

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-

clude Alicia Burkhalter-Rippe, Bird City, bachelor of science in psychology, bachelor of art in sociology; Shana Voeller, St. Francis, bachelor of business administration, management; Roxanne Stuart, bachelor of science in health and 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 at compromising, and often use these other techniques to try and get

things to go their way.

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 to start. A first step is to realize and recognize that being perfect doesn't 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 Department of High Plains Mental Health

Book Review

Book review from
St. Francis Public Library
The Guardian
By Nicholas Sparks

Julie Barensen'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-year-old Julie is far too young to have given up on love. She may be ready to risk caring for someone again. But who?

Should it be Richard Franklin, the sophisticated, handsome engineer

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 murderous desire...

The Guardian contains all the qualities readers expect from Nicholas Sparks. But here he adds a new electrifying intensity — and page after page of riveting suspense.



LINDA CHARRON, head of the Goodland Ambassadors, led a toast with Aircraft Seal and Gasket Corp. President 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 a reality, and the firm appreciated the teamwork involved.

Mr. Dixon turned the podium over to Linda Sharron of the Goodland Ambassadors for the cutting of the ribbon, done jointly by

President Herb Menold and plant 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 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.

Wolak, the city director of public 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 workers 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 morning.

Mr. Dixon introduced Lt. Gov. Moore, who thanked Mr. Menold for selecting Goodland and Wichita when he decided to move out of California. He said the real partnership formed after the location was selected. He is confident the part-

nership between Aircraft Seal and Gasket and Kansas will result in long-term benefits for both.

Lt. Gov. Moore said bringing the firm to Goodland serves as an example of rural Kansas being an alternative to outsourcing jobs to foreign countries.

After the ceremony, Moore said that Aircraft Seal and Gasket now can serve as an attraction to western Kansas for other businesses looking to relocate. He said the attraction will grow stronger as the firm begins to hire workers and starts production within the next four to five weeks.



Back row, l to r: Coach Ted Busse, Tyler Voorhies, Jon Zwegardt, Tanner Kinen, Nick Raile, Michael Raile, Jonathan Roelfs, Dillan Zwegardt, 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, l to r: Erin Neitzel, Hannah Sowers, Lori Faulkender, Allyse Lampe, Toni Rice, Kandee Raile, Ashley Holzwarth, Meredith 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 Felling, McKenzie Grace, Schuyler Coates.



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