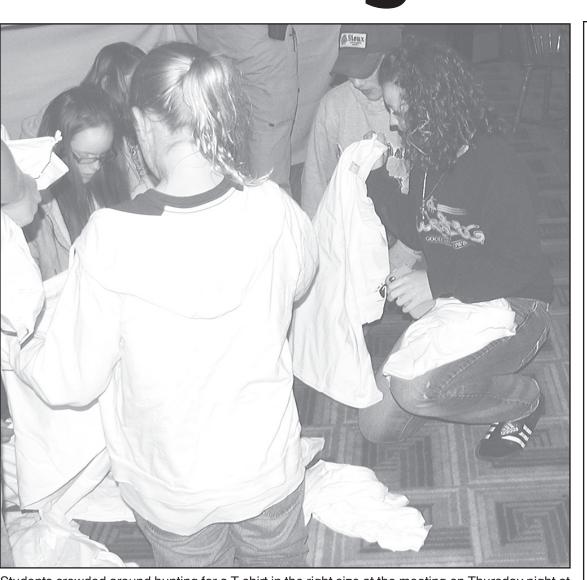
stor-news dland



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

pjschiefen@nwkansas.com A packed Elks dining room of sixth, seventh and eight graders and adults learned about bullying, suicide and sexting on Thursday

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, and the Grant Junior High SADD

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

themselves and reach out for help. and talk to their kids about their

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- are texting. He also talked about old son had planned his suicide and sexting. 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 representatives from Smart Start thinking about suicide are loss of can end up anywhere. They are not Northwest Kansas and Northwest motivation, excessive sleepiness, private. Kansas Regional Prevention Cen- sudden weight chance, feelings of ter, Elks, Kansas Family Partnership hopelessness or pessimism, with- effects of alcohol on the teenaged drawal from friends and activities, brain. Brain scans show how even a extended period of sadness, talking small amount of alcohol can impact about hurting themselves or suicide, brain development. Up to about 25 giving away personal belongings and rapid emotional changes.

> they could do. They could describe would not do such as unprotected what they notices about the person sex and violence, he said. and talk to them, let them know you

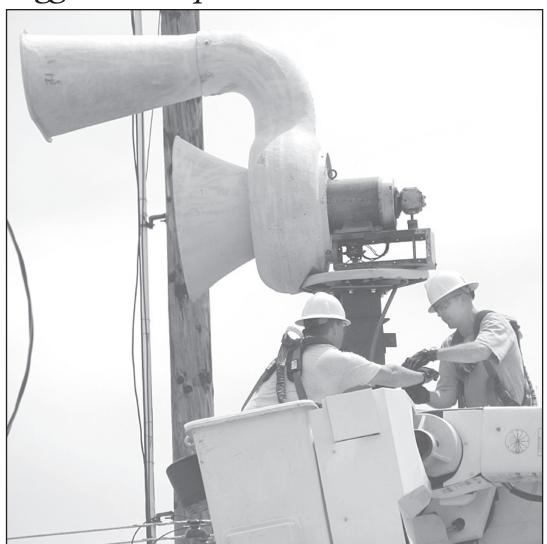
> want to help, listen without express-'Words do hurt," said Megan ing judgement, encourage them to Carmichael from Smart Start. She seek professional help, make a call said that kids need to stand up for for them is needed to (800) SUI-CIDE, help them to get involved in Parents need to set a good example 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

> > He reminded students that pictures and comments put out on the phone or web do not always remain with the intended person. They

Finally they talked about the human brains are developing and alcohol interferes in that. Teens do Merryman told the group what things when drinking they normally

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

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 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."

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, dizzi-

ness, loss of balance or coordina-· Sudden severe headache with no

known cause. and death," said Dr. Robert Moser, is important to understand the risk closely monitor your blood sugar factors that can lead to it. There are levels. Take time to talk with your certain risk factors beyond your control, including age, gender, ethnicity and family history, but fortunately, most behaviors and stroke risk can be prevented or con-

The chance that you will survive 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 Anyone can have a stroke, so it regular basis. If you have diabetes, health care provider about treatment options", said Moser.

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

Mobile VA office here today

Veterans Affairs Mobile Office connected disability compensation, assistance to veterans and family will be located at the Goodland improved pension benefits, death members. Please stop by to discuss Walmart parking lot from 8 a.m. pensions, veterans health care ben-your potential benefits from the VA to 5 p.m. today to assist eligible efits, education benefits, vocational with us. You can contact us at (785) veterans and family members in rehabilitation and much more. The 220-5183. obtaining benefits from the U.S. office will be staffed by an accred-

corrections

correct any mistake or misunder-

Please call our office at (785)

standing in a news story.

The Goodland Star-News will 899-2338 to report errors.

Goodland High School

The Kansas Commission on Such benefits might include service trained to provide information and Department of Veterans Affairs. ited veteran service representative

We want to keep an accurate

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

real estate deeds

land.

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 record and appreciate you calling 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

First Nebraska Trust Company, 13, First Addition to City of Good-

Ted J. Busse and Amy C. Busse convey and warrant to EMR Land David B. Molstad Trust, the NW/4 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 Industo City of Goodland. trial Park.

James M. Kreiger, Trustee of the James M. Kreiger Trust #1124, to David B. Molstad, Trustee of the

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



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".

Purchaser's Name

Gambino's in Goodland.

Fill out the claim check below. 4. Detach the claim check & give to the delivery driver or to the cashier at the

RELAY FOR LIFE SALES CLAIM CHECK

VALID ONLY on May 17, 2011

20% of each purchases supports GRMC Fundraiser

Subtotal or Adj Total \$_ Do not include sales tax, tip or delivery charges

\$16.00 Two Medium 1-Topping

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

\$20.00 One Large Specialty Pizza, plus a

small dessert pizza.

Auditorium Benefit BBQ **Receptio** the City of Goodland

We believe that news should be to our attention any failure to live

up to this standard.

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

fair and factual.

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!

Ron Dautel is retiring from 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!