

Music, art mix at art center

By Sharon Corcoran
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If you long to put on your poodle skirt and dance to "Do Wah Diddy Diddy" or have always wanted to be a "Cowboy's Sweetheart," the Carnegie Arts Center was the place to be Sunday.

Eight of Nancy Shores' music students performed throughout the afternoon at an opening reception for WaKeeney artist Laurie Albin, and cookies and punch were served.

Over 30 people attended the reception and were treated to a performance by Ryleigh Paxton, a fifth grader and daughter of Camron and Lisa Paxton of Goodland, playing "Do Wah Diddy Diddy" on guitar while Shores accompanied on piano.

Aryn Sturgeon, a high school student from Bird City, tickled the keyboard, and Demi Mitchek, a second grader and beginning piano student, played a couple of tunes and then sang "I Wanna Be a Cowboy's Sweetheart." She had just sung at Apple Day in Penrose, Colo., Saturday.

Mitchek has had several performances in the past year, including at the Colorado Country Music Association competition in June in Penrose. She won her age division and overall and



will compete on the national level in March in Tennessee. She competed at the Colorado State Fair in August and won the age 12 and under division of the talent contest at the Flatlander Fall Festival here in September. She is the daughter of Jack and Becky Mitchek.

Shores' daughter Lea, a 2007 Goodland High School graduate, Kaitlyn Lammers, a freshman at Goodland High School and Kelsey, Berkley and Brianna White, daughters of Brandon and Denise White of Goodland, per-

formed.

Albin's intricate, life-like paintings, which include a scene from the state fair, WaKeeney's downtown at Christmas, pumpkins, peonies and windmills, drew a lot of attention as well. The artist was not able to attend because she was spending time with her daughter, who was home from college to celebrate her birthday.

Albin's paintings will be displayed through Wednesday, Oct. 24.



Ryleigh Paxton played "Do Wah Diddy Diddy" on guitar at the Carnegie Arts Center Sunday during the opening reception for paintings by Laurie Albin of WaKeeney. One that gained a lot of attention was "State Fair" (above, left). Photos by Sharon Corcoran/The Goodland Star-News

Local farm's school kid program featured in Kansas Living issue

By Ramona C. Sanders
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A local event involving an area farm and students from the Goodland school district has been featured in a statewide magazine.

Kansas Living, a publication of the Kansas Farm Bureau, showcased in its Fall 2007 edition photos from the "I Met a Farmer — He Touched My Life" program held in May.

The field trip for West Elementary

School students was sponsored by the Sherman County Farm Bureau and held on a wheat and corn farm owned by Greg and Amy Sederstrom. Greg Sederstrom is a board member of the Sherman County Farm Bureau and Amy Sederstrom is a board member of the Goodland School District.

This is the third year that the couple has hosted the learning workshop.

About 200 students rotated through

seven stations that included lessons on farm animals, riding and roping demonstrations, grains and planting.

"I strongly believe there is a huge disconnect," said Amy Sederstrom. "In our society, we don't understand land agriculture, where food comes from. The general population does not understand that we practice conservation, we take it seriously."

Sederstrom said it was an oppor-

tunity for the students to see, touch, hear and smell what it's like to be on a farm. Even though Goodland is considered a rural area, she said only a small percentage of Goodland schoolchildren live in the country.

"This helps the young children here realize that the backbone of Sherman County and this area of the country is agriculture," she said, adding "the land still teaches you a lot of lessons of respect."

Each of the ten members of the

Sherman County Farm Bureau, who are also farming professionals, volunteered their time and shared their expertise for the program.

"You have to be able to talk and to educate the kids, so you have to get some people in that profession," Sederstrom said. "They like doing it, it's fun."

But the kids were the ones who really had fun. The program drew an excited response from the students. Members of the Kansas Farm Bureau

were on hand to videotape the event and captured one local student on tape exclaiming, "This farm rocks!"

Sederstrom, who has two children in the school district, said the hope is the experience created a lasting impression on the children.

"I look at these young kids," she said, "and maybe when they're 30 and they're a judge and going to make a ruling that's agriculture-related, maybe it will be looked at in a positive light."

Norton graduate joins Star-News advertising staff

By Ramona C. Sanders
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The Star-News' newest staff member hopes to use her sense of humor, friendliness and people skills to be a successful advertising representative.

Jessica Corbin grew up in Norton and moved to Goodland in June. Her first day at the Star-News was on Monday.

Corbin, who was born in Hill City, graduated from Norton High School in 2005. She also attended Colby Community College for one year.

While this is her first paid job in newspaper advertising, she's not unfamiliar with the newspaper and advertising business. Corbin was on her school newspaper, *The Nugget*, in her junior

and senior year. The paper placed in state competitions both years, once in editing and once in advertising.

Now she hopes to expand upon that experience.

"I'd like to help out the newspaper and learn the business side of newspapers," she said.

Another one of Corbin's goals is to

complete her degree in elementary education and become a math teacher.

"I'm really good at math. I figured it'd be easy for me," Corbin said.

Corbin moved to Goodland with her boyfriend, Nick Rohr, who is the manager of the Goodland Pizza Hut. She met him while she was working as a waitress at the Colby Pizza Hut.



Corbin

corrections

An article on page 3 of Tuesday's edition of *The Goodland Star-News* said Dr. Robert Wise is treating eye patients at the Goodland Regional Medical Center's specialty clinic.

The doctor's name is Ronald E. Wise. This is a reporting error.

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The Goodland Star-News will correct any mistake or misunderstanding in a news story. Please call our office at (785) 899-2338 to report errors. We believe that news should be fair and factual. We want to keep an accurate record and appreciate you calling to our attention any failure to live up to this standard.

Family Health Clinic offering flu vaccinations on Thursday and again next month

The Goodland Family Health Center will offer a flu vaccination clinic Thursday and will have another one next month.

On Thursday, patients can visit the clinic at 106 Willow from 9 a.m. to noon for the vaccine. No appointments are necessary — patients will be seen on a first come, first served basis. The cost for the vaccine is \$18, which can be paid at the time or be submitted to Medicaid or Medicare or patient insurance if coverage is available.

Another clinic will be from 9 a.m.

to noon Thursday, Nov. 1, with the same conditions.

The Center for Disease Control reports that every year in the United States, 5 to 20 percent of the population gets the flu, said Tina Goodwin, director of marketing and volunteers; more than 200,000 people are hospitalized from flu complications and about 36,000 people die from the flu each year. The best way to prevent the flu is by getting a flu vaccination, she said.

The flu shot is approved for use in people older than 6 months,

both healthy people and people with chronic medical conditions. The flu shot contains three killed flu viruses, Goodwin said, based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year. Protection from the flu usually begins about two weeks after the shot has been administered.

People at high risk of complications from the flu include children between the ages of 6 months and 5 years, pregnant women, people

age 50 and older, people of any age with certain chronic medical conditions and people who live in nursing homes and other long term care facilities.

Although the single best way to prevent flu is to get vaccinated each year, Goodwin said, good health habits often can help prevent respiratory illness like the flu. During flu season, she said, remember these good health habits: Avoid close contact with sick people; stay home when you are sick; cover your mouth and nose with a tissue or your arm when coughing

or sneezing; wash your hands; avoid touching your eyes, nose or mouth; and practice other good health habits like getting enough sleep, drinking plenty of fluids and eating nutritious foods.

Call the clinic at (785) 890-6075.

CUTOFF DATE FOR FISCAL YEAR 2008 EQIP SIGN-UP

*Check out our Door-to-Door service

The cutoff date for this year's Environmental Quality Incentives Program (EQIP) application has been moved up... it is **November 2, 2007**. Stop by your local United States Dept. of Agriculture service center and visit with the Natural Resources Conservation Service or local Conservation District Manager to get more information about EQIP conservation opportunities. You may need to request our **Door-to-Door service*** if you're in the middle of harvest. **Resource concerns include:** Grazing Lands Health, Soil Condition, Livestock Waste, Water Quality & Water Quantity. Applicants need to complete a **self-assessment form** and the **EQIP application** and turn it in no later than **November 2, 2007** to be considered for Fiscal Year 2008 funding.

In Kansas, limited resource and beginning farmers and ranchers may receive a higher payment rate through EQIP for structural and vegetative practices. EQIP is one of the largest programs in the 2002 Farm Bill. EQIP is a **voluntary conservation program** that provides opportunities to improve natural resources locally here in Sherman County. The objective of EQIP is to improve agricultural resources through application of **improved conservation systems**.

***Door-to-Door service:** We will come to you if you are in the middle of harvest and can't get away from the combine or the field! If you need to take advantage of this service, please call Fred Wedel at the NRCS Goodland Field Office for an appointment at 785-899-3070, ext. 35.

Remember... **November 2, 2007 is the cutoff date for making applications for EQIP to be ranked for 2008 funding!**

Office Address: 210 West 10th Street ~ Goodland, KS 67735
Phone: 785-899-3070, extension 35
Email: fred.wedel@ks.usda.gov
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student of the week



Name: Marisa Acuff
Parents: Kim and Mark Acuff
Grade: 12
Age: 17

We've nominated this student because: Marissa has demonstrated leadership and many "soft skills" both in and out of the classroom. Marisa strives for perfection and completion of her work and excels on exams. She is an excellent employee at the Good Samaritan Center where she works in the dietary department. She's an excellent leader and is presently Family, Career and Community

Leaders in America president for the Goodland Chapter.

Student Comment: My favorite subject is math. I will always remember all the crazy times with my friends and all the amazing teachers in our school.

Activities involved in at school: Family, Career and Community Leaders in America and Red Cross

My choice of movies, books, and games: favorite movie - "Billy Madison", music - country, oldies, rap and pop. I love playing old Nintendo games, may favorite board game is Life.

After I leave Goodland High School I intend to ...: I plan to attend a two-year college and major in dental hygiene.

And 10 years from now, I think I'll be ...: I hope I have a steady job being a hygienist and hopefully married and ready to start a family.

Favorite Quote: "The only way to have a friend is to be one." Ralph Waldo Emerson

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