29 alloys on fake coins so far, ranging from aluminized steel to new mixtures of copper and nickel. One imperative is to keep the same "magnetic signature" as current coins, since many vending machines use that to validate what they take in.

The Mint says it's tried penny, nickel and quarter-sized coins with various materials, which are then tested for color, finish resistance to wear and corrosion, hardness and magnetic properties.

The test involve "nonsense dies," so no versions of real coins which might enrich collectors are made. Martha Washington appears on many wearing a bonnet, and the words are misspelled.

Why the bother?

Seems the Mint isn't getting its 2 cents worth. With copper and nickel prices soaring to record levels, it costs more than 2 cents to make a penny and about 7 cents to make a nickel today. Dimes and quarters are made with a copper-nickel "sandwich," and the Mint says, just reducing the amount of nickel in the alloy could save millions.

Obviously there's money to be saved here, as well as made, but we think the Mint is on the wrong track.

Instead of finding a cheaper way to make pennies, we should just get rid of them, as Canada is doing. Nickels, too.

A 1950 dollar is worth little more than a dime today, so it follows that our pennies are worth only about a mill today, or one one-thousandth of a cent. Most people won't bend over to pick one up. The calories spent probably cost more than the coin.

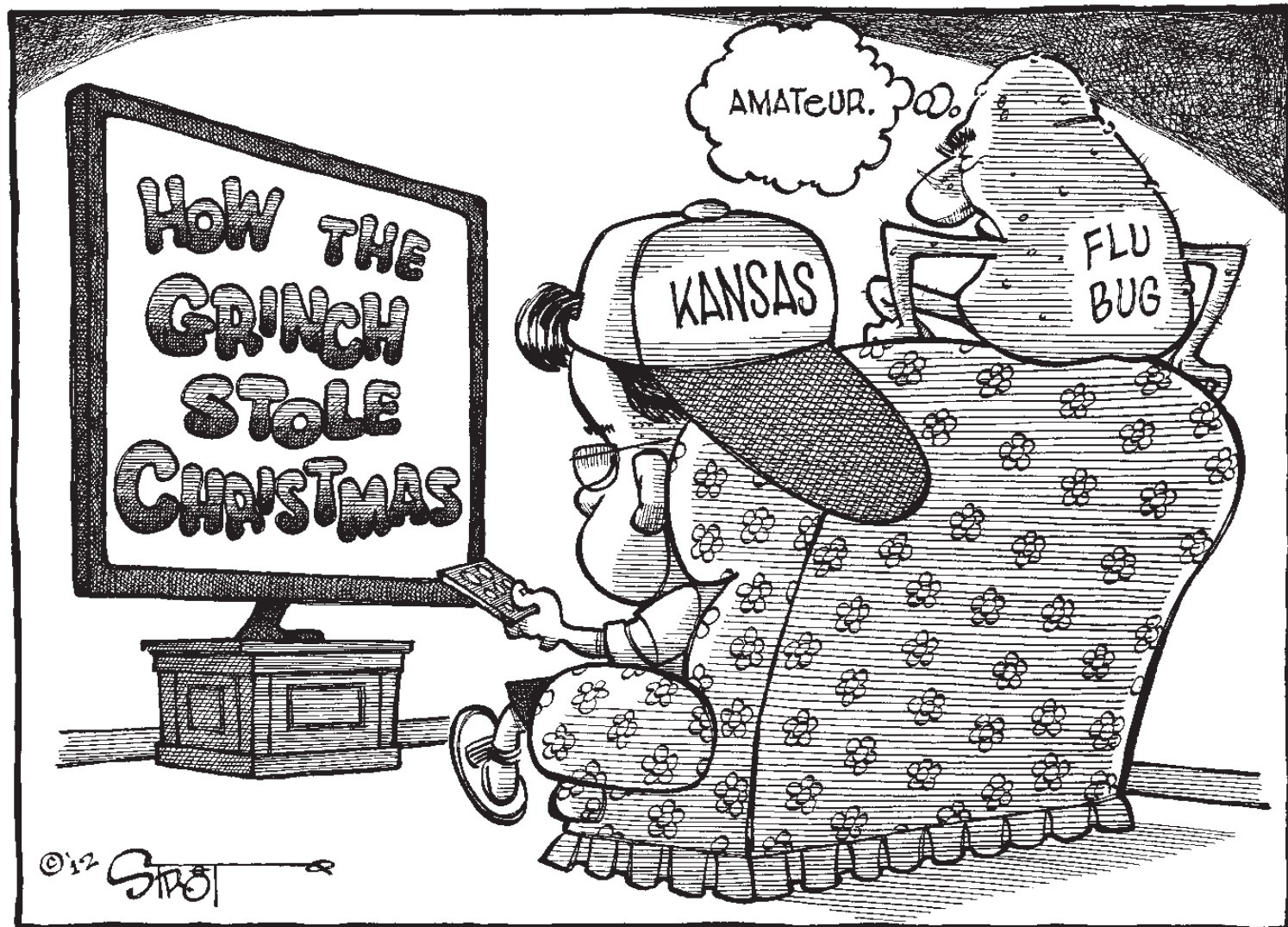
Billions could be saved by not minting pennies and nickels, but there's bigger game. The Treasury estimates that eliminating the \$1 bill could save \$4.4 billion over 30 years. These could be replaced by existing \$1 coins, which have not been popular, mostly because merchants don't have a slot for them in cash-register drawers.

But dropping the mostly worthless small change would solve that problem, and eliminating \$1 notes would thin out our billfolds. Sure, it might be a sacrifice to change our habits. With the government deep in debt, though, we've got to start somewhere.

Coins and currency make as much sense as anything.

Even though there'd be complaints, we think people would adjust pretty quickly. Unless something changes, coins are not going to get any cheaper.

So break out those dollars and let's get with it. — Steve Haynes



Holiday traditions endure

Everyone has their particular peculiar holiday traditions. Some families I know open all their presents on Christmas eve, while some churches prefer not to even make a big deal out of Christmas.

In my family, the most important tradition is to be together, even if only for a few days. For the past six Christmases I have lived in another state from my parents, and my brother moved away well before that. Still, even though sometimes we have had to fly or curtail our holiday visit because of blizzards, there has only been one time in the past 13 years when both of us haven't managed to make it home.

We have other things we like to do as well, like sit down for a Christmas dinner (though not necessarily on the day itself) and see the



kevin bottrell

• simple tricks and nonsense

others of our family that are scattered around Colorado and Wyoming. We also have a tradition of going to a Barnes and Noble and buying gifts for each other. We all go together, then when we're done we go to a Starbucks and exchange the gifts.

Since I've been living on my own I've developed a holiday tradition or two which

are unique to me. The chief among these is watching my favorite Christmas movie: "Santa Claus Conquers the Martians." It isn't my favorite because it's a good movie; rather it's my favorite because it's an utterly terrible abomination of a movie.

Back in the 1990s there was a show on cable called Mystery Science Theater 3000. In the show, a man and two robot puppets would sit in front of terrible movies and make fun of them. Santa Claus Conquers the Martians was one such movie, and it is one of the show's best episodes. That's the version I watch.

So keep your holiday traditions alive, no matter how strange others might think them. Merry Christmas.

Gift of the Magi

I'm calling it "The Gift of the Magi."

No, I'm not talking about the wise men from the east. I'm talking about the O'Henry short story about a young couple with no money and a desire to give each other a wonderful Christmas present.

Each gets rid of their most prized possession to buy a gift. She cuts and sells her long hair to purchase a watch fob for him and he pawns his watch to purchase fancy combs for her hair.

Well, I wanted to get something special for Christmas for our oldest daughter and her husband. We had already gotten presents for the youngest daughter and our son, but the oldest was a problem.

I finally hit on the idea of giving them money. But, not just any money — this would be something that would say "we love you and want you to have a great time."

For several years, they have talked of visiting Ireland, and when his sister married and moved to England a year ago, they said they were going to go visit her — and maybe see a bit more of the British Isles while they were there.



cynthia haynes

• open season

This fall, they said, they were definitely going to England next spring or summer. So, I decided to get them their foreign currency. England is part of the European Common Market, so I went to the bank and ordered \$200 in euros.

It would have been cheaper to just give them the check, but I thought this would be more fun. We would be blessing their trip and encouraging them to have a good time. I also viewed it as shopping at home, since the bank here gets a small commission on this type of transaction.

The day the money was to come in, Steve said he woke up in the middle of the night and remembered that they don't use euros in England. While they joined the Common Market, he explained, they kept their own currency.

Well great, now it was too late to get English money, and I had a whole fistful of money good

in places my children weren't planning to visit. Except, I discovered, Ireland. They use euros in Ireland.

I told my story to some friends and one offered me a couple of pound coins. They were very pretty, he said. He and his wife had brought them back from Egypt as small presents for friends.

OK, I got the coins. They are pretty. They are also worthless unless you are shopping in Egypt, but they ARE pound coins. I added them to my collection and mailed the whole mess off to Georgia.

I'm not sure what the kids are going to do with an envelope of "funny money," especially since daughter called the other day to say she wasn't sure if they would get to go to England this year.

Her sister-in-law and husband are coming to the U.S. in the spring, our younger daughter is having a baby then and the upstairs bathroom leak turned into a huge, expensive project.

I wonder if their plumber would take euros?

Giving away Christmas

I was working on a humorous Christmas story when the news came about the massacre of 20 children in Connecticut, along with the deaths of many adults that gave their lives to protect the children in their care.

My two youngest daughters are about the same ages as some of the children that were killed, and I was too stunned to continue writing. Later in the afternoon, I went to my daughters' concert. When it ended I hugged them tightly, grateful for their safety, while, at the same time, my heart ached for those who had lost people they loved.

When I finally sat back down to work on my story, my emotions were such that I knew I could never finish it this year. Instead, my thoughts turned to the real meaning of Christmas and a different story.

We had been out of graduate school a couple of years, and had paid down our student loans. We decided we could finally afford some of the gifts that our little girls really wanted. We told them they could make a list and let them look through some catalogs. But soon they were overcome by the commercialism of the season.

Through the years of school, when we had very little money, our Christmases were simple, but family centered, and the strength we drew from the season, and from each other, couldn't be purchased at any price. I found myself longing for those same feelings as our little girls fretted more and more about what they wanted.

Finally, as the "I want" attitudes seemed to reach a crescendo, I decided it was time for a change. I called a family council. "This year," I



from other pens

• Daris Howard

said, "we are going to give Christmas away." "Give Christmas away?" my oldest daughter asked.

"Yes. You will still get to choose some things, but they won't be for you. They will be for a child your age that has greater needs than you have."

My wife, Donna, and I had contacted the university for the address of a struggling young family who had children that were the same ages as our girls. What we purchased would go to them. I was surprised at the eagerness my daughters showed for this. They spent even more time happily trying to pick out the perfect presents. They each purchased a set of clothes, a nice coat and two toys that they would have loved for themselves. Donna and I purchased warm clothes for the parents. We also bought a full Christmas dinner with a turkey and everything to go with it. We added a large box of oranges and baskets of fruits and cookies.

It seemed to our little girls that Christmas Eve would never arrive, and they marked the days off on the calendar. When it finally came, we loaded everything into our old car and drove to the rundown apartment complex where the family lived. Donna insisted on playing Santa to deliver everything, even though the apartment was on the third floor.

It took her three trips, hauling the heavy

boxes and stacking them next to the apartment door. We had our car windows open, and our little girls were listening intently. When they heard their mother's loud knocking on the door, and heard her feet pounding down the stairs, they squealed with excitement. Donna had just arrived out of breath at our car when we heard the squeaking of a door opening and heard the joyous delight of children's voices. Then, through the night, we heard a young mother's voice, full of emotion and in a strong southern accent, call out, "Thank you."

Donna and our girls almost simultaneously yelled back, "You're welcome."

The next day we opened our few presents, played card games, built a snowman, and went sledding. In the evening we settled down with hot chocolate and I read stories to my daughters. We talked about how the Christmas season is really about love, friends, and family, just as it was two millennia ago when a wonderful baby became the newest member of a special family.

As we finished the stories, my daughters snuggled up in my arms as we watched the lights on the tree. Eventually, my oldest daughter broke the silence. "Daddy, I want to give away Christmas again next year."

"Me too," I said. "Me too."

As I think of the people in Connecticut, and know we have little to offer compared to what was taken away, I realize we can still give our love and prayers, and that we will do.

Daris Howard, award-winning, syndicated columnist, playwright, and author, can be contacted at daris@darishoward.com; or go to his website at www.darishoward.com.

The Goodland Star-News

(USPS No. 222-460. ISSN 0893-0562)

Member: Kansas Press Association

Inland Press Association Colorado Press Association

National Newspaper Association

e-mail: star.news@nwkansas.com

Steve Haynes, President

Kevin Bottrell, Editor

Pat Schiefen, Society Editor

Advertising Department

Jessica Corbin and Kayla Bentley

Sheila Smith, Circulation Manager



Nor'west Press

Richard Westfahl, General Manager

Gary Stewart, Jim Bowker, James Jackson

Kris McCool, Tracy Traxel,

Judy McKnight, Sheri Arroyo.



nwkansas.com

N.T. Betz, Director of Internet Services

(nbtetz49@nwkansas.com)

Evan Barnum, Systems Admin. (support@nwkansas.com)

Published every Tuesday and Friday except the days observed for New Year's Day, Memorial Day, July 4th, Labor Day, Thanksgiving and Christmas Day, at 1205 Main Ave., Goodland, Kan. 67735.

Periodicals postage paid at Goodland, Kan. 67735; entered at the Goodland, Kan., Post Office under the Act of Congress of March 8, 1878.

POSTMASTER: Send address changes to The Goodland Star-News, 1205 Main Ave., Goodland, Kan. 67735.

TELEPHONE: (785) 899-2338. Editorial e-mail: star-news@nwkansas.com. Advertising questions can be sent to: goodlandads@nwkansas.com.

The Goodland Star-News assumes no liability for mistakes or omissions in advertising or failure to publish beyond the actual cost of the ad.

SUBSCRIPTIONS: In Sherman County and adjacent counties: three months, \$29; six months, \$46; 12 months, \$81. Out of area, weekly mailing of two issues: three months, \$39; six months, \$54; 12 months, \$89 (All tax included). Mailed individually each day; (call for a price).

Incorporating:

The Goodland Daily News

1932-2003

The Sherman County Herald

Founded by Thomas McCants

1935-1989

THE SHERMAN COUNTY STAR

Founded by Eric and Roxie Yonkey

1994-2001

Nor'West Newspapers

Haynes Publishing Company

Tax gets lukewarm reception from city

CITY, from Page 1

Mellroy, \$11,875; Cynthia Welsh, \$13,350; Aguilar Tree Service, \$14,600; Goodys, \$15,70; and KW Construction, \$26,900.

Gerber said beautification has been one of the commissions goals, and they have received a lot of feedback about dead trees. He said money has not been specifically budgeted for tree removal, but there is enough left in the unfit structure line item to pay for it. He said Sunrise Lawn Service is licensed, bonded and insured.

Discussed the contract for cemetery maintenance. Kevin Zimmerman, who currently has the contract, is stepping back for health reasons. The commission discussed whether to hire a city employee to work on the cemetery or continue contracting with a third party.

Gerber said quality of care and cost are the primary concerns. He put together a cost estimate which showed that because the city would have to purchase equipment – possibly from Zimmerman – hiring a person would be somewhat more expensive than contracting over a period of five years.

“There are pros and cons to both,” he said. “It’s really up to the com-

mission.”

Gerber said the city has had a couple interested parties approach them about the contract.

Fairbanks said she would like to see the work contracted out. Finley said he would like to get some definite numbers if Zimmerman is willing to sell his equipment, and if those numbers don’t look good, then open it up for bids and see what’s out there. Gerber said he would put together a bid package for the commission to review.

Heard a legislative update from Gerber, who said there are plenty of federal and state issues that could affect Goodland. If a deal isn’t reached on the fiscal cliff, for instance, it could cost up to 40,000 Kansas jobs, he said. The city also watches issues having to do with electric utilities and the Environmental Protection Agency.

At the state level, he said, there are around 50 new House of Representatives members as well as 16 new senators. The League of Kansas Municipalities also has a new chief lobbyist, he said, who does not have as much experience as his predecessor. Gerber said it means that there are a lot of new people who will have to be educated on things like Home Rule and municipal utilities.

County budgets for ambulances

BUDGET, from Page 1

county’s health insurance renewal. Krull said there would be a 3.19 percent increase in premiums this year, varying between individual and family plans.

Krull said there are many programs going into effect due to health care reform. For example, there will now be a limit of \$2,500 to flex spending accounts, where before employers set the limit. The county still has “grandfathered” status, which means it is exempt from some of the requirements, but if their plan changes too much it could lose that.

The county uses a partially self-funded plan in which it pays for all claims under \$30,000 and also purchases an aggregated stop/loss from Blue Cross Blue Shield.

Heard from Rhonda Fernandez about a wellness plan for the county. She inquired about the county offering the services at the Goodland Regional Medical Center’s health fair to its employees. She said the hospital would send people to the county to conduct the screenings. Wellness plans will save the county money, she said, because healthier employees file fewer insurance claims. There are plenty of choices, she said, including walking programs or smok-

ing cessation incentives.

Approved putting money into the Municipal Investment Pool. Treasurer April Hall said this time of year she has more money on hand than can be put into the banks. It costs money for the banks to insure as much as the county has. The investment pool is run by the state, she said, which invests the money on behalf of the counties and municipalities.

“We had an account in the past, but no one remembers using it,” she said.

Money put in is not insured by the state, she said, but by whatever company the state invests the money with.

New workforce specialist in town part time

WORKFORCE, from Page 1

free.

“It is important to empower individuals to make their own training decisions and guide them toward their goals,” she said. “We can provide information about job vacancies, career options, student financial aid, relevant employment trends and instruction on how to conduct a job search, write a resume or interview with a prospective employer.”

“We are here to connect employers to jobseekers that are a good fit for them. Some of the services we provide are occupational skill

training, we help businesses fund their apprenticeship programs or on-the-job training, adult education, job retention programs and coaching and counseling.

“The services are designed to assist individual job seekers obtain and retain gainful positions. And, it’s important to know that although we do provide some money to help pay for education – which is available after eligibility is established – we should not be considered as a primary source of financial aid.”

Bitner added she is also filling vacancies for the popular Kansas Health Profession Opportunity Program. This is another opportu-

nity, she said for jobseekers to improve their skills. Bitner explained low-income people who are in the Temporary Assistance or Needy Families or Supplemental Nutrition Assistance (Food Stamps) programs may qualify for help as they learn a health-care profession.

“(The program) helps pave the way to employment in health care,” she said. “We can provide money to pay for materials and supplies needed for training and can even assist with child care and transportation.”

Many other services are available, she said, from helping high-achieving, underprivileged high

school students take college courses, to helping English as a second language adults receive a General Educational Development degree.

To learn how Bitner’s office can help you find a job, get training or file for unemployment after being laid off; help your business find employees or help your current employees upgrade their skills; or learn how she can provide your school with youth programs for high school and college students preparing for the work force, contact her at (785) 443-4607 or bronwyn@kansasworkforceone.org.

Black Hills Energy urges customers to keep snow and ice off meters

Severe winter weather could land heavily and with little warning now through late spring, and Black Hills Energy has an important safety message about rapidly developing dangers that can occur if snow and ice builds up on natural gas meters. The company urges customers with any gas-related emergency concerns to call the toll-free Black Hills Energy emergency number, answered all day, every day of the year, at (800) 694-8989.

Gas meters and regulators are designed

with the weather in mind, but a coating of ice or snow could cause a loss of service, an inaccurate bill, or a legitimate safety concern.

“Removing snow gently by hand or with a broom is the only way to do it,” said Vance Crocker, the general manager of Black Hills Energy’s Kansas gas utility.

Crocker warns that it’s important to remove snow before it has a chance to freeze. “If you notice ice buildup, please contact us and a Black Hills Energy technician will re-

spond free of charge,” he said. The toll-free, 24/7 Black Hills Energy emergency number is well worth repeating: (800) 694-8989.

Natural gas is injected with a rotten egg odor to help detect a leak. If you suspect an indoor gas leak:

- Get everyone out of the home or business immediately and call 911 or the Black Hills Energy emergency number from a safe distance on a cell phone or from a neighboring location.
- When leaving, don’t touch any switches

or electronics, and leave windows and doors in their current position.

• Once everyone is safely outside, don’t under any circumstances go back inside. Emergency response and Black Hills Energy personnel will let you know when it’s safe to return.

Outdoor safety measures include:

- Keep snow blowers and shovels away from gas meters and other above-ground equipment.
- Gently clear snow by hand or with a

broom.

• Use your hands or a brush to clear snow away from the outdoor vents serving high-efficiency furnaces. Furnaces will not run safely and efficiently if the vents are blocked.

• Make snow removal contractors or personnel aware of gas equipment so they don’t accidentally hit a natural gas meter or piping. Hitting the meter or piping with a shovel or other equipment could damage the meter, creating a dangerous situation.

The Goodland Star News Service Directory



Bowman's Heating / Air Conditioning
577 W. 31st, Goodland (785) 899-5770

Thank you to our wonderful customers for your loyal business. We wish you a very Merry Christmas and a safe New Year!
Sales ~ Service ~ Installation ~ Repair



Scheopner's Water Conditioning, Inc.
904 Main, Goodland (785) 899-2352

- * Drinking Systems
- * Water Softeners (Sales & Rentals)
- * Water Coolers
- * Salt Sales & Delivery


“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



The Decorating Co.
Interior Design Consultants
Irene Smith & Rochelle Kling
There's no limit to our imagination.
106 E. 11th, Goodland, KS 67735
(785) 890-5441
E-mail: decorco@st-tel.net



“Where Service is an Affair of the Heart”
DAN BRENNER FORD, INC.
222 W. HWY. 24, I-70 BUSINESS LOOP, GOODLAND, KS
(Toll Free) 800-636-8770
(Business) 785-899-2316 (Fax) 785-899-2317



Windy Plains Bike Shop
Professional bicycle repairs since 1978!
Parts, accessories and service for all makes.
Pick up and delivery available in Goodland!
TIRED OF FLATS?
ASK ABOUT OUR NO FLAT GUARANTEE!
Harold Snetten
6085 Rd. 17
(785) 899-4786 • (785) 899-5858 (home)
Same day service on most out of town repairs!


Brandon's Carpentry
Drywall • Painting • Flooring • Roofing
Doors • Windows • Siding • Decks • Ramps
Small Building Construction • Garages and More
BRANDON LEE (785)332-3370
St. Francis, KS 67756 Cell: (785)332-5264
Serving the tri-state area.



Superior Flooring and Furniture and Accessories
360 14th St., Burlington, CO ~ PHONE: (719) 346-7579
Dan and Myrna Troyer
www.superiorflooringandfurniture.com

Sit back, relax, and watch The Service Directory do the hard work for you.

NEW SYSTEM PROFESSIONAL WINDOW CLEANING



Serving Northwest Kansas & Northeastern Colorado since 1992!

Plum Creek, Ltd.
Stylish & Sophisticated Affordable Quality
Mens & Womens Clothing
Elite Tuxedo Rentals

Store Hours: 9 am - 5:30 pm M - F
9 am - 4 pm Sat. 475 N. Franklin, Downtown Colby 785.460.1978

Call Kayla at
The Goodland Star-News
today to find out how!

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



Eldean and Janet Griffith • PO Box 692, Colby, KS

WANTED: DIRTY CARPET
IF YOU HAVE DIRTY CARPET, WE CAN STEAM CLEAN IT.
NO JOB TOO BIG OR TOO SMALL!
Cleaning NW Kansas one house at a time!

- Commercial/Residential
- Advanced Truck Mounted Steam Cleaning Equipment
- Water Damage Restoration
- FREE ESTIMATES

PRO FLOOR CARE
Carpet & Upholstery Cleaning
(785) 462-8313 or (800) 473-4138



Truck Lettering
800-886-2423
AWARD WINNING SIGNS AND PINSTRIPING SINCE 1974

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

All Central Time, for Kansas Mountain Time Stations subtract an hour

TV CHANNEL GUIDE

Tuesday Evening December 25, 2012										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
ABC	Grinch	Dr. Seuss'					Local	Nightline	Jimmy Kimmel Live	
CBS	NCIS		NCIS: Los Angeles	Vegas			Local	Late Show Letterman	Ferguson	
NBC	Horton Hears a Who!			Blake Shelton-Xmas			Local	Tonight Show w/Leno	J. Fallon	
FOX	New Girl	New Girl	New Girl	New Girl	Local					
Cable Channels										
A & E	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage Wars		Local
AMC	El Dorado				Big Jake					Local
ANIM	Wildman	Wildman	Wildman	Wildman	Swamp'd!	Redneck	Wildman	Wildman	Wildman	Local
BET	Roots: Generations				Roots: Generations					Local
BRAVO	The Family Man									Local
CMT	Local	Local	Reba	Reba	Reba	Reba	Fireproof			Local
CNN	Piers Morgan Tonight		Piers Morgan Tonight	Piers Morgan Tonight	Piers Morgan Tonight	Piers Morgan Tonight	Piers Morgan Tonight	Piers Morgan Tonight		Local
COMEDY	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	Tosh.0	Tosh.0		Local
DISC	Local	Local	Last Frontier	Last Frontier	Last Frontier	Last Frontier	Last Frontier	Last Frontier		Local
DISN	Local	Local	Shake It	Dog	Good Luck Charlie	Celebrity Oops: They	Chelsea	The Soup	ANT Farm	Phineas
E!	Sweet Home Alabama								Love You	Chelsea
ESPN	NBA Basketball				NBA Basketball				SportCtr	Local
ESPN2	College B	College Basketball							NBA	Local
FAM	Nat'l Christmas				The 700 Club			The Santa Clause 2		Local
FOOD	Local	Local	Chopped				Chopped			Local
FX	Shrek Forever After				Kung Fu Panda				Monsters vs. Aliens	
HGTV	Love It or List It	Property	Property	Hunters	Hunt Intl	Income	Income	Property	Property	

Wednesday Evening December 26, 2012										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
ABC	Middle	Neighbors	Mod Fam	Suburg.	Nashville		Local	Nightline	Jimmy Kimmel Live	
CBS	Criminal Minds		Kennedy Ctr.				Local	Late Show Letterman	Ferguson	
NBC	Whitney	Guys-Kids	Law & Order: SVU		Chicago Fire					J. Fallon
FOX	Ben-Kate	Ben-Kate	Ben-Kate	Ben-Kate	Local					
Cable Channels										
A & E	Duck Dynasty		Shipping	Shipping	Shipping	Shipping	Duck D.	Duck Dynasty		Local
AMC	Four Brothers			Casino						Local
ANIM	Tanked				Money	Money	Tanked			Local
BET	Queen				Wendy Williams Show	Wendy Williams Show	Williams			Local
BRAVO	Housewives/Atl.		Top Chef: Seattle	Top Chef: Seattle	Top Chef: Seattle	Top Chef: Seattle				Local
CMT	Local	Local	Reba	Reba	Reba	Reba	Redneck Island	Redneck Island		Local
CNN	Piers Morgan Tonight		Anderson Cooper 360		E. B. OutFront	Piers Morgan Tonight	Anderson	Anderson		Local
COMEDY	South Pk	South Pk	Tosh.0	Tosh.0	Tosh.0	Tosh.0	Brickle.	Brickle.	Futurama	Local
DISC	Local	Local	Fast N' Loud		Amish Mafia					Local
DISN	Local	Local	ANT Farm	Jessie	Gravity	Spy Kids	Chelsea	El News	ANT Farm	Phineas
E!	LeAnn Rimes		Ice-Coco	Ice-Coco	The Soup	Love You	Chelsea			Local
ESPN	College Football				SportsCenter				SportCtr	Local
ESPN2	ProFILE	ProFILE	NFL's Greatest Games		Science	NFL Live	NBA Baske			Local
FAM	Elif				The 700 Club	Unlikely Angel				Local
FOOD	Local	Local	Restaurant: Im.		Restaurant: Im.		Restaurant: Im.		Wedding: Impossible	
FX	The Other Guys				The Other Guys					Local
HGTV	Property Brothers		Buying and Selling		Hunters	Hunt Intl	House Hunters Reno	Buying and Selling		Local
HIST	Cajun Pwn	Cajun Pwn	Cajun Pwn	Cajun Pwn	Cajun Pwn	Cajun Pwn	Cajun Pwn	Cajun Pwn	Stars	Local
LIFE	Pretty Woman				Biography					Local
MTV	Jersey Shore		Jersey Shore		Scary Movie 3			HalfBaked		Local
NICK	Local	Local	Marvin	Marvin	See Dad	See Dad	Full H'se	Full H'se	The Nanny	The Nanny
SCI	Ghost Hunters		Ghost Hunters		Ghost Hunters		Ghost Hunters		The Amity	Local
SPIKE	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Auction	Local
TBS	Fam. Guy	Fam. Guy	Big Bang	Big Bang	Conan		Office	Office	Conan	Local
TCM	40 Guns		The Maverick Queen			The Violent Men		Trooper		Local
TLC	Local	Local	Toddlers & Tiaras		Toddlers & Tiaras		Toddlers & Tiaras		Cheer Perfection	Local
TNT	Castle		Castle		Leverage		Leverage		Leverage	Local
TOON	King/Hill	King/Hill	Amer. Dad	Amer. Dad	Fam. Guy	Fam. Guy	Chicken	Aqua Teen	Squid	Local
TRAV	Baggage B	Baggage B	Fast Food-Glbl		Drive Thru Paradise	Baggage B	Baggage B	King	Fast Food	Local
TV LAND	Raymond	Raymond	Cleveland	Divorced	Cleveland	Divorced	King	King	Cleveland	Local
USA	NCIS		NCIS		NCIS		NCIS		NCIS	Local
VH1	SNL in the 2000s				The Women of SNL				SNL	Local
WGN	Rules	Rules	WGN News at Nine		Funniest Home Videos		Rules	Rules	30 Rock	Local
Premium Channels										
HBO	Local	Local	New Year's Eve		Game of Thrones		Game of Thrones		Game of Thrones	
MAX	Local	Local	This Means War		Project X				The Revenant	
SHOW	Local	Local	Fightville		Untold History		Inside the NFL		Jim Rome on Showtime	

Thursday Evening December 27, 2012										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
ABC	Charlie Brown		Grey's Anatomy		Scandal		Local	Nightline	Jimmy Kimmel Live	
CBS	Big Bang	Two Men	Person of Interest		Elementary		Local	Late Show Letterman	Ferguson	
NBC	30 Rock	All Night	Office	Parks	Rock Center					J. Fallon
FOX	Mindy	Mindy	Mindy	Mindy	Local					
Cable Channels										
A & E	The First 48		Beyond Scared Straig		Beyond Scared Straig					Local
AMC	Poseidon		Predator				Poseidon			Local
ANIM	Gator Boys		Gator Boys		Eating	Eating	Gator Boys	Gator Boys		Local
BET	Apollo Live		Beauty Shop				Roll			Local
BRAVO	Housewives/Atl.		Real Housewives		Real Housewives		Real Housewives			Local
CMT	Local	Local	Reba	Reba	Reba	Reba	Strictest Parents	Strictest Parents		Local
CNN	Piers Morgan Tonight		Anderson Cooper 360		E. B. OutFront	Piers Morgan Tonight	Anderson	Anderson		Local
COMEDY	Tosh.0		The Comedy Central Roast		Jackass: The Movie		South Pk	Property	Property	Local
DISC	Local	Local	Auction	Auction	Property	Property	Property	Property	Property	Local
DISN	Local	Local	ANT Farm	Jessie	Star New Year		Shake It	Gravity	ANT Farm	Phineas
E!	The Soup	Love You	Kardash	Kardash	Miami	Kourtney	Chelsea	El News	Chelsea	Local
ESPN	College Football		College Football							Local
ESPN2	College Basketball				SportsCenter		SportsCenter			Local
FAM	Pocahontas				The 700 Club		Serendipity			Local
FOOD	Local	Local	Chopped		Chopped		Chopped		Chopped	Local
FX	What Happens				Extract		Extract		Extract	Local
HGTV	Buying and Selling		Extreme Homes		Hunters	Hunt Intl	Home Strange Home	Extreme Homes		Local
HIST	Pawn	Pawn	Bamazon		Ax Men		Pawn Stars			Local
LIFE	Project Runway		Bride Wars				Project Runway All Stars			Local
MTV	Scary Movie 3				Half Baked			Ridic.		Local
NICK	Local	Local	Kung Fu Panda		Turtles	Turtles	Full H'se	Full H'se	The Nanny	The Nanny
SCI	Jeepers Creepers 2				Boogeyman				Cursed	Local
SPIKE	IMPACT Wrestling		Universal Soldier				Unleashed			Local
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Conan		Office	Office	Conan	Local
TCM	Black Widow		The Left Hand of God			Return-James				Local
TLC	Local	Local	Gypsy Wedding		My Big Fat American		Four Weddings		Wives With Beehives	Local
TNT	NBA Basketball		NBA Basketball				In NBA			Local
TOON	King/Hill	King/Hill	Amer. Dad	Amer. Dad	Fam. Guy	Fam. Guy	Childrens	Delocated	Squid	Local
TRAV	Mysteries-Museum		Mysteries-Museum		Mysteries-Museum		Mysteries-Museum		Mysteries	Local
TV LAND	Raymond	Raymond	Raymond	Raymond	King	King	King	Divorced	Local	Local
USA	Couples Retreat		The Back-up Plan				Couples Retreat		Divorced	Local
VH1	Gremilins				Dangerous Minds		Love & Hip Hop		Local	Local
WGN	How I Met	How I Met	WGN News at Nine		Funniest Home Videos		Rules	Rules	30 Rock	Local
Premium Channels										
HBO	Local	Local	Gulliver's Travels		Game of Thrones		Game of Thrones		Game of Thrones	
MAX	Local	Local	Big Stan				Wanderlust		Hill Pass	
SHOW	Local	Local	All Good Things		Brake				The Samaritan	

Friday Evening December 28, 2012										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
ABC	Shark Tank		Back-Beginning				Local	Nightline	Jimmy Kimmel Live	
CBS	Undercover Boss		Undercover Boss		Undercover Boss		Local	Late Show Letterman	Ferguson	
NBC	Go On	Go On	Dateline NBC				Local	Tonight Show w/Leno	J. Fallon	
FOX	Dragons	Ice Age	Kitchen Nightmares		Local					
Cable Channels										
A & E	Duck D.	Duck D.	Storage	Storage	Storage	Storage	Duck D.	Duck Dynasty		Local
AMC	Terminator 2				Terminator 2					Local
ANIM	Mermaids-Body				Mermaids-Body			Monsters		Local
BET	One Mic	One Mic	One Mic	One Mic	Apollo Live		Wendy Williams Show	Streets		Local
BRAVO	Housewives/Atl.		Housewives/Atl.		Real Housewives		Shahs of Sunset	Shahs of Sunset		Local
CMT	Local	Local	Reba	Reba	Reba	Reba	Grumpier Old Men			Local
CNN	Piers Morgan Tonight		Anderson Cooper 360		E. B. OutFront	Piers Morgan Tonight	Anderson	Anderson		Local
COMEDY	Jackass: The Movie				The House Bunny		Waiting			Local
DISC	Local	Local	Gold Rush		Gold Rush		Gold Rush - The Dirt	Bering Sea	Gold	Local
DISN	Local	Local	Jessie	Jessie	Neighbors	Neighbors	Neighbors	Neighbors	Dog	Good Luck
E!	El Investigates		Ice-Coco	Ice-Coco	Fashion Police		Chelsea	El News	Chelsea	Local
ESPN	College Football						SportsCenter			Local
ESPN2	College Basketball		College Basketball				SportCtr	NFL Live		Local
FAM	Mulan				The 700 Club		The Sorcerer's Apprentice			Local
FOOD	Local	Local	Diners, Drive		Diners	Diners	Diners	Diners	Diners	Local
FX	Reign of Fire				Reign of Fire				The Karate Kid	Local
HGTV	Giveaway	Million	Spelling Manor		Hunters	Hunt Intl	Hunt Intl	Hunt Intl	Spelling Manor	Local

Saturday Evening December 29, 2012										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
ABC	Harry Potter						Local			
CBS	Made in Jersey		Made in Jersey		48 Hours		Local			
NBC	Chicago Fire		Chicago Fire		Law & Order: SVU		Local	Saturday Night Live		
FOX	Cops	Cops	The Mob Doctor		Local		MasterChef	30S	Local	
Cable Channels										
A & E	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage Wars Texas		Local
AMC	Rambo Part II				Rambo III					Local
ANIM	Pit Bulls-Parole		Pit Bulls-Parole		Pit Bulls-Parole		Pit Bulls-Parole		Pit Boss	Local
BET	The BET Awards 2012		Gridiron Gang						Waist	Local
BRAVO	A Few Good Men				A Few Good Men					Local
CMT	Local	Local	Ink Master		Ink Master		Redneck Island	Chainsaw	Chainsaw	Local
CNN	Piers Morgan Tonight		Piers Morgan Tonight		Best and Worst 2012		Piers Morgan Tonight	Newsroom		Local
COMEDY	Dodgeball: Underdog				Aziz Ansari		Kyle Kinane: Whiskey	Icarus		Local
DISC	Local	Local	Amish Mafia		Moonsiners		Frozen Planet	Last Frontier		Local
DISN	Local	Local	Phineas	Phineas	Ratatouille		Phineas	Dog	Dog	Local
E!	League-Own				Celebrity Oops: They		Fashion Police	Chelsea	The Soup	Local
ESPN	College Football				College Football					Local
ESPN2	College B	Dunks of the Year	Science		SportsCenter		SportsCenter			Local
FAM	Princess Diaries 2						Alice in Wonderland			Local
FOOD	Local	Local	Restaurant: Im.		Restaurant: Im.		Restaurant: Im.		Food Court Wars	Local
FX	UFC 155: Dos Santos		Local	Local	Mr. and Mrs. Smith					Local
HGTV	Love It or List It		Love It or List It		Hunters	Hunt Intl	Hunters	Hunt Intl	Love It or List It	Local
HIST	Pawn	Pawn	Cave of Forgotten				Pawn	Pawn Stars		Local
LIFE	She Made Them Do It		Abandoned				She Made Them Do It			Local
MTV	Teen Mom 2		Jersey Shore		Ridic.	Ridic.	Half Baked			Local
NICK	Local	Local	SpongeBot	SpongeBot	Victorious	Marvin	iCarly	The Nanny	The Nanny	Local
SCI	The Omen				The Devil's Advocate					Local
SPIKE	Star Wars IV				The Patriot					Local
TBS	Big Bang	Big Bang	Wedding Band		Wedding Band		Wedding Band	America 2		Local
TCM	The Way We Were				Love Affair		Now, Voyager			Local
TLC	Local	Local	Untold Stories of ER		Untold Stories of ER		Untold Stories of ER		Untold Stories of ER	Local
TNT	Gladiator				King Kong					Local
TOON	Venture	Fam. Guy	Fam. Guy	Cleveland	Dynamite	Boondocks	Bleach			

FREE
Wooden Pallets. Pick up in the alley behind The Goodland Star-News, 1205 Main.

WANTED
WANTED: USED 4-RUNNER OR PATHFINDER. Wanting to spend around \$4,000. Call (719) 850-1352. (Gary). -12-11-tfn-

Junk batteries, non-ferrous metals and iron. Darrel Bowen. Phone 785-899-2578. -tfn-

NOTICE
PLUM CREEK LTD-Colby. Inventory reduction sale! Thursday-Saturday. Save up to 50%. -12-25-12-28-

Come spend New Year's Eve with US! Goodland VFW Post. December 31 from 5:30 p.m. to 12:30 a.m. MT. For ticket

information please call (719) 342-5061 or (785) 890-3021 (VFW Post). Each ticket gets Prime Rib supper at 6:30 p.m. MT. Favors and FREE drinks! Scott King will be DJ. \$500 top drawing and other drawings. Do not have to be present to win. Fundraiser for Community Service. FREE SHUTTLE SERVICE AVAILABLE! -12-21-12-28-

Advertising Deadlines (box and line ads): Tuesday edition (Friday at noon). Friday edition (Wednesday at noon). Please check your ad the first time it runs. If you find an error, please call us at (785) 899-2338 so it can be corrected, since we will not be responsible for errors after that first day. Thank you! The Goodland Star-News.

HELP WANTED
Maintenance person needed. Apply in person at 2420 Com-

merce Road, Goodland. -12-21-12-25-

Cheyenne County Hospital is looking for Environmental Services Manager: Full-time housekeeping and linen services manager needed. Duties include a variety of general cleaning tasks to maintain patient rooms, offices and hallways in hospital and clinic, managing staff, operating mechanical floor cleaners, and setting up chairs and tables for special events. Monday through Friday and weekend rotation will be required. Successful candidates will have basic computer skills, strong communication skills, a positive attitude, ability to work as a team, and a commitment to quality. Please pick up an application at the front office or contact: Human Resources, (785) 332-2104 Ext. 116. 210 West First, St. Francis, KS 67756 .

-12-14-12-25-
PSI Transport is always looking for good company livestock and grain haulers as well as shop mechanics. Competitive pay, life/health/dental benefits and bonus program available. EOE. (785) 675-3477. -6-10-TFN

BUSINESS FOR SALE
COMPLETE FITNESS CENTER! Changing Lifestyles, 13th & Main, Goodland. Contact Pat Howe at (785) 890-7512 or (785) 821-2389 for more information. -5-11-tfn

FOR SALE
2008 Dodge Ram 2500 Crew Cab. 4WD, 3/4 ton Cummings Diesel. 79,000 miles. Call (785) 694-3415. -12-21-1-1-

2-12" Sony subwoofers and

a 1000 watt amp for sale, box and wires are included, call 719-930-9031 in Goodland. -tfn-

FIREWOOD FOR SALE IN GOODLAND. Call (785) 890-7224. -12-11-tfn-

2008 Wilson Grain Trailer, 50% brakes, 80% virgin tires. Spring ride, 22,500. Call (785) 821-2009. -11-23-1-1-

ASHLEY FURNITURE TEMPUR-PEDIC BEDDING AT COLBY FURNITURE AND HOME STORE, COLBY, KS. (785) 460-6311. Website: www.colbyfurniture.net -10-21-tfn

Two Sega Genesis game stations with 25 plus games. \$100 OBO. (785) 890-7224. -7-29-tfn

FOR RENT
Houses and apartments in

Goodland, KS. All sizes. Call for details. (785) 890-6538. -6-12-tfn

Houses and apartments. Cole Real Estate. 785-899-2683. -tfn-

SERVICES
CAT'S TNT for jewelry, vinyl graphic designs, massages, quilting and Fed-Ex and UPS shipping and more! Stop by 1018 Main, Goodland - 3-23-tfn

Superior Flooring & Furniture, Burlington, CO. 14,500 sq. ft. showroom! Carpet, ceramic tile, vinyl, appliances, furniture and bedroom sets to list a few! Check us out at www.superior-flooringandfurniture.com. 360 14th St., Burlington, CO (719) 346-7579. -4-26-tfn-

kansas classifieds

Career Opportunity
ATTEND COLLEGE ONLINE from Home. *Medical, *Business, *Criminal Justice, *Hospitality. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV certified. Call 888-220-3977 www.CenturaOnline.com

Help Wanted
 Exp. Flatbed Drivers: Regional opportunities now open with plenty of freight & great pay! 800-277-0212 or primeinc.com

Help Wanted/Truck Driver
 Drivers: Class A CDL Driver Training. \$0 Training Cost with employment commitment if you enroll in the month of December! Central Refrigerated (877) 369-7885 www.centraltruck-drivingjobs.com

Help Wanted/Truck Driver
 You got the drive, We have the Direction? OTR Drivers APU Equipped Pre-Pass EZ-pass passenger policy. Newer equipment. 100% NO touch. 1-800-528-7825

Misc.
AIRLINES CAREERS - Become an Aviation Maintenance Tech. FAA approved training. Financial aid if qualified - Housing available. Job placement assistance. Call Aviation Institute of Maintenance 888-248-7449.

Sporting Goods
GUN SHOW DEC. 28-30 FRI 1-6, SAT 9-5, SUN. 9-3 WICHITA KANSAS COLISEUM (I-135 & E 85TH ST N) BUY-SELL-TRADE INFO: (563) 927-8176

public notice

Abandoned Motor Vehicle incurred.
 Notice of sale of abandoned motor vehicle in the possession of S&M Repair. The herein described vehicle will be sold at public auction on January 10, 2013 at 8:00 a.m., to the highest bidder for cash, if the owner does not claim the same prior to time of sale and pay for removal, storage and publication costs
 Description of vehicle: Make Eager Beaver Serial or identification number 112AG-B229GT350086, Vehicle is in storage at 1008 W 17 th St. Goodland, Kan.
 Published in The Goodland Star-News, Tuesday, December 11, 18 and 25, 2012.

Head Start Aide
 The Northwest Kansas Educational Service Center is accepting applications for Sherman County Head Start Aide and Thomas County Head Start Aide for the 2012-2013 school year.
Qualifications: High School Diploma or equivalent.
Contact Person: Shelby Hubert, Head Start Director, 785-672-3125 extension 160. To receive an application, contact Rose Langley, 785-672-3125.
Application Deadline: Applications will be accepted until the position is filled

Hub Originator
 Archer Daniels Midland Company (ADM) is a world leader in agricultural processing. We are seeking a **Hub Originator** at our **Goodland, Kansas**, location.
 Potential assignments may include, but are not limited to: promoting the company through phone calls and face-to-face visits with producers and customers; building and maintaining producer relationships; developing and delivering grain market information and education programs to producers; and maintaining oversight of company truck activities at the hub. The position requires a bachelor's degree; the ability to communicate effectively with colleagues, customers and producers; and willingness to work extended hours. Relocation assistance is available with this position.
 ADM offers competitive pay and benefits including health, dental, prescription drug coverage, life insurance, pension and a 401(k)/ESOP with a company match. ADM requires successful completion of a pre-employment drug screening and background check.
 Apply online at www.adm.com/jobs
 ADM is an Equal Opportunity/Affirmative Action Employer.

From **Home** for the **Holidays** to **Home** for **Good**

Enjoy hugs from the grandkids year-round and more visits with long-time friends thanks to the Kansas Rural Opportunity Zones Program.

Your loved ones currently living out of state may live income tax free and receive up to \$15,000 in tuition reimbursement by returning home to Kansas.

Visit TaxFree.ks.gov for details and share this opportunity with friends and family.



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				35
								34				
								36				
								37				
								38				
								39				
40								41	42	43		
44								45	46	47		
48								49				
50								51				

CLUES ACROSS

- Twos under par
- About aviation
- Expresses surprise
- Small biting flies
- Shows exceedingly great size
- Bulgarian monetary unit
- At this place
- Point midway between E and SE
- One who prints from a plate
- Old CCCP or U_____
- '95 U.S. Open golf champ Corey
- Rubber tree genus
- Stupefy with alcohol
- Waterless
- Breezed through
- Female chicken
- A major division of geological time
- Relating to the Hebrews
- Humble request for help
- Part of a deck
- Albanian monetary unit
- Daughters of the Am. Revolution
- Atomic #22
- Nincompoops
- Atomic #18
- Great battle of 333 BC
- Catholic holiday service
- Canadian province
- Capital of Alberta
- Large African antelope
- Mexican tortilla sandwich
- Pigmented eye membrane
- Baby's food protector
- Winglike structures
- Sun-dried brick
- Those dull in appearance
- Basketlike baby's bed
- Purpose or intent
- Difficult to carry
- Cry made by sheep
- More than one spouse

CLUES DOWN

- Incredible edibles
- Screen Writers Guild

Help Wanted

Bookkeeper Position Available at Colby, KS.

This is a full-time position with competitive wages and a full benefits package.

Please send resume to:

CHS Inc. PO Box 465 Colby, KS 67701

E-mail: alvin.juenemann@chsinc.com or

Apply at CHS-Colby with Alvin Juenemann at 785-462-6880



EOE

Sponsored by
The Goodland Star-News
 1205 Main
 Goodland, Kan. 67735
 899-2338



Sponsored by
The Goodland Star-News
 1205 Main
 Goodland, Kan. 67735
 899-2338

2	4	6	9	3	5	1	7	8
3	1	7	2	4	8	6	5	9
8	9	5	6	7	1	4	2	3
6	2	1	3	8	7	9	4	5
5	3	9	4	6	2	7	8	1
7	8	4	5	1	9	3	6	2
4	5	8	1	9	6	2	3	7
9	6	2	7	5	3	8	1	4
1	7	3	8	2	4	5	9	6

Time for a New Career

The Goodland Star-News is looking for a **FULL-TIME Advertising Representative** to join our team selling advertising for *Nor'West Newspapers*. The work week would be 40 hours; computer skills helpful but not required. Must have good communication skills, excellent customer service skills with attention to detail, and enjoy a fast-paced atmosphere.

Send a letter and resume to Kevin Bottrell, Editor, at 1205 Main, Goodland, KS 67735.
 Email: kbottrell@nwkansas.com or apply in person. No calls please.

The Goodland Star-News
 1205 Main Avenue, Goodland, KS 67735 • (785) 899-2338

The crossword puzzle brought to you by:
The Goodland Star-News
 1205 Main, Goodland, Kan. 67735
 (785) 899-2338

Cowboy wrestlers lose 47-23 to Colby

The Goodland High School wrestling team lost their last match before the winter break on Thursday against Colby. The Cowboys lost 47-23.

Tanner Gastineau, wrestling at 106 pounds, lost 5-0 to David Mainus.

At 113, Aaron Avelar won a 7-4 decision over Alex Young.

Tristen Cooper, 120, and Austin Hernandez, 126, both lost by fall to Taylor O'Leary and Dustin Reed.

At 132, Brook Bahe won 4-2 over Brady Holzmeister.

Drew House, 138, lost by a 16-1 technical fall to Macen Shull.

Ricky Milke, 145, won by fall over Kyle Finley in the second period.

At 152, John Peden won by a 20-4 technical fall over Brandon Gaede.

Josh Whisnant, 160, lost 3-1 to Quade Woofter.

At 170, Jed Grey lost by fall to Andrew Taylor.

Colton Cooper, 182, won by fall over Beau Brown in the first period.

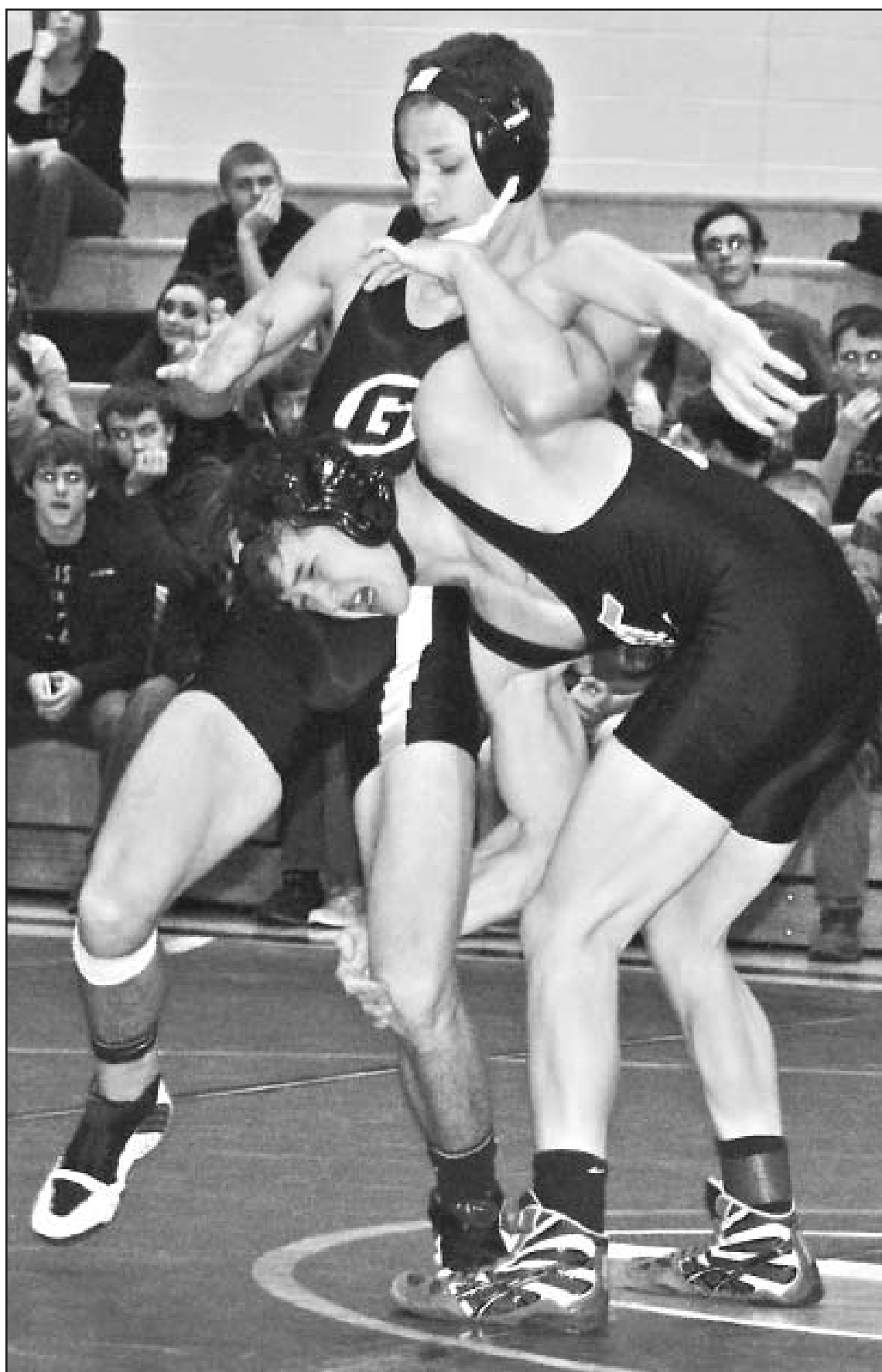
Nael Radwan, 220, lost by fall in the third period to Austin Hart.

The Cowboys were open at 195 and 285.

The Goodland wrestlers will be back in action on Saturday, Jan. 5. The varsity team will travel to Rossville and the junior varsity team to WaKeeney.

Ricky Milke, 145 pounds, wrestled against Kyle Finley during the Cowboys' match Thursday against Colby. Milke won by fall in the second period.

Photo by Kayla Cornett
The Colby Free Press



Signing ceremony



Goodland High School senior Courtney Cowan signed a letter of intent to play golf for Kansas Wesleyan University in Salina team starting in the fall. Her mother Cheryl (sitting from left), Courtney signing with golf coach Connie Livengood watching. Coyote head golf coach Randy Bemiss stands in the background.

Photo by Pat Schiefen/The Goodland Star-News

24' x 24' x 8' Garage \$7,800

**16' x 7' Overhead Door
One 3' Entry Door**

Prices include: DELIVERY & INSTALLATION on your level site. Travel charges may apply.

Experience the QSI Advantage

- Free Estimates
- Free On-Site Consultation
- Fully Insured
- 5-yr Workmanship Warranty
- Pre-engineered for code laws
- Licensed ICC General Contractor
- 3-Ply Laminated Posts (60 year warranty)
- Steel Roof and Sides (40 yr. warranty)
- 16 colors available
- 8' o/c Post Spacing
- 4' o/c Truss Spacing
- 90 MPH Wind Load
- 30lb Truss Load
- Site Preparation available

AWARD WINNING!

Quality Structures, Inc.

Material Only Kits Now Available!

www.qualitystructures.com • (800) 374-6988

Call for FREE information and estimates

Goodland Star-News
CELEBRATES
COMMUNITY NEWSPAPERS WINNING NUMBERS

86%
of adults read a newspaper at least once a week

FUN BY THE NUMBERS

			8					
9	4				6		8	
8		6	4	9				
			9	3				
5	4	9	7	6		8		
7	8	3	5		1		2	
		7				3	6	
		8	3			5	1	7
	5		6	7				4

Level: Beginner

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. 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!

GHS Cowboys of the Week

Based on positive academic performance, attendance improvement, positive attitude or random acts of kindness, the student nominees this week are:

Jacob Schnabel

Jeff House

Sponsored by:

Goodland Activities Center

Phone: 785-890-7242 • 808 Main Street, Goodland

The Goodland Star-News would like to wish everyone a very Merry Christmas.

The INSURANCE AGENCY Inc.

1020 Main
Goodland, KS
(785) 899-5011

Susan Duke Roxann Kling

School calendar for Dec. 26-JAN. 1

Goodland High School • Grant Junior High School
West Elementary School • Central Elementary School

Culligan

904 Main Street
Goodland, KS
(785) 899-2352

WINTER BREAK CONTINUES!

December 23-27 are KSHSAA Holiday
Non-practice dates



Hitchcock INCORPORATED

VALLEY

The Leader in Precision Irrigation

723 W. Hwy. 24, Goodland, KS
(785) 899-5628

FAIRBANKS LAW P.A.

Jerry Fairbanks, Attorney at Law
Licensed in Kansas and Colorado
Phone: 785-890-6622
1011 Main, Goodland, KS 67735
www.fairbankslaw.net

Linda & Walt Linthacum
- Owners/Agents
L & W
Andrist
Insurance Agency, LLC

102 E. 8th (8th & Main), Goodland, KS
(785) 890-5678 • 800-892-4245

CP

Crop Production Services

Highway 27, Goodland
(785) 899-5601

SHORT & SON INC.

SINCE 1934

Goodland, KS 67735
PHONE: (785) 899-2592
Livestock & Machinery Hauling
Bonded Livestock Dealers

GO
G
S
E
L
L
E
T
T
I
S

WILDCATS!

Elliott's Inc.

Kansas City Bowker's

Shelter Insurance®-Jim Alcorn, Agent

Goodland Machine & Automotive

Gleason Chiropractic

Cowboy Corner Express, LLC

Cochran Farm Supply

Rachel Smith

John and Marcia Golden

Doug and Michele Gerber

Don and Phyllis Dawes

Dustin, Barb, Jordan, Dani and Taryn Bedore



EMAW!
Jerry and
Annette
Fairbanks



Edward Jones®

MAKING SENSE OF INVESTING

Kris Yost, AAMS®
Financial Advisor

114 E. 11th, Goodland, KS 67735
Phone: (785) 899-3661 • Fax: (888) 432-9080
website: www.edwardjones.com
Email: kris.yost@edwardjones.com

GOOD LUCK, WILDCATS!

Crop
Production
Services



1620 S. Highway 27, Goodland, KS 67735
Phone: (785) 899-5601

Heartland Animal
HOSPITAL P.A.



Mariah L. Berry D.V.M. • Phone: (785) 899-6166
204 North Caldwell, Goodland, KS 67735