

'We love the library...' is theme of library week

"We love the library; we love to read!" is the theme for National Library Week this week.

"Today more than ever," said Janet Warren, director of the Goodland Public Library, "libraries provide ... resources that help people of all ages to read, learn and connect with resources they need for school, work or personal fulfillment."

The staff and board members of the library hope everyone will visit the library this week and discover the services it offers.

Those include computers with access to the Internet, a story hour for children, a summer reading program with activities, tax forms, fax and photocopying, Polaroid cam-

eras, videos and DVDs, magazines and newspapers and, of course, plenty of books.

There plenty of fiction and non-fiction books, best-selling titles, large print books, rotating books, paperbacks, reference books, children's books, magazines, newspapers, video cassettes, DVDs and books on cassette and compact disc.

The library is part of a state-wide interlibrary loan network and can borrow from other libraries across the state and nation.

Last year, the library sent and received over 1,200 items on interlibrary loan.

The library offers eight comput-

ers for Internet access. The library received a grant from the Bill and Melinda Gates Foundation in 2002 to buy two computers and a network server.

The grant helped expand the network and offer additional computers for patron access.

Last year, the library received a KAN-ED subsidy to update two of the older computers on the public network. This year, two more computers will be updated with money from a technology grant from the Kansas State Library.

Two computers on the network provide access for staff members. All computers also provide access to the library's card catalog, word

processing programs and other computer activities.

Three stand-alone computers are available in the children's department for CD-ROM resources and educational games. Patrons are asked to sign up for sessions on the library computers.

The library also offers a preschool story hour program during the school year for 3, 4 and 5-year-old children and weekly story sessions for parents and toddlers under the age of three.

During the summer, a reading program is offered for elementary and junior high school students. This summer, the theme will be "Discover New Trails at Your Li-

brary!" Story and activity sessions are held during June and July.

The library has over 45,000 items in its collection and subscribes to 150 magazines and newspapers. The library has around 900 video cassettes, 1,800 audiocassettes, 400 compact discs and 100 DVDs for check-out.

Back issues of Goodland and Sherman County newspapers are available on microfilm and compact disc, and the library has access to current magazine and newspaper articles through online databases.

The library has a microfilm reader/printer in the Kansas room for use by patrons. Census records

on microfilm can be ordered on loan for a small fee.

Each year, the library has income tax forms. Most are free and others can be photocopied for 10 cents per page. The staff does other copying for the same price.

The library also has a fax machine; documents can be sent or received for \$1 per page. The library has Polaroid cameras that can be checked out for no charge.

Library hours are 10 a.m.-8 p.m. Monday-Thursday and 10 a.m.-5 p.m. Friday and Saturday. Stop by at 812 Broadway, call 899-5461 or visit the library web site at <http://skyways.lib.ks.us/nwkl/Goodland>.



Maynard and Lucille Wright 65 years ago



The Wrights today

Bird City couple together 65 years

Maynard and Lucille Wright of Bird City will celebrate their 65th wedding anniversary on Saturday,

club news

The Lincoln Larks Family and Community Education Club met at the assembly room of the court house Friday, April 2, for Dana Belshe's lesson on trees.

He gave an interesting slide presentation on tree diseases and kinds of trees to plant.

Also, Thursday, April 8, the club met in the assembly room for an interesting lesson on "Weigh to Diet" by Lori Sporn. Two measures have been identified that are important to know: body mass index (BMI) and waist circumference.

Also discussed was the new U.S. Department of Agriculture food pyramid. Many foods were mentioned that are good for us: fruits, vegetables and whole grains.

The club also discussed recognition day that will be Monday, and the group worked on favors.

Becky Hicks of Loveland, Colo., was a guest.

April 24, 2004. Their children are holding a reception from 2 to 4 p.m. at the Bird City Immanuel United Methodist Church with the program beginning at 2:30 p.m.

They ask that no gifts be given but rather that your presence be your gift. Congratulatory messages may be sent to them at Box 474, Bird City, Kan. 67731.

Children have much stress in life

Ask a child of school age if they have stress in their life, and the answer will be a definite "yes," something that many adults don't realize.

And they indicate those stresses occur both at home and in school. School stress is probably the most often noted, including wanting peer approval, getting along with friends and worry about homework and tests.

Older children add the stress of keeping up with a busy schedule that includes homework and studying, sports and other school activities. High school students have the added stress of making decisions about what they need to be doing after graduation.

Children, as well as adults, react to and handle stress differently, based on many factors. Some are just a little more easy-going and adjust with little difficulty to these challenges in life.

Others may show symptoms of stress through such behaviors as physical ailments, such as headaches and stomachaches, and increased irritability, or withdrawing.

Research indicates that certain



high plains mental health

- plain sense

characteristics in the child, family and community can help both adults and children in bouncing back in the face of stressful events and situations. These include:

- A loving relationship with at least one adult within the family.
- Positive connections to adults outside the immediate family.
- An optimistic attitude and belief in one's own ability.
- Feeling able to help out another family member.
- Feeling loved, lovable and worthwhile.
- Effective problem solving skills.
- Belief in the ability to make things better for him/herself.
- Spiritual resources.

Contributed by Karen 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 Department, 208 East Seventh, Hays, Kan. 67601. Internet-site: www.highplainsmentalhealth.com



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