

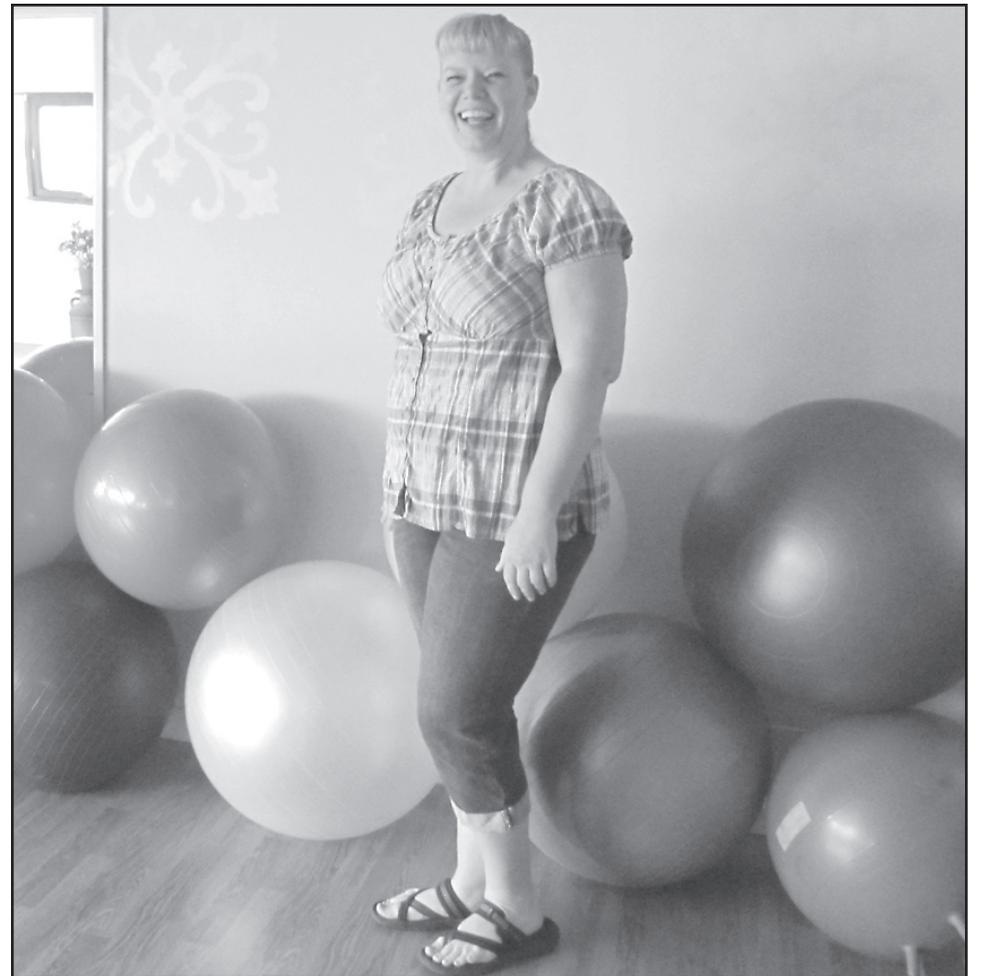
2011's **Working Women**



Sonya Vandiver



Joy Hayden



Paige Harper

2011's Working Women special section brought to you by:

The
Goodland Star-News

1205 Main Avenue, Goodland, KS 67735

*A very special thank you to Sonya Vandiver,
Joy Hayden and Paige Harper!*

On the Bricks good family dining

By Tom Betz

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About three years ago the dining cuisine in Goodland stepped up a notch with the opening of On the Bricks Cafe at the corner of 16th and Main Ave. with Sonya Vandiver as the owner and cook.

Opening On the Bricks was an opportunity Vandiver took advantage of after being a high school secretary for nine years, and she said she has always liked to cook.

She said after graduating from high school she moved to Phoenix where she worked in a bar and restaurant.

"I had a black gentleman, his name was Rosie," she said, "and he taught me how he cooked. I have always liked to cook and he showed me his way of doing things and I like a lot of what he did."

Before opening this cafe Vandiver ran Steiner's Drive Inn, had a restaurant at the Goodland Elks and worked at Sugar Hills for five years before going to the high school.

She said the business has been doing very good.

"I had a couple of slow months, but have been pretty busy," she said, "especially on Friday and Saturday nights when we are open from 5 to 9 p.m. and we serve a whole different menu in the evening."

She said the evening menu includes steaks and seafood. During the day she said breakfast is sort of slow, but lunch is very busy.

She said they have not made any major changes since opening, but are in the process of landscaping the outside and putting a patio area on the north side. She said they are putting in some sod and bricks to have a place for people to relax while they are waiting for a table and will have a few tables for overflow. She said it will be a good place for people to relax especially in the evenings.

She said the restaurant has always been open on Friday and Saturday and have had good crowds. She said they change the menu once a year, and will be adding a special steak and crab item on the new menu. She said she has tried the steak and crab and has had good comments about it.

She said she found the crab at a food show in Denver and it is a thin soft shell crab from Thailand that you bread and deep fry and eat the whole thing. She said it looks very interesting when you put it on top of the steak.

Working with Sonya are Peggy Dautel, Damien Philby, Laci Cowan, Pam Siruta, Megan Siruta, Carrie Peters, Vanessa Crottinger, Kerri Bellamy, Vickie Crottinger and Becky Studer who helps cook during the day.

She said Dautel has been with her before day one and so has Vanessa and Vickie Crottinger and Carrie Peters. She said she feels very fortunate with the help she has. She said it is hard to find good help and feels sometimes there are people who don't want to work.

The cafe is open 7 a.m. to 3 p.m. Tuesday through Friday, and from 8 a.m. to 3 p.m. on Saturday. The cafe is open from 5 to 9 p.m. on



Sonya Vandiver is the owner and cook at the On the Bricks Cafe, 16th and Main. The menu changes once a year and there are plans to add a special steak and crab item.

Photos by Tom Betz/The Goodland Star-News

Friday and Saturday.

The cafe is closed on Sunday and Monday, but Vandiver says her day off is Sunday. She comes in on Monday to get her work done to get ready for the next week.

On the Bricks features homemade pies, cheesecake and cinnamon rolls. She said they do about two cheesecakes a week and about eight pies a week. She said it depends on her schedule.

She said she has a good relationship with the suppliers and the lady who works with Sham-

rock lives in Goodland has worked with her and trying to help with anything she needs. Vandiver said the lady travels the district and helps her revise her menu and find products plus Vandiver goes to food shows in Denver.

Vandiver said the food shows are at the Merchandise Mart in Denver and she goes out the day before and they provide a room and take her out to dinner the night before. She said the food show is all day long and she tries out new samples and brings some samples back. She said there is a wide variety of food including

Japanese and all kinds of food.

She said the food show has a contest, but she has never entered.

"I was going to enter last year," she said. "They were doing the best of the burgers. You had to do something with a triple layer and it was going to be on television. I decided not to do it."

She said the food show give you tons of ideas about what is out there.

"I have tried things there I would never have tried before," she said.

Vandiver said she tries not to compete with the other restaurants and tries to have something different.

"There are a lot of items that are exclusive for here," she said, "and the supplier will not sell that to other places. I think we all try to do that as much as possible. I am trying to keep my prices down low enough where you can bring in a family of four or five and it will not cost you too much."

Asked if she goes out to eat Vandiver said sometimes when she goes home she will go out to eat.

"I did eat at Shiraz," she said. "They were shocked I was there. When I walked in I knew the waitress and she shouted across the room 'What are you doing here,'"

"I like to go out and try their food and see what they have. If we don't go out my husband, Mike, usually does the cooking now."

Vandiver said her days on Friday and Saturday a long days and she does not cook when she gets home.

She said she has always lived on a farm, but they have bought a house in the Paxton Addition and will be moving there the end of the month. They have been living about 15 miles south of town.

"I like when we hear comments about the food," she said. "I always try to come out at lunch and visit with people and make sure things are going well. A lot of times I don't get to see who is here and what is going on. These girls are in charge up front, and I don't always know when things are going wrong. The girls are good about letting us know the comments. We always try to make it right and if there is something wrong we want to know so we can change."

"I am very particular. I like it the way I was raised. My mom and dad were both very good cooks. They had divorced after I graduated from high school. My dad had the brothers and he was always a good cook."

Vandiver is a Sherman County native who grew up on a farm and graduated from Goodland High School in 1988. Her mother is Charmi and is a physical therapist living in McCook. Her dad was the late Sherman County Commissioner and farmer Gary Townsend who died about 11 years ago.

She has three brothers Craig who just got out of the U.S. Navy and is living in Boulder. Blake is living in Ft. Collins, and Pat lives in Goodland.

She has three kids Corbin, who recently graduated from Northwest Tech and will be

on South Main

moving to Alliance, Neb., to work for a John Deere dealer. She has two daughters Saige, who is in eighth grade and playing on the Goodland Slammers and Sierra who is 10, and playing on the City-Rec softball team.

Her husband, Mike, works for Dorman Brothers, and she said the company gives their people a trip to Mexico in February, and that is always a bonus. She said the family took a vacation this year to San Jose, Mexico for a week and took the kids and had a good vacation.

She said she likes to fish and likes to go camping, but since opening the restaurant she has not gotten to do either. She tries to be involved with the girls in their softball, but the father has to travel with them on the weekends.

"I like to work in flower beds," she said, "and anything that will get me outdoors."

Vandiver said she feels the south end of Main is sort of left out.

"I think even for Flatlanders they blocked us in last year with trucks," she said, "and the only way to get around them was to walk. I know there are a bunch of us down here who are trying to upgrade. Matt Murray bought the old gas station across the street. I just feel our part of town is left out like the flower pots stopped after two blocks. It would be nice to have some more down on this part."

She feels for Flatlander Fall Festival they keep all the good stuff up by Central School and it does not reach all the way down to 17th. She said it was good when the Goodland fire department had the water battle for the kids a couple of years ago and that brought more people down to the south end.

She agrees with Rod Cooper, owner of Crazy R's who says "the south will rise again," "We are trying to rise," Vandiver said.

On the Bricks Cafe is in the process of landscaping the outside and putting a patio area on the north side. They are putting in sod and bricks to have a place for people to relax while they are waiting for a table.



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Administrative Support Assistant Joy Hayden greets people as they enter the Goodland office of the National Oceanic and Atmospheric Administration. The office is located off of U.S. Highway 27 near the airport.

Photos by Pat Schiefen/The Goodland Star-News

Building, vehicles

By Pat Schiefen

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It could be said that Joy Hayden's job depends on the weather, but she is not someone whose work can be delayed or stopped by the weather. Hayden is the Administrative Support Assistant for National Oceanic and Atmospheric Administration's office or weather service in Goodland.

"I enjoy working with the meteorologists and helping them when I can," said Hayden.

Her job is to take care of the building, vehicles, the lawn and making sure there are enough supplies for everyone. Hayden is also in charge of sending in payroll and preparing a newsletter.

Hayden has also helped with research on weather events. She will put on a presentation about the Floods of 1935 in northwest Kansas and southwest Nebraska at 1 p.m. on Saturday, July 2, at the Sherman Theatre. The presentation is part of three events being put on by the Sherman County Historical Society. The others are at 2 p.m. an ice cream and cake social at the Ennis-Handy House and at 3 p.m. visit the High Plains Museum and the District 51 Union School house.

Scott Mentzer, Hayden's supervisor and the meteorologist in charge at the office, said the presentation on the floods has been one of their

best attended presentations with around 100 people coming to each presentation.

Hayden said she got the job when she heard from another employee of the weather service that the job was open and she applied. She has worked there since February 1996. At that time you had to send away for an application and then send it back in. Now she said all applications are done online.

She said she was able to get her Bachelor of Arts in business from Fort Hays State University in 2005. She was encouraged to do that at her job.

"The whole weather service was very supportive of continuing education," she said.

Hayden said she first took classes from Colby Community College and then from Hays. She said she took a lot of her classes online and only had a few where she physically had to be there.

"It's so much easier with on-line courses," she said. She really liked them.

She said she especially enjoys it when young people come to volunteer or work or tour.

Hayden said they have students who volunteer to work to see if they would like to have a career in meteorology. Students can also apply for a student career experience from the weather service and get paid while they are working.



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Back row, left to right: Marshall Kennedy, Tasha Shores, Kathy Erickson and Rachel Bustillos. Front row, left to right: Andrea Wolak, Jennifer Arnold, Cindy Pletcher and Donna Swager. Not pictured: Janet Arnold, DeeAnn Ihrig, Reghan Osban, Jean Johnson, Jessica Swager, Kristi Grate, Lisa Carson, Ann McKnight, Tasha Schaffer, Rhonda Lovins, Amanda Chapin, Kim Nation, Dulci Fyfe, Jessica Colby, April Sheppard, Helen Dilts, Sandi McMillan, Christine Xarhis, Tara Sitton and Sandy Ngalele.



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Left to right: Jo Herl, Jacque Cooper, owner, Suzie Butts and Mary Jane Sponsel.

Not pictured: Krysta Smestad, Mary Lynn Smith and Jessi Geist.



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part of assistant's jobs

Mentzer said they have had a couple of students from the area either volunteer or work and go on to study meteorology.

Tours of the service include the main area where the meteorologists work with multiple computer screens to see what the weather is doing, a room where the main frame of the computer is located, a work room where equipment is worked on and offices.

It was interesting to note that their tornado shelter is their copier and supply room. Hayden said it has a steel door that could be closed if need be. Mentzer said it was a reinforced concrete room. When asked why the shelter was not underground he said the engineers said that this would work as well as an underground one.

The Goodland office has also had groups studying tornadoes and lightning to ground strikes, said Mentzer. The office also sends people to help out when other areas have prolonged weather-related problems.

In the last six months, Mentzer said they have sent two people to

help in other areas. One person is in Omaha, Neb., now supporting those offices that have been dealing with flooding. The local personal are working in the field and the fill-ins take over the regular duties in the weather offices.

The other person was deployed as a weather forecaster in a chemical spill cleanup in Michigan. Mentzer said that person would be responsible for letting the workers know what to expect weather wise and in extreme weather making sure everyone was safe.

The Goodland weather office covers an area that includes 13 counties in Kansas, three counties in western Colorado and three counties in southern Nebraska, he said. The Goodland office has 22 employees.

Hayden grew up in Goodland and graduated from Goodland High School in 1970. Her maiden name was Rethmann. She has been married 41 years to Dick Hayden. He is retired but does farm work for Lowell and Barry Guyer, is the Sherman County representative for the Salvation Army and helps takes

care of property at the First Christian Church, 711 Arcade.

In her spare time she is the treasurer for Genesis and the Salvation Army in Sherman County.

Hayden also enjoys quilting and when asked what she has worked on recently she said the weather service family has had three babies in the last year.

The couple has two sons. One son, Richard is married to Ruth. He works as an engineer for the City of McPherson and she has worked in the school system. They have three children, Hope, Brian and Daniel.

The other son, Daniel is married to Miranda and they live in Goddard. Daniel used to work at Bankwest in Goodland. He now works for the Cessna Credit Union and she has a daycare. They also have three children, Brooke, Bayle and Bruce. Daniel still continues his marathon running, said Hayden the the whole family just recently ran in a 5K.

When Hayden is asked about her job she said it is fun and "I like it all."



Joy Hayden and meteorologist Dan Robinson check the weather radio in the main room where the meteorologists watch the weather.



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Healthful Solutions: a no-pill way



Paige Harper does message therapy at her business, Health Slutions. Yoga, Pilates and aerobics are also offered at the business. Harper and her staff get satisfaction seeing their clients improved
Photo by Ava Betz/The Goodland Star-News

By Ava Betz

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Yoga, Pilates, aerobics, massage – sounds like an appointment page from the iPhones for characters from “Sex and the City”.

But those of us who live in rural areas know that stress, tension, aging and injuries chip away at rural lives as severely as they do the lives of those who dwell in cement canyons. So it should be no surprise that the remedies for those ills work just as well here on the Kansas plains.

Paige Harper, owner of Healthful Solutions, puts it this way: “I want this (business) to be a center that spreads healthfulness, thus the name. I want everything that comes out of here to be beneficial to people and educational towards their health. We tend to be a reactive society: ‘Oh, I’m sick, let’s go to the doctor.’ As opposed to ‘If I go to yoga twice a week and I get a massage once a month and I take my vitamins and I drink my water and I’m generally healthful... I’m going to have a better quality of life.’ That’s what I want this to be.”

Though Healthful Solutions offers star-quality services, it comes with touches of down-home informality, starting with Sally, Harper’s Brittany spaniel, who usually greets customers and escorts them out when they leave. There might be a weed-whacker leaning in a corner, handy for beating back dandelions around the

grassy islands in the parking lot. But make no mistake, the staff has license chops that have led local health care professionals, both at the hospital and at the chiropractic offices to refer patients to them.

And that’s just fine with Harper, who loves the satisfaction she and her staff get when they see their clients improve.

Her staff, in addition to herself, consists of Pam Sheldon, who works part-time in massage therapy, and Cindy Bowman, who has received certified training in aerobics. Both Harper and Sheldon have been nationally certified as massage therapists through the American Massage Therapy Association (AMTA). “We can do just the relaxation (massage), but we really like to do the therapeutic massage,” Harper said in a recent interview. “We love these techniques.”

One part of that training was in orthopedic massage, which helps bring back range of motion in joints. “We’ve had phenomenal results with that.” She said, recounting that one client who is healing from a rotator cuff tear had limited range of motion, but now has full range of motion without pain after treatment. It’s the stories of clients who have become healthier and pain-free that light Harper’s face as she recalls several instances during the year that her business has been in operation.

The Healthful Solutions staff is ahead of its

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Our working women, left to right: Lori Rietcheck, Jeana Roe, Brittany Medrano and Sandy Terry.

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Left to right: Danielle Foster, Shiela Walz and Jessica Von Lintel. Nancy Cole, owner, not pictured.

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time in the expertise it brings to Goodland. Kansas as yet does not require massage therapists to be licensed. Such legislation is "in the works", and Harper anticipates there will be law requiring licensing within the year. It can be dangerous to work on people without adequate training, she said, because "there are so many ways you can injure people" if you don't know what you are doing. Staff education is very important, Harper feels. "Pam and I are forever adding to our training," she said. "She just got done with training in 'comfort touch' which relates to treating the elderly" and in hospice training.

Exercise classes are an important part of the services offered at Healthful Solutions. Yoga/Pilates classes and aerobic exercises classes are offered twice a week in the evenings, and morning exercise classes have proved to be very popular for "Silver Foxes", as Harper refers to them, "though some of them call themselves 'old ladies'."

"I love the morning class," she said. It caters to people who are losing their balance, losing their muscle mass, or just becoming more fragile with age. "It's wonderful to see them get that back."

Like many Hollywood stars, you, too, can have a personal trainer. And it's not the honking big deal you might think. A personal trainer might be described as the voice of your conscience, though not as easy to ignore. A client

who used to work out alone with limited success, "said yesterday, 'I can't believe I'm paying you to torture me.'" Harper said. The point being that knowing your personal trainer is waiting to guide you through a regime targeted to your special requirements will get you up and moving. A reformed couch potato herself, Harper is used to excuses for not taking care of yourself. She says she has heard every excuse in the book and may have invented some of them. So, while your average conscience may let you put off that healthy workout, your personal trainer will not. "I get them in and I get them out and they see results," she said. Sometimes weight loss is the goal, but sometimes it may include staving off borderline diabetes, improving range of motion, muscle and balance improvement, tackling the problems of high blood pressure, high triglycerides, and high cholesterol, or getting into shape again after having a baby. That's why the training is called "personal" —it targets the situation you want to improve.

Another advantage of this Kansas-based business is that you don't pay Hollywood prices. Classes are \$8 per month for a weekly hour-long class. So if you go twice a week, the charge would be \$16 monthly, and so on. Personal training charges start at \$10 for a half-hour session, \$15 for a full hour. Massages are \$35 for half an hour, \$55 for a full hour.

Harper was drawn into the health industry by a series of life experiences, the first being a fall from a horse when she was 16 years old. Injuries from the fall caused her to have migraine headaches and "my neck goes out really easily," she explained, especially when she is stressed. "So I had been getting massage to help control those," she said.

Her service in the Army helped guide her as well. She was on the bomb squad, and, as with all military personnel, had to be fit. She learned lifting techniques, and when she was about to get out of the service, she was assigned to work at the post gym. She started doing aerobics, then moved into leading aerobics classes. She found she loved it.

And now it's her business. "It took me 40 years to find my calling," she said.

The biggest hurdle in starting the business, Harper said, has been to educate people as to what Healthful Solutions can do for them. She said she has told family members, "Well, when you get tired of being in pain, come see me."

"The wear and tear we do to ourselves can be helped, reversed and prevented by just a monthly massage — something so simple. People with shoulder, hip and knee problems — who doesn't have knee problems, I have knee problems — there are so many techniques we can try to give you a little relief." Harper said. "You take, say,

Advil, and it goes straight to your liver, right? Eventually your liver is going to start hating you. And if we can back you off some Advil and give you a little relief, have you do a few exercises that stretch and strengthens the problem places so that it feels better, functions better, wouldn't that be worth every penny?"

Aside from the classes, the Healthful Solutions services are by appointment, which allows clients to arrange sessions convenient to them. "We try to accommodate everyone," she said. "We work Saturdays (by appointment) and we try to be flexible and get everybody in. I think it's kind of rude to expect people to take off work and come pay me."

She noted a massage works great before you go to a chiropractic treatment because you get relaxed and the adjustment works better — "It's amazing." She also said that many visits to doctors' offices are stress-related, a condition that her services are created to improve.

Her plans for the future of her business are modest. "I would love to have everything here," she said. On her wish list is a nutritionist, more space, an "endless pool" for people to walk in and swim in, and — men. So far men have been shy about using their services, Harper said, and she would like to see that reluctance broken

See HEALTHFUL, Page 8

Our working women help get the news to you!

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HEALTHFUL, from Page 7

down. "They haven't gotten up the gumption. I think they're kind of scared," she said, possibly throwing down a challenge. "If they've heard some of our classes, we can get pretty rowdy." Work is no excuse, she said, every one of the women who are clients either work or are retired.

As a fervent Goodland merchant, Harper wants the community to know that every part of her business has been contracted or purchased locally, except a couple of things (two fans and six tubes of caulk) that were not available and could not be ordered through a local merchant. "I am proud to say that," she said. "I think that's important."

Healthful Solutions, at 524 E. Hwy 24 in Goodland, is right at the turnoff to the Van Gogh painting. "It's amazing how many people turn off to view the painting," she noted. She hopes to add more trees and an outdoor picnic table to blend her office into the landscape of one of Goodland's most striking landmarks.

Paige Harper of Healthful Solutions led an aerobics class recently. Aerobics is one of the services offered.

Photo by Ava Betz
The Goodland Star-News

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