



Robert Walters, Teresa Bentzinger, Helen McDaniel and Ruth Morton (from left) baked cookies at Wheat Ridge Acres Retirement Community to send to troops in Iraq.
Photo from Cynthia Pletcher

Senior citizens busy with trips, activities

Residents at Wheat Ridge Acres Retirement Community have been celebrating National Fishing Week, going on field trips, had musical performances and a Flag Day ceremony and baked cookies for service men and women in Iraq.

The residents celebrated National Fishing Week the first week of June with children from the summer library program reading fish stories and playing fishing games with them.

They took field trips to the Goodland Public Library to view bridge displays by elementary students, to the Good Samaritan Center for a Flag Day ceremony and to the Stearman Fly-in at St. Francis.

They also plan to go to the High Plains Museum and the Carnegie Arts Center this month.

They have enjoyed toe-tapping music by the Swinging Seniors and

patriotic piano music by Marla Harrison and are looking forward to performances by the Akers Family from Weskan and the Free Evangelical Church youth group and continued Sunday services by area churches, as well as Thursday morning Bible study.

Bernie Weishapl's wood-turning display and Lisa and Shayna Varney's presentation on the military were appreciated.

Residents took on a cookie-baking project and mailed three boxes of assorted cookies to service men and women in Iraq.

A Goodland Cub Scout Troop honored the residents with a Flag Day ceremony on Thursday. To celebrate the first day of summer, the residents will kick back and enjoy a little fun at a "beach party."

Anyone interested in volunteering at the center is welcome. Call the center at 899-0100.

Daylight hours at peak this week

We are about at the peak of summer daylight hours. According to State of Kansas Climatologist Mary Knapp, Thursday, June 21, marks this year's summer solstice.

The summer solstice is the point in the earth's orbit at which the planet's axis of rotation is most directly pointed toward the sun. This produces the season when the Northern Hemisphere enjoys the most hours of daylight.

Knapp administers the Kansas Weather Data Library at Kansas State University. In a news story, she said that on the 21st Kansas will see almost 15 hours of daylight. As you move north, you get closer to the Arctic Circle and the days of summer get longer.

In the northern-most latitudes, the solstice marks the middle of the "White Nights," when twilight conditions persist and darkness is never complete from June 10 through July 2.

That means, in those northern places, this time of year you would



dana belshe

• ag notebook

agent for Kansas State University Research and Extension and the Sunflower Extension District, covering Sherman, Wallace and Cheyenne counties.

have very long evening for getting things done around the yard but might be a little short of sleep hours. As Knapp's news story said, "Imagine having enough light to play ball at midnight."

But in the winter you would be in the dark most of the time.

Knapp's Weather Wonders audio reports are available on the K-State Research and Extension's Kansas Radio Network Web site at <http://www.oznet.ksu.edu/radio/wxwonders.htm>. More information about Kansas' climate and weather is available on the Kansas Weather Data Library web site: <http://www.oznet.ksu.edu/wdl/>.

Dana Belshe is agricultural

covering Sherman, Wallace and Cheyenne counties.

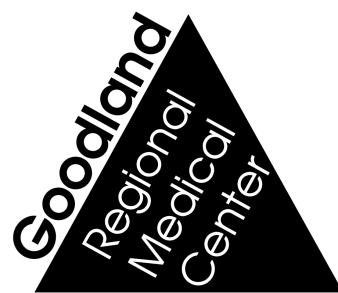
Little Debbie

Snacks

Local independent distributor opportunity in the Colby and Goodland area. Established producer of Little Debbie and Sunbelt snack products offers orientation and marketing support for a nationally known brand. Investment and good credit rating required. For further information, call Arthur Russell at 800-251-6346, Ext. 81388.

Equal Opportunity M/F

Internet tonight! 899-2338



220 West 2nd
Goodland, Kan. 67735
890-3625
Call for Appointments
785-890-6030

July Consultant Schedule

| | | |
|-----------------------|---------------------------------|------------------------|
| ALLERGIST** | Jeffrey Rumblyrt, M.D. | July 16 |
| CARDIOLOGIST | Barry Smith, M.D. | July 11 & 25 |
| CARDIOLOGIST | Vijay Subbarao M.D. | July 12 |
| COUNSELING SERVICES | Thursdays by Appointment | |
| DERMATOLOGIST | Charles Ruggles, M.D. | July 19 |
| DIETITIAN | Sarah Linton, RD, LD | Monday - Friday |
| EARS, NOSE, THROAT | Alfred N. Carr, M.D. | July 6, 13, 20, 27 |
| ENDOCRINOLOGIST | Gerald Poticha, M.D. | July 12, 13, 19, 20 |
| GASTROENTEROLOGIST | Jeffrey D. Huston, M.D. | July 16 & 17 |
| GENERAL SURGEON | David D. Beck, M.D. | July 12 & 26 |
| GENERAL SURGEON | Jeffrey Cross, M.D. | July 5 & 19 |
| GENERAL SURGEON | David Melniczek, M.D. | August 30 |
| GYNECOLOGY | Laura Rokosz, M.D. | July 11 & 25 |
| NEUROLOGIST | Steven J. Gulevich, M.D. | July 11, 25 & 26 |
| OBSTETRICS/GYNECOLOGY | David Forschner, M.D. | July 18 |
| ONCOLOGY/HEMATOLOGY | Martin Rubinowitz, M.D. | July 31 |
| OPHTHALMOLOGIST | Brian Joondeph, M.D. | July 18 |
| OPHTHALMOLOGIST | David Pfoff, M.D. | July 3, 10, 17, 24, 30 |
| ORTHOPEDIST | John Gargaro, M.D. | July 26 |
| ORTHOPEDIST | Tim Birney, M.D. | July 16 |
| ORTHOPEDIST | Armond Hatzidakis M.D. | July 23 |
| ORTHOPEDIST | James Holmes, M.D. | July 16 |
| ORTHOPEDIST | Edward Parks, M.D. | July 30 |
| ORTHOPEDIST | Raj Bazaz, M.D. | July 9 |
| ORTHOPEDIST | Kevin Nagamani, M.D. | August 8 |
| PSYCHIATRIST | John C. Faul, M.D. | July 13 & 27 |
| PODIATRIST | Erik Ouderkirck, D.P.M. | July 11 |
| PULMONOLOGIST | Ken Weisiger, M.D. | July 28 & 12 |
| RADIOLOGISTS | Professional Radiology Services | WEEK DAYS |
| SPEECH THERAPY | Lisa Paxton CCC-SLP | Monday - Thursday |
| SUBSTANCE ABUSE DIR. | Fred Waters, CADC III | Mondays |
| UROLOGIST | Darrell D. Werth, M.D. | July 10 |
| UROLOGIST | Wallace Michael Curry M.D. | August 14 |
| UROLOGIST | Kevin McDonald M.D. | July 24 |

Excellence
In Community Healthcare

** For appointment with the Allergist please call 1-888-849-8424

The Goodland Star-News

is now taking orders for corrugated paper for fair booths. Available in a variety of colors including, white, canary, orange, pink, flame red, apple green, emerald green, violet, bright blue, azure blue, rich blue, brown and black.

\$25 plus tax per 4'x25' roll
Orders accepted through July 13.

Also available at:

The Colby Free Press • 155 W 5th • Colby • 785-462-3963

THE OBERLIN HERALD • 170 S. Penn • Oberlin • 785-475-2206

The Saint Francis Herald • 310 W. Washington • St. Francis • 785-332-3162

THE NORTON TELEGRAM • 215 W. Kansas Ave. • 785-877-3361

Talk to whomever, whenever, and as much as you want, and spend less on your phone bill!



KEEP YOUR CURRENT PHONE NUMBER | WORKS WITH YOUR EXISTING PHONE

EAGLE DIGITAL TELEPHONE*

UNLIMITED
LOCAL AND LONG DISTANCE

ONLY \$45.95/month[†]

CALL TODAY AND TRY IT FREE[†] FOR ONE MONTH!



1.877.61eagle
Learn more at www.eaglecom.net

* Powered by Big River.
† Rates exclude: broadband service, activation, regulatory recovery fee, 911 fees and cost recovery. Eagle 911 service operates no differently than traditional 911—see eaglecom.net for details. Offer expires 8/31/07.
‡ Free month offer only on Residential Unlimited Plan. Service fee waived but all other charges apply. New customers only. High-Speed Internet not required.