

Athletic director retiring after 16 years

Goodland High graduate Bob Hellerud plans to retire as athletic director at Junction City High School at the end of the year.

Hellerude, son of Isabelle Hellerud of Goodland, was born and raised in Goodland, graduating in 1967. In high school, he was active in band, X-Pressos and basketball.

Hellerud's retirement was reported in a story by Jeff Theisen in *The Daily Union* in Junction City. He was the principal at Washington Elementary in 1988, the article says, when the superintendent asked him to take the job as athletic director. He spent the next



Hellerud

16 1/2 years at a job he had to be persuaded to take.

Hellerud said Superintendent Max Heim called him up to his office in December '88 and said, "I need some help."

"I said, 'Max, what do you need?'" Hellerud said. "He said, 'I need you to go to the high school and be the athletic director.' My response was, 'I don't think so.'"

Heim eventually persuaded him. "Sixteen-and-a-half years later I'm still here," Hellerud said. "I did it as a favor."

Heim wanted somebody to help organize things, Hellerud said, adding that he thinks he is a good orga-

nizer. Looking back at it, he said, even though the job has been stressful, there have been a lot of positives.

The article says Hellerud handled the various aspects of the job well, serving as a part-time accountant, part-time public relations department and a full-time juggler, always having several tasks to do at one time.

Hellerud said he finished his half year in 1989 over budget, but he decided to stick with it one more year.

The only other year he was over budget was 2000, when several teams made it to state tournaments. Those extra expenses were a welcome problem, he said.

His department came in under

budget an average of \$14,000 a year, he said, a total of \$222,327 over 16 years. And he did that while not making the fans or teams pay the price.

"The only (ticket) price increase we've had for adults is going from \$2.50 to \$3," he said. "Everybody else is up to \$4 and \$5. The only reason I went up from \$2.50 to \$3 was just because it was easier change-wise. Students we increased from \$1 to \$2."

"We've never had to drop programs because of budget cuts. I've been really thankful and pleased that our board of education has done a great job with the financial part of the budget. Our athletic and activity programs have not suffered."

Hellerud is known for going the

extra mile, the story says. As athletic director, he has liked to be in control of everything possible and never rested until everything was in place and everyone was as happy as he can make them.

He greets every team that travels to Junction City, and not just varsity teams, all of them.

He recalled a team that beat him to the door two years ago. The opposing coach and players were tickled pink, he said.

"He said, 'After 14 years I finally beat you to the door.'"

After years of hard work, as a teacher at Lincoln Elementary, principal overseeing Grandview and Milford elementaries and principal at Sheridan and then Washington Elementary, and over 16 years

as athletic director, Hellerud doesn't plan to just sit back.

"I can't sit and relax," he said, "because I have to be doing something. Not having something to do is just going to drive me nuts. I just know I'm going to find a job doing something. I like staying busy, but not 12 to 15 hours a day. Maybe reduce it to eight hours a day."

And he will have time for his family. Hellerud's wife Marilyn is a kindergarten teacher in Junction City. Their oldest daughter Leslie lives in Dallas, and their youngest, Lori, is a nurse at the University of Kansas Medical Center in Kansas City.

His brothers, Tom Jr. and Tim, live in Goodland. His father, Tom Sr., and his sister Marilyn are deceased.

Parents need to stay involved in teens' lives

Being a parent of a teenager is not easy. But then, neither is it easy being a teen-ager.

The influence of peers begins in elementary school and is very powerful by middle school. Most youths, as they mature to age 17 or 18, become their own person and are less influenced by others. And by their early 20s, they have a better understanding of their parents' concerns.

Even though the influence of friends is strong during adolescence, parents need to stay involved. Research by Child Trends from the National Longitudinal



high plains mental health

- plain sense

Survey of Youth indicates that most teens report that they think highly of their parents, want to be like them and enjoy spending time with them.

This research indicates that the majority of U.S. teens report positive relationships with their parents. The report also indicates that

many adults feel their adolescents are influenced more by their peers than their parents. Due to this belief, there's a risk that

parents will step back from being involved in the lives of their teens.

The Child Trends researchers explain that since research shows that children develop better when

they feel close to their parents, it would be a serious loss to all if parents acted as if they were no longer important once their children enter adolescence.

This research also includes findings showing the link between quality parent-teen relationships and a wide range of positive outcomes for teens, including better academic performance and less likelihood of engaging in destructive behaviors.

These results also point to a

strong association between frequent parent-youth interactions and higher levels of reading, scientific and mathematical literacy among teens.

Even when adolescents appear to be listening to and doing what their friends want, they are also paying attention to the adults in their lives, especially parents.

So don't give up; keep the conversations going, expect your teenager to participate in family events, stick to your rules and teach them

positive values. They really are listening!

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 Department, 208 E. Seventh, Hays, Kan. 67601.

Director visits shows to promote hunting

By Sharon Corcoran
The Goodland Star-News

Sherman County Convention and Visitors Bureau Director Donna Price has been to three trade shows recently to promote the county as a place for historic tours and hunting.

Price said she was really happy with the shows and gave away a lot of guides and maps.

"I'm already getting phone calls from people who picked up stuff at the trade shows," she said.

Hunting season is a slow time for most tourism, Price said, so it is a good time to fill rooms.

At the Kansas City trade show, Price said, she gave out 225 Goodland guides, 525 Northwest

Kansas guides, 675 state guides and 1,250 state maps.

She said she ran out of hunting and fishing information, bed and breakfast information and some community brochures.

At the Denver show, she gave out 300 Goodland guides, 613 Northwest Kansas guides, 630 state guides and 1,500 state maps.

She said Kansas Wildlife and Parks had hunting and fishing information she used to fill the booth when she ran out.

At Wichita, she gave away 250 Goodland guides, 788 Northwest Kansas guides, 405 state guides and 750 state maps.

She ran out of most individual community brochures.

matters of record

Municipal Traffic

The following traffic fines have been paid in Municipal Court:

Jan. 26 — Tamara D. Fogg, 48, Burlington, Colo., \$76 for illegal registration.

Brain A. Baar, 24, Goodland, \$136 for criminal damage to property and \$100 for disorderly conduct.

Matthew L. Rivera, 22, Goodland, \$96 for exhibition of speed.

Tony L. Dickey, 32, Goodland, \$236 for simple battery.

Jan. 27 — Justin J. Tesmer, 29, Goodland, \$46 for improper parking.

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Times: Starting at 11:00 a.m. and running through the day: Each slot will be 1.5 hours long and participants will enjoy Pizza Hut pizza and Coke! Each team should submit their roster by March 18th. Teams can be added up to the day of the event. Teams are made up of a Team Captain and 3 other team members. Please call to be added to form a team.

Please contact for a packet or for more information:

Big Brothers Big Sisters of Sherman County, Dennis Daise, 330 West 17th/Suite 102, Goodland, Kan. 785-890-3665	Big Brothers Big Sisters of Wallace County, Myrt Kuhlman, 785-852-4760	Big Brothers Big Sisters of Cheyenne County, Tammy Pettijohn 785-332-3406
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