

about our friends

calendar

The **Goodland After-5 Club** will hold the "Let's Have a Talk Show" dinner party from **7-8:30 p.m. tonight** 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.

A **lecture series, "How Does Your Garden Grow?"** by Master Gardeners will be at **7 p.m. Thursdays**. Vegetables will be 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.**

TNT Singles will have a picnic at **6 p.m. Thursday** at Smoky Gardens. If the weather is bad, it will be held at Edwards Hall. Call 899-2733.

The **Sherman County Wheat Tour** will start at **7 a.m. Thursday, June 13**, at the Fred and Jeanie Schields Plot, 10 miles north of Goodland on Hwy. 27.

Breakfast will be at 8:30 a.m. at the Sherman County 4-H building. Last year's winners will receive awards at the breakfast. They are: Fred and Jeanie Schields, Tatum Schields, Tennille Schields, Alfred Pancake, Darrel Cloyd, Dave Schields, Marvin Duell, Betty Jean Schields and Michael Leonard.

A **two-week marriage tune-up** will be held at **7 p.m. this Thursday and Thursday, June 20**, at the Word of Life Church at 10th and Clark. It will feature the video presentation, "Making Love Last Forever," by Gary Smalley. Child care is provided. Call 899-5250.

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

Carnegie Arts Center is holding summer art adult workshops. Elwyn Vatcher will be teaching a miniature **watercolor workshop from 7-8:30 p.m. Tuesday-Thursday, June 18-20**. **Creative collage techniques** will be from **6-9 p.m. Monday-Wednesday, July 1-3**. Registration must be made one week prior to the class at the arts center. Call 899-6442.

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.

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.

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-ins** are 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

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

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 Dismissed on Friday: Sharee Robbins, St. Francis, Viola Peck, Goodland. Transferred: Cleo Beeson, Kanorado, to St. Anthony Central in Denver.

Admitted on Saturday: Joyce Lyman, Edson; Billie Jo Forrester, Goodland; and Christopher Wahrman, St. Francis.

Dismissed on Saturday: Billie Jo Forrester, Goodland.

Specialists for Tuesday: none.

Volunteer schedule: 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**.

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 9, 1902: Milk season came late this year, but rains and grass and cows made up for lost time. Milk stations in the county all report a good month.

June 10, 1902: The city paid tribute to the honored dead at the cemetery and the Opera House. Decoration Day honors military and civic more each year.

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

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, who has resigned from the Silver Hair Legislature.

Two executive sessions dealing with personnel matters have been requested, with one for 10 minutes by County Attorney Bonnie Selby and one for 20 minutes by Commissioner Chuck Frankenfeld.

The commissioners meet in the commission room on the main floor of the Sherman County courthouse at 813 Broadway Ave.

Emotions may affect eating habits

We hear a lot about the benefits of good nutrition and healthy eating, but don't always realize that there is an emotional component to what, how and where we eat.

Food can be soothing to someone who needs to feel comforted. People often turn to food when feeling stressed or unhappy or use food as a personal reward.

Unfortunately, when food is used to fill emotional needs, the choices are usually those that are less nutritious, such as treating yourself to a hot fudge sundae after a particularly difficult workday.

Using food to satisfy emotional needs can also lead to eating disorders such as anorexia and bulimia.

Most people lead such busy lives that it is difficult to plan good, healthy meals all the time or take time to enjoy a leisurely meal. But it is important to both our physical and mental health to develop good habits in regards to food and meals.

Skipping meals and not getting



high plains mental health

• plain sense

enough daily calories results not only in nutritional losses but can contribute to depression and anxiety.

Setting aside the time to plan and prepare a special meal can result in a positive feeling of accomplishment, including compliments from others involved.

The act of sharing the meal and even the preparation involved can provide a sense of closeness and support. Sitting down together, whether with family or friends, allows time for conversation and companionship.

In addition, those who are being treated to this great meal can feel relaxed and pampered. But companionship when eating is not a necessity all the time. A simple, well-balanced meal

eaten alone gives a person the chance to reflect, slow down, and enjoy a change of pace.

In contrast, a quick, nutritious snack when time is limited can help to get other things done sooner, thus allow time later for more leisure.

So nourish the mind as well as the body. Good physical health and positive emotional well-being are reflections of the right balance between what, how and why we eat.

Contributed by Karen Beery Consultation and Education Department

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.

Bush defends Israel's assault on Ramallah

WASHINGTON (AP)—As Israeli Prime Minister Ariel Sharon headed into his latest Mideast talks with President Bush today, the White House defended Israel's latest assault on the Palestinian Authority headquarters in the West Bank.

"Our understanding is that the Israeli operation is limited in duration and it is to go after specific terrorists. And given that understanding, the United States has said before that Israel has a right to defend itself," White House press secretary Ari Fleischer told reporters as the two leaders prepared to meet for the sixth time in the Oval Office.

"The United States will be closely monitoring what Israel is doing and the United States again reminds Israel about the importance of remembering the repercussions of whatever action Israel takes today impacting the broader goals of achieving peace tomorrow," Fleischer added.

Sharon, who was to lunch with Bush

in the White House's family dining room after their talks, was meeting with congressional leaders on Tuesday. He is determined to leave his imprint on evolving U.S. plans for Mideast peace expected to be announced in a few weeks.

The prime minister is counseling a gradual approach in which substantive talks do not begin until the Palestinians halt attacks on Israelis, where the pace of negotiations is linked to continued calm and the most intractable disputes between the two sides are put on the back burner.

The Palestinians and most Arab countries want a timeline for negotiations and a pre-stated date for Palestinian statehood.

Hours before Sharon's appointment with Bush, Israeli troops moved into the West Bank town of Ramallah and surrounded the compound of Palestinian leader Yasser Arafat, an army spokesman said.

The unidentified spokesman said the

soldiers were deployed to prevent gunmen from entering the compound but did not enter it themselves. Palestinians officials said Arafat was inside the compound and was unharmed.

One Palestinian was killed and two wounded in exchanges of fire, Palestinian doctors said. Two soldiers were also wounded, the army said.

Despite the flareup, CIA Director George Tenet and Assistant Secretary of State William Burns, both of whom just returned from the region and several meetings with Middle East leaders, gave the president an optimistic assessment when they briefed him over the weekend at Camp David.

"They both gave the president reason to have hope that the process can move forward..." Fleischer said.

On Sunday, Sharon ruled out an Israeli pullback to the country's 1967 borders, the crucial element of a Saudi peace proposal endorsed by nearly all other Arab states and by the United States.

matters of record

District Traffic

April 26—Jorge L. Sotelo, 23, of Burlington, was fined \$144 for an expired tag.

April 29—Steven Sandoval, 18, of Kanorado, was fined \$125 for speeding, 71/55.

Thomas Aschenbrenner, 21, of Brewster, was fined \$299 of speeding, 89/55.

Edwardo Cardoso, 41, of Kansas City, was fined \$257 for speeding in a construction zone, 81/60.

Harold L. Hicks, 50, of Corbin, Ky., was fined \$464 for being 7,800 over on tandem.

May 1—Kelvin D. Cameron Jr., 20, of Buckley Air Force Base, Colo., was fined \$309 for speeding, 105/70.

James E. Backes, 48, of Goodland, was fined \$10 for no seat belt and \$60 for no valid driver's license.

Christine L. Harris, 28, of Boulder, Colo., was fined \$207 for speeding, 97/70.

Adrian V. Estreada, 19, of Westminster, Colo., was fined \$359 for driving while suspended.

May 6—Chad Alan Niebels, 23, of Kanorado, was fined \$114 for failure to register vehicle and \$135 for speeding, 80/55.

Rodney L. Ransom, 36, of Memphis, Tenn., was fined \$244 for 4,700 over on tandem.

Travis R. Percival, 27, of Alva, Okla., was fined \$222 for speeding, 79/60.

May 7—Roland Lee Callies, 67, of Goodland, was fined \$109 for fishing with more than two poles.

May 9—Travis D. Sauer, 21, of Salina, was fined \$359 for driving while suspended.

David L. Massey, 23, of Los Angeles, was fined \$185 for speeding, 94/70.

Jackson Bass, 22, of Makanda, Ill., was fined \$109 for depositing trash on the roadway.

May 13—James M. Misztal, 32, of Denver, was fined \$234 for speeding, 80/60.

Evelyn A. Duell, 64, of Goodland, was fined \$131 for speeding, 72/55.

Gary L. Crain, 57, of Greeley, Colo., was fined \$191 for speeding, 76/60.

Sheila A. Bartram, 57, of Goodland, was fined \$119 for having a traffic control device.

May 14—Dustin G. Anderson, 28, of Brewster, was fined \$74 for having no child restraint.

Lee Justin Salmans, 20, of Brewster, was fined \$112 for fishing without a license.

Katherine Ann Mills, 18, of Brewster, was fined \$112 for fishing without a license.

May 15—Barry Flinchbaugh, 60, of Manhattan, was fined \$203 for speeding, 77/60.

May 16—Todd L. Sainer, 23, of Frisco, Colo., was fined \$239 for speeding in a construction zone, 80/60.

May 17—Lindsey R. May, 18, of Lakewood, Colo., was fined \$158 for speeding, 91/70, and \$250 for no proof of insurance.

James G. Davis, 34, of Goodland, was fined \$119 for no registration.

Municipal Traffic

May 9—Tiffany Davis, 19, of Goodland, was fined \$56 for dog at large and \$20 for no dog license.

May 10—Sybrena A. Malsom, 31, of Goodland, was fined \$436 for a second offense simple battery and \$100 for disorderly conduct.

May 16—Heath D. Eby, 21, of Goodland was fined \$236 for driving while suspended and received a five-day suspended jail sentence.

May 17—James F. Schmidtberger, 35, of Goodland, was fined \$56 for dog at large.

May 20—Mark A. Thompson, 42, of Goodland, was fined \$336 for no proof of insurance.

May 21—Allan M. Briney, 38, of Goodland, was fined \$86 for careless driving.

May 22—Justin Tesmer, 27, of Goodland, was fined \$136 for theft of services and was ordered to pay \$38 in restitution.

James H. Smith, 19, of Goodland, was fined \$96 for inattentive driving and \$10 for no seat belt.

Nicholas A. Kellelt, 19, of Goodland, was fined \$136 for disorderly conduct.

Leslie R. Frodin, 37, of Brewster, was fined \$76 for speeding, 51/40.

May 28—Edward Eugene Aaron, 46, of Goodland, was fined \$76 for illegal registration.

County commissioners to meet Tuesday

Sherman County commissioners will meet at 8 a.m. Tuesday to discuss appointment of hospital board members.

The commissioners have also scheduled a 9:15 a.m. safety meeting with the state worker's compensation and liability insurance group for all department heads.

Carl Eymann and Tom Job of the state insurance pool will conduct the safety meeting, covering all aspects of worker

safety issues and county liability issues.

The commissioners will discuss appointing three hospital board members.

The current board members whose terms are ending are Steve Evert, farmer in rural Caruso, Dr. Robert McCullough, Goodland doctor, and Dennis Shank, Goodland farmer.

Commissioners will begin seeking a replacement for Garnet Haifleigh,

Goodland, who has resigned from the Silver Hair Legislature.

Two executive sessions dealing with personnel matters have been requested, with one for 10 minutes by County Attorney Bonnie Selby and one for 20 minutes by Commissioner Chuck Frankenfeld.

The commissioners meet in the commission room on the main floor of the Sherman County courthouse at 813 Broadway Ave.

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(*there will be a limited number of appointments for this special event.
Call early to schedule your preferred appointment time.)