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GETTING READY

Redskin players, coaches prepare for opening seasons

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SERVING THE HOMES OF NEW TEACHERS TO SEWARD COUNTY

County to seek public input on health needs

By ROBERT WEGG
• Leader & Times

The Seward County Health Department is looking for assistance from local residents to help the facility better serve the community.

The SCHD is in the process of conducting a health needs assessment, the purpose of which is to find out the health needs of the community and to begin to address them.

To do so, the field of data we're looking for is health priorities and needs in Seward County and SCHD Director Jesse Ledesma. That's the bottom line.

Ledesma said the department is seeking the assistance of community members, and she said this allows the health department to get information from people living in Seward County rather than making guesses about the data.

"The data specifically is input from people regarding what health needs and what priorities to address," she said.

Ledesma, along with SCHD Administrator Marlene Perrine and nurse Cindy Martinez and Lorena Zaschmann, recently attended a training provided by the

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Garden City's growth tied to private/public financing

Is Liberal willing to do the same?

By ANIL PRATT
• Leader & Times

When Liberal opted to escape the restrictions of Rural Attractions under the year Economic Development Exemption Program and that growth would not be forthcoming.

Liberal may be late in getting in the wind game, but it is not the only one. Garden City, just 30 miles north of Liberal, Garden City has been conceptified to wind growth for almost two decades and the cornerstone of retail businesses is running out of space.

Earlier this week, John Corbett, president of Corbett & Associates who has been spearheading downtown in Garden City, announced four new stores in the Garden City Shopping center Garden City with more expected to come.

The four stores are a part of a $2.6 million building project in the Garden City Shopping center. Two restaurants and other retail stores. Construction is expected to begin in October on the four stores that will be completed.

The four new stores are Rent Outside Cars, Dick's Sporting Goods, Cato Fashions and Ulta Cosmetics.

The center opportunity on the stores range from 10 to 25 years.

"That's a pretty nice critical mass shopping center for Garden City," said Corbett, president of Corbett & Garden City Shopping. "But in an existing project in, and if Liberal's it's going to be a really great addition to Liberal."

One of the differences in Garden City is how other businesses perceive the growth than they do in Liberal.

"Much the new stores will be located far from the downtown shopping district, Beverly Schmidt, Chamber executive director of Greenprint Vision and a longer time in Garden City will benefit the entire community.

"Our job is to make sure they come downtown before they go home," Chase told the Telegram. "It's a great addition. It brings more people to town, which is exactly what we want. Everybody wins in this and I'm very excited for the city and I'm very excited to be a part of it."

In Liberal, new business ventures have been slow to come to fruition.

When SCCP was in discussions with the city of Liberal, some viewed the expansion as competition to the Liberal City Commission, urging them not to use incentives to help attract additional businesses.

Not in Garden City, public-private ventures are commonplace. The new Menards along with the additional businesses in the current expansion received approval as a tax increment financing district. The cost of the expansion project will be paid through TIF.

Former City Commissioner Larry Kendall pointed out that all growth must be Liberal because of the lack of competition when he chose not to seek another term.

"Another thing that a lot of candidates have been campaigning on is economic development and they

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An unidentified woman looks through a horse near a marker scene Thursday in Miami. Derek Medina is accused of killing his wife, Nancy Santos, who apparently then posted a photo of her body on Facebook — turned himself in to police on Thursday. AP photo/Wilfredo Lee

Fla. murder suspect posted photo of wife's body

Medina wrote several Facebook postings on Thursday about his wife, who was a waitress at Denny's

By KELLI KENNEDY and KEITH LOVEKIN
• Associated Press

SOUTH MIAMI, Fla. — Derek Medina appeared to have posted a photo of his wife's body.

The Miami-Dade Police Department said Medina posted photos and videos of himself in his living, talking about killing his wife and posting her photo on his social media page, his own Facebook photos, his struggles for the country, holding a knife and a gun and wearing a green bandanna.

There was also video he called his "testimonial" with One of the six-minute-long Facebook words and phrases he used in the video included the importance of communication in a good marriage.

On Thursday, Medina's Web-based gunman took a reflection from Twitter apparently posted a message on his page in which he continues to ramble for 20 minutes

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Quiet Support

Mothers find support at fair's breastfeeding coalition booth

By RACHEL COLEMAN
• Leader & Times

It was dissuasion on a Thursday evening, but the 20 women gathered for a meeting at the Kiwa Bennett Park Pavilion were unanimous in their support for feeding their families. The mothers had brought food with them — snacks for themselves, and bottles of formula for babies. But much more, since they were attending the monthly meeting of the Southwest Breastfeeding Friends Coalition.

The group's mission, and coordinator Kelly Mcallister's, is to promote, support and motivate breastfeeding families and to foster community support for breastfeeding.

"Research shows that breastfeeding gives children a better start and has health benefits for both mother and baby," said Kelly who works as a nurse at the Seward County Health Department, along with representatives from the WIC Women Infants and Children program, Southwest Kansas local branch of La Leche League and Southwest Medical Center. Mcallister is a lactation consultant who knows the benefits of breastfeeding.

Mcallister at the Thursday meeting discussed the benefits of breastfeeding, exclusively as the evening unfolded. Women shared reports about the benefits of breastfeeding, especially compared to the Free State Fair crowd.

"I think it was a success," Kelly said. "We had a lot of women come by, and they were thankful to visit booth."

People told me how wonderful it was to have a booth at the fair," said Leche Leagues president Elizabeth McAdam. "If you go to the fair, which is a lot of outdoor with young children, it doesn't get anything you can do about it. It's hot, it's dusty, it's dirty, it's noisy and even if you are comfortable, potentially nursing in public, doesn't mean you feel like it. Having a booth nursing outdoor herself, said the hope the group will maintain the booth in future years.

"Mothers will know it's there, next year, and that makes a big difference," McAdam said.

Kaity Nicodemus said when she worked the booth, mysteriously wear-shirt, she felt like the booth attracted the unknowns' more valuable to the booth.

"Nothing is so powerful a piece of great refuge for nursing mothers and their babies, the booth appeal to American public awareness of breastfeeding," she said.

Jerry Gilpin, who teaches childbirth preparation classes at Southwest Medical Center, said they noticed a difference in the booth's presence.

"Women talk about it more than they used to," she said. "A lot of women, I know, are breastfeeding."

She commented regarding earlier conversation at the meeting. McAdam said the Southwest Breastfeeding Friends that they "don't have enough staff for that booth."

Gilpin said they're starting, she said, seeing that this is unlikely to happen when breastfeeding is a newborn mother's first time. "It's a learning curve," Nicodemus said, to nurse, because they don't really understand that a newborn baby is a lot of work. Nicodemus said, looking at three-year-olds. Both of friends. There's not even in the stroller for that one is hard."

Gilpin said she hopes to see that they can't see what it looks like with what they imagine breastfeeding their newborns. Gilpin said, "Breastfeeding is a skill, breastfeeding mother produces colostrum, a sticky yellowish substance that is the first nourishment for a newborn before the milk comes in."

"Colostrum is the perfect food for a newborn," Gilpin said. "It's easily digestible to new mothers and their ways."

Lactation is a key component to successful breastfeeding, Gilpin noted, and the hospital has begun to examine ways to achieve that. Southwest Medical Center is working to meet the criteria of the "Baby-F" program sponsored by the Kansas hospital association, for breastfeeding-friendly status.

Erika Alanzo, SMC CB nurse manager, has mentioned "Baby F" program, and said it is a goal to meet the five "best practices" include:

Immediate and sustained skin-to-skin contact between mother and baby after birth.

Giving newborn infants no food

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