

student news

**Amy Renee Herl** graduated from Kansas State University in May summa cum laude with a Bachelor of Science in business. To graduate summa cum laude her grade point average was 3.95 or higher. She also received spring semester honors. To earn honors the student has to be in the top 10 percent of their class.

**Aaron Carl Duell** received spring semester honors. To earn honors the student has to be in the top 10 percent of their class.

card showers

**Wayne and Linda (Blume) Marshall** will be celebrating their 40th Wedding Anniversary on Thursday, July 10, 2008. Cards may be sent to 1613 E. 22nd Street, Hays, Kan. 67601.

activities

**Tours of the 1907 Victorian House** at 202 W. 13th are from 10 a.m. to 5 p.m. Wednesday through Monday.

The **High Plains Museum**, 1717 Cherry Ave., is open from 9 a.m. to 5 p.m. Monday through Friday, from 9 a.m. to 4 p.m. Saturday and from 1 to 4 p.m. Sunday.

The **Carnegie Arts Center** is open from 10 a.m. to 5 p.m. Monday through Friday, 10 a.m. to 4 p.m. Saturday and 1 to 4 p.m. on Sunday at 120 W. 12th. Carriage rides are available on Saturdays from 10 a.m. to 4 p.m. and cost \$5. New summer items are baby clothes and quilts, photography by Rich Hughen and pottery by Steve Coburn. New card lines are Marilyn Frisbee, Michael George King and Rebecca Kunz. Art work on display is by Shirley Houston and Elwyn Vatcher.

The **Goodland Public Library** is open from 10 a.m. to 7 p.m. Monday through Thursday and from 10 a.m. to 5 p.m. Friday and Saturday.

**Prairie Piecemakers Quilt Guild** will meet at 6 p.m. the second Thursday of each month at Wheatridge Acres in Goodland. The Piecemakers will have open sewing from 8 to 11 a.m. on the fourth Saturday of the month at Wheatridge. For information call Cora House at 899-2619, Joan Reid at 890-7301.

**Big Brothers/Big Sisters** of Sherman County is seeking mentors and children to mentor. Call 890-3665.

**Goodland Mothers of Preschoolers (MOPS)** will meet from 6 to 7:30 p.m. the first Monday of the month at the First Christian Church, Eighth and Arcade.

**Diabetes Support Group** meets at 4 p.m. the last Tuesday of each month in the large board room at Goodland Regional Medical Center. Patients, family and friends meet each month for a speaker and educational program. Call Sarah Linton at 890-6044.

**Breast Cancer Support Group** meets at 5:30 p.m. the second Monday of the month. Any woman with cancer is welcome. Call Cheryl at 890-5528 for more information.

**Emotions Anonymous** meets at 7:30 p.m. Wednesdays at the Goodland Regional Medical Center board room.

**Aerobics Classes - 5:30 a.m.** aerobics classes are offered Monday, Wednesday and Friday at the Goodland Activities Center. 5:30 p.m. aerobics classes are offered Monday, Wednesday and Thursday. Call 890-7242.

**TOPS Meetings - Take Off Pounds Sensibly** meets at 5:30 p.m. Tuesdays at North Elementary School. Weigh-in is at 5 p.m. A new group may be started and meet at a different time. Call Norma Mullen, area captain, at (785) 689-4362.

**Goodland Alcoholics Anonymous** meets at 8 p.m. Monday, closed meeting, Wednesday, the book meeting, and Saturday, an open meeting, at 1013 Center. For Alcoholics Anonymous, call Rob at 890-3023 or Linda at 399-2353.

**Goodland AI-Anon Serenity Seekers** group meets at 5:30 on Wednesdays at 1013 Center. For information call Cheryl at 890-3023.

The "Freedom Today" group of Narcotics Anonymous meets at 8

the calendar

calendar

Jodie Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from 1 to 2:15 p.m. **Thursday** 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. Tubbs will be in Goodland on the first and third Thursday of each month.

**Prairie Land Food sign up** will be until **Monday, July 14**, and pick up will be from 10:30 to 11:30 a.m. Saturday, July 26, at the Goodland Elks Lodge for the July distribution. Anyone who wants to see what is in the packages can stop in on distribution day.

The Sherman Theatre **summer matinees** is at **1:30 p.m. on Wednesday** is "The Water Horse: Legend of the Deep." The next movie on Wednesday, July 9, is

**19, in Garden City.** The staff of Senior Health Insurance Counseling for Kansas Program will do the training. The counselors help Medicare beneficiaries who have questions and problems regarding their health insurance. For information call Glenna Clingsmith at (800) 432-7422 or (785) 628-8204.

**Stratton "AA by the Book" Alcoholics Anonymous** group meets at **7 p.m. Thursdays** for a beginners open meeting. Families and young people welcome. Call (719) 348-5398 for men and (719) 346-8553 for women. On U.S. Highway 24 go to Statton and it is the second house on the left, 513 Iola Street.

**Fibromyalgia and Chronic Myofascial Pain Support Group** meets from **6:30 to 8:30 p.m. the third Wednesday** of every month in the Emergency Medical Services building, 257 15th St., in Burlington. Call Debbie at 719-346-4612.

area events

The **Lake Atwood County Challenge Race** will be on Friday starting at 6:30 a.m. (Mountain Time). The men will run five miles and the women will run 2.5 miles. For information call Charles Peckham at (785) 626-3295 or (785) 626-9516.

Colby Community College will offer a **certified nurse aide class** beginning on Monday, Aug. 4. Classes will meet from 8 a.m. to 3 p.m. (Mountain Time) on Aug. 4, 6, 8, 11, 13, 15, 18 and 20 will meet at the Health Science Building room 809. Clinicals will meet from 8 a.m. to 4 p.m. (Mountain Time) on Aug. 5, 7 and 12 and from 6 a.m. to 2 p.m. (Mountain Time) on Aug. 14, 19 and 21 at Prairie Senior Living Center of Colby. Cost is \$435.

A workshop for professional on "**Suicide Assessment and Risk Management**," is being offered from 8 a.m. to 4 p.m. (Mountain Time) on Wednesday, July 16 by High Plains Mental Health Center, 208 E. 7th, Hays. The registration is \$75 and includes lunch. For information call Karen Schueler or Ken Loos, Prevention, Education and Outreach Department at (785) 628-2871.

**Bead International** will be at the Dane G. Hansen Museum at Logan till Sunday, Sept. 7. Hours are Monday to Friday 8 to 11 a.m. and noon to 3 (Mountain Time).

"**The purse and the person**, a century of women's purses" will be at the Dane G. Hansen Museum at Logan from Friday, July 18 to Sunday, Sept. 28.

**Registration for the therapeutic message program** at Colby Community College will be from 9 a.m. to noon and 1 to 3 (Mountain Time) on Wednesday, July 9. For information call (785) 460-5496.

The **State Mid-Summer Council of Administration** will meet on Friday to Sunday, July 18 to 20 in Newton for the Department of Kansas, Veterans of Foreign Wars and its Ladies Auxiliary.

**Training for volunteer health insurance counselors** by the Northwest Kansas Area Agency on Aging will be Wednesday and Thursday, July 16 and 17, and Tuesday, Aug.

"Surf's Up."

Moonlight Entertainment, Goodland Public Library and the Goodland Arts Council will have **Movies on Main** at the VFW north wall parking lot between the VFW and the GAC on Thursdays every other week. Showing will be "**Footloose**" on **Thursday, July 3**, "**Big**" on Thursday, July 31 and "**Rocketman**" on Thursday, Aug. 14. Movies will start at sunset (8:30 to 9 p.m.) Bring lawn chairs, blankets and snacks. There is no charge.

**Registration for the Vacation Bible School** at the Emmanuel Lutheran Church, 222 W. 13, will be until **Friday** for the whole community. The school will run from Monday, July 14 to Friday, July 18. There will be classes for preschool-aged children through adults. A nursery will be provided. There will be a light supper served starting at 5:30 p.m. For

information call (785) 890-6161 or Pastor Jane Rothman at (785) 890-6110.

**Bible Baptist School has limited openings** for new students for 2008-2009 school year for a quality Christian education in Goodland at affordable prices. The school is in its ninth year. For more information call (785) 890-7368.

**senior menu**  
**Today:** Goulash, Italian blend vegetables, choice fruit, bread sticks and pudding. **Wednesday:** Chicken vegetable casserole, five cup salad, biscuit, peach upside down cake. **Thursday:** Hamburger, pasta salad with vegetables, watermelon, bun and cookie. **Friday, July 4:** No meal. **Monday:** Tater tot casserole, winter mix vegetables, bread and applesauce.

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

Blood pressures; infants', children's and adult's immunizations; health assessments for Kan Be Healthy, daycare and school entry; fasting blood sugar and hemoglobin; and family planning available by appointment. Sharps containers are available free. Call 890-4888. WIC program available.

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

**Water Testing** — The Northwest Local Environmental Protection Group does well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the Health Department at 890-4888.

**hospital volunteers**  
Gift shop hours are 9 a.m. to noon and 1 to 4 p.m.; a.m. and p.m. volunteers are in the gift shop.

**Today:** Emma Van Vleet, courtesy. **Wednesday:** Mazie Sutton, courtesy. **Thursday:** Van Vleet, courtesy. **Friday:** Sutton, courtesy. **Monday:** Sutton, courtesy.

thrift store

Anyone wanting to donate to the Goodland Churches Thrift Shop should call 899-2007 to arrange to meet by the door in the alley and take donations directly from the car to the warehouse.

The store needs zippered bags like those bedding and curtains are sold in, seal-a-meal bags or any bags that can be heat-sealed, and jewelry gift boxes.

early head start

Early Head Start is a state funded program for income eligible families with prenatal mothers and children up to three. Families participate in a variety of educational activities and receive free medical and dental care.

Services include special needs of children with disabilities. If you

have a family member with a special problem, such as drug or alcohol abuse, job loss or other family crisis, your family can qualify. Call 785-672-3125, ext. 187.

**preschool**  
Sherman County Head Start is a free preschool for eligible 3 and 4 year olds. The federally funded program is targeted to families who meet certain economic guidelines and provides hearing, vision, dental and educational screenings. Nutritious meals are served, and parents are encouraged to get involved in their children's education.

Families interested in having their child in the program should call Carrie Stars at 890-2552 or go to Sherman County Head Start, 823 W. 11th.

**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 Domestic and Sexual Violence Services provides help day or night to victims of domestic violence and sexual assault. Weekly support groups are available in Hays. **Support group for women's** domestic violence victims/survivors is from **3:30 to 4:30 p.m. Central Time on Wednesdays**; a **men's** domestic violence victims/survivors support group from **noon to 1 p.m. Central Time Tuesdays**; and a youth support group is available by appointment. A sexual violence victims/survivors support group in Hays and a domestic violence support group to meet in Colby are being formed. If interested in joining or for information or help, call (800) 794-4624. In the Colby area, call (785) 443-1130 ask for Becky. For time and location of youth support group, ask for Jennifer Follis.

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 890-4570. Interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 821-4142 or 821-4146.

Cattle can graze on reserve lands

The government will allow stockmen to graze cattle on Conservation Reserve Program land in Sherman and Wallace counties through Sept. 30, Bill R. Fuller, state director of the U.S. Farm Service Agency, said Friday.

Sherman, Wallace and Haskell were added to a list of five previously approved for emergency grazing, Grant, Hamilton, Morton, Stanton and Stevens.

Participants must leave at least 25 percent of each field or contiguous

CRP fields ungrazed for wildlife, he said, or graze not more than 75 percent of the stocking rate.

Landowners must contact the Farm Service county office to request permission, Fuller said, and work with the Natural Resources Conservation Service to develop a forage management plan. If the cover is destroyed, it must be re-established at the owner's expense.

Farmers must accept a 25 percent reduction in the annual rental payment for the acres actually grazed.

Teens' erratic eating leads to obesity

Obesity in adults has become a topic of national concern and a health risk that can lead to serious medical problems such as high blood pressure, diabetes and cardiovascular disease.

The significant rise in childhood obesity in recent years is even more concerning, prompting the medical field to increase efforts to educate parents about proper nutrition for their children and the benefits of exercise.

According to a study published in the *Journal of Consulting and Clinical Psychology* (April 2005), adolescent girls can potentially avoid significant weight problems when their parents emphasize regular meals, monitor possible depression and take responsibility for their own healthy weight level. The authors interviewed 496 adolescent girls, ages 11 to 15 years, and identified several important points.

First, erratic eating such as skipping meals, promotes weight gain because an adolescent's body does not get a regular supply of nutrients. The inconsistent nutrition can alter physiological responses and disrupt the normal appetite pattern, resulting in unhealthy eating and the risk of weight gain. Eating three meals a day continues to be a much healthier option than only snacking most of the day or deliberately skipping meals.

A second finding suggests the depressive symptoms in adolescent girls can also contribute to weight gain. Low levels of serotonin, a

high plains mental health plain sense



neurotransmitter that affects emotional states, can lead individuals to consume excessive amounts of carbohydrate-rich foods in an effort to regulate their serotonin levels. Such foods include bread, cereals, pasta, rice and potatoes, which are basically nutritious, but can lead to significant weight gain when consumed regularly in large amounts.

A finding indicated that an adolescent girl's perception of her parents' weight is also a factor in future weight gain. The risk of obesity was more than four times higher for adolescents who reported having an obese parent as compared to peers who did not have obese parents. This factor was present for girls who were raised by biological as well as non-biological as well as non-biological parents, indicating that both family genetics and environment can be reasons for a child's weight gain. In other words, parents need to not only teach their children about healthy eating and exercise, but must also practice those same behaviors and be a positive role model.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education and Outreach Department of High Plains Mental Health Center. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Employment verification form has changed

Attention employers! The I-9 form for verification of employee citizenship has been revised effective June 18. See the following website for the revised form: [www.uscis.gov/files/form/I-9.pdf](http://www.uscis.gov/files/form/I-9.pdf).



jamie morpew  
business tips

All employees hired after November 6, 1986, and working in the United States must complete a Form I-9. Employers must retain completed forms for three years after the date of hire or for one year after the date employment ends, whichever is later.

Submission of the information required for this form is voluntary, but an individual may not begin employment unless this form is

completed. Employers are subject to civil or criminal penalties if they do not comply with the Immigration Reform and Control Act of 1986.

This tip was brought to you by Western Kansas Business Consulting. We offer free and confidential business consulting to Kearny, Scott, Sherman, and Wichita counties. For information or to set up an appointment, call Jamie Morpew at (620) 874-0771 or e-mail [wkbc@wbsnet.org](mailto:wkbc@wbsnet.org). Sponsored in part by Sherman County

Send your events to [star-news@nwkansas.com](mailto:star-news@nwkansas.com).

**Thank You!**  
Word of Life Church says THANK YOU to the following businesses who supported Family Night Out.

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