8A St. Francis Herald

Thursday, February 26, 2004

clude Alicia Burkhalter-Rippe,

psychology, bachelor of art in soci-

bachelor of business administra-

tion, management; Roxanne Stuart,

things to go their way.

Students finish classes at semester

Fort Hays State University Fort Hays State University Registrar Joey Linn recently released the names of more than 250 students who completed requirements for bachelor's and associate's degrees during the 2003 fall semester.

Cheyenne County graduates in- human performance.

Plain Sense

Perfectionists

Striving for success and excellence is a good thing. However, some people expect too much of themselves and others, which can lead to emotional and physical problems. Being perfect is an unrealistic goal, and the pressure to be perfect, whether self-imposed or an expectation of others, leads to undue anxiety and stress. Too much stress can result in high blood pressure, intestinal ailments, headaches, fatigue, irritability, and even serious depression.

Expecting perfection can strain relationships with family, friends and co-workers. Dwelling too much on trivial details or spending too much time on projects can result in more frustration for others involved. In a study published recently in the Journal of Marriage and the Family, researchers found that men and women who described their spouse or partner as a perfectionist also reported more sarcasm, nagging and other negative methods of communication in the relationship. Part of the reason may be that perfectionists are not very good these other techniques to try and get Health

So, can a perfectionist become less-than-perfect? Some strive for perfection due to underlying issues such as a fear of being less loved at home, or less valuable at work. Talking about the underlying issues with a trusted and reliable friend or family member, or with a professional counselor can be a good place mean that people like you better. Setting reasonable goals is another important component, as well as learning to accept what has been achieved and accomplished. Perfectionists tend to dwell on what they didn't accomplish, or what is wrong with the outcome. So, finding something good about the effort or activity is a way to start refocusing on the positive, rather than the negative. And eventually realizing that "good", rather than perfect, can

be good enough! Plain Sense from High Plains Mental Health Center

Contributed by Karen D. Beery, LCPC, Consultation and Education at compromising, and often use Department of High Plains Mental

Book Review –

Book review from St. Francis Public Library

The Guardian **By** Nicholas Sparks

Julie Barenson's young husband left her two unexpected gifts before he died — a puppy named singer and the promise that he would always be watching over her. Now, four years later, twenty-nine-yearold Julie is far too young to have given up on love. She may be ready to risk caring for someone again. But who?

sophisticated, handsome engineer pense.

who treats her like a queen? Or Mike Harris, the down-to-earth nice guy who was her husband's best friend? Choosing one of them should bring her more happiness that she's had in years. Instead, Julie is soon fighting for her life in a nightmare spawned by a chilling deception and jealousy so poisonous that it has become a mur-

derous desire ... qualities readers expect from the teamwork involved. Nicholas Sparks. But here he adds Should it be Richard Franklin, the page after page of riveting sus-



to start. A first step is to realize and LINDA CHARRON, head of the Goodland Ambassadors, led a toast with Aircraft Seal and Gasket Corp. President recognize that being perfect doesn't Herb Menold. Her toast was to the success and future of the newly relocated business. Herald staff photo by Tom Betz

Dignitaries attend ribbon-cutting for new business opening in Goodland

By Greg Stover

More than 200 people attended a ribbon-cutting ceremony for the Goodland Division of Aircraft Seal and Gasket Corp. on Thursday morning in the city's remodeled Ed Wolak Building.

Dignitaries included Lt. Gov. John Moore, Goodland Mayor Rick Billinger, City Manager Ron Pickman, all five city commissioners and all three Sherman County Commissioners. Others included Ken Clouse, president of Northwest Kansas Tech College, and Danny Rasure of Goodland, who is running for state senator from District 40.

Serving as master of ceremonies, Roy Dixon, director of special projects for Aircraft Seal and Gasket, welcomed the guests. He told them a lot of hard work had gone into making the Goodland Division The Guardian contains all the a reality, and the firm appreciated

Mr. Dixon turned the podium a new electrifying intensity - and over to Linda Sharron of the Goodland Ambassadors for the cutting of the ribbon, done jointly by

manager Chuck Lutters. Ms. Sharron said it was nice to see something positive come out of the building, an old grocery which had been vacant for years.

Mr. Dixon next introduced Mr. Billinger who, after Sharron led the guests in a toast to Aircraft Seal and Gasket, spoke about the joint effort it took to bring the firm to Goodland ing. and the impact it will have on the town's future.

Mr. Billinger invited Pickman to the podium, and he said the ceremony marked the official opening of the Goodland Division. Pickman gave a short history of the building and how the project to bring the firm to Goodland began with a meeting on July 2.

Pickman said project would not have worked without the cooperation of state, county and city government, along with private businessmen and banks. He said work began on the building Sept. 26 and over the next two months, about 74 tons of debris was hauled away.

Mr. Pickman described how Mr.

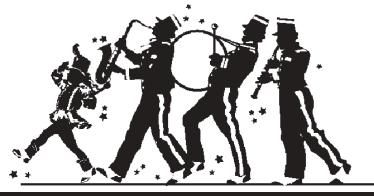
President Herb Menold and plant Wolak, the city director of public nership between Aircraft Seal and works until he died in November, used his leadership and drive to turn the building's renovation into a source of pride not only for the city firm to Goodland serves as an exworkers but also the contractors as well. Wolak died on Nov. 29 before work was completed. The building was dedicated to him in a separate ceremony earlier Thursday morn-

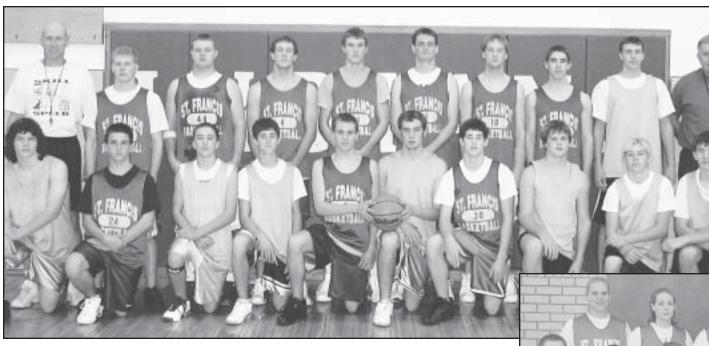
> Mr. Dixon introduced Lt. Gov. Moore, who thanked Mr. Menold looking to relocate. He said the atfor selecting Goodland and Wichita when he decided to move out of California. He said the real partner- starts production within the next ship formed after the location was four to five weeks. selected. He is confident the part-

Gasket and Kansas will result in long-term benefits for both.

Lt. Gov. Moore said bringing the ample of rural Kansas being an alternative to outsourcing jobs to foreign countries.

After the cermony, Moore said that Aircraft Seal and Gasket now can serve as an attraction to western Kansas for other businesses traction will grow stronger as the firm begins to hire workers and







Back row, I to r: Coach Ted Busse, Tyler Voorhies, Jon Zweygardt, Tanner Kinen, Nick Raile, Michael Raile, Jonathan Roelfs, Dillan Zweygardt, Andrew Feikert, Coach Ward Cassidy; front row: Heath Kibel, BJ Killingsworth, Travis Havel, A.J. McAtee, Mac Frewen, Adam Peter, Joel McAtee, Levi Weeden, JD Hawkins, Heath Owens.

We're Proud Of Our Indian Basketball Teams!

Back row, I to r: Erin Neitzel, Hannah Sowers, Lori Faulkender, Allyse Lampe, Toni Rice, Kandee Raile, Ashley Holzwarth, Meredeth Knodel, Amy Grace; middle row: Coach Jared Sowers, Megan Rice, Maddie Knodel, Kelsi Dunn, Chelsi Weeden, Addie Swihart, Sheryl Miller, Sam Marin, Lauren Ross, Coach Cory Zion; front row: Alecia Zimbelman, Sayuri Ito, Brittany Lucas, Amy Nickols, Melissa Burton, Danielle Flemming, McKenzie Grace, Schuyler Coates.

Brought to you by these sponsors

Bumper to Bumper Auto Parts (Formerly All Pro Auto Parts) BANKWEST-OF KANSAS Bartlett Grain Co. L.P. Becky's Bierocks Bier's Hometown Store Brice's Auto Repair Bud & Eunice Burnham Burr Retail Liquor Craig & Nadja Button Captain Hooks Fine Dining Hoagie & Dara Carmichael Cheyenne Bowl/Dairy King Cheyenne Co. Clinic/Hospital Cheyenne Pharmacy Plus Sam & Paula Crabtree Pat & Vicki Cress Theron & Carolyn Culwell Patrick & Brenda Delano Dankenbring Auto Body Diamond R Bar & Grill

Dr. Melvin & Barb Dunn Farm Bureau Insurance Bruce & Sharon Feikert First National Bank Frewen Insurance Agency Fromholtz Body Shop Larry & Beth Gabel Leach Insurance Agency Good Samaritan Village Goodell Greenhouse & Floral Lezlie Hilt Homesteader Motel & Trailer Park Jaqua Abstract Co. Jenik Oil Co. Kite & Day Law Office K-Store NAPA Auto Supply Perry & Paula Keller One More Year Ranch -Pete & Alice Kinen

Knodel Funeral Home Don & Twila Kramer Krien Masonry Service Krien Pharmacy Krien Steel Buildings Lampe Hardware L & W Andrist Ins. Agency LLC-Linda & Walt Linthacum Daryl & Keely Loyd Rick & Dawn Lucas Marvin & Anita Miller Neitzel Insurance Service James Milliken, Chartered Mill & Seed Co. **Owens True Value** Park Hill Restaurant & Lounge Pizza Hut Dr. Tim & Margaret Poling Tim & Robyn Raile Ranch Food Direct Bud & Marla Rice



Republican Valley Vet Clinic Tim & Teri Richard Kenneth & Janet Roberson Dick & Michele Rohweder Ross Manufacturing Terry & Mary Beth Miller Marlin & Anabelle Rueb Rueb Cattle -Randy & Rikki Rueb St. Francis Equity St. Francis Feed Yard St. Francis Herald St. Francis Sand & Redi Mix St. Francis Tire & Service Sainty Super Foods Schultz's Silver Crest Farms Shay Realty, Inc. Stuart's Jewelry Dr. Pat & Bonnie Stuart Sunshine Travel

Unger Chiropractic Clinic T.R. Services Inc. -Tom & Kathy Roelfs Tri-State Lumber & Tubing/ Paints Plus Van Allen Inc. Video Connection Video Kingdom Gale & Mary Walz Wiese Angus Farm -Kip & Deone Wiese Carl Werner Western Sprinklers Wheeler Equity The Windmill Restaurant Betty Jean Winston Yost Farm Supply Yost Ford-Mercury