

Today tea time turns to tee time

Women increasingly lured by golf

It wasn't too long ago men were the only golf enthusiasts hitting the links. However, women have been breaking down the barriers of all-boys sports clubs lately (think auto racer Danica Patrick or boxer Laila Ali), and golf is no exception.

In recent years, research conducted by the PGA, National Golf Foundation, Executive Women's Golf Association, and other groups indicates an increase in the number of women playing golf and an increase in the amount of money they spend on the game, merchandise and lessons.

In fact, this research shows that women represent the most significant opportunity for growth in the industry.

Golf not only presents a way for women to use golf to their advantage in the business world, but many women are finding that golf outings are



Many women find that golf vacations are the perfect girls' getaway.

the perfect way to spend social time with their girlfriends, too.

Whether it's just for a weekend or a week, women are breaking away from the hectic pace of jobs and families and recharging their batteries with golf-centered getaways with their girlfriends.

Women in Sherman County and northwest Kansas can check out the golf links at Sugar Hills Golf Club west of Goodland, which is an excellent 18-hole golf course, and features ladies golf, and tournaments during the year where women are included.

The concept of women-only golf getaways began in 1960, when Peggy Kirk Bell and Ellen Griffin established the Pine Needles Ladies Only Golfari in North Carolina (so-named because it is "a safari of golf").

Bell wanted to attract more women to the game. Since then many other enterprising organizations have catered to the female golf client, packaging time out on the green with ample shopping and opportunities to be pampered through spa services.

And these getaways can occur all around the world. Women can stay close to home and play a few holes coast-to-coast, from California to South Carolina. Or they can venture overseas and tour the courses of Europe — it all depends on the package and the price desired.

We appreciate your business and support all working women!

Thank You!

The Almond Tree

1024 Main, Goodland
(785) 890-7668



Pictured: Janet Redlin, Rochelle Kling, Jessica Kannady, Kaitlin Fugleberg.
Not pictured: Jo Rogers, Amy Schick.

Helping you with your real estate needs for 13 years and counting!

Nathy Cullen



Joyce Boehme

J-B Realty
813 Main, Goodland
(785) 890-5980

We Honor Our Working Women!



Pictured from left to right: Donna Krautschun, Joni Wilson, Heather Carsten, Cynthia Kickler, Katie Schaeffer, Kayla Tatman, Melissa Johnson



Northern Sun/ADM

(785) 899-6500

TV chefs inspire more cooking at home

Television cooking shows have transformed the way many people feel about meal creation and at-home entertaining, making it seem sexy, fun and attainable.

Popular chefs and TV personalities on devoted cooking networks cover the gamut of meals and entertaining options for people at home. They're introducing an entirely new vocabulary and skill set to millions of people. Individuals see these attractive or skilled chefs creating delicious meals and want to emulate them. Housewares stores and other retailers are realizing the benefit of this cooking boom.

These television chefs are becoming celebrities in their own right outside of the kitchen. And many are garnering the attention of both men and women viewers.

Take for example Duff Goldman, owner of the Baltimore bakery Charm City Cakes and star of The Food Network's "Ace of Cakes." Goldman has enjoyed a cult following in recent years thanks to the success of his hit television show and bakery business. Viewers regularly become customers, willing to spend big bucks



for one of Goldman's artistic cake creations. Additionally, many people

are inspired by his regular Joe antics and down to earth demeanor and want

to follow in the chef's footsteps as a cake designer.

Besides meal ideas and technique, many viewers tune into cooking TV simply to get a glimpse at the gadgets top chefs are using. They want to know which knife is the best or what food processor is the secret recipe to success. Even people who do not cook tune in simply to equip their kitchens under the pretense that they're often hard at work on meals for the family.

For those considering a cooking hobby or increasing their propensity to create meals at home for family and entertaining, here are just a few of the supplies to have on hand inspired by what the pros use:

- durable knife set with a series of knives for paring, chopping and filleting
- cheese grater
- zester
- food processor
- cutting boards (separate for meats/poultry and produce)
- mandoline
- garlic press
- colander
- a high-quality set of cookware, including a variety of pots and pans
- slotted spoon



Our Working Women Support Working Women

Celia Mai, Jeannie Topliff, Julie Roeder, Ashley Christians, Kirsten Topliff, Eryn Topliff, Danielle Schwartz, Katlyn Topliff. Not pictured: Caitlin Elder



American Communications
716 W. Hwy 24 ~ Goodland, Kan. (785) 899-2426
For term and conditions, see www.alltel.com/terms.html



Carrie Seibel, Stacie Cooper, Julia Montoya, Sheila Walz
Not pictured: Nancy Cole, Owner

- Family Hair Care
 - Acrylic Nails
 - Manicures
 - Spa Pedicures
- Therapeutic Massage
 - Facials
 - Waxing
 - Tanning

You MUST come in and try our new spa pedicure chair!

- Carrie a certified Massage Therapist trained in Neuro Muscular Therapy and hot stone massage!
- Stacie is a local girl who has returned home to work! She attended Cosmetology School in Denver at Xenon International Academy. She loves to do cuts, colors, and foils.
- Julia will join our staff in the near future as a cosmetologist and nail tech.
- Sheila has been with Klip n' Kurl for years! She is the "QUEEN"! She loves hair and pedicures and gives a wonderful foot massage!

Klip n' Kurl Salon
Goodland's Premier Salon & Spa
785-899-3942

Call for Appointment - Mon. thru Fri. • Walk-Ins Also Welcome
1120 Main Street • Goodland, Kansas

Serving all your needs since 1965



Brenda Hahn and Jodi Miller

Rodney Jarrett Agency
908 Main,
Goodland, Kan.
785-899-2282

Live to 100 ... and feel great

Today, actual age and physical age are two different things. For those who care for their bodies, by following the easy dietary and exercise recommendations for anti-aging, it is possible to feel and look younger without drastic measures.

Dr. Mehmet Oz, a cardiothoracic surgeon, author, and frequent guest on Oprah Winfrey's program has shared his tips for turning back the clock and boosting health in the process with Oprah's viewers. His approach is not new and can easily be adapted by anyone. Here are some top points to consider:

- Choose healthy foods: Antioxidants are found in most dark fruits and vegetables, among other things help slow down or reverse the process of oxidation. The result can be reclaimed vitality and noticeable health improvements, such as the ability to fight against disease and certain cancers. A balanced diet will offer antioxidant-rich foods. Supplementing with a good multivitamin, such as Nutrina Vitamax, will offer consistent nutrient and vitamin intake, complementing the foods you eat.

- Seeing red: Resveratrol, a component of red wine, is a powerful antioxidant contained in the skin of the grapes. Resveratrol is also found in red/purple grape juice products as well as Ultimate Reds blend of antioxidants. It is shown to slow down aging and increase endurance. It



The foods you eat can go a long way toward keeping you looking and feeling younger.

may also promote heart health.

- Calcium is a must: Calcium is necessary for maintaining strong bones, which tend to become more brittle as one ages. However, taking calcium alone can contribute to constipation, which is why Dr. Oz recommends taking calcium with magnesium for optimal health. A good product to try is CalMax, which combines calcium and magnesium together in a great tasting, carbonated beverage.

- Maintain internal plumbing: Staying young also involves making sure your intestines and bowels are working properly. You'll need 25 grams of fiber a day to get the job done. Unfortunately, that's more than the average person eats. However, a supplement such as Nutranetics Fiber supports a healthy intestinal tract, colon

and liver by helping to remove impurities and cleanse gently and naturally.

- Don't forget the exercise: Moderate daily exercise that takes inches off is also an essential component to anti-aging. Many people, however, find that after a day at the office they simply don't have the energy to hit the gym. Adaptoprin Energy Formula contains Leuzea, an adaptogenic herb that helps promote increases in stamina, reflexes and concentration, making it more likely that you will be up to hitting the gym or going for that evening jog at the park.

Dr. Newton's web site offers one-stop shopping for all of the natural health products and nutritional supplements necessary to help turn back the hands of time. Visit www.drnewtons.com/checklist.html for more information.

Women in Space

Over the years, women have played a significant role in the success of National Aeronautics and Space Administration. If it weren't for newspapers, the name Sally Ride might not be as recognizable as it is today. After reading an ad in a newspaper calling for applicants to NASA, Dr. Ride applied for the

space program and the rest is history. Dr. Ride was one of more than 8,000 respondents to that fateful newspaper ad, and ended up being one of just six female respondents accepted into the program. Accepted into the astronaut corps in 1978, Dr. Ride made history on June 18, 1983, as she became the first woman to orbit the Earth when she flew aboard the Space Shuttle Challenger.

We recognize our working women



Back, left to right: Barb Abbott, Jennifer Hays, Jennifer Petrachich, Kim Petrachich, April Hall. **Front, left to right:** Paige Leach, Roberta Normandin, Judy Finley, Wilma Pfannenstiel. **Not pictured:** Jill Eberhart, Joan Porsch, Linda Rummel, Jeanette Meissinger, Lori Jeurink, Crystal Juhnke

KENNEDY AND COE, LLC 502 Main, Goodland Kan
CERTIFIED PUBLIC ACCOUNTANTS AND CONSULTANTS
(785) 899-3676
www.kcoe.com



From left to right: Meghan Wilterding, Stephanie Yarbrough, Sondra Kryca, Reta Smith. Not pictured: Janna Eisenbart

PIONEER HEALTH
 910 Main - Goodland, Kan
 (785) 890-7950

Working Women Support Working Women

Prairie Rose Floral Co.

is proud to support their working women!

Scarlett First



Joni Guyer,
 Owner

1012
 Main

(785)
 890-
 ROSE

OUR WORKING WOMEN WISH TO MAKE YOUR EXPERIENCE AT DAN BRENNER FORD-MERCURY, INC. EXCEED YOUR EXPECTATIONS.



Monica Stramel and Dawn Ann Stewart

Quality Care

 "Where Service is an Affair of the Heart"
DAN BRENNER FORD-MERCURY, INC.
 222 W. Hwy. 24 I-70 BUSINESS LOOP GOODLAND, KS 67735
 800-636-8770 (Toll Free)
 785-899-2316 (Business)
 785-899-2317 (Fax)



Thank you to the Ladies of First National Bank



Trust Department

Risk Management & Human Resources

Back Row (L to R): Laural Belshe, Jenifer Sanderson,
Debbie Martin & Susan Bellamy.

Front Row: Cathy Hoelting and Bailey Evans.

Not Pictured: Susan Johnson & Marilyn Noone



Tellers and Deposits

Back Row (L to R): Anita Henderson, Darlene Lauer, Tina
Gleason, Sherida Shoff & Carol Stewart

Front Row (L to R): Rhonda Garza & Ann Middleton.



Loan Department

Back Row (L to R): Crystal Ford, Yvonne Koehler, Rita Billinger, Kelsey An-
drist, Stacey Price & Jan Lohr

Front Row (L to R): LaShawn Fenner & Brooke Lohr

Not Pictured: Jo Rogers



Operations Department

Back Row (L to R): Barb Thomas, Tena Tompkins, Linda Smith, Mary Kay Jorgensen,
Donna Fenner, Connie O'Hare, Carol Mellott & Sandy Vasquez.

Front Row: (L to R): Janet Mehling, Jennifer Peterson and Katrina Duraso.



Call Center/Customer Service/Electronic Banking

Back Row (L to R): Sandy McElwee, Gennifer House, Kim Horinek
& Judy Webring.

Front Row (L to R): Miriam Yonkey & Michelle Murray

A special Thank You to the Ladies with over 20 years of service.

Janet Mehling, 37 years of service
Barb Thomas, 33 years of service
Rita Billinger, 33 years of service
Susan Bellamy, 32 years of service
Miriam Yonkey, 31 years of service
Donna Fenner, 29 years of service

Debbie Martin, 28 years of service
Sherida Shoff, 24 years of service
Sandy McElwee, 23 years of service
Ann Middleton, 22 years of service
Jo Rogers, 20 years of service
Judy Webring, 20 years of service

