

The Goodland Star-News

Friday, August 27, 2010



SALUTING

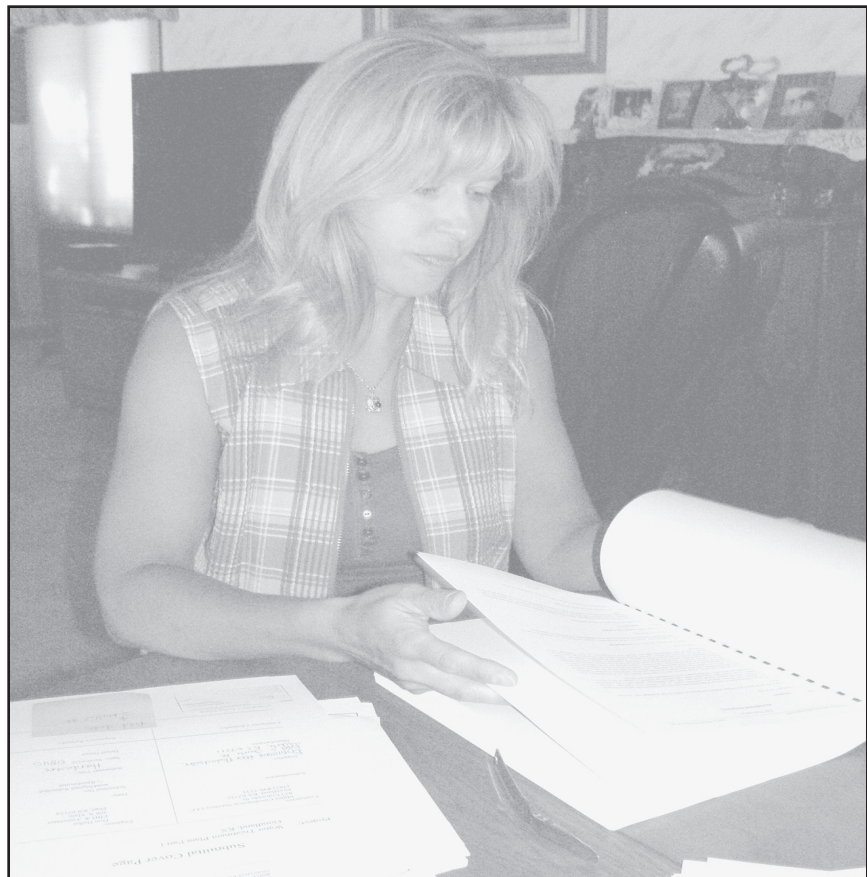
WOMEN



BUSINESS



Shelly Angelos, Goodland superintendent



Jodi Miller, business manager for Miller Construction

A special salute to all the women who work in businesses in Goodland, Sherman County and throughout northwest Kansas.

School finances keep superintendent busy

By Pat Schiefen

pjschiefen@nwkansas.com

Goodland School District Superintendent Shelly Angelos keeps busy trying to navigate the uncharted waters of shifting finances from the state and the increasing challenges of meeting the No Child Left Behind requirements by the federal government.

Superintendent Angelos took over the top job after Marvin Selby retired for the 2006-2007 school year. This is her fifth year as superintendent.

"The work is very challenging," she said. "There have been so many changes at the district and state levels."

The highlight of her years as the superintendent, she said, is when you see growth and achievements in the kids both academic and athletically.

The biggest challenge facing educators is to meet the 2014 goal of 100 percent proficiency required by the federal No Child Left Behind, she said.

Superintendent Angelos said the challenges educators are facing has made the quality of instruction a whole lot better.

This is the second year for the district's

professional learning communities, she said. We know more how to utilize our time on Wednesday mornings. The newest addition in the arsenal to improve education is a walk through by administrators and fellow teachers. The aim is not to threaten or evaluate but to give the teacher constructive criticism to help them improve their instruction.

She said there is so much more science on what works and how kids learn for teachers to use. Some teachers did those things anyway but now research and science forms a more concrete base to work from.

The district is going to use Marzano Instructional Strategies this year, she said. The strategies try to integrate technology using nine different instructional techniques. These techniques identify similarities and differences in a concept, student learning through note taking and summarizing, teachers reinforcing student's effort and recognizing them for it, using homework and practice, using visual representations of a concept, group learning, setting goals and measuring progress, generating and testing a hypothesis and using cues and questions.



Superintendent Shelly Angelos keeps busy trying to balance the district finances.

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Front row, left to right: Sharon Lightle (15 yrs), Phyllis Stewart (11 yrs), Nyla Mendenhall (5 yrs), Andrea Huddy (9 yrs), Jenn Rager (3 yrs), Hayle Aguilar (5 yrs) and Mary Ann Mills (28 yrs). **Middle row, left to right:** Alice Jackson (4 yrs), Pam Pennington (25 yrs), Sherry Thomas (17 yrs), Sherry Helton (1 yr), Anna Mannis (14 yrs), Leslie Oquendo (1 yr), Casey Wilder (1 yr), Heather Juranek (1 yr), Estefana Castillo (7 yrs), Cindy Becvar (2 yrs), Barb Rall (9 yrs), Margaret Kaufman (28 yrs) and Karen Hickson (33 yrs). **Back row, left to right:** Pam Black (3 yrs), Michele Coates (2 yrs), Kayla Lovins (3 yrs), Kyle Elliott (5 yrs), Megan Murray (1 yr), Amber Gagilardo (1 yr), Jillian Lovins (1 yr), Sucana Bussone (1 yr), Alisha VanDyke (1 yr.), Liza Fralik (2 yrs), Emily Flores (1 yr), and Gail Keen (12 yrs). **Not pictured:** Wynona Shockey (23 yrs), Wally Neill (18 yrs), Mira Crawford (13 yrs), MJ Black (13 yrs), Wanda Fralik (13 yrs), Angelica DelaRosa (10 yrs), Isabel Dominguez (10 yrs), Cindy Leonard (7 yrs), Savannah McIlroy (5 yrs), Shaunda Tompkins (4 yrs), Stephanie Williams (4 yrs), Virginia Terry (3 yrs), Clydia Sharon (3 yrs), Shirley Pearson (3 yrs), Stephanie Cochran (3 yrs), Leslie Vesper (2 yrs.), Maria Hernandez (1 yr), Donna Ronco (1 yr), Sheri Sturm (1 yr), Jessica Gettinger (1 yr), Brittany Sanderson (1 yr) and Marilyn Bliss (1 yr).

Professionally Superintendent Angelos said she would like to finish her doctoral degree in five years. She said she really enjoys training new teachers. Before moving to Goodland in July 2001 she had started in a doctoral program.

She taught fourth grade in Heber City, Utah, east of Salt Lake City, from 1996 to 1999. She was an administrative intern for the school district for Wasatch County in 1999, where she worked with all school levels. She then became the assistant principal of Rocky Mountain Middle School in Heber City for a year before she and her family moved to Goodland. In 2004 she became principal of West Elementary School. Two years before that she had been the cheer-leading sponsor for the high school.

Before teaching in Utah, she had taught three years in Gujarat, India. Her husband, who was a chemical engineer, worked for a glass manufacturing company in California and got a chance to work in India.

Angelos' husband, Scott, owns and runs three McDonald's, one in Goodland, Burlington and Lamar, Colo.

"Fast food has it ups and downs and is very challenging," she said. "It's hard to find and keep quality employees."

Superintendent Angelos said it is really difficult to balance work demands and have time for your family. It's a little easier with

the kids gone.

The couple have four children, Mandi, Kara, Nick and Travis. Mandi and her husband, Taylor MacCay, spent the summer in India with Help International and are planning to leave for Paraguay to work in a private school where the students earn their tuition. Mandi teaches high school English. Her husband has a business degree in microfinance.

"Kara just had her first day at teaching and she said she just loves it," said Angelos. Kara is teaching at Juan Diego Catholic High School in Draper, Utah, and is married to Sonny Lewis. Lewis studies at Utah Valley University at Provo, Utah, and works with troubled youth.

Nick is going to Brigham Young University and wants to be a doctor.

Travis is going to Kansas State University and hasn't decided what he wants to do.

All of her children graduated from Goodland High School, said Angelos.

For fun she said she likes to play the piano, exercise, read and spend time with her family.

In 10 years Superintendent Angelos said she wants to have grandchildren and grow a garden.



Superintendent Shelly Angelos talked with Don Newell, S&T Communications Goodland manager about the check the school district received through an S&T program.

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Beauty tips for busy women

Women are juggling much more today than in years past. According to U.S. Census Bureau reports from 2002, 31 percent of married couples with children are two-income families, and many women are balancing work, family, social obligations, and additional activities. This can leave little time for personal grooming.

However, looking your best doesn't require a lot of time or money. In fact, by focusing on a few areas, you can put your best face forward despite being under a time crunch.

- Invest in a good haircut. Consult with a stylist who knows his or her stuff. Ask for recommendations on what cut will work for your facial shape, lifestyle and trends you desire. You want something that works for you and doesn't require a lot of effort to achieve. For example, if you're time-pressed and your 'do requires 40 minutes of blow-drying every morning, it may not be practical for your situation. Work with your hair type instead of against it. Investing in a good cut is a beauty secret every woman should know.
- Select dual-purpose products. Saving time can often mean using beauty products that serve more than one purpose. For example, a moisturizer that's also a sunblock saves on the extra step of applying SPF. Some mineral powder products

serve as a foundation and a oil-reducing finish coat. For women who want to skip a foundation, tinted moisturizers are also an option.

- Play up your eyes. Bright eyes give the impression of being well-rested and healthy. If you spend time on anything in your beauty regimen, it should be adding some impact to your eyes, even if this just means using some mascara and applying a highlight under the browline and in the corners of the eyes. Don't forget to cover under-eye circles if they are a problem.

- Don't overlook your hands. Hands have a way of giving away your age. Many women who use age-defying products or enlist in the help of plastic surgery fail to realize that their hands can reveal their age. Always moisturize and care for your hands. Routine manicures can help tame cuticles and keep nails and hands in top form. Use sun protection on your hands to avoid wrinkling and age spots from sun exposure.

- Whiten your teeth. Putting a fresh-face forward also involves having a great smile. There are many inexpensive, over-the-counter whitening products that can lighten the shade of your teeth dramatically. They can be used while you're taking care of other tasks, such as laundry or making dinner, maximizing your time.

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Woman handles construction details

By Tom Betz

nt.betz@nwkansas.com

She calls herself a business manager and project coordinator, and when the phone rings she can handle questions from contractors or vendors wanting to know if certain parts have been ordered or if a check is coming soon.

Jodi Miller is the wife of Mike Miller, owner of Miller Construction, and she has been helping with the business side of the business since Mike went independent in 1997.

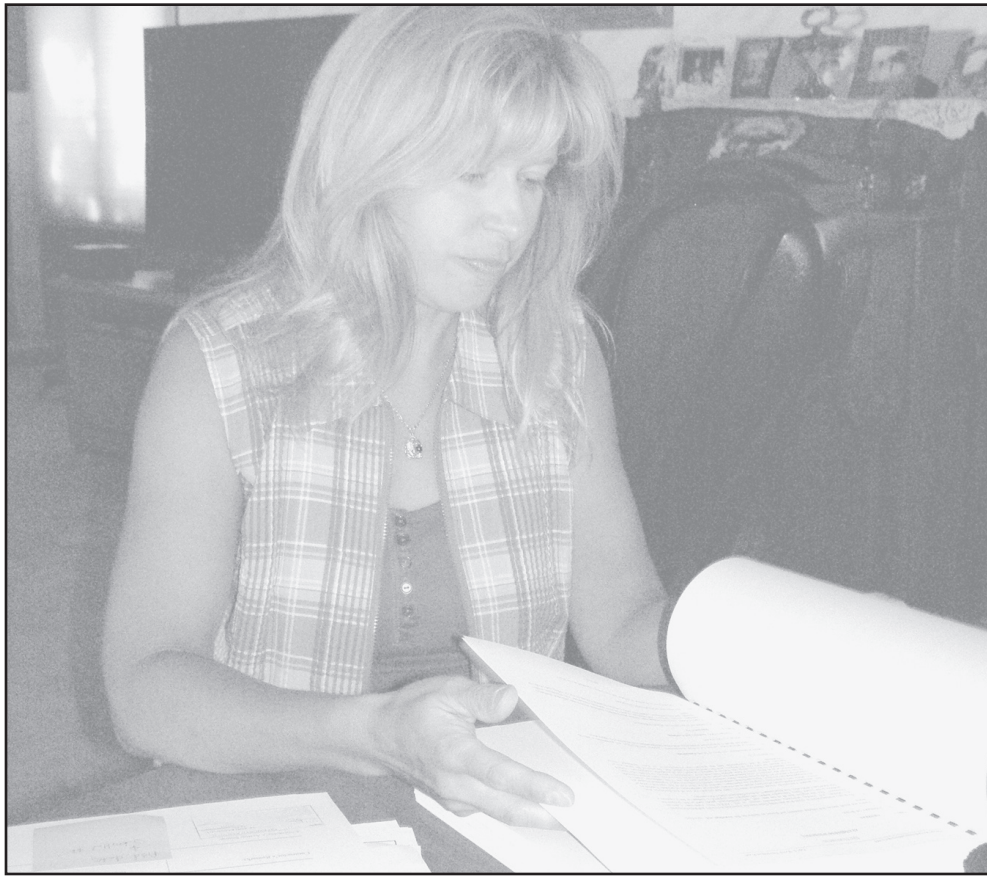
While we were doing the interview she got a phone call from a contractor who is working with Mike on a project and she was able to answer his questions.

Jodi is an area native born to Rodney and Carole Jarrett in Burlington, but the parents moved back to Goodland when she was 1 year old. She graduated from Goodland High School in 1982 and went to Northwest Kansas Technical School where she got a degree in business administration in 1983.

She had known Mike for a few years and they were married in 1984. At the time Mike was working at the family store, Miller's Furniture and Home Furnishings on Business U.S. 24.

The Miller's have two sons Matt, 21, and Andrew, 20. Both boys are going to Fort Hays State University. Matt has graduated and is doing his internship in construction technology.

Mike has been in construction since 1979, but



Jodi Miller worked on the Buy American requirements for the city water treatment plant.

it was 1997 when he left the family business and started Miller Construction.

After her graduation from Northwest Tech, Jodi helped her father with accounting and taxes at the Rodney Jarrett Agency, and continued to help there until the past few years when the construction business got busy.

She said since going full time, Mike has done construction jobs all over the western part of Kansas including in Ulysses and Larned, and in many locations in northwest Kansas. She said he has done jobs in Colby and Goodland.

"We do mostly commercial," she said, "but we have done some residential."

When asked about her job Jodi said, "I have been thinking about my title and think it is business manager and project coordinator."

She said Mike calls her to help him keep the projects straight, and to help the sub-contractors who want to know when they are going to get paid.

In dealing with suppliers, she said, it has been more time consuming on the water treatment plant project for the city because of the Buy American requirements of the federal American Recovery and Reinvestment Act.

Under the federal stimulus regulations, Miller has to show that every item was manufactured in the United States.

"We had our audit from EPA in July and passed with flying colors," she said.

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Back row, left to right: Donna Krautschun, Jessica Swan, Cynthia Kickler, Christina Rasure, and Joni Wilson. Front row, left to right: Marci Peden, Katherine Shaeffer, Joy Braun, Melissa Johnson.



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Left to right: Krysta Smestad, Assistant Manager; Jacque Cooper, Owner; Suzie Butts; Mary Jane Sponsel

Not pictured: Jo Herl, Mary Lynne Smith and Karen Rodriguez.



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Jodi Miller looked at the building plans for the Goodland water treatment plant her husband Mike is erecting.

She agrees it is tough getting everything that was built in America, and that has created some confusion with contractors from Canada and Mexico who thought they were covered under the North American Free Trade Agreement that had been previously approved.

“The thing about the Buy American in the federal program is not that everything has to be made in America,” she said, “but that is has substantially been assembled in America. Every piece could be made in a different country and come in a jumble of pieces, but if they put it all together in America it qualifies.”

Jodi doesn't do much out at the work sites, and keeps her office in their home at 823 Colorado Ave. She said she and Mike used to share an office, but she had to move him out to another office because of all the paperwork.

She said when she gets the paperwork done on a project Mike has to go out and build it.

She said the Colby Fire Department building was one of the larger projects, and the water treatment plant is sort of a medium-sized project.

The paperwork on the water treatment plant is giving her headaches, but she said she told Don Hollar, the engineer from Evans, Bierly, Hutchison and Associates, that she thought

they were getting close to having it all done.

“The goal was to have it done a long time ago, but getting these letters from some of the vendors has been like pulling teeth. Once you get a hold of the right person and explain what you need it's like a light went on and they say ‘Oh that is no problem.’”

When the boys were younger, Jodi said they had a mowing business, and had bid on doing the mowing for the city. She said they had a successful mowing business for several years.

Today she enjoys mowing the lawns at their rental property, and does have a woman who helps with some of that.

She is a member of the PEO Chapter ID and the Emmanuel Lutheran Church.

When the boys were younger Jodi was a 4-H leader, and Kansas Kids Wrestling and baseball.

“I look back and ask how we had time to do all that,” she said.

At one time, when the oldest was a freshman and the youngest was in eighth grade, she would make four football games a week.

The boys were members of the Prairie Dale 4-H and had projects in wood working, photography, rockets, gardening for a few years, cooking for a few years and arts and crafts.

“We had no livestock because Mike

said we did not live in the country,” she said. “Mike said he did not have time to drive out to the country every day and since they lived in town there was no livestock.”

As a hobby Jodi likes to read mysteries and newspapers. She said she reads the papers from Goodland, St. Francis, Colby, Salina, Hays and the Denver Post online. She said she was disappointed when the Rocky Mountain News and Denver Post quit delivering to the town.

She said she began reading the Denver papers when she was in junior high.

Her other hobby is riding motorcycles and she has a Honda dirt bike and a Harley Dyna Screaming Eagle.

Jodi and Mike have been to the motorcycle events in Sturgis, S.D. twice, and the second time was this year. She said they go with a group of friends, and this year they went all the way to Yellowstone and down through Wyoming, covering about 4,000 miles.

The motorcycle riding is fun, she said, and the area is a pretty place to ride around. She said the place is a lot of fun seeing the people and the motorcycles.

She said it was one of the few summer vacations they have taken and now she is trying to catch up.

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Back row, left to right: Cinda Hatcher, 8 yrs.; Bev Baldwin, 3 yrs.; Yvonne Acosta, 5 mo.; Jan Peterson, 4 yrs.; Marcia Sitton, 9 yrs.; Amy Isham (part-time), Jill Skrdlant, 2 yrs.. Front row, left to right: Carol Jarrett, 29 yrs., Pam Parson, 22 yrs.; Karen Ginther, 29 yrs.
Not pictured: Jeanette Jones, 18 yrs., and Rosemary Schuster, 8 yrs..



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Left to right: Sheila Walz, Jessica Vonlintel and Danielle Swanpoel. Nancy Cole, owner, not pictured.

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Myths abound when it comes to diabetes

Be it a friend, family member, co-worker, or even a passing acquaintance, chances are strong nearly everyone in the United States knows someone with diabetes.

According to the American Diabetes Association, as of 2007 more than 23 million Americans have diabetes. That translates to roughly 8 percent of the United States population, making diabetes one of the most prevalent diseases in the country, and the reason so many lives have been directly or indirectly affected.

As prevalent as the disease is, a mountain of misinformation is out there, making diabetes not only one of the most common diseases suffered by Americans, but one of the most misunderstood. In an effort to dispel myths about this all-too-common disease, the American Diabetes Association makes note of the following myths commonly associated with the disease.

• **Myth:** Eating too much sugar causes diabetes. While being overweight increases a person's risk for developing type 2 diabetes, too much sugar does not cause diabetes. While it can be difficult to determine why one individual gets diabetes and another



Contrary to popular belief, a person with diabetes does not have to give up his or her favorite desserts.

does not, it is known family history and poor diet increase a person's risk factor. However, no evidence exists to suggest too much sugar causes the disease. Rather, diabetes can begin when the body is disrupted and its ability to turn food that's consumed into energy is put in jeopardy.

The causes of diabetes, however, are different depending on the type, and none are the result of too much sugar. For example, type 1 diabetes occurs when the pancreas cannot produce insulin, leading to sugar piling up in the blood vessels. Research has indicated that type 1 diabetes could be related to difficulties with the immune system.

Type 2 diabetes can occur when the body cannot produce sufficient insulin, or result from insulin that simply does not function as it should. Overweight people have proven especially susceptible to type 2 diabetes.

Hormone changes can be at the root of diabetes, particularly in pregnant women who experience such changes that prevent insulin from working properly. This is known as gestational diabetes and could possibly resolve itself after childbirth.

• **Myth:** People with diabetes are more susceptible to colds and other ailments. People with diabetes are not, in fact, more susceptible to the common cold or other ailments. However, the American Diabetes Association advises all people with diabetes to get flu shots annually. That's because

any infection can interfere with blood glucose management, and increase the risk for ketoacidosis for people with type 1 diabetes.

Ketoacidosis is a condition that can cause the body to switch to starvation mode because the body isn't able to use sugar for energy thanks to insufficient insulin levels. This can set off a string of dangerous consequences, including blood in the urine, dehydration and possibly even death.

• **Myth:** People with diabetes can't have sweets or dessert. This isn't true. In fact, a person who doesn't have diabetes needs to follow the same rules with respect to sweets or dessert a person with diabetes must follow. Simply put, sweets, chocolate and dessert can be enjoyed in moderation when combined with a healthy diet and an exercise regimen.

This does not, however, mean diabetics should not be especially careful when it comes to eating sweets or dessert. Moderation, for instance, should equate to one scoop of ice cream instead of two. Also, prepare desserts with artificial sweeteners when possible, and make desserts using whole grains, fresh fruit and vegetable oil.

Oftentimes, such adjustments do not lead to less taste.

• **Myth:** Diabetes is contagious. Even though questions arise as to why one person gets diabetes and another does not, diabetes is not contagious. This myth is likely rooted in the suspected genetic and ethnic link to diabetes, most notably type 2 diabetes. Diabetes researchers have long believed there is a genetic link to type 2 diabetes, as it appears to run in families (though it doesn't always, and a parent with type 2 diabetes will not necessarily see all or any of his or her children develop the disease). Research into the genetic link is ongoing, but doctors remain certain diabetes is not contagious.

The American Diabetes Association says a connection between type 2 diabetes and race appears to exist. Type 2 diabetes is more common among African Americans, Latinos, Native Americans and Asian Americans/Pacific Islanders. Again, however, nothing exists to indicate the disease is contagious.

To learn more about diabetes, visit the American Diabetes Association Web site at www.diabetes.org.



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Back row, left to right: Jennifer Petrachich, Jill Eberhart, April Hall, Jill Nachtigall and Barb Abbott. **Front row, left to right:** Judy Finley, Linda Rummel and Paige Leach. **Not pictured:** Crystal Juhnke, Jeanette Meissinger, Joan Porsch, Lori Jeurink and Wilma Pfannenstiel.

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Our working women, left to right: Kathy Tubbs (3 yrs); Jeanette Ruddell (14 yrs); Chelsie Gausman; Jackie Bowling (4 yrs); Jacque Drennan (15 yrs).



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