

about our friends

calendar

Ginny Young, whose artwork is on display at the Carnegie Arts Center, will teach a **creative collage class from 6-9 p.m. Monday-Wednesday, July 29-31**, at the center. Call the center at 899-6442 to **enroll by Friday**. Beginning to advanced students welcome. There is a fee.

The Sherman County **4-H Ambassadors are seeking nominations** for this year's **fair parade grand marshal**. Submit a nomination with a brief note to the Sherman County Extension Office by **Wednesday**.

The Girl Scouts will have an **all girls camp Wednesday-Saturday, July 24-27**, at Steever Park. Day camp will be from **1-4 p.m. Wednesday and Thursday**. Campout in tents will be from **3 p.m. Friday until the 10 a.m. ceremony Saturday**. There is a charge, and adults must sign the children in. Call Jackie Buller at 899-6547, Lori Anthor at 7267 or Tracy Waugh at 7483 by Wednesday, July 17.

The **Goodland Public Library** is holding its **annual book sale** beginning Thursday-Saturday, July 25-27, and continuing until mid-August. Items for the sale include hardback and paperback books, magazines, puzzles, records and audio and video cassettes. The library is accepting donations for the sale.

SHARE sign up for the August distribution of food will be **until Friday, Aug. 9**, at the Sherman County Health Department, Harvest America, the Regional Prevention Center or the Kanorado Senior Center. **Pick up** will be from **9 to 10 a.m. Saturday, July 27**, at 824 Main for the July distribution of low-cost food.

NFL flag football registration for first through sixth graders will be until **Wednesday, July 31**, at the Goodland Activities Center. Late registrations cannot be taken as equipment for the program will be ordered Thursday, Aug. 1. Play will begin Monday, Aug. 26. Each participant will receive an NFL jersey, flag belt and wristband.

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. **Cancer survivors are invited to walk** the first lap to celebrate their victory.

activities

Tours of the 1907 Victorian House

at 202 W. 13th are from **10 a.m.-5 p.m. Monday through Saturday and from 1-4 p.m. Sunday**.

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**. July's exhibit is work by Ginny Young of Ulysses.

Born to Read—The Goodland Public Library offers Story Time for children under 3 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

Lake Atwood 10-mile run will begin at **7 a.m. Sunday** with cash prizes. Call Bob Creighton at (785) 626-3295, write to Box 46, Atwood, Kan. 67730 or visit www.recordbook.com.

Pickin' on the Plains Music Festival will be **Friday-Sunday** at

Bourquin's Campground in Colby. Call (800) 611-8835 days or (785) 462-7373 evenings and weekends.

The **Citizens Medical Center** Auxiliary is holding a **water garden tour from 2-5 p.m. Central Time Sunday in Colby**. Tickets and tour booklets are available at the hospital gift shop, Goodheart Landscaping and at Colby banks.

Thomas County Emergency Medical Services is hosting the **Nine-Run-Run 10K and 5K runs and the Nine-Ride-Ride 53K bike ride at 7 p.m. Saturday, Aug. 3**, to raise money for equipment for the ambulances. There is also a 2K fun run/walk. Call (785) 462-4585 for entry forms.

The **Levant school** scheduled for Sunday, Aug. 4, **has been canceled** due to unforeseen circumstances.

Golden Plains High School, Rexford, Selden, Menlo and Gem Alumni Reunion will be Friday-Sunday, **Aug. 30-Sept. 1**. Parade is at 11 a.m. Saturday. Vendors, parade entrants and musicians wanted. Call 785-687-3340 or 785-687-2255.

senior center menu

Friday: Roast pork, steamed cabbage, carrots and onions, orange/pine-apple salad, bread and cookie.

hospital report

Goodland Regional Medical Center Specialists for Friday: John C. Faul, psychiatrist, and David Pfoff, ophthalmologist.

Volunteer schedule: Friday: Fern Hawks, a.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: Toenail trimming clinic. Scheduled appointments. Immunizations 1-4:30 p.m.

Children's physicals, immunizations, family planning and toenail clipping available by appointment. Sharps containers are available free of charge. 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

July 18, 1902: Mr. Berry came to Goodland to see an attorney, L.W. Colby. Berry states he was told by C. Dewey, postmaster, not to enter Pen-theka post office again though it is a government office.

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

patient news

Debbie Snethen returned to Goodland from Kansas City on Monday. She has had a second stem cell transplant and is waiting to see if her condition will improve.

She is staying with her sister, Linda Charron, to recuperate. Mail should be sent to Debbie's address at 7030 County Road 15, Goodland, Kan. 67735.

Jared Hall, who was injured in a car accident June 30, is in room 517 at The Children's Hospital, 1056 E. 19th Ave., Denver, Colo. 80218.

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.

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.



Avalon and Emig

Couple to marry in the fall

Heidi Sue Emig and Russell Dean Avalon of Omaha, Neb., plan to marry Saturday, Sept. 14, 2002, at the Manhattan St. Thomas Moore Church.

Connie Emig of Manhattan and Richard Emig of Goodland are her parents, and Manuel and Lois Avalon of Garden City are his parents.

She graduated from Goodland High School in 1995 and from Kansas State University in 2001 with a master's degree in accounting. She is an auditor for a firm in Omaha, Neb.

He graduated from Deerfield High School in 1994 and from Kansas State University in 2000 with a bachelor's degree in finance and management information services. He works in land administration for Union Pacific Railroad in Omaha.

obituary

Manuel Aguilar

Manuel S. Aguilar, 76, a jack of all trades, died Tuesday, July 16, 2002, at the Good Samaritan Center of Goodland where he had been a resident for almost two months.

He was born Dec. 15, 1925, the son of Espiridon and Maria Ascencion (Juarez) Aguilar in Nieves Zacatecas, Mexico. He married Erlinda Vasquez on Dec. 23, 1950, in Tahoka, Texas.

He worked various jobs. He moved his family to Goodland from Johnson, Kan., in 1969. He retired in 1991, but remained busy.

He was a member of the Goodland La Luz Del Mundo Church and volunteered whenever there was a need at the church.

He was preceded in death by his parents.

Survivors include his wife; four sons, John Manuel Aguilar of San Antonio, Texas, Louis Aguilar of Goodland, Felix Aguilar of Eufaula, Okla., and Jose Antonio Aguilar of Denver, Colo.; two daughters, Imelda Perez of Plains, Texas, and Alicia Aguilar of Carbondale; two brothers, Emilio Aguilar of Ciudad Acuña, Mexico, and Raymundo Aguilar of Chicago; three sisters, Luz De La Cruz and Socorro Aguilar of Ciudad Acuña and Martina Hernandez of Nieves Zacatecas; 19 grandchildren; and 14 great-grandchildren.

Services will be at 9 a.m. Saturday, July 20, 2002, at Bateman Funeral Home with Pastor Victor Castillo officiating. Burial will follow in the Goodland Cemetery.

Visitation will be from 10 a.m.-8 p.m. Friday.

Memorials may be made in his name in care of the funeral home at Box 278, Goodland, Kan. 67735. The family will decide their use later.



Smith and Butts

September wedding planned

Summer Dawn Butts and Joseph Leonard Smith of Prescott Valley, Ariz., plan to marry Tuesday, Sept. 3, 2002, in Goodland.

Rod and Suzie Butts of Goodland are her parents, and Virgil and Jackie Baumfalk of Goodland are his parents.

Barbara and the late Neil Butts of Goodland and Warren and Jan Wisby of Hutchinson are her grandparents. Norma and Robert Notz of Goodland and Nannette and the late Virgil Baumfalk Sr. of Atwood are his grandparents.

Both are Goodland High School graduates; she graduated in 1998 and he in 2000. She works at Willow Wind Retirement Center in Prescott Valley. He is attending the Embry Riddle Aeronautical University to become a pilot and is in the Coast Guard.

The date of the ceremony is in memory of the bride's mother, the late Delora Anna Butts, whose birthday was Sept. 3.



Topliff and Smith

Couple to marry in Colby

Jason Topliff and Alison Smith of Lawrence plan to marry Saturday, Aug. 31, 2002, at the College Drive Assembly of God Church in Colby.

John and Carol Topliff of Goodland are his parents, and Al and Peggy Smith of Colby are her parents.

His grandparents are Dean and Myrna Topliff and Galen and Mary Carper of Goodland. Her grandparents are the Rev. Gene and Frieda Jones of Colby.

He graduated from Goodland High School in 1996 and from the University of Kansas in 2000 with a bachelor of science degree in computer science.

She graduated from Colby High School in 1996 and in 2002 from Northcentral Technical College with an associates in applied science degree in dental hygiene.

Former minister on probation for having sex with underage girl

IOLA (AP)—A former minister has been placed on probation for two years for having sex with an underage girl.

Kyle Guenther, 37, former minister of Harvest Baptist Church in Iola, was sentenced Monday in Allen County District Court to 18 months in prison for each of two counts of having sexual intercourse with a minor.

Judge Daniel Creitz suspended the prison term, giving Guenther probation instead. Creitz also ordered

Should parents give children an allowance?

Dear Plain Sense: My husband and I disagree on the subject of an allowance for our two children. He says they should have to earn any money they receive, and I feel they should be allowed a certain amount each week for personal needs.

Parents often ask if they should give their child an allowance and often disagree on the purpose and use of an allowance, as well as on how money is handled.

The adults' experiences with money in their family of origin will greatly influence their approach to giving children money and how they teach them about earning, spending, sharing, saving and borrowing money.

Parents need to first discuss their own attitudes about money; what did it mean as a child?, how did that influence the way you use money as an adult?, and what values regarding money do you want to instill in your



high plains mental health

• plain sense

children?

Children receive money in a variety of ways. An allowance usually means giving a child a specific amount of money on a regular basis.

Earned money involves being paid for completing a task. Some parents "dole" out money, meaning they give money when children ask. And cash gifts are often received on special occasions such as birthdays or holidays. Each has advantages and disadvantages.

The "dole" can become risky as children become older and their needs in-

crease. Earned money opportunities may not be readily available, especially for younger children. And children may end up thinking that they only will do a chore if they get paid.

Cash gifts are an added bonus when offered for the right reasons. A regular allowance helps teach basic money management and helps children understand what it means to live on a fixed income.

Thus children learn to plan and save towards a specific goal, and have a feeling of accomplishment when that goal is attained. A combination of all of these, along with parental agreement and good communication would be the best.

Parents need to determine together the amount of money a child can manage. Paying an allowance also should

not be used as a control issue or be tied in with rewards and punishment.

For instance, "You don't get your allowance this week because you didn't get home on time" is not appropriate. And it does not work if parents forget or don't follow through on the agreement.

Consistency and guidance are needed to make such family financial arrangements work out well for everyone involved.

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.highplainsmentalhealth.com.

Diet of fruits and veggies may help prevent Alzheimer's

LONDON (AP)—You've heard it before: If you want to remain healthy, eat more fruit and vegetables and less red meat. But scientists now say such a diet also may help prevent Alzheimer's disease.

In fact, mounting evidence indicates the risk factors for heart disease—high blood pressure, diabetes, excess weight, high cholesterol and lack of exercise—may play a role in Alzheimer's. New studies to be presented next week at an international Alzheimer's conference in Stockholm establish the big picture for the first time, giving scientists a better understanding of how to reduce the likelihood of the disease.

Over the last few years, hints of a

connection between Alzheimer's and lifestyle have emerged, but scientists have become increasingly interested in investigating such a link and are just now beginning to realize that what is good for the heart may also be good for the brain.

Alzheimer's is a degenerative brain disease that causes memory loss, disorientation, depression and decay of bodily functions. The disease afflicts about 12 million people worldwide, including more than 4 million Americans. It is increasing so fast that more than 22 million people worldwide will be affected by 2025, experts predict.

Scientists do not know what causes the sticky brain deposits that inevitably kill off neural cells until memory disintegrates and ultimately the patient dies. The biggest risk for Alzheimer's is simply age: Alzheimer's cases double with every five years of age between 65 and 85.

"While more research is necessary, we're seeing the strongest evidence yet that there is a relationship between healthy aging and a reduced risk of Alzheimer's," said William Thies, vice

president of medical and scientific affairs at the Chicago-based Alzheimer's Association.

Several studies to be presented at the International Conference on Alzheimer's Disease and Related Disorders indicate that people may be able to reduce their chances of developing Alzheimer's by treating high blood pressure.

One 21-year study, by Miia Kivipelto of the University of Kuopio in Finland, examined 1,449 people. It found that the high cholesterol and high blood pressure seemed to be more strongly linked to the risk of developing Alzheimer's than was a certain

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