

# about our friends

## calendar

**Lecture series, "How Does Your Garden Grow?"** by Master Gardeners will be at 7 p.m. Thursdays. Vegetables will be next Thursday at the Kay Melia home. Lectures are free to Goodland Arts Center members, but there is a charge for non-members. Register by calling 899-6442.

**SHARE sign up** for the July distribution of food will be until Friday, July 12, at the Sherman County Health Department, Harvest America, Regional Prevention Center and the Kanorado Senior Center. Pick up for June will be from 9 to 10 a.m. Saturday, June 22, at 824 Main for the June distribution of low-cost food.

The **carnival committee** is in need of volunteer help on Wednesdays from 6 p.m.-dark for painting and cleanup of two new rides.

Constance Morgan, author of "Stand, Walk, Run Free," will have a book signing starting at 10 a.m. Saturday at the Goodland Public Library. She grew up in Goodland during the early '40s after the Depression and during World War II.

The **Goodland After-5 Club** will hold the "Let's Have a Talk Show" dinner party from 7-8:30 p.m. Monday at the Butterfly Cafe at Renner Field. Maxine Sieleman, host of Breakfast at KWKY in DeMoines, Iowa, will be the speaker. Call Barb at 899-5580 or Lori at 899-3828 for reservations.

**Harvest America** will be distributing commodities from 8 a.m.-noon Monday at 212 E. 19th. Canned beef, cranberry juice, dry milk, peanut butter, instant potatoes, raisins, trail mix, peas, black-eyed peas and sweet potatoes will be available. Anyone who has already picked up commodities this month is not eligible. Call 899-3878.

The **Sherman County Historical Society** will hold a cookout from 11 a.m.-1 p.m. Saturday, June 15, at the 1907 Victorian House at 202 W. 13th. One price will include a tour of the house and the meal. Call 899-6750.

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from 1-2:15 p.m. Thursday, June 20, in the Assembly Room on the third floor of the courthouse to help veterans and dependents with

claims. Call the office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

The American Cancer Society **Sherman County Relay for Life** will be at 7 p.m. Friday, Aug. 23, at the Sherman County Fairgrounds. Call Michelle Shoff at 899-3676 to register a team. Help fight cancer and be involved in a fun community event.

## activities

**Tours of the 1907 Victorian House** at 202 W. 13th are from 8 a.m.-6 p.m. Monday through Saturday and from 1-6 p.m. Sunday. The special exhibit for June is Depression Glass.

Tours of the **Union One Room School, District 51**, north of the High Plains Museum on Cherry are from 8 a.m.-12:30 p.m. Monday through Saturday and noon-3 p.m. Sunday. "Prairie Past Times," a photographic history of entertainment in Sherman County, is on display from 9 a.m.-5 p.m. Monday-Friday and from 9 a.m.-4 p.m. Saturday at the High Plains Museum, 1717 Cherry Ave.

The **Carnegie Arts Center** is open from 10 a.m.-5 p.m. Tuesday through Friday and from 1-4 p.m. Saturday, Sunday and Monday. June's exhibit will be stained glass panels by Goodland native James L. "Rusty" Stout.

**Born to Read** - The Goodland Public Library offers Story Time for children under 3 from 5-5:30 p.m. on the second and fourth Tuesday evening, and from 10-10:30 a.m. every Friday. **Emotions Anonymous** meets at 7:30 p.m. Wednesdays at the Goodland Regional Medical Center board room.

**Century Families**, for people whose family came to Sherman County more than 100 years ago, meets at 7 p.m. the second Monday of the month at the Senior Center. For information, call 899-2835.

**Aerobics Classes - 7:45 a.m. morning** aerobics classes are offered daily at the Goodland Activities Center. Tena Tompkins leads a step aerobics class at 5:30 a.m. Monday, Wednesday and Friday. On Tuesday and Thursday, a less intense class is offered. Call 899-7242.

**TOPS Meetings** - Take Off Pounds Sensibly meets at 5:30 p.m. Mondays in the small board room at Goodland Regional Medical Center. Weigh-in is at 5 p.m.

**Hanging by a Thread** will not meet during the summer. The next meeting will be from 7-9 p.m. the second Thursday of September at Wheat Ridge Acres.

**Goodland Women of Faith** monthly celebrations are taking a break for the summer and will meet again in September.

## area events

Annie Keil, former cheerleader for the L.A. Lakers, will be the guest presenter at a **cheer leading clinic** for junior and senior high girls from 9:30 a.m.-5 p.m. Monday and Tuesday at Atwood High School. There is a charge. Call Patty Horinek at (785) 626-8065 to register.

The **Northwest Kansas Area Agency on Aging** is sponsoring a training for people who would like to become volunteer health insurance counselors starting at 9 a.m. Tuesday, Wednesday and Thursday at the Q-Inn Restaurant in Quinter. Call (800) 432-7422.

The **Tumbleweed Chorus** of Northwest Kansas and Eastern Colorado will be performing Barbershop Harmony at a **cookout at 6:30 p.m. Thursday** at the Colby Methodist Church. The group is looking for men of all ages who like to sing.

The **Kansas Department of Transportation** will be conducting a workshop on Tuesday and Wednesday, Aug. 13 and 14, at Fort Hays State University. The workshop will assist local governments in applying for money for community Transportation Enhancement projects. To receive a registration packet and project packet, e-mail kaye@ksdot.org or call (785) 296-7940.

**senior center menu**  
Monday: Ground beef stroganoff, corn with red and green peppers, beets, bread and noodles and apricots. Tuesday: Oven fried chicken, mashed potatoes and gravy, peaches, bread and ice cream. Wednesday: Hamburger, baked beans, spaghetti salad, bun and cantaloupe. Thursday: Polish sausage, steamed cabbage, carrots and

onions, mixed fruit with bananas, bread and gingerbread. Friday: Chicken a la king, broccoli salad, pears, bread and rice and peach crisp.

## hospital report

**Goodland Regional Medical Center Admitted on Thursday:** Swing bed: Elvin Krafft, Goodland.

**Dismissed on Thursday:** Elvin Krafft, Goodland, and Jane Hankins, St. Francis.

**Specialists for Monday:** Tim Birney and Stuart Kennedy, orthopedists.

**Volunteer schedule: Monday:** Mary Schippert, a.m. Tuesday: Bonnie Daily, a.m., and Beulah McClung, p.m. Wednesday: Helen Armstrong, a.m.; Irene Kehlbeck, courtesy; and Opal Callahan, p.m. Thursday: Jessie Owens, a.m., and Peg Beynon, p.m. Friday: Fern Hawks, a.m.; Ruth Morton, courtesy; and Virginia Bell, p.m.

**health department**  
The Sherman County Health Department at 1622 Broadway is open from 8 a.m.-noon and 1-5 p.m. Monday-Friday.

**Monday:** Scheduled appointments. Tuesday: Scheduled appointments. Wednesday: WIC in Colby. Scheduled appointments. Family Planning Clinic 2-5:30 p.m. Scheduled appointments. Thursday: WIC in Colby 10 a.m.-4:30 p.m. Central Time. Voucher pickup and scheduled appointments. Friday: Blood pressure and blood sugar screening 8 a.m.-noon. Walk-in clinic. Immunizations 1-4:30 p.m.

Children's physicals and family planning available by appointment. Sharps containers are available free of charge.

Toenail trimming will be available soon. Call 899-4888.

If you have questions, concerns or complaints about child care, call the health department.

**Water Testing** - The Northwest Local Environmental Protection Group does free well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the Health Department at 899-4888.

**today in history**  
June 7, 1902: Mayor wants dog

catcher and poll tax collected. Councilman says mayor is poor financier if he expects to run city on dog and poll tax.

June 8, 1902: Mayor Ellenberger won't let joints run open and fine owners. Mr. Swarts asked what Mayor E calls "open" joints if he considers them closed now.

From *The Goodland News*, provided by the Sherman County Historical Society.

**new address**  
Marjorie Sams-Dillon would enjoy hearing from classmates and friends in Goodland. Her address is 13405 West 83rd Drive, Lenexa, Kan. 62215. Her maiden name was Marjorie Jean Duell, and she graduated with the class of 1960.

**crimestoppers**  
If you have 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. If the information results in the arrest and/or conviction of those involved, you could be eligible for a reward of up to \$1,000. Goodland Area Crime Stoppers is a nonprofit organization formed by citizens against crime.

**family shelter**  
The Northwest Kansas Family Shelter provides services day or night to victims of domestic violence and sexual assault. Weekly support groups are available for women and children. For information or help, call (800) 794-4624.

**tree donations**  
Many trees at the Goodland Cemetery have died and the cemetery board is trying to replace them. Contributions for the Goodland Cemetery Memorial Tree Fund can be left at Koons or Bateman funeral homes or sent to the Goodland Cemetery Board, Box 59, Goodland, Kan. 67735. Donations may be made in memory of a loved one.

**animal shelter**  
Lost a pet? Call the Goodland Police Department at 899-4570. Interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 899-6464.

# Goodland graduate a scholar

Jill Susanne Sowers, a 2001 Goodland High School graduate, will be inducted into the National Society of Collegiate Scholars this fall at Kansas State University.



Sowers

Sowers is majoring in chemistry and hopes to go to pharmacy school. The society honors first- and second-year undergraduates who excel in class.

# Cellular outage a mystery

Two phone companies blame each other for mistake

Two telephone companies blamed each other for a problem which kept people from reaching many cellular customers in western Kansas earlier this week.

A spokesperson for Alltel, a cell phone company, says a Southwestern Bell mistake stopped people here from being able to reach cell phones earlier this week. A Bell representative said there was no problem on their end, however.

On Wednesday, many people in Goodland and Colby reported not being able to reach cell phone numbers from a land line. They said after they dialed, they heard a message saying something like, "This call can not be completed, please hang up and dial again."

The problem was cleared up Thursday morning, but no one seemed to be sure what happened or how it was fixed.

Dwain Hebda, a spokesperson for Alltel in Little Rock, Ark., said a Bell technician told an Alltel technician there was a problem with a Bell switch. He said Bell told Alltel about the problem because it would affect Alltel customers.

Hebda said it affected callers in Colby, Goodland, Hays and Ellsworth, making the prefixes 821, 443, 531 and 635 inaccessible from a land line.

Bonita, a Southwestern representative who wouldn't give her whole name, said a "trouble report" filed on Wednesday said Southwestern technicians couldn't find anything wrong on their end.

# Families need to get organized to leave home on time

Dear "Plain Sense": Mornings are chaotic at our house, trying to get the kids to school and myself to work on time.

Most of the time we all leave the house in a bad mood because of having to hurry, or forgetting something. I don't like to start out the day that way.

Any suggestions?  
Getting kids ready for school and out the door and parents to work on time can lead to a great deal of confusion and chaos in some households.

The feeling of disorganization and irritability that results then follows everyone throughout the day and often

## high plains mental health

• plain sense

becomes worse.

Being more organized is a step toward improving this situation.

Parents and children need to work together to create a schedule that includes morning tasks and a time frame that works for everyone, with time allowed for the unexpected.

Talk about which family members need extra encouragement to get up on time, and what is most helpful to accomplish that.

Start off the day with breakfast foods and eating utensils ready and available, especially for smaller children.

Get the book bag and school supplies ready the evening before and waiting by the door.

Parents may need to take extra time to do this, but it will insure less time lost the next morning. And insist that the

kids clean those bags out on a regular basis.

For some children, a chart listing the time for each task is helpful. They can check it off as they go and follow up with stickers later in the day when there is more time available.

Earning a specific number of stickers can result in a reward that is determined together when the chart is created.

A contract can work the same way for older children, including teens, with an agreement on expectations, rewards and consequences.

If tasks are not being accomplished

as needed, talk together to find out why and what needs to be changed.

Give the plan some time to work out, making adjustments as time goes by.

Contributed by Karen D. Beery.

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to:

High Plains Mental Health Center  
PLAIN SENSE, Consultation and Education Department, 208 East 7th, Hays, Kan. 67601.

Internet site: www.highplainsmentalhealth.com.

## club news

The Auxiliary to the Veterans of Foreign Wars met on April 25 at the Post home.

President Marilyn Colby called the meeting to order. The February minutes were read and approved as there was no March meeting.

The treasurer's report was accepted. A thank you from Debbie Snethen was read. Notice was given in the General Orders that the by-laws will be changed so that divorced women may

now join the auxiliary on their ex-husbands' eligibility.

Reports from the National Home, PAC, Legislative and youth were given. Cards were sent to the National Home for birthdays and Easter.

We are again reminded to continue to urge our congressmen to support veterans' issues. Local scholarships have been awarded and will be announced at the Goodland High School graduation.

## House leader joins insurance race

By John Hanna

Associated Press Writer  
TOPEKA — House Minority Leader Jim Garner is running for insurance commissioner on incumbent Kathleen Sebelius' record.

The top Democrat in the House, Garner launched his campaign Thursday by promising to continue the legacy of Sebelius, a Democrat who is running for governor after two terms as commissioner. He said Sebelius took an out-of-touch bureaucracy and made it a consumer friendly office.

Garner also promised not to take contributions from insurance companies and other entities regulated by the

Insurance Department, in keeping with a practice Sebelius adopted when she first ran in 1994. Republican and some Democratic candidates have taken industry contributions.

"If our campaign is heavily funded by the industry, you cannot be an independent commissioner," Garner said during a Statehouse rally. "We must not go back."

Garner criticized a candidate for the Republican nomination, Sen. Sandy Praeger, of Lawrence, noting that she has a fund-raiser scheduled for Sunday in Philadelphia during a convention of the National Association of Insurance Commissioners.

The auxiliary helped the Lions club with their Easter Egg hunt. On May 10, the Chamber of Commerce hosted a parade for World War II veterans. Veterans wishing to ride in the parade were asked to contact Jo Simmons at the Chamber office.

The auxiliary served the Community Dinner theater. A thank you was sent to the Goodland High School chapter of Family, Community and Career Leaders of America for those students who helped with this event.

A thank you was sent to Charlene Avila in support of her work with the sixth grade music program in emphasizing patriotism.

Upcoming events included baking rolls for the Goodland High School Achievement Breakfast, the Kansas City students "Run Across Kansas" for hospitalized veterans on May 23, and

the motorcycle "Run for the Wall" lunch at Oakley on May 19.

The Run Across Kansas had two branches this year. The girls started in St. Francis, and the boys started from Tribune.

Community service items included the following: a phone card for Deb Snethen, \$25 donation to the "Run Across Kansas," a \$25 donation to the Future Astronaut program and a \$25 donation to the Goodland High School Band for their trip to the Alamo Bowl.

Election of officers was held. The following are duly elected to the fol-

lowing positions: Marilyn Colby, president; Brenda Frankenfeld, senior vice president; Mary Zimelman, junior vice president; Mary Harper, treasurer; Rita Erickson, conductress; and Rita Deane, guard. Installation of officers was held May 23.

Mary Harper and Floriene Whisnant reported on the ninth district convention held in Oakley in April.

District officers for next year will be Connie Miller of St. Francis, president; Linda Marshall of Hays, senior vice president; and Barb Whisler of Goodland, junior vice president.

Bring this AD to the theater for \$1 OFF on a large popcorn & 2 med. drinks  
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~ BINGO ~

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