



Students crowded around hunting for a T-shirt in the right size at the meeting on Thursday night at the Goodland Elks Lodge. The session was for sixth, seventh and eighth graders primarily. The door prize was an Ipad.

Photo by Pat Schiefen/The Goodland Star-News

Students hear about dangers of bullying

By Pat Schiefen

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A packed Elks dining room of sixth, seventh and eighth graders and adults learned about bullying, suicide and sexting on Thursday night.

Students were hoping to be the lucky winner of the Ipad. Krista Ravenstein was the lucky winner. But students all received a T-shirt, free posters, candy and gift certificates for food from local restaurants.

Investigator Burton Pianalto for the Sherman County Attorney's office led the meeting. Attending were City of Goodland police officers, Sherman County Sheriff's officers, Kansas Highway Patrol troopers, representatives from Smart Start Northwest Kansas and Northwest Kansas Regional Prevention Center, Elks, Kansas Family Partnership and the Grant Junior High SADD Chapter.

The first topic of the night was bullying. Pianalto reminded students that bullying can be done physically or mentally or by cyber bullying on phones, email and Facebook. They were told that bullying can lead to violence, homicide and

suicide.

"Words do hurt," said Megan Carmichael from Smart Start. She said that kids need to stand up for themselves and reach out for help. Parents need to set a good example and talk to their kids about their days.

She said bystanders can make a difference. People need to speak up if they see someone bullied.

Karen Merryman from the Regional Prevention Center talked about suicide. She said her 29-year-old son had planned his suicide and tried but did not go through with it. He had been bullied in school.

She said signs to look for when people are depressed and may be thinking about suicide are loss of motivation, excessive sleepiness, sudden weight change, feelings of hopelessness or pessimism, withdrawal from friends and activities, extended period of sadness, talking about hurting themselves or suicide, giving away personal belongings and rapid emotional changes.

Merryman told the group what they could do. They could describe what they notices about the person and talk to them, let them know you

want to help, listen without expressing judgement, encourage them to seek professional help, make a call for them if needed to (800) SUICIDE, help them to get involved in activities and interested in life and tell your pastor, parents or teachers about your concerns.

Pianalto talked about cyber bullying. He asked if anyone had received a hurtful message on their phone or email. Many had. He reminded everyone to think about what they are texting. He also talked about sexting.

He reminded students that pictures and comments put out on the phone or web do not always remain with the intended person. They can end up anywhere. They are not private.

Finally they talked about the effects of alcohol on the teenaged brain. Brain scans show how even a small amount of alcohol can impact brain development. Up to about 25 human brains are developing and alcohol interferes in that. Teens do things when drinking they normally would not do such as unprotected sex and violence, he said.

Bigger than expected



Workers from the City of Goodland worked on the sirens behind the City Building, 204 W. 11th. The sirens are used for fires and tornado warnings.

Photo by Tom Betz/The Goodland Star-News

Kansans need to learn symptoms, risk factors

In honor of National Stroke Awareness Month, the Kansas Department of Health and Environment encourages Kansans to learn the risk factors, signs and symptoms of a stroke.

In 2009, stroke was the fourth leading cause of death in Kansas. Prompt access to medical care is crucial for preventing death and disability from stroke. The initial step in accessing medical care is recognizing the signs and symptoms of a stroke as it occurs and calling 911. Only 23 percent of Kansas adults could correctly recognize all signs and symptoms of a stroke and the appropriate response to call 911.

"Stroke is a medical emergency that can cause permanent disability and death," said Dr. Robert Moser, Secretary, Kansas Department of Health and Environment. "More than half of stroke deaths occur before the person reaches a hospital, clinic or medical facility. Fortunately, this can be prevented if medical care is accessed without delay."

The chance that you will survive and recover from a stroke is higher if you get emergency treatment right away. If you notice any signs or symptoms of a stroke, call 9-1-1 immediately. The following are signs of stroke:

- Sudden numbness or weakness of the face, arm or leg-especially on one side of body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Anyone can have a stroke, so it is important to understand the risk factors that can lead to it. There are certain risk factors beyond your control, including age, gender, ethnicity and family history, but fortunately, most behaviors and medical conditions that increase stroke risk can be prevented or con-

trolled. Quitting smoking, limiting alcohol use, being physically active, eating a healthy diet, maintaining a healthy weight and controlling high blood pressure, high cholesterol and diabetes are some of the ways to reduce your risk of having a stroke. High cholesterol, high blood pressure, heart disease and diabetes are risk factors that can be controlled and managed with the help of a healthcare professional.

"If you have risk factors for stroke, it is important to make healthy lifestyle choices and manage any medical conditions you may have. Have your cholesterol tested at least once every five years and monitor your blood pressure on a regular basis. If you have diabetes, closely monitor your blood sugar levels. Take time to talk with your healthcare provider about treatment options", said Moser.

For more information on stroke, contact the Kansas Heart Disease and Stroke Prevention Program at (785) 291-3195.

Mobile VA office here today

The Kansas Commission on Veterans Affairs Mobile Office will be located at the Goodland Walmart parking lot from 8 a.m. to 5 p.m. today to assist eligible veterans and family members in obtaining benefits from the U.S. Department of Veterans Affairs.

Such benefits might include service connected disability compensation, improved pension benefits, death pensions, veterans health care benefits, education benefits, vocational rehabilitation and much more. The office will be staffed by an accredited veteran service representative

trained to provide information and assistance to veterans and family members. Please stop by to discuss your potential benefits from the VA with us. You can contact us at (785) 220-5183.

real estate deeds

First Nebraska Trust Company, trustees of The Kathryn A. Roper Trust, dated October 1, 1991, to Jack A. Mitchek, the NW/4 of Sec.36, T9S, R38W.

Carolyn Morton and Richard Morton to Christopher L. Dayton, the S/2 of Lot 3, all of Lots 4, 5 and 6, Block 6, Subdivision of Replat of Blocks Six-Nine, Kanorado, KS.

Sheriff's Deed: Judgement was given to First National Bank, Goodland, from Goodland Energy Resources, LLC: a tract of land in NW/4 of Sec.20, T8S, R40W.

David A. Bohl and Kelly Bohl to Oscar James Taylor, Jr. and Lorraine Taylor, Lots 6, 7 and 8, Block

13, First Addition to City of Goodland.

Ted J. Busse and Amy C. Busse convey and warrant to EMR Land Co., LLC, the W/2 of SW/4 of Sec.22, T6S, R39W.

Goodland Economic Development Corp. to SunOpta Grains and Food Inc., Lot 3, Block 2, and Lots 4 and 5, Block 3, Goodland Industrial Park.

James M. Kreiger, Trustee of the James M. Kreiger Trust #1124, to David B. Molstad, Trustee of the David B. Molstad Trust, the NW/4 of Sec.9, T10S, R40W.

Lake McCord Mellott and Carol J. Mellott to April J. Sheppard and Jennifer Arnold, Lot 6 and S12.5' of Lot 7, Block 36, Academy Addition to City of Goodland.

corrections

The Goodland Star-News will correct any mistake or misunderstanding in a news story.

Please call our office at (785)

899-2338 to report errors.

We believe that news should be fair and factual.

We want to keep an accurate

record and appreciate you calling to our attention any failure to live up to this standard.

Goodland High School Auditorium Benefit BBQ



Stop by for a \$5 Grass-Fed Beef Burger at 114 W 12th in Goodland. (Home of The Buffalo Guys)

One day only - Thursday, 26 May 11:30 - 1:30

100% of the proceeds will be donated to help update the High School Auditorium to benefit our wonderful music and theater programs.

Come and help support our kids and our community!

Reception

Ron Dautel is retiring from the City of Goodland after 33 years of service.

A come and go reception will be held on May 20, 2011 from 2-3:30 p.m. at the City office. Please stop by and wish him well!



Goodland Regional Medical Center Fundraiser

Tuesday, May 17, 2011
11:00am to 9:00pm

4 EASY STEPS TO PLACE YOUR RELAY FOR LIFE ORDER

1. Call or dine in at Gambino's Pizza of Goodland.
2. Before ordering, please let the order taker know "Relay for Life".
3. Fill out the claim check below.
4. Detach the claim check & give to the delivery driver or to the cashier at the time of payment.

Note: Please be aware that we must have the claim check in order to credit your Relay for Life Team with the sale. Sales total is based on regular prices and excludes Coupons, in-store specials, lunch buffet, Awards Cards or Gift Certificate purchases. Sales total is good for dine-in, carryout and delivery orders. Claim check is valid from 11:00 to 9:00pm on Tuesday, May 17, 2011. Sales total does not include tax and tip, or delivery charges.

RELAY FOR LIFE SALES CLAIM CHECK VALID ONLY on May 17, 2011

20% of each purchases supports GRMC Fundraiser

Purchaser's Name _____

Email address: _____

For Store Use: Check # _____ Subtotal or Adj Total \$ _____

Do not include sales tax, tip or delivery charges.

Reminder: Please attach the receipt to claim check.

\$16.00

Two Medium 1-Topping Pizzas

Present coupon when ordering. Not valid with any other offer. Valid only on May 17, 2011. Good only at Gambino's in Goodland.

\$20.00

One Large Specialty Pizza, plus a small dessert pizza.

Present coupon when ordering. Not valid with any other offer. Valid only on May 17, 2011. Good only at Gambino's in Goodland.

Dine In - Carry Out-Delivery 402 East 17th - Goodland, KS 785-890-5988
Store Hours: Hours: 11:00am to 9:00pm