



Mia Lucas and Christian Rainbolt

## Couple wed in afternoon

Mia Lucas and Christian Rainbolt were married in a 4:30 afternoon service on July 27 at the First United Methodist Church in Goodland. The double-ring ceremony was performed by Tony Kafka and the Rev. Janet Hernandez.

The bride is the daughter of Jack and Linda Lucas of Goodland and the groom is the son of Paul and Kathy Rainbolt of St. Francis.

The church was decorated with garden-mix floral bouquets incorporating shades of pink roses down the center aisle. Mixed floral bouquets also adorned the three candelabras around the altar and two large mixed floral bouquets were in front of each pulpit.

Organist Carol Guyer, Goodland, played "Canon in D" as the bridal party came to the altar. "Trumpet Voluntary" was played as the bride and her father came down the aisle. "Wedding March" was played during the recessional.

Vocalists were Katey Sampson, Stacy Arndt and Amber Thompson of Fort Collins, Colo., and Rachel McBride of Boulder, Colo. They sang "Come Thou Fount of Every Blessing," "I Surrender," and "How Beautiful."

The bride's gown had beaded spaghetti straps with an A-line empire waist, lace beading, open back and chapel train of matte ivory satin with platinum and gold beaded accents.

The maid of honor was Cortney Lucas, sister of the bride, Kansas City. Bridesmaids were Jocelyn Lucas, sister of the bride, Goodland; Lori Adams, Columbus, Ohio; Leigh Ann Dull, Orlando, Fla.; Angie Thompson, Beaver Creek, Ohio; Ashley Lucas, cousin of the bride, Overland Park; and Emily Barger, Kansas City.

They wore celadon green satin gowns with ivory underlay. The bodice had spaghetti straps and the overlay was accented with three rhinestone

buttons at the start of the A-line waist. The groom was handsome in a black tuxedo. Bobby Rainbolt, brother of the groom, St. Francis, was best man.

Groomsmen were Justin Miller, Dodge City; Dustin Adams, Columbus, Ohio; Jim Keller, Odgen, Utah; Tyler Ross, Hays; Cash Stricker, cousin of the groom, Scottsbluff, Neb.; and Nick Bergquist, Vail, Colo. The best man and groomsmen were also attired in black tuxedos.

The best man and groomsmen served as ushers.

Following the wedding, a reception was held at the Elks Lodge in Goodland and included a full-dinner buffet. There were candles with floral bouquets adding to the atmosphere. A five-tier ivory fondant cake was served by Tahnee Schields and Heather Generali. They earlier had presided at the guest book and gift table.

Honored guests attending the wedding were Mr. and Mrs. Allen Vankooten, grandparents of the bride, Concordia; Mr. and Mrs. Leo Stricker, Scottsbluff, Neb.; and Mr. David E. Rainbolt, Minature, Neb., grandparents of the groom.

Other guests came from Nebraska, Michigan, Oregon, Texas, California, Colorado, Iowa, Florida, Oklahoma, Kansas, Ohio, Tennessee and Virginia.

The bride graduated from Goodland High School and went on to the University of Kansas, Lawrence, where she earned a bachelor of science degree in education in 1999.

The groom graduated from St. Francis Community High School and then earned a bachelor of science degree in elementary education from Fort Hays State University in 2001.

Following a wedding trip to Breckenridge and Redstone, Colo., the couple is at home in Fort Collins, Colo., where they will be campus missionaries with Campus Crusade for Christ at Colorado State University.

## about our friends

### calendar

**TNT Singles** will meet at **6:30 p.m. Thursday** at Edwards Hall. Bring finger food. Call 899-2733.

**SHARE sign up** for the September distribution of food will be until **Friday** at the Sherman County Health Department, Harvest America, the Regional Prevention Center or the Kanorado Senior Center. **Pick up** will be **Saturday, Sept. 28**, for the September distribution.

Sherman County **household hazardous waste collection** will be from **7 a.m.-1 p.m. Saturday** at 1820 Cherry. Call Crystal Linsner at 899-3081.

**Do Bring:** Cleaning products, disinfectants, herbicides, insecticides, paints (including aerosol cans), solvents, gasoline, kerosene, wood preservatives, photo chemicals, pool chemicals, auto and household batteries (AAA, AA, C, D and 9 volt), brake fluid, anti-freeze, adhesives, art/craft products, rat and mouse poison. Used oil may be accepted, but call first.

**Don't Bring:** Empty containers, explosives, ammunition, radioactive waste, asbestos, medical waste, compressed gas cylinders, smoke alarms, heavy metals.

The **Goodland Arts Council** is hosting a **Junk-Art Show Saturday** at the Carnegie Arts Center, even though the city-wide Junk Parade has been canceled. Entries must be created from some kind of recycled item. Items will be judged on Sept. 14, with prizes awarded at 2 p.m.

The **Goodland High School site council** meeting will be at **7 p.m. Monday** in the high school conference room. Interested parents are encouraged to attend.

The American **Red Cross blood drive** will be taking donations from **noon-5:30 p.m. Thursday, Sept. 19**, at the First United Methodist Church at 12th and Sherman. Blood donors must be at least 17 years old and weigh at least 110 pounds. Call 899-5933 to make an appointment.

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1-2:15 p.m. Thursday, Sept. 19** 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 **Goodland Activities Center** will be holding a **Benefit Night Golf Tournament on Saturday, Sept. 21**, at Sugar Hill Golf Club. **Registration deadline is Sunday.** Call the center at 899-7242 for information.

A **hunter education class** will be given by the Kansas Department of Wildlife and Parks next week on **Monday-Wednesday and Saturday, Sept. 16-18 and 21**, in the 4-H building at the Sherman County Fairgrounds. Call Mike Hopper at 899-5199.

**St. Jude's Cancer Research Bike-a-thon** will be **Saturday, Sept. 21**, in Goodland. The rain date will be Saturday, Oct. 5. There will be a fund-raising booth at Flatlander's Fall Festival on Saturday and Sunday, Sept. 28 and 29. Call Kendall Morris, event coordinator, at (785) 899-3830.

The **Right Reverend James M. Adams Jr.**, the fourth bishop of the Episcopal Diocese of Western Kansas

will make his **inaugural visit** to the Goodland St. Paul's Episcopal Church on **Sunday, Sept. 22**. He will be the celebrant at the holy Eucharist at **9:30 a.m.** at the church.

**Rock Island Railroad 25th anniversary reunion** will be at **noon Sunday, Sept. 22**, at the Goodland Senior Center. All former employees of the Rock Island are welcome. Bring a covered dish and table settings.

The **Promenaders Square Dance Club** will have lessons from **7-9 p.m. Tuesday, Sept. 24**, at Edwards Hall, 2431 Walnut. The first three lessons are free. Call 899-3323 or 899-3791.

**Gymnastics** will again be offered at the **Goodland Activities Center beginning Saturday, Oct. 5**. Classes will be on Saturday morning for ages 4 through high school. **Register** at the center by **Tuesday, Oct. 1**.

**Hospice Harvest Dinner and Auction** will begin with the social hour at **5:30 p.m. Saturday, Oct. 5**, at the Veterans of Foreign Wars. The silent auction will start during the social hour, dinner will be at 6:30, and the live auction will follow dinner. Proceeds will benefit Hospice Services Inc. of Sherman County. To donate items for the auction, call Lance or Melissa Fulton at 899-3549 or Hospice Services at 899-5788.

Goodland High School has changed **Homecoming to Friday, Oct. 11**, for the Oberlin football game.

### activities

**Tours of the 1907 Victorian House** at 202 W. 13th are from **1-5 p.m. Wednesday-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 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**. Bronze sculptures by Greg Todd will be on display through Friday, Oct. 4.

**Born to Read** will be at **10 a.m. Fridays and Story time** will be at **10 and 11 a.m. on Wednesdays and Thursdays** at the Goodland Public Library. Call 899-5461.

**Emotions Anonymously** 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.** 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 meet from **7-9 p.m. Thursday** at Wheat Ridge Acres.

**Goodland Women of Faith** monthly celebration will be from 9:30-11

a.m. **Saturday, Sept. 21**, at Wheat Ridge Acres. Baby-sitting provided.

### area events

The **National Intercollegiate Rodeo Association rodeo** will be at **7:30 p.m. Central Time Friday and Saturday, Sept. 20 and 21, and at 1:30 p.m. Sunday, Sept. 22**, at the Thomas County Fairgrounds. Over 450 contestants from 18 colleges, including Colby Community College, will compete in nine major rodeo events. Advance tickets may be purchased at Vanderbilts or the college bookstore.

A **community education program on dementia and Alzheimer's Disease** will be at **7 p.m. Central Time Thursday, Sept. 26**, in Room 108 of the Colby Community College Student Union. Students from the college department of nursing will be available to provide care for individuals with Alzheimer's while their family members and caregivers attend the program. Call Alva Horn at Prairie Senior Living Complex at (785) 462-8295 or Jeanene Brown at Citizens Medical Center at 462-4850.

**The Ol' Depot**, a crafts and collectibles shop, is sponsoring the "**Down-by-the-Station Celebration**" at **9 a.m. Central Time Saturday, Sept. 28**, at the depot on Lake Road in Atwood.

Kiddy barrel rides around the lake, adult and kid team tractor pull changes, outdoor concessions, carnival games and a flea market are planned.

To reserve a vendor space, call (785) 626-3568 after 6 p.m. or (785) 322-5533 before 6 p.m. Spaces must be reserved by **Monday**.

### school activities

**Thursday:** Black day. Seminar — Junior class meeting 11 a.m. in the auditorium for magazine sales. **Friday:** Gold day. Varsity football 6:30 p.m. vs. Holcomb at home. Cross country depart for Wamego at 7:30 a.m. **Saturday:** JV volleyball 8 a.m. at Machebuef, Denver. Cross country 8 a.m. at Wamego. Tennis 9 a.m. in Norton.

### school lunch menu

**Thursday:** Chicken fried steak, mashed potatoes and gravy, broccoli Normandy, hot roll, cantaloupe and milk. **Friday:** Meat and cheese sandwich, lettuce, pickle, tomato, onion, baked beans, spiced pears and milk.

### senior center menu

**Thursday:** Mom's turkey casserole, winter mix vegetables, Jell-o with carrots and pineapple, bread and crispice bar. **Friday:** Baked fish, creamed peas, orange/pineapple salad, bread and peach crisp.

### hospital report

**Goodland Regional Medical Center Admitted on Tuesday:** Perla Ramos, Weskan. Swing bed: Donald Harding, Goodland.

**Specialists for Thursday:** Jeffrey Rumblyrt, allergist, and Ken Weisiger, pulmonologist.

**Volunteer schedule: Thursday:** Jessie Owens, a.m. **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.

**Thursday:** WIC in Colby 10 a.m.-4:30 p.m. Scheduled appointments and voucher pickup. **Friday:** Walk-in blood sugar screening and blood pressures.

Children's physicals, immunizations, family planning and toenail clipping available by appointment. 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

**Sept. 11, 1902:** Recently a number of boys broke into the school, marking up walls and destroying articles in the superintendent's office, punishable by fines and imprisonment in jail.

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

### birthday

**ClaraMarie Fixsen** is celebrating her 80th birthday Wednesday, Oct. 2. Her daughter, Lucille Bose, and son, Lewis Fixsen, are hosting a card shower. Send cards to Box 694, Goodland, Kan. 67735.

### business news

**Craig Zweygardt** of St. Francis received a job placement awards from Developmental Services of Northwest Kansas for having a job for three years.

The **Dane G. Hansen Foundation** received the Community Support Award. The foundation's support was used to remodel the Reed Developmental Center in Hays and to make health and safety improvements in some of the services' group homes.

### 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.

## matters of record

### Real Estate

Real estate transfers reported by the Sherman County Register of Deeds: Bankwest of Kansas to Federal National Mortgage Association, in care of Bankwest of Kansas, Lots 8, 9, 10, 11 and 12 in Block 22, Third Addition or Colledge Addition to the City of Goodland, 528 E. 14th.

John T. and Mildred M. Laughlin to Maurice E. and Susan R. Johnson the NE/4 of the NE/4 of Sec. 4, T10S, R41W, except a tract of land containing five acres.

Mindy E. Bradbury, formerly Mindy Elaine Kite, and Hadley D. Bradbury quit claims to Elaine R. and John G. Kite 1/2 interest in and to the NE/4 of Sec. 4, T6S, R41W.

John D. and Joan K. Wells to J. David Wells and Jay D. Wells a tract of land in the NW/4 of Sec. 30, T8S, R39W.

John D. and Joan K. Wells to Jodeen and Dennis Stegman a tract of land in the NW/4 of Sec. 30, T8S, R39W.

Sherrilyn I. Coakes, also known as Sherrilyn Inez Sell Munsey Coakes, quit claims to Sherrilyn I. Coakes, trustee of the Sherrilyn I. Coakes Living Trust, interest in and to the NE/4 of Sec. 28, T6S, R42W; the NE/4 of Sec. 21, T6S, R42W; the SE/4 of Sec. 21, T6S, R42W; and the SW/4 of Sec. 21, T6S, R42W.

Jeanette Polt, successor trustee of the Beata E. Vrbas Living Trust, conveys and releases to Jeanette Polt, trustee of the Beata E. Vrbas B Trust, the SE/4 of Sec. 35, T6, R37W.

Leonard Martin Nelson and Lorna Elaine Nelson of Jefferson County, Colo., to Scott Alan and Tanya Jarrett of Sherman County the SW corner of the NW/4 of Sec. 22, T8S, R41W.

Caroline Louise and Savas C. Aviles to Melvin and Marsha K. Sieck the SE/4 of Sec. 35, T7S, R38W.

Elaine R. and John G. Kite to Daniel L. and Rita Stephens 1/2 interest in and to the NE/4 of Sec. 4, T6S, R41W.

Lois M. Richardson, Terry L. Richardson and Larry L. Richardson, trustees of the Lois M. Richardson Trust No. 1, to Doris D. and Luella P. Richardson and Roger Lee Richardson the S/2 of Sec. 4, T7S, R42W.

Doris D. and Luella P. Richardson and Roger Lee Richardson to Doris D. and Luella P. Richardson and Roger Lee Richardson as joint tenants with the right of survivorship the S/2 of Sec. 4, T7S, R42W.

Dennis A. and Sherry Leann Friedrichs to Jon and Tina M. Anderson a tract of land in the SW/4 of Sec. 7, T7S, R39W.

Gayle G. Belshe, trustee of the Gayle G. Belshe Trust, to Dennis and Sherry L. Friedrichs the N70' of Lots 1, 2, 3, 4, 5 and 6 in Block 12 in the First Addition to the City of Goodland.

## Parent/child relationships can lead to rivalry

When young children argue and squabble, it can be very frustrating for parents. The age difference between children can contribute to those conflicts, as can individual personality differences.

But the source of sibling rivalry isn't always just with the child. The relationship between the parents and children should also be considered.

Parents often unknowingly treat each child differently, without realizing the impact. And the children's perception of that treatment may be different than what the parent intends.

Favoritism perceived by the child, even if not intended by the parent, can be a source of frustration for the child and may be exhibited in arguing and aggression towards other family members.

For example, in our society, little



## high plains mental health

- plain sense

girls tend to receive more physical attention, such as hugging and holding, than boys.

Fathers sometimes pull away from showing physical attention to their sons because it is considered less "manly."

Yet all children, male or female, need that physical contact from both

parents. A friendly pat on the back or a reassuring hand on the shoulder from an adult, especially a parent, tells a child a lot.

Parents need to take time to determine the source of children's quarrels. Listen to their complaints to determine if those are legitimate, then discuss the issues together.

Giving children the chance to be a part of problem solving and decision-making can also reduce conflict. Even if the final outcome is not in the child's favor, he will be more accepting and cooperative if his ideas and opinions

have been shared and taken into consideration.

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

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