

Bowl for Kids Sake a success, thanks to help of many

A big thank you to all who contributed to our annual Bowl For Kids Sake the first Saturday of April. Sherman as well as Wallace and Cheyenne counties provided the pledges and the time to bowl a couple of games, eat Pizza Hut pizza and drink some Coca-Cola.

The Bowladium Lanes as usual was an excellent host. Curtis Duncan was terrific as our announcer, and we appreciate not only his time during the event but the promotion of the event.

Today, *The Goodland Star-News* is running an ad to list our corporate sponsors and those who provided door prizes and drawings. Thanks to *The Star* for their help with the ads as well.

With the completion of our annual event, please check out our



dennis daise

- big brothers big sisters

program to assist your child if he needs a friend. The bowling helps to provide money, but without the volunteers, children and parents who need help would be out of luck.

School is quickly coming to a close, and our summer activities will be starting at the end of May and continuing through the year. One advantage of the activities is that even if your child is on the waiting list, our hope is that he might

meet a volunteer involved with one of our events. This gives children an opportunity to do something with their peers and with volunteers who want to make a difference. As mentioned, our Big For A Day events will be beginning soon, and don't forget our annual picnic before school starts up in the fall.

On the Big Brothers Big Sisters of America web site, there is an article from "Real Life Stories" that tells of the experience of an actual match; it is called "Giving Back."

Jennifer Perez, who is a Big Sis-

ter, tells of the impact that she experienced as a one time Little Sister; she is now helping a child as a Big.

"From a young girl in need of help to a grown woman wanting to help, my role in the program has come full circle" is how she put it. She said her mother "knew I could benefit from having a friend, someone who could help me navigate the difficulties I was facing, someone with whom I could go out and do fun things!"

Jennifer continues by explaining that her Big "made me feel I was part of her family."

She continues by saying, "the highlight of my involvement in her life and family came the day I walked down the aisle as part of her wedding party."

A common statement that I hear from our own volunteers is that they are not sure what their Little thinks of the match.

Jennifer says, "As a child, I was never able to express to Alice how much she positively impacted my life. She wasn't an authority figure like my mother, but I always listened to her."

"She was patient and kind, and she never missed an opportunity to teach me about values. In fact, over the years we were together, Alice taught me many things from how to use silverware at the dinner table to how to properly introduce myself in a social setting."

From visiting with our volunteers in Sherman County, they have taught their Littles some of the same things. Jennifer also makes a state-

ment that is the most important one of all, one that shows what volunteering is all about.

She said, "Over time, I became less concerned with myself and more interested in other people. I began volunteering in high school, and through that experience, learned that I wanted to teach kids."

To finish, Jennifer is a Big to a child who has sickle cell anemia. "Through our activities and outings together over the years," she said, "I have seen Lynnette become more confident in her social skills, more assured in her decision making and more assertive in pursuing the things she wants."

Jennifer learned a valuable lesson in her relationship with her Big Sister and is passing it on. Amen!

Walking together can help with health, weight and family bond

Recent studies have shown an alarming trend toward weight-related medical problems among American children.

A rise in type-two diabetes, high blood pressure and heart disease among the population under 21 is startling. Medical professionals place the blame on too much high-fat junk foods and too little exercise.

According to a 2000 report by the Centers for Disease Control and Prevention, "Physical inactivity has contributed to the 100 percent increase in the prevalence of childhood obesity in the United States since 1980."

Healthy children have a natural inclination to expend a lot of energy in play and exploration. As the



karen merryman

- smart start

weather warms, children enjoy spending time outdoors. Under proper supervision and with appropriate sunscreen application, outdoor activities are both fun and healthy.

Family walks can begin when the child is still a tiny infant. Strollers that support the head work well for even the youngest child and can be used until the child is able to walk.

Once the child begins to walk,

brief periods of walking in close proximity to an adult are appropriate.

Frequent stops to explore an ant-hill or get a closer look at a flower are to be expected. These are wonderful learning opportunities.

Since the child will tire easily, the adult should be prepared with a stroller or backpack.

Caution should be taken with children who are mobile enough to get away from the adult, as little ones cannot comprehend the dangers of traffic or stray animals.

By the time the child is a toddler, outdoor games can begin. Children

love to throw and catch balls. This is great exercise for the parent as well because it requires a lot of chasing of the ball. Most children do not develop an accurate aim until late preschool age.

Chasing bubbles can be a fun activity for children who are able to walk or run.

Adults should carefully look over the area the child will be walking through, looking for potential hazards. Sticks and sharp debris should be removed before the child begins to play.

Play areas at parks may appear to be safe, but little ones need careful supervision while on play equipment. Parents should expect to play with the child not just watch the child.

Youngsters often get into situations which will require "rescuing," and the parent who is right there will be less frustrated than one who has to climb up after the child.

Outdoor activities can help improve the fitness of the entire family both physically and with their family bond. So get out there and have fun together.

Retired instructor gives college \$1,000 for scholarships

A retired auto technology instructor has given the Northwest Kansas Technical College \$1,000 to be used for two scholarships for the next school year.

Gary Ginther, an auto technology instructor at the college for 29 years, retired in August 2000 after teaching hundreds of students.

He recently gave the college's Endowment Association

a gift that will be used for two \$500 scholarships for students studying auto technology, auto body or diesel technology during the next school year. also stipulated that the scholarships should be awarded to students living in Sherman or Graham counties.

After graduating from Northwest Kansas Area Vocational Technical

School in 1968, Ginther worked at

Jack Fitzsimmons in Colby. He became an instructor in 1972.

Gary has served the college well and continues to be a great representative, said President Ken Clouse. Ginther graduated from the college and then returned to teach. Clouse said, and he frequently substitutes in various departments.

"I am extremely pleased with Gary's decision to provide these scholarships and his support," Clouse said.

Presenting his gift to the Endow-

ment Association, Ginther said he was happy to provide the scholarships, which will be awarded by the college scholarship committee. Anyone interested in applying should call Paul Chaffin or Jackie Schmidt at 899-3641.



Ginther

Bowl for his sake. Bowl for Kids' Sake 2005

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