

# K-State University site of July wedding



Amanda and Alan Cebula

Amanda Hoffman and Alan Cebula were married on Saturday, July 26, 2008, at All Faiths Chapel at Kansas State University in Manhattan.

Father Nicholas Parker, 2000 Goodland High School graduate, and Carol Moore-Ramey, former pastor of Goodland First United Methodist Church, officiated at the double ring ceremony.

The bride's parents are Richard and Lyn Hoffman of Topeka formerly of Goodland. The groom's parents are Stanley and Gwendolyn Cebula of Goodland. Her grandparents are Edward and Annette Helwig of Cedar Grove, N.J. and Connie and the late George Hoffman of Surprise, Ariz. His grandparents were the late Thomas and Stella Cebula, former Goodland residents and the late James and Norene Forbes.

The bride was escorted by her father. She wore a white, strapless, A-line gown with a beaded bodice and sweetheart neckline. The cascading train had some pick ups and was bordered in beaded lace and hand-sewn beads on the back of the dress down the train. The veil had a scalloped edge that the bride's mother had lined with beads.

She carried cascading white and purple lilies and silk flowers bordered by ferns with some jewels intermixing with white ribbon.

The maid of honor was Amy Aadalen of Topeka and attendants, Deanna Livengood of Goodland, Ashely Cebula, Amy Cebula and Aileen Raymer, sisters of the groom

all of Goodland. The junior bridesmaid and candle lighter was Catherine Carbeck of Scottsdale, Ariz., cousin of the bride. They wore greenish purple iridescent taffeta strapless tea length dresses with pick ups on the skirts. They carried an assortment of purple silk flowers lined with purple ribbon.

The groom wore a black tuxedo with green vest and tie.

Aaron Cebula and Adam Cebula, brothers of the groom, were the best men. Other attendants were Jeremy Hoffman of Topeka, brother of the bride, Tom Cotter of Goodland and Donald Raymer of Goodland, brother-in-law of the groom. Junior groomsmen and candle lighter was Antonio Luttrell of LaJunta, Colo. They wore black tuxedos with silver vests and ties.

Amir Bahadori of Kansas City, Jacob Wieneke of Lincoln, Aaron Etkorn of Kansas City, Mo. and Josh VanMeter of Menneapolis were ushers.

Music was provided by soloist Amanda Jolly of Goodland, pianist Jennifer Horchem of Topeka and Kansas State University Acappella Men's Group performed "Cannon in D" when the bridesmaids walked down the aisle.

The reception was at the Courtyard by Marriott of Junction City with hors' d'ourves and a dance. Kathi Hoffman of Surprise, Ariz. and Dina Hoffman of Edmond, Okla., both aunts of the bride and Jan Stephenson of Tavares, Fla., cousin of the bride, served cake.

Crab-stuffed mushrooms, barbecue shrimp, meatballs, chocolate-covered strawberries, spring rolls, fresh fruit, vegetables with dip and chicken fingers were served.

The acappella group performed some jazz, oldies and some contemporary music at the reception. A slideshow of pictures dating back to the eighth grade, when the couple first began dating, was shown.

The groom's cake was made of brownies in the shape of a nuclear reactor with bride and groom rubber duckies floating on top of blue water. This was designed around the Triga Mark II Nuclear Reactor the groom worked on throughout his time at K-State.

The couple honeymooned in Puerto Vallarta, Mexico.

The bride graduated from Goodland High School in 2003 and K-State in May 2007 with a Bachelor of Science in communication studies with a minor in leadership and is currently the community relations coordinator for Webster University in Ocala, Fla. She will work on her master degree in business administration at Webster.

The groom graduated from Goodland High School in 2003 and in December 2007 from K-State with a Bachelor of Science in mechanical and nuclear engineering and is currently working on his masters in medical physics at the University of Florida of Gainesville, Fla.

The couple will reside at 1700 SW 16th Ct, C 27, Gainesville, Fla. 32608.

## Three pigs come to school

The Wichita Children's Theatre Professional Touring Company, a Western Plains Arts Association performance, will present the fairy tale of "The Three Little Pigs" at 1:30 p.m. on Thursday at the Goodland High School Auditorium.

In this adaptation by Kevin M. Reese, Mama Pig gives her three little babies some valuable advice as she sends them out into the world. She tells them how to stay healthy and happy, and tells them to beware of the Big Bad Wolf! One by one the little pigs encounter the Wolf, and one by one the pigs teach the Wolf lessons about getting along with others.

The Wichita Children's Theatre Professional Touring Company performs from September through February in Kansas, Nebraska, Missouri, Arkansas, Oklahoma, and Texas. The Company is professional in every facet, complete with storybook sets, costumes, and props appropriate for each production.

Also on Thursday there will be a 8:30 a.m. (Mountain Time) show at the Atwood High School and at 6:30 p.m. (Mountain Time) at the Oberlin High School Auditorium. On Friday there will be a performance at 8:30 a.m. (Mountain Time) at Winona and 12:30 p.m. (Mountain Time) at Quinter.

Adult admission is by Western Plains Arts Association season ticket or at the door.

# Psychological benefits of voting in election

Election Day is Tuesday, Nov. 4, and based upon past voting analysis, less than six out of every ten eligible voters will choose to cast their vote. The voting turnout for the last Presidential Election in 2004 was 56.7 percent, which was the highest rate since the 1968 election. According to experts who study voting trends, there are roughly three general attitudes that determine how a person views the importance of voting. The first category is dominated by the feelings of obligation and duty. Individuals in this category believe it is their patriotic duty to vote. They believe that by exercising their right to vote, they are honoring the service men and women who paid the



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- plain sense

ultimate price for our nation. The second category is dominated more by a sense of convenience; individuals will vote if they are able to make it to a polling station before it closes. The view voting as important but not mandatory; it is just one more responsibility that should get done by the end of the day. Finally, there are a number of individuals who choose

not to cast a vote because they do not believe their vote matters and nothing of substance will ever change. This attitude may partially explain why close to 30 percent of eligible American voters do not even bother to register.

Regardless of these views, there are some basic psychological benefits that can result from exercising your right to vote. First, when faced by any kind of challenge, it is important to take action. Even when an individual cannot fix large

and complex problems such as the nation's financial crisis, the rising cost of living or the war in Iraq and Afghanistan, it feels better to take action than to simply believe that all of this is beyond our control. By taking a stand and voting, a person may feel less helpless in the face of these challenges and may feel somewhat more optimistic just by actively contributing through the election process. Another benefit from voting is the inherent participation in something bigger than us. By casting your vote, you become an active part of your community, state and country. Numerous studies have shown that people who are involved organizations, communi-

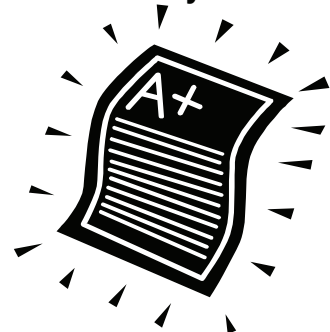
ties or social causes tend to be more optimistic and content than those people who are uninvolved.

Yes, it is possible that your candidate may not win and you will feel your efforts were in vain. But then additional psychological benefits of voting come into effect, through those of acceptance and learning to compromise.

*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.*

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who have not had a recent colorectal cancer screening test, talk to your physician or call Southwind Surgical to schedule a colonoscopy when we're in your local hospital. Our surgeons travel throughout the region providing outreach services.



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