

inside today



Cowgirls beat Ulysses

The Goodland High School girls basketball team beat the Ulysses Lady Tigers in overtime last Friday at the Max Jones Fieldhouse.

See Page 9

weather report

40°
10 a.m.
Monday



Today

Sunset, 4:46 p.m.
Wednesday
Sunrise, 7:05 a.m.
Sunset, 4:47 p.m.

Midday Conditions

- Soil temperature 31 degrees
- Humidity 34 percent
- Sky cloudy
- Winds west 18 mph
- Barometer 29.96 inches and rising
- Record High today 65° (2006)
- Record Low today -15° (1979)

Last 24 Hours*

High Sunday	56°
Low Sunday	29°
Precipitation	none
This month	0.12
Year to date	0.12
Below normal	0.02 inches

The Topside Forecast

Today: Mostly sunny with scattered flurries before 11 a.m. and areas of blowing dust after 11 a.m., a high near 40, windy out of the northwest at 25 to 55 mph and a low around 20. Wednesday: Sunny with a high near 59, winds breezy out of the west at 15 to 30 mph and a low around 30.

Extended Forecast

Thursday: Sunny with a high near 43, windy and a low around 20. Friday: Sunny with a high near 47 and a low around 25. Saturday: Sunny with a high near 56 and a low around 25.

(National Weather Service)
Get 24-hour weather info. at 162.400 MHz.

local markets



10 a.m.
Wheat — \$6.15 bushel
Posted county price — \$5.98
Corn — \$4.27 bushel
Posted county price — \$4.15
Milo — \$3.86 bushel
Soybeans — \$12.03 bushel
Posted county price — \$12.34
Millet — no bid
Sunflowers
Oil current crop — \$18.35 cwt.
Confection — no bid
Pinto beans — \$36
(Markets by Scouler Grain, Sun Opta, Frontier Ag and 21st Century Bean. These may not be closing figures.)



Several warrants remain in drug case

More arrests have been made in the recent Goodland Police Department, Sherman County Sheriff's Office and Kansas Bureau of Investigation drug enforcement effort, but six warrants remain outstanding of the 18 issued last Friday.

Fabian Ledesma, 22, is wanted for distribution of a non-controlled substance as a controlled substance, conspiracy to commit, and misdemeanor theft.

Anadelia Ledesma, 24, is wanted for conspiracy to commit distribution of methamphetamine and distribution of a controlled substance using a communication facility.

James Sheats, 20, is wanted for distribution of oxycodone, conspiracy to commit distribution of oxycodone, distribution of a controlled substance using a communication facility and no drug tax stamp.

Richard Connell, 26, is wanted for aggra-

vated endangering of a child.

Michael Garza, 36, is wanted for distribution of methamphetamine, distribution of controlled substance using communication facility, distribution of non-controlled substance as controlled substance and no drug tax stamp.

Nicholas Slusher, 33, is wanted for distribution of oxycodone, conspiracy to commit distribution of oxycodone, distribution of

controlled substance using communication facility and no drug tax stamp.

In addition to Marco Ault, Connie Carson, Peter Hopkis, Vernon Lovins, Fernando Martinez, Mathew Slusher, Harold Slusher and Kimberly Wessel, one other person was arrested last Friday in connection with the case. Mark Ricks was booked into the Sher-

See DRUG, Page 5



Construction is ongoing at North Elementary (above) and West Elementary (right). Work on both buildings will be complete for the next school year, and in some cases earlier than that.

Photos by Pat Schiefen/the Goodland Star-News



Construction continues

By Pat Schiefen

pjschiefen

The Goodland School Board met early on Monday night to tour the progress being made on the renovations at West Elementary School and North Elementary Schools.

At West the tornado shelters were given the final paint job so that two classes could move into them

and work start on those class rooms. The plumbing is being installed on the bathrooms where the courtyard used to be.

At North they were getting walls up for classes and offices and were working outside on bricklaying.

The board decided to proceed with advertising the

See CONSTRUCTION, Page 5

New museum exhibit to open on Jan. 29

The High Plains Museum is celebrating local architecture through a new exhibit "Creating Spaces, Making Places" opening Wednesday, Jan. 29. The exhibit uses historic photos of local structures and an innovative indoor playground of blocks and shapes to teach visitors how the architectural look of Goodland was created and further enables visitors to "play" architect through Imagination Playground.

The exhibit celebrates such iconic structures like the 1931 Art Deco United Telephone Building at 1003 Main. Colby Hamilton, an employee of the telephone company, oversaw the design and decoration of the building. Native American symbols were used both inside and outside, with Totems used as the beams in the ceiling. Matching furniture with similar symbols

and color were also placed in the building and will be on display at the museum.

The exhibit kicks off with Kansas Day on Jan. 29. Participants are encouraged to celebrate Kansas with scavenger hunts, flag construction and Kansas icon building with Imagination Playground. Kids ages 5-12 are encouraged to attend this free family friendly event. The museum will celebrate Kansas' 153 birthday from 3 to 6 p.m.

The exhibit is sponsored by Kiwanis, Megan and Tristan Thomas, Rasure's Lumber Inc, Doug Sedlerstrom, CPA, PA, Clark Crossing Co., Right Combination Dance Studio, Westport Grill and Ice Cream Shop and Olde Westport Spice & Trading Co., Shelter Insurance Jim Alcorn, Agent, and Brad and Amy Schick.

Students to raise awareness for heart health on Feb. 11

On Tues, Feb. 11, hundreds will gather to see match-ups between Goodland High School and the Scott City High School basketball teams. However, this year will be a little different. Rather than gold and black on one side of the court facing the opposing team colors from the other, this year there will be red. A REDout will take place to bring awareness to heart disease, and community members are en-

couraged to wear red to school, to work and to the game in honor of our loved ones and the American Heart Association.

Girls Athletic Association members are selling "REDout" T-shirts, that say, "GET FIRED UP." There will also be a cookie and cake raffle. All the proceeds will go to the American Heart Association.

See HEART, Page 5

Not happy about her shots



White Cloud, a Russell Terrier, was at the vet on Tuesday getting her shots from Mariah Berry at the Heartland Animal Hospital, 204 N. Caldwell. The animal hospital had a special price on the shots animals needed to get their City of Goodland tags. On Wednesday people got their animal tags free with proof of their shots.

Photo by Pat Schiefen/The Goodland Star-News

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card showers

The family of **Mary Hayden** is requesting a card shower for her 95th birthday on Saturday, Jan. 25, 2014. Her address is 856 W. 35th Street, Goodland, Kan. 67735.

The family of **Marilyn Martin** is requesting a card shower for her 80th birthday on Wednesday, Jan. 15, 2014. Her address is 511 Arcade, Goodland, Kan. 67735.

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.

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 AI-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

the calendar

calendar

Singer and songwriter Joseph Eli will perform **"Soundtrack of my Life"** at the Black Bird Gallery and Studio, 921 Main, Goodland from **5:30 to 7:30 p.m. on Friday.**

Sign up for the classes to become a Kansas State Research and Extension **Master Gardener** by **Friday, Jan. 24.** Classes will be held every Tuesday from Feb. 4 to March 25 at the Logan County EMS Building, 703 W. 3rd, Oakley. For information call (785) 671-3245. There is a \$90 enrollment fee to cover materials.

Commodity Distribution for Sherman County residents will be at **1:30 p.m. on Monday, Jan. 20,** at First Christian Church, 8th and Arcade. Foods may include corn, carrots, green beans, peanut butter, potato flakes, cranberry juice and apple juice. For information call Genesis (785) 890-2299.

Prairie Land Food 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 Angus 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: Fish sticks, macaroni and cheese, stewed tomatoes, bread and plums. **Monday:** Goulash, three bean salad, tropical fruit, bread and pudding. **Tuesday:** Ham and beans, five cup salad, cornbread and cook's choice complement. **Wednesday:** Open face turkey sandwich, mashed potatoes with gravy, carrots, bread and mixed fruit. **Thursday:** Hamburger patti, coleslaw, pea salad, bun and pears. **Friday:** Chef salad with the meat on the side, cook's choice fruit, breadstick and strawberry shortcake.

school menu

Today: Breakfast - French toast sticks with syrup, fruit cup, fruit juice and milk. Lunch - macaroni and cheese, meat balls, seasoned peas, baby carrots, bread with jelly, apple and milk. **Monday:** Breakfast - cinnamon roll, Mandarin oranges, fruit juice and milk. Lunch - Hot ham and cheese, potato wedges, fresh broccoli, fruit and milk. **Tuesday:** Breakfast - whole grain waffles with syrup, pineapple chunks, fruit juice and milk. Lunch - pepperoni pizza, salad,

bread stick with marinara sauce, banana and milk. **Wednesday:** Breakfast - breakfast pizza, fruit, fruit juice and milk. Lunch - taco burger with lettuce and tomato, refried beans, pears and milk.

Thursday: Breakfast - egg taco with salsa, graham cracker, fruit, fruit juice and milk. Lunch - Italian pasta bake, green pepper strips and baby carrots, applesauce, royal brownie and milk. **Friday:** Breakfast - whole grain muffin, banana, fruit juice and milk. Lunch - chicken pattie, mashed potatoes with gravy, green beans, orange and milk.

school calendar

Today: 3:45 p.m. junior varsity and c team basketball against Hugoton at Hugoton. 5:30 p.m. varsity basketball against Hugoton at Hugoton. **Saturday:** 8:30 a.m. junior varsity wrestling at Hays Junior Prairie Classic Wrestling. 9 a.m. varsity wrestling at Oberlin Invitational Wrestling Tournament. **Monday:** 12:30 p.m. junior high scholars' bowl at Brewster. 3 p.m. Great West Activities Conference Scholars' Bowl at Goodland. Varsity basketball at Hillsboro Trojan Classic Tournament. **Tuesday:** 2:30 p.m. boys junior high basketball A/B at Hays. Varsity basketball at Hillsboro Trojan Classic Tournament. **Wednesday:** 7:30 a.m. professional learning community. **Thursday:** 3 p.m. boys junior high basketball A/B at Holcomb. **Friday:** 2 p.m. varsity wrestling at Hays Senior Prairie Classic Wrestling. Varsity basketball at Hillsboro Trojan Classic Tournament.

obituary

Karen Ann Wadas

Karen Ann Wadas, 51, Ord, Neb., former resident of Goodland, died Monday, Jan. 13, 2014, at the St. Francis Medical Center in Grand Island, Neb.

She was born on Nov. 18, 1962, to Gary Daniels and Susan Summer in Goodland. Growing up, she lived in several states before settling in Ord.

Karen and the late Robert Bruha married and the couple had three daughters.

In 1993 she and Richard Wadas were married. They had a daughter and a son.

Mrs. Wadas was a Certified Nurse's Aide. She worked at several nursing homes and as an instructor at Mid Nebraska Individual Services. In 2004, her declining health prevented her from continuing her work.

She loved the outdoors and spent many hours enjoying Auble's Pond, fishing and watching the kids play around the pond. She had a passion for traveling and swimming.

Preceding her in death were her grandparents; her father; her stepfather, Deloy "Swede" Leach; and a brother-in-law, Timothy Hage.

Survivors include her husband of the home; her mother Susan Leach of Ord; four daughters, Heather

(Nathan) Fuhrman of Clarks, Neb., Amber Bruha of Rapid City, S.D., DenaRae (Shane) Staack of Grand Island, Neb. and Bailee Wadas of Wood River, Neb.;

a son, Ashton Wadas of Ord, Neb.; three sisters and two brother-in-laws, Kara (Timothy) Hage of Muscatine, Iowa, Kristine (Troy) Helsley of Muscatine, Iowa and Pat and Kevin Wadas of Seward, Neb.; a brother Gary "Joe" Daniels of Muscatine, Iowa; and five grandchildren.

Services will be at 9 a.m. (Mountain Time) on Friday, Jan. 17, 2014, at the Ord Memorial Chapel with Father Mark Maresh officiating.

Burial will be at 2 p.m. on Saturday, Jan. 18, 2014, at the Goodland Cemetery with Koons Funeral Home, 211 N. Main, Goodland handling the arrangements.

Visitation was from 4 to 7 p.m. (Mountain Time) on Thursday, Jan. 16, 2014, at the Ord Memorial Chapel, 1005 N. 28th Street, Ord, Neb. Rosary was held at 6 p.m. (Mountain Time) at the funeral home.

Memorials to the family or to the Flag Pole Committee at Auble's Pond may be sent to the Ord Memorial Chapel, 2005 N. 28th Street, Ord, Neb.



Wadas

Writing contest is in its 25th year

Kansas Voices sponsored by the Winfield Arts & Humanities Council is back for its 25th year! Submit your short stories, prose, or poetry as we commemorate another year of writing! Winners will be honored and invited to read their work at a special presentation at Winfield Baden Square, 700 Gary, Winfield, on May 3rd. Dinner will be served for only \$9 a person.

If you like to write just for fun or a professional writer then you are encouraged to enter the 25th annual Kansas Voices Writing Contest. Writers may enter either youth or adult divisions in two categories: poetry and prose (short story). Youth Division entrants must be currently enrolled in high school or be under 18 years of age.

To be eligible, writers must live in Kansas. All entries must be postmarked by March 15th. No particular subject matter is required, and all entries are judged by professionals entirely on literary merit. Entries must be unpublished stories or poems accompanied by an official

entry form and a \$3.00 entry fee for each submission. Guidelines and entry forms are available through the Winfield Arts and Humanities Council, 700 Gary, Suite A & B, Winfield, Kan. 67156, (620) 221-2161 or download entry form from our web page: www.winfieldarts.com.

\$1000 in prize money will be awarded: \$275 each for first prize in adult poetry and prose, \$100 each for first prize in youth poetry and prose, and a total of \$250 in Honorable Mentions.

The overwhelming response to Kansas Voices exemplifies both the need and contribution made by the contest to the writers in Kansas. Let your voice be heard.

This contest is made possible by the generous support of its sponsors: Winfield Daily Courier, Winfield Consumer Products, CornerBank, GE Engine Services, Cowley College, Arkansas City and Bob and Nancy Love, Wichita. Kansas Voices is also underwritten by Winfield Convention and Tourism.

matters of record

Real Estate

The following real estate transactions have been reported by the Sherman County register of deeds.

Brian L. Bauman and Brooke M. Bauman convey and warrant to Ryan Gausman, the N10' of E63' of Lot 21, and E63' of Lots 22, 23 and 24, all in Block 47, Second Addition

to City of Goodland.

Restatement of the Loyd R. Harden Trust dated 12/28/2006, to Austin R. Brunkhardt and Kali N. Rubenthaler-Brunkhardt, and Paul A. Licke and Heather M. Licke, a tract of land in SW/4 of SE/4 of Sec.29, T6S, R39W.

Narcotics Anonymous meets at **8 p.m. Tuesdays, 8 p.m. Fridays and 8 p.m. on Sundays** at 1013 Center. Call 890-8369.

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

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

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

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.

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 in-

formation 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.

animal shelter

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

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FRESH INVENTORY JUST IN!
Finley Motors has recently taken in several trades!

 2006 Cadillac DTS Sedan Beige, Leather, 111,927 miles, \$8,500	 2008 GMC Acadia SLT-2 Silver, Leather, 82,026 miles, \$18,500
 2009 Chevy Silverado 1500 LT1 Maroon, Cloth, 64,648 miles, \$22,500	 2010 GMC Yukon XL SLT-1 Steel Blue, Leather, 69,355 miles, \$26,500
 2008 Mercedes-Benz MClass Black, Leather, 55,558 miles, \$21,500	 2012 Honda CR-V EX-L Blue, Leather, 23,411 miles, \$24,900

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Free matinee January 19: October Baby (PG-13) @ 1:30 PM

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"A Mighty Fortress is Our Basement," the fourth installment of the Church Basement Ladies will be at 6:30 p.m. on Tuesday at the Oakley High School Auditorium.

Musical comedy planned for Tuesday in Oakley

The fourth installment of the Church Basement Ladies series of Musical Comedies, "A Mighty Fortress is Our Basement," will be presented at 6:30 p.m. (Mountain Time) on Tuesday in the Oakley High School Auditorium.

The popular series began at the Plymouth Playhouse in Minneapolis with the first installment, "Church Basement Ladies," in 2005. In the latest installment, these "bulwarks never failing" are at it again. The year is 1960 and a reformation is underway. With a new crop of Confirmants, Beverly, the youngest of the bunch, dons her first pair of high heels for her confirmation ceremony. Mrs Snustad, the matriarch of the kitchen, wins top honors at the County Fair for her "Grand Champion" pickles. Mavis, the able-bodied farm wife, must find a way to deal with the new "Super

Highway" which cuts through her farm. Karin, the real homemaker of the kitchen, finds new freedom behind the wheel of her husband's pickup truck and must reconcile a new world of change for her daughter, Beverly. Pastor, who has always found strength and solace in the church basement, has found new love and announces his impending nuptials. The Church Basement Ladies are once again required to face change head-on. Against the changing tide, these pillars of the church stand strong in their faith and in their friendships with more crazy antics, more great new songs and more lessons reluctantly learned.

With all new music by composer Drew Jansen who wrote the music and lyrics for the past Church Basement Ladies installments and script by sketch comedy writer, Greta Grosch, who also penned the sequel and

the Christmas version, "A Mighty Fortress is Our Basement" continues to be inspired by the writings of author/humorists, Janet Martin and Suzann Nelson including the best-seller, "Growing Up Lutheran." Audiences from coast to coast have fallen in love with these residents of the church basement, and all agree that each new installment gets better and better. What's more, you do not have to have seen past installments in order to know what's going on. As the St. Paul Pioneer Press says: "The genius in the writing of Church Basement Ladies is that familiarity with previous incarnations is optional."

Admission to this Western Plains Arts Association sponsored event is with season ticket or at the door, Adults, \$20; Students, \$10.

Driver's education permits available online

Driver's education permits are speeding up starting April 1, when the Kansas Department of Revenue will shift to an online application portal.

"Time behind the wheel with experienced drivers is an essential training component for helping teenagers become safe and responsible drivers," said Kansas Vehicles Director Lisa Kaspar. "This new system will make sure student drivers aren't losing valuable hands-on driving experience waiting for a piece of mail to arrive."

Each year, the department handles about 50,000 driver's education applications. With the current paper-driven system, permit applications can take multiple weeks

to process – or even months if the student has a medical or vision issue. The delay means student drivers who sign up for a driving class last minute, or delayed sending in their application, might not have the permit slip necessary to participate in the driving portion of the class.

The online process will eliminate the need for mail to travel back and forth from driving instructors to the Kansas Department of Revenue for review then back in the mail. Instead, an instructor will fill out the online form and if there are no medical or vision issues that require an additional review, the instructor will be able to immediately print out the permit slip allowing the student to drive with an instructor or guardian.

For any student with a medical or vision issue requiring additional review, the necessary examination forms will be available within 48 hours from when the records is created by the instructor.

Because instructors are able to print off the necessary forms and permits from their computer, no time is lost waiting for paper work to traverse back and forth across the state in envelopes.

The department will be demonstrating the new portal at regional driver's education instruction meetings, which driving instructors can register for through the Kansas Department of Education.

Transportation office updates haying permits

Hay harvesting on right of way along state and federal highways without a permit is trespassing, according to the Kansas Department of Transportation. Haying permit applications are available at the department's district and area offices and are valid for one year or a specific haying season.

The Department of Transportation has updated its hay permit form to reflect the following key changes:

- The hay permit will expire Sept. 30 annually. Department maintenance crews begin mowing out the highway right of way starting on Oct. 1.
- No harvesting is to be permitted on the interstate highway right of way.
- No equipment shall be left on

the right of way any longer than 10 days.

- The department has dropped the required County Noxious Weed Director signature.
- The department reserves the right to retain up to 20 percent of the bales harvested from the right of way as part of the permit agreement.

The updated hay permit form can be found online at www.ksdot.org/offtransinfo/Form317.pdf.

Haying permit applications will be accepted after Jan. 1 for that year's mowing season. Adjacent landowners will be given permit priority until March 31 of a given year. After March 31, permits will be issued in the order they are received.

Permits can be canceled at any

time by either party and all operations shall be in accord with requirements and guidelines set by the Department of Transportation. Any person, firm or corporation wanting to mow or bale hay will need to submit a permit application to the office in their area.

For additional information, contact your local Department of Transportation Northwest Kansas office or call the Bureau of Maintenance in Topeka at (785) 296-3576.

Offices in Northwest Kansas include: Norton Office, (785) 877-3315; Phillipsburg Office, (785) 543-2163; Atwood Office, (785) 626-3258; Hays Office, (785) 625-9718; Oakley Office, (785) 672-3113.

matters of record

Real Estate

The following real estate transactions have been reported by the Sherman County register of deeds.

Lance D. Albin and Jessica K. Albin convey and warrant to Eugene Hladky and Joan Hladky, the SW/4 of Sec.26, T10S, R40W, except and subject to easement and right of ways; unexpired oil and gas leases; outstanding mineral interests of record.

Craig A. Crouch and Debora J. Crouch convey and warrant to Keith Coon and Judith P. Coon, the SW70 acres of N/2 of Sec.2, T7S, R39W. Seller retains all oil, gas and other minerals until March 19, 2030.

James Dean Oharah and Daylene Gail Oharah convey and warrant to Patricia J. Fletcher, Lot 9, Block 1, Sharp's Addition to City of Goodland.

Jeff Soper conveys and warrants to Anthony Ibrahim Zaghaf, Lot 4, Block 59, Original Town of Goodland.

Robin R. Deeds and Carol A. Deeds convey and warrant to Todd J. Weibel and Dani L. Weibel, Lots 4, 5 and 6, Block 1, Third Addition

to Town, now City of Goodland.

The Robin R. Deeds Revocable Trust UTD 12/14/2012 and the Carol A. Deeds Revocable Trust UTD 12/14/2012, to Robin R. Deeds and Carol A. Deeds, Lots 4, 5 and 6, Block 1, Third Addition to Town, now City of Goodland.

Charles L. Wilkens and Alicia Wilkens convey and warrant to Richard L. Billinger and Rita M. Billinger, a tract of land in NE/4 of Sec.25, T8S, R40W.

Briney Farms, Inc. to Briney Springs, Inc. the W/2 of Sec.35, T7S, R39W; SW/4 of Sec.23, T8S, R38W; E/2 and E/2 of W/2 of Sec.5, T9S, R39W; SW/4 of Sec.12, T9S, R39W.

Briney Farms, Inc. to Berndt Farms, Inc. the SE/4 of Sec.11, T9S, R39W; NE/4 of Sec.31, T9S, R40W; SW/4 of Sec.32, T9S, R40W; NW/4 of Sec.32, T9S, R40W; NW/4 of Sec.5, T10S, R40W; NW/4 of Sec.5, T10S, R40W; NW/4 of Sec.5, T10S, R40W.

Briney Farms, Inc. to Hanable Farms, Inc. the S/2 of Sec.23, T8S, R39W; NE/4 of Sec.27, T8S, R39W; NE/4 of Sec.15, T8S, R39W.

Briney Farms, Inc. to Briney-

Ross Farms, Inc. the SE/4 of Sec.10, T8S, R39W; SE/4 of Sec.16, T9S, R39W; N/2 and N/2 of S/2 of Sec.22, T8S, R39W.

Todd J. Weibel and Dani L. Weibel convey and warrant to Melvin Sieck Revocable Trust dated 12/21/2010, an undivided 1/2 interest, AND Marsha K. Sieck Revocable Trust dated 12/21/2010, and undivided 1/2 interest in Lot 1 and N30' of Lot 2, Block 31, Beahm's Addition to City of Goodland.

Lori Ann Ray and Mark Rogers convey and warrant to Jonathan McClung, the N10' of Lot 16, all of Lot 17 and 18, Block 43, Second Addition to Town of Goodland.

William P. Jones and Jeanette Jones quit claim to Delvin Baker and Darlene M. Baker, all of Lots 3 and 4, Second Addition to City of Goodland.

James Dean Oharah and Daylene Gail Oharah convey and warrant to Patricia J. Fletcher, Lots 35, 36 and 37, Block 1, First Addition to City of Goodland.

Darryl E. Edmonston and Cathlene A. Edmonston quit claim to Sherida Gensheer and Shane Gen-

sheer, Lots 4 and 5, and N/2 of Lot 6, Block 5, CK&N Addition to City of Goodland.

Lana Branch and Chris Branch to Tyler Landen Selbe, Lots 20, 21 and 22, Block 2, CK&N Addition to City of Goodland.

Kenneth L. Frahm and Sheila Frahm, Trustees of the Kenneth L. Frahm Trust dated August 16, 2001, to Mark Weishaar and Wendy L. Weishaar, the SE/4 of Sec.25, T10S, R37W.

Kenneth L. Frahm and Sheila Frahm, Trustees of the Kenneth L. Frahm Trust dated August 16, 2001, and Sheila Frahm and Kenneth L. Frahm as Trustees of the Sheila Frahm Trust dated August 16, 2001, to Lon Frahm, NE/4 of Sec.25, T10S, R37W.

Kenneth L. Frahm and Sheila Frahm, Trustees of the Kenneth L. Frahm Trust dated August 16, 2001, and Sheila Frahm and Kenneth L. Frahm as Trustees of the Sheila Frahm Trust dated August 16, 2001, to Lon Frahm, all interest in NW/4 of Sec.25, T10S, R37W.

Holly Anne Bellis conveys and warrants to Nathan M. Linin and

Halli A. Linin, the E90' of Lots 1, 2 and 3, Block 51, Goodland Original Addition to City of Goodland.

Eric W. Corke and Audrey Corke convey and warrant to Herschel Kennedy, Lots 16, 17 and 18, Block 23, Second Addition to City of Goodland.

Korbco Holdings, LLC conveys and warrants to Gary Slusher and Sheyenne Sharon, Lots 28 and 29, Block 9, CK&N Addition to City of Goodland.

Patricia Neet conveys and warrants to Korbco Holdings, LLC, Lots 6 and 7, Block 18, CK&N Addition to City of Goodland.

Carl Thomas Means, Trustee of the Mary Kitchen Trust UTD 11/19/1993 as amended, to Carl Thomas Means, Lots 3 and 4 and S/2 of NW/4 of Sec.4, T9S, R41W.

Michael H. Tompkins and Mona McGinley, as Trustees of the Hoyt Tompkins Revocable Trust dated 8/29/1962, to Valerie Kaup (1/4 interest), Michael H. Tompkins (1/4 interest), Vicki Tompkins (1/4 interest), Megan Daughterty (1/8 interest) and Philip Daughterty (1/8 interest), all of Sec.6, T10S, R39W;

N/2 of Sec.5, T10S, R39W; SW/4 of Sec.5, T10S, R39W; all of Sec.8, T10S, R39W; SE/4 of Sec.31, T9S, R39W; SW/4 of Sec.32, T9S, R39W.

Melvin L. Musil, Jr. and Cynthia Lynn Musil convey and warrant to John K. Cooper and Jacque S. Cooper, Lots 19 and 20 and E2' of Lot 18, Block 71, Goodland Original Addition to City of Goodland.

Terry L. Taylor and Shari L. Taylor convey and warrant to Unified School District 352, Goodland, Lots 8, 9, 10, 11 and 12, Block 20, Third Addition to City of Goodland.

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.

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MILL BAR ANGUS

from our viewpoint...

Why shop at home?

We've heard people say they don't shop at home because of the high sales taxes and "there's nothing to buy here anyway." This seems to us like something that is half myth and half self-fulfilling prophecy.

If you don't shop at home, the stores here will go out of business and there really won't be anything to buy.

How would you like to have to go 30 or 50 miles to fill up your car? That could happen if you drive to the next town to buy all your gas.

How about running out of essentials, like bread and milk. Would you want to drive to the next county to get that last ingredient you need for supper?

And health care. If you always go out of town to see the doctor and dentist, the day you suffer that heart attack or break a tooth, you may find that you have to go a long ways to get help because the doctors and dentist, the pharmacists and therapists couldn't make a living here and moved to that other town.

And yes, you have to pay sales tax on just about everything you purchase. It isn't much lower anywhere else, except on food. But ask yourself, "What does that sales tax buy me?"

It buys you a swimming pool, parks and summer baseball. It helps pay for the ambulance service, fire departments, police protection and other public services. It helps pay for state highways and services, and especially, for schools.

Sure, most of us pay property taxes, but those aren't enough to pay for everything the city and county and state are expected to provide for us. It does take a lot of money to educate our children.

The money from sales taxes helps keep the property taxes down and pay for all those things that the county does—upkeep on roads, the landfill, helping the hospital and nursing home.

These are all things people think need to be done and expect the county to do. But somebody, somewhere has to pay for all these things.

And so what happens when you go elsewhere to shop—to Hays, or Kearney, or even Denver?

They get the sales tax. Their streets get fixed. Their elderly get cared for. Their parks get watered and their swimming pool gets financed. And don't believe you don't pay sales tax when you shop in Nebraska or Colorado. They may not have tax on groceries, but you'll never go to a store there and not bring back a load of stuff that is taxed.

Even many Internet sales are now being taxed.

So, while we're not against an occasional shopping trip, we believe that when you shop at home, you're taking the long view of protecting what's important and doing yourself a favor.

Keeping your home town livable is pretty important, and the businesses we have are one of the main benefits of a small town like ours. — Cynthia Haynes

Letter Policy

The Goodland Star-News encourages and welcomes letters from readers. Letters should be typewritten, and must include a telephone number and a signature. Unsigned letters will not be published. Form letters and letters deemed to be of no public interest or considered offensive will be rejected. We reserve the right to edit letters for length and good taste. We encourage letters, with address and phone numbers, by e-mail to: <star.news@nwkansan.com>.

The Goodland Star-News

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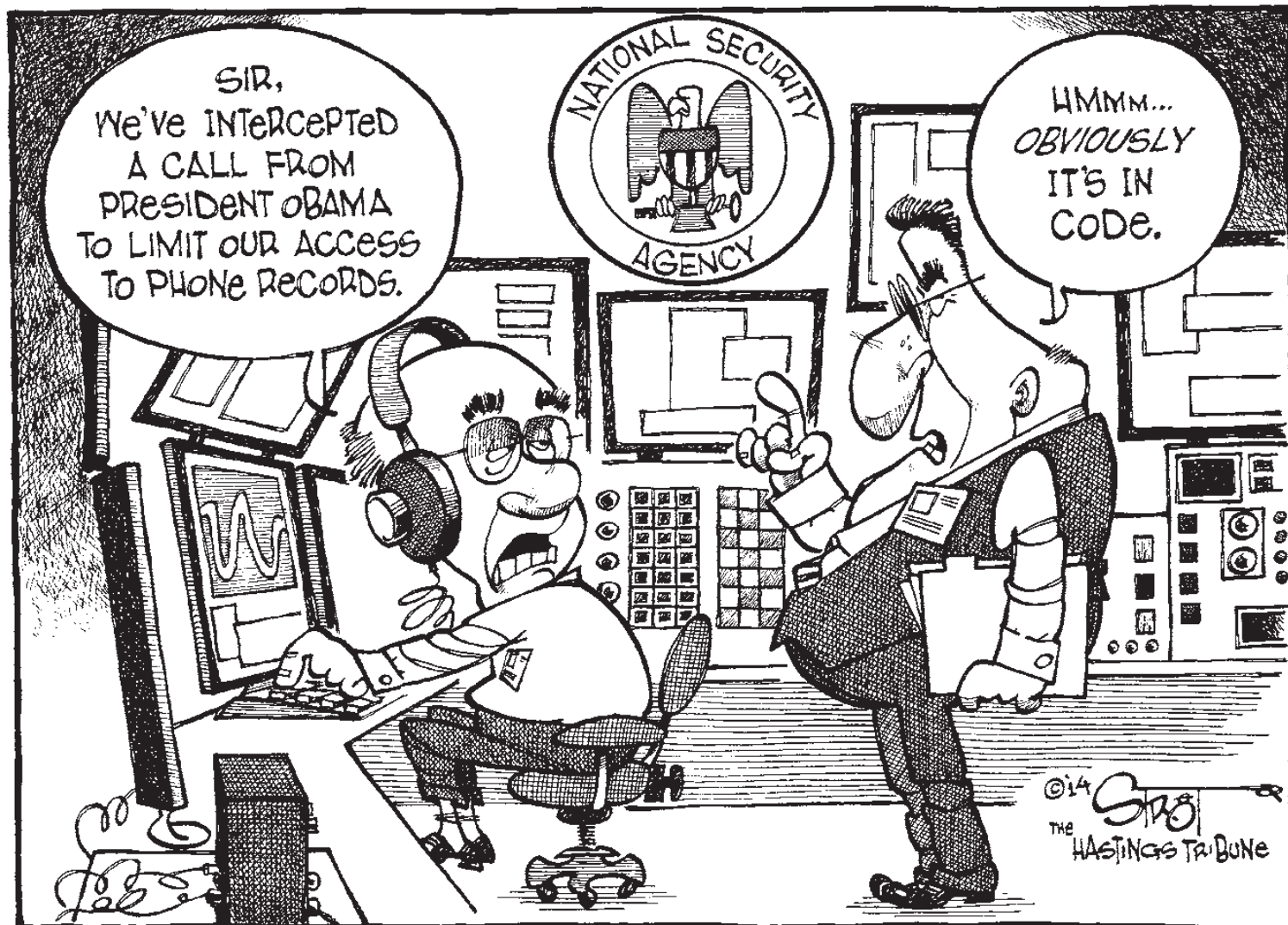
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On the Second Amendment

To the Editor:

What can we learn from history? For one, we can safely say that men do not learn from History, that it repeats itself. Specifically looking at governments, one common theme occurs throughout all recorded ages of mankind, the abuse of power. Even governments that were started, "for freedom", have abused the natural rights of their people.

The Founding Fathers of the United States understood this, that government is a necessary evil, that government by nature is a beast that will always seek to grow and expand its power. Power corrupts, period. It's human nature, so in order to keep the necessary government in check and safeguard the rights of the people, an equal amount of power had to be available to the people as was available to the government. Richard Henry Lee, member of the first U.S. Senate, said this, "to preserve liberty, it is essential that the whole body of people always possess arms..." Or Alexander Hamilton as he said, "The best we can help for concerning the people at large is that they be properly armed." These men had an obvious distrust of government, because they knew their history.

The Second Amendment was outlined for this purpose. To protect the people from the government. Thomas Jefferson said, "What country can preserve its liberties if their rulers are not warned from time to time that their people preserve the spirit of resistance. Let them take arms."

The Second Amendment serves many purposes, including protection of one's self and one's property from the degenerates of society, but it's primary reason for being defined as it's own amendment, was to keep the balance of power in the hands of the people. There was no misunderstanding of this at our nation's conception, it was stated clearly and explained thoroughly by the men who laid the founda-



from our readers

to the editor

tions of our laws. George Washington, our first president held firearms in the highest regard, saying, "Firearms stand next in importance to the Constitution itself. They are the American people's liberty teeth and keystone under independence...the very atmosphere of firearms anywhere restrains evil interference – they deserve a place of honor with all that is good." President Washington considered the firearm the "keystone" to independence, that without firearms we could not have independence.

There are many forms of disarmament, call it gun control, call it registration or call it taxation, it all is a means to the same end. That end is control over people. There is an argument that the second amendment does not apply to individuals, if so, then how do any of the Bill of Rights apply to individuals? Another argument is that registration will keep us safer, as long as the government knows where the guns are at. This strikes me as a conflict of interest, when you consider the primary intent of the Second Amendment is to protect us from said government.

Taxation and regulation is another more subtle attempt to disarm or keep one from arming themselves by raising the price beyond the reach of the poor or families with tight budgets. Others still argue that the Founders couldn't have imagined what the future would bring in respect to modern firearms, so it should be revisited as a topic of debate. Clearly the First Amendment needs to be revisited then, since we now have the Internet, television and social media, who could have imagined those things

200 years ago. If the Second Amendment is removed, so too will all of the Bill of Rights.

The United Nations Small Arms Treaty is another attempt to undermine the Constitution and American's God given Rights. By regulating the firearm industry and burdening it with extra cost and making it more difficult for the end consumer to purchase any firearm, along with giving the UN the final say and ability to change the law on our rights.

Are we so intelligent and cultured to think that we are beyond human nature? That we have evolved past the greed of men, or risen to a level of sophistication that we believe everyone has everyone else's best interests in mind? Why would a government be more trustworthy than a stranger? Does it have a moral superiority over citizens? History would say otherwise, that we will simply be repeating what has already been tried and failed.

If you disagree with the Second Amendment, the idea that a person has the right to take on the responsibility of arming themselves, please come hear Patricia Stonebridge, President of the Kansas Rifle Association, speak on gun rights at the Ed Wolak Building, 1006 Center St., Monday Jan. 20. Mrs. Stonebridge will be speaking from 6 to 7 p.m. and there will be time for discussion from 7 to 9 p.m. To those who agree with the Second Amendment, I encourage you to come and hear her as well. We are living in a time where many are calling for "change", if we do not unite and stand together on the issues most important to us, we will lose the recognition of our rights.

"The beauty of the Second Amendment is that it will not be needed until they try to take it." – Thomas Jefferson

Dan Schields

You decide



Insight this week

john schlageck

Do organically produced foods have higher nutritional value?

According to international, national and regional research studies the nutritional value of organic crops compared to conventional crops reveals little if any differences.

Colorado State University researchers compared vitamin content of organically and conventionally grown vegetables (carrots and broccoli). They found no statistically significant differences.

Other research from Colorado State focused on growing potatoes using four different farming techniques under the same growing conditions: an intensive high-chemical system; a moderate conventional system; customary organic farming and virgin organic production. Nine minerals and seven vitamins were analyzed and no clear differences were discovered.

Another U.S. study found more soluble iron in conventionally grown spinach but the proportion of the soluble iron available to consumer's system was somewhat higher for both spinach and peppers grown with compost and manure.

In overseas studies, Norwegian research found conventionally grown carrots contained more beta-carotene, more magnesium and more manganese. The organic carrots had more aluminum. When carrots of the same variety were compared, the only difference was a higher level of carotenoids in the conventionally grown carrots.

A German study discovered lower levels of nitrate in carrots, beets and potatoes grown with manure but the differences were minute under good storage conditions. Stressful storage conditions enhanced the difference.

Consumers can conclude from such findings that people who do not buy organically grown fruits and vegetables can find equally good products with equal nutrition at supermarkets and roadside stands. It also means people who wish to eat organically grown fruits and vegetables should do so.

Bottom line—differing farming systems produce virtually no difference in the nutritional value of the crops. The variety, or strain, of the carrots and potatoes grown appears to have a bigger impact on their nutrient value than organic production methods.

It's no secret, plant breeders have long advo-

cated that fruits, vegetables and grains require three main nutrients – nitrogen, phosphate and potassium and trace minerals in varying amounts according to the plant species. If a plant is sorely lacking in one of these nutrients, it will not grow. If it has access to these nutrients, it will grow into the crop its heredity determines and will pass along the nutrients its heredity intends.

Translation – for a healthy diet eat plenty of fruit and vegetables each day, regardless of how they were grown. Doing so will probably mean a person eats more fiber and that is healthy. It also means less room for fatty foods that are one of the major contributions to poor health.

So much of this research on conventional versus organically grown food has demonstrated little nutritional differences. In our society consumers have a choice. It is an individual decision.

where to write

U.S. Sen. Pat Roberts, 109 Hart Senate Office Building, Washington D.C. 20510. (202) 224-4774; website – roberts.senate.gov.

U.S. Sen. Jerry Moran, 354 Russell Senate Office Building, Washington, D.C. 20510. (202) 224-6521; Fax (202) 228-6966. website – http://moran.senate.gov.

U.S. Rep. Tim Huelskamp, 1st Congressional District, 126 Cannon House Office Building, Washington D.C., 20575-1601. (202-225-2715) Website – https://huelskamp.house.gov.

State Rep. Ward Cassidy, State Capitol Building Rm 151-S, 300 SW 10th, Topeka Kan. 66612. Phone (785) 296-7616, home (785) 332-2850; e-mail address ward.cassidy@house.ks.gov.

State Sen. Ralph Ostmeyer, State Capitol Building, Rm. 136-E, 300 SW 10th, Topeka Kan. 66612. (785-296-7399; e-mail address ostmeyer@senate.state.ks.us.

Kansas Attorney General, 301 S.W. 10th Lower Level, Topeka, KS 66612-1597 (785) 296-3751 Fax (785) 291-3699 TTY: (785) 291-3767

More arrests made, warrants still outstanding in drug case

DRUG, from Page 1

man County Bastille on changes of sale and distribution of opiates and narcotics and arranging sale or purchase using a communication device.

Another search warrant was served on Saturday that resulted in two people booked into the county jail. Paula Rumpel was booked on charges of sale and distribution of opiates and narcotics and arranging sale or purchase using a communication device. Dale Quast was booked on charges of sale and distribution of opiates and narcotics, distribution of hallucinogenic drugs and possession of drug paraphernalia with intent to store or ingest.

A press release issued Monday by the Police Department said it

and the Sheriff's Office served the search warrant at a home in the 500 block of West Ninth St. The law enforcement agencies had information that illegal narcotics were being sold from the home, and found drug paraphernalia and narcotics during the search.

"We are proud to work with our colleagues at the Sheriff's Office to help address this problem affecting our jurisdictions," said Police Chief Cliff Couch. "We will continue working to make Goodland a horrible place for drug dealers to operate."

Two additional arrests were made later. Rosalinda Martinez was booked on Sunday on charges of sale and distribution of opiates and narcotics and arranging sale and purchase using a communication device. Gary Slusher was

booked on Tuesday on charges of sale and distribution of opiates and narcotics, arranging sale and purchase using a communications device and no drug tax stamp.

This string of arrests was made after a six-month-long joint investigation with local law enforcement and the Kansas Bureau of Investigation.

"Our main focus has been the dealers of illegal drugs including Methamphetamine, Diverted Prescription Medication, and Marijuana," said Sheriff Burton Pianalto. "These individuals prey on the addicted to make money. Cooperation between the public and law enforcement is vital to building successful cases against these predators."

School construction continues

CONSTRUCTION, from Page 1

district office for sale before they vacate and move to Central when the district's remodeling project is completed in the summer of 2015.

They approved the cabling bid for North Elementary from S&T for \$28,000. The alternate was from RDH for \$35,000.

Superintendent Bill Biermann said, "We saved some money and kept it local."

The board decided to order the upper cabinets for North at \$13,676 and West at \$11,440. These were options available on the contract for the elementaries. The matching lower cabinets had already ordered, and if the board waited, the cost would have been higher.

A baby grand piano was donated to the school district by Dr. Travis and Melanie Daise.

The next meeting of the board will be at 7 p.m. on Monday, Jan. 27, at the district office.

Students to raise heart health awareness

HEART, from Page 1

Students from the Emergency Medical Technician classes will be taking peoples blood pressure from 5:30 to 8 p.m. at the basketball game.

Cardiovascular disease kills more people in the US than the next five leading causes of death combined... including cancer. The Red Out is a great way to celebrate life of family and friends we have lost to this devastating disease while making a difference by helping to save others. If you cannot come to the game

but would like to show your support, you can make a donation in the schools name and send it to Goodland High School. All proceeds go to the American Heart Association. Support the basketball teams and the American Heart Association by coming to the Goodland High School basketball games as some of the proceeds will go to the American Heart Association as well.

The Family, Career and Community Leaders of America is also having a "Money Grab" for their organization and they will have a

"Flag Ceremony" as well. It is Family, Career and Community Leaders of America week and their colors are red and black for their organization. Support the club as well on Friday, Feb. 11, at the Scott City game.

If you would like more information on how you can get involved, please contact Girls Athletic Association sponsor Connie Livengood at Goodland High School (785) 890-5656 or email at connie.livengood@usd352.org.

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Physical activity reduces chronic disease

People who decrease sitting time and increase physical activity have a lower risk of chronic disease, according to Kansas State University research.

Even standing throughout the day – instead of sitting for hours at a time – can improve health and quality of life while reducing the risk for chronic diseases such as cardiovascular disease, diabetes, heart disease, stroke, breast cancer and colon cancer, among others.

The researchers – Sara Rosenkranz and Richard Rosenkranz, both assistant professors of human nutrition – studied a sample of 194,545 men and women ages 45 to 106. The data was from the 45 and Up Study, which is a large Australian study of health and aging.

“Not only do people need to be more physically active by walking or doing moderate-to-vigorous physical activity, but they should also be looking at ways to reduce their sitting time,” Richard Rosenkranz said.

The twofold approach – sitting less and moving more – is key to improving health, the researchers said. People often spend the majority of the day being sedentary and might devote 30 to 60 minutes a day to exercise or physical activity, Sara Rosenkranz said. Taking breaks to stand up or move around can make a difference during long periods of sitting.

Sitting for prolonged periods of

time – with little muscular contraction occurring – shuts off a molecule called lipoprotein lipase Sara Rosenkranz said. Lipoprotein lipase helps to take in fat or triglycerides and use it for energy.

“We’re basically telling our bodies to shut down the processes that help to stimulate metabolism throughout the day and that is not good,” Sara Rosenkranz said. “Just by breaking up your sedentary time, we can actually upregulate that process in the body.”

In a previous study published in the International Journal of Behavioral Nutrition and Physical Activity, the researchers found that the more people sit, the greater their chances of obesity, diabetes,

cardiovascular disease and overall mortality.

For the more recent study, the researchers wanted to take a positive approach and see if increasing physical activity helped to decrease chronic disease. The researchers want to motivate people – especially younger people – to sit less and move more so they can age easier with less chronic disease.

“There is only so far that messages about avoiding diseases can go, especially when talking about chronic disease because it is so far removed and in the future,” Richard Rosenkranz said. “For young people, being motivated by avoiding diseases is probably not the most pressing matter in their lives. We

wanted to look at excellent health and excellent quality of life as things to aspire to in health.”

To help office workers and employees who often sit for long periods of time, the researchers suggest trying a sit/stand desk as way to decrease sedentary time and add physical activity into the day. A sit/stand desk or workstation can adjust up and down so employees can add more standing time to their days. There are even sit/stand desks for children to stand and do homework or projects.

The research appears in the journal BMC Public Health. Collaborators included Gregory Kolt of the School of Science and Health at the University of Western Sydney in

Sydney, Australia, and Mitch Duncan of the Institute for Health and Social Science Research with the Centre for Physical Activity Studies at Central Queensland University in Rockhampton, Australia.

While the researchers have used existing data for this latest study, the Rosenkranzes are now conducting experiments to manipulate sitting time in already active people. They want to understand how increased sitting time affects physiological risk factors such as blood pressure, body composition, triglyceride and cholesterol levels, inflammation and oxidative stress.

K-State leads effort to develop new wheat strains

Kansas State University has been chosen to lead a new effort focused on developing wheat varieties that are resilient to the warming effects of climate change.

The initial focus will be on wheat in South Asia, which typically produces 20 percent of the world’s crop.

“Globally, wheat production is increasing at a rate of 1 percent annually, but there is evidence of yield stagnation in some regions, including South Asia,” said Jess Poland, research geneticist with the U.S. Department of Agriculture and a Kansas State adjunct assistant professor of agronomy.

“In fact, climate models predict that in tropical and subtropical regions such as South Asia, yield will decrease by 10 percent for every 1 degree rise in temperature. Given current cultivars and production practices, this would likely reduce production levels by 30 percent in these regions.”

Poland will lead the team, which

includes researchers from Kansas State, the International Maize and Wheat Improvement Center, sponsored by Cornell University and the U.S. Department of Agriculture.

The five-year \$5 million project, which creates the Feed the Future Innovation Lab for Applied Wheat Genomics, is being financed by the U.S. Agency for International Development as part of Feed the Future (www.feedthefuture.gov), the U.S. government’s global hunger and food security initiative.

A 30 percent production cut in wheat yields could prove devastating for people in South Asia and other developing regions, which rely on the wheat crop for not only a source of income, but their own food, Poland said. And the effects wouldn’t end there. Wheat provides 21 percent of the food calories and 20 percent of the protein for more than 4.5 billion people in 94 developing countries.

“In the developing world, wheat

is the primary staple for more than 1.2 billion and an important food source for 2.5 billion living in poverty, many of whom are living on less than \$2 (U.S.) a day,” he said, “and wheat is the primary income source for some 30 million poor wheat farmers and their families.”

The demand for wheat, he said, is projected to increase 60 percent by the year 2050. At the same time, rising temperatures induced by climate change are expected to cut wheat production in developing countries by 20 to 30 percent. The combined factors are expected to double wheat prices, pushing it beyond many people’s reach.

The team will use what is called “genomic selection” to boost genetic gains in wheat targeted to future warmer climates with a goal to develop heat-tolerant, high-yielding and farmer-accepted varieties for South Asia, Poland said.

“The work will benefit wheat growers around the world, includ-

ing right here in Kansas and other parts of the U.S.,” Poland said. “Over the past two years, we have already begun implementation of these advanced breeding methods in the Kansas State wheat programs through support from the Kansas Wheat Commission and Kansas Wheat Alliance.”

“This new project will expand this work on a global scale. The improved lines ... could be brought back to Kansas as parents with good heat tolerance and the prediction models developed will further our understanding of selecting for yield under heat stress.”

The project builds on research

already done at the center, where scientists have established a frame work that identifies traits that limit wheat performance under heat stress, he said.

“We will incorporate genomic selection into the bread-wheat breeding pipeline,” he said, “with the specific target of increasing yield potential under extreme heat. Genomic selection, already used in animal and some crop breeding, has the potential to greatly decrease the length of breeding cycles in wheat, through prediction of yield and other complex traits. This leads to identifying and releasing better varieties faster.”

Field evaluations will take place at the Borlaug Institute for South Asia sites in India, as well as sites in Pakistan.

“This project signifies a new era of ‘big science’ for international wheat development,” Poland said. “The team will generate the largest public resource of elite candidate wheat varieties, along with seed and genetic information in wheat history. The wheat varieties generated by the project will have enhanced climate resilience, combining heat tolerance with heat avoidance (earliness), and maximized yield potential.”

matters of record

The following marriage licenses and divorces have been issued by the Sherman County District Court:

Divorces
Edward C. Denny, Sherman County, and Michelle R. Denny, Sherman County.

Marriages
Dual Shane Rall and Holly Nicole Kibel, Goodland.
Christopher John Harley and Tawny Elise Grimm/Morgan, Goodland.
Sean Patrick McCleary and

Tonya Rence Williams, Goodland.
Monte C. Morgan and Kimberly Sue Gholson, Goodland.
Peter Patrick Fitzgibbons and Peggy Lee Chrisler, Goodland.

February Consultant Schedule

ALLERGIST**	Jeffrey Rumblyrt, M.D.	February 17
CARDIOLOGIST**	Barry Smith, M.D.	February 12 & 26
CARDIOLOGIST	Vijay Subbarao, M.D.	February 13
COUNSELING SERVICES	Thursdays by Appointment	
DERMATOLOGIST	Theodore Alkousakis, M.D.	February 18
DIETITIAN	Sarah Linton, RD, LD, CDE	Tuesdays by Appointment
EARS, NOSE, THROAT	Alfred N. Carr, M.D.	February 7 & 21
GASTROENTEROLOGIST	Jeffrey D. Huston, M.D.	February 4, 17 & 18
GENERAL SURGEON	David D. Beck, M.D.	February 6 & 20
GENERAL SURGEON	Jeffrey Cross, M.D.	February 13 & 27
GYNECOLOGY	Laura Rokosz, M.D.	February 5 & 12
OBSTETRICS/GYNECOLOGY	David Forschner, M.D.	February 19
ONCOLOGY	Prakash Neupane, M.D.	February 7, 14, 21 & 28
OPHTHALMOLOGIST	Brian Joondeph, M.D.	February 19
OPHTHALMOLOGIST**	Eric Fry, M.D.	March 20
OPHTHALMOLOGIST	Robert Fante, M.D.	March 28
ORTHOPEDIST	Tim Birney, M.D.	February 10
ORTHOPEDIST	Armond Hatzidakis, M.D.	February 3
ORTHOPEDIST	James Holmes, M.D.	February 17
ORTHOPEDIST	Edward Parks, M.D.	March 24
ORTHOPEDIST	Raj Bazaz, M.D.	February 10
ORTHOPEDIST	Kevin Nagamani, M.D.	February 5
PATHOLOGIST	Pathology Services P.C.	Call for Availability
PODIATRIST	Erik Ouderkerk, D.P.M.	February 12
PODIATRIST	Daniel Mallett, D.P.M.	February 26
PULMONOLOGIST	Ken Weisiger, M.D.	February 6, 13, 20 & 27
RADIOLOGISTS	Professional Radiology Services	WEEK DAYS
SPEECH THERAPY	Crystal Schultz	Monday – Thursday
UROLOGIST**	Kevin McDonald M.D.	February 4
UROLOGIST**	Wallace Curry, M.D.	February 25

For an appointment please call 785-890-6030
 **For an appointment with Dr. Rumblyrt 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

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 Walk-in Clinic M-F 8:30-9:30 a.m.
 Saturday Clinic 9-11 a.m.

Dr. Mohedine 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)



public notice

PUBLIC NOTICE FROM: TOBEYMac Storage not made by January 27, 2014.
 TO: DeeDee Purcella Your personal belongings in Published in The Goodland
 TobeyMac Storage storage at TobeyMac Storage, Star-News, Friday, January 17,
 Goodland, KS 67735 16th and Sherman, Goodland, 2014.
 KS., will be sold if restitution is

CITY OF GOODLAND TREASURER'S FINANCIAL STATEMENT Goodland, Kansas				
For the period from October 1, 2013 to December 31, 2013				
FUNDS	PREVIOUS BALANCE	RECEIPT	CURRENT DISBURSEMENT	BALANCE
Special Highway	875.10	31,336.36	0.00	32,211.46
Self Insurance	13,387.75	0.00	12,345.75	1,042.00
Airport Fund	202,709.21	7,862.97	7,086.08	203,486.10
General Operating	943,594.31	459,342.93	588,864.32	814,072.92
Bond & Interest	43,425.41	9,364.25	52,789.66	0.00
Library	0.00	4,846.13	4,684.91	161.22
Sales Tax	63.49	61,476.16	59,798.60	1,741.05
Electric Utility	3,256,341.31	1,873,491.04	1,926,604.46	3,203,227.89
Municipal Ct Div. Fees	24,905.18	702.38	266.12	25,341.44
Law Enforcement	23,385.08	2.41	1,383.76	22,003.73
Electric Meter Deposit	128,714.61	6,850.00	7,030.45	128,534.16
Water Utility	697,083.42	286,890.63	280,020.29	703,953.76
Water Service Deposit	74,069.00	4,750.00	5,000.00	73,819.00
Sewer Utility	370,746.93	102,421.82	76,770.12	396,398.63
Special Park & Rec.	49,160.66	2,543.78	824.83	50,879.61
Vehicle Inspections(VIN)	21,184.17	2,762.14	1,697.45	22,248.86
Grant Imp Reserve Fund	426,160.23	273,335.35	427,746.60	271,748.98
Street Imp. Project	0.00	0.00	0.00	0.00
Solid Waste	84,041.18	112,544.66	144,676.85	51,908.99
Fire Equipment	0.00	0.00	0.00	0.00
Airport Improvement	-3,776.87	70,010.99	66,234.12	0.00
CDBG Grant	-29,504.38	31,558.78	2,054.40	0.00
Capital Imp. Reserve	1,216,521.22	133,232.75	41,687.88	1,308,066.09
Insurance Proceeds	0.00	0.00	0.00	0.00
Employee Benefit	333,534.30	22,409.32	125,345.92	230,597.70
Library Emp. Benefit	0.00	878.15	878.15	0.00
State Water Fund	5,609.36	3,691.31	5,434.98	3,865.69
Cemetery-Perp. Care	82,500.00	0.00	0.00	82,500.00
Cemetery Endowment	119,600.79	1,800.00	0.00	121,400.79
Cemetery Improvement	101,677.09	689.31	0.00	102,366.40
Economic Development	177,290.26	35,025.17	21,635.79	190,679.64
Electric Reserve	1,275,764.01	146,527.95	130,842.77	1,291,449.19
Water Reserve	56,488.72	5.55	0.00	56,494.27
Water System Imp. Proj.	0.00	0.00	0.00	0.00
Efficiency KS Project	-102.36	637.05	534.69	0.00
Sewer Reserve	928,614.68	15,091.84	0.00	943,706.52
M.E.R.F.	1,013,922.35	86,161.38	5,282.77	1,094,800.96
Total	11,637,986.21	3,788,242.56	3,944,732.06	11,481,496.71
AVAILABLE CASH	PREVIOUS BALANCE	CURRENT BALANCE		
Cashier's Change	2,000.00	2,000.00		
Checking Accounts:				
BANKWEST	1,192,469.33	1,202,879.83		
Investments	10,443,516.88	10,276,616.88		
Total Available Cash	11,637,986.21	11,481,496.71		
LIABILITIES AND OBLIGATIONS				
GENERAL OBLIGATION BONDS, SERIES 2007			255,000.00	
GENERAL OBLIGATION BONDS, SERIES 2013			1,855,000.00	
TOTAL			2,110,000.00	
I, Janeil Dilling, do hereby certify that the above statement is correct.				
City Treasurer		Title		
Signature		Title		
Published in The Goodland Star-News, Friday, January 17, 2014.				

Company specializes in bio-based tech

By Ron Wilson

Director of the Huck Boyd National Institute for Rural Development at Kansas State University

Let's go to New York, where an excited consumer has just made a purchase. It is a cell phone case for an iPhone – and not just any cell phone case, but one that is made of bioplastics. Where do you suppose those bioplastics came from? Would you believe, rural Kansas? Today we'll meet a company which is specializing in the type of renewable, compostable, bio-based technology which is helping more businesses go green.

Mark Remmert is chief executive officer of Green Dot, a Kan-

sas company which created these bioplastics. Mark is well-suited to lead this company after a career in the plastics industry. After earning a degree in geology and geophysics from the University of Wyoming, Mark's career with Dow Chemical Company took him around the world. He then retired and moved back to a ranch which his family owned near Cottonwood Falls.

Mark was approached by some investors who were working on an idea for a bioplastics company. They wanted Mark to lead this new business.

"I'll do it – as long as I can stay in Kansas," Mark said.

With that, the company known as Green Dot was born. It takes its name from the fact that compostable

products in Europe are marked with a green dot. In 2011, the company opened its headquarters in Cottonwood Falls, not far from Mark Remmert's ranch.

Green Dot did product testing at the Kansas Polymer Research Center at Pittsburg State. The company acquired a production facility, product development laboratory and bioplastics product line from another Kansas company. Green Dot also received support from the Kansas Bioscience Authority.

Today, Green Dot produces biopellets that are used to make three types of items: Elastomers (which are essentially elastic polymers), biodegradables, and starch and wood-plastic composite products. Kevin Ireland works in corporate

communications for Green Dot. "We want to show the plastics industry that they can use this kind of biopolymers in their products, and they are often less expensive and perform better," Kevin said. The raw materials for some of these substances might be corn cob materials, wood fibers or other non-food products. "We're using products that wouldn't have been used otherwise," Kevin said.

These renewable biobased resins produce a lighter carbon footprint and reduced carbon emissions. The ultimate goal is to improve the environment and build a more sustainable world.

What are examples of finished products using the Green Dot technology? They include durable

goods such as toys or pet supplies, electronics accessories such as cell phone cases, or wood-related products in furniture.

"We work with manufacturers to make new products or to make their existing products more sustainable," Kevin said. Obviously, the sustainable and non-toxic nature of Green Dot's products makes them especially attractive.

One toy company named Begin Again uses Green Dot's products in their toy line, including a product called Scented Scoops which looks like ice cream cones complete with the aroma of strawberry, for example. The cornstarch base enables the products to carry the scent.

Today, Green Dot products are going all over the nation, but the

company is based in Kansas. Company headquarters is in Cottonwood Falls, the lab is in Atchison, and the production plant is in the rural community of Onaga, population 697 people. Now, that's rural.

Kevin Ireland points out that Kansas is a leader in the growing biosciences industry. "Kansas is the fifth leading funder of biosciences among the states," he said. "I was at a meeting in Berlin last year where we were a finalist for the international bioplastics award. Europe has a reputation for being green, but I think we do the commercialization of green products best in the U.S. We have an advantage in cost, turnaround time and quality."

Soybean winners from Hoxie area

Carefully planned growing practices and wisely selected seedstock varieties combined with favorable growing conditions to help Kansas farmers achieve high soybean yields and quality in 2013. Entrants in the annual Kansas Soybean Yield and Value Contests surpassed the year's state average yield, doubling it in many instances, or qualified for well above the cash price.

The yield contest included 37 entries, down 20 from 2012. The quality contest had 24 entries, 12 fewer than in the previous year.

"These contests recognize outstanding Kansas soybean farmers and provide fun incentives for them to increase soybean yields and protein and oil contents," said Gary Kilgore, Chanute, a Kansas State University professor emeritus of agronomy who coordinates the contests. "They also allow the Kansas Soybean Association, with financial support from the Kansas Soybean Commission, to share the information participants learned to help all Kansas soybean farmers grow higher yielding and more profitable soybeans."

The 24 winners in 11 categories had verified yields averaging 75.61 bushels per acre, compared to the reported state average of 35 bushels per acre in 2013. While the contest winners' average increased by nearly 8 bushels per acre from 2012, the state average increased 13 bushels per acre.

The top three entries in the quality contest averaged a \$0.93 (7.1 percent) premium over the \$13.05 cash price for their protein and oil contents. In 2012, that average was \$1.10 (7.3 percent) above the \$15.05 cash price.

Sam Miller, Haven, was the yield contest's overall irrigated winner with 92.12 bushels per acre. Gleue Farms, LeRoy, topped the dryland entries with 85.69 bushels per acre. Getman Brothers Farm, Columbus, won the value contest with a protein and oil premium of \$0.94 per bushel (7.2 percent over the cash price).

There were three winners from northwestern Kansas. Roger Johnson, Hoxie, took second place in the statewide conventional-till, irrigated contest with 89.91 bushels per acre. Oelke Farms LLC, Hoxie, took second place in the statewide no-till, irrigated contest with 85.59 bushels per acre. Harold Koster, Seguin, took third place in the value contest with a \$0.91 per bushel premium.

The Kansas Soybean Association presented the state and district winners with plaques or certificates and monetary prizes from the Kansas Soybean Commission at the Kansas Soybean Expo, Jan. 8 in Topeka. The highest dryland and irrigated yields in the state each received a \$1,000 award. In each district, first place won \$300, second earned \$200, and third received \$100. No-till on the Plains supplied additional prizes for the no-till categories.

Farming workshop to be held in Holyoke

If you have read any farming news articles, you have surely seen terms such as cover crops, no-till, and soil health. What is all this fuss about anyway?

Mark your calendars and plan to attend "The Farming Evolution: Where Do You Fit?" on Thursday, Feb. 13. This workshop will be held in the big room at the Phillips County Event Center on the Fairgrounds in Holyoke, Colo. Registration will open at 7:30 a.m. The program will run from 8 to 3:30 p.m. Lunch will be provided. There is no registration fee; however, you do need to register to insure a lunch.

"We know more about the movement of celestial bodies than about the soil underfoot," said Leonardo Da Vinci. We had made great advancements in tractors and technology since the 1500s. However, our understanding of soils is not nearly as advanced.

Recent scientific research on how the soil works has led to new insights about this complex system. These research findings, coupled with results from farmers 'breaking the rules', are increasing our understanding about how soils work. Michal Casper and Joel Mof-fett with the Colorado NRCS Soil Health team will share some of these exciting discoveries.

Dallas Johannsen and Kathy Buttle will bring the Nebraska Rainfall Simulator. If you have not had the opportunity to see the rainfall simulator in action, it is quite interesting. Trays of soils from fields with different tillage histories are 'rained on'. The runoff is then captured in clear glass jars. The volume and dirt levels in the captured water are quite telling of how tillage affects soil function.

Attendees will learn about weed control strategies to help address herbicide resistant weeds.

Are you wondering how cover crops perform in the northeast Colorado area? Tim Becker will show how they did in one Phillips County field this past summer. Becker is a Soil Conservation Technician with NRCS in Holyoke.

All this new stuff is fine, but why adopt it if it doesn't improve the bottom line? Aaron Waller, NRCS Economist, will explore the economics of cover crops and residue management techniques.

Higher input costs, lower valued crops and ever-changing weather patterns are standard. Coupled with challenging hi-tech advances, and quick adaptation becomes critical to today's Ag producer. Nebraska farmer, Steve Tucker, will share how growers need to start thinking differently about farming to provide for future viability.

The best way to learn is from those who have been there, made the mistakes and enjoyed the triumphs. Our producer panel will feature three innovative farmers from around the area. Scott Ravenkamp, Dietrich Kastens, and Steve Tucker will share how they have adapted their farming operations over the years. There will be plenty of time for discussion and questions.

This workshop is sure to stir up some interesting ideas. Are you farming the way your grandpa farmed or the way you want your children to farm?

"The Farming Evolution: Where Do You Fit?" workshop is free, however you do need to register for lunch by Thursday, Feb. 6. Call (970) 854-2812 ext. 3, or (970) 332-3173 ext. 3, or (308) 882-5173 anytime to reserve your plate. You may also go to www.ycconservation.com or email your name and number of people attending to julie.elliott@co.usda.gov or claudia.stevenson@ne.usda.gov.

matters of record

The following real estate transactions have been reported by the Sherman County register of deeds.


Darral Craft Family Revocable Trust UTD 4/26/2001 as amended

and Constance C. Craft Revocable Trust UTD 4/26/2001, to Darral S. Craft, all of grantor's interest in undivided 1/2 interest in a tract of land in NW/4 of Sec. 8, T8S, R37W.

Sheriff's Deed: Sherman County Sheriff awarded Wells Fargo Bank, National Association, judgement against Debra L. Smee and Raymond L. Smee, for foreclosure of

mortgage on property in N50' of Lot 1, Block 5, Kohler First Addition to City of Goodland, AKA 523 E. 2nd.

Worship warms the heart



<p>Calvary Gospel Church Lead Pastors: Randy and Mary Payne Assistant Pastors: Jacob and Rannie Soyez Care Pastors: Darrell and Jeri Schmid Children's Pastors: John and Mary Ellen Coumerlin Fourth & College • 890-3605 Sunday: Kid's Church: 8:30 and 10:30 a.m. Morning Service: 8:30 and 10:30 am Youth @ the Rock House, Sixth & Caldwell: 6:30 p.m. Prayer and Praise: 5:00 p.m. except last Sunday of the month Wednesday: Kids 4 Christ 6:30 p.m. during school year Life Groups - See website website: www.calvarygospel.net email: info@calvarygospel.net or see us on Facebook</p>	<p>Our Lady of Perpetual Help Celebrant: Father Norbert Dlabal 307 W. 13th • 890-7205 Sacrament of Reconciliation: 5-5:45 p.m. Saturday or by appointment Mass Schedule: Saturday: 6 pm, Sunday: 10:30 am Spanish Mass: Sunday: 12:30 pm</p>	
<p>Goodland United Methodist Church 1116 Sherman 899-3631 Pastors: Dustin and Shelly Petz Sunday: Adult Classes: 9:15 a.m. Worship: 10:30 a.m. and 5 p.m. Wednesday: Wednesday Nite Live (Sept. - May) 5:45 - 6:15 p.m. Simple Supper - All are welcome! 6:15 - 7:30 p.m. Worship and Classes for all ages</p>	<p>Pleasant Home Church Serving the rural community Celebrating 125 years of God's gracious blessings! Rt. 1, Box 180 • 3190 Road 70 (785) 694-2807 Pastor: Perry Baird Sunday: Worship Service: 9 a.m. Sunday School: 10 a.m.</p>	<p>Promiseland Baptist Church Pastor: Rick Holmes • 890-7082 225 W. 16th (785) 890-7944 Sunday: Sunday School: 10:30 a.m. Morning Service: 11:30 a.m. Evening Service: 6:30 p.m. Wednesday: Bible Study Service 6:30 p.m.</p>
<p>Bible Baptist Church Pastor: Clifford Middlebrooks Fifth & Broadway 890-7368 Sunday: Sunday School: 9 a.m. Morning Service: 10 a.m. Evening Service: 6:30 p.m. Wednesday: Evening Bible Study: 7 p.m.</p>	<p>Church of Jesus Christ of Latter-Day Saints 1200 15th Street • Burlington, CO (719) 346-7984 Sacrament Meeting: 10 a.m. Sunday School: 11:15 a.m. Priesthood/Relief Society: 12 a.m.</p>	<p>Iglesia Del Dios Vivo La Luz Del Mundo Spanish Speaking Church - translation available Minister: Jose S. Lopez 1601 Texas • 899-5275 Daily Prayer: Sunday thru Saturday: 5a.m. & 6 p.m. Sunday: Sunday School: 9 a.m.</p>
<p>United Methodist Church Brewster: Pastor: Mike Baughn Worship Service: 10:45 a.m. CST Sunday School: 9:45 a.m. CST Minister: Sheryl Johnson Worship Service: 9 a.m. CST Sunday School: 10:15 am CST</p>	<p>First Christian Church (Disciples of Christ) Pastor: Rev. Carol Edling Jolly Eighth & Arcade • 890-5233 Sunday: Church School - All ages 9 a.m. Worship 10:30 a.m. Youth Group: weekly Jr./Sr. High groups Thursday: Prayer Class - Noon Pastor Carol's Class Wednesdays 5:30 p.m. www.goodlandfccdoc.org</p>	<p>Kanorado United Methodist Church Pastor: Justin Schlichenmayer 399-2468 Sunday: Sunday School: 9 a.m. Worship Service: 10 a.m.</p>
<p>Church of the Nazarene Pastor: Bob Willis Third & Caldwell 899-2080 or 899-3797 Sunday: Sunday School: 9:45 a.m. Worship Service: 10:50 a.m. Evening Service: 6 p.m. Wednesday: Evening Service: 7 p.m.</p>	<p>St. Paul's Episcopal Church Celebrant: Father Don Martin 13th & Center Church 890-2115 or 890-7245 Services: 5 p.m. Saturday evening Bible Study: 4 p.m. every week</p>	<p>Goodland Bible Church 109 Willow Road • 899-6400 Pastor: Chad DeJong Sunday: Sunday School: 9:30 a.m. Morning Worship: 10:45 a.m. 6 p.m. AWANA during school Evening Worship: 7:30 p.m. Wednesday: 6:30 youth group Growth groups call for information www.goodlandbible.org</p>
<p>First Baptist Church Pastor: Mark Jervis 1121 Main 890-3450 Sunday: Coffee fellowship: 9:30 a.m. Morning Worship: 10 a.m. Wednesday: 6:15 p.m.</p>	<p>H2O Church.TV Pastor: Craig Groeschel 109 E. 17th (785) 728-0123 Experience Time Sunday: 10:30 a.m.</p>	<p>Harvest Evangelical Free Church Pastor: Brian Fugleberg 521 E. Hwy. 24 • 890-6423 www.goodlandefree.com Sunday: Worship: 10:30 a.m. Sunday school: 9:15 a.m. Wednesday: Junior High and Senior High Youth Groups starts at 6:20 p.m. with a meal 1st Monday of each month: MOPS 6 p.m. (Oct.-May) 2nd-5th Monday, Men's Fraternity Study, 6:30 p.m.</p>
<p>Seventh Day Adventist Church 1160 Cattletrail Pastor: Jim McCurdy Saturday: Sabbath School: 9:30 a.m. Worship Service: 11 a.m.</p>	<p>Emmanuel Lutheran Church 13th & Sherman • 890-6161 Pastor: Darian Hybl Sunday: Christian education/fellowship: 10:15 a.m. Worship Service: 9 a.m.</p>	<p>Church of Christ 401 Caldwell 890-6185 Sunday: Bible Study: 9:45 a.m. Worship Service: 10:45 a.m. Wednesday: Bible Study: 7 p.m.</p>

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The Northwest Kansas Educational Service Center is accepting applications for a Sherman County Head Start Para-professional for the 2013-2014 school year. Work site will be at the Goodland Head Start Center at Goodland.
Qualifications: High School Diploma or equivalent.
Contact Person: Shelby Hubert, Head Start Director, 785-672-3125 extension 160. Applications are available at www.nkesc.org or call 785-672-3125.
Application Deadline: Applications will be accepted until the position is filled.

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Cowgirls get overtime win against Ulysses



By Pat Schiefen
pjschiefen@nwkans.com

The crowd at the Max Jones Fieldhouse held their breath Friday night as Hope Cochran attempted a three-quarter court shot in the last three seconds of their game against Ulysses. The ball bounced off the basket and the game went into overtime with the score being tied at 42-42.

In the four-minute overtime the first basket was made by Maddie Mayer to give Goodland a 44-42 lead. The ball traveled up and down the court with no one making a basket until Mayer was fouled with less than two minutes left. She made one of two free throw shots. Then Berkley White was fouled and she made both of her free throws. Berkley White made another free throw. On a foul by Goodland, Ulysses added a point and then a bucket. With 39 seconds left Cochran made one of two free throws. Berkley White made two more free throws. Ulysses added a bucket. The final score was a free throw by Mayer, giving the Cowgirls a 52-47 win.

Next action for the Cowgirls is at 5:30 p.m. tonight in Hugoton.

At the beginning of last Friday's game, the Lady Tigers made their first bucket in the first 30 seconds. It was almost two minutes into the quarter when Mayer made the first Cowgirl bucket. Ulysses lead, 5-3. After Ulysses made another basket the Cowgirls took off. Mayer made a bucket followed by three-point shots by Mayer and Cheyenne Ortnier. At the end of the first quarter Goodland led, 13-5.

In the first 30 seconds of the second quarter Kate-Lynn King made her first bucket of



Cheyenne Ortnier (left) dribbled around a Ulysses defender during the Cowgirls game against the Lady Tigers last Friday at the Max Jones Fieldhouse. Hope Cochran (above) drove inside for a layup. Cochran helped win the game with overtime free throws.

Photos by Kevin Bottrell/The Goodland Star-News

the game. With less than four minutes left Faith Biermann rebounded the ball, raced down the court for the basket but was fouled before she could make a basket. She made

good on her two free throws. At 20 seconds Mayer made two free throws and Hope a bucket. Goodland led, 25-13, at the end of the first half.

King made the first bucket for the Cowgirls in the first minute of the third quarter. Then Brianna White made a bucket. Ulysses had an eight point run before Biermann made one of two free throws. Mayer made two free throws. The last bucket of the quarter was made by Ellie House from Brianna White. Ulysses managed to close the gap to four at the end of the quarter. Goodland led, 34-30.

The first bucket of the fourth quarter was a three-pointer by Ulysses after two minutes of play. Ulysses then made back to back buckets. Ulysses led for the first time in the game, 36-34. Then King made a bucket to tie the score, 36-36. Brianna White again gave Goodland the lead with two free throws. Then after rebounding the ball, taking it all the way down the court Ulysses made a bucket. That tied the score again at 38-38.

Goodland again took the lead when Brianna White made a basket from Mayer. Ulysses answered with a basket to retie the game, 40-40. Ulysses made a basket and took the lead. When Cochran was fouled she made one of two free throws to make the score Ulysses, 42-41. In the last 18 seconds of the game Cochran was fouled. She made the first free throw but not the second, which could have won the game there. Her follow-up three-quarter court shot missed, and the game went into overtime with a tie of 42-42. Good free-throw shooting meant the Cowgirls ended up with the 52-47 win.

Boys team falls to Tigers in league matchup

By Kevin Bottrell
kbottrell@nwkans.com

The Goodland High School boys basketball team endured a tough loss to the Ulysses Tigers last Friday at the Max Jones Fieldhouse. The Cowboys fell behind early and were unable to overcome the Tiger offense, falling 75-53.

Next action for the Cowboys is tonight after the girls game in Hugoton.

In last Friday's game, the Cowboys won the jump, but turned the ball over without scoring. A minute later, Taylen Smith put in the first two points of the game. Ulysses would score eight points before the Cowboys were able to score again on a basket by Gage Ihrig. Ulysses added two points, then Smith and Gannon Ihrig each put in baskets to make it 10-8.

With two minutes left in the first quarter, Ulysses put in two free

throws, answered by one from Luke Avila to make it 12-9. The Tigers went on another run, this time with six unanswered points, taking an 18-9 lead. Gage Ihrig put in the final points of the quarter on a three-point shot.

Ulysses extended their lead in the second quarter with an early three pointer. Smith scored on a pass from Zach Miller to make it 21-14. Ulysses put in a basket, then with five minutes remaining in the half, both Ihrigs put in baskets to make it 26-18. Ulysses put in a three pointer, then Kolt Trachsel hit a jump shot.

Smith was fouled with three minutes left and made one of his free throws. Ulysses added two points to make it 28-21. Gannon Ihrig made two free throws, but the Tigers got

the final score of the half on a two-point shot to make the score 30-23.

Ulysses again made the opening score of the third quarter, this time a two pointer. Smith added two for the Cowboys to make it 32-25. The Cowboys traded scores with the Tigers over the next several minutes, with baskets from Smith and Gannon Ihrig. With one minute remaining in the quarter and trailing 45-35, Smith rebounded a Tiger free throw and passed it to Gannon, who took it down and scored. Ulysses made the final score of the quarter on a two pointer to make it 47-37.

The Cowboys racked up seven team fouls in the second half before the Tigers committed their first. Ulysses extended its lead to 56-37. Trachsel put in a free throw,

followed by another score from the Tigers.

With 5:23 to play, Smith hit a two pointer and Gannon Ihrig a three. However, the Tigers came back with two baskets, making the score 62-45. Smith put in a free throw, followed by three points from the Tigers. Gannon Ihrig made a basket on a pass from Adam Simmerman to make it 64-49.

Over the next minute, the teams traded fouls. Gage Ihrig put in two free throws, but the Tigers put in five. Ulysses scored twice more in the final minute of the game, a two pointer and a three pointer, but the final score went to Trachsel, who hit a last-second three pointer. The Cowboys lost 75-53.



Goodland's Zach Miller jumped for the ball with Ulysses' Nathan Medina to get last Friday's game under way. Miller won the jump. Photo by Pat Schiefen/The Goodland Star-News

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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!

	4							3
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Level: Advanced

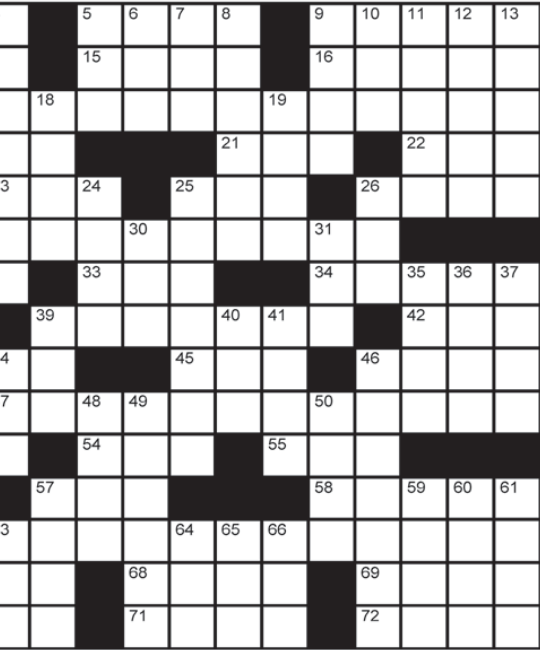
Crossword Puzzle

Across

- Goat sounds
- Partner of 29-Down
- Breakfast strips
- Rights grp.
- Captain of "Moby-Dick"
- "___" in Wonderland"
- Ernest Hemingway, 1926
- Sends a phone message
- Large coffee dispenser
- Purring Persian, say
- Funny Poehler
- Extreme anger
- Knotts and Johnson
- John Steinbeck, 1937
- Head of a school
- Where to get a pedicure
- McCartney and Walker
- "___" not joking!"
- Mexican parties
- "The ___ of Pooh"
- Ferguson or Kilborn
- A pop
- Japanese rice wine
- Mario Puzo, 1969
- Food that comes in a dozen
- Place to park cars
- Dallas coll.
- Abbr. on business cards
- Every last bit
- Served like some beer
- Joseph Conrad, 1899
- Posh neckwear
- "___" kleine Nachtmusik" (Mozart)

Down

- "The Simpsons" creator Groening
- Soreness
- Trebek of "Jeopardy!"
- Keep going
- Stovetop item
- "Gotcha!"
- Buddy
- Really silly
- Farm structure
- Boxing great
- Classic TV series "The ___ Kid"
- Atlantic or Pacific
- Eagle homes



- Manning and Whitney
- Poor
- Enjoy a good book
- Take a breather
- Military branch, for short
- City in 35-Down
- Sammy Davis, Jr.'s autobiography "___ Can"
- Stuck
- It's in your genes
- Pertaining to some poetry
- Be scared of
- Partner of 5-Across
- Gorilla's cousin
- Computer image file type
- Home state of the Osmonds
- Superior, Huron or Michigan
- Evening, in France
- Letters between E and I
- Media mogul Turner
- Puppy sounds
- "___" a girl!"
- Shocking development
- Cockney greeting
- He might be putting on the green
- One way to run
- Patriot ___ Allen
- Flying honkers
- Candied, as fruits
- Lawyer: abbr.
- Prefix with marketer
- Sale condition
- "Hey you!"
- Serling or Stewart
- Rolled cube
- Santa ___, California
- Color of the sunset, sometimes

This crossword puzzle brought by



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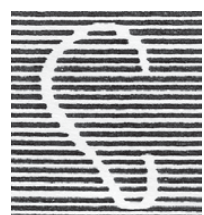
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