

about our friends

calendar

50s Drive-In — There will be 50s food, fun, and music from **5:30-7:30 p.m. Sunday** in the United Methodist Church parking lot. Hamburgers, hot dogs, french fries, milkshakes, sundaes, and pop will be served.

Association Meeting — The ARC of Sherman and Wallace counties will have its quarterly board meeting at **7 p.m. Monday** at the Goodland school district Administration Office, 1312 Main.

Band Performance — The Kansas Army National Guard 35th Infantry Division Band will perform at **7 p.m. Thursday, July 20** at Chambers Park, 13th and Sherman, Goodland. There is no admission charge, but homemade ice cream will be sold to benefit the Goodland Arts Council. People are encouraged to bring lawn chairs or blankets and come out for the concert.

Book Sale — The Goodland Public Library will hold its annual book sale **Thursday, July 20 through Saturday, July 22**. Items for sale will include hardback and paperback books, magazines, puzzles, records, and cassettes. Any remaining items will be sold throughout August. The library is still accepting donations for the sale.

Shut-In Dance — An alternative night shut-in dance for seventh, eighth, and ninth grade students will be held from **7:30-11 p.m. Friday, July 21** at the 4-H Building. Students may bring CDs clearly marked with their name. Admission is a baby or adult hygiene product to be given to the Northwest Kansas Family Shelter. The dance is sponsored by the Hispanic Advisory Board, 24 Hour Relay Challenge Committee and Sherman County Health Committee.

Singles Group — The Thursday Night Together Christian singles group will meet at **6:30 p.m. Thursday, July 27**, at Marie Edwards' Dance Hall. Bring a sack supper.

Star Party — The Northwest Kansas Astronomical Society will have a star party, an educational family event, on **Saturday, Aug. 26** and **Sunday, Aug. 27** at Ron and Bonnie Thompson's farm. There is a registration fee, but you don't need a telescope to attend. To sign up, call the Thompsons at 899-2053. **Deadline for sign-up is Aug. 19.**

activities

TOPS Meeting — Take Off Pounds Sensibly meets at **5:30 p.m. on Mondays** at North School. Weigh-in is at 5 p.m.

Aerobics Classes — Morning aerobics classes are available at **5:30 a.m.** with Tina Tompkins, and at **8 a.m.** with Marilyn Imel, **Monday, Wednesday, and Friday** at the Goodland Activities Center. A senior aerobics class for those who desire a less strenuous work-

out will be at **8 a.m. Tuesday and Thursday** with Marilyn Imel. For questions, call 899-7242.

Basketball Camp — Final applications are being evaluated for the Ten Star All Star Summer Basketball Camp to be held at Atchison. Boys and girls ages 7-19 may apply **through July 15**. Players are selected by invitation only. College basketball scholarships are possible for players named to the All-American Team. For an evaluation form, call (704) 372-8610, anytime.

Carnegie Arts Center — Terrie Grillot and Randi Halperin-Olson of Colby have joined their artistic talents to create one-of-a-kind pieces. Grillot is a master with metal and Halperin-Olson is a painter. Their work consists of brightly painted iron patterns arranged into elaborate mirrors, tables, chairs, and other pieces and will be on display **through July 29**. Their exhibit is sponsored by Paul and Nancy Nelson of McDonald's. The arts center is open from **10 a.m.-5 p.m. Tuesday through Friday** and from **1-4 p.m. Saturday, Sunday and Monday**.

Swim Lessons — A second session of Red Cross certified swimming lessons will be held from **Monday, July 31 through Friday, Aug. 11** at the Wallace County Swimming Pool in Sharon Springs. Levels 1-7 are being offered with four certified teachers. Call the pool at (785) 852-4209 for times and prices.

Water Testing — A representative of the Northwest Local Environmental Protection Group will be available for a free well evaluation including testing well water for bacteria and nitrates. If you would like to schedule an evaluation or have other environmental concerns, call the Sherman County Health Department at (785) 899-4888.

reunion notice

The USS Long Beach CGN-9 Association will have a reunion **Sept. 12-17** in Denver. It will be held at the Embassy Suites South, 10250 E. Costilla Ave., Englewood, Colo. To make reservations, call (800) 654-4810. Be sure to ask for the association rate. For information, contact Don Shade at 299 Kaintone Road, Jamestown, N.Y. 14701-9370 or (716) 569-2314. His fax number is (716) 569-6135 or e-mail him at president@usslongbeach-assoc.org or LBCGN9@aol.com.

donations needed

Donations for the new swimming pool in Goodland may be left at the Goodland city office or Chamber of Commerce office. Checks should be made out to Steever Water Park.

Also, donations for the Van Gogh sunflower project may be left with any board member of the Sunflowers USA Association or at the Goodland Chamber of Commerce office.

Donations for the new baseball field

may be sent to Scott Weber, president of the Goodland Baseball Commission, at 202 N. Main, Goodland, Kan. 67735, or left at the Sherman County Star or the Goodland Chamber of Commerce office.

student news

Heather Schields and Joslin Topliff, both Goodland High School graduates, were named to the honor roll for the spring semester at the University of Kansas at Lawrence. Schields is the daughter of Dave and Jeannie Schields, Goodland. Topliff is the daughter of John and Carol Topliff, Goodland.

hospital report

Goodland Regional Medical Center
Admitted: Wednesday, Frankie Faulconer, Goodland.

Dismissed: Wednesday, none.

Transferred: none.

Specialists for Friday: Dr. John C. Paul, psychiatrist and Dr. David Pfoff, ophthalmologist.

Hospital weekly volunteer schedule — **Friday** — Ruth Morton, courtesy; Fern Hawks, a.m.; Pauline Stephens, p.m.

patient update

Gary Townsend, Goodland, is now an outpatient in Denver. Mail may be sent to him at Park Avenue Towers, Gary Townsend, Apt. 1207, 100 Park Avenue West, Denver, Colo. 80205.

today in history

In 1890, Goodland ministers asked their congregations to pray for rain.

From the Sherman County Historical Society calendar

animal shelter

Have you lost a pet? Call the Prairie-land Animal Clinic at 899-6166.

Are you interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 899-6464.

area events

Support Group — A tobacco quitters support group will meet from **7-8 p.m., Central Time, every Wednesday** in the cafeteria of Citizens' Medical Center in Colby. Anyone who wants to quit or has quit using tobacco is urged to attend. For information, call (785) 462-8152.

Bluegrass Festival — The 5th Annual Pickin' on the Plains Bluegrass Festival will be held **Friday through Sunday** at Bourquin's Campground in Colby. Tickets may be obtained from the Colby Bluegrass Committee, P.O. Box 572, Colby, Kan. 67701. For information, call the Colby Convention and Visitors Bureau at (785) 462-7643.

Quilt Author — Pam Bono, co-author of "A Quilter's Life in Patchwork," will demonstrate a new way to print quilt designs, along with other new quilting tools at **6:30 p.m. Monday** at the Trinity Lutheran Church, Seventh and Senter, Burlington, Colo. The presentation is free and is open to the public. For information, contact Carol Moore at (719) 346-8247.

Rehabilitation Aide Class — Colby Community College will offer a rehabilitation aide class worth two credit hours from **8 a.m.-5 p.m., Central Time, Monday, July 24 through Thursday, July 27** on the college campus. For information, contact Mary Herbel at (785) 462-3984, ext. 286.

Solving sleep problems

Sick and tired of waking up sick and tired? There are many people who answer this question with a loud "YES!" As society becomes more of a "round-the-clock" operation, an increasing number of people are sleep deprived. The people who suffer the effects of sleep deprivation most intensely are shift workers - people who work to maintain 24-hour-day business operations such as factories, newspapers, hospitals, hotels and convenience stores.

Being chronically sleepy is bad for a person's health and very dangerous when the sleepy driver is behind the wheel of a motor vehicle.

Shift workers rank among the top three populations at highest risk for drowsy driving traffic crashes because they are working against their biological clocks or "circadian rhythm." Because they have to sleep when their bodies are telling them to be awake, and be awake when their bodies are telling them to sleep, they frequently miss things that they would normally respond to, resulting in careless and even dangerous errors at work, at home and while driving.

Republican leaves board

TOPEKA (AP) — A State Board of Education member whose status as a Kansas resident was in doubt has decided to resign rather than face an attempt to remove him from office.

Scott Hill, a Republican, plans to leave the board Monday. Hill maintains a ranch north of Abilene, but he also raises cattle and sheep on a ranch near Mosby, Mont. In June, he voted in Montana's primary election.

Hill's decision to work, vote and have a home in Montana led to a legal challenge of the transfer of land between two school districts in Dickinson County. The board approved the transfer last month, and Hill's vote in favor of it was crucial.

Attorney General Carla Stovall has threatened to seek Hill's removal from the board over questions about whether he is a Kansas resident.

Hill announced his decision Wednesday in a letter to other Kansas board members.



cris lovington

- prevention center

Late night and early morning drives are the most hazardous, with many crashes occurring between the hours of midnight and 6:00 a.m. That is when the body naturally experiences sleepiness. Drowsy driving crashes are often more serious than other traffic crashes for several reasons: crashes involving drivers who fall asleep frequently occur on high speed highways (because the driver is traveling at the same speed for a longer period of time); the driver's eyes are closed so there is no attempt to avoid the crash; and the driver is usually alone so there's no one to alert the driver to danger.

Experts have found, however, that there is something that shift workers can do: "Wake Up and Get Some Sleep!" That's right: The only proven countermeasure to avoid drowsy driving crashes is to get more or better sleep.

The National Highway Traffic Safety Administration along with the National Center for Sleep Disorder Research, has developed a comprehensive education program consisting of an employee work-site training program, six 4-color posters, a brochure, and a video.

The program is based on recommendations of an expert panel and an extensive series of focus groups with both shift workers and management personnel. All materials will be available in late Spring. Information on the development of the program is available on the Internet at www.nhtsa.dot.gov/people/perform/human/.

Duell, Felzien to wed

Brandy Rae Duell and Brent Martin Felzien plan to be married at 5 p.m. on Sept. 23 at the First Christian Church in Goodland.

Parents of the bride-to-be are Stan and Kim Duell of Goodland. The groom-to-be's parents are Mark and Bobbie Felzien of Kanorado.

The bride-to-be is a 1997 graduate of Goodland High School and a 2000 graduate of McPherson College with a business/finance degree. She is a commercial leasing specialist with Sunflower Bank in Salina.

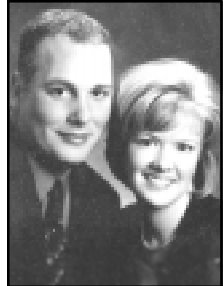
The groom-to-be is a 1996 graduate of Goodland High School and a 1998 graduate of the Northwest Kansas Technical School with a degree in electronics. He is a senior control engineer with KASA Industries at Salina.

Grandparents of the bride-to-be are Marvin and Bonnie Duell, Kenneth and Margie Jensen, and Stanley and Mildred Gorlinsky, all of Goodland.



The groom-to-be's grandparents are Martin and Ruth Ann Felzien, Kanorado; Beverly David, Kansas City, Kan.; and Zella Ellenburger, Lamar, Colo.

Bridal Registry



Lisa Pickett & Jim Elliott

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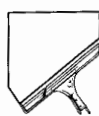


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