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RUSS JAMES G
Form 144
January 28, 2005

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Viol

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 144

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ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order w
execute sale or executing a sale directly with a market maker.

1 (a) NAME OF ISSUER (Please type or print) (b) IRS IDENT. NO. (c)
GOLD BANC CORPORATION, INC. 48-1008593 0

1 (d) ADDRESS OF ISSUER STREET CITY STATE ZIP CODE
11301 Nall Avenue Leawood Kansas 66211

2 (a) NAME OF PERSON FOR WHOSE ACCOUNT (b) SOCIAL SECURITY (c) RELATIONSHIP (d) ADDRESS
THE SECURITIES ARE TO BE SOLD NO. OR IRS TO ISSUER
ARE TO BE SOLD IDENT. NO.
James G. Russ 264-86-7431 Director 16500 Singlet

INSTRUCTION: The person filing this notice should contact the issuer to obtain the IRS. Identif
Number.

3 (a) (b) SEC USE (c) (d) (e)
ONLY Number of Aggregate
Title of the Class of Name and Address of Each Broker Through Broker- Shares Market
Securities To Be Sold Whom the Securities are to be Offered or Each Market Maker who is Dealer or Other Units Value
To Be Sold Acquiring the Securities File To Be Sold
(See instr. (See instr.
3 (c)) 3 (d))

Common Ms. Stacey Romano 4,000 \$58,000 4

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Stock Gold Capital Management, Inc.
240 South Pineapple Avenue
Sarasota, FL 34236

INSTRUCTIONS:

- | | |
|---|--|
| <p>1. (a) Name of issuer
(b) Issuer's I.R.S. Identification Number
(c) Issuer's S.E.C. file number, if any
(d) Issuer's address, including zip code
(e) Issuer's telephone number, including area code</p> <p>2. (a) Name of person for whose account the securities are to be sold
(b) Such person's I.R.S. identification number, if such person is an entity
(c) Such person's relationship to the issuer (e.g. officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
(d) Such person's address, including zip code</p> | <p>3. (a) Title of the class of securities to be sold
(b) Name and address of each broker through whom securities are to be sold
(c) Number of shares or other units to be sold (aggregate face amount)
(d) Aggregate market value of the securities to be sold as of the date within 10 days prior to the filing of this form
(e) Number of shares or other units of the class of securities the face amount thereof outstanding as of the date of the report or statement published by the issuer
(f) Approximate date on which the securities are to be sold
(g) Name of each securities exchange, if any, through which the securities are intended to be sold</p> |
|---|--|

Potential persons who are to respond to the collection of information contained in this form are not required to provide information if the collection of information does not have a current valid OMB control number.

TABLE I -- SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities and with respect to the payment of all or any part of the purchase price or other consideration.

Title of the Class	Date You Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)
Common Stock	10/15/03	IRA held by Christine Russ; James G. Russ, beneficiary	Christine Russ his mother (deceased)

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of the acquisition or in a note thereto the nature of the consideration given. If the consideration was a note, other obligation, or if payment was made in installments describe the arrangement and the date the obligation was discharged in full or the last installment paid.

TABLE II -- SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months or during which the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale
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NONE.

REMARKS:

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION:

The person for whom this notice relates to by signing this notice material adverse and prospective of securities to be disclosed.

January 27, 2005

DATE OF NOTICE

The notice shall be signed by the person for whose account the securities are to be sold.
At least one copy of the notice shall be manually signed.
Any copies not manually signed shall bear typed or printed signatures.

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