

inside today

More local news, views from your Goodland Star-News

Swim Club is top sports story of 2013

The Goodland Swim Club won just about everything this summer. Its success was chosen as the top sports story of 2013.

See Page 12

weather report

43°

10 a.m. Monday

Today

• Sunset, 4:34 p.m.

Wednesday

• Sunrise, 7:07 a.m.

• Sunset, 4:34 p.m.

Midday Conditions

• Soil temperature 35 degrees

• Humidity 35 percent

• Sky mostly sunny

• Winds northwest 26-36 mph

• Barometer 30.16 inches and rising

• Record High today 64° (2005)

• Record Low today -13° (1927)

Last 24 Hours\*

High Sunday 30°

Low Sunday 11°

Precipitation trace

This month 0.05

Year to date 16.74

Below normal 2.89 inches

The Topside Forecast

Today: Mostly sunny with a high near 60, winds out of the southwest at 5 to 10 mph switching to the northwest and a low around 28.

Wednesday: Partly sunny with a 20 percent chance of rain between 8 a.m. and 4 p.m., a high near 46, winds breezy out of the north at 15 to 35 mph and a low around 17.

Extended Forecast

Thursday: Sunny with a high near 42 and a low around 24.

Friday: Sunny with a high near 51 and a low around 29.

Saturday: Partly sunny with a 20 percent chance of rain and snow, a high near 43 and a low around 18.

(National Weather Service)

local markets

10 a.m.

Wheat — \$6.27 bushel

Posted county price — \$6.21

Corn — \$4.18 bushel

Posted county price — \$4.14

Milo — \$3.77 bushel

Soybeans — \$12.28 bushel

Posted county price — \$12.65

Millet — no bid

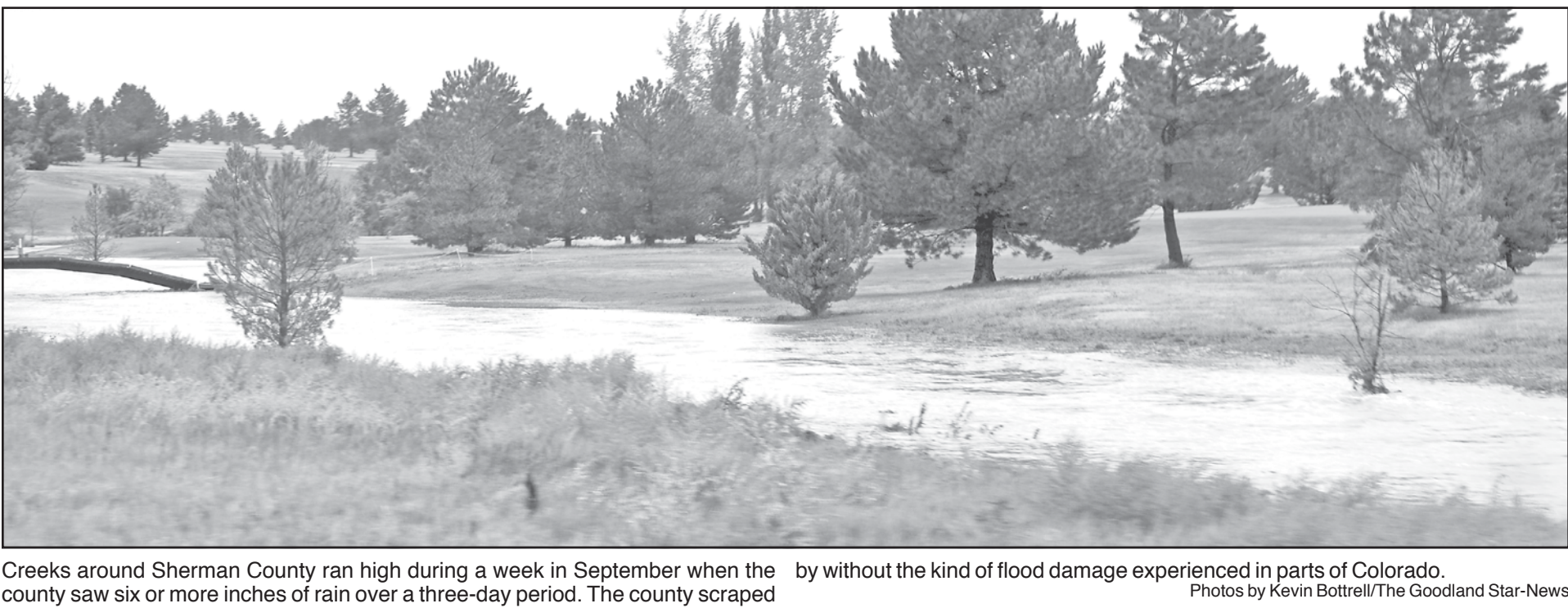
Sunflowers

Oil current crop — \$18.65 cwt.

Confection — no bid

Pinto beans — \$36 (new crop)

(Markets by Scoolar Grain, Sun Opta, Frontier Ag and 21st Century Bean. These may not be closing figures.)



Creeks around Sherman County ran high during a week in September when the county saw six or more inches of rain over a three-day period. The county scraped by without the kind of flood damage experienced in parts of Colorado. Photos by Kevin Bottrell/The Goodland Star-News

# Giant storm is top story of 2013

The Goodland Star-News has selected 10 good, bad or just interesting news stories that appeared in the paper over the course of 2013. The top five stories appear below, with the first five appearing in the Friday, Dec. 27, edition of the newspaper.

One of the most talked about stories of the year carried both good news and bad news.

In the middle of an epic, years-long drought, the skies opened up in September and poured down more than six inches of rain in a three-day period in Goodland. Eight or more inches were reported in the southern part of Sherman County.

With so much rain in a short period of time, flash flood warnings were issued. Flooded or washed out roads were discovered in several areas around the county, particularly along the Smoky Hill River. There was flooding across the eastbound lanes of I-70, causing the road to be closed and traffic diverted between Exits 11 and 14 for several hours. Local streams were nearly out of their banks, and drainage areas around town filled up.

Before the rainfall, Goodland had been at just over half its average rainfall for that point in the year — 8.8 inches out of 16.35. After the storm, the area was only 1.6 inches below average.

The further west you went, the worse the storm had been. Kit Carson County saw heavier flooding, with up to eight inches of water on some roads. The Colorado Front Range saw more than 14 inches of rain, causing widespread flooding of several rivers. Two towns and large areas of back-country were cut off and had to be evacuated by the National Guard. The flood waters continued east, washing out roads and destroying bridges in northeastern Colorado. The flood even made it as far as Nebraska.

Despite the flooding, the heavy rainfall had a big impact on Sherman County: for the first time in years, the Smoky Gardens lake had water in it. The state fishing lake was also filled, and the Department

of Wildlife, Parks and Tourism decided to use water from that lake to keep Smoky Gardens filled as long as possible.

The department also decided to stock Smoky Gardens with fish. The first release of about 400 rainbow trout took place on Dec. 3. Fisheries Biologist Dave Spalsbury said the department will do at least one more release in January or February, and may release warm-water fish in the summer. He said the department will continue to use the state lake to keep Smoky Gardens filled.

In more unfortunate news, two former Goodland residents died under suspicious circumstances this year.

In April, Brad Figgins was found dead at the base of a flight of stairs in his home in St. Francis. Figgins had been a delivery driver, and had formerly lived in Goodland. The Cheyenne County Sheriff said the case was turned over the Kansas Bureau of Investigation.

Figgins' ex-wife Leanna Windell, a Bird City resident, was charged with premeditated murder, theft of \$1,000 in silver coins and theft of personal belongings. Premeditated murder carries a maximum sentence of life in prison. Windell appeared in court May 10, where bond was set at \$1 million. She was arraigned in district court on Nov. 8. She pled not guilty to the charges. The trial is set to begin April 21.

In July, another former resident, John Paulsen, was the victim of a shooting in St. Louis. He had been on his way home from the hotel where he worked when he stopped to put the roof of his convertible up. He was shot in the arm and chest by a then-unknown suspect.

Two suspects were eventually apprehended. Lorenzo Milton was charged with second-degree murder, first-degree attempted robbery and two counts of armed criminal action. He is being held without bail. Ronald Milton was charged with unlawful use of a weapon and tampering with a witness in a felony prosecution. He was held in jail in lieu of a \$30,000 bond.



The rainfall also filled up drainage areas around Goodland, such as this one at the corner of K-27 and U.S. 24.

Paulson is remembered by local citizens for his involvement with several activities at Goodland High School, including the Xpressos and National Honor Society.

Over the course of several long meetings in the summer, the Goodland City Commission debated and passed stiffer regulations on pit bulls.

The ordinance was passed on July 15 on a 4-1 vote, with Commissioner Gary Farris voting no. It was first put forward at an open meeting on May 20. City Manager Doug Gerber said the issue had come up because of several incidents with pit bulls, including one in the week prior to the meeting where several pit bulls had injured another dog.

The city modeled some of the language in the ordinance on one passed by Salina.

The initial proposal stopped anyone from buying new pit bulls within the city limits and banned existing pit bulls unless the owner jumped through a number of hoops including fencing, microchipping, registering and getting insurance.

The debate on the proposal often centered around the insurance requirement. Few agencies offer that type of insurance, and it would likely be expensive for pet owners. Several meetings later the requirement was dropped. Another aspect of the debate was whether or not

owners in good standing would be allowed to get another pit bull if theirs died. The commission eventually decided to allow it. Another requirement that the dogs be kept on a leash even while in a fenced-in yard was also dropped.

Gerber warned the commission that people are very attached to their pets, and they would likely hear from members of the public, something that proved true at future meetings.

Several citizens expressed concerns about other dog breeds causing trouble around town, and that the fault usually lies with the owners and not with the dog.

"Any dog has instinct," one said. "And a vicious one will attack."

Most owners who spoke at commission meetings said their dogs would never hurt anyone, and that they were against banning any breed. One suggested that rather than banning the breed, the city hold seminars on to reduce dog attacks.

One citizen spoke in favor of the regulations.

Throughout the process, Mayor Annette Fairbanks insisted that the city did not want to take good dogs away from good owners. She said that with the easing of some of the restrictions, the city was no longer calling the proposal a "ban" since many dogs would be allowed, and current owners would be able to replace a dog if it died. She said the commission tried to come up something fair and worthwhile to enforce.

In months since the ordinance passed, a petition was circulated that encouraged the commissioners to reverse their decision. The commissioners also voted to allow one owner to keep her pit bull, even though she had missed the registration deadline.

The commissioners plan to discuss their other vicious animal ordinances next year.

Although it had been working on it for many months, in January, 2013, Sherman County officially took over the ambulance service from Goodland Regional Medical Center in a rather complicated procedure.

Two years ago, the county Hospital Board and Administrator Jay Jolly approached the county commissioners, saying they wanted the county to take over the emergency medical service. At the time, they said, the hospital was losing money on the service and no longer wanted to run it. The county had been paying the hospital to help run the service, but because they were separate

entities, the a large portion of that money was taken by the federal government for Medicare for non-covered expenses.

The county brought on Eric Albright as billing director and hired Duane Wright in November, 2012, to lead the service. Wright came with more than 10 years experience, having worked for EagleMed, an aerial medical transfer service based at Renner Field in Goodland, and at the hospital.

Wright said earlier this year that one of his aims is to increase the number of transfers — taking patients from Goodland to hospitals in Hays or Denver — and to be able to do Advanced Life Support Transports, which would allow the service to transfer patients who need more intensive medical care during a trip. "We're already doing more transfers than we used to," he said. "We're working toward being able to take every transfer."

Transferring by ambulance is far cheaper for patients than going by air, he noted.

When Wright stepped in, there were a lot of issues remaining to work out with the Kansas Board of Emergency Medical Services, which oversees all ambulance services in the state. There were licenses to obtain, he said, as well as Medicare billing numbers.

Wright said one of the more difficult aspects of the transition was having to write almost 300 pages of new protocols, a set of standing orders on how medics will operate.

The service had to obtain a pharmacy and Drug Enforcement Administration licenses so it could stock and administer medications. It also had to work out mutual aid agreements with the surrounding counties especially how to talk to each other over the radio during a crisis.

After deciding to take over the service, the county commissioners decided to build a new station for it and the rural fire department.

They began work with engineer Dan Hall to design a building on county land on the west side of Goodland. However, county and city ended up working together to remodel the Wolak Building, a large empty building in the middle of town that had been a manufacturing plant and a supermarket. The remodeling project was completed during the summer. The building now houses the ambulance service as well as the city and rural fire departments.

The ambulance service has since

patient news

**Carolyn Schritter** is a patient in Parker, Colo. She would appreciate hearing from her friends and cards may be sent to her at The Center at Lincoln, Room 237, 12230 Lioness Way, Parker, Colo. 80134.

**Doris Raile** is a patient at Select Hospital and she would like to hear from friends. Her address is 6001 E. Woodman Road, 6th Floor Room 6126, Colorado Springs, Colo. 80923.

genesis and salvation army

**Genesis and Salvation Army** are available year round to help those in need. 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 goodlandgac.com or stop by 808 Main. The hours are 5:30 a.m. to 8 p.m. on Monday through Thursday, Friday 5:30 a.m. to 6 p.m., Saturday 10 a.m. to 6 p.m. and Sunday 1 to 5 p.m. **Aerobics** are at 5:30 a.m. on Monday and Wednesday. **Insanity class** meets at 5:30 a.m. on Monday, Tuesday, Wednesday, Thursday, Friday and Saturday. **Taekwondo** with Wayne Luckert call for times and dates.

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

the calendar

calendar

Jodie Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1 to 2:15 p.m. on Thursday** 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. 13**. Distribution is 1 to 2 p.m. Saturday, Jan. 25. at Cat's TnT, 1018 Main, or at the Bernadine Johnson residence, located at 704 Walnut. For information call 899-2338, 821-1275, 890-2287, 821-1827, 890-3793 or 899-4278 or order online at www.prairielandfood.com. The Prairie

Pak will have fully cooked chicken/apple sausage links, chicken and vegetable stir fry, Canadian bacon, lean ground beef, salmon fillet, a variety of seasonal fresh fruits and vegetables. The specials are a breaded chicken breast fillets, sausage breakfast pouches, pepperoni pizzas and Augus beef sliders sandwiches.

The **Goodland Soup Bol** serves dinner at **5 p.m. on Monday nights** at the Goodland Methodist Church Fellowship Hall for anyone who wants to come. Free will donations welcome. For information call 899-3631.

The **Kids Cooking Class** is held on the **second Wednesday of each month** from 3:45 to 5:15 p.m. at the 4-H Building. This class is open for second to fifth graders.

For information call 890-4880.

senior menu

**Today:** Chili, cook's choice fruit, crackers and cinnamon roll. **Wednesday:** Closed for New Years. **Thursday:** Smothered steak, mashed potatoes with gravy, seasoned carrots, bread and applesauce. **Friday:** Tuna and noodles, peas, cottage cheese with pineapple, bread and brownie. **Monday:** Sloppy joes, tator tots, Mexicali corn, bun and rosy pears. **Tuesday:** Ham, au gratin potatoes, beets, bread and apricots.

school menu

**Today to Monday, Jan. 6:** No school.

school calendar

**Today to Jan. 6:** No school

obituaries

Danny Alan Peck

Danny Alan Peck, 57, Colby retired Colby electrician, died Thursday, Dec. 19, 2013, at Harry Hynes Memorial Hospital in Wichita.

He was born on July 15, 1956, to Harold and Wilma (Solnheim) Peck in Scottsbluff, Neb.

In 1974 he graduated from Goodland High School and later from the Northwest Kansas Technical College.

On July 4, 2003, he and Lori Andersen were married in Colby. Later they divorced.

Mr. Peck was an electrician and had his own business, The Good Electrician, in Colby. Before that he had worked for Jim's Electric for over 10 years.

He was an avid golfer and loved to camp and fish.

Preceding him in death were his parents and a brother Raymond Peck.

Survivors include a brother Roger (Deena) Peck of Wiggins, Colo., his ex-wife of Colby and two nephews. No services are planned.

Lyn Eugene Wiley

Lyn Eugene Wiley, 58, former St. Francis teacher, died Saturday, Dec. 21, 2013, in Denver.

He was born on April 5, 1955, to Lloyd and Jean (Mudd) Wiley in Fort Scott.

Mr. Wiley grew up being active in his father's construction business, school activities, FFA, 4-H and rodeo. In 1973 he graduated from Fort Scott High School and then went to Colby Community College where he was a member of the rodeo team. After graduation he return to Fort Scott and worked for his father's construction business. He continued his education at Fort Scott Community College and received his degree in agricultural education from Kansas State University in May 1981.

On May 28, 1977, he and Cindy Shafer were married.

Lyn and Cindy began teaching in

St. Francis in the fall of 1981. He taught school for 32 years.

Survivors include his wife of the home; two sons, Dustin Wiley of St. Francis and Darin Wiley of College Station, Texas; his parents of Fort Scott; brother Dion "Pete" (Jeanie) Wiley of Fort Scott; his in-laws, Stan and Carol Shafer of Laird, Colo.; two sister-in-laws, Kathy and Terri.

Services were held at 9:30 a.m. (Mountain Time) on Friday, Dec. 27, 2013, at the United Methodist Church in St. Francis and burial in the Grandview Cemetery in Wray, Colo.

Visitation was from 10 a.m. to 6 p.m. (Mountain Time) on Thursday, Dec. 26, 2013 at Knodel Funeral Home, 202 S. Benton, St. Francis.

Memorials to ALS Research or an ag Scholarship may be sent to the funeral home.

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.

thrift store

The Goodland Churches Thrift Shop, 1002 Main, is open from 10 a.m. to 5 p.m. on Monday through Friday. Donations welcome. The **daily specials** are 50 percent off men's department on Monday, 50 percent off housewares, furniture, electronics and crafts on Tuesday, 10 cent books on Wednesday, 50 percent off children's department on Thursday and 50 percent of ladies' department on Friday. 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 for a fee. 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. Nutritious meals are served, and parents

are encouraged to get involved in their children's education. For information call 890-2552.

mops

MOPS (Mothers of Preschoolers) meets the first Monday of every month October thru May. Meeting time: 6 p.m. -7:30 p.m. at the Harvest Evangelical Free Church; 521 E Highway 24; Goodland. For more information email goodlandmops@gmail.com or call (785) 890-6423.

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.

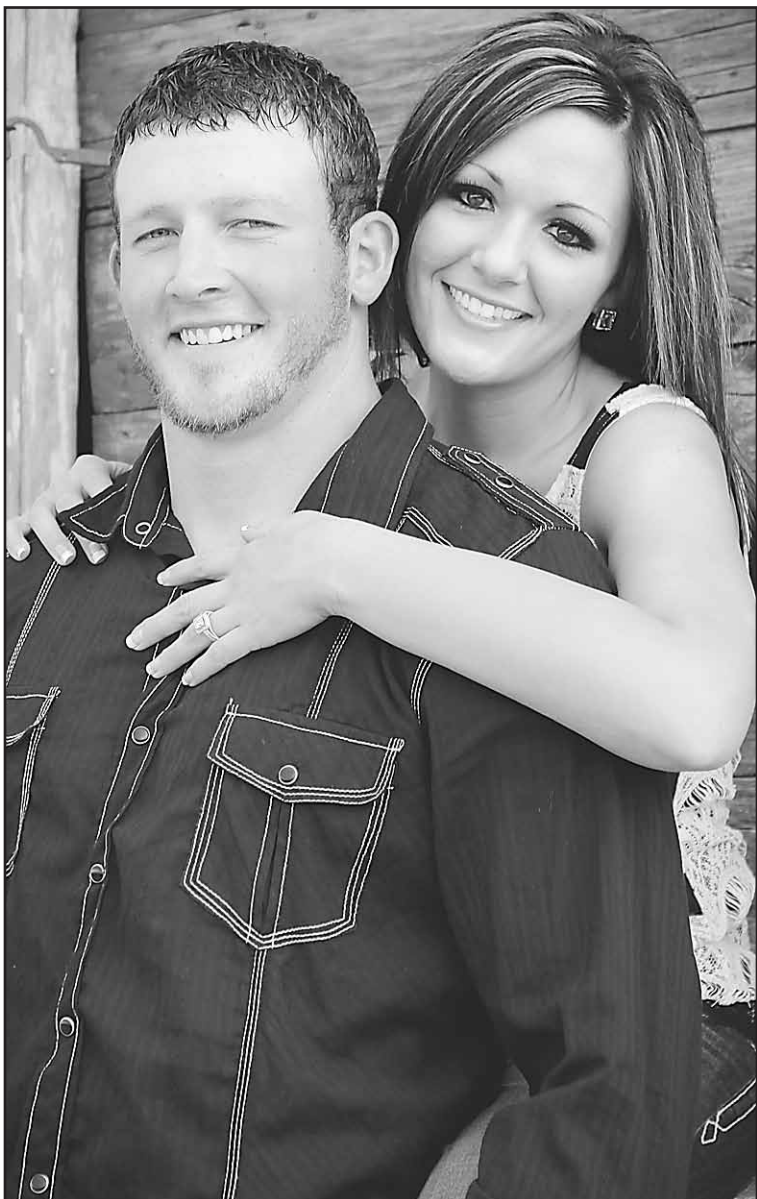
The police department can also be called at 890-4570.

family shelter

The Northwest Kansas Domestic and Sexual Violence Services provides help day or night to victims of domestic violence and sexual assault. For information or help, call (800) 794-4624. In the Colby area, call (785) 443-1130.



Troy and Ann Mannis



Trent Kinen and Nicole David

St. Francis couple plan January wedding

Nicole David and Trent Kinen, both of St. Francis, plan to marry on Saturday, Jan. 25, 2013, at the St. Francis Catholic Church.

She is the daughter of Alan and Teresa David of Goodland and he is the son of Alice Kinen of St. Francis and the late Pete Kinen.

The bride to be graduated from Goodland High School, attended Dodge City Community College and played football for two years. Then he transferred to Pittsburg State University and graduated from Fort Hays State University. He is presently working on the family farm northwest of St. Francis.

ently she is a registered nurse at Cheyenne County Hospital in St. Francis.

The future groom graduated from St. Francis Community High School, attended Dodge City Community College and played football for two years. Then he transferred to Pittsburg State University and graduated from Fort Hays State University. He is presently working on the family farm northwest of St. Francis.

Specials for the week Dec. 27-Jan. 2

Drinks included. Dine-in or carry out!

Friday, Dec. 27: Beef Enchiladas

Saturday, Dec. 28: Crispy Chicken Sandwich with French Fries

Sunday, Dec. 29: Chicken

Monday, Dec. 30: Bierock Casserole

Tuesday, Dec. 31: Meat Loaf

NEW YEARS EVE: SHRIMP DINNER!

Wednesday, Jan. 1: Lasagna

Thursday, Jan. 2: Ham and Beans



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# Santa has helper

By Pat Schiefen

[pschiefen@nwkans.com](mailto:pschiefen@nwkans.com)

Rosalinda Martinez, also known as Santa's helper, has been helping kids and their families have a merrier Christmas since 2003.

This former housekeeping employee of Goodland Regional Medical Center has invited kids and their families to come to her home on Christmas Eve to see Santa and find out what he has brought for them.

Martinez has a stocking and wrapped gift for each kid. She sends cards to the kids who are on her "Santa" list to come between scheduled times.

Martinez said as a kid her family was poor and she didn't always get a Christmas present. She remembers that and wants to make sure other kids get a present for Christmas.

She said she buys gifts all year long from different places for the almost 80 families that she invites to her house on Christmas Eve.

Martinez said she is no longer able to work but still hopes to continue.



One of the many kids that received Christmas presents at Rosalinda Martinez's home on a previous Christmas.

# Food safety expert checks on new reporting system

As people sit in a booth and gaze through the menu at their favorite restaurant, contemplate their orders at a local drive-in or choose a couple of meats to take home from their local deli, they might not take the time to think about the safety of the food they are ordering or how it was prepared.

In a recent announcement, the Centers for Disease Control and Prevention said that more than half of all foodborne illness outbreaks reported each year in the U.S. are associated with restaurants and delis. To combat this problem, they plan to increase awareness and implement a voluntary system to better equip state and local health departments in surveying and tracking foodborne illness outbreaks.

Two new tools will be provided through the Centers for Disease Control and Prevention—the National Voluntary Environmental Assessment Information System and an interactive e-learning course—that will be available in early 2014.

## Who is involved?

Kevin Roberts, associate professor of hospitality and dietetics at Kansas State University, focuses on food safety research in the restaurant and hospitality industry.

He said while the new tools are geared toward state and local health officials, the data collected would provide more insight into food safety in the entire foodservice industry.

"It appears that the system the CDC is rolling out looks at all facets of retail foodservice," Roberts said. "This would be restaurants, delis, cafeterias and schools as well."

Roberts said state and local municipalities regulate and inspect most restaurants, delis and other retail foodservice providers.

While these same inspectors often perform the inspections in schools, the school lunch program is regulated at the federal level. Schools are usually inspected twice per year, while restaurants and related foodservice providers are inspected once.

Schools are the only retail segment that must have a Hazard Analysis and Critical Control Points system in place, Roberts said. HACCP, a food safety system, is mostly used

in food production.

## How is the new system different from foodservice staff training?

Regardless of the type of foodservice provider, Roberts said many of the food safety concerns derive from three areas—cross-contamination, personal hygiene, and time and temperature control.

Helping prevent problems related to these concerns starts by properly training food preparers, servers and other foodservice staff.

"Most states now have a requirement that at least one person in the operation at all times has to be knowledgeable about food safety, but that doesn't always mean that every state and local municipality has that," Roberts said.

Popular training programs, such as the National Restaurant Association's ServSafe program, target restaurant managers and employees, for example, while the center's new system is more for health inspectors. This doesn't mean more people can't take part in the e-learning course, as it is open to anyone. Roberts said he has already signed up to participate in the course next year.

The data that the center collects from the health inspectors through the program, however, could help in making better training programs for foodservice workers.

"It looks like they are trying to capture the underlying environmental factors and the data to not only trace back outbreaks to the original source, but also help professionals who associate with restaurants make good decisions going forward with training," Roberts said.

Kansas State is also currently working on research that looks at the connection between knowledge gained from foodservice staff trainings and actual behavior.

"We've done quite a few studies showing that once people go through ServSafe training, it doesn't necessarily improve their behavior on the job," Roberts said.

"In our department, we're look-

ing at that knowledge-to-behavior connection and what we can do, whether it be more training or other interventions, to help improve actual behavior once knowledge training has taken place."

## Consumer self-protection

Roberts, who is a former restaurant manager, said consumers could protect themselves from foodborne illnesses when eating out by looking at a particular eatery's general practices.

"For example, if they go into a deli, are the workers wearing gloves? Do they change those gloves frequently? Are they touching things while wearing gloves, like their hair, face or money?" he said.

"Look in the restaurant's restrooms and see how clean they are. If the general public areas, like the dining areas, are well-kept, that's a good indication that the kitchen is well-kept."

Consumers should be aware that while more than half of the reported foodborne illness outbreaks were caused by the retail foodservice industry, many unreported foodborne illness outbreaks occur in the home, Roberts said.

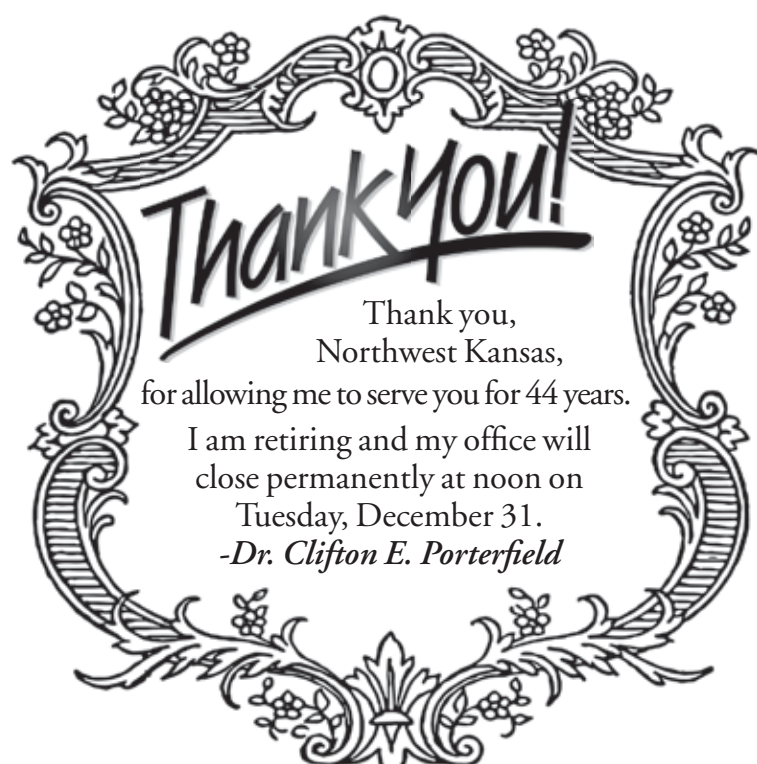
## corrections

The Goodland Star-News will correct any mistake or misunderstanding in a news story.

Please call our office at (785) 899-2338 to report errors.

We believe that news should be fair and factual.

We want to keep an accurate record and appreciate you calling to our attention any failure to live up to this standard.



# Tips for winterizing

Cold winds and temperatures might have snuck up on some people this year before they could take appropriate measures to winterize their homes. Making small adjustments in the home can lead to energy savings and lower utility bills through the winter months, according to Bruce Snead, director of Engineering Extension at Kansas State University.

Finding a balance between being comfortable and conserving energy is key, he said. Some main areas of concentration for winterizing the home include checking the furnace, insulation, and the windows, doors and outlets for leaks to the outdoors. But, having a working programmable thermostat might be the first item on the agenda.

"The thermostat setting determines how much you will spend for heating and cooling costs," Snead said. He recommends that people consider setting it down when they don't need it, perhaps when they are sleeping or gone during the day.

"Each house is unique, but generally every degree you drop on your thermostat might save as much as 3 percent on your heating and cooling costs," he said.

## Furnace checks

Snead said that the furnace, whether it is a gas, propane, heat pump or even geothermal heat pump, should be operating at optimum efficiency. This means filters should be regularly replaced or cleaned.

"The more you use the furnace, the more important it is to check it, certainly at least every three months if not more often, just to make sure that the filters are clean," he said. "If you have not had your furnace serviced in two or three years, it would be worth having a service technician do a standard evaluation to make sure everything is still lubricated, operating properly, venting properly and you are getting the most out of the fuel that is being consumed by the furnace to provide comfort in your home."

If people have any combustion appliances, like a furnace, in their home, Snead said they should have

a carbon monoxide detector. Carbon monoxide is an odorless, tasteless and colorless gas that can cause flu-like symptoms or even death.

## Windows, doors and outlets

Leaks to the exterior of the home are one of the largest drains on energy costs. Snead said it depends on how many windows the home has, the orientation of those windows, how old they are, how many layers of glass they have and how tight they are.

"Even if you have leaky, old windows, you can always add an interior layer of plastic—a shrink-fit film," Snead said. "Just choose the proper-sized kit for your window. It can be temporarily installed. It's a good way to maintain the clarity of view of the window, but air tightening by literally sealing the whole window at the surface of the trim."

Another option for people is using temporary caulks, Snead said. If the window is not going to be used at all this winter, the temporary caulks don't bond permanently to the surface but will seal around the window.

If the windows are loose-fitting or decaying because of mold, mildew or moisture, Snead said it is worth having them replaced.

"Properly installed replacement windows would be a significant upgrade in the layers of insulation," Snead said. "It's not just an energy efficiency investment, but it's also an investment in the quality and value of the home. The appearance will be better, and the maintenance will be reduced."

People can take a similar approach for maintenance on doors. Snead said temporary caulking can be applied to doors that are not used over the winter, and if it is a sliding glass door that will not be used, shrink-fit film kits are sized to fit doors as well. Weather-stripping doors, making sure the doors close tightly and using temporary door sweeps might also save on home energy costs.

Snead said if people have outlets on the inside surface of their outside walls, air gaps in the insulation around the electrical box in the wall

might allow cold air in and warm air out.

"Put the back of your hand up to the electrical outlet on a windy day, and if you feel cool air coming in, it's probably worth removing the cover plate, placing a foam insulator on the underside of the plate and then screwing the plate back in place," Snead said.

## Evaluating insulation

Snead said if the home has not had updates to the insulation in more than 30 years, there is no question that the insulation of that home should be checked and updated.

"You can evaluate the depth that is there and whether or not it would be warranted to add or blow additional insulation on top of that," he said. "One of the things that may be missed in attic insulation is the sealing of gaps and holes in the attic floor, where piping, wiring, and electrical, water and plumbing lines run. Many times this allows for air leakage."

There are two options to consider for insulating crawl spaces—insulating the perimeter wall or insulating the underside of the floor, he said. Insulating the perimeter wall to make the crawl space an insulated space is typically easier than insulating the underside of the floor, and is probably a better long-term strategy. It might keep homeowners from having to do additional insulation around pipes and ducts that convey heated air or water.

## Other tips

Snead recommends that people check with their utility provider to see if they have energy efficiency programs or equipment available to help save costs.

Using warmth from the sun by allowing it to shine through windows facing south, east or west might help with home heating, but Snead said make sure to close those blinds, shutters or drapes at night to minimize heat loss.

For more information about energy conservation in the home and beyond, log on to <http://www.engext.ksu.edu>.

# Tobacco users get help to quit

The Kansas Department of Health and Environment can help people keep their resolutions to quit tobacco in 2014. KDHE offers free cessation support and information online at [www.ksQuit.org](http://www.ksQuit.org) or toll-free at (800) 784-8669 to help tobacco users who are ready to quit.

"Quitting smoking will reduce your risk of many diseases including cancer, heart disease, chronic pulmonary disease and stroke," said Robert Moser, M.D., department secretary and state health officer. "Quitting isn't easy, but it's worth the reward of a longer and healthier life. Working with a Quit Coach at the Kansas Tobacco Quitline can make quitting easier."

Quitline enrollment is free and

available 24 hours a day, seven days a week (except on major holidays). A Quit Coach™ works with participants during emails, live chats or one-on-one phone calls to prepare for a quit date and create a plan to fight cravings and face other challenges. Studies have found that using a tobacco Quitline can more than double a person's chances of successfully quitting tobacco.

Some people fear their resolution to quit tobacco use will hurt their resolution to lose or maintain weight, but planning ahead can help people avoid weight gain. Exercise can be an effective tool in quitting tobacco use. When the urge to use tobacco hits, people can take a walk, go for a short run or participate in

another physical activity they enjoy. Instead of replacing smoking or chewing tobacco with sweets or fatty food, people can try chewing sugarless gum or snacking on carrots, celery, other vegetables, air-popped popcorn, dried fruit or nuts.

The department's Tobacco Use Prevention Program manages the Kansas Tobacco Quitline and provides resources and technical assistance to community coalitions for development, enhancement and evaluation of state and local tobacco prevention initiatives. For additional information on the Kansas Tobacco Use Prevention Program, visit [www.kdheks.gov/tobacco](http://www.kdheks.gov/tobacco).

# matters of record

## Sherman County Bastille

The following people were booked into the Sherman County Bastille:

**Nov. 24:** Louann Medrano, 26, Oakley, arrested by city police for failure to appear.

**Nov. 27:** Alyssa Davison, 18, Kanorado, arrested by sheriff's deputy for probation violation.

Hector Herrera, 19, Topeka, arrested by state trooper for driving while suspended x5 and warrant for

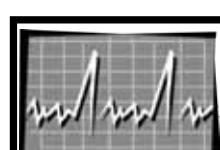
other jurisdiction.

**Dec. 1:** Patricia Snowberger, 60, Damar, arrested by state trooper for driving under the influence and possession of drug paraphernalia.

James Paladino, 64, Goodland, arrested by city police for battery.

**Dec. 2:** Kevin Wolbach, 48, Otis, Colo., arrested by sheriff's deputy for probation violation.

Mark Martin, 19, Goodland, arrested by city police for criminal trespass, criminal damage to property, burglary and theft.



## Sherman County Health Fair

Saturday, January 25, 2014

8 to 11:30 a.m.

Northwest Kansas Tech College

Student Union

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January 6-10, 2014 • 7 to 9 a.m. each day

At Main Entrance to Hospital

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from other viewpoints...

# 2014 defence act is still unacceptable

Congress just passed the gigantic \$625 billion dollar sweeping National Defense Authorization Act of 2014 with a vote in the House 350 to 69 and in the Senate 84 to 15. Establishment media coverage seemed to center on what did not make it into the act such as, a crackdown on sexual assault in the military and provisions making it easier to close Guantanamo, rather than upon what did. Most maintained the image that the annual act merely funded the military for another year, as has been the case formerly. Nothing could be further from the truth.

Left in place was the extremely controversial 2012 provision authorizing the military, under presidential authority, to arrest, kidnap, and detain without trial, and held indefinitely, American citizens thought to “represent an enduring security threat to the United States.” Simply stated it defied Habeas Corpus (your constitutional right not to disappear at the hand of government), the Posse Comitatus Act of 1878 (preventing the military from having a law enforcement function in the United States), and essentially gutted large portions of the Bill of Rights especially amendments 4, 5, and 6 with secondary damage to 1, 2 and possibly 8. It is the single most dangerous law passed by Congress in U.S. History.

Only socialists and Tea Party advocates seemed to understand that a non-specific definition of terrorism, such as that noted above, can easily be turned into a revolving definition of terrorism and used to wipe out either an opposing party or philosophy. Imagine being arrested, kidnaped, and secretly shipped to Guantanamo Bay for defending the Constitution. Such is possible under the 2012 version left unchanged. Neither political party is exempt from fault on this version.

Unfortunately the National Defense Authorization Act of 2014 is still unconstitutional, still unacceptable, and even more dangerous than its predecessor. Newly added is Section 1071(a) which authorizes the Secretary of Defense to “establish a center to be known as the ‘Conflict Records Research Center’” authorized to compile a “digital research database including translations and to facilitate research and analysis of records captured from countries, organizations, and individuals, now or once hostile to the United States.” Section 1071 (g) is more explicit defining a captured record as “a document, audio file, video file, or other material.” This effectively expands the surveillance of the Bush 43 Authorization for the Use of Military Force (AUMF) defining, as never ending, the War on Terrorism and his resultant Patriot Act, requiring citizens to report certain activities of other citizens. Factor in the government’s several expensive NSA facilities especially those of Oak Ridge, Tennessee and Bluffdale, Utah, the latter of which is designed to accommodate a yottabyte of information.

Perhaps Tea Party Senator Ted Cruz said it best when he told his constituents: “Today I voted against the National Defense Authorization Act. I am deeply concerned that Congress still has not prohibited President Obama’s ability to indefinitely detain U.S. citizens arrested on American soil without trial or due process. The Constitution does not allow President Obama, or any President, to apprehend an American citizen, arrested on U.S. soil, and detain these citizens indefinitely without a trial.” We agree and that is why the National Defense Authorization Act of 2014 is still dangerous, still unconstitutional and still unacceptable in a free country!

—Dr. Harold Pease is an expert on the United States Constitution. He has taught history and political science for more than 25 years at Taft College. To read more of his weekly articles, please visit [www.LibertyUnderFire.org](http://www.LibertyUnderFire.org).

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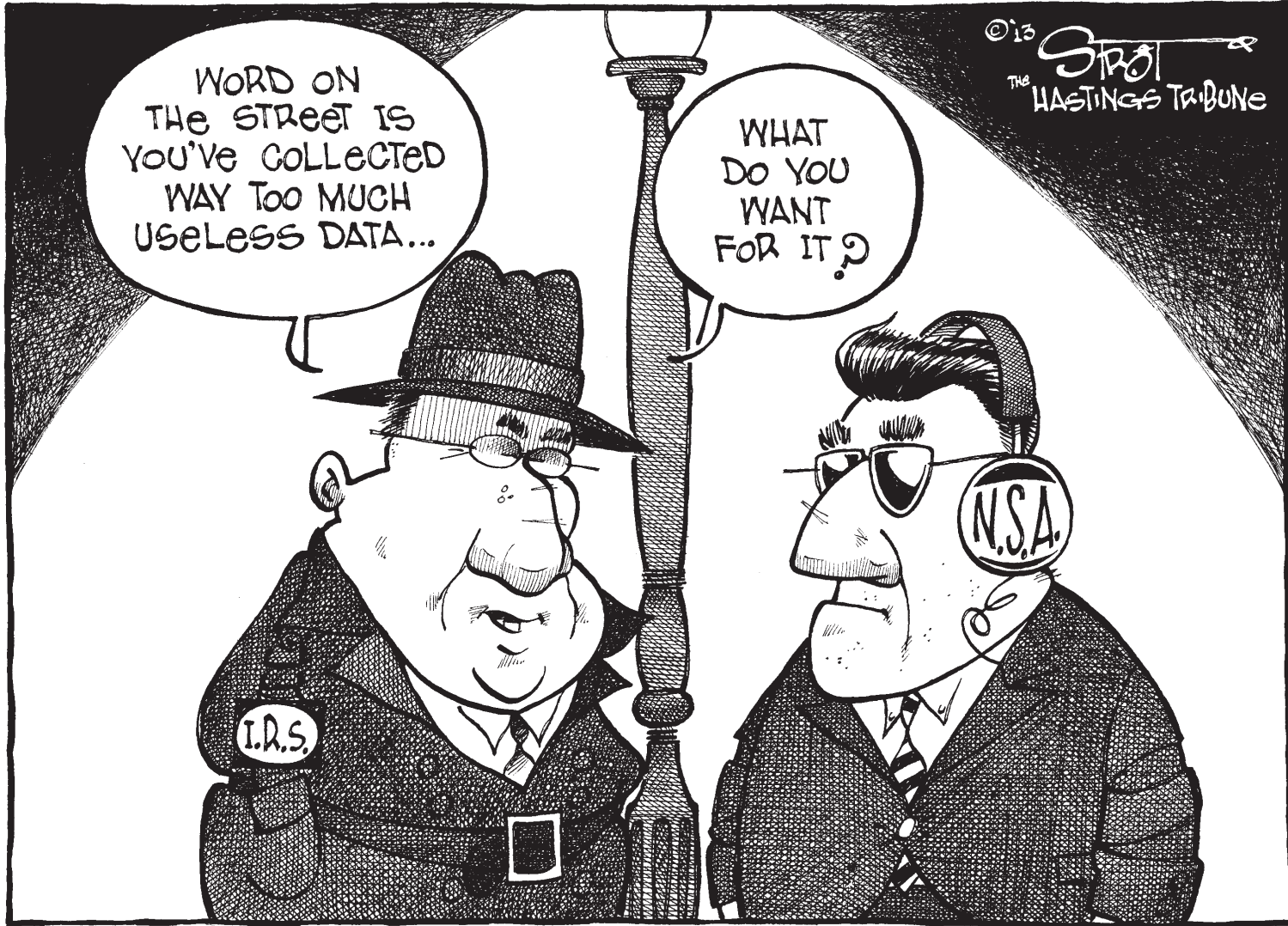
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## Moderation and balance

It’s the New Year and like so many, I have vowed to shed those extra pounds. Losing weight is no easy task. Expectations often exceed the will to lose this weight gradually during an extended period of time.

Today, there are as many diets out there as there are people who attempt to stick to them. What it really boils down to is watching what we eat, caloric intake, and exercise. If we have the discipline to do that, each of us can meet our goals.

Still, when it comes to exercise and diet, myths are as plentiful as the calories in a piece of pecan pie – one of my favorites by the way. To clear up some of these misconceptions, I visited with a nutrition specialist during the holidays to set the record straight or at least point me in the right direction.

One common myth and core ingredient in several popular diets involves eating extra protein to build strong muscles and rev up your metabolism. Today, most Americans, whether they are weekend warriors (athletes) or not, take in plenty of protein from a normal diet.

Protein powders and amino acid supplements are unnecessary. That is unless you want to bulk up and look like the former governor of California whose most famous movie line was, “I’ll be back.”

The only healthy and safe way to increase the size and strength of muscles is to work out. Too much protein, if not burned as energy, turns to body fat.



## Insight this week

• john schlageck

Another myth would have us believe that sugary foods provide quick energy. While a candy bar, energy bar or soft drink before exercising may trigger an insulin response, that causes a rapid peak and then fall of blood sugar.

The most efficient source of energy comes from complex carbohydrates. That includes whole-grain breads and cereals, pasta, fresh fruits and vegetables.

So what about the popular diets that suggest staying away from carbs altogether?

Not such a good idea. The real key to a healthy diet is moderation and balance. It also includes a diverse, complete grouping of foods.

As for the so-called energy drinks and I won’t mention even one of those flooding the convenience and supermarket shelves, most of these are caffeine, speed or some other stimulant. And we all know that speed kills, maims or throws your body out of whack.

Vitamins and minerals do not contain energy. However, some vitamins help the body use energy.

Unless there is a deficiency, supplements will not help performance. Taking unneeded

supplement may do more harm than good. Too much vitamin A or D can lead to side effects such as liver damage over time.

Another myth suggests thirst is a good signal it’s time to take fluid.

Wrong.

Vigorous exercise can blunt the body’s thirst mechanism. Drinking plenty of liquids, especially water, is important during exercise to prevent dehydration. For every pound of weight we lose through sweating, we need to drink two cups of water, whether we are thirsty or not.

The last myth, but one we cannot forget, suggests that milk causes “cottonmouth.” Nervousness and fluid loss, not milk, make the mouth feel dry before a game, match or other competition.

Drinking milk, water or other fluids before exercising is essential. The body needs to maintain its fluid levels during a workout. Cold drinks, with the exception of those containing alcohol, are the ideal beverage during physical activity because they help cool our bodies.

Good luck and try to remember, losing weight is not a sprint it’s a marathon – a long term commitment.

*John Schlageck is a leading commentator on agriculture and rural Kansas. Born and raised on a diversified farm in northwestern Kansas, his writing reflects a lifetime of experience, knowledge and passion.*

## Keep free speech in America

Arts and Entertainment television was out of line for suspending Phil Robertson for a recent statement that the network executives did not appreciate. They may not have liked his Bible quote but he was stating his personal belief and not speaking on behalf of the network. I realize that he is employed by the network, but that should not prohibit him from stating his opinion.

Every American in most circumstances has an opinion and many will disagree or agree depending on the subject. Because someone states something does not mean that it is reality, except in that person’s mind. However, there are many circles of shared belief throughout our world. I happen to believe some are right but some are also wrong...in my opinion.

My opinion is based on my background, upbringing, Bible reading, education, personal studies, media, folktales and even common



## from other pens

• commentary

sense.

I don’t like everything I see on television, read in the paper or hear on the radio. However, I have yet to eliminate any of the three from my life. I don’t like everything I see and hear in church but I still go. Yet, I believe in the freedom of religion just like I believe in the freedom of people to state their opinions and quote their favorite books whether it’s the Bible or Reader’s Digest.

As a free society our task is to muddle through the free speech and make a sensible determination. Free speech encourages or

offends people. However the goal of speech should never be to limit human rights to anyone. A worthy goal for us all is to use our free speech to make America better even though words can burn as in the case of Robertson’s statements. Again, just because somebody makes a statement does not mean that it is reality, except in the mind of the person who made the statement. The statement simply is a window into that person’s soul.

I may not agree with what you say or even like it but let’s please preserve the First Amendment. A good America is a free America and a free America means free speech.

*Glenn Mollette is an American columnist read in all fifty states. Contact him at [GMollette@aol.com](mailto:GMollette@aol.com). Like his facebook page at [www.facebook.com/glennmollette](http://www.facebook.com/glennmollette).*

## Christmas cards



## cynthia haynes

• open season

husband Ken from Denver. Mary Lou, like every other Mary of our generation, goes by two names because there were so many of them.

In my high class we had Mary Frances, Mary Louise and Mary Alice. Today these girls would probably go by the middle name, but then there’s no need, since not so many people name their daughters Mary anymore. And if they do they’d probably spell it Merry or Myri.

But back to the Christmas cards.

The other thing that struck me when looking at the address labels is most of us are really cheap. We use the ones we get in the mail from St. Jude’s Hospital, our insurance company, Pheasants Forever and the college alumni association. These usually have one name on them, so that the return address has only one

person on it, not the couple. That’s enough to get the card home, but can be a little worrisome for the receiver.

Me: “Gee, we just got a card from Sam Smith. I hope June is OK. Maybe she died or they divorced or...”

Steve: “Just open up the card and look at the signature, for goodness sakes, and stop worrying over an address label that they probably got for free from their bank.”

Me: “Oh good, it’s signed by both of them and their three dogs.”

Since I also use those little labels, our friends also must check the cards to make sure all is well in the Haynes household. So we also include a letter each year.

I know, I know. Those letters have a bad rep. But, if you don’t want to know what we were doing last year – good and bad – toss it. I don’t care. I’ll never know. And, if you really, really don’t want to get one next year, just move and don’t send me a card with one of those free, if slightly confusing, return address labels.

# Ambulance service, new doctors round out top stories of 2013

TOP STORY, from Page 1

transitioned to 24/7 service, with more full-time emergency medical technicians in addition to volunteers. It also purchased two new ambulances that are specifically designed to do long-distance transfers.

Physician recruitment is a challenge facing any rural area, but Goodland had a successful year in that area. The Goodland Family Health Clinic added two new doctors in 2013. The latest being Dr. Kali Rubenthaler, who told the *Star-News* in November that she places an emphasis on women's healthcare, obstet-

rics and pediatrics. Dr. Douglas Van Marel started in January.

Rubenthaler grew up in Wichita, and after graduating high school there, she attended Baylor University. She went to medical school at the Kirksville College of Osteopathic Medicine, becoming a doctor of osteopathy.

Rubenthaler did her third and fourth years at Via Christi in Wichita and stayed there for her residency. Via Christi is an intensive program, she said, where she and her fellow residents did everything at the hospital.

When deciding where to go, Rubenthaler and her husband were looking at rural areas. She said her husband grew up on a farm

near Sublette.

The couple have three children: 2-year-old daughter Kierra and 1-year-old twin boys Finn and Holden.

She also wanted a place where she could do full patient care. In big cities, she said, all the various parts of medicine are segregated, and when patients go from doctor to doctor, it is easier for mistakes to be made. Having one doctor for every condition or stage of life helps that communication. Rubenthaler said even though she might send a patient to one of the many specialists that come out to Goodland, she will still be able to see the big picture of the patient's overall health.

Dr. Van Marel is certified by the American Board of Internal Medicine and practices with an emphasis on critical care, geriatrics and adult medicine. He and his family moved to Goodland from Spearfish, S.D., where he worked at the Queen City Regional Medical Clinic.

He attended the University of Minnesota where he earned a Bachelor's Degree in chemistry and biology. He graduated medical school at the University of South Dakota and fulfilled his residency at Michigan State University.

Dr. Van Marel and his wife, Esther, have four young daughters ranging in age from 6 to 12. Prior to practicing in Spearfish,

he also worked in Miles City, Mont., and Huron, S.D.

Dr. Van Marel said he and his family enjoy living and working in small rural communities and concentrated their career search on communities of less than 10,000 people. He grew up on a dairy farm in the small town of Beaver Creek, Minn., and his family owned a farm when they lived in Montana. His hobbies include hunting and fishing.

Another new doctor, Heather Lickie, is set to join the clinic staff in 2014.

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# matters of record

**Sherman County Bastille**  
The following people were booked into the Sherman County Bastille:  
**Nov. 3:** Ashley Hildebrand, 26, Goodland, journal entry - 5 days, sheriff's deputy.  
**Nov. 5:** Emily Walz, 26, St. Francis, arrested by sheriff's deputy for failure to appear.  
**Nov. 6:** Penny Lane, 34, Goodland, arrested by city police for domestic battery and criminal damages.  
Skylar Dubois, 21, Burlingame, arrested by sheriff's deputy for probation violation.  
**Nov. 7:** Marvin Wink, 26, Monroe, La., arrested by sheriff's deputy

for driving under the influence, driving while suspended and transporting an open container.  
Richard Connell, 26, Goodland, arrested by sheriff's deputy for probation violation.  
Rodney Boyce, 62, Kanorado, arrested by sheriff's deputy for probation violation.  
Bryan Lee, 23, Goodland, arrested by sheriff's deputy for probation violation.  
**Nov. 8:** Debi Lane, 45, Goodland, arrested by sheriff's deputy for failure to appear.  
Joel Bunker, 54, Goodland, arrested by state trooper for driving under the influence and speeding.  
**Nov. 10:** Bradley Long, 41,

Goodland, arrested by city police for domestic battery and disorderly conduct.  
**Nov. 12:** Benjamin Wood, 32, Goodland arrested by sheriff's deputy for probation violation.  
Jami Tagtmeyer, 27, Goodland, arrested by sheriff's deputy for probation violation.  
James Barrera, 27, Goodland, Court appearance for Kansas Department of Corrections by sheriff's deputy.  
Jerry Garrett, 52, Hays Center, Neb., arrested by sheriff's deputy for possession of hallucinogenic drugs.  
Christopher LaCaze, 32, Hays City, Neb., arrested by sheriff's

deputy for possession of hallucinogenic drugs.  
Mersadies LaCaze, 18, Hays City, Neb., arrested by sheriff's deputy for possession of hallucinogenic drugs.  
Albert Joyce, 49, Hays Center, Neb., arrested by sheriff's deputy for possession of hallucinogenic drugs.  
**Nov. 13:** Dylan Kersley, 18, Goodland, arrested by sheriff's deputy for probation violation.  
Anabel Cano, 20, Goodland, arrested by city police for driving under the influence, minor in possession, racing on roadway and operating a vehicle without insurance.  
**Nov. 16:** Jose Garcia, 25, Ed-

mond, Okla., arrested by state trooper for sale/distribution of hallucinogenic, possession of stimulants and no tax stamp.  
**Nov. 17:** Bryce Sullivan, 21, Weatherford, Okla., arrested by state trooper for sale/distribution of hallucinogenic, possession of stimulants and no tax stamp.  
Caleb Dixon, 22, arrested by state trooper for sale/distribution of hallucinogenic, possession of stimulants, no tax stamp and possession of drug paraphernalia.  
**Nov. 19:** Terrence Knuth, 26, Goodland, arrested by city police for criminal damage to property.  
Adam Stuhmiller, 28, Cope, Colo., arrested by city police for

criminal possession of firearm and possession of drug paraphernalia with intent to store.  
Penny Lane, 34, Goodland, arrested by city police for criminal trespassing.  
**Nov. 20:** Phoungoun Souaysens, 49, Sacramento, Calif., arrested by Thomas county sheriff's deputy for sale or distribution of opiates, narcotics, etc.  
Morakot Suwansap, 50, San Francisco, Calif., arrested by Thomas county sheriff's deputy for sale or distribution of opiates, narcotics, etc.  
Walter Gariffo, 26, Colby, arrested by city police for failure to appear.

# kansas classifieds

**Help Wanted**  
Anthony, Kansas is seeking Electric Maintenance Worker I (Electric Department Lineman). Vocational degree in electricity is preferred. Applications and complete job description: [www.anthonykansas.org](http://www.anthonykansas.org). 620-842-5434. EOE.

**Help Wanted**  
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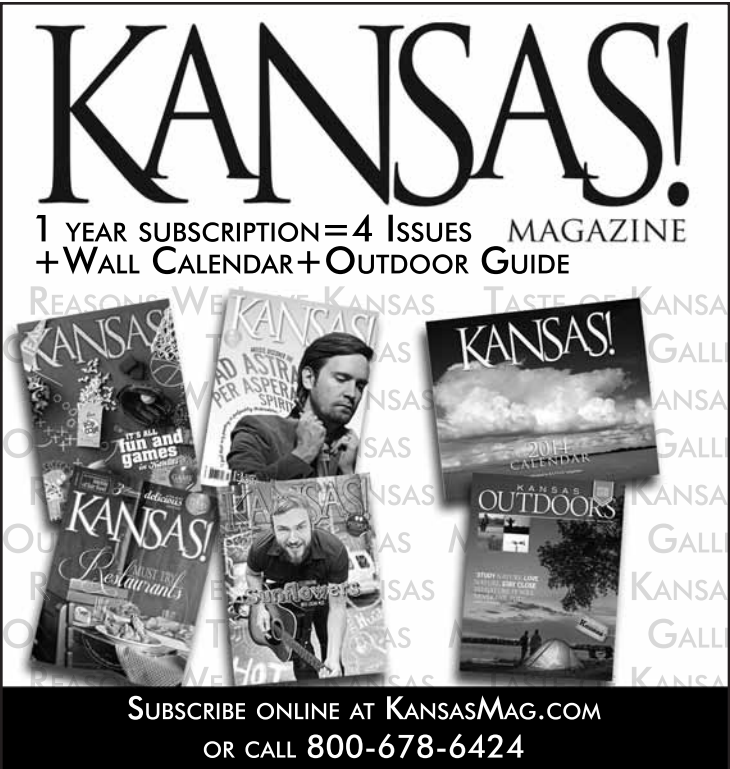
**25<sup>th</sup> Annual Wichita RV SHOW**

Wednesday, January 8 4pm-9pm  
Thursday, January 9 4pm-9pm  
Friday, January 10 12-9pm  
Saturday, January 11 10am-9pm  
Sunday, January 12 12-6pm

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**Donor Development Specialist**

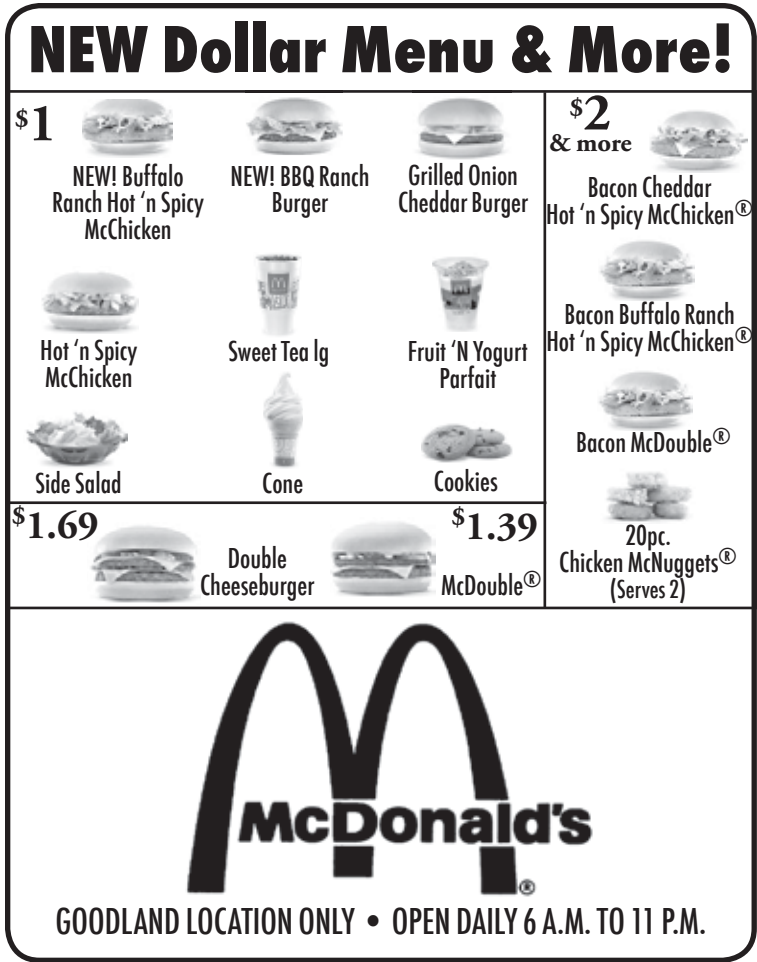
Mosaic is now seeking a goal and relationship driven leader to serve as the Donor Development Specialist in its Garden City, KS location.

This position will drive fund-raising and be a mission ambassador for Mosaic while gaining sustainable financial support using the Benevon model. Orchestrating special events, recruiting & managing volunteers required. Intensive training provided.










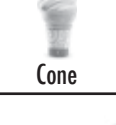





BA in marketing, public relations, communications or a related field required with a minimum of 3 yrs. experience with fund-raising in a similar position and previous experience with volunteer management. Knowledge of Benevon model is helpful. Must reside within a commutable distance to Garden City.

Competitive wages, excellent benefits, growth opportunities and a compelling mission.

Send resume along with salary requirements to [amy.trumm@mosaicinfo.org](mailto:amy.trumm@mosaicinfo.org).



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**2014 Business Honor Roll**

It's time to let the community know how long your business has been around. Please fill in the below information and return to the office before **01/07/14 noon MST**. These pages will run in *The Goodland Star-News* on 01/10/14. You can mail, fax, email or drop off at the office or call and we can pick up your form. Please make sure the information on the form is legible. The ads are 1x3 and cost is \$40. The ads look like the one below.

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**Year established/years in business:**  
**Business owners:**  
**Address:**  
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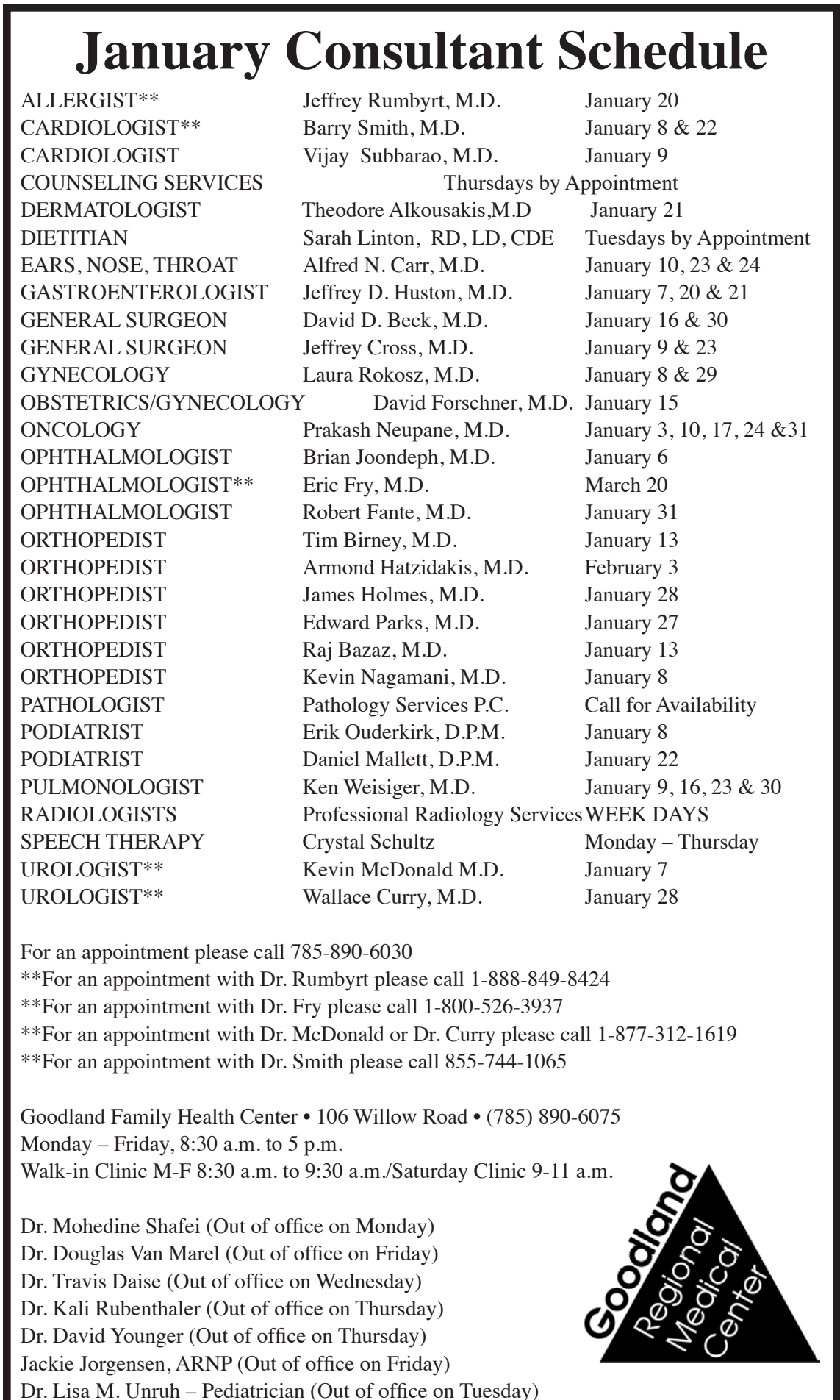
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Angela Bonham  
Advertising Representative




**January Consultant Schedule**

ALLERGIST**	Jeffrey Rumbyrt, M.D.	January 20
CARDIOLOGIST**	Barry Smith, M.D.	January 8 & 22
CARDIOLOGIST	Vijay Subbarao, M.D.	January 9
COUNSELING SERVICES	Thursdays by Appointment	
DERMATOLOGIST	Theodore Alkousakis, M.D.	January 21
DIETITIAN	Sarah Linton, RD, LD, CDE	Tuesdays by Appointment
EARS, NOSE, THROAT	Alfred N. Carr, M.D.	January 10, 23 & 24
GASTROENTEROLOGIST	Jeffrey D. Huston, M.D.	January 7, 20 & 21
GENERAL SURGEON	David D. Beck, M.D.	January 16 & 30
GENERAL SURGEON	Jeffrey Cross, M.D.	January 9 & 23
GYNECOLOGY	Laura Rokosz, M.D.	January 8 & 29
OBSTETRICS/GYNECOLOGY	David Forschner, M.D.	January 15
ONCOLOGY	Prakash Neupane, M.D.	January 3, 10, 17, 24 & 31
OPHTHALMOLOGIST	Brian Joondeph, M.D.	January 6
OPHTHALMOLOGIST**	Eric Fry, M.D.	March 20
OPHTHALMOLOGIST	Robert Fante, M.D.	January 31
ORTHOPEDIST	Tim Birney, M.D.	January 13
ORTHOPEDIST	Armond Hatzidakis, M.D.	February 3
ORTHOPEDIST	James Holmes, M.D.	January 28
ORTHOPEDIST	Edward Parks, M.D.	January 27
ORTHOPEDIST	Raj Bazaz, M.D.	January 13
ORTHOPEDIST	Kevin Nagamani, M.D.	January 8
PATHOLOGIST	Pathology Services P.C.	Call for Availability
PODIATRIST	Erik Ouder Kirk, D.P.M.	January 8
PODIATRIST	Daniel Mallett, D.P.M.	January 22
PULMONOLOGIST	Ken Weisiger, M.D.	January 9, 16, 23 & 30
RADIOLOGISTS	Professional Radiology Services	WEEK DAYS
SPEECH THERAPY	Crystal Schultz	Monday – Thursday
UROLOGIST**	Kevin McDonald M.D.	January 7
UROLOGIST**	Wallace Curry, M.D.	January 28

For an appointment please call 785-890-6030  
\*\*For an appointment with Dr. Rumbyrt please call 1-888-849-8424  
\*\*For an appointment with Dr. Fry please call 1-800-526-3937  
\*\*For an appointment with Dr. McDonald or Dr. Curry please call 1-877-312-1619  
\*\*For an appointment with Dr. Smith please call 855-744-1065

Goodland Family Health Center • 106 Willow Road • (785) 890-6075  
Monday – Friday, 8:30 a.m. to 5 p.m.  
Walk-in Clinic M-F 8:30 a.m. to 9:30 a.m./Saturday Clinic 9-11 a.m.



**Goodland Regional Medical Center**

Dr. Mohamedine Shafei (Out of office on Monday)  
Dr. Douglas Van Marel (Out of office on Friday)  
Dr. Travis Daise (Out of office on Wednesday)  
Dr. Kali Rubenthaler (Out of office on Thursday)  
Dr. David Younger (Out of office on Thursday)  
Jackie Jorgensen, ARNP (Out of office on Friday)  
Dr. Lisa M. Unruh – Pediatrician (Out of office on Tuesday)

# Expert recommends ranchers check cattle

High daily temperatures at 20 and 30 degrees confirm the arrival of winter. A week or more of cold temperatures, particularly below freezing, can take a toll on the cow herd. A bodily response to cold stress in cattle is an increase in dry matter intake, said Dale Blasi, professor and beef cattle extension specialist for Kansas State University.

Blasi recommends that cattle producers, if they haven't already, make a list of the forages they have available for the winter months, know the quality of those forages, take a look at the body condition and hair coat condition of each cow, and prepare for winter winds by providing shelters or windbreaks for the herd.

Forage testing can help determine the quality of the forages producers have on hand, Blasi said. During a string of days with sub-freezing temperatures, the higher quality forages should be used to increase the herd's caloric intake, but producers

should keep in mind that, depending on the harshness of winter, increased animal requirements might continue well into spring.

"Especially with those spring-calving cows, they are starting to enter into their third phase of gestation," Blasi said. "We have to make sure we keep those pregnancies as healthy as possible."

If producers are feeding a co-product such as distillers dried grain, Blasi said, they would provide some additional protein and fat to the cows. Providing more corn to the herd is fine to a certain level.

"You get too much corn into the diet, you start to impact the rumen's ecosystem, and you start to hurt the fiber digesting capability of the lower-quality forages being consumed," Blasi said. "My recommendation is not more than a half of a percent of the animal's weight. So, a 1,000-lb. cow you would not feed more than 5 pounds (of additional corn). Make sure there is adequate

protein coming elsewhere so you're not driving a protein-limiting ecosystem."

## Body condition and hair coat

Assessing the body condition and hair coat for each cow in the herd can help producers determine how much more energy requirements are needed in the winter months. According to a Kansas State Research and Extension publication (<http://www.ksre.ksu.edu/bookstore/pubs/C842.pdf>), body condition scores are numbers used to suggest the relative fatness or body condition of the beef cow. The score system ranges from one to nine, with one representing a very thin cow and nine representing an extremely fat cow.

If a cow currently has a body condition score of less than five, Blasi said, she might be at a health risk for the winter. Furthermore, her low body condition might compromise the health of the calf she is carrying. The effects from a hard winter on

that cow could last into the spring, as she might lack in the quality of her first milk for the calf and the ability to breed back in a timely manner.

Blasi recommends that producers separate the herd by body condition scores, so the cows with less flesh can be supplemented with more nutrients. Also, younger and likely smaller females should be watched closely.

"We are hopefully going through a herd rebuilding now, and a lot of folks have some optimism for the future," Blasi said. "If at all possible, split the herd up by the age and also the body condition. Monitor, evaluate and be mindful that you can slip a lot of body condition over periods of time when it is wet, windy and cold."

All cows should have a winter coat by now, Blasi said, but when cows are wet from snow or cold rain, their coats become matted and their insulation breaks down.

Prior research at Kansas State

(<http://www.ksre.ksu.edu/bookstore/pubs/MF2673.pdf>) showed that the critical temperature for a cow with a summer coat or wet coat is 60 degrees Fahrenheit. It is 45 for cows with a fall coat, 32 for those with a winter coat and 19 for those with a heavy winter coat.

## Be strategic

Wind chill, based on temperature and wind speed, can make cattle even more compromised, Blasi said. With temperatures at freezing and winds at more than 10 mph, cows could need a 15 to 20 percent increase in forage requirements.

"The amount of hair will help those females combat the impact of wind chill," Blasi said. "But, as she starts to shiver, an increase in maintenance requirements ensue."

While many producers have turned their cows out on grazing stocks—sorghum and corn—they have to keep in mind that many of those crop fields don't have places for the cows to keep out of the cold

wind. Blasi said that a windbreak can provide up to a 70 percent reduction in wind velocity and can change the wind chill from -5 to 7, a 12-degree swing.

"Any kind of shelter is a tremendous step forward for helping them withstand and coast over these inclement weather events," Blasi said.

If cows are grazing stocks, producers might consider supplementing those stocks on extremely cold days, Blasi said. Producers might also want to strategize when they feed hay and any supplements.

"A well-known phenomenon with feeding pregnant beef cows is that feeding them in the afternoon and evening hours has a corresponding effect on calving in daylight hours," Blasi said. "Obviously, when we're expecting babies coming, it's nice to be there if the cows should need help. Feeding in the evening also increases the heat of fermentation for the cow as we see these nighttime lows."

# State offering free radon test kits in January

Kansas Governor Sam Brownback and the Kansas Department of Health and Environment have proclaimed January "Kansas Radon Action Month" to help educate Kansans about the dangers of radon exposure and encourage actions to identify and address radon problems in the home.

Radon is a tasteless, odorless, colorless, naturally occurring radioactive gas found in nearly all soils which comes from the breakdown of uranium.

Outdoors, radon is diluted to low concentrations, but once inside an enclosed space, radon can accumulate to significant levels.

For Kansas Radon Action Month, the department will offer free home test kits

at over 80 locations across the state. For locations, go to [www.kdheks.gov](http://www.kdheks.gov) and follow the Radon Action Month link.

"Make your family's health part of your New Year's resolution by testing the radon levels in your home," said Governor Brownback.

"You can start by getting a free test kit from one of the participating distribution sites during the month of January."

About one out of every three radon measurements performed in Kansas are elevated, being above 4 pCi/l (picoCuries per liter).

Some areas have higher levels than others, though elevated levels of radon have been detected in every county in the

state. As many as one in 15 homes across the U.S. has elevated radon levels that often go undetected.

"Radon is the first leading cause of lung cancer in people who have never smoked and is estimated to cause over 200 lung cancer deaths in Kansas every year," said Robert Moser, M.D., department secretary and state health Officer.

"Radon is going undetected in homes across our state. All Kansans should test their homes, fix any homes with elevated radon levels and build new homes using radon-resistant methods."

Topeka, Manhattan, Lawrence and Salina building codes require new homes to be built using radon-resistant techniques, and

additional cities in Kansas are considering this modification to their building codes.

Inexpensive radon test kits are available year round at local hardware and builder's supply stores and at your Kansas county extension office.

Those tests that reveal high levels can be fixed with simple venting techniques completed by a licensed professional. Homeowners should talk with a certified radon contractor if levels of 4 pCi/l or above are detected.

"Unfortunately, the reality is that radon is everywhere, and the only way to know the radon concentration anywhere, is to test," said Bruce Snead, Director of Engineering Extension at Kansas State University.

"Kansas Radon Action Month is an ideal time to take action to identify your risk by testing your home."

A list of certified radon contractors is available by calling the Kansas Radon Hotline at 800-693-5343. Additional information about radon can be obtained at [www.kansasradonprogram.org](http://www.kansasradonprogram.org) and at [www.epa.gov/radon](http://www.epa.gov/radon).

**Classifieds work!**  
**899-2338**



# 2014 Tax Season to open on Jan. 31; delay caused by government shutdown

The Internal Revenue Service has announced plans to open the 2014 filing season on Friday, Jan. 31, and encouraged taxpayers to use e-file or Free File as the fastest way to receive refunds.

The agency said the new opening date for individuals to file their tax returns will allow the it adequate time to program and test its tax processing systems. The annual process for updating IRS systems saw significant delays in October following the 16-day federal government closure.

"Our teams have been working hard throughout the fall to prepare for the upcoming tax season," said Acting IRS Commissioner Danny Werfel. "The late January

opening gives us enough time to get things right with our programming, testing and systems validation. It's a complex process, and our bottom-line goal is to provide a smooth filing and refund process for the nation's taxpayers."

The government closure meant the IRS had to change the original opening date from Jan. 21 to Jan. 31, 2014. The 2014 date is one day later than the 2013 filing season opening, which started on Jan. 30, 2013, following January tax law changes made by Congress on Jan. 1 under the American Taxpayer Relief Act (ATRA). The extensive set of tax changes affected many 2012 tax returns, which led to the late

January opening.

The agency noted that several options are available to help taxpayers prepare for the 2014 tax season and get their refunds as easily as possible. New year-end tax planning information has been added to IRS.gov.

In addition, many software companies are expected to begin accepting tax returns in January and hold those returns until the IRS systems open on Jan. 31. More details will be available in January.

The IRS cautioned that it will not process any tax returns before Jan. 31, so there is no advantage to filing on paper before the opening date. Taxpayers will receive their

tax refunds much faster by using e-file or Free File with the direct deposit option.

The April 15 tax deadline is set by statute and will remain in place. However, the IRS reminds taxpayers that anyone can request an automatic six-month extension to file their tax return. The request is easily done with Form 4868, which can be filed electronically or on paper.

IRS systems, applications and databases must be updated annually to reflect tax law updates, business process changes and programming updates in time for the start of the filing season.

The October closure came during the peak period for preparing IRS systems for

the 2014 filing season. Programming, testing and deployment of more than 50 IRS systems is needed to handle processing of nearly 150 million tax returns. Updating these core systems is a complex, year-round process with the majority of the work beginning in the fall of each year.

About 90 percent of IRS operations were closed during the shutdown, with some major work streams closed entirely during this period, putting the IRS nearly three weeks behind its tight timetable for being ready to start the 2014 filing season. There are additional training, programming and testing demands on IRS systems this year in order to provide additional refund fraud.

# Ranchers have extra year to defer taxes on cattle

Sherman County farmers and ranchers who previously were forced to sell livestock due to drought, like the drought currently affecting much of the nation, have an extended period of time in which to replace the livestock and defer tax on any gains from the forced sales.

Farmers and ranchers who, due to drought, sell more livestock than they normally would may defer tax on the extra gains from those sales. To qualify, the livestock generally must be replaced within a four-year period. The Internal Revenue Service is authorized to extend this period if the drought continues.

The one-year extension of the replacement period announced today generally applies to capital gains realized by eligible farmers and ranchers on sales of

livestock held for draft, dairy or breeding purposes due to drought. Sales of other livestock, such as those raised for slaughter or held for sporting purposes, and poultry are not eligible.

The IRS is providing this relief to any farm located in a county, parish, city, borough, census area or district, listed as suffering exceptional, extreme or severe drought conditions by the National Drought Mitigation Center, during any weekly period between Sept. 1, 2012, and Aug. 31, 2013. All or part of 38 states are listed. Any county contiguous to a county listed by the center also qualifies for this relief. This includes Sherman County.

As a result, farmers and ranchers in these areas whose drought sale replacement period was scheduled to expire at the

end of this tax year, Dec. 31, 2013, in most cases, will now have until the end of their next tax year. Because the normal drought sale replacement period is four years, this extension immediately impacts drought sales that occurred during 2009. But because of previous drought-related extensions affecting some of these localities, the replacement periods for some drought sales before 2009 are also affected. Additional extensions will be granted if severe drought conditions persist.

Details on this relief, including a list of designated counties, are available in Notice 2013-62, posted today on IRS.gov. Details on reporting drought sales and other farm-related tax issues can be found at [www.irs.gov/pub/irs-pdf/p225.pdf](http://www.irs.gov/pub/irs-pdf/p225.pdf).

# Tax preparers must renew ID

The Internal Revenue Service today reminded professional tax return preparers to renew their Preparer Tax Identification Numbers if they plan to prepare returns in 2014. Current numbers expire Dec. 31, 2013.

Anyone who prepares or helps prepare all or substantially all of a federal tax return, claim for refund or other federal forms for compensation must have a valid number. All enrolled agents also must have a number. Tax professionals can obtain or renew their numbers at [www.irs.gov/ptin](http://www.irs.gov/ptin).

Those renewing their numbers can complete the process in about 15 minutes. The renewal fee is \$63. Tools are available to assist any preparers who

have forgotten their user name, password or email address.

New tax return preparers who are obtaining a first-time number must create an online Preparer Tax Identification Number account as a first step and then follow directions to obtain a number. Their fee is \$64.25.

The annual requirement is part of the IRS's ongoing effort to enhance tax administration and improve services to taxpayers.

There are approximately 700,000 tax preparers with 2013 numbers. More than 400,000 have already renewed, plus more than 25,000 have obtained a first-time number for 2014.

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**Douglas J. Sederstrom, CPA**  
President

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Goodland, KS 67735

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Fax: 785-890-6593  
[dougsederstrom@hotmail.com](mailto:dougsederstrom@hotmail.com)



Enjoy every moment with family, friends and the family pets! We wish you all the best in the New Year!

**Heartland Animal HOSPITAL P.A.**



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# We're Ringing In 2014!

**Wishing you all the best in 2014!**

We want to thank our wonderful customers for a great year. May the new year bring you and your family great health, success and good times! Happy new year to all!



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**HAPPY NEW YEAR!**

**HAPPY New Year**

Our wish to you is that the coming year is a glorious one, that rewards all your future endeavors with success.

*Happy New Year from the City Commission and staff!*



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**HAPPY NEW YEAR!**

Words can't express how much we appreciate your support in 2013 and the coming year!

The **Goodland Star-News**

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**Let's Hear It For 2014!**

The staff at Kansasland Tire would like to thank you for your business in 2013 and we look forward to serving you in 2014!

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**GOODYEAR**

**HAPPY NEW YEAR!**

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**Crop Production Services**



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**Happy New Year from all of us at**

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Evans - Bierly - Hutchison & Associates, P.A.

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www.ebhengineering.com

**HAPPY NEW YEAR!**

We'd like to send our thanks and well wishes to all of our dear friends and customers. It's been a great year getting to know you. May the days and months to come treat you as kindly as you've treated us.

**Gambino's Pizza**

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**HAPPY NEW YEAR**



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624 W. Highway 24, Goodland • (785) 899-5555

# Best Wishes at the New Year

**These great sponsors would like to thank to clients and friends who have made their progress possible. Everyone extends their warmest wishes for the Holiday Season and a prosperous and peaceful New Year!**



**Happy New Year!**

Let the new year come with peace, happiness and an abundance of friends! God Bless throughout the new year!

**SHELTER INSURANCE**  
LIFE • HOME • CAR • FARM • BUSINESS

**“Seek Shelter Today!”**

**Jim Alcorn, Agent**  
1624 S. Main Street  
Goodland, KS 67735-0727  
Business: (785) 899-2553  
www.shelterinsurance.com




*Ring out the old,  
ring in the new.  
Ring happy bells,  
across the snow.  
The year is going,  
let him go.  
Ring out the old,  
ring in the new.*

Happy New Year from all of us at your local Walmart!

**Walmart**  
Save money. Live better.  
2160 Commerce Rd. • (785) 899-2111



**Happy New Year!**

**Sheriff Burton Pinalto and the men and women of the Sherman County Sheriff's Office want to make sure you stay safe this holiday season.**

**The Key to a Happy New Year: Don't Drink & Drive**

*Law enforcement will be out in force this holiday season. If you are attending a holiday celebration and plan on drinking alcohol, designate a safe driver!*

**Sherman County Sheriff's Office**  
785-890-4835 • 813 1/2 Broadway



**Truck & Tractor Repair**  
30 Years Experience With  
Cat, Cummins, & Detroit  
Full Line of Truck Parts & Accessories.  
714 E Hwy 24  
1-785-899-2401

*wishes everyone a  
Happy New Year!*

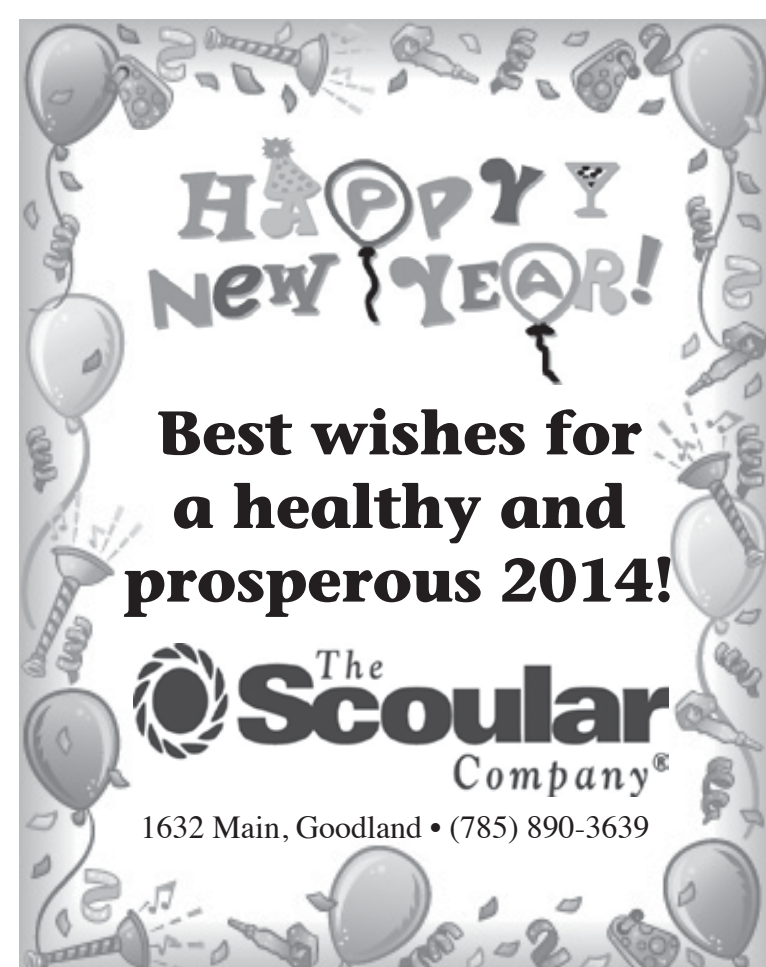
*At the holiday season, our thoughts turn gratefully to those who have made our success possible. It is in this spirit we say...thank you and best wishes for a happy new year!*



**Thanks for growing with us in 2013!**

**Have a bright 2014! Happy New Year!**

**SunOpta™**  
Grains and Foods Group  
1701 Industrial Loop • 785-899-5607



**HAPPY NEW YEAR!**

**Best wishes for a healthy and prosperous 2014!**

**The Scoular Company®**  
1632 Main, Goodland • (785) 890-3639



**Happy New Year 2014**

**ZUMBA fitness**  
**Tumbling dance**  
**Yoga**  
**RCDS**

Trained Certified Instructors  
www.RCDSNOW.com  
902 W. HWY 24 785.890.3285



*Hope the good feelings of the season last all year long!*

*All of us join in wishing you a wonderful holiday season and a new year of peace and happiness!*

**Pizza Hut**  
1803 Cherry  
Goodland, Kan.  
67735  
899-3661  
Dine In • Carry Out • Delivery



**HERE'S TO A SAFE AND Happy New Year!**

*May your New Year be filled with great blessings!*

**Northwest Kansas Title Co. LLC**  
Cortney L. Dorn, Title Agent  
1202 Main Ave., Goodland • (785) 899-5641

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

Tuesday Evening							December 31, 2013				
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
ABC	Music				Dick Clark		Local	Dick Clark's New Year's			
CBS	NCIS		NCIS: Los Angeles		Person of Interest		Local	Late Show Letterman		Ferguson	
NBC	A Toast to 2013!				NBC's New Year's Eve		Local			Daly	
FOX	Dads	Brooklyn	New Girl	Mindy	Local				New Year's	Eve Live	
Cable Channels											
A & E	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage Wars		Local	
AMC	The Walking Dead		The Walking Dead		The Walking Dead		The Walking Dead		Walk:Dead	Local	
ANIM	Africa		Africa		North America		Africa		Africa	Local	
BET	Top- Videos				106 & Party				106 & Par	Local	
BRAVO	Housewives/Atl.		Housewives/Atl.		Housewives/Atl.		Shahs of Sunset		Shahs of Sunset		
CMT	Local	Local	Reba	Reba	Grumpy Old Men					Cops Rel.	
CNN	New Year's Eve Live							New Year's Coverage		Local	
COMEDY	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Tosh.0	Tosh.0		Local	
DISC	Local	Local	Moonshiners		Moonshiners: Outlaw		Moonshiners		Backyard Oil: After		
DISN	Local	Local	ANT Farm	Austin	Austin	Up				WALL-E	
E!	Biggest Reality Scan		The Drama Queen		Nene Leakes		Chelsea	I Am Britney Jean			
ESPN	College Football					SportsCenter			SportCtr	Local	
ESPN2	College Basketball				SportCtr	Olbermann	Olbermann	Olbermann	NBA	Local	
FAM	Willy Wonka				The 700 Club		Prince	Prince	Prince	Local	
FOOD	Local	Local	Chopped		Chopped		Chopped		Chopped		
FX	Avatar							Battle: Los Angeles			
HGTV	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	
AmericanProfile // CELEBRATING THE AMERICAN SPIRIT //											
HIST	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	American	American	Cnt. Cars	Counting Cars		Local	
LIFE	Georgia Rule		A Walk to Remember				Georgia Rule			Local	
MTV	Girl Code	Girl Code	New Year's Code			Girl Code	New Year's Code			Local	
NICK	Local	Local	Turtles	Rabbids	Sanjay	Sam & Cat	Hathaways	Thunder	See Dad	Instant	
SCI	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Local	
SPIKE	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Jail	Jail	Local	
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Conan		Office	Conan		Local	
TCM	That's Entertainment!		That's Ent. 2						That'sEnt3	Local	
TLC	Local	Local	Honey	Honey	Honey	Honey	Honey	Honey	Here Comes Honey		
TNT	Boston's Finest		Marshal Law: Texas		Boston's Finest		Marshal Law: Texas		Mentalist	Local	
TOON	King/Hill	Cleveland	Amer. Dad	Amer. Dad	Fam. Guy	Fam. Guy	Chicken	Aqua Teen	Squid	Local	
TRAV	Sturgis Raw		Sturgis Raw		Sturgis Raw		Sturgis Raw		Sturgis	Local	
TV LAND	Raymond	Raymond	Raymond	Raymond	Kirstie	The Exes	King	King	King	Local	
USA	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Law-SVU	Local	
VH1	Happy	Happy	Happy	Happy	Happy	Happy	Happy	Happy	Happy	Local	
WGN	How I Met	How I Met	WGN News at Nine		How I Met	Rules	Rules	Parks	Parks	Local	
Premium Channels											
HBO	Local	Local	Jack-Giant Slay		Warm Bodies				24/7 Red Wings/Maple		
MAX	Local	Local	Safe House		Argo				New Year's Eve		
SHOW	Local	Local	Jay Z Made in America			Richard Pryor: Omit the Logic			House of Lies		

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Wednesday Evening							January 1, 2014				
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
ABC	Middle	Goldbergs	Mod Fam	Super Fun	Nashville		Local	Jimmy Kimmel Live	Nightline		
CBS	Hawaii Five-0		Criminal Minds		CSI: Crime Scene		Local	Late Show Letterman	Ferguson		
NBC	Revolution		Law & Order: SVU		Law & Order: SVU		Local	Tonight Show w/Leno	J. Fallon		
FOX	Dads	Dads	Brooklyn	Brooklyn	Local						
Cable Channels											
A & E	Duck D.	Duck D.	Duck D.	Duck D.	Duck Dynasty		Duck D.	Duck Dynasty		Local	
AMC	The Walking Dead		The Walking Dead		The Walking Dead		The Walking Dead		Walk:Dead	Local	
ANIM	Mermaids-Body		Mermaids: The New Evidence		Mermaids: The New Evidence		Mermaids		Mermaids	Local	
BET	Precious	I Can Do Bad					Wendy Williams Show		Allegianc	Local	
BRAVO	Real Housewives		Housewives/Atl.		Top Chef		Top Chef		Housewives/Atl.		
CMT	Local	Local	Cops Rel.	Cops Rel.	Cops Rel.	Cops Rel.	Cops Rel.	Cops Rel.	Cops Rel.	Cops Rel.	
CNN	Crimes of the		Crimes of the		Crimes of the		Crimes of the		Crimes	Local	
COMEDY	Tosh.0	Tosh.0	Tosh.0	Tosh.0	Tosh.0	Tosh.0	Tosh.0	Tosh.0		Local	
DISC	Local	Local	Dual Survival		Dual Survival		Survivorman		Lone Target		
DISN	Local	Local	Shake It	Jessie	Liv-Mad.	Teen Beach	Movie			Austin	
E!	Kardashian		Kardashian		The Soup	The Soup	Chelsea	Juno			
ESPN	Fiesta Bowl						Pre/Post	SportCtr	SportCtr	Local	
ESPN2	High School Football		NFL Live		SportsCenter		NFL Live		NFL 2013	Local	
FAM	Twilight				The 700 Club		Prince	Prince	Prince	Local	
FOOD	Local	Local	Restaurant: Im.		Restaurant: Im.		Restaurant: Im.		Restaurant: Im.		
FX	Superbad				Superbad						
HGTV	HGTV Dream Home 20		Buying and Selling		Hunters	Hunt Intl	Island	Island	Buying and Selling		
HIST	American Pickers		American Pickers		American Pickers		American Pickers			Local	
LIFE	Dance Moms		Kim of Queens		Kim of Queens		Dance Moms			Local	
MTV	New Year's Code		Girl Code	Girl Code	Bring It On				Bring	Local	
NICK	Local	Local	Sam & Cat	Witch	Full H'se	Full H'se	Full H'se	Full H'se	Full H'se	Full H'se	
SCI	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Twi. Zone	Local	
SPIKE	Shawshank					Man on Fire				Local	
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Conan		Office	Conan		Local	
TCM	Journey to Center of Earth		The Lost World				The Valley of Gwangi			Local	
TLC	Local	Local	Extreme	Extreme	Extreme Cheapskates		I'm a Living Doll		Addiction	Addiction	
TNT	Lord of the Rings					Lara Croft Tmb				Local	
TOON	King/Hill	Cleveland	Amer. Dad	Amer. Dad	Fam. Guy	Fam. Guy	Chicken	Aqua Teen	Squid	Local	
TRAV	Sturgis Raw		Sturgis's Most Tasty		Sturgis		Sturgis Raw		Sturgis	Local	
TV LAND	King	King	The Exes	Kirstie	The Exes	Kirstie	King	King	The Exes	Local	
USA	NCIS		NCIS		NCIS		NCIS		NCIS	Local	
VH1	Happy	Happy	Happy	Happy	Happy	Happy	Happy	Mob Wives		Local	
WGN	Rules	Rules	WGN News at Nine		How I Met	Rules	Rules	Parks	Parks	Local	
Premium Channels											
HBO	Local	Local	Life of Pi		Ted				Treme		
MAX	Local	Local	Pitch Perfect			Wanderlust			War of the Worlds		
SHOW	Local	Local	Lies	Lies	Lies	Lies	Inside the NFL	Lies	Lies	Lies	

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Thursday Evening						January 2, 2014					
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
ABC	The Taste				The Assets		Local	Jimmy Kimmel Live		Nightline	
CBS	Big Bang	Millers	Crazy	Two Men	Elementary		Local	Late Show Letterman		Ferguson	
NBC	Community	Community	Sean Save	Fox Show	Parenthood		Local	Tonight Show w/Leno		J. Fallon	
FOX	Sleepy Hollow		Bones		Local						
Cable Channels											
A & E	Duck D.	Duck D.	Rodeo Girls		Rodeo Girls		Duck D.	Duck Dynasty		Local	
AMC	Shooter				Four Brothers					Local	
ANIM	Wild West Alaska		Cold River Cash		Wild West Alaska		Cold River Cash		Alaska	Local	
BET	Feel the	Honey 2			Wendy Williams Show		We Party			Local	
BRAVO	Matchmaker		Matchmaker		Courtney	Toned Up	Matchmaker		Toned Up	Matchmkr	
CMT	Local	Local	Reba	Reba	The Marine				Cops Rel	Cops Rel.	
CNN	March-Penguin				March-Penguin				Anderson	Local	
COMEDY	Gabriel	Gabriel Iglesias		Gabriel Iglesias: Aloha Fluffy		Amy Schumer: Mostly Sex Stuff				Local	
DISC	Local	Local	Treehouse	Masters	Treehouse	Masters	Treehouse	Masters	Treehouse	Masters	
DISN	Local	Local	ANT Farm	Liv-Mad.	Austin	Dog	Jessie	ANT Farm	Dog	Austin	
E!	First Daughter				Party On	The Soup	Chelsea	E! News		Chelsea	
ESPN	Sugar Bowl						SportsCenter		SportCtr	Local	
ESPN2	College Basketball						NFL Live		Football	Local	
FAM	The Goonies				The 700 Club		Prince	Prince		Local	
FOOD	Local	Local	Donut	Donut	Chopped		Chopped		Chopped		
FX	Benjamin Button							Benjamin Button			
HGTV	Salvage	Salvage	Rehab	Rehab	Hunters	Hunt Intl	Hunters	Hunt Intl	Rehab	Rehab	
HIST	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Pawn	Local	
LIFE	Project Runway		Kim of Queens		Dance Moms		Project Runway All Stars			Local	
MTV	Ridic.	Ridic.	Ridic.	Ridic.	Ridic.	Ridic.	Ridic.	Ridic.	Ridic.	Local	
NICK	Local	Local	Sam & Cat	Witch	Hathaways	Hathaways	Full H'se	Full H'se	Full H'se	Full H'se	
	League-Gentle				Cops	Witchslayer	Grett		Cops	Local	
SPIKE	IMPACT Wrestling				Conan	Cops	Cops	Conan	Cops	Local	
TBS	Big Bang	Big Bang	Ground	Big Bang	Conan		Ground	Conan		Local	
TCM	Our Dancing Daughters			Our Modern	Maidens		Our Blushing Brides			Local	
TLG	Local	Local	Gypsy Wedding		Gypsy Sisters		Gypsy Sisters		Outrageous	911	
TNT	Castle		Castle		Hawaii Five-0		Hawaii Five-0		Law	Local	
TOON	King/Hill	Cleveland	Amer. Dad	Amer. Dad	Farn. Guy	Farn. Guy	Eaglehear	The Eric	Squid	Local	
TRAV	Mysteries-Museum		America Declassified		Mysteries-Museum		Mysteries-Museum		America D	Local	
TV LAND	Raymond	Raymond	Raymond	Raymond	King	King	King	King	King	Local	
USA	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Local	
VH1	Couples Therapy		Mob Wives		Couples Therapy		Mob Wives		Couples	Local	
WGN	How I Met	How I Met	WGN News at Nine		How I Met	Rules	Rules	Parks		Local	
Premium Channels											
HBO	Local	Local	Taxi	Fight	Getting	Broken City				Ja'mie	
MAX	Local	Local	Cloud Atlas						Mr. & Mrs. Smith		
SHOW	Local	Local	DeadHeads		Seven Psychopaths				Lies	Lawless	

CARD OF THANKS

Many thanks to the Burlington High School family for making my Christmas a blessed one! -Bobbi Hill, Burlington, CO. -12-31-1-3-

IN LOVING MEMORY

In memory: **Floyd H. Wegner.** June 6, 1919-December 31, 2006. Your smile is gone forever, your hand we cannot touch. We still have many memories of the one we loved so much. -Betty and Texas family. -12-27-12-31-

WANTED

Want to buy: **John Deere diesel engines**, running or not. Call (785) 263-6275. -11-29-1-29-

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

HELP WANTED

You have a pickup and trailer? Want to work for yourself? We are looking for you! We are looking for self-motivated and dependable individuals looking to work as a wholesale food distributor in Western Kansas. If you are interested in being your own boss email contact information to: guy@just4userv.

com. -12-24-1-3-

**PSI Transport, in Hoxie, KS, is expanding** and looking for a dedicated, dependable and energetic person that is capable in helping run the office. The selected individual may be responsible for helping in areas of bookkeeping, DOT regulations, and dispatching. This ideal candidate must be an excellent communicator, demonstrate stellar customer service, have a strong desire to get things done accurately, and have the ability to handle pressure. PSI Transport is an Equal Opportunity Employer that offers a very competitive salary and benefit package. To be part of our plans to be a leader in the trucking industry call (785) 675-3477. -12-20-12-31-

**SunOpta has an opening for a Quality Control Assistant.** Will be responsible for grading and sampling of sunflower seed. Training will be provided. Good pay with benefits after 60 days. Apply in person at 1701 Industrial Loop, Goodland, KS. Pre-employment drug & alcohol screening and criminal background required. EOE. -12-20-12-31

**Dundy County Hospital has an opening** for a full-time

maintenance tech. Preferred applicants would have general construction knowledge, lawn care experience, basic electrical knowledge, as well as mechanical boiler and piping experience. Position will require evening on-call time as well as every other weekend and alternating holidays. Must possess a valid driver's license with a clean driving record and have trailer towing experience. Basic computer skills are required. Employment offer will be contingent on passing pre-employment physical and drug/alcohol screen. Applicants must be able to lift 50lbs, bend, kneel, and work in a fast paced environment. If interested pick up an application at the reception desk at DCH or call Vince Turpin @ 308-423-2204. DCH - EOE. -12-20-1-7-

**Long-term position available.** We are looking for an energetic person and/or family or mechanic on a dryland farm in Eastern Colorado. If you like mechanic work with some farming and some truck driving, give us a call. House and utilities provided. Competitive wages. Call (970) 383-2248 or cell phone (970) 554-0665. Email: oleoacres2@plainstel.com. -11-29-12-31-

**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

FOR SALE

**1948 Philco Radio/Phonograph cabinet**, good condition. Both radio and phono work. \$100.00. Call (719) 350-0705. -12-31-tfn-

**2 bed, 2 bath with 1 car garage.** House trailer for sale in Brewster. Move-in ready, appliances included. \$7,500. Call (785) 462-0528. -12-27-12-30-

**FEED HIGH QUALITY.** 877F Lab tested extra low nitrate all animal safe. Lg Rds. \$120.00 ton, price negotiable. Call (785) 332-5600 or (785) 332-3914. St. Francis, KS. -12-24-1-24-

**2012 Wilson Grain trailer.** 43x96x66. Air ride, ag hopper, 90% virgin tires and brakes. Call (785) 821-2009. -11-19-1-21

**2 Harley Davidson die cast models.** 1-1:10 scale Hot Wheels HD Softail. 1-1:10 scale Maisto FLSTS Heritage Springer. Still in original boxes! Call Gary at (719) 350-0705.

-9-24-tfn

**AWP tool belt/pouches** with kidney belt and suspenders. Paid \$100 plus, asking \$50. Call Gary at (719) 350-0705. -9-24-tfn

**FIREWOOD FOR SALE** in Goodland. Call (785) 890-7224 or (785) 821-2814. -12-11-tfn-

FOR RENT

**Nice 2 bedroom home** with attached garage in Goodland. Call (785) 821-0106. -12-31-1-31-

**1 bedroom house in Goodland.** \$350/month plus deposit and utilities. No pets please. Call (785) 332-2589. -12-27-1-7-

**2 large bedroom home in Goodland.** Call mornings or late evenings, (785) 891-3761 or (785) 694-1683. -12-24-1-10-

**5 bedroom, 3 bath house for rent in Goodland**, in a nice neighborhood. \$1,200/month rent plus deposit. Available January 5. Renter must provide

references. Call (785) 899-7158 or (618) 219-0650. -12-13-12-31-

**RV lots available** in newly-renovated mobile park in Goodland. \$185/month and \$50 deposit. Sunflower Estates, call (785) 728-7222. -12-10-1-10-

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

SERVICES

**PLEXUS...Serious product for serious people** who seriously want to get healthy and/or lose weight. Call (785) 332-4381. -11-19-tfn

**Burlington-Goodland area.** Residential overhead door service and repair, 20 years experience. Call Gary at (719) 350-0705. -7-12-tfn

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

public notice

IN THE DISTRICT COURT OF SHERMAN COUNTY, KANSAS

In the Matter of the Estate of VELDA O. SMITH, Deceased

Case No. 2011-PR-28

NOTICE OF HEARING ON PETITION FOR FINAL SETTLEMENT

The State of Kansas to All Persons Concerned:

You are hereby notified that a Petition has been filed on December 12, 2013 in said Court by the undersigned, executor of the Will of the decedent, praying for final settlement of the estate, approval of the acts, proceedings and accounts of the executor, allowance of fees, expenses and costs of administration, determination

of the heirs, devisees and legatees entitled to the estate and assignment to them in



Pepsi Beverages Company of Colby, KS has an

IMMEDIATE opening for:

**Burlington, CO Part Time Merchandiser**

Please review the detailed job descriptions, requirements, and apply online TODAY at

[www.pepsico.com/careers](http://www.pepsico.com/careers)

PBC is an Equal Opportunity Employer

**The Northwest Kansas Educational Service Center** is seeking applicants for paraprofessionals for the USD 297-Saint Francis School District and USD 105-Rawlins County School District.

Qualifications: Spanish Language Proficiency. This position requires an individual to provide services to children who meet eligibility for the Migrant Education Program. Applications are available at [www.nkesc.org](http://www.nkesc.org) or call 785-672-3125. For position related questions contact Tim Thornton at 785-672-3125 extension 125. Applications will be accepted until the positions are filled. NKESC is an EOE.



NOW HIRING!

**Front Desk Clerks; Cooks; Housekeeping; Servers; Maintenance**

Flexible hours. Full and part-time positions available. Great benefits including insurance, vacation pay & 401K. Top pay. Certification bonus. Monthly bonus program. Employee discount at Penny's Diner. Excellent promotional opportunities. Dynamic training program. APPLY TODAY! 801 N. Highway 27. Front Desk Clerks/Van Drivers must have good driving record and be able to pass a drug test. (Junction of Hwy K-27 @ US-40) Sharon Springs, KS Phone: (785) 852-4664. (785) 852-4665-fax. [sharonsprings@mail.oaktreeinn.com](mailto:sharonsprings@mail.oaktreeinn.com)



Special Investigator I

The West Region Department for Children & Families (DCF), Colby Service Center is now recruiting a Special Investigator I. This is a full-time benefit eligible position with hourly wage of \$15.75. Primary functions of this position are to meet service needs of children in families where abuse or neglect is suspected or are at risk for abuse and neglect.

**Minimum requirement:** Have a high school diploma or equivalent and one year investigating, fact finding or enforcing state or federal laws and regulations. Education in communications, psychology, social work, public or business administration, criminal justice or law may be substituted for experience as determined relevant by the agency.

An application is required and must be submitted by 5:00 pm, Monday, January 6, 2014. This can be done at [www.jobs.ks.gov](http://www.jobs.ks.gov). Submit to DCF - West Region, Requisition number 176379. For more information send an email to [WestJobs@dcf.ks.gov](mailto:WestJobs@dcf.ks.gov)

**Tax Clearance:** Each applicant applying for a State of Kansas job vacancy must obtain a State Tax Clearance Certificate by accessing the Kansas Department of Revenue's website at <http://www.ksrevenue.org/taxclearance.html>. A Tax Clearance is a comprehensive tax account review to determine and ensure that an individual's account is compliant with all primary Kansas Tax Laws. A Tax Clearance expires every 90 days. Applicants are responsible for submitting their certificate with all other application materials to the hiring agency. This is in accordance with Executive Order 2004-03. A tax clearance must be submitted to be considered for an interview.

accordance with the Will of the decedent. You are hereby required to file your written defenses thereto on or before January 7, 2014 at 8:30 a.m., on said day, in said Court, in the City of Goodland, Kansas, at which time and place said cause will be heard. Should you fail therein judgment and decree will be entered in due course upon said Petition.

Kevin Smith

Sponsored by

*The Goodland Star-News*

1205 Main  
Goodland, Kan. 67735  
899-2338

"Good Girl!"



Sponsored by

*The Goodland Star-News*

1205 Main  
Goodland, Kan. 67735  
899-2338

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

Petitioner

Ken Eland  
Attorney for Petitioner  
SLOAN & ELAND  
Attorneys at Law  
P.O. Box 565  
736 Main Street  
Hoxie, KS 67740  
(785) 675-3217  
Fax No. (785) 675-3983

Published in The Goodland Star-News, Tuesday, December 17, 24 and 31, 2013.

# Time for a New Career?

The Goodland Star-News is looking for a **FULL TIME ADVERTISING EXECUTIVE** to join our team selling advertising for Nor'West Newspapers. Work week is 40 hours. Computer skills are 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 resume to:**  
**Kevin Bottrell, Editor,**  
**1205 Main, Goodland, KS 67735,**  
**or apply in person. No calls please.**

The  
**Goodland Star-News**  
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# Swimming, wrestling are top stories of 2013

The Goodland Star-News staff has chosen 10 sports stories that highlight the achievements of local athletes throughout 2013. The top five stories appear below, with the first five stories appearing in the Friday, Dec. 27, edition of the newspaper.

**1** There was no stopping this summer's Goodland Swim Team. After winning the season-opening meet in Holyoke, the Goodland team won in Wray, Oakley and Colby, each time earning more than a dozen gold-medal finishes. Goodland's home meet came on June 29. The team won by 80 points and Goodland swimmers won 16 individual events and 11 relay events. At the Northwest Kansas Swim League Championship meet in Burlington, the Goodland swimmers came away with five of the 10 league championship trophies, 13 of 60 season high-point trophies, set 11 individual and four relay records, won 24 individual gold medals and got 14 relay team wins. The team won the meet by more than 100 team points. Record-setters included Mya Nemechek, Brennon Overton, Ian Bonsall and Dusty Johnson. Other individual first-place winners at the league meet were Devontay Hardy, Taryn Bedore and Hagan Hoss

**2** The 2013 Northwest Kansas Technical College wrestling team gave the school its first All-American wrestler in Cody Tow, 133 pounds, who placed third at the National Junior College Athletic Association's national championship in February. Tow won seven of his eight matches, defeating five nationally ranked opponents. Four other wrestlers qualified for the national tournament including Curtis Buelna, 157 pounds, Tyler Cattey, 165, Miguel Montelongo, 184, and Christopher Kiel, 285.

The team placed fifth at the regional tournament, the highest finish in the program's history. The 2013 team was showered in recognition. Ten Mavericks were named to the All-Academic Team – Junior Division by the National Wrestling Coaches Association including Tow, Cattey, Rey Corona, Floyd Jones, Lorenzo Leos, Dominic Bejarano, Andrei Melnic, Quentin Bradshaw, Kevin Hernandez and Jose Cazares. Five wrestlers also earned All-Academic honors from the National Junior College Athletic Association. Head Coach Paul Gomez was named 2013 West Central District Division I Wrestling Coach of the Year.

**3** The Goodland High boys golf team had another successful year. Coming back from a winning season in 2012, the Cowboys – now moved up to class 4A – won tournaments in Colby, Ulysses, Norton and Goodland. Brothers Gannon and Gage Ihrig – juniors at the time – qualified for the Class 4A State Tournament in Cheney. Gage placed first at regionals after winning a tie breaker while Gannon placed 10th. The Cowboys narrowly missed qualifying as a team, losing a tie breaker for second and ending up third out of nine teams. Tanner Jones was one stroke away from qualifying as an individual. At state, Gage ended up in fifth place after shooting a 74. He tied with four other student athletes from Towanda-Circle, Tonganoxie, Holton and Paola. Gage was the reigning Class 3A champion from 2012, and has since signed to play golf for Wichita State University. Gannon placed 78th with an 88.

**4** The Cowgirls volleyball team ended up with an impressive 28-10 record during the 2013 season. They got wins at their first competition in early September, and kept on winning at home and on the road. They swept the competition at the Oakley tournament,



Goodland swimmers dived off the starting boards at the home swim meet in June at Steever Water Park. Photo by Kevin Bottrell/The Goodland Star-News

winning all five matches. At the Great West Activities Conference tournament, the Cowgirls went 4-1. At the sub-state competition in Colby, the Cowgirls beat Scott City and then faced the Lady Eagles in the final game. Goodland won the first match by a narrow 25-22 and lost the second set by an equally close 27-25 to win a trip to the Class 4A State Tournament. At state, the Cowgirls got a win against Larned, but lost to Frontenac and Burlington, knocking them out of the tournament. One of the team's standout players, senior Taryn Bedore, has signed to play volleyball for Seward County Community College next year.

**5** The Goodland High School boys cross country team qualified for the Class 4A State Meet in 2013.

The Cowboys finished second at regionals in McPherson, thereby qualifying as a team for the state competition. Arron Arteaga was the fastest Cowboy with 17:57.33. Jacob Gerber was 11th, Ace Arteaga, 15th, Yidam Mendoza, 20th, Tristan Cooper, 26th, Braxton Redlin, 33rd, and Mario Lazo, 38th. The Cowboys had a tough time when they got to state, however, placing 12th as a team. Ace Arteaga was the highest placer at 68th. Redlin was 70th, Gerber, 73rd, Mendoza, 74th, Lazo, 80th, Cooper, 92nd, and Arron Arteaga, 93rd. Even so, the finish wasn't without its silver linings. Redlin had his best run of the year, and Arron Arteaga at one point had been in the top 10. The Cowboys were separated from the top team's average time by just over a minute. During the season, the Cowboys placed

fourth in the league, fifth at Lakin, third at Ellsworth, second at Ulysses, second at the home meet and winning in Tribune. The girls team wasn't able to qualify anyone for state, but had some success during the season, winning the Ellsworth and Goodland meets, taking second at Tribune and third at Ulysses. Honorable mentions: stories that didn't quite make it into the top 10 included the Goodland High football team, which had a much-improved season from 2012; the high school track team, which sent several athletes to state; the Harlem Ambassadors performing here; and the Grant Junior high eighth grade girls winning the league track meet.

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## FUN BY THE NUMBERS

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

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. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

## Crossword Puzzle

	1	2	3		4	5	6		7	8	9	
		10				11				12		
13	14					15				16		17 18
19					20				21			
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26	27	28					29			30	31	32
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46	47	48					49			50	51	52
53								54				
55							56			57		
		58					59			60		
		61					62			63		

### CLUES ACROSS

- Type of health plan
- Atmospheric haze
- A period of time
- Auricle
- Copycat
- Manpower
- Delicate fern genus
- Diego, Francisco or Anselmo
- Zanzibar copal
- Jackie's 2nd husband
- Calcified tooth tissue
- Conjoined twins
- Mythological birds
- This (Spanish)
- Lowest hereditary title
- Pre-transplant plot
- Fiddler crab genus
- Professional legal organization
- Most thick
- Sleeve indicator of mourning
- Far East housemaid
- Hmong
- With three uneven sides
- Tempts
- Jewelry finding
- Showed intense anger
- Black tropical American cuckoo
- Sculpture with a head
- A single entity
- What part of (abbr.)
- Before
- Confined condition (abbr.)
- Hurrah
- Transport faster than sound

### CLUES DOWN

- Sorli's Tale hero
- A musical master
- Speech
- Swiftest
- Opaque gem
- Origins
- Proceed from a source
- Rechristened
- Liquorice flavored seed
- Small amount
- Mineral aggregate
- Prefix for wrong
- Point midway between E and SE
- A single instance
- French river
- Undeveloped blossom
- One pip domino
- Fled on foot
- Sheep bleat
- One point N of due E
- Father
- A projecting part
- Improved by editing
- Made melodious sounds
- Treatment
- Agreeableness
- Bell sound
- Tennis contests
- Furnace vessels
- Sirius Satellite Radio (abbr.)
- Licensed accountant
- Crude potassium bitartrate
- Insert mark
- Election Stock Market (abbr.)
- A health resort
- So. Am. Indian people

**The crossword puzzle brought to you by:**  
**The Goodland Star-News**  
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## School calendar for January 1-7

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

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Saturday, Jan. 4:  
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Monday, Jan. 6:  
Classes resume

Tuesday, Jan. 7:  
3:45 p.m.: Junior Varsity/C Basketball, here versus Colby  
5:30 p.m.: Varsity Basketball, here versus Colby

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