

# about our friends

## calendar

**Lecture series, "How Does Your Garden Grow?"** by Master Gardeners will be at 7 p.m. Thursdays. Vegetables will be tonight at the Kay Melia home. Lectures are free to Goodland Arts Center members, but there is a charge for non-members. Register by calling 899-6442.

**TNT Singles** will have a picnic at 6 p.m. tonight at Smoky Gardens. If the weather is bad, it will be held at Edwards Hall. Call 899-2733.

**A two-week marriage tune-up** will be held at 7 p.m. tonight and Thursday, June 20, at the Word of Life Church at 10th and Clark. It will feature the video presentation, "Making Love Last Forever," by Gary Smalley. Child care is provided. Call 899-5250.

**Goodland Elks Lodge** is having a **Flag Day ceremony at 11 a.m. Friday** at Central Elementary School. Rusty Renner will provide music, and the Goodland Girl Scouts will provide the honor guard. Chelsie Gausman, Samantha Raymer and Jeremy Hoffman will read Americanism essays. A flag flown over the U.S. Capitol building will be presented to the school, and flags will be given to everyone.

**The Sherman County Historical Society** will hold a **cookout from 11 a.m.-1 p.m. Saturday** at the 1907 Victorian House at 202 W. 13th. One price will include a tour of the house and the meal. Call 899-6750.

**Carnegie Arts Center** is holding summer art adult workshops. Elwyn Vatcher will be teaching a miniature **watercolor workshop from 7-8:30 p.m. Tuesday-Thursday, June 18-20**. **Creative collage techniques** will be from 6-9 p.m. **Monday-Wednesday, July 1-3**. Registration must be made one week prior to the class at the arts center. Call 899-6442.

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from 1-2:15 p.m. **Thursday, June 20**, in the Assembly Room on the third floor of the courthouse to help veterans and dependents with claims. Call the office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

The American Cancer Society **Sherman County Relay for Life** will be at 7 p.m. **Friday, Aug. 23**, at the Sherman County Fairgrounds. Call **Michelle Shoff at 899-3676** to register a team. Help fight cancer and be involved in a fun community event.

**SHARE sign up** for the July distribution of food will be **until Friday**,

**July 12**, at the Sherman County Health Department, Harvest America, Regional Prevention Center and the Kanorado Senior Center. **Pick up** for June will be from 9 to 10 a.m. **Saturday, June 22**, at 824 Main for the June distribution of low-cost food.

The **carnival committee** is in need of **volunteer help on Wednesdays from 6 p.m.-dark** for painting and cleanup of two new rides.

## activities

**Tours of the 1907 Victorian House** at 202 W. 13th are from 8 a.m.-6 p.m. **Monday through Saturday and from 1-6 p.m. Sunday**. The special exhibit for June is Depression Glass.

**Tours of the Union One Room School, District 51**, north of the High Plains Museum on Cherry are from 8 a.m.-12:30 p.m. **Monday through Saturday and noon-3 p.m. Sunday**. **"Prairie Past Times,"** a photographic history of entertainment in Sherman County, is on display from 9 a.m.-5 p.m. **Monday-Friday** and from 9 a.m.-4 p.m. **Saturday** at the High Plains Museum, 1717 Cherry Ave.

The **Carnegie Arts Center** is open from 10 a.m.-5 p.m. **Tuesday through Friday and from 1-4 p.m. Saturday, Sunday and Monday**. June's exhibit will be stained glass panels by Goodland native James L. "Rusty" Stout.

**Born to Read** - The Goodland Public Library offers Story Time for children under 3 from 5-5:30 p.m. on the **second and fourth Tuesday evening**, and from 10-10:30 a.m. **every Friday**. **Emotions Anonymous** meets at 7:30 p.m. **Wednesdays** at the Goodland Regional Medical Center board room.

**Century Families**, for people whose family came to Sherman County more than 100 years ago, meets at 7 p.m. **the second Monday of the month** at the Senior Center. For information, call 899-2835.

**Aerobics Classes - 7:45 a.m. morning** aerobics classes are offered daily at the Goodland Activities Center. Tena Tompkins leads a step aerobics class at 5:30 a.m. **Monday, Wednesday and Friday**. On Tuesday and Thursday, a less intense class is offered. Call 899-7242.

**TOPS Meetings** - Take Off Pounds Sensibly meets at 5:30 p.m. **Mondays** in the small board room at Goodland Regional Medical Center. **Weigh-in is at 5 p.m.**

**Hanging by a Thread** will not meet during the summer. The next meeting will be from 7-9 p.m. **the second**

**Thursday of September** at Wheat Ridge Acres.

**Goodland Women of Faith** monthly celebrations are taking a break for the summer and will meet again in September.

## area events

The **Tumbleweed Chorus** of Northwest Kansas and Eastern Colorado will be performing Barbershop Harmony at a **cookout at 6:30 p.m. Thursday** at the Colby Methodist Church. The group is looking for men of all ages who like to sing.

The **Levant Community Church** will **celebrate 50 years of service** Saturday and Sunday, June 22 and 23. A **dinner** and time of sharing with all of the former pastors will be at 6:30 p.m. **Saturday, June 22**, at the Ramada Inn in Colby. For reservations, call **Erma Palmgren at (785) 694-2726** by this Friday.

**Worship services** will be at 10:30 a.m. **Sunday** at the church, and a **reception** will follow at 2 p.m.

The **Kansas Department of Transportation** will be conducting a **workshop on Tuesday and Wednesday, Aug. 13 and 14**, at Fort Hays State University. The workshop will help local governments in applying for money for community Transportation Enhancement projects. To receive a registration packet and project packet, e-mail kaye@ksdot.org or call (785) 296-7940.

## senior center menu

**Friday:** Chicken a la king, broccoli salad, pears, bread and rice and peach crisp.

## hospital report

**Goodland Regional Medical Center Admitted on Wednesday:** Malynn Alexandria Bonner, Goodland, and Jess Medina, Sharon Springs. Swing bed: Joyce Ann Lyman, Edson.

**Specialists for Friday:** Alfred Carr, ears, nose, throat.

**Volunteer schedule: Friday:** Fern Hawks, a.m.; Ruth Morton, courtesy; and Virginia Bell, p.m.

## health department

The Sherman County Health Department at 1622 Broadway is open from 8 a.m.-noon and 1-5 p.m. **Monday-Friday**.

**Friday:** Blood pressure and blood sugar screening 8 a.m.-noon. Walk-in clinic. Immunizations 1-4:30 p.m.

Children's physicals and family planning available by appointment. Sharps containers are available free of

charge. Toenail trimming will be available soon. Call 899-4888.

If you have questions, concerns or complaints about child care, call the health department.

**Water Testing** - The Northwest Local Environmental Protection Group does free well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the **Health Department at 899-4888**.

## today in history

**June 13, 1902:** The ladies of the county express their appreciation to the Women's Christian Temperance Union for the reading and rest rooms provided for their comfort.

From *The Goodland News*, provided by the Sherman County Historical Society.

## birthday

**Eula Babcock** is celebrating her 95th birthday. There will be an open house in her honor from 2-4 p.m. **Sunday, June 23**, at the Senior Center. Gifts are not necessary.

## crimestoppers

If you have 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. If the information results in the arrest and/or conviction of those involved, you could be eligible for a reward of up to \$1,000. Goodland Area Crime Stoppers is a nonprofit organization formed by citizens against crime.

## family shelter

The Northwest Kansas Family Shelter provides services day or night to victims of domestic violence and sexual assault. Weekly support groups are available for women and children. For information or help, call (800) 794-4624.

## tree donations

Many trees at the Goodland Cemetery have died and the cemetery board is trying to replace them. Contributions for the Goodland Cemetery Memorial Tree Fund can be left at Koons or Bateman funeral homes or sent to the Goodland Cemetery Board, Box 59, Goodland, Kan. 67735. Donations may be made in memory of a loved one.

## animal shelter

Lost a pet? Call the Goodland Police Department at 899-4570. Interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 899-6464.

# obituaries

## Virgil Biggs

Virgil Wright Biggs, 89, an auto body mechanic in Goodland and St. Francis, died Tuesday, June 11, 2002, at Goodland Regional Medical Center.

He was born May 10, 1913, at Wallace, the son of Lueasy (LeMaster) and William T. Biggs. He graduated from Wallace High School and Hutchinson College.

On May 21, 1939, he married Gertrude Peter at Colby.

He lived in and around Goodland and St. Francis for 30 years while doing auto body repair.

He was a member of the McCook, Neb., Christian Church. He loved fishing, woodworking and gardening.

Preceding him in death were his parents; a son, John Biggs; a son-in-law, Jack Vaughn; and four brothers.

Survivors include his wife; two sons, Darrel (Rowe Ann) Biggs of Girard and Claire (Norma) Biggs of Kansas City, Mo.; a daughter, Ardith Vaughn of Thornton, Colo.; eight grandchildren; 19 great-grandchildren; and two great-great grandchildren.

A memorial service will be at 2 p.m. **Saturday, June 15, 2002**, at the Goodland First Christian Church with Pastor Loren Strait officiating. Burial will follow at the Goodland Cemetery.

Memorials may be made to the Hospice of Sherman County or the First Christian Church in care of Koons Funeral Home, 211 N. Main, Goodland, Kan. 67735-1555.

## Eldon Rains

Eldon Morris Rains, 84, a former Wallace county commissioner of Wallace, died Tuesday, June 11, 2002, at St. Francis Hospital in Wichita.

He was born May 16, 1918, at Menlo, the son of Hattie Jane (Steljes) and Orion Jefferson Rains. He attended Wallace County High School and barber school and helped his family by working for the Civilian Conservation Camps, a work camp for youths during the Great Depression.

On Nov. 24, 1937, he and Ruth Lock were married at Oberlin. He served in the Army during World War II.

He was a barber, a grocery store owner, a cafe owner, a school bus driver, a school board member and hung bags for the trains as a mail carrier.

Preceding him in death were one son, Allen, in 1980; his parents; a sister, Ethel; and three brothers, Ed, Earl and Emmitt.

Survivors include his wife; four sons, Eirving E. (Navene) Rains of McPherson, Richard D. (Pat) Rains of Wallace, George D. (Debra) Rains of Wallace and Gerald L. (Shirley) Rains of Sharon Springs; a daughter, Rebecca J. (Tony) Vincent of Sharon Springs; two sisters, Ellen Blanche Dechant of Wallace and Waneta Goff of Cherau, Colo.; 16 grandchildren; 17 great-grandchildren; five step-grandchildren; and three step-great-grandchildren.

Graveside services will be at 10:30 a.m. **Saturday, June 15, 2002**, at the Wallace Cemetery with Pastor Paul McNall officiating. Military honors will be provided by the Army Honor Guard from Fort Riley.

Visitation will be from 3-7 p.m. **Friday** at Koons Funeral Chapel in Sharon Springs. Memorials may be made to the Eldon Rains Memorial in care of the funeral home at 211 N. Main, Goodland, Kan. 67735-1555.

# Christian women's group honors Goodland native

A woman who grew up in Goodland and still has family here received a Women of Excellence award last week in Topeka.



DeLaRosa

Tina DeLaRosa was given the award at the Young Women's Christian Association's 14th annual Leadership Luncheon on Wednesday, June 5, said an article in *The Topeka Capital-Journal*. A total of five awards were given for management, professional, direct services, operations and entrepreneurs and executives. DeLaRosa won in the entrepreneurs and executives category. There were 50 nominees from the Topeka area.

DeLaRosa is the executive director for the Kansas Advisory Committee on Hispanic Affairs. Before taking the position in 1996, she served as a prevention specialist for the Northwest Kansas Regional Prevention Center and as an assistant director of the Harvest America office in Goodland.

She graduated from Goodland High School and Northwest Kansas Area Vocational Technical School. Her parents originally came to Kansas as migrant farm workers and decided to stay. "Coming from the same background as many of our customers gives me a better understanding of the issues Hispanics face," DeLaRosa said.

Other winners included an occupational therapist, a process improvement engineer for Hallmark Cards and two women in the Kansas National Guard.

"(The) honorees represent a diverse group of leaders in our community," said Linda Weaver, interim director of the association.

DeLaRosa said she was surprised to get the award.

# Fishing clinic to be held for children

A fishing clinic for children 7-12 will be offered by the Sherman County Extension Office from 8:30 a.m.-noon and 2:30-6 p.m. **Thursday, June 20**, at Smoky Gardens south of Goodland.

Each participant will need to have a signed release from parents before leaving. They will need to be at the fairgrounds to form groups before leaving for Smoky Gardens.

Kids need \$2 to cover the cost of lunch, and should bring insect repellent and a jacket. They may wear shorts but need to have a pair of jeans along.

Children need to bring their own fishing equipment, but bait will be furnished. Each session will be limited to 30 participants. Register by calling the Sherman County Extension Office at 899-4880.

# Burlington's Red Front Market changes hands

Red Front Market, a family-owned grocery in Burlington, has been sold to Burlington Super Foods Inc.

Steve Williams, president of the firm, lives in Denver and owns Dischner's Grocery in Stratton, Colo., and Super Foods in Seibert and Limon, Colo.

Williams said he is looking forward to making some changes in the store.

"I'm excited about the opportunity that Ken Yersin (the owner) has given us. We intend to spend a considerable amount of time and energy remodeling, doing some different merchandis-

ing."

The store will continue to offer a bakery and deli and will remain open seven days a week. The grocery will also keep the same staff.

"Ken has a very strong team," Williams said, "and we intend to make no changes."

The store will hire a manager to replace Yersin when he leaves in July.

Yersin's grandparents, W.H. and Alta Yersin, opened the Red Front Market in Bethune, Colo., in 1910, and moved the store to Burlington in 1923. The grocery was on 14th Street

where the American Family Insurance is now until 1959 when W.H. Yersin Jr., Naomi and Ken moved to a new and larger store on 14th just north of what is now Aquila. The market moved to its present location on Rose Ave. in 1976.

Yersin said he is grateful for the excellent support of the store's customers and to his staff.

"A special thanks also goes out to our staff. We have had very capable people working for us. Without their efforts over the years, we would not have been successful."

The Yersins have been active in com-

munity affairs in Burlington and the surrounding area.

W.H. (Bill) Yersin Jr. served in the Colorado State Legislature from 1948 to 1952. He also served as mayor of Burlington for one term and was on the city council for 11 1/2 years.

Ken was appointed to the council when his father died and continued to serve for 13 years. Both men were active in the Burlington Chamber of Commerce and served on various committees over the years.

Ken said he has not decided on his future plans.

# Postpartum depression can have deadly consequences

Many women experience mood swings following childbirth, feeling happy and then tearful, have difficulty concentrating, or trouble sleeping.

The symptoms usually decrease and go away within a few days, but some new mothers experience those feelings for several weeks or more, interfering with their ability to care for the child, themselves and other family members.

National news about the mother in Texas who drowned her five children has brought attention to the topic of postpartum depression.

An estimated 10 to 20 percent of new mothers experience postpartum (post-partum means "after birth") depression following delivery or within a few days.

Some women don't feel "the blues," or more serious symptoms, until several weeks or months later.

Postpartum depression is believed to be caused by a hormone produced by the body in large doses during the last stage of pregnancy, with most of the hormone flushed from the body during delivery.

After delivery, and before the hormone returns to normal levels, a woman can experience depression and anxiety.

Having someone to talk with about these feelings is important. The new mother also needs to recognize her



## high plains mental health

- plain sense

limitations and not expect to be a "super mom."

Don't try to do everything in one day. Ask for help from others. Find a little time to do something for yourself, like reading, walking, or taking a relaxing bath.

Postpartum depression can be diffi-

cult to detect. Family members and friends may sense something wrong but consider it part of the normal stress following childbirth.

The new mother may not want to tell anyone about her depressed

feelings, believing she is a bad mother.

Postpartum depression is treatable through counseling, support groups, and medication if needed.

Contributed by Karen D. Beery, Consultation and Education Department.

The views expressed here are those

of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to: High Plains Mental Health Center, PLAIN SENSE, Consultation and Education Department, 208 East 7th, Hays, Kan. 67601.

Internet site: [www.highplains-mentalhealth.com](http://www.highplains-mentalhealth.com).

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