

# Cars today are lighter more plastic, rubber

**AUTO BODY, from Page 8**

"and they couldn't do it without me handling the office and the books."

Looking at the business, she says the biggest difference today that the cars have changed. They used to have heavier metal, and today there is more plastic and rubber.

"It used to be that if a car's frame got bent, that was the end, and if you did fix it no one wanted to deal with it because it had been bent," she said. "Today, we have a Genesis computer that tells us what is bent, and after we fix it, the computer makes sure it is right."

One of the things that makes repairing a car more expensive today is the air bags. If a car has a few years on the road and is involved in an accident, she said, the insurance company will total the car because of the cost of replacing the air bags in addition to the damage to the vehicle.

"We handle everything from replacing a door handle to a roll over," she said.

Outside the body shop, Nancy Kear

has been an avid bowler for 25 years. She bowls on a local league and is part of one of the two Goodland teams in the Travel League. This year she went to Kansas City for the state bowling tournament and will be going to the national tournament in Reno in July.

"I love to spend time with my family and my grand kids," she said.

Born in York, Neb., in 1956, Nancy Jane Bures moved after the third grade after the seventh grade to Akron, Colo., where her parents operated a motel and restaurant. She later moved to Loveland, where her dad worked for the city.

She has one son, Andy, who operates Kear's Liquor, and five stepchildren. A step daughter, Sharee, died in 1995.

The other four are Tony, in LaPorte, Colo.; Deven, who lives in Maine; Lonny Jr., who lives north of Greeley, Colo.; and Lisa, who lives in McKinney, Texas. She has 11 grandchildren, and says they are all special.

Andy graduated from Goodland High School in 1997 and went to the

**See AUTO BODY, Page 10**



Nancy Kear uses the computer to search for a windshield for a car. The computer has made doing repair estimates quicker, and helps locate and keep track of the many parts each job may need.



Lisa Malsom

*Thanks Lisa,  
for making  
each day  
special!*

**Malsom Welding &  
Repair Service**

1008 West 17th  
Goodland, Kan. 67735  
(785) 899-5423



Luci Thomas

Tanks,  
Tropical Fish,  
Supplies, Birds,  
Pets, Cages



**Luci's Aquarium**

1012 Main  
Goodland, Kan. 67735  
899-3260

***Service • Commitment • Dedication  
Describes our Working Women***



Front row: Karen Ginther, 22 yrs; Pam Parsons, 15 yrs; Carole Jarrett, 22 yrs;  
Back Row: Cinda Hatcher, 8 months; Marcia Sitton, 3 yrs; Jeanette Jones, 11  
yrs; Lonnie Newell, 16 yrs; Audrey Engel, 1 yr; Rosemary Sparks, 8 months;  
Jacque Delp, 2 yrs.



**WESTERN  
STATE BANK**

815 Center, Goodland, Kan.

785-899-2393

www.wsbks.com

*Quality tradition you can trust.*



**EQUAL HOUSING  
LENDER**  
FDIC  
insured



# Shop is family

AUTO BODY, from Page 9

U.S. Navy. When his father died, Nancy asked him to come back to help at the shop, but they found he had allergies to the chemicals, and in May 2001 he took over the liquor store.

Nancy helps with the books at the store and works weekends to give Andy and Ashley a break with their young children.

She says she is a novice coin collector, does cross stitch and loves music.

"I play the piano," she said. "My new house has become my project."

Part of that house is a 72-gallon aquarium that holds her two Bala sharks and two Angel fish.

"I had a 37 gallon tank, but the sharks didn't have enough room to turn around," she said. "I don't believe the story that fish will not outgrow the size of the environment they are living in."

She is a new member of the Goodland Chamber of Commerce board.

This summer she will be participating in the Relay for Life cancer walk. She said the auto shop has sponsored teams before, but this year Kear said she is going to walk in honor of her parents who both battled cancer.

She loves the Denver Broncos, and believes that goes back to her high school days when she was in the band, and her brother played on the football team. She says she is eager to see how the Broncos do this year with a new quarterback.



Nancy Kear talked to Matt Murray as he works on replacing parts on a wheel well. Murray has been at the shop for five years.

**We really appreciate all your hard work and dedication. Thank You!**



Front left to right: Jennifer Petracich and Brandy Bunjes. Back: Linda Linthacum

**L & W - Andrist Insurance Agency, LLC**

*Linda & Walt Linthacum - owner/agents  
Jennifer Petracich- agent*



**Insurance PLUS Service**



107 S. Quincy  
P.O. Box 577

St. Francis, KS 67756

102 E. 8th (8th & Main)  
P.O. Box 995

Goodland, KS 67735

(785) 332-2121 • 888-629-4245 (785) 899-5678 • 800-892-4245

**Truck & Tractor Repair  
L.L.C.**

714 E. Hwy. 24  
Goodland, Kan. 67735  
785-899-2401

*Wishes to  
Congratulate all  
Working Women!*

Amy Sederstrom,  
Office Manager



**We appreciate our  
hardworking women**



Cheryl Barnett, Darlene Freytag, Jody LaPolice, Anita Kendrick, Kara Johnson, Bonnie Mathes, Mary Ann Reitcheck, Lucille Betancourt, Geri Brown, Marina Garza, Connie Carson, Yvette Walden, Verda Scheck, Lindsay Sowers, Lonnie Kimminau, Betty Simon, Darla Spence, Linda Terry, Barb Merklin, Marlene Penton, Michelle Heiter, Kathy Lacy, Rhonda Rice, Tina Roeder, Venus King, Lee Nomaker, Jonna Herl, Karen Isaac, Doris Armstrong. We also thank all of the working women who are not pictured or named here.

**WAL★MART®**  
ALWAYS LOW PRICES. ALWAYS WAL-MART.

*Always®*

2160 Commerce Rd. • Goodland, Kan. 67735 • 785-899-2111



# Cooking was traditionally women's work

By Patricia Schiefen

The Goodland Star-News

One way to celebrate history is in community cookbooks. Women historically were the traditional cooks of the family and spent much of their day in the kitchen, but with the increase in the number of working women today, the number of men who spend time in the kitchen has grown.

An old cookbook can give an indication of the ethnic makeup of a town, as well as how much our eating has ventured from the original settlers. The way they measured the ingredients as well as some of the names of the ingredients, can be interesting as well as perplexing.

The following recipes are from the "Sherman County Kansas Historical Cookbook." Some were from the "Goodland Souvenir Cookbook" compiled by the Ladies of the Congregational Church around 1909-1910, the Chapter ZPEO 1929 Cookbook, and old family recipes of various members. These cookbooks are a fund raiser and can be purchased from the society as well as from Knott Just Books.

## Mince Meat

Mrs. Brown, Kanorado

Six cups meat, salted while cooking, 12 cups apples, both chopped fine, two cups molasses, three cups sugar, one cup boiled cider or one-half cup vinegar, three cups cider or if you have none, three cups of cloves and salt and one tea-

spoon of pepper and ginger.

## Jam Cake

Mrs. Ernest Bower

(wife of proprietor of J. W. Bower & Sons Furniture & Undertaking Store)

One cup butter, one cup brown sugar, three eggs, one cup sour cream, one cup strawberry jam, one teaspoon soda, one teaspoon cinnamon, one teaspoon allspice, flour enough to make common cake mixture. Bake in layers and put together with caramel filling.

## Russian Raspberry Cream

Terri Kelley Anderson

1 cup heavy cream  
3/4 cup sugar  
1 envelope unflavored gelatin  
10 ounce bag frozen raspberries, thawed  
3/4 cup cold water  
1 cup sour cream  
1 teaspoon vanilla

Heat cream and sugar in double boiler until lukewarm. Soak gelatin in cold water for five minutes. Add to cream mixture and continue to heat. When gelatin and sugar have completely dissolved, remove from heat and cool. When mixture starts to thicken, stir in sour cream and vanilla. Beat until smooth and pour into dessert cup and top with berries. Makes a beautiful red and white Christmas dessert.

## Mama's 1930 Spice Cake

Clara Fiechter Butler



Bringing home the groceries is something both partners do today, but in the past it was usually the woman who did the shopping even if she worked a full time job.

3 eggs  
1 teaspoon cinnamon  
2 cups sugar  
1 cup lard  
1/2 teaspoon ground cloves  
1 cup chopped walnuts  
2 teaspoon soda  
1 cup raisins  
3 cup flour

Cream lard into sugar. Add eggs. Beat well. Mix dry ingredients together. Combine with creamed mixture while adding milk. Add nuts and raisins. Bake at 325 degrees for 50 minutes. Makes a large cake. Milk may be soured by adding 1 teaspoon vinegar.

## Mrs. Tapper's Salted Cherries

Gulick family recipe by Karen Neitzel

Scant 1/4 cup salt

1 cup sugar  
1/2 cup vinegar  
4 cups water

Boil and turn over cherries that are placed in cans. Makes 3 quarts.

## Sugar Starch

Esther Spomer

Old-fashioned sugar starch for hand crocheted work. Mix 1/4 cup water and 3/4 cup sugar, heat slowly, don't boil. When clear, remove from heat. Dip the article in solution, stretch to shape. Dry thoroughly.

**Thank you to our Wonderful Staff**  
**We appreciate your hard work and dependability!**



**BUTTERFLY CAFE**

Renner Field, Goodland, Kan.  
785-899-2085

Carlotta McDermott  
12 years,  
Betty Wright  
12 years,  
Amy Ritchie  
6 months,  
Amber Young  
5 years,  
Dolores Corke  
12 years

**We appreciate and support all our staff members for their hard work and dedication!**  
**Thank you!**

Rita Elfman  
Becky Finnell  
Rochelle Rodenbeck

Julie Stefan  
Rhonda Lovins  
Jana Britt


Carol Guyer  
Kristi Hughes  
Teddi Bogenhagen

**Tender Love Home Care**

919 Main, Goodland, Kan.  
(785) 899-6418



**These are just a few of the hard working women at the Goodland Regional Medical Center**



Joann Hatfield, Anna Carter, Kerri Vasquez, Debbie Hickman, Frankie Thomas, Betti Avant, Patsy Van Vleet, Eloise Juentez, Selma Cook, Jackie Battistoni, Rosa McCord, Diana Slough, Dianna Briney, Angela Anderson, Rhonda Skrdlant, Karen Nelson, Terry Twombly, Jan McClelland, Connie Grieve, Brenda Cunningham. These are just a few of the hard working women at Goodland Regional Medical Center.

**Goodland Regional Medical Center**

220 W. 2nd, Goodland, Kan. 67735  
899-3625



# Don't throw that old cellular phone away!



A consumer donates a used wireless phone at a Verizon Wireless HopeLine collection box. The phone will be refurbished or recycled to help the environment and fight domestic violence.

More than 55 million wireless phones are disconnected and/or discarded each year in the United States. Rather than throwing away your old phone, you can recycle it through a program that supports victims of domestic violence. In addition, recycling your phone will keep it out of a landfill and will help preserve our natural environment.

To recycle your phone through the HopeLine program, simply visit a Verizon Wireless store and place your old phone in the collection box. Reusable phones are refurbished and donated to nonprofit domestic violence agencies to help keep clients safe. Other phones are broken down for parts, which are then sold to raise

money for domestic violence shelters.

"We're very pleased to have corporate partners join us in this effort against one of our costliest societal problems," said Christine Thrower, president/CEO of Women in Distress, a domestic violence agency based in Florida. "Domestic abuse takes an enormous toll on all of us physically, emotionally and financially all across the nation."

Verizon Wireless, the nation's largest wireless phone company, created HopeLine, and has contributed millions of dollars worth of phones, airtime and cash contributions to domestic violence shelters and related organizations. Since the program's

launch in 2001, more than 500,000 phones have been collected.

"We're very proud of the success of HopeLine, but there are so many more phones that could be helping domestic violence victims and that needlessly end up in landfills," said Mike Lanman, Florida regional president of Verizon Wireless. "With the collection boxes in all of our stores, we're trying to make it easy for everyone to join this effort and help our communities, rather than casually throwing away the phone."

To recycle an unused wireless phone, visit a Verizon Wireless retail store near you, or visit [www.verizonwireless.com](http://www.verizonwireless.com) for more information.

## Women need a heart healthy start

Paying mind to heart health may help save women's lives. According to the American Heart Association, coronary heart disease is the leading cause of death among American women, yet less than one-tenth of women recognize heart disease as a major threat to their health.

The statistics on heart disease are particularly frustrating, given that it is often an avoidable condition, like its link to high-cholesterol. Many of the 100 million Americans believed to be on the borderline of the high cholesterol category could possibly improve their conditions with simple

lifestyle changes and regular doctor visits.

People diagnosed with high cholesterol are often placed on prescription statins but few know of effective over-the-counter options, such as

**See HEALTH, Page 13**

### We Thank our Working Women



Mary Huckins, Office Manager  
Rose Anerson, Associate Broker

**GOODLAND**  
Tom Harrison, Branch  
Broker/Auctioneer  
785-465-9015 — after hours  
114 West 12th • Goodland, KS  
785-899-3060  
Fax: 785-899-3100  
Rose Anderson Assoc. Broker  
785-899-7464  
Ken Christianson Assoc. Broker  
785-694-2644  
Make an appointment to see any of these fine  
Homeland listings!  
WHEN ONLY THE BEST WILL  
DO...CALL!!  
Check out our new web page at  
[www.goodlandnet.com/homeland](http://www.goodlandnet.com/homeland)

**HomeLand**  
REAL ESTATE



## Kear's Quality LIQUOR

"We put the quality in your party"

Kear's Party Mix &  
Lonny's Quality Auto Body, Inc.  
honor their working women.



Nancy Kear, Ashley Kear, Marilyn Snethen

**Store Hours:**  
Monday - Saturday  
9 a.m. - 11 p.m.  
(785) 890-3276  
403 E. 17th  
Goodland, Kan.  
67735

We salute our working women,  
**Pam Mendenhall**  
**Jonna Eslinger**  
**Goodland Machine & Automotive, LLC,**  
is the tri-state area's quality auto repair center and state-of-the-art machine shop



Terry Selbe & Pam Mendenhall owner-members



419 E. 19th • Goodland • 785-899-6628 or 785-899-3444



# Nutrition may help women age gracefully

Women can find that the years of their lives ranging from 40 to 55 can be among the most satisfying of their life even though their bodies are experiencing changes. These changes are due, in large part, to the reduced production of the hormone estrogen.

Estrogen helps keep blood vessels elastic and functioning smoothly, helping regulate how much cholesterol the liver makes while helping preserve bone density. As menopause approaches and estrogen levels dip, the risk for

heart disease and osteoporosis rises. Preliminary studies suggest that lower estrogen levels may also have an impact on memory.

Eating healthfully can help you manage these life changes. You should add these important foods:

**Whole grains**-Whole grains contain lignans, which are a type of phytoestrogen. Scientists believe that these substances, found only in fruits, vegetables and grains, may act like a weak form of the hormone estrogen. Prelimi-

nary research suggests phytoestrogens may help fill in for the diminishing levels of estrogen in the body by, for example, helping to maintain healthy bones. Phytoestrogens may also help blood vessels retain their elasticity and perhaps protect against the hardening of arteries to the heart and brain.

Whole grains also contain fiber, B vitamins, antioxidants, and several phytonutrients. Together they can have a significant impact on the heart health of middle-aged women. The inter-

nationally famous, ongoing Nurses Health Study found that women who ate an average of 2 1/2 servings of whole-grain foods a day were 30 percent less likely to develop heart disease than those who ate only one serving a week.

**Soy-Like** whole grains, soy contains phytoestrogens. The bone, heart and memory benefits that may come from the phytoestrogens in whole grains might also be possible with soy. The protein in soy shows promise too. Eating 25 grams of soy protein a day, coming from whole soy foods, can help heart health by lowering artery-clogging cholesterol as much as 10 percent. A good source of soy protein can be found in such products as 8th Continent soy milk.

**Bone-saving** foods-No matter how gracefully you're aging, calcium, magnesium, vitamin D, phosphorus and perhaps boron are ingredients for strong bones. Eating foods that are rich in these vitamins and minerals, plus exercising daily, will help stem the loss.

**Weight-friendly** ideas-Weight gain can become an issue for women as they get older-often because of changes in physical activity. Physical activity is critical to staying at a healthy weight and should be part of your routine every day. Becoming calorie conscious helps as well. Foods rich in vitamins and minerals yet lower in calories contribute to the cause, so that means plenty of fruits, vegetables, legumes and whole-grain breads and cereals.

## Watching cholesterol leads to healthy heart

HEALTH, from Page 13

natural sterol/stanol supplements.

Sterols and stanols are substances contained in plants that when ingested, keep LDL (or "bad") cholesterol from being absorbed by the body. They are naturally found in beans, nuts, rye, soy, vegetables, fruits and more-but only in trace amounts.

Sterol and stanol supplements can be a good option for those with borderline to high cholesterol. One such product is Nature Made's Cholest-Off, which has been clinically shown to lower cholesterol levels by up to 24 percent. Speaking with a doctor about various options like sterol/stanol supplements should be the first

step in treating unhealthy cholesterol levels.

Here are a few quick references for heart health and cholesterol levels, as noted by the American Heart Association:

### When to get checked

- Cholesterol levels should be checked regularly regardless of your weight, exercise habits and diet.

- All women 20 years and older should have total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides levels (fasting lipoprotein profile) checked once every five years and more frequently for women 55 years old and older.

- As a rule, women have higher HDL "good" cholesterol levels than men. The female sex hormone estrogen tends to raise HDL cholesterol but

after menopause, the levels significantly drop.

What the numbers mean

- Total blood cholesterol will fall into one of these categories:

Desirable-Less than 200 mg/dL

Borderline high risk-200-239 mg/dL

High risk-240 mg/dL and over

Eat right and exercise

- To reduce cholesterol in your blood, eat foods low in saturated fat and cholesterol, lose weight if you need to and exercise 30-40 minutes on most days of the week.

For information on heart health and how plant sterols and stanols work to lower cholesterol visit [www.naturemade.com](http://www.naturemade.com), or call toll free 1-800-276-2878.

We appreciate your cheerful attitudes & hard work.



Pictured: Ruby Tubbs, Delilah Leiker and Mary Ann Van Vleet. Not pictured: Barbara Waldman, Vera Zwegardt, and Leora Jones.

**H & R BLOCK**

Call (785) 899-3022 or stop by 815 Main • Goodland, Kan. to set up your appointment

## Thanks for your Kindness & dedication to our Residents



Margaret Kaufman, Gail Keen, Sherry Helton, Tyler Brennan, Araceli Mendiola, Wanda Fralick. Second Row: Karen Hickson, Mary Ohmes, Becky Weeks, Jenny Davis, Marilyn Colby, Anna Mannis, Manuela Montanez, Mary Ann Mills, Mira Crawford, Jann Gillepsie, Shaunda Tompkins, Alice Steward, Wanetta Webber, Stephanie Turner, Anita Owens, Joan Ahmed, Judy Bateman, Laura Bennetts, Mary Jane Black, Mary Callahan, Angelica Dela Rosa, Isabel Dominguez, Jasmyn Enfield, Jennifer Enfield, Susan Engel, Linda Fuller, Barb Gross, Andrea Huddy, Ana Johnson, Kelly Jones, Trista Lalicker, Wally Neill, Pam Pennington, Terry Puentes, Jenna Roane, Sara Rodriguez, Nancy Rudy, Maria Sandoval, Phyllis Stewart, Sherry Thomas, Heather Tompkins, Jodeen Verlinden.



**Sherman County Good Samaritan**

208 W. Second St. • Goodland, Kan. 67735  
785-899-7517

**Thank you to our working women**



**Jacque's Hallmark**

1124 Main Ave. Goodland, Kan.  
785-899-7255



Jo Herl, Jacque Cooper, Jane Sponsel. Not pictured: Kathy Brim, Crystal Linsner, Judy Herl and Chelsee Phillips





# Money for women's business ambitions

Never underestimate the resourcefulness of women.

Nell Merlino certainly didn't. Knowing the challenges women face securing a small business loan in even the best of economic climates, Merlino in 1999 founded Count Me In, a nonprofit organization that lends directly to women entrepreneurs.

"Traditional lenders and the credit scoring system just don't take into account women's unique circumstances," explains Merlino, the CEO of Count Me In, who previously designed and produced the now-famous "Take Our Daughters to Work Day" for the Ms. Foundation for Women. "What we've learned is that when women are given economic and business tools, they become a driving force in the local economy."

Using contributions from both individual and institutional investors, Count Me In has provided women from all walks of life with loans to help start such enterprises as hair salons, yoga studios, auto repair shops,

online stores and catering businesses. The organization allows women to apply for a loan directly online through its Web site, [www.count-me-in.org](http://www.count-me-in.org).

Research supports the need for a micro lender like Count Me In. A 2000 Milken Institute report states women own 38 percent of small businesses in the United States but receive only 12 percent of all credit. The Center for Women's Business Research states women of color business owners face even greater difficulties in gaining access to capital. Merlino confirms that many women fall in-between the criteria for eligibility of many lending sources and the credit scoring systems used by conventional financial institutions. And the smaller sums of money that women often look for are not attractive to traditional lenders.

Heather McCartney, who candidly describes herself as "an unlikely busi-

**See BUSINESS, Page 15**

**Thanks for all the hard work you do for us.  
We appreciate your fine efforts.**



Monica Stramel and Tancy McDaniel

**Peoples**  
STATE BANK **FDIC**

Colby, Kan. 785-462-2224	Hoxie, Kan. 785-675-2224
Goodland, Kan. 785-890-2224	McDonald, Kan. 785-538-2224

**OUR WORKING WOMEN  
DESIRE TO MAKE YOUR  
EXPERIENCE AT  
DAN BRENNER  
FORD-MERCURY, INC.  
EXCEED YOUR EXPECTATIONS.**

Quality Care "Where Service is an Affair of the Heart" 800-636-8770 (TOLL FREE)  
785-899-2316 (BUSINESS)  
785-899-2317 (FAX)

**DAN BRENNER**  
FORD-MERCURY, INC.  
222 W. Hwy. 24 I-70 BUSINESS LOOP GOODLAND, KS 67735



Marci Finley, Dawn Ann Stewart, Shannon Vlach



**We recognize our working women**



Sandy Trachsel, Linda Rummel, Joy Boyington  
Back row: Barb Abbott, Roberta Normandin, Barb Bedore, Tanya White, Jessica Franklin, Amber Luedke, Wilma Pfannenstiel, Angie Winter

**Kennedy & Coe**

520 Main, Goodland, Kan. 785-899-3676

**Thank  
You  
For  
letting  
us  
serve you!**



**Nora Garcia & Judy Schrader**

**Garcia's**  
Home Furnishings & Appliance

1114 Main Goodland, Kan. 67735  
(785) 899-5123



# Phosphorus key in preventing osteoporosis

According to a new survey, American women aged 30 and older are taking greater action to prevent osteoporosis than breast cancer, obesity and diabetes. Yet, there is a serious gap between women's concern about osteoporosis and their knowledge about supplements for bone health.

Nine out of 10 women report taking concrete steps to prevent bone loss, including taking a calcium supplement (55 percent) and exercising. But, most women are unaware that, for optimal bone health, calcium supplementation has to be paired with an appropriate daily intake of phosphorus, an essential nutrient that comprises approximately one-third the mass of bone mineral. "While the importance of calcium for bone health is irrefutable,

clinical studies have shown the effectiveness of calcium supplementation in maintaining bone integrity may be limited if supplemental phosphorus is not also provided," says Dr. Machel Seibel, Professor of Obstetrics & Gynecology, University of Massachusetts Medical School and Medical Director,

Inverness Medical Innovations, Inc.

Several studies have demonstrated the importance of the calcium/phosphorus balance for bone health. The most recent, published in the Journal of the American College of Nutrition, found that as calcium intake increases without a corresponding increase in phosphorus, total phosphorus absorption falls, and the risk for phosphorus deficiency rises. Calcium supplementation without adequate phosphorus may actually lead to a reduction in bone mass.

The survey reveals that women are not aware of the health benefits of phosphorus. Only 20 percent of those surveyed say phosphorus is very important for bone health. About 83 percent cannot name any health benefits associated with phosphorus. Among women who say they are taking steps to combat osteoporosis, only 36 percent agree that phosphorus helps build and maintain healthy bones. Even among women diagnosed



with osteoporosis or osteopenia (low bone mass), only 21 percent are aware of phosphorus' health benefits. "These findings are significant because they illuminate the large gap between women's concern about preventing bone loss and the knowledge they need to accomplish that goal," says Karen Giblin, President of Prime Plus/Red Hot Mamas(r) Menopause

Management Education Programs. "For women in their 30s and beyond, the easiest way to ensure the proper balance of both nutrients is to supplement their diet with a calcium supplement that contains both calcium and phosphorus," adds Dr. Seibel.

Visit [www.postured.com](http://www.postured.com) or for menopause information log on to [www.redhotmamas.org](http://www.redhotmamas.org).

## Finding money for business

**BUSINESS, from Page 14**

nesswoman," believes she would've remained on the losing side of these statistics were it not for the \$5,000 loan she received from Count Me In to open the now-thriving Ethnic Edibles cookie company in The Bronx in New York City. "I think the greatest barrier for women is self-doubt," McCartney says. And Jennifer Gartner praises Count Me In when she cites that the greatest hurdle she faced in trying to establish her New Orleans-based handcrafted doll-making business was "finding a financial institution that believes in your idea and is willing to back you up"-which Count Me In did recently in the form of a \$5,000 loan.

Since 2000, the organization has awarded more than \$800,000 in loans to over 300

women, ages 18 to 75, in 48 states. Borrowers can take out loans ranging from \$500 to \$10,000-and there is currently \$1 million available to lend to women entrepreneurs.

What's more, Count Me In's latest program, Invest in Women Notes, offers investors the opportunity to support its mission by buying interest-bearing notes. The money is pooled into a revolving loan fund, which goes directly to women entrepreneurs.

Notes start at \$2,000 and are offered for terms of one, three or five years with money market returns.

For information, to apply for a loan, or to purchase Invest In Women Notes, visit [www.count-me-in.org](http://www.count-me-in.org) or contact their offices at 22 West 26th Street, Suite 9H, New York, NY 10010 or call (212) 691-6380.

## Women helping to keep you informed



Pat Schiefen, Shannon Davidson, Sheila Smith, Phyllis Hadley, Sharon Corcoran



Mary Jo Tapparo, Teniele Lovelace, Betty Morris, Judy McKnight. Not pictured Lana Westfahl.

The  
**Goodland Star-News**  
and **Nor'West Press**

1205 Main, Goodland, Kan. 785-899-2338



# Thank you to the Ladies of First National Bank



**Call Center/Customer Service/Human Resources**  
Back Row (L to R): Charlene Fritsch, Judy Webring, Susan Bellamy,  
Cathy Hoelting & Miriam Yonkey. Front Row (L to R):  
Ann Weber, Donna Pickman, Sandy McElwee  
Not Pictured: Gennifer House



**Trust Department**  
Back Row (L to R): Susan Johnson  
& Loral Belshe. Front Row: Tina  
Gleason & Debbie Martin



**Tellers and Deposits**  
Back Row (L to R): Tina Gleason, Carol Stewart,  
LaVona Rand, Rhonda Garza & Darlene Lauer. Front Row  
(L to R): Jessica Kannady, Anita Henderson, Jocelyn Lucas &  
Sherida Shoff. Not Pictured: Ann Middleton



**Loan Department**  
Back Row (L to R): Becky Purvis, Sara Hill, Yvonne  
Acosta, Kim Adolph. Front Row (L to R): Jo Rodgers, Jan  
Lohr & Rita Billinger. Not Pictured: Peg Hanke



**Operations Department**  
Back Row (L to R): Michelle Murray, Jacque Brydich, Connie O'Hare, Jane Young, Evann  
Hardy, Tena Tompkins, Brittany Schields, & Norma Crouse. Front Row (L to R): Donna  
Fenner, Mary Kay Jorgensen, Janet Mehling, Connie Soellner & LaDonna Snyder.  
Not Pictured: Barb Thomas



**Risk Management &  
Information Systems**  
Back Row (L to R): Jenifer  
Sanderson and Jeris McCombs.  
Front Row: Kris Armatys &  
Brooke Draper

## *A special Thank You to the Ladies with over 25 years of service.*

Peg Hanke, 44 years of service  
Norma Crouse, 37 years of service  
Charlene Fritsch, 35 years service  
Janet Mehling, 32 years of service  
Barb Thomas, 28 years of service

Rita Billinger, 28 years of service  
Susan Bellamy, 27 years of service  
Miriam Yonkey, 26 years of service  
Ann Weber, 27 years of service