

Farmers under stress should talk, talk, talk

What causes stress for farmers and farm families? Do any of these sound familiar — paperwork, farm loans, old equipment, extreme weather conditions, fatigue, commodity prices, crop disease, hired help, lack of family time?

Stress, tensions and problems are not something that independent, self-reliant people such as farmers want to say much about. However, talking is one effective way of dealing with stress.

Talking with someone about a worrisome topic helps put the problem into perspective, makes it seem not quite so large and provides the opportunity to look at various options.

Openly discussing problems with others who are supportive and good listeners can be helpful and healthy. Constructively venting problems, concerns and fears can help a person move from being frustrated and grouchy to working on solutions.

Farm couples and family members who have the ability to communicate easily with each other will be able to handle stress better. It is often difficult for men, in particular, to express their worries openly because of the belief they will be viewed as weak.

Yet when farm couples have open and clear sharing of information,



high plains mental health

- plain sense

they can better help each other find solutions, even make the job easier.

It's also important to seek out advice from others in the community who are willing and able to help. Friends, extended family, church members and others can at least provide emotional support. They can also assist with reducing the confusion and uncertainty that complicates feelings of stress.

Unresolved stress can lead to both medical and emotional problems, such as heart disease and depression. It may be necessary for some individuals, couples or family members to seek further help from a family physician, clergy or mental health professional.

Contributed by Karen Schueler, manager, 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.

Seniors enjoy scooters at graduation 'Beach Party'



Mark Starr (left) and Derek Fenner demonstrated their athletic ability in the scooter game at Project Graduation Saturday, May 20. Brandon Hatfield cheered them on. Members of the Goodland High School class of 2006 were invited to the event, a "Beach Party" at the Goodland Elks Lodge. Forty-three out of

63 graduates (68 percent) attended the all-night party, which was sponsored by their parents. They enjoyed music, class videos, games, contests and refreshments. Graduates received 2006 T-shirts, flip-flops, sunglasses, visors, key chains and disposable cameras. Photo by Donna Fenner/a parent-sponsor of the event

Nursing students graduated from Boothroy hospital

Among area graduations in the spring 75 years ago was the commencement of nursing students from Boothroy Memorial Hospital in Goodland on June 2, 1931.



marcia smith

- from the vault

Mrs. Teeters, sang "The Holy Hour."

W.H. Tipton, president of the hospital board, in a few well-stated words, presented the diplomas, and Miss Laura Miller, superintendent of the hospital, presented the school pins to the class. The invocation and benediction were given by the Rev. L.E. Cooke.

And finally, 45 rural Sherman County eighth graders were honored in a ceremony in Goodland on May 29th, the same spring.

FOR RURAL GRADES Commencement Will Be at High School Friday

Graduating exercises for the 45 boys and girls from the rural schools will be held at the high school auditorium Friday evening at 8 o'clock. The Rev. L.S. Dudley of the Christian church will deliver the address, his subject being "A Dream, A Purpose and Enthusiasm." An invitation is extended to the public to attend.

Other numbers on the program will be readings by LaVerne Brinkmeier and Mildred Ochsner, a piano solo by Lois Herbert and the presentation of the diplomas by County Superintendent Mabel Sherrod. The class is made up of the following:

Katherine Ufford, Alvin McCall,

Minnie Purvis, Lowell Connolly, Lois Herbert, Ivah Kenny, Ernest Nordmann, Samuel Gafford, Vernon Taylor, Elenora Stephens, Daniel Eicher, Orville Hawks, Lulu Renner, Wayne Phillips, Conrad Graybill, Louise Harrington, Lucille Clark, Orval Albers, Nelson Woolverton, Alta Bair, Louise Williams, Mildred Ochsner, Fern Rhoades, Blanche Butler, Allen Cecil, Max Maring, Harley Williams, Dale Kauffman, C. Beechman, Josie Goings, Aline Brinkmeier, Mildred Evans, John Laughlin, Herbert Albertson, Anna Belle Murray, Francis Orange, LaVerne Brinkmeier, Opal Charles, Ferne Johnson, Raymond Morgan, Jennie Nowak, Robert Murray, Elvin Strange, Giles Glenn and Leonard Speaks.

The graduating exercises for the Ruleton grade school were held last week for Clara Bell Vetter, Anna Beal, Milton Parish and Wilma Evans.

The Goodland News-Republic printed some advice from the University of Kansas for parents of graduating seniors. Perhaps 75 years later the advice still has merit.

Automobiles Menace Education
"The rumble seat is an emissary of Satan on a college campus," said Geo. O. Foster, registrar of the University of Kansas, in the first of a series of radio talks of interest to high school seniors and their parents over the university's station KFKU.

Mr. Foster's purpose in making these talks is to help parents prepare their children for college. He says that one grave error parents make is over-supplying boys and girls with money and automobiles. Neither is necessary or conducive to study he says.

The newspaper also had a column titled "Random Shots" for local and area news tidbits and observations. The following are from June 3, 1931.

It has been figured if every man who looks on where the new telephone building (10th and Main) is being constructed would work half

as long as he watches, the building could be completed before harvest.

The "diggin's" have at least spiked the wall of the die-hards who said they didn't believe it would ever be built, just because, like Rome, it wasn't built in a day. Nor will it be the last new building in Goodland, by a long shot.

The country is getting more patriotic. Last year only one man took off his hat as the flag passed in parade on Decoration Day. This year there were five.

Kansas City is out to land the next

Democratic national convention. They had the Republican convention the last time, but they want a bunch that will stay longer.

A Fort Scott teacher discovered one of her small charges occupied with a game of solitaire which he was conducting surreptitiously below his desk the other day. "Why Johnny," she exclaimed, astonished, "where did you get those cards?"

"Oh, that's a prize my mother got at one of those Methodist ladies meetings the other day," he explained.

student of the week



Name: Lauren Abernathy
Parents: Paul and Gina Abernathy

Grade: Sophomore
Age: 16

We've nominated this student because: of her outstanding performance in class and in the Goodland High School DECA Chapter. Lauren took second place in the Entrepreneurship Promotion Project at state competition and top twenty one in the Entrepreneurship Promotion Project at international competition.

Student Comment: My favorite subject in school is either English or History. The aspect of

school life I like the best is seeing my friends and all the interesting conversations we have had in the library. After graduation, I will always remember the band trips and International DECA trips. (Especially 2005)

Activities involved in at school: DECA, football statistician and band.

My choice of movies, books, and games: I enjoy the movies - Schindler's List, Where the Heart Is and Love Actually. I listen to any music and read any book. I also enjoy card games like poker or crazy 8's.

After I leave Goodland High School I intend to: attend a community college for 2 years and then transfer to a 4-year university, in which I will attain a degree in either Sports and Entertainment Management or Public relations.

And 10 years from now, I think I'll be: living life to the fullest and making lots of money in a career that I love.

Favorite Quote: "Don't look back! Something might be gaining on you!" - Satchel Paige-

matters of record

Divorce Granted

The following divorce has been granted by the Sherman County District Court:

Harold E. Stefan and Julie A. Stefan, both of Goodland.

Non-surgical treatment of hemorrhoids.

John D. Ferris, MD will be at:
291 15th Street
Burlington, CO

Wed., June 14
Sat., June 17

For information or appointment, call 1-800-593-0009



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FARM MACHINERY & EQUIPMENT AUCTION

TUESDAY JUNE 6, 2006 @ 10:30 AM, MDT

SELLER: MARK PEDEN

AUCTION LOCATION: From the intersection of Hwys 24 & 27 in Goodland, Kansas, go 2 miles North to County Road 19, then 3 1/2 miles on North on County Road 19 to the sale site on east side of road (across from buildings) **SIGNS WILL BE POSTED!**

TRACTORS & COMBINE:
•'02 Case IH MX270, MFWD, 270HP, 3,500 hrs
•'89 Case IH 7140, MFWD, 195HP, 10,088 hrs
•'74 JD 4230, 5,338 hrs, w/JD148 Loader
•'93 Case IH 1660 Axial-Flow Combine, 3,410 hrs
HEADERS:
•'90 JD 654A 6-row W crop head w/sunflower shields & Bish adaptor
•'93 IH 1064 6-row W cornhead
•'86 IHC 810 wheat head, 24'
GRAIN CART:
•'04 Orthman 996, Model 608-220
TRUCKS & VEHICLES:
•'96 Volvo, N14 Cummins, 9 spd Fuller-Eaton trans, 500,000 mi
•'84 International "Eagle", 855 Cummins, 9spd Fuller, 376,000 mi
•'67 Chevy C-50, 366, 15' Omaha B&H, 5,000 mi on new motor
•'91 Chevy Silverado 4x4 pickup
•'85 Chevy Custom Deluxe 10 pu recent motor & auto transmission
•'76 & '78 Salvage Pickups
TRAILERS:
•'96 Merritt 43'x102"x80" dbl hopper
•'91 Wilson 43'x96"x 66" dbl hopper
•Circle M 7'x18' car trl w/dove tail, 7,000# axles, GVW 14,000lbs •Redlin adjustable header trailer
FARM MACHINERY:•'02 Sunflower C-flex 1434-36 discw/Degelman harrows •'94 Sunflower-Richardson 3661 6x5 (30') blade plow, Richardson pickers •'98 Krause 4231 field cultivator

FARM MACHINERY CONT:•'89 JD 885 field cultivator, 6-row W, row shield attachment •'93 JD 7300 MaxEmerge 2 VacuMeter-6-row W planter•3 - '85 JD LZ 812 drills•Rhino SR18 rotary stalk shredder •'00 Blu-jet Trackmaster •FK R30 rod weeder •4 sections Calkins harrows•IHC 18' seedbed conditioner•IHC 24' tandem disc w/harrows•'85 Rhino 8' rear blade •'90 Blu-jet Sub-tiller II 7-shank ripper •Orthman ridger, 6 row W•Broyhill sprayer w/36' boom •Worksaver Inc., pallet fork attach•'79 Tucker 10' speedmover•2 Lilliston cultivators, 6-row W•JD 400 3 pt rotary hoe •Orthman 20' tool bar•IH 641 4-bottom RO plow •'78 Orthman NH3 applicator, 6 row W •'15' drag springtooth•NH 5T running gear•Graham Hoeme 11' 3pt sweep•'96 Mayrath 10"x56" PTO auger
IRRIGATION EQUIP: •'99 T&L 7-tower sprinkler & '99 T&L 8-tower sprinkler w/drops•'98 Zimmatic 7-tower sprinkler (*Sprinklers to be moved by Buyers*)• 4 - T&L hyd pumping units - 3 w/suzu eng & 1 w/a 141 inline 4cyl Chevy, all on trls w/V4 Ford •'7 - Chevy 454 eng-ysr 2003-1995•'74 Chrysler 440 eng•3 - '75 Chrysler 443 eng
AND MISCELLANEOUS ITEMS TOO NUMEROUS TO LIST!!

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