

about our friends

calendar

Veterans' Affairs — Jody Tubbs of the Kansas Commission on Veterans' Affairs will be available to assist veterans and their dependents with claims work from **1-2:15 p.m. Thursday** in the assembly room on the third floor of the Goodland courthouse. If you miss her, you may contact the Colby office any Monday, Wednesday or Friday at (785) 462-3572.

Kanorado Octoberfest — Kanorado will hold its Octoberfest on **Saturday**. Lots of activities are planned with booths to open at 9 a.m. and a concert at 7:30 p.m. to finish off the day.

4-H Open House — There will be a come-and-go 4-H open house for boys and girls ages 7 to 19 and their parents from **2-4 p.m. Sunday** in the 4-H Building at the fairgrounds. This will be a time to ask questions of Sherman County 4-H club and project leaders and have them explain the program to you.

Bike-A-Thon — The St. Jude Bike-A-Thon to raise money for cancer research will be held from **9 a.m.-noon Saturday** on the north side of West School. Riders are able to collect until Tuesday, Oct. 31. For questions, call Aletha or Kendall Morris at 899-3830.

Craft Sale and Lunch — A craft and bake sale will be held from **10:30 a.m.-1:30 p.m. Saturday** in the First Christian Church at Eighth and Arcade in Goodland. A homemade soup and pie lunch will also be offered from **11 a.m.-1:30 p.m.** The meal will include your choice of chili, vegetable or chicken noodle soup, along with relishes, pie and coffee or tea.

Dinner Party — The Goodland After-5 Club will have a "Going, Going, Gone" dinner party from **6:30-9 p.m. Monday** at the Butterfly Cafe. The speaker will be Betty Fouty of Wichita, the special feature will be a silent auction and music will be provided by Freda Ruch. For reservations, call Lori at 899-3828 or Barb at 899-5580.

Dinner Theater — "Mark Twain in the Garden of Eden" will be presented during a dinner theater at **6 p.m. Saturday, Oct. 14**, and a dessert bar matinee at **2 p.m. Sunday, Oct. 15**, at the United Methodist Church Fellowship Hall in Goodland. Tickets may be purchased at Aten's or Mr. Jim's or by calling 899-3631.

activities

TOPS Meeting — Take Off Pounds Sensibly meets at **5:30 p.m. Mondays** at North School. Weigh-in is at 5 p.m.

Aerobics Classes — Morning aerobics classes are available at **5:30 a.m.** with Tina Tompkins, and at **8 a.m.** with Marilyn Imel, **Monday, Wednesday**, and **Friday** at the Goodland Activities Center. A senior aerobics class for those who desire a less strenuous workout will be at **8 a.m. Tuesday** and

Thursday with Marilyn Imel. For questions, call 899-7242.

Water Testing — A representative of the Northwest Local Environmental Protection Group will be available for a free well evaluation including testing well water for bacteria and nitrates. If you would like to schedule an evaluation or have other environmental concerns, call the Sherman County Health Department at (785) 899-4888.

support group

The Multiple Sclerosis Support Group of Burlington, Colo., would like to help. The group meets at **9:30 a.m. on the second Saturday** of each month. For questions or personal support, call Della Helzer at 899-2585.

books for sale

The High Plains Museum in Goodland has received Sherman County Marriage Record books compiled and donated by Marguerite Dupsky. They contain all the marriages of the first six books on file at the courthouse plus some on record in the county clerk's office and the city office. The books cover the years from 1886 to 1923. They can be bought at the museum.

donations needed

Donations for the new swimming pool in Goodland may be left at the Goodland city office or Chamber of Commerce office. Checks should be made out to Steever Water Park.

Also, donations for the Van Gogh sunflower project may be left with any board member of the Sunflowers USA Association or at the Goodland Chamber of Commerce office.

Donations for the new baseball field may be sent to Scott Weber, president of the Goodland Baseball Commission, at 202 N. Main, Goodland, Kan. 67735, or left at the Sherman County Star or the Goodland Chamber of Commerce office.

books being sold

The Sherman County Historical Society has transcribed a diary written by J.B. Moore, a Sherman County settler who came here in 1886. Moore kept a day-to-day diary from the time he arrived in the county until close to the end of his life. The diary covers the years from 1886-1894 and tells about the settlement of the county and Moore's life from his perspective. The diary is being sold at Knott Just Books and the High Plains Museum store.

school menu

Wednesday — Fish, buttered potatoes, broccoli, cake and milk.

Thursday — Lasagna, lettuce salad, garlic bread stick, fruit cup and milk.

Friday — Cheeseburger, french fries, lettuce, tomato, onion, Jell-o with fruit and milk.

hospital report

Goodland Regional Medical Center Admitted: Monday, Louise Fixsen and Eleanor Kelley, both of Goodland; Lottie Dilling, Brewster; and Pius Heier, Oakley.

Dismissed: Monday, Louise Fixsen, Melba Gates and Virginia Woodard, all of Goodland.

Transferred: none.

Specialists for Wednesday: Dr. Warren Toews, pediatric cardiology; Dr. Steven Gulevich, neurology; Dr. John Faul, psychiatry.

Hospital weekly volunteer schedule — Wednesday — Opal Callahan, courtesy; Margie Richards, p.m. **Thursday** — Patty Gensil, courtesy; Mary Lou Franklin, a.m. **Friday** — none.

patient updates

Larry Bohl, Goodland, is in a hospital in Texas for extensive medical treatment. Cards can be sent to: Larry Bohl, c/o M.D. Anderson, P.O. Box 300206, 1515 Holcombe Blvd., Houston, Texas 77230-4095.

Leo Hatcher, Goodland, has been transferred to Denver. He will be there for several weeks. He and Connie would appreciate your prayers. Cards can be sent to: Porter Adventist Hospital, 2525 S. Downing Street, Denver, Colo. 80210.

today in history

In 1886, Emaline Warhurst donated enough land from her homestead, which was northeast of Ruleton, for a

4-h club news

Glendale Livewires 4-H Club — The Glendale Livewires 4-H Club held their monthly meeting on Sept. 18. There were 14 members and two leaders present.

There was no old business. For new business, election of officers was held.

The new officers are Deanna Livengood, president; Richard Bauman, vice president; David Livengood, secretary; Brandon Cowan, treasurer; Taylor Raile and Justin VanVleet, recreation; Amber and Jason Cowan, historians; Brandon VanVleet, assistant historian;

Dry fields delay wheat planting

WICHITA (AP) — Billowing clouds of dust rise from parched farm fields as the annual rite of winter wheat planting gets under way in Kansas.

It's so dry that many Kansas farmers are delaying seeding for their 2001 winter wheat crop, the Kansas Agricultural Statistics Service said Monday.

Only 25 percent of the Kansas wheat crop has been seeded, the agency said in its weekly crop-weather report.

That is far behind the 52 percent that had been planted by this time last year or

schoolhouse to be built.

From the Sherman County Historical Society calendar

animal shelter

Have you lost a pet? Call the Goodland Police Department at 899-4570.

Are you interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 899-6464.

area events

Tobacco Support Group — A tobacco quitters support group will meet from **7-8 p.m., Central Time, every Wednesday** in the cafeteria of Citizens' Medical Center in Colby. Anyone who wants to quit or has quit using tobacco is urged to attend. For information, call (785) 462-8152.

Planning Conference — A college planning conference will be held from **9-10:30 a.m., Central Time, Thursday** in the student union at Colby Community College. Representatives from Regent's universities, community colleges, private colleges and technical schools will be at the conference to meet with potential students. The public is invited to attend.

crimestoppers

If you have any information about any crime, call the Goodland Area Crime Stoppers "Look Line" at 899-5665.

Your call will be confidential and you will not be asked your name. You could be eligible for a reward of up to \$1,000.

Courtney Sheldon, cheer person; Kathryn Craft, reporter; Lindsey Owens and Teagan Raile song leaders; and Tim Franklin and Darin Richardson are 4-H council representatives. A parliamentarian will be appointed by President Livengood.

The Sheldon, Livengood, Owens and Raile families signed up to bring cookies for the 4-H Open House on Sunday, Oct. 8.

The meeting was adjourned with the members saying the club motto.

Courtney Sheldon, reporter

obituary

Rodrick Wayne Adams

Rodrick Wayne Adams, 48, Goodland, died Thursday, Sept. 28, 2000, at his home. He had been a resident of Goodland since July.

He was born Feb. 14, 1952, in Grand Rapids, Mich., the son of Maxine (White) and Charles Adams. He grew up and attended school in Michigan.

On Dec. 3, 1970, he enlisted in the U.S. Marine Corp. He served until April 2, 1972, when he received an honorable discharge.

He moved around for several years and worked as a cook before coming to Goodland.

He and Betty McGuire were married on May 29, 1977, in Denver.

Only private family services will be held. He was cremated according to his wishes. Bateman Funeral Home in Goodland handled arrangements.

Survivors include his wife of the home in Goodland; three daughters, Tessie McKillip, Amanda Adams, and Charlie Adams, all of Goodland; his mother of Evart, Mich.; three brothers, Rock Adams of Ludington, Mich., and Rick and Randy Adams, both of Evart; two sisters, Raeann Filkins of Barryton, Mich., and Rennea Adams of Reed City, Mich.; and one grandchild.

He was preceded in death by his father.

This obituary is being rerun due to errors in Monday's copy.

Parents can help picky eaters

Parents who dread mealtime with the finicky eaters in their household can help their children and themselves make mealtime more successful, said Elly Satter, a nationally known children's nutrition specialist at a recent nutrition education conference in Manhattan.

According to Satter, some finicky eaters are born that way. Children are naturally sensitive to taste, texture and smell, but some children are more sensitive than others.

A finicky eater can also be made. Children who are introduced to a variety of foods will be cautious about trying new foods if they don't eat with adults who approach them matter-of-factly. In fact, parents who are fussy about their own food often pass their attitudes and preferences on to their children.

Pressuring a child about food also can create a finicky eater. Satter advises parents to stop pressuring a child to eat and focus instead on table manners.

Shifting the emphasis from the food itself to acceptable mealtime behavior - teaching a child to say 'no thank you' rather than allowing them to say 'yuk!' for example - reduces mealtime tensions. De-emphasizing the food itself frees a finicky eater to pick and choose from the foods that are offered. It also can allow them an opportunity to learn to cope with their food sensitivities. When politely refusing foods is an option, a finicky eater is more free to say 'yes' to new foods.

Satter also recommends a division of responsibility when feeding children. Parents are advised to be responsible for what, when and where a child eats. The child bears the responsibility for what and how much

roxanne burda

- slice of life

they eat.

Plan and serve snacks so children can come to meals hungry, but not famished.

Include a variety of foods and allow children to choose from what is available. Consider a main dish, fruit, vegetable and milk as basics. Offer a starchy food like potatoes, noodles, rice and bread. Butter, margarine and salad dressing also appeal to children.

Saying 'if you finish your vegetables, you can have a piece of cake' is not likely to encourage children to like vegetables.

Low-fat foods are not nutritionally appropriate or appealing for younger children - they need the fat for growth and development. Offer their favorite foods occasionally.

Keep in mind that most children will have their own quirky eating habits - they may eat a certain food one time, but not the next. If parents try not to make food an issue, children are likely to grow up learning to enjoy a variety of foods.

For more information on feeding children call the Sherman County Extension Office. Ellyn Satter's books, "Child of Mine; Feeding With Love and Good Sense" and "Secrets of Feeding a Healthy Family" are also recommended.

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