

Parents learn how to keep kids healthy

By Sharon Corcoran

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Thirty-four Head Start parents and child care providers gathered for a barbecue-beef dinner and a talk on what to do when a child is sick Wednesday at the North Elementary School cafeteria.

Those who hadn't attended before received copies of the book "What to Do When Your Child Gets Sick." Everyone was invited to dinner and all the parents go sand pails and shovels filled with gifts for their kids, including travel-size toothpaste and a first-aid kit. Parents had a chance to win door prizes by having the right sticker in their pail or answering a question correctly.

The dinner and gifts were rewards for parents attending a training program designed by the University of California at Los Angeles and the Johnson & Johnson Health Care Institute.

The program has been used in Head Start programs across the country, and last year, Sherman County used the program in Goodland for the first time, said Corry Dudley, a teacher aide at the preschool. She said it was so successful they planned it again for this year.

The goal of the program, Dudley said, is to reduce unnecessary trips to the emergency room and loss of work time for a parent to stay home with a sick child.

Dudley said the book, written by registered nurses Gloria Gilbert Mayer and Ann Kuklierus, is a tool for promoting the safety and well-being of your child.

"I hope I don't make you feel like I'm saying you don't know how to take care of your child," she told parents.

Before they got the book, Dudley said, parents were asked to fill out a multiple-choice questionnaire. They will be asked to fill out the same one at the end of the program, she said.

The questions are geared toward determining how they respond to a sick child, she said, and compare their actions before reading the book and after to see if it helps them.

Last year, she said, parents were asked what they would do if their child has a runny nose or fever. Some said nothing, she said, while others said they would go right to the emergency room or call 911.

After the training, she said, most said they would consult a health care

book. Before the training, children missed an average of 1.4 days from school each year, Dudley said, which doesn't seem like much, but after the training, that dropped 43 percent, and parents missing work dropped 41 percent.

"What can the book do for you?" she asked. "It can save you time and money, and you will be less panicked when your child is sick."

Prizes included two \$25 certificates for gas and two \$25 certificates for meat, all bought with money donated from Smart Start of Northwest Kansas; a certificate for a free video rental and a certificate for a free tanning session Smittee's Videos; a gardening basket from Dollar General; two wallet and datebook combinations from Linda Schnieder; three prizes made from things donated by a parent; sets of laundry detergent and fabric softener donated by Parents as Teachers; and five prizes that weren't given away at the final meeting for last year's program.

Bubba's Meat Block donated meat for the dinner, and Head Start teachers brought macaroni salad, baked beans and juice.



Janda Linin of Goodland held Marie Martin, daughter of Jeremy and Amanda Martin, while the mothers visited at a training program for parents and child-care providers at West Elementary on Wednesday, Oct. 10.
Photo by Sharon Corcoran/The Goodland Star-News

Publisher, reporter win newspaper writing awards

Nor'West Newspaper President Steve Haynes won third place for editorial writing in the National Newspaper Association's annual Better Newspapers Contest.

Haynes received the award at the association's annual convention in Norfolk, Va., late last month for an editorial, "Landowner, government in prairie (dog) standoff," published Nov. 29, 2006.

It pointed out the irony of farmers, whose lobbying groups spend millions to promote the supposed sanctity of private property, demanding that county government force a rancher to poison prairie dogs on his land.

The county eventually sent exterminators into one ranchers land, Haynes said, and planned to send him the bill.

"Apparently, property rights are only for those we agree with," the editor wrote. "With all due respect to the feelings most ranchers and stockmen have about prairie dogs, maybe this is carrying things just a bit too far."

The judge praised the editorial. "Steve Haynes, a true Kansas Populist, gave me a smile as he tackled local county commissioners and law enforcement for entering a maverick rancher's land to eradicate prairie dogs," he wrote. "Great stand on individual rights!"

Haynes also won first place this year in the Kansas Press Association's editorial writing contest for smaller weekly newspapers, and last year in the national contest. Elsewhere in northwest Kansas, Sharon

Corcoran of Goodland, formerly of Oberlin, won second place for feature writing for her story, "Cowboy takes last ride across the country," in The Goodland Star-News.

"Well written, great pictures," said the judge, "I love the story. The writer reflects what he sees and the reader is there, interviewing the old gent."

"It is simple, brief, and paints the man's character through his words and surroundings in this poignant glimpse into the life of one man mirrors his simplicity. The photographs are great, but the reader can well imagine what he looks like without them."

Jan Katz Ackerman, formerly of The Colby Free Press, won first place for breaking news coverage in the national contest for her story last fall about the shooting of the Sheridan County sheriff in his office.

Ackerman, a Hoxie resident, said she found the story difficult to cover because she had known Sheriff Jim Johnson so well. She has recently joined the staff of the Shepherd's Staff in Rexford.

"An unflinching account of this shooting done in short order," the judge said. "The story covered the details of the police shootings, reaction and details on speculation of motive. Skillful, quick work. Good job."

The National Newspaper Association represents about 2,700 community newspapers across the country. It's annual contest draws thousands of entries, many of them already winners in state and regional judging.



Corcoran

Flu shots available

Don't let having a busy work day prevent you from getting a flu shot. The Goodland Family Health Center has added a one-day after-hours flu vaccination clinic to its schedule.

The clinic will be from 5 to 6 p.m. Tuesday, Nov. 6, at the clinic at 106 Willow Road. It will supplement a clinic set for 9 a.m. to noon, Thursday, Nov. 1.

The after-hours clinic will give people who work or are busy during the day a chance to receive a flu shot, said Tina Goodwin, director of marketing and volunteer services for Goodland Regional Medical Center. No appointments are necessary for either clinic, she said.

The vaccination costs \$18, which can either be paid at the time of the clinic

or submitted to Medicaid, Medicare or patient insurance if coverage is available.

Flu is a contagious respiratory illness caused by a viruses, Goodwin said, and it can cause mild to severe illness. The U.S. Centers for Disease Control report that every year in the United States more than 200,000 people are put in the hospital with flu complications and about 36,000 die. The best way to prevent the flu is by getting a vaccination, she said.

The flu shot is approved for use in anyone older than 6 months, Goodwin said, and the shot contains three killed flu viruses based on estimations about which types and strains will circulate in a given year.

For information, call the clinic at (785) 890-6075.

School locks installed

By Ramona C. Sanders

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The Goodland School District began the year with brand-new high-security locks at each of its buildings, thanks in part to a \$12,000 grant from Sherman County Crimestoppers.

Superintendent Shelly Angelos said the exterior and classroom doors of all five schools, as well as the Max Jones Field House and the Industrial Arts building, have been re-keyed with double-sided keys that cannot be duplicated.

"We've given out so many keys over the years," Angelos said, "and now we know who has what key and the different levels of access."

Angelos said the system enhances security because the same master key can be used in any classroom door. The system allows teachers and staff to lock the doors from inside as well as outside, she said, a feature the previous locks did not have.

The total cost for the lock installation was \$30,000, Angelos said. Crimestoppers presented the district a \$12,000 check for the project this summer.

Crimestoppers board member Walt Linthacum said money for the grant was raised through fund raisers and from interest earned from the group's seed money.

The group invited Angelos to a board meeting to learn what the school district's security needs are and how Crimestoppers could help.

Crimestoppers is a citizen group that received its original seed money from the City Commission, said longtime board member Jeanne Harding. The group is dedicated to fighting crime, and had initiated several projects towards that goal.

"We felt this was a very worthwhile project," Linthacum said of the school lock installation. "There's nothing as important as the safety of our youth."

Skirtlifters band to play in Goodland

By Sharon Corcoran

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They've performed in Belgium, Switzerland, Ireland, England, Denmark and several of the United States, and now the Skirtlifters are coming to Goodland.

Clarke Buehling and the Skirtlifters say they recreate the music of the 19th century riverboat, stage and parlor, enlivened by humor, skits and period costumes. The four-piece band features acoustic banjo, violin, guitar, mandolin, voice and percussion.

They will perform a diverse repertoire, which includes jigs,

reels, rags, gallops, marches, waltzes, ragtime and swing, at 2 p.m. Sunday at the Goodland High School auditorium.

Admission is by Western Plains Arts Association season passes or can be purchased at the door.

The group will perform at 8:30 a.m. Monday for fifth and sixth graders in the high school auditorium.

The group assures audiences that, in spite of its name, no offensive material is included in the programs.

The members are Clarke Buehling, banjos and vocals; Kent Beyette, dance and percussion;

Thom Howard, guitar, vocals, mandolin and percussion; and Tom Verdot, fiddle.

The band has performed in northern Europe and Germany and in Arkansas, Missouri, Oklahoma, Illinois, Wisconsin, Nashville, Tenn., and Boulder, Fort Collins, Colorado Springs and Denver in Colorado.

"The Skirtlifters tramped on stage in vintage 1890s duds," said Bob Bovee in *Inside Bluegrass*, "frock coats, vests, and plug hats, and proceeded to dazzle the audience. They not only looked grand, but they put on a fine show and played an incredible blend of square-dance

tunes, bizarre old songs and early ragtime and preragtime banjo pieces."

The group recorded a CD, "A Ragtime Episode," including the songs "Fire Bell Gallop," "Creole Belles," "Bowery Buck," "Tickle Toes," "The Old Man's Dream," "The Entertainer," "Darktown Dandies," "Palladium Rag," "In a Dixie Dell," "Blaze Away!" "A Ragtime Episode," "Carolina Tar Heel," "Rag-Time Dance," "Georgia Grind," "Levee Pastime," "Maple Leaf Rag," "Sweet Corn" and "Hot Corn."

corrections

An article on Page 3 of the Friday, Oct. 19, edition of *The Goodland Star-News* said Angel Lang was 4. Her name is Anjel Blume and she is 5. Anjel is not a sister of Dalton Lange, but a cousin. Also, the last name of the Lange family was given as Lang. This error was based on incorrect information provided to the newspaper.

The obituary of Alfredo T. Hernandez, Jr. on Page 2 of the Tuesday, Oct. 16, edition of *The Goodland Star-News* left out one additional

brother, Santiago Hernandez of Mathis, Texas. This was due to 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.

Sherman County Economic Development Annual Meeting and Update

5:30 p.m.

Tuesday, October 30, 2007

Goodland Elks Lodge
1523 Arcade Ave., Goodland, Kan.

Please join us for our annual report

This will be a great time to hear what is happening in the office and meet our new director, Jeremiah Jennings

REQUEST FOR SEALED BIDS CITY OF GOODLAND, KANSAS SALE OF ONE FORKLIFT

General Information:

Sealed bids will be received by the City of Goodland for the SALE of one FORKLIFT. All bids must be received in the City Manager's office on or before Wednesday, November 14, 2007, by 10:00 a.m. MST. All bids should be marked, "FORK-LIFT", on the outside of the envelope.

The bids will be opened for review in the office of the City Manager at 11:00 a.m. MST on Wednesday, November 14, 2007. Bid award will take place the following Monday, November 19, 2007, at the regularly scheduled Commission Meeting.

Payment for this vehicle shall be made in lump sum upon delivery of the equipment, and approval of the City Manager and City Commission.

The City of Goodland reserves the right to accept or reject any or all bids for any reason deemed necessary. Any questions concerning this bid will be forwarded to the City Manager during regular business hours at 785-890-4500. Bid information can be pickup at the City Offices.

GENERAL INFO

DESCRIPTION: Clark LP Gas Powered Forklift

YEAR: 1998

MODEL #: CGC25-LP

SERIAL #: C365L-0123-9402FB

Attachment 55ESS-A051S/S

Truck Weight: 9386 pounds

Capacity: 4652 pounds

Hour Meter: 01124.4

A Vintage Holiday Open House Celebration

Here at The Almond Tree there's a flurry of activity getting ready for your arrival. We're hard at work coming up with the most delightful ways to inspire you this holiday season with the latest designs and richest colors.

Don't miss this limited opportunity to take advantage of this weekend's complimentary demonstrations. Our festive ideas and fantastic flavors will be sure to warm your heart, dress your table and set your home aglow with the spirit of cherished Christmas' gone by.

DON'T MISS THESE EXCITING EVENTS

All times are Mountain

THURSDAY, NOV. 1st - Shopping hours 9 a.m. - 7 p.m.

Stunning ideas for your most beautiful tree ever.

1:00, 3:00, & 5:30 (approx 30 mins)

FRIDAY, NOV. 2nd - Shopping hours 9 a.m. - 7 p.m.

Terrifically Themed Tables & Perfect Party Ideas

10:00 & 1:00 (approx 30 mins)

Holiday Hor d'oeuvres & Drinks

Come & Go from 4:30 - 6:30

We're honored to have our special guest, Chef Tahnee Schields, preparing sensational savory's and sweets for the season.

SATURDAY, NOV. 3rd - Shopping hours 9 a.m. - 3 p.m.

Adorn your home with gorgeous garlands and wonderful winter wreaths.

10:00 & 1:00 (approx 30 mins)

Any friend of yours is a friend of ours, so please bring a car load along to join the party. There is no need for reservations, we're expecting you.

The Almond Tree Interiors and Gifts

1102 Main~Downtown Goodland~(785)890-7668

almondtreeinteriorsandgifts.com

