

Chamber says Flatlander Festival made money

By Kathryn Gurfinkel

The Goodland Star-News
The food, entertainment, trash pick-up, portable toilets and games at this year's Flatlander Fall Festival were counted as a success by the Goodland Area Chamber of Commerce at a business promotions committee meeting Wednesday.

The Chamber did well, taking in \$400 for the minnow races alone, and after advertising and expenses, making a total of \$1,200.

"I thought Flatlanders went great this year," said Chamber Chairman

Donna Swager. "It was so organized."

Chamber Manager Courtney Warden said there were 47 booths, one more than last year, spread out along Main.

Although the turnout was good, she said they would like to see more next year.

"Our goal is to fill a lot of that in," Warden said.

They especially want to add food vendors, she said, because many ran out early.

Warden said she had a positive response from vendors, with many

saying they did well for the day.

Swager said supplying power for the booths ran smoothly this year, but they are looking into making it easier next year.

She said the beer garden was a success, with a lot of people stopping for a drink.

"It really was nice," she said "It gave people a place to sit and visit."

Swager said they aren't sure how many people came to town for the festival, but she suggested getting an aerial photograph to do a count next year.

Chamber members said the

Goodland hotels did well over the weekend, filling up their rooms.

Warden said for next year, they should look into adding transportation from the hotels to downtown.

For transportation along Main, Swager said Wheat Ridge Acres Retirement Community is looking to build a "snake," or line of attached cars or benches, to transport residents.

Although they added more cans, trash pick-up was one of the negative aspects of the festival for the Chamber. Swager said they would

like more participation from the city, including street sweeping.

"When we have a festival of this size," she said, "it's not out of line to ask them to sweep the streets and pick up trash."

She said In the Can, the trash contractor, dumped city trash cans along with the festival cans to keep the streets clean.

Chamber members discussed this year's entertainment. They decided to consider adding more "appropriate" music or turning the volume down on the louder styles next year.

Other member suggestions for

next year included flat track bicycle racing.

They discussed adding a motorcycle and car club combined barbecue and street dance after the festival, too.

Chamber members agreed to do a more cooperative advertising campaign for next year. Instead of putting out individual promotions, businesses could get together to put everything in one advertisement.

"It will be more affective if we can get that kind of cooperation," Swager said.

Tech college adds new position, video conferencing system

Cosmetology instructor becomes director of instructional services

The Northwest Kansas Technical College has created a new job, director of instructional services, and promoted Brenda Chatfield, an instructor at the college, to fill it.

This will be a part-time position for Chatfield, who teaches in the cosmetology department.

Among her duties are assisting and evaluating instructors, helping with the national accreditation committee and other tasks as assigned.

"I have considerable confidence in Mrs. Chatfield after working with her for the past three years," College President Ken Clouse said. "She knows good instruction and will be an asset to the administrative team."

She has taught cosmetology for eight years.

"I have enjoyed the role as cosmetology instructor," she said, "and I'm looking forward to this new challenge to work with all instructors and students as we move through

the North Central Accreditation process."

Chatfield plans to complete her bachelor's degree in technical education from Pittsburg State University in May.

She graduated from Goodland High School in 1977, Garden City Community College in 1979 and the technical college cosmetology department in 1981.

Her husband Lyle and son Heath, a junior at Goodland High School, also live in Goodland, and another son, Bryce, is a sophomore at Fort Hays State University.



Chatfield

Grant buys video conferencing system

The Northwest Kansas Technical College has received a \$25,000 grant for college and community services from Kan-Ed, a state agency.

The college bought two Internet video conferencing systems with the money.

The equipment works over the Internet and will allow the college to offer distance learning, not only to northwest Kansas, but also to eastern Colorado and southern Nebraska, or anywhere in the world someone is interested.

An immediate use for many of the teachers at the college is to receive Fort Hays State University

courses for the Bachelor of Technology Leadership degree.

The video conferencing units are equipped with microphones, speakers and televisions.

Soon, the college will also provide library services for students, and this system may be used to access research materials and possibly even instructional presentations for the newest technology.

The equipment is housed in the Murray Center, which has a tiered lecture theater that will accommodate 50-75 people and four classrooms.

Groups and businesses that need continuing education, including medical, legal, insurance, service

technicians and financial institutions, can use the system.

"Distance has always presented difficulties to northwest Kansas residents," said Inga Sloan, grant writer for the college.

"This state-of-the-art technology allows for live Internet broadcasts to be presented to our communities and for participants to interact with the presentation."

It is an excellent way for businesses to meet, college President Ken Clouse said.

For more information, call the Murray Center administrator, Stuart Turnbow, or Clouse at 899-3641.

'Sandwich generation' stuck in middle, caring for parents, kids

Dear Plain Sense: My elderly mother lives alone, and I am the only family member close enough to care for her, which takes a lot of my time.

Then I don't seem to have enough time at home when my husband and children need me. I feel caught in the middle and very tired. What can I do?

The "sandwich generation" is a term frequently used to describe people in your situation. They often feel overwhelmed trying to respond to the needs of their own immedi-



high plains mental health

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ate family, including children, and the demands of their aging parents.

They experience a great deal of stress trying to juggle everything that needs to be done. And they usually sacrifice a lot of their own personal time for the sake of everyone

else.

The stress of taking responsibility for aging parents, along with one's own family and children, can cause a person to feel like they are being "pulled apart."

Often the children don't get the attention and nurturing they need, and the marital relationship can become strained as well. Meanwhile, the elderly parents may be unhappy

because they are aware of their increased demands, or they, too, may feel neglected and become overly demanding.

As a result of people living longer, there is already a significant increase in the number of four, and even five, generation families. Thus, as our society ages, and the elderly population increases, the "sandwich generation" will also increase.

Good communication within the family is vital, and it is important to ask for help from your husband and

children. Find out about assistance from other sources as well, including social service agencies and aging services, such as your local Area Agency on Aging.

It is also important for the sandwich generation to take good care of themselves. Practice effective stress management; eat healthy and get plenty of exercise. Take some time for yourself; don't give up that hobby or activity that you enjoy.

Don't put everything in your life on hold. You will feel better both physically and emotionally, and thus

be able to better deal with those extra demands of parents and family.

Contributed by Cora Lee Pfannenstiel, 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 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com

4-H news

The meeting of the Beaver Valley 4-H Club was called to order Monday, Sept. 13, at the First Christian Church. There were 12 members, two leaders and two adults present.

The club had reports of officers; then leader Kim told everyone the record books were due to her by

Oct. 1 and to the office by Oct. 6.

She also told everyone about the upcoming 4-H open house at the 4-H building, which was held Sunday, Oct. 3.

Kim reminded everyone that the club was in charge of the achievement awards, and the Ruleton Ea-

ger Beavers were the helpers. The ceremony will be at 2 p.m. Sunday, Nov. 7, at the First Christian Church.

For new business, it was decided to give back the club's part of the donation from Archer Daniels Midland to the 4-H council. The meet-

ing then moved on to the program, which was election of officers.

After the election, the gavel was handed back to President Halli Stone who gave the announcements, and the meeting was adjourned by saying the 4-H motto.

Submitted by Paige Phillips.

matters of record

District Traffic

The following fines were paid in the Sherman County District Court: **Sept. 20** — Christina A. Moller, 22, Pound Ridge, N.Y. was fined \$120 for speeding.

Andrew T. Zoeller, 24, Fort Lauderdale, Fla. was fined \$114 for speeding.

Carey S. Huff, 31, Chesterfield,

Mo. was fined \$144 for speeding.

Ellen E. Bradshaw, 19, Newton,

was fined \$50 for speeding.

Michael J. Dekort, 39, Sicklerville, N.J. was fined \$150 for speeding.

Edward M. Heitchue, 40, Commerce Township, Miss. was fined \$168 for improper parking.

Jooyun Kim, 30, San Leanro,

Calif. was fined \$120 for speeding.

Justin Robert L. Duncan, 21, Kemmerer, Wyo. was fined \$144 for speeding and \$60 for unlawful acts with a vehicle.

Jose L. Quiroz, 24, Longmont, Colo. was fined \$150 for speeding.

Michael R. Schwartz, 20, Saint Maries, Idaho was fined \$168 for

speeding.

Amanda G. Herrington, 18, Jemeson, Ala. was fined \$186 for speeding.

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and The Goodland Area Chamber of Commerce and Ambassadors welcomes

Baker's Dozen

Judy Morris • owner

Baker's Dozen had their grand opening on September 27, 2004 after being in business for 4 months. They offer a delicious variety of cookies, cakes, cupcakes and brownies for sale with free delivery in Goodland. Special orders for pies are also available. A 48 hour notice is appreciated for all cake, pie and large orders. Call Judy today to order.

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