

Dirt storm may have made some want to take off

Did anyone else have a desire to be in a different part of the country last Saturday afternoon?

Sounds like a lot of folks were in different parts, and they even had it worse than we did. It's hard to believe there is anything more destructive than one of those dirt storms like blew through here on Saturday evening.

But there were a lot of folks looking at vacant slabs on Sunday morning, where their houses once stood. And there were others who lost loved ones in torrents of water during floods and heavy rains on the same evening.

So, as ugly as it was, that blowing dirt was better than some of the things that were happening to others.

My mom used to say that Memorial Day was either one of the prettiest days of the year or one of the ugliest. She never let my dad take the stove down in the living room



sally michael

• brewster beacon

until the first of June, because she said, "Memorial Day can be the coldest feeling day of the year!"

I've noticed she has been right many times. Anyway, Tuesday, the sun came up, and there was no wind. Pretty soon, it was as though all that wind and dirt hadn't blown after all, and the air smelled pretty good again. But if you looked close at the window and door sills, it was easy to tell we had a dirt storm.

We are still praying for some general rains, as I know this whole area needs moisture, badly.

It sounds like even though there was the blowing dirt, the Class of

and salad by candlelight at Bubba's after spending the day visiting at Lawrence and Lila Mayer's new home, north of Brewster.

One sad note was one of the participants in the reunion passed away at his home in Denver on Monday. James Lydick had remarked to friends about how happy he was he was able to attend the reunion and enjoyed seeing all his former classmates. I'm sure all his friends will cherish the time they were able to spend with this fellow.

Another loss was due to an automobile accident that took the life of a fine man and a state senator that

will be sadly missed by many. Stan Clark was killed near Oakley last Saturday evening during the blowing dirt, and we send our sympathy to his wife and son, parents, brothers and sisters and all other relatives and friends of this kind, gentle man. He will be missed in many areas.

Last week, I mentioned we were going to Hays to watch our grandson Nathaniel graduate from eighth grade at the High Plains Christian School in Hays. It was a great program, and the kids are so very good at presenting their patriotism and Christianity as well as other scholastic achievements.

I want to thank Zelma Kinkade for taking time out of her busy schedule to watch the Senior Center for me on Thursday and Friday.

On Monday, Roger and I were able to have lunch at the Butterfly Cafe in Goodland with my sister and brother-in-law, Harriet and Thurl Demaree. It is good to see

them feeling so good. Following lunch, Roger and I drove through the Goodland cemetery, and I was impressed with how nice it looked.

We got a letter from Jan (Tygart) Davis of Orlando, Fla. She said her brother Bob is marrying again on June 9th in California. They will be spending their honeymoon in Hawaii. It was good to know they are all thinking about coming back for next year's all-school reunion.

Saturday was the City Wide Garage Sale, and it sounded like it might rain — hey, if that's what it takes, you won't hear me complain. I can't think there would be anyone from this area who would mind a little rain.

I just found out there are some folks around town who have had problems with a fish-eating sea bird. Seems the bird has emptied out the fish ponds in town and has gotten himself a bad reputation for making off with the water pets that

folks have enjoyed in their ponds. It doesn't seem that should be a problem in our town, does it?

Do any of you have any suggestions as to how the fish could be kept safe, without harming the birds that have flown so far inland? I keep thinking of mosquito netting, and yet that seems like it would take away the natural atmosphere of the fish pond.

There is a new little miss, named Christina Holub, who lives in Brewster. I caught a glimpse of her this morning, and she was all of 5 days old. She is the daughter of Jason and Nicole (Shannon) Holub and is going to be watched over by one older sister and two older brothers as well as her parents. Congratulations to this family.

That's it for this week. I hope we have all the wind and dirt out of the systems and that we can look forward to some nice bountiful rains. Have a great week!

Six area students received scholarships from Fort Hays

Six area students accepted scholarships to Fort Hays State University for the 2004-05 academic year.

Adam Elliott, a 2004 graduate of Goodland High School, has an \$800 Hays City Silver Academic Award and a \$500 Award of Excellence in art.

The son of Marty and Gloria Elliott of Goodland, he plans to major in art and graphic design. He was involved in yearbook and web design in high school.

Megan McCall, a 2004 Goodland graduate, accepted an



Elliott



McCall



Redlin



Scherling



Beal



Selby

\$800 Hays City Silver Academic Award.

She was involved in tennis, musicals, Fellowship of Christian Athletes, choir, Student Council,

American Field Service and National Honor Society.

She is the daughter of Steve and Susan McCall of Goodland and plans to major in forensic science.

Brittney Redlin, a 2004 Goodland grad, won a \$400 Fort Hays Bronze Academic Award.

She was involved in 4-H, Family, Career and Community Leaders of

America, Student Council and National Honor Society, and she was on the National Honor Roll.

The daughter of Chuck and Janet Redlin, she plans to major in photography.

Ian Scherling, another 2004 graduate, accepted a \$400 Fort Hays Bronze Academic Award. He was involved in football, basketball, golf, weight lifting, G-Club, choir, musicals and National Honor Society.

Son of Dane and Micki Scherling of Goodland, he plans a career in architecture.

Jacquelyn Beal, daughter of John and Joan Beal of Goodland, accepted a \$500 Transfer Student Award. She is a sophomore majoring in psychology and is involved in Phi Theta Kappa.

Joel Selby, a 2004 Brewster High School graduate, accepted an \$800 Hays City Silver Academic Award. He was involved in football, basketball, weightlifting, Academic Team band, 4-H and National Honor Society.

The son of Lonnie and Patricia Selby of Brewster, he plans a career in engineering.

Goodland library gains new books, cassettes and compact disks

The Goodland Public Library has the following new books, cassettes and compact disks:

In adult fiction: "Plan of Attack," by Dale Brown; "Digital Fortress," by Dan Brown; "The Pipestone Quest," by Don Coldsmith; "The Narrows," by Michael Connelly; "Liars and Thieves," by Stephen Coonts.

"The Summer I Dared," by Barbara Delinsky; "Memorial Day," by Vince Flynn; "The Good-bye Summer," by Patricia Gaffney; "Dumping Billy," by Olivia Goldsmith; "Eventide," by Kent Haruf; "True Courage," by Dee Henderson; "Therapy," by Jonathan Kellerman; "The Sacrifice," by Beverly Lewis;

"A Loving Scoundrel," by Johanna Lindsey; "Folly and Glory," by Larry McMurtry; "The Shifting Tide," by Anne Perry; "The Paid Companion," by Amanda Quick; "Sullivan's Law," by Nancy Rosenberg; and "Hidden Prey," by John Sandford.

In adult non-fiction: "Great Books for High School Kids;" "Fear and Other Uninvited Guests," by Harriet Lerner; "American Bar Association Family Legal Guide;" "The L.A. Shape Diet," by David Heber; "Merck Manual of Medical Information, 2004 edition;" "Merck Manual of Health and Aging, 2004 edition;" "Edmunds.com Used Cars and Trucks Buyer's

Guide, 2004 edition;" "Marketing for Dummies," by Alexander Hiam; "The Ultimate Book of Home Plans;" "The Best Plays of 2003-04;" "National Geographic Guide to the World's Secret Places;" "France — Best Places to Eat and Stay;" "Chief Joseph and the Nez Perces," by Bill Moeller; "Penguin Classic Baby Name Book;" and "Three Weeks With My Brother," by Nicholas Sparks.

In children's books: "The Flag Maker," by Susan Bartoletti (in memory of Eva Briney); "I Like Myself," by Karen Beaumont; "World of Dinosaurs," by M.J. Benton; "DK Big Book of Airplanes," by Caroline Bingham;

"World of Horses," by Jackie Budd; "The SOS Fire," by Betsy Byars; "The Smart Girl's Guide to Friendship Troubles," by Patti Criswell.

"The Quilting Bee," by Gail Gibbons (in memory of Eva Briney); "Very Short Fairy Tales to Read Together," by Mary Ann Hoberman; "Franklin Forgives," by Sharon Jennings; "World of Pyramids," by Anne Millard.

"The Everything Kids' Baseball Book," by Rich Mintzer; "Emily and Albert," by Jan Ormerod; "World of Pirated," by Philip Steele; "What's Happening to Grandpa?" by Maria Shriver; "The Fishy Field Trip," by Martin Schwabacher (Magic School Bus);

and "The Night I Flunked My Field Trip," by Henry Winkler.

In audio books: "Digital Fortress," by Dan Brown (CD); "Breach of Trust," by Dudley Bulla (AC); "Black Fox," by Matt Braun (AC); "Just One Look," by Harlan Coben (CD); "The Narrows," by Michael Connelly (CD); "Liars and Thieves," by Stephen Coonts (AC); "The Summer I Dared," by Barbara Delinsky (CD).

"Memorial Day," by Vince Flynn (CD); "Ice Run," by Steve Hamilton (CD); "Eventide," by Kent Haruf (CD); "Therapy," by Jonathan Kellerman (CD); "Glorious Appearing," by Tim LaHaye (CD); "Hondo," by Louis L'Amour (CD);

"The Sacrifice," by Beverly Lewis (AC); "A Loving Scoundrel," by Johanna Lindsey (AC); "Folly and Glory," by Larry McMurtry (CD); "Sleeping Beauty," by Phillip Margolin (CD); "The Paid Companion," by Amanda Quick (AC); "Sullivan's Law," by Nancy Rosenberg (AC); and "Hidden Prey," by John Sandford (CD).

public notice

LEGAL NOTICE

On July 8, 2004 beginning at 11:30 a.m. CDT, the Northwest Kansas Groundwater Management District No. 4 Board of Directors will conduct a public hearing regarding the district's proposed 2005 operating budget. The hearing will be held in the district office at 1175 S. Range, Colby, KS. The budget being proposed at this hearing was approved for said hearing by the eligible voters present during the 29th annual meeting held on February 18, 2004. A copy of the proposed budget is available for inspection in the district office during normal office hours.

ATTEST
Robin Deeds, President

Mitch Baalman, Secretary

Published in The Goodland Star-News on Tuesday, June 8, 2004.

Most feel overwhelmed by pressures from their jobs at times

For most people in the work field, at some point in their lives, they feel overwhelmed by the pressures that the job demands.

Work overload is a common stressor, as are personality conflicts with co-workers and supervisors. The National Mental Health Association suggests the following as coping steps that can help reduce the impact of job stress:

- Take charge of the situation to the extent that is possible; set priorities and organize your time.
- Be realistic about what can and



high plains mental health

• plain sense

cannot be changed; do what is possible.

- Take one step at a time; divide each project into manageable steps.
- Be honest with colleagues; explain your feelings and make practical suggestions for improvement.

• Find out what is available through the company such as fitness programs and personal counseling services.

- Slow down; learn to say "no."
- Recognize danger signals; learn the symptoms of job stress and take action.
- Take care of your physical health: eat sensibly, get enough rest and exercise, and avoid alcohol, to-

bacco and drugs.

- Learn to relax through hobbies, sports, music, reading and walking.
- Allow yourself a personal life; spend time with family and friends.
- As a last resort, consider a job change.

Seeking help from a mental health professional is another method of coping. The solutions to job stress may not be obvious or quick and easy. Finding an effective strategy will take time and effort.

But making the attempt can help a person feel that they are able to

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