

Behind beauty of Kansas lies ugly domestic violence

On Oct. 19, I participated in the Topeka YWCA Battered Women's Task Force "Week without Violence" March and Rally. The rally was outside, and the rain greeted those in attendance.

In consideration of the dedicated people who were willing to sit through the rain, I cut my remarks short. I submit a portion of the remarks for my November column:

Kansas is a wonderful place to live. I often tell people the quality of life we have makes me one of the fortunate people who was born here, lives here and, the good Lord willing, will die here.

But behind the beauty of our state, as in every other state, lies the ugly story of domestic violence. In Kansas one domestic violence murder occurs every 14.6 days; a domestic violence incident occurs every 28 minutes. In 2003 there were 15 domestic violence homicides,



bob stephan

- domestic violence

and that number grew to 25 in 2004.

I commend the Topeka YWCA for its efforts to care for victims. In 2004, 128 women and 99 children were sheltered because they were not safe in their homes. Domestic violence counseling was provided to 1,628 individuals. Face-to-face support was provided to 1,034 clients.

One hundred eleven victims of sexual assault were assisted through hospital crisis visits, as well as hotline calls and counseling. The "Alternatives to Battering" intervention program served 79 participants.

Recognizing the tragedy of do-

Board. Prior to this, those who died as a result of domestic violence were just another statistic in the annual crime report.

I was honored when Gov. Sebelius said she wanted to call me back into public service as Chair of the Fatality Review Board. I immediately accepted and looked to heaven and said, "this one's for you, Mom," for my mother was one of domestic violence's silent victims for 20 years.

The board was formed to focus on fatalities that result from domestic violence. As a result of the review of the circumstances surrounding

the death of a domestic violence victim, it is the hope of the Gov. Sebelius and the board that we will be able to recommend improvements to prevent future fatalities and to determine whether adequate resources and training are in place to meet the problem.

Young people are not immune to domestic violence. Women who date a bully may think, "If my boyfriend slapped me once, maybe he will never do it again."

I implore young people not to think that a violent boyfriend will only be violent once. It's almost like saying if you put your hand on a hot stove and get burned you can do it a second time and everything will be all right.

Stay away from violent people — don't go back for a second beating. No one has the right to hit you, and you should get away from that person as fast as you can. Don't forget

— violence feeds on itself. If a violent person sees that he can make you cower, then he will do it again and again.

In Kansas in 2003, there were 1,625 reported incidents of domestic violence that involved young people between the ages of 15 and 19. Children between the ages of 10 and 14 were involved in 212 incidents, and 187 incidents involved children less than 10.

The incidents of rape are also alarming. Reported incidents of rape showed that 57 victims were less than 10 years of age, 175 were between 10 and 14, and 228 were between 15 and 19 years of age.

It is difficult to say how frequently dating violence occurs, but one national survey found that one in 11 high school students said they had been hit, slapped or physically hurt on purpose by their boyfriend or girlfriend in the past year. The

same number reported they had been sexually assaulted.

Only a victim can really understand the agony that exists for a lifetime to the women and children who are survivors of domestic violence. I have first-hand knowledge that the nightmare continues in the thoughts and dreams of those who were victims, even when the batterer is no longer a part of the family.

Good people, caring people must continue the fight for freedom from the bondage of domestic violence. Let us dream of a world when efforts such as the "Week without Violence" sponsored by the Topeka's YWCA Battered Women Task Force have scored a victory in the fight against this terrible plague on our society.

If you are a victim of domestic violence or sexual assault, there are a number you can call to find resources to assist you: 1-888-END ABUSE (1-888-363-2287).

Planning ahead can make dinner easy

A little planning and foresight can make evening meals easier to handle after a busy day.

Susie Martinez, Vanda Howell and Bonnie Garcia in their cookbook "Don't Panic - Dinner's in the Freezer" gives tips on freezing techniques, shopping and measurements for three, six or nine times a normal recipe. The following recipes are from their book.

Colorado white chili

Serves six to eight.

1 tablespoon cooking oil
1 medium onion (1/2 cup), chopped
4 large cloves garlic, minced
1 - 4.5 ounce can diced green chiles (mild or hot)
1 tablespoon cumin (powder or seed)
2 teaspoon oregano
1/2 teaspoon ground red pepper
1/4 teaspoon ground cloves
1 - 15.5 ounce can great northern beans (do not drain)
1 - 15.5 ounce can sweet corn (or frozen)
2 cups cooked chicken, chopped
5 cups chicken broth

Cooking day instructions

In a Dutch oven or a large pan combine oil, onion, garlic and green chiles. Sauté until tender. Do not brown. Stir in spices, beans, corn, chopped chicken and chicken broth. Stir while cooking until heated through. Adjust seasonings to taste. Cool completely. Freeze in a freezer bag.

Serving day instructions

Completely thaw. Heat completely on simmer. Serve in bowls with cheese, sour cream and tortilla chips. Optional: Garnish with jalapeno slices.

Hint

You can used dry beans. Rinse one pound of beans. Combine beans and 4 cups of water in a

pat schiefen

- postscript

Dutch oven. Bring to a boil and reduce heat. Cover and let stand for one hour. An alternative is to soak beans overnight in a covered pan.
Pecan stuffed chicken breasts

Serves four

4 tablespoon (1/2 stick) butter or margarine
1 large celery stalk, chopped
1 small onion, minced
1/4 teaspoon salt, divided
3/4 teaspoon pepper, divided
2 cups crumbled toast (4 slices bread)
3 ounces pecans, chopped (1 cup)
2 teaspoon parley flakes
1/4 cup water
4 boned chicken breasts
2 tablespoon lemon juice
melted butter or margarine

Cooking day instructions

Cook until tender in melted butter or margarine celery, onion, 1/2 teaspoon salt and 1/4 teaspoon pepper. Stir in crumbled toast, chopped pecans, parsley flakes and 1/4 cup water. Remove from heat.

Flatten chicken breasts to 1/8-inch thickness. Place each chicken breast on a 12-inch square of heavy-duty foil. Brush both sides of breasts with lemon juice and some melted butter. Sprinkle breasts with 3/4 teaspoon salt and 1/2 teaspoon pepper. Spoon stuffing mix onto center of each breast. Fold chicken breast around stuffing. Bring foil up around breasts and close tightly. Freeze foil bundles in freezer bags.

Serving day instructions

Thaw completely and place bundles in a pan. Bake at 400 degrees for 20 minutes. Open bundles carefully and brush with drippings in bottom of foil. Bake uncovered for 20 minutes longer or until tender.

Talking about dying tough

Talking about dying is tough — it's not a comfortable subject for many.

Yet the months surrounding the holidays might be the best times of the year to broach the subject. Families are together celebrating the season or on out-of-town visits with other loved ones. People are often filled with the spirit of goodwill and are more aware of the gifts in their lives.

For Baby Boomers and their aging parents, death and dying are increasingly relevant. Time spent together during the holidays can set the stage for all-important conversation about advance care planning.

"Advance planning" is the term used to describe thinking about and preparing for end-of-life care. "Advance directives" or "living wills" are those care instructions committed to writing.

With advance planning, we take charge of our deaths, just as we do our lives. Advance planning also relieves family members, who, after learning what loved ones want, can make informed decisions about care.

To get started with advance planning:

- Do your homework — Find out what end-of-life-care options are available.

- Decide what's best for you — Determine exactly how you want to



hospice services inc.

- end-of-life care

of gift giving — we can help people give their families one of the greatest gifts of all, peace of mind should

be treated.

- Select a representative — Identify someone you trust to make healthcare decisions if you aren't able.

- Talk to your family — Select an appropriate time for talking, perhaps a family gathering.

- Talk to your doctor — Let your doctor know that you have specific wishes for end-of-life care.

- Put your instructions in writing. Because advance directives are legal documents that vary by state, consult an attorney to make sure your wishes will be respected.

Hospices are expert resources for advance planning. They can advise on a step-by-step process, beginning with doing homework to determine the options and deciding how to talk to loved ones.

In our community, Hospice Services helps people deal with challenging issues relating to care at the end of life.

As Americans age, it is more important than ever for families to learn about and discuss end-of-life care. The holiday season is a time

they face a serious or life-limiting illness.

Hospice is a philosophy of care for patients with life-limiting illnesses. A team of professionals and trained volunteers offer care and comfort to patients and their families when a cure is no longer possible.

Fully covered by Medicare and most insurance companies, hospice services are available at home or in a facility such as a nursing home. Hospice Services has a variety of information about advance care planning.

More information on care options and advance care planning is also available at www.caringinfo.org or from the HelpLine at 1-800-658-8898.

Written by Sandy Kuhlman, executive director of Hospice Services Inc., Box 116, Phillipsburg, Kan. 67661. Contact her or Julia Schemper at 800-315-5122. Hospices serves northwest and northcentral Kansas and has been providing end-of-life care for more than 23 years.

Four Boy Scouts ask city commissioners what it takes to be good citizens

By Tom Betz

The Goodland Star-News

Four Boy Scouts questioned city commissioners about what it takes to be a good citizen of the community or the nation at Monday's meeting.

Leader Bill Fulcher, a city police officer, said the four Scouts from Troop 142 were attending the meeting to earn their First Class rank and working on a merit badge.

Each Scout asked the commissioners two questions.

"What does it take to be a good citizen in our community?" Reed Bellamy, son of Randy and Susan Bellamy, asked Commissioner John Garcia.

"I think you start off with being law abiding," Garcia said, "and as you grow, you want to be involved in organizations and share your skills."

Commissioner Annette Fairbanks was asked, "How do I demonstrate being a good citizen?"

"By being a good example to others your age," Fairbanks said. "It is important to stand up for what is right."

Brendon Fulcher, son of Bill and Dana Fulcher, asked Mayor Rick Billinger "What is my right as a citizen?"

"I think the most important is to

vote," Billinger said. "It is important to exercise your right to speak out."

Commissioner Josh Dechant was asked, "What is my duty as a citizen?"

"Our duty is to follow state and local laws," Dechant said, "and to support city organizations. We should follow through with commitments. We have a duty to vote, and with the freedom of speech, make sure you are heard. No one knows what you believe unless you say it."

Blaine Luther, son of Brian and Michelle Luther, asked Commis-

sioner Dave Daniels, "What is my obligation as a citizen?"

"Obligated and should do are some of the same things," Daniels said. "You should have pride in the community and pick up trash if you see it. Follow the laws. Stand up and say what you believe."

Garcia was asked, "How can I demonstrate good citizenship in my school?"

"First is to be honest," Garcia said. "Be active and study hard. Be an example to the rest of the students. This lays the foundation for

the rest of your life."

Seth Stramel, son of Richard and Monica Stramel, asked Fairbanks, "What are the constitutional rights of a citizen?"

"It goes along with your rights as a citizen," she said. "You have the right to vote, freedom of speech, freedom of religion and to live our life without doing harm to another."

Billinger was asked, "What is my obligation as a U.S. citizen?"

"It comes with very important duties," Billinger said. "Be the best person you can be. Be honest, have

pride, help the elderly. It is as simple as it might be. I think when you say you are from the U.S., you ought to act the part."

The commissioners and audience gave the Scouts a round of applause.

Wayne Hill, city manager, said he wanted to add something as a former Scoutmaster.

"I challenge all of you to reach for the Eagle Scout," Hill said. "Soar for the eagle in the sky. Many Scouts get their Life, but fewer get their Eagle. Reach for the Eagle; it will be something you will be proud of all your life."

The Scouts stayed for most of the regular meeting.

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2005 Chevrolet Impala, Blue, 27,881 Miles
2003 Chevrolet Impala, Silver, 41,811 Miles
2000 Chevrolet Cavalier 2DCPE, Silver, 69,467 Miles
2005 Chrysler Sebring, Gray, 19,708 Miles

2005 Chrysler PT Cruiser, White, 13,624 Miles
2001 Chrysler PT Cruiser, Silver, 44,567 Miles
2005 Dodge Neon, Blue, 23,635 Miles
2005 Dodge Stratus, Blue, 17,535 Miles
2005 Pontiac Sunfire, Red, 16,445 Miles
2005 Pontiac Grand Am, Silver, 21,003 Miles
2004 Pontiac Grand Am, Red, 35,159 Miles
2003 Pontiac Grand Am, White, 35,683 Miles
2002 Pontiac Grand Prix, Maroon, 37,938 Miles
2000 Pontiac Firebird, White, 36,629 Miles
2002 Toyota Camry, Gol.d, 46,392 Miles

VANS

2004 Chevrolet Venture, Red, 30,041 Miles
2004 Chrysler Town & Country, Blue, 16,734 Miles
2004 Chrysler Town & Country, Gold, 32,382 Miles

SUVs

2002 Buick Rendezvou, White, 19,346 Miles
2005 Chevrolet Tahoe, White, 14,027 Miles
2005 Chevrolet Suburban, Maroon, 6,434 Miles
2005 Chevrolet Trailblazer LS, Blue, 16,805 Miles
2001 Chevrolet Tahoe, Maroon, 87,113 Miles
1996 Chevrolet Suburban, Green, 112,824 Miles
1991 Chevrolet Suburban, Silver, 172,214 Miles

2004 Dodge Durango, Red, 21,825 Miles
2002 GMC Yukon, Silver, 72,022 Miles
1997 GMC Jimmy, White, 113,584 Miles
2004 Jeep Liberty Limited, Blue, 21,052 Miles
2002 Jeep Liberty, Blue, 41,075 Miles
1999 Jeep Grand Cherokee, Red, 94,845 Miles

TRUCKS

2003 Chevrolet Silverado 1500 LS, Blue, 33,382 Miles
2003 Chevrolet Silverado 2500, Pewtwer, 69,421 Miles
2003 Chevrolet Silverado 2500 HD, Blue, 29,548 Miles
2002 Chevrolet Silverado 1500 Ext, Pewter, 89,425 Miles
2002 Chevrolet Silverado 1500 Ext, White, 48,750 Miles
2005 Dodge Ram 1500 Quad Cab, White, 9,278 Miles

2002 Dodge Ram 2500, White, 63,341 Miles
1998 Dodge Ram 1500, Blue, 64,262 Miles
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