

# Fall is time to bring plants in

Many people move some of their house plants outside for the summer to give them better growing conditions and help them recover from the stress of an indoor environment.

With fall here, it is time to bring these plants inside for the winter.

House plants that have been kept outdoors are accustomed to receiving much more sunlight than they do inside. Research in Florida in the late 1970s revealed that tropical plants grown under high light produce “sun leaves,” while those grown under low light have “shade leaves.”

These leaf types differ structurally in that sun leaves have less chlorophyll (the substance that plants use to convert sunlight to energy), and the chlorophyll is deeper inside the leaf.

Sun leaves also tend to be thick, small and numerous while shade leaves are thinner, larger and fewer



## dana belshe

- ag notebook

from outside should be started out in an area that gets plenty of light, and then gradually moved to their per-

manent, darker location. This should take four to eight weeks depending on the degree of difference in light levels between the initial and final location.

Understanding plant processes allows us to anticipate potential problems. Acclimatization gives house plants a greater chance of retaining leaves and avoiding the stress of completely replacing them.

Dana Belshe is agricultural agent for Kansas State University Research and Extension and the Sunflower Extension District, covering Sherman and Wallace counties.

in number. When plants are moved from one light condition to another, they need time to adjust. This is known as acclimatization.

Plants forced to acclimatize too quickly will drop their sun leaves and produce a new set of shade leaves. If the process is slower and less drastic, the plant can convert their sun leaves to the shade leaves that do better under low light. Going from shade to sun, this process is reversed.

So how do we help house plants acclimatize to the lower light levels inside? House plants brought in

# matters of record

### Municipal Court

These are cases decided by the Goodland Municipal Court:

**Sept. 13:** Andrew P. Wood, Missoula, Mont., disobey stop sign, theft of motor fuel, fined \$190.

**Sept. 18:** Andrew J. Zimkus, no driver's license, fined \$150.

### District Traffic

The following fines were paid in the Sherman County District Court:

**Aug. 14** — Mikhail S. Chebotarev, \$150 for speeding.

Igor M. Derevyanyy, \$174 for speeding.

Joseph M. Haft, \$156 for speeding.

Allison B. Jones, \$126 for speeding.

Kenneth W. Lloyd, \$144 for speeding.

Daniel N. Reyes, \$78 for speeding.

**Aug. 15** — Manuel Sulvino Choncoa-Solano, \$132 for speeding.

Nicole J. Edden, \$174 for speeding and \$60 for driving without a license.

Wayne Zhang, \$126 for speeding.

**Aug. 16** — Toni M. Neikirk, \$102 for speeding.

Ismael M. Salinas Jr., \$150 for speeding.

**Aug. 19** — Thomas J. Lynch, \$156 for improper parking.

**Aug. 20** — Lisa K. Gordan, \$138 for speeding.

**Aug. 21** — Oscar A. Santiago, \$126 for no valid license and \$80 for unlawful use of driver's license.

Gary L. Teters, \$165 for speeding.

**Aug. 22** — Christine L. Radecic, \$132 for speeding.

**Aug. 23** — Neal John Carroll, \$126 for speeding.

Robert B. Engel, \$132 for speeding.

Vaughn V. Sothman, \$114 for

improper parking.

**Aug. 24** — Jaime J. Maritnez, \$120 for speeding.

Joyel L. Shahan, \$156 for speeding.

Dawn M. Yeley, \$165 for speeding.

**Aug. 25** — Vladimir Beadichevski, \$132 for improper parking.

Gilberto Franceschi, \$166 for not having Kansas motor carrier permits for trucks.

Keith P. Springer, \$150 for improper parking.

**Aug. 26** — Jamee Gentry, \$10 for no seat belts.

Siegfried Hora, \$132 for speeding.

Osmar de Jesus Morales, \$132 for speeding.

Robert M. Vanetten, \$144 for speeding and \$10 for no seat belt.

**Aug. 27** — Cari A. Gallo, \$156 for speeding.

Eric A. Keipper, \$126 for speeding.

Alfonso S. Marquez, \$137 for speeding.

**Aug. 28** — Hank W. Meade, \$126 for failure to yield.

**Aug. 29** — Natalie L. Schlegel, \$132 for speeding.

**Aug. 30** — Aaron D. King, \$166 for motor carrier safety rules and regulations.

Brian D. Lafollett, \$166 for motor carrier safety rules and regulations.

**Aug. 31** — James B. Boling, \$150 for speeding.

Claudia R. Eaton, \$138 for speeding.

Robert A. Golden, \$167 for motor carrier safety rules and regulations.

Robert M. Heslin, \$132 for speeding.

Charles K. Muiri, \$132 for speeding.

Joshua W. Waggener, \$166 for

motor carrier safety rules and regulations.

# Mental illness still carries stigma

The first week of October is Mental Illness Awareness Week, and although great strides have been made in recent years in the fight against mental illness, the stigma still remains.

Those who do not understand mental illness often think that conditions such as severe anxiety or depression are “all in your head” and that you should “just get over it.”

Some people believe that a person with a mental illness is dangerous and unpredictable, a perception that is often fueled by movies, television shows and media reports about criminal behavior.

The term “mental” illness itself implies something different from “physical” illness.

In recent years, however, research and studies of the brain show that physical changes in the brain are associated with mental disorders, indicating a biological basis.

Some mental health advocates



## high plains mental health

- plain sense

ing as a greater understanding is gained about mental disorders and the biological basis they may include. In addition, medica-

propose the use of less stigmatized terms such as behavioral health or brain illnesses.

As a consequence of this stigma, some people with mental illness suffer in silence and don't seek treatment that is available. Many are afraid that if their family and friends find out, they will be ridiculed. Some become socially isolated as a result, feeling uncomfortable in their community as a result of stigma.

Fortunately, more people are speaking out regarding their condition, including celebrities and well-recognized public figures, thus helping to increase public awareness on this topic.

The stigma is slowly decreas-

tions for severe mental illness continue to be developed and improved. With proper treatment, most people with mental illness can recover and remain in their community with family and friends.

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](http://www.highplainsmentalhealth.com).

# Worship warms the heart



### Calvary Gospel Church

**Pastor:** Steve Rains, Ben Coats, youth pastor

Fourth & College • 890-3605

**Sunday:** Kid's Church: 10:30 am

Morning Service: 10:30 am

Evening Service: 5:00 p.m.

**Wednesday:** Adult mid-week service: 7:00 p.m.

Youth @ the Rock House: 7:00 p.m.

Small Group Ministries meets through out the week.

[www.calvarygospel.net](http://www.calvarygospel.net)

### Our Lady of Perpetual Help

**Pastor:** Father Norbert Dlabal

307 W. 13th • 890-7205

**Sacrament of Reconciliation:**

4:30-5 pm Saturday or by appointment

**Mass Schedule:**

Saturday: 6 pm, Sunday: 10:30 am

**Spanish Mass:**

Sunday: 4 pm

### Sonrise Christian Church

Ninth & Caldwell • 899-5398

**Minister:** Charles E. Kerr, Jr.

**Sunday:** Worship Service: 9:30 am

Sunday School: 10:45 am

Team Puppeteers: 6 pm

**Wednesday:**

Junior/Senior High Meeting: 7 pm

Adult & Children's Classes: 7 pm

Jets, 4th grade and under: 3:30 - 4:30

### Word of Life

### Joursquare Church

10th & Clark • 899-5250

**Pastor:** John Coumerilh

**Sunday:** Worship Celebration

and Kids' Church: 10:30 am

Wednesday: K.W.A.M.!

Age 3 through grade 6, 6:30 p.m.

(during school year)

### Pleasant Home Church

Serving the rural community

for over 100 years

Rt. 1, Box 180 • 694-2807 • 3190 Road 70

**Pastor:** Charlie Busch

694-2242

**Sunday:** Worship Service: 9 am

Sunday School: 10 am

Evening Service: 6 pm

### Bible Baptist Church

**Pastor:** Michael Estep

Fifth & Broadway

890-7368

**Sunday:** Sunday School: 9 am

Morning Service: 10 am

Evening Service: 6:30 pm

**Wednesday:** Evening Bible Study: 7 pm

### Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO

(719) 346-7984

**Sacrament Meeting:** 10 am

**Sunday School:** 11:15 am

**Priesthood/Relief Society:** 12 am

### Iglesia Del Dios Vivo

La Luz Del Mundo

Spanish Speaking Church

**Minister:** Esteban Ortiz B.

1601 Texas • 899-5275

**Daily Prayer:** Sunday thru

Saturday: 5 am & 6 pm

**Sunday:** Sunday School: 10 am

### United Methodist Church

Brewster:

**Pastor:** Dorine Chambers

Worship Service: 10:45 am CST

Sunday School: 9:45 am CST

Winona:

**Minister:** Sheryl Johnson

Worship Service: 9 am CST

Sunday School: 10:15 am CST

### First Christian Church

(Disciples of Christ)

**Pastor:** Rev. Ted Amos

Eighth & Arcade • 890-5233

**Sunday:** Worship Service: 9:30 am

**Sunday School:** 8:30 a.m.

**Activities:** Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship

**Special Notice:** Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available

### Kanorado

### United Methodist Church

**Pastor:** Leonard Cox

399-2468

**Sunday:** Sunday School: 9 am

Worship Service: 10:15 am

### Church of the Nazarene

**Pastor:** Bob Willis

Third & Caldwell

899-2080 or 899-3797

**Sunday:** Sunday School: 9:45 am

Worship Service: 10:50 am

Evening Service: 6 pm

**Wednesday:** Evening Service: 7 pm

### First United Methodist Church

1116 Sherman

899-3631

**Pastor:** Rev. Janet Hernandez

**Saturday:** Informal Worship: 5:30 pm

**Sunday:** Sunday School: 9:15 am

Worship Service: 10:30 am

### Goodland Bible Church

109 Willow Road • 899-6400

**Pastor:** Chad DeJong

**Sunday:** Sunday School: 9:30 am

Morning Worship: 10:45 am

Evening Worship: 6 pm

**Wednesday:** AWANA (Winter) and prayer: 7 p.m.

### First Baptist Church

**Pastor:** Travis Blake

Fifth & Center • 890-3450

**Sunday:** Sunday School for all ages:

9:15 am (Child care provided)

Morning Worship: 10:30 am

**Wednesday:** Bible study 7 p.m.

Call church for information

**Thursday:** Bible study 9:30 a.m.

Wheatridge Center

### St. Paul's Episcopal Church

13th & Center

Church 890-2115 or Rectory 890-6969

**Priest:** Father Hal Lycett

**Holy Eucharist:** 10:00 a.m. Sunday

10:00 a.m. Thursday

**Morning Prayer:** 8:00 a.m. Wed. - Sun.

For emergencies Wed. - Sun. 890-6969

Sr. Warden for emergencies

Mon. and Tues. 890-3320

### Harvest Evangelical Free Church

104 E. Hwy. 24 • 890-7918

**Pastor:** Brian Fugleberg

**Sunday:** Worship: 10:30 am

Sunday School: 9:30 a.m.

**Wednesday:** Youth group

meets at 7 p.m.

at Scherlings', 827 Caldwell.

### Seventh Day Adventist Church

1160 Cattletrail

**Pastor:** Jim Martin

**Saturday:** Sabbath School: 9:30 am

Worship Service: 11 am

### Emmanuel Lutheran Church

13th & Sherman • 890-6161

**Pastor:** Scott Grimshaw

**Sunday:** Christian eduction/fellowship:

10:15 a.m.

Worship Service: 9 am

**Wednesday:** Confirmation: 6 pm

### Church of Christ

401 Caldwell

890-6185

**Sunday:** Bible Study: 9:45 am

Worship Service: 10:45 am

**Wednesday:** Bible Study: 7 pm

# The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

### Short & Son Trucking

Hwy. 24

### Koons Funeral Chapel

North Main

### Good Samaritan Center

208 W. 2nd

### KLOE/KKEJ/KWGB

3023 W. 31

## student of the week



joy being surrounded by the students at GHS.

**Activities involved in at school:** Cheerleading, FCCLA, GAA, Jazz Band, Musical, XPressos, NHS.

**My choice of movies, books, and games:** I like all kinds of movies, music and books.

**After I leave Goodland High School I intend to:** attend a four year university and pursue the major I choose.

**And 10 years from now, I think I'll be:** enjoying the career I've chosen, my family, and my life.

**Favorite Quote:** "It's not whether you get knocked down. It's whether