

# Eight Goodland students win Hansen scholarships

Eight Goodland students have received scholarships from the Dane G. Hansen Foundation of Logan. Brian Coon of Goodland won one of the 10 community college scholarships for graduates planning to continue their education at a four-year Kansas college or university. The \$2,000 scholarship is renewable for one year.

Area students who won non-renewable Hansen Student awards of \$2,000 include:



Doke



Mangus



Lalicker



Gittinger



Hall



Redlin



Titus



Coon

**Goodland High School:** Jared Doke, Michael Mangus and Trista Lalicker.

**Wallace County High School:** Tessa Howard. Area students who won \$1,500

vocational education awards are: **Goodland High:** Timothy Gittinger, Michael Hall, Brittney

Redlin and Nicole Titus. **Brewster High School:** Jolene Bremenkamp.

**St. Francis High School:** Amber Fromholz. **Wallace County High School:** Steven Baum and Tyler Smith. Hayley Young of **Cheylin High School** won a \$5,000 Hansen Leader of Tomorrow scholarship, renewable for three additional years. Patrick Bussen, Hale Sloan and Tamela Bolen, all of **Wallace County High School**, won \$3,000 Hansen Scholar awards, renewable for one year.

# Friend needs accurate diagnosis to know if he has bi-polar disorder

Dear Plain Sense: A good friend of mine says he thinks he has bi-polar disorder. I feel like I should be doing something to help him, but I don't even know what this means. First of all, it sounds like your friend might be trying to diagnose his own condition, which is not a good idea for any illness, physical or mental. So advising him to talk about his concerns to a mental health professional would be a first step.



## high plains mental health

- plain sense

Because there is so much information available nowadays through the media, on the Internet and from well-intentioned others, it becomes even more important to get accurate

information. Bi-polar is a mental illness that causes extreme mood swings. A person with this illness experiences periods of feeling extremely "high" (mania) and other times of feeling devastatingly "low" (depression). The length of each phase can vary from days to months and is often

difficult to predict. And the behaviors that accompany these "moods" can significantly interfere with a person's family relationships, with school and/or their jobs. The cause of bi-polar is not completely clear to the medical field, but it appears that chemical changes in the brain are a major factor, along with factors such as heredity, physical illness and other life stresses. Each person's experiences vary with this illness, which is why it so

important to talk with a professional. Bi-polar disorder is one of the most treatable mental illnesses. Medication is often used in combination with therapy. Improvements in medications in recent years have decreased the side effects and given physicians several treatment options. With professional help, those suffering from bi-polar disorder can enjoy a healthy lifestyle, maintain relationships

with family and friends and continue to pursue their jobs and careers. *Contributed by Karen D. Beery, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to High Plains Mental Health Center, Plain Sense, Consultation and Education Dept., 208 E. Seventh, Hays, Kan. 67601.*

## club news

The ladies auxiliary to the Veterans of Foreign Wars met Thursday. President Barb Whisler called the meeting to order. Ten members were present. New Members Elizabeth Edwards and Juanita Fell were welcomed. The club has 236 members but still needs 22 members to pay their dues or find new members to remain at 100 percent of its membership for the next year. Life members were reminded that they owe \$4.95 for their cancer

insurance. The charter was draped last month for Wilma Anthony and Ilene Hoover. Memorials of \$10 were sent in their names to the department cancer fund. Thank you cards were read from the Tribune Junior Girls unit for the soup labels and stamps. Members were encouraged to take a stand on the election officials, to become knowledgeable about the candidates and their positions on veterans' issues. The Early Iron Car Club donated

a coffee pot and tea towels to the auxiliary for its support of the Rod Run. The auxiliary donated \$10 to the department cancer quilt and \$20 to the State Special Olympics fund. The club donates \$30 every month to the Veterans Administration hospital fund. The money is used by the administration in Kansas for birthday parties, movie parties, etc. The local scholarship application deadline is Thursday, April 1. The auxiliary share for the scholarships

this semester is \$562. A reception for Patty Thompson, the local applicant for the VFW Teacher of the Year, will be at 7:30 a.m. Monday, April 5, at West Elementary School. Veterans who have helped with Patty's programs are welcome to attend. At this time, Raymond Warren, the Department of Kansas Teacher Chairperson, will present Patty with her award from the Department of Kansas. Volunteers from the auxiliary are needed to help with the Farm/City

banquet to be held at the VFW hall Monday, March 15. Members are asked to help with serving, fixing or cleaning up. The District Spring Convention will be Sunday, April 18. Barb Whisler will be inducted as district president at that meeting. It starts at 8 a.m., and a banquet will be served at 1 p.m. All members are encour-

aged to attend the meeting or help with preparation for the event. Call Jo Ann Wahrman at 899-3277 or Rita Erickson at 899-6160 if you could help with either event. The auxiliary will have a special meeting Monday to fill out the year-end reports for the various programs the auxiliary completes during the year.


## matters of record

**Goodland Police** The following crimes have been reported to the Goodland Police Department: **February 19** — Total Petroleum Station No. 4154, 2710 Commerce

Rd., reported a case of forgery involving two checks written for a total of \$108. **February 24** — Doug B. Smith was arrested at 810 Cherry Ave. for

possession of marijuana and possession of drug paraphernalia. Helen N. Dobbs reported a burglary at 302 W. 10th St. and the theft of a padlock, valued at \$30. Also

reported an estimated \$100 in criminal damage to bathroom tiles. **February 25** — Ronnie R. Amack was arrested at 2810 Commerce Rd. for criminal trespassing.



## They're here!!!!!!

### Taste of Home COOKING SCHOOL

tickets

**\$7 in advance \$8 at the door**

**Tuesday, April 13, at 6 p.m.**

**Max Jones Fieldhouse**

**Goodland, Kan.**

**Available at:**

**The Goodland Star-News**

1205 Main, Goodland, Kan. 67735

785-899-2338

**COLBY FREE PRESS**

155 W. Fifth, Colby, Kan. 67701

785-462-3963

**THE OBERLIN HERALD**

170 S. Penn Ave., Oberlin, Kan. 67749

785-475-2206

**The Saint Francis Herald**

310 W. Washington, St. Francis, Kan. 67756

785-332-3162

**The Western Times**

126 Main St.

Sharon Springs, Kan. 67758

785-852-4900

**THE NORTON TELEGRAM**

215 S. Kansas, Norton, Kan. 67654

785-877-3361

### Report on Education

## We must demand excellence from legislators as well as from students

Tomorrow morning more than half a million Kansas students will walk through the doors of our schools and universities. Will we be ready to meet their unique needs and prepare them for their futures?

All of these students must learn and experience new ideas and information in a way that helps them grow to their highest academic potential. Despite their differences, they also have much in common.

Visiting the classroom of first grader Ben will allow you to see students learning to read. However, Ben is not using the simple primers of the past. He is preparing to read both literature and technical materials. Because of Ben's technical reading skills, he will never struggle to set the clock on his video recorder, nor will the rapid pace of technological change ever set him back. Technical reading will be a commonplace requirement for the citizens of tomorrow. As a first grader Ben already has more computer experience than many adults in his community, and he is eager to do more to expand his reading experiences.

Sixth grader Luisa, who speaks and reads two languages, is a talented student off to an excellent start for a twelve year-old. She already has more language study in her short years than most Kansas adults will ever be able to complete. Luisa will be prepared for the diversity of the Kansas population of 2020. She will be ready to lead in the global business and trade environment in which our state must compete. Her understanding of other languages and cultures will make her a business leader in the Kansas of tomorrow.

If you follow high school senior LaKeesha through just one academic day, the pace will leave you exhausted and amazed. This talented student not only carries a full load of advanced classes but also has a special cell biology project she is researching with her teacher. An honor student, she manages this research around a full complement of activities including sports and the fine arts. The strong science background she has experienced since

elementary school has made her eager to advance biotechnology in Kansas.

LaKeesha wants to continue her education in Kansas but needs a university with outstanding science laboratory facilities.

Our Kansas classrooms are filled with thousands of students like Ben, Luisa and LaKeesha. They need a strong educational system to prepare them for the future – for our future. They need elected policymakers who understand the need to support our students and schools. They need elected policymakers who won't deprive them of an educational system worthy of the state of Kansas.

We must demand that our legislature address:

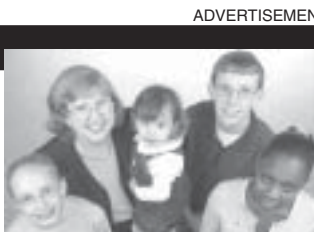
- Unstable funding that has not kept up with rising costs and inflation for nearly 10 years.
- Inadequate funding that has allowed class sizes to increase for our most at-risk students.
- The lack of resources to meet the needs of all students and address the growing demands for technology.
- Kansas teacher salaries that have dropped to 41st in the nation making it difficult to attract and retain quality teachers.
- The lack of adequate and affordable health care for all educational employees.

By investing in our schools today, the legislature will ensure a healthy economic future for Kansas. The vitality and strength of our state is at risk if they fail to act. Our legislators are accountable and responsible for our future.

Many elected officials talk about how hard these decisions will be, and how the time is not right. But the children who walked through those doors this morning have only one chance to get an education, and we cannot afford to let that chance slip away.

For students like Ben, Luisa and LaKeesha, the time to act is now.

**Kansas National Education Association**



Christy Levings, an elementary classroom teacher in Olathe, is the elected President of the 25,000 teaching, support and retired staff members of the Kansas National Education Association. kneanews@knea.org.