

Couple to marry in June

Lindsey Martin and David Albers of Wichita plan to marry Saturday, June 26, at the First Christian Church in Goodland. Pastor Joe Patton will be officiating.

Michael and Patti Albers of Colby are the prospective groom's parents, and Tony and Debbie Martin of Goodland are the bride-elect's.

Tony and Phyllis Martin and Linda Fogo and the late Bud Fogo of Goodland, are here grandparents.

Joan Albers of Colby and the late George Albers, and Ardis DeWester of Salina and the late Ralph DeWester, are the groom's.

Albers graduated from Colby High School in 1997, and from Colby Community College in



Albers and Martin

1999 with an associate degree in computer science. He graduated from the Kansas State Highway Patrol Academy in 2000, and is a state trooper stationed on the Kansas Turnpike at Wichita.

The bride-elect graduated from Goodland High School in 2002, and is attending Wichita State University. She is a certified nurse aide for Via Christi Our Lady of Lodes Rehabilitation Center.

June wedding planned

Cortney Palmer and Michael Dorn of Goodland plan to marry Saturday, June 19, at Beaver Meadows, on private land northeast of Goodland.

Pastor Glenn Hermanson of the Bible Baptist Church will be officiating.

David and Dee Dorn of Goodland are the prospective groom's parents, and Tom and Vonda Palmer of Goodland are the bride-elect's.

The late Gerald and Juanita Palmer of Smith Center and Von and Marjorie White of Wichita are her grandparents.

Daniel and Laura Dorn of



Dorn and Palmer

Goodland and Bill Reigel of Topeka and Carol Thompson of Goodland are the groom's.

The prospective groom graduated from Goodland High School in 2000, and works for Jade Farms.

The bride-elect graduated from Goodland High School in 2003, and works at Gambino's.

Vegan creates 'vice cream' recipes

Jeff Rogers, after becoming a vegan, searched for a rich, creamy substitute for ice cream. After some experience with using cashew milk for cow's milk and cream, vice cream was born.

In "Vice Cream," Rogers reveals his recipe for vice cream in many flavors. This book would also be useful to people who have trouble eating dairy products or are vegetarian.

Vanilla Delight

2 vanilla beans
2 cups organic cashews or cashew pieces
2 cups purified water
1 cup maple syrup

Cut the vanilla beans into small pieces and grind into a fine powder in a clean coffee grinder.

In a blender combine ground vanilla, cashews, water and syrup. Blend on high for at least one minute until silky smooth. Chill well in the freezer for 40 minutes to one hour or in the refrigerator from



pat schiefen

• postscript

1 hour to overnight. Pour mixture into an ice cream maker and follow manufacturer's directions. Serve immediately or store in the freezer in an airtight container. Makes about 1 quart.

Espresso

1 vanilla bean (optional)
1/4 teaspoon alcohol free almond flavor (optional)
2 cups organic cashews or cashew pieces
2 cups purified water
1 cup maple syrup
2 tablespoons freshly ground organic espresso beans

Cut vanilla bean into small pieces

and grind into a fine powder in a clean coffee grinder.

Combine vanilla, almond flavor, cashews, water, syrup and ground espresso in a blender. Blend until silky smooth on about

1 minute. Chill well in the freezer for 40 minutes to one hour or in the refrigerator from 1 hour to overnight. Pour mixture into an ice cream maker and follow manufacturer's directions. Serve immediately or store in the freezer in an airtight container. Makes about 1 quart.

Espresso Mint: Add 2 teaspoons alcohol free peppermint flavor with the other liquid ingredients in the blender.

Chocolate Pecan

1 cup chopped organic pecans
1 1/2 cups organic cashews or cashew pieces

1 1/2 cups purified water
1 cup maple syrup
2 teaspoons alcohol-free vanilla flavor
1/4 teaspoon alcohol-free almond flavor
1/2 cup unsweetened cocoa powder

Combine cashews, water, syrup, vanilla and almond flavor in a blender. Blend on high for at least one minute until silky smooth. With blender still running add cocoa powder and blend well.

Chill well in the freezer for 40 minutes to one hour or in the refrigerator from 1 hour to overnight. Pour mixture into an ice cream maker and follow manufacturer's directions. Remove cover and blade from the ice cream freezer and fold in pecans evenly. Serve immediately or store in the freezer in an airtight container. Makes about 1 quart.

Carob Pecan: use 1/2 cup unsweetened carob powder.

Jobs are sources of income, identity and stress

For many people, not only is their job a source of income, it is also part of their identity, self-worth and well-being.

For most, their job also includes tension and stress, something that can't be avoided. Some stress is necessary in order to get the adrenalin flowing and to get motivated. But too much stress can be harmful to a person's physical and emotional health.

Symptoms of excessive job stress include fatigue, sleep difficulties, high blood pressure, headaches, ulcers, heartburn, and the inability to concentrate.

A serious problem exists when a person experiences feelings of hopelessness, being overloaded and trapped, being unable to leave job problems behind after going home, and excessive worrying about the job through the night or over the weekend.

Such feelings can lead to depression which, in the workplace, can surface as impulsive or indecisive actions, irritability and anger, avoiding co-workers, and eventually absenteeism. The National Mental Health Association said in their publication "Coping with Your Job," people usually have the fol-



high plains mental health

• plain sense

lowing reactions to too much stress at work:

- Talk with others, but don't take direct steps to change the situation.
- Work longer and harder, trying to overcome the overload.
- Switch to an engrossing recreation activity, so they can return refreshed and do more work in a shorter time.
- Withdraw physically from the situation by reducing the time and energy at work, quitting or seeking another job.
- Analyze the situation, revise strategies and look for ways to change things.

While the last item appears to be the most practical solution, a person must also recognize how much of their job situation they can control or influence, and the parts they cannot. For most people much of the job is dependent on the actions of others, as well as rules and require-

ments set forth by other entities. But, in making the attempt to bring about change, a person can at least feel better about taking some control or having some influence regarding the situation.

Contributed by Karen Beery, Licensed Clinical Professional Counselor, 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 7th, Hays, KS 67601 (Questions will be formatted and answered in a manner that insures confidentiality) Internet site: www.highplains-mentalhealth.com

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May
Consultant Schedule

Allergist	Jeffrey Rumbyrt, M.D.	May 13
Audiologist	Sherri M. Beck, M.A., CCC-A	May 14
Cardiologist	Barry Smith, M.D.	May 12 & 26
Cardiologist	Vijay Sabbarao, M.D.	May 13
Dermatologist	Charles Ruggles, M.D.	May 13 & 20
Ears, Nose, Throat	Alfred N. Carr, M.D.	May 14 & 21
Endocrinologist	Gerald Poticha, M.D.	May
Gastroenterologist	Jeffrey D. Huston, M.D.	May 17
Gynecology	Laura Rokosz, M.D.	May 6
Neurologist	Steven J. Gulevich, M.D.	May 5, 14 & 26
Obstetrics/Gynecology	David Forschner, M.D.	May 19
Oncology/Hematology	Martin Rubinowitz, M.D.	May 4 & 25
Ophthalmologist	Kent Bashford, M.D.	May 6
Ophthalmologist	Brian Joondeph, M.D.	May 19
Orthopedist	Theodore J. Clarke, M.D.	May 3
Orthopedist	Tim Birney, M.D.	May 10
Orthopedist	Armond Hatzidakis, M.D.	May 24
Orthopedist	James Holmes, M.D.	May 17
Orthopedist	Edward Parks, M.D.	June 1
Pediatrician	Raymond Ketting, M.D.	May 25
Pediatric Cardiologist	Warren Toews, M.D.	June 2
Psychiatrist	John C. Faul, M.D.	June
Podiatrist	Erik Ouder Kirk, D.P.M.	May 12 & 26
Pulmonologist	Ken Weisiger, M.D.	May 13
Pulmonologist	Tim Clark, M.D.	June 16
Radiologists	Professional Radiology Services	Week Days
Rheumatologist	Karl Chambers, M.D.	May 20
Speech Pathology	Vicki Transue, M.S.	Monday thru Friday
Substance Abuse Dir	Fred Waters, CADC III	Mondays
Urologist	Darrell D. Werth, M.D.	June 8
Urologist	Carl T. Newman, M.D.	June 22
Urologist	Kevin R. McDonald, M.D.	May 25
Urologist	Wallace Michael Curry, M.D.	May 11

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