

# about our friends

## calendar

**Food Distribution** — Harvest America Corporation will distribute food from **7 a.m.-noon Tuesday** at 212 E. 17th, Goodland. Food items will include almonds, vegetable soup, beef stew, tuna, applesauce and apple juice.

**Flu Shot Clinic** — A walk-in clinic for the general public of all ages will be held from **4:30-6:30 p.m. Wednesday** at the Sherman County Health Department office.

**Singles Group** — The Thursday Night Together Christian singles group will have a costume party at **6:30 p.m. Thursday** at Marie Edwards dance hall in Goodland. Bring finger food. There will be lots of prizes and fun. For questions, call 899-2733.

**Book Fair** — A Scholastic book fair will be held next week in each of the Goodland elementary school libraries. The hours are from **7:30 a.m.-4 p.m. Monday, Oct. 30 through Wednesday, Nov. 1; from 7:30 a.m.-8 p.m. Thursday, Nov. 2; and from 7:30-11 a.m. Friday, Nov. 3.** The book fair is an important fund-raiser for the libraries. Students may purchase books before and after school and during their scheduled library time. Checks should be made payable to the school. Be sure to add 6.4 percent for sales tax.

**Turkey Dinner** — Our Lady of Perpetual Help Catholic Church will hold its annual turkey dinner and fall festival from **4-7 p.m. Sunday, Nov. 5** in the church's family center. Tickets will be available at the door. Raffle tickets will be sold at the dinner for chances on several beautiful afghans. Carry out and delivery of meals are available upon request by calling 899-7205.

**activities**

**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.

**Square Dance Lessons** — Marie Edwards will offer square dance lessons from **7-9 p.m. on Tuesdays** at the Edwards Square Dance Hall, 2431 Walnut, Goodland. All are welcome to join in the fun and fellowship. For information, call (785) 899-3323.

**Museum Exhibit** — An unusual 75-piece coffee mug collection owned by Roxie Yonkey will be on temporary display at the High Plains Museum in Goodland. The museum's hours are from **9 a.m.-5 p.m. Monday through Friday and from 9 a.m.-4 p.m. Saturday.**

**Carnegie Arts Center** — An exhibit of jewelry, ceramics, furniture, metalsmithing and textiles will be on display through **Friday, Nov. 3** at the

Carnegie Arts Center in Goodland. The show will include 33 works done by 17 artists, 10 of which live and work in Kansas. The pieces are a cross between art and craft as they show ways that contemporary craft relates to social, political and personal issues. Group tours and after-hours meetings are welcome. If interested, call the center at 899-6442. The exhibit is sponsored by Western State Bank and Wal-Mart. Gallery hours are from **10 a.m.-5 p.m. Tuesday through Friday and from 1-4 p.m. Saturday, Sunday 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.

## support group

The Multiple Sclerosis Support Group of Burlington, Colo., would like to help. The group meets at **9:30 a.m. on the second Saturday** of each month. For questions or personal support, call Della Helzer at 899-2585.

## books for sale

The High Plains Museum in Goodland has received Sherman County Marriage Record books compiled and donated by Marguerite Dupsky. They contain all the marriages of the first six books on file at the courthouse plus some on record in the county clerk's office and the city office. The books cover the years from 1886 to 1923. They can be bought at the museum.

## 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.

## 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.

## school menu

**Tuesday** — Tater tot casserole, green beans, hot roll, pineapple and milk.

**Wednesday** — Chicken fried steak, mashed potatoes, gravy, Broccoli Normandy, hot roll, chilled peaches and milk.

**Thursday** — Chili, crackers, relish tray, cinnamon roll and milk.

**Friday** — Cooks' choice (1/2 day of school).

## 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.

## hospital report

**Goodland Regional Medical Center**

**Admitted: Friday,** Twila Bishop, Delmar Bunker, Bonnie Carleton and Annis Townsend, all of Goodland.

**Saturday,** LaVetta Orr, Goodland.

**Sunday,** none.

**Dismissed: Friday,** Lowell Cowan, Goodland. **Saturday,** Robert Cotton, Goodland. **Sunday,** Twila Bishop and Delmar Bunker, both of Goodland.

**Transferred:** none.

**Specialists for Tuesday:** Dr. Raymond Ketting, pediatrics.

**Hospital weekly volunteer schedule** — **Tuesday** — Martha Gunderson,

# Garden cleanup prevents over wintering problems

For the last several years we've heard a lot of speculation about problems of over wintering pests. Some of the problems we've experienced are probably a result of over wintering, and some are not. The best way to prevent over wintering problems is to clean up all garden areas as soon as production is finished. With the early freeze this year, many crops in the garden have already been killed.

Chop and shred the crop residue with a lawnmower and till the area to incorporate the organic residue into the soil. This will destroy most common insects and curb disease problems that may carry over in debris or residue in the garden.

Remove stakes, cages and other plant supports, pulling off any adhering plant debris, and store them in an outside location. The temperatures and sunlight will disinfect the sup-



courtesy; Beulah McClung, p.m.

**Wednesday** — Opal Callahan, courtesy; Helen Armstrong, a.m.; Roger Collins, p.m. **Thursday** — Fern Heckman, p.m. **Friday** — Anne Mann, p.m.

## today in history

In 1905, a letter mailed on Oct. 18 from the Grace Post Office (SE 18-10-40) reached the Warren Post Office (NE 18-6-40) today. The distance was 25 miles as the crow flies.

*From the Sherman County Historical Society calendar*

## animal shelter

Have you lost a pet? Call the Goodland Police Department at 899-4570.

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.

**Open House** — Denise Brown, sister of Nicole Brown Simpson, will speak during an open house to be held from **8:30 a.m.-4:30 p.m., Central Time, Wednesday** at the Northwest Kansas Family Shelter Office, 403 E. 23rd, Hays. For information, call (785) 625-4202 or (800) 794-4624.

## dana belshe

- ag notebook

# 'Over-the-counter' medications are drugs

Literally thousands of drugs are available for purchase "over-the-counter." This means that a prescription is not needed to purchase them. Just because these drugs can be purchased without a doctor's prescription does not mean they are harmless.

One of the most important things you should do before purchasing or taking over-the-counter medicines is to read the label carefully. This is especially important if you have a special health problem or are on a special diet.

One of the most important reasons for reading the label before purchasing is to be able to answer "yes" to the question, "Is this medicine safe for me?"

Consider the following critical information found on the label to help you decide.

Indications for Use: Is the drug meant to be used the way you plan to use it?

Ingredients: Is there anything in the product you should avoid? Are you allergic to any of the ingredients? Are you sensitive to any ingredients because of a chronic health problem? If you are on a low-salt diet, what is the sodium content? If you are on a low-sugar diet, what is the sugar content?

Warnings: Who should take the medicine? What are the limits on use? Are you currently taking a medicine that it should not be taken with? Are there any foods



## roxanne burda

- slice of life

or beverages you should avoid while taking the medicine? What symptoms are listed that indicate you should stop taking the medicine?

Directions: What is the appropriate dose and how often should it be taken?

Cautions: Are there any activities which should be avoided? What should you do in the case of an overdose?

Side effects: What are possible side effects?

Expiration Date: When does the medication expire? Remember, it is not safe to use any medication after its expiration date. Medicines undergo chemical changes over time.

Over-the-counter drug labels provide helpful information for safe and effective use. Your responsibility is to read the label carefully and follow the instructions.

Always read the label even if you have purchased the product before. Ingredients change. New warnings are sometimes added. Be alert to label "flags" that tell you there has been a significant change.

Finally, don't use any over-the-counter drug longer than recommended on the label without first checking with your doctor or pharmacist.

# Art contest open to youth

The Goodland Veterans of Foreign Wars Auxiliary is offering an opportunity for young people to express their views and hopes for the future through art.

Students in ninth through 12th grades may compete for the Young American Creative Patriotic Art Award. The deadline for entry is Dec. 15.

The local prize will be a \$50 savings bond. The winning entry is then entered at the state level, and state winners are eligible for national awards.

The top five winning entries at the

national level will receive \$3,500 to \$1,000.

In addition to the money, the national winners will be featured in the National Veterans of Foreign Wars Auxiliary Magazine and on the auxiliary's website.

The first-place winner in the national contest will get to attend the Community Service Conference in April and spend a weekend at the Freedoms Foundation in Valley Forge, Pa.

Contact Jo Ann Wahrman, auxiliary chairman, for details.

## Restored governor's house shown

TOPEKA (AP)—Three former governors were among those on hand at an open house showing off what's been done to Cedar Crest, the official home of the state's chief executives, during a three-year restoration that cost \$4.4 million.

John Anderson Jr., the first Kansas governor to live in the house built by publisher Frank MacLennan, was there for Friday's official dedication. So were

former Gov. William Avery and Joan Finney, as well as Karen Carlin, a former Kansas first lady.

Gov. Bill Graves and his wife, Linda, the latter a driving force behind the restoration project, cut a ceremonial ribbon of MacLennan tartan across the main entrance of the elegant three-story French chateau-style home, located on a wooded hill northwest of Topeka.

An estimated 500 people participated.

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