

about our friends

calendar

College Enrollment — Goodland residents can enroll in fall semester college courses offered by Colby Community College's Outreach Program from **10 a.m.-noon and 1-4 p.m. Tuesday and Wednesday** at the Northwest Kansas Technical School Murray Center.

Alpha Course — A class on Christianity will begin **Wednesday** in the basement of St. Paul's Episcopal Church. The class is open to all. If you are interested in learning more and finding answers, call 899-6241 (day-time) or 899-3241 (evening) for details.

Project Graduation 2001 — A Project Graduation 2001 meeting will be held at **7 p.m. Wednesday** in the Goodland High School cafeteria. Committees will be organized for the final year of this project.

Nurse Aide Class — A Nurse Aide class will begin **Tuesday, Sept. 26**, at the Good Samaritan Center in Goodland. The class will be taught by Shirley Pearson and is worth five college credits. It is offered by Colby Community College. For information or to enroll, call Mary Herbel at (785) 462-3984, ext. 286.

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

Carnegie Arts Center — **Michelle Wilson-Fisher, Garden Plain**, will have her art work on display at the arts center **through Thursday**. She has worked with various art media which include watercolor, acrylic and oil, and has done pencil sketching, and three-dimensional work. Her exhibit is sponsored by Eklund's First Insurance Agency. 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**.

day and Monday.

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.

books being sold

The Sherman County Historical Society has transcribed a diary written by J.B. Moore, a Sherman County settler who came here in 1886. Moore kept a day-to-day diary from the time he arrived in the county until close to the end of his life. The diary covers the years from 1886-1894 and tells about the settlement of the county and Moore's life from his perspective. The diary is being sold at Knott Just Books and the High Plains Museum store.

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.

25th anniversary

Don and Lori McKenzie of Goodland will be honored at a reception followed by a dance to celebrate their 25th wedding anniversary. Friends of the couple are invited to attend the celebration which will begin at **7:30 p.m. Saturday** at the Goodland Elks Lodge. It will be hosted by their children, Matt and Linda McKenzie. Your presence is the only gift requested.

student news

Three Goodland High School graduates have accepted scholarships for the 2000-2001 academic year at Fort Hays

State University.

Casey Campbell, a 2000 graduate, accepted a \$300 Bronze Academic Award. He was involved in football; Family, Careers and Community Leaders of America; and Boy Scouts at the high school and was named in Who's Who Among American High School Students. He plans a career in medicine and is the son of Mike and Nancy Campbell of Goodland.

Amanda Gittinger, a 2000 graduate, accepted a \$250 Charles and Carrie Miller Scholarship Award. In high school, Gittinger was involved in band, National Honor Society, American Field Service and was named in Who's Who Among American High School Students. She is planning a career in nursing and is the daughter of Kendall and Marilyn Gittinger of Goodland.

Tanner Heble, a 1997 graduate, accepted a \$500 Charles and Carrie Miller Scholarship Award. He has been named on the Dean's Honor Roll at the university. He plans a career in political science and is the son of Alleyn and Diana Heble of Goodland.

school menu

Friday — Hot dog on bun, baked beans, relishes, choice of fruit, and milk.

hospital report

Goodland Regional Medical Center Admitted: Wednesday, Russell Goodwin, Goodland.

Dismissed: Wednesday, George Bear, Goodland; and Victor Morin, Sharon Springs.

Transferred: none.
Specialists for Friday: Dr. Gerald Poticha, endocrinology; Dr. David Pfoff, ophthalmology; Dr. James Holmes, orthopedics; Dr. John Faul, psychiatry.

Hospital weekly volunteer schedule — Friday — none

patient updates

Larry Bohl, Goodland, is in a hospital in Texas for extensive medical treatment. Cards can be sent to: Larry Bohl, c/o M.D. Anderson, P.O. Box 300206, 1515 Holcombe Blvd., Houston, Texas 77230-4095.

Jim Moore, Goodland, has been moved from St. Anthony Central Hospital in Denver to a Denver care facility and will have to stay there for about

three to four weeks. Cards can be sent to him at: Senior Life Center Extended Care, 1601 Lowell Blvd., Room 224, Denver, Colo. 80204.

today in history

In 1964, Seth Duell retired as a mail carrier at the mandatory age of 70, after 52 years and four months of work.

From the Sherman County Historical Society calendar

animal shelter

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

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

area events

Tobacco 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.

Suicide Support Group — The Northwest Kansas chapter of Heartbeat, a support group for suicide bereaved survivors, will hold its monthly meeting at **2:30-4:30 p.m., Central Time, Sunday, Sept. 10**, in the assisted dining room of the Prairie Senior Living Complex, 1625 S. Franklin, Colby. For information, call Janice Shobe, Oberlin, at (785) 475-2220 or Phyllis Wright, Bird City, at (785) 734-2502.

Nursing Program — A program for registered nurses and licensed practical nurses called "Physical Assessment from Head to Toe," will be held from **10 a.m.-4 p.m., Central Time, Wednesday, Sept. 20**, at the Midwest Energy Building, 303 Main, Atwood. The program is approved for five hours of continuing education credit. For information or to register, write the Northwest Kansas Area Health Education Center, 217 E. 32nd, Hays, Kan. 67601 or call (785) 628-6128.

crimestoppers

If you have any information about any crime, call the Goodland Area Crime Stoppers "Look Line" at 899-5665. Your call will be confidential and you will not be asked your name. You could be eligible for a reward of up to \$1,000.

Kids need food to fuel their bodies at school

Just as your automobile won't run without gasoline, your child won't be able to do his or her best at school if the right fuel is not provided.



roxanne burda

• slice of life

Some children are more adventuresome than others, but most like to be "cool." So if their lunch mate at school likes the vegetable casserole, they may be tempted to try it, too. One of the real advantages of school lunch is that it creates an opportunity for children to try new - or different - foods than they might eat at home.

School lunch has changed. Heavy, high-calorie or unfamiliar food once served is no longer the case. National standards for school lunches emphasize nutrition that is important to growth, development and good health. High-energy foods also boost brain power.

Schools are now offering breakfasts. Studies have shown eating breakfast can help children concentrate on schoolwork, not hunger. It also provides energy to fuel the morning activities.

School food programs are usually inexpensive. Some children do, however, still prefer familiar foods from home. Either will work, but parents should make breakfast a habit for the whole family. Teens and adults who say they skip breakfast because they are watching their weight may actually consume more calories throughout the

day because they skipped breakfast.

Traditional breakfast foods like cereal, whole grain breads and fruit juice provide high-energy choices, but some non-traditional foods, like cold pizza can be both nutritional and appealing to kids. Choose foods that fuel growth and activity without providing too many empty calories.

Kids have small stomachs, so they usually are hungry when they come home from school. After school snacks should be planned.

Kids like foods that have their own boxes or wrappers, but single-serve sizes are usually more expensive. Parents can make their own single-serve snacks by wrapping individual servings or packing foods into single-serve containers.

Setting up a snack station can help kids re-fuel without consuming empty calories. Single servings can be helpful in teaching portion control. Developing a better understanding of portion sizes early in life can lessen weight problems as a child and will most likely carry over into adulthood.

For more information on nutrition for school age children, contact the Sherman County Extension Office at 899-4880.

matters of record

Marriage License

David Peter Oien and Diana Jean Murray, both of Winsted, Minn.

Michael L. and Sonya M. Vandiver to Raymond L. and Debra L. Smee, the north 50 feet of Lot 1, in Block 5, of the Koehler First Addition to Goodland.

Real Estate Transfers

Lewis F. and Shannon R. Simpson to Lyle C. and Carmelita M. Clark, Lot 4, in Block 19, of the First Addition to Goodland.

4J's Enterprises Inc. to G-Mark Inc., a tract of land in the NW 1/4 of Sec. 30, T8S, R39W.

Sherman
1525 MAIN • PHONE 899-4108
www.goodlandnet.com/movies
Tonight 7:00
X-Men (PG-13)
Starts Friday 7:00 & 9:00
Nutty Professor II (PG-13)

The Goodland Daily News Service Directory • 785-899-2338

Your KEY to business success.

Have your name up front when a customer needs you.

Repetitive advertising is the key to opening the door to new customers.



Combined rates are available to feature your services in the Daily and The Country Advocate.

Fountains, River Rock, & Lawn Statues Available!

HOME IMPROVEMENT CENTER
1/2 Mile North Exit 19 off I-70
Goodland, KS 67735
(785) 899-6241

Free Installation!
Offer Good Through 9/30/00

Great Tasting Water. Pure and Simple.

Enjoy healthier, crystal-clear water right from the tap. Unlike a faucet filter or pitcher, a Culligan reverse osmosis drinking water system significantly reduces nitrate and chromium and contaminants as small as an atom!

A security system for your water.

Scheopner's Water Conditioning, Inc.
904 Main
Goodland, KS 67735

(785) 899-2352 • 1-800-536-2352

For Home Purchases or Refinancing CALL ME FIRST

Monica Stramel

Commercial Federal Bank

(785) 899-3941

Power Loan - Pre Approval
Conventional • VA • FHA • RECD
BI-WEEKLY MORTGAGE

H.L. Financial Services, Inc.
1302 Main • Goodland, Kan.

NEW SYSTEM Professional WINDOW CLEANING

Colby, KS
COMMERCIAL - RESIDENTIAL - FREE ESTIMATES

It is time for Spring Cleaning again & we are here to help.
Free Estimates.
No charge for mileage.
(800) 611-6735
"We do windows"

We'll always be there for you.

LIFE • HOME • CAR • FARM • BUSINESS

Jim Alcorn, Agent
1624 S. Main Street
Goodland, KS 67735-0727
Business: (785) 899-2553
Home: (785) 899-3974
www.shelterinsurance.com

RAIN or SHINE Cleaning Service

Complete Janitorial Service
Commercial & Residential
Carpet Cleaning

721 Grand (785) 899-2900
Goodland, KS 1-877-811-2900
Jerry & Trish Langley, Owners

Creative Curbing By D.J.

LANDSCAPE CURBING PROFESSIONALS
BEAUTIFUL CONTINUOUS CONCRETE
LANDSCAPE BORDERS

Donna & Rod Haefner
6202 Hwy 27
Goodland, KS 67735

Work: 785-821-1427
Home: 785-899-3310
Call Evenings

We Service Sprinkler Generators & Electric Motors.

We have in stock most parts for these units.

Aardvark Electric Inc.
310 E. 5th • Goodland, KS 67735
(785) 899-5625

nwkansas.com

Your local internet service provider with connections in St. Francis, Bird City, McDonald, Oberlin, Colby, Goodland, & Norcatur.

Call (785) 899-2338
(785) 332-3162
(785) 462-3963 or
(785) 475-2206
for information.

With monthly costs as low as \$16.50 per month!

Stop by our newest location and check out our Mexico, Las Vegas, Hawaii, & Cruise Packages.

ROUND TRIP TRAVEL
Full Service Travel Agency
1302 Main • Goodland, KS 67735
(785) 899-7505

OVERHEAD DOOR OF NORTHWEST KANSAS

1-800-203-5691 • (785) 899-2426
Goodland, KS

Sales • Service Installation

24 Hour Emergency Service

YOUR ad could be here!
Call Doug or Cami at **899-2338**
The Goodland Daily News