

about our friends

calendar

Needlework, woodworking and craft projects are needed for the open class arts and crafts division at the Northwest Kansas District Free Fair. Bring the projects to the fair from 8-11 a.m. Tuesday.

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from 1-2:15 p.m. Thursday, Aug. 15, 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.

Doug Loman, former outfielder for the Milwaukee Brewers, will be the guest speaker at **The RIOT**, a youth rally, at 7 p.m. Friday, Aug. 16, at the Max Jones Fieldhouse. There will be a Christian worship band, teaching-free autographed baseballs, free CDs and free RIOT Squad T-shirts.

Sunflower King and Queen and Prince and Princess contestants are sought for the 2002-03 competition. Crowning will be Saturday, Aug. 17, at Chambers Park.

Boys and girls 2-5 are eligible for the prince and princess contests, and boys and girls 6-10 may enter the king and queen contests. Out-of-town contestants are welcome. Pick up registration forms at the Goodland Chamber of Commerce office, McDonald's or Wal-Mart. Call 899-7130 for information.

Sunflower Festival Quilt Show will be Saturday and Sunday, Aug. 17 and 18, at the 1907 Victorian House. Wall hangings and small quilts may be dropped off between 2 and 4 p.m. on Friday, Aug. 16, and can be picked up at 4 p.m. Sunday, Aug. 18. A drawing will be held for a 108-by-98-inch white whole cloth "Garden Party" quilt made by the Methodist Quilters.

The American Cancer Society **Sherman County Relay for Life** will begin with the survivors lap at 7 p.m. Friday, Aug. 23, at the Sherman County Fairgrounds. Luminaria ceremony is at 9 p.m. Luminaries may be purchased by calling Janda Linin at 899-6261.

Colby Community College outreach program enrollment will be from 7-7:30 p.m. Tuesday, Aug. 20, at Goodland High School cafeteria; and from 10 a.m.-noon and 1-4 p.m. Tuesday, Sept. 3, at the Northwest Kansas Technical School Murray Center.

The Goodland Arts Council is hosting a **Junk-Art Show Saturday, Sept. 7**, at the Carnegie Arts Center as part of the city-wide Junk Parade. Entries must be created from some kind of recycled item and must be taken to the center by Sunday, Sept. 1. Items will be displayed from Sept. 1-14 and will be judged on the 7th with prizes awarded at 2 p.m. that day.

SHARE sign up for the August distribution of food will be until Friday at the Sherman County Health Department, Harvest America, the Regional Prevention Center or the Kanorado Senior Center. **Pick up** will be from 9 to 10 a.m. Saturday, Aug. 24, at 824 Main for the August distribution of low-cost food.

activities

Tours of the **1907 Victorian House** at 202 W. 13th are from 1:30-6 p.m. Monday-Wednesday and Friday

and Saturday, 1:30-5 p.m. Thursday and from 1-5 p.m. Sunday.

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 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. Fine art in oils by Gayle Carson will be on display from Sunday until Saturday, Aug. 31.

Born to Read - The Goodland Public Library offers Story Time for children under 3 from 10-10:30 a.m. every Friday. The program will be taking a break for the month of August and will return in September.

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** 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

Golden Plains High School, Rexford, Selden, Menlo and Gem Alumni Reunion will be Friday-Sunday, Aug. 30-Sept. 1. Parade is at 11 a.m. Saturday. Vendors, parade entrants and musicians wanted. Call 785-687-3340 or 785-687-2255.

senior center menu

Tuesday: Ham, parslid potatoes, winter mix vegetables, bread and rosy pears. **Wednesday:** Oven fried chicken, mashed potatoes and gravy, carrots, cornbread and peach cup. **Thursday:** Barbecue beef sandwich, baked beans, tossed salad, bun and pineapple. **Friday:** Porcupine meatballs, au gratin potatoes, pea salad, bread and cook's fruit choice.

hospital report

Goodland Regional Medical Center Admitted on Saturday: Arthur Hatfield, Goodland, and Maddison Cunningham, Sharon Springs.

Admitted on Sunday: Swing bed: Mabel Rice.

Specialists for Tuesday: none.
Volunteer schedule: Tuesday:

Beulah McClung, p.m. **Wednesday:** Carmelita Clark, courtesy, and Margie Richards, 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 Goodland. Scheduled appointments. **Thursday:** Office Closed 8-9 a.m. for a staff meeting. WIC in Goodland 9 a.m.-5 p.m. Voucher pickup and scheduled appointments. **Friday:** Blood sugar and blood pressure screening 8-11:30 a.m. Immunizations 1-4:30 p.m.

Family planning clinic Monday, Aug. 12, by appointment.

Walk-in kindergarten immunization clinic Friday, Aug. 16.

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

Aug. 5, 1902: A cowboy celebrating became hilarious in the Cullins billiard hall and kicked out two large panes of glass. He was also relieved of a large new butcher knife.

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.

Brewster loses former residents



sally michael

● brewster beacon

July has proved itself to be hard on our residents and former residents. Dorothy Goetsch actually passed away the end of June, but we have lost George Coffey on the 13th, Mariam Allison of Oberlin on the 27th and, on the last day of July, we received word that Ross Tygart passed away at Orlando, Fla.

It's hard to lose these friends that we've moved away; we always feel like we'll see them again sometime.

Mariam passed away the day before her 93rd birthday. Her daughter, Pat Wright, had read her the birthday messages that came during the day, and she enjoyed them.

That evening, she worsened and passed away. Her services were Wednesday.

I was reading an e-mail on Wednesday evening from Jan Tygart Davis about her dad, Ross Tygart, when the phone rang, and it was Jan telling us her dad had passed away about an hour before.

He will be cremated in Florida, but the memorial service will be at a later date up here, and Jan said she will let us know when it will be.

To happier news — there will be a Birdfest here at the senior center at noon on Wednesday. Laura Withington, RSVP coordinator, said she wanted to get her awards presentation together while Jill and Jessica are still home to give a hand.

We are looking forward to this activity, and if you are 55 or older, you can

come to the Brewster Senior Center and enjoy the Birdfest. There will be a potluck lunch, and the presentation will follow.

The weather has not been a real pleasure for anyone again this week. Thursday was a little cooler, but the wind is blowing and picking up a lot of dirt. We're still praying for a good rain although we know the crops are pretty much lost.

The lawns are looking quite stressed, and no one has brought in any fresh flowers this summer. There has been a little produce shared by some gardeners.

Hopefully, the tomatoes will come on later. We at the senior center thank the Fox's for sharing their cucumbers with us and the pickles.

Nancy Hawkins went to Oklahoma City for a short visit with her daughter Vicky Dumlner and grandson Brady this past week. She returned home on Tuesday evening after having a great time attending some of the rodeos that Brady was entered in. She is learning many tricks of the calf roping event.

The Dillinger family reunion was held Tuesday in the Brewster Commu-

nity Church fellowship hall. There were 67 family members present, and some came from as far away as Alaska, Georgia and Texas. The fellowship and food was enjoyed by all after a short busi-

ness meeting. Election day for this year's primary will be Tuesday. Be sure to vote; it'll give you experience for the general election in November. Remember, if we don't vote, we can't really complain about the way things are going.

I don't know about you, but it seems like there have been a lot of taxes creeping in in the last few years. The counties, cities and state don't seem to think we'll notice the small percent, but they do add up eventually. Think about what would happen if we didn't have elections to keep a few reins in our control.

Joyce Crabtree has been busy with activities at the fair as well as helping her daughter Bonnie and family move from Utica to the Corpus Christi, Texas, area. She said her grandsons, Bryan and Jed Gray, did very well with their 4-H rabbit projects.

It seems like every fair time brings a big rain during the activities, but it doesn't seem likely to happen this year. I once heard my dad say that if it doesn't rain while the fair is on, it's really a drought. I think it's still a true saying.

See you all next week.

Old age need not be a time of depression



high plains mental health

● plain sense

Despite the increased likelihood of losing a loved one or of experiencing a serious physical illness or disability, old age is not necessarily a time of sadness and depression.

Most elderly people are as satisfied with life in their later years as at any other age. They find enjoyment in retirement, personal and social interests, family and friends.

Unfortunately, there are elderly people who do suffer from depression severe enough to interfere with their daily lives.

Depression in the elderly is usually the result of a combination of physical, psychological and social factors, along with a number of predisposing factors including:

- A family history of depression.
- A negative or pessimistic personality.
- Major life changes such as retirement, serious reduction in income, loss of a spouse, or entering a long-term

care facility.

- Physical illness such as severe arthritis and cardiac disease.
 - Neurological problems such as stroke, dementia, Parkinson's or other disorders that affect thinking and emotions.
 - Worrying about basic needs such as housing, finances, and employment.
 - Continuing concerns about adult children, grandchildren and friends.
- Depression in the elderly is a treatable condition. A thorough physical exam along with a mental health evaluation can help determine methods of treatment.

There are several safe, effective medications available to help relieve the symptoms of late-life depression. Talk to your medical doctor or a mental health professional for more information.

Contributed by Cora Lee Pfannenstiel, Community Outreach Consultant/Nurse Educator.

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.highplains-mentalhealth.com.

Russell wins scout of year in Kansas

David Russell of Goodland has received the Department of Kansas Eagle Scout of the Year award from the Veterans of Foreign Wars.



Russell

Charlie Stephens, Scout program chairman, and Dick Clutts, department commander, presented a plaque and a check for \$400 to Russell at the department convention in June.

He was the fourth-place winner in the national Eagle Scout of the Year program.

First-year medical students to get white coats Friday

First-year medical students at the University of Kansas School of Medicine, including Kevin Rummel of Goodland, will get their coats at the fifth annual White Coat Ceremony on Friday.

The ceremony, at 10 a.m. Central Time in Battenfeld Auditorium at the Student Center, symbolizes the students' entry into the medical profession and promotes professional behavior.

Faculty members will present all 175 students with hip-length white coats that indicate their medical student status. They will wear the coats

during the next four years of training.

Following the ceremony, the students will join family members and faculty for a lunch in Murphy Courtyard.

The ceremony was established in 1998 as part of the school's Project Professionalism to encourage students and faculty to uphold the values of altruism, accountability, excellence, duty, service, honor, integrity and respect.

More than 95 medical schools around the country will hold white coat ceremonies this year.

September attacks mold election

TOPEKA (AP)—Many Americans speak of life before Sept. 11 and life after it to describe how their perceptions of the world were altered that day.

The terrorist attacks in New York and Washington influenced Kansas political figures and helped mold this year's contest for governor and U.S. Senate.

The reactions in political circles left Republicans with a divisive primary and Democrats with a better opportunity to win their first open governor's race since 1936. They also left Republican Pat Roberts secure in his U.S. Senate seat.

The effects weren't intentional, of

course, and are trivial compared to other aftershocks from the attacks. But there's a direct link.

Labor Day celebration set in Logan

Food, volleyball, a car show, a tractor pull, fireworks and live entertainment will highlight the Dane G. Hansen Memorial Museum and Plaza Labor Day Celebration on Sunday, Sept. 1, at the Logan Golf Course, on K-9 in Logan.

The day will kick off with volleyball tournaments and a remote fly-in at 8 a.m. Central Time. The car show will be underway by 10 a.m., and there will be a state-sanctioned kid's tractor pull at 2 p.m.

Jimmy Dee and the Fabulous Destinations will perform '50s and '60s music at 5 p.m. Originally from Victoria, the group has released a 25th Anniversary CD called "Round Trip" and is working on a live album which will be available at the performance.

Members are Bill Gasper of Hoxie, drums; Raphael Schmidtberger of

yesteryear and today, impersonations of Tina Turner "Rolling on the River," Southern Gospel and classic rock 'n' roll beach party music.

The evening will close with fireworks at dusk. The Logan Chamber of Commerce and other food vendors will keep hunger at bay. Bring blankets or lawn chairs.

correction

A story in the July 30 edition of *The Goodland Daily News* incorrectly stated that no candidates for governor have stopped in Goodland. Tim Shallenburger came here in March. The oversight was a reporting error.

☆☆☆☆

The Goodland Daily News will cor-

rect any mistake or misunderstanding in a news story. Please call our office at (785) 899-2338 to report errors. We believe that news should be fair and factual. We want to keep an accurate record and appreciate you calling to our attention any failure to live up to this standard.

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