



One of the customers of the newly opened Shape Up Sisters franchise worked on one of the exercise machines. The facility uses circuit training.
Photo by Pat Schiefen/The Goodland Star-News

Exercise place opens on Main

By Pat Schiefen
The Goodland Star-News

Pat Howe has opened up a new gym, Shape Up Sisters, to help fitness-minded women get healthy and lose weight, and plans a grand opening Monday from 7 a.m. to 7 p.m. at 1224 Main.

"In March, I decided to do something like this, so I searched for the right franchise," said Howe. "Shape Up Sisters' circuit training works every muscle in the body. Workouts are 30 or 45 minutes long."

"A lady from Florida was here to train me last week. Workouts are recommended three times a week."

In the first visit, she said, people are weighed and their body fat index is figured. Monday was the first day the shop was open. Charges include an initiation fee of \$49, plus

\$25 a month for a year, \$30 a month for six months or \$35 on a monthly basis.

"I bought a house in Goodland in November," Howe said. "I spent the last 16 years living in Weskan."

Howe has two sons, John, his wife Heather and three sons, Tristan, Hunter and Caden, live in Glenwood Springs, Colo., there he is an outfitter for archery, black powder and rifle hunts. Shawn, his wife Teresa, daughter Jollie and son Zachery live in Colorado Springs, where he is a paramedic.

Howe said her niece, Rachel Horney, will work part time for her.

"I would like to be open for an hour for seniors in the afternoon," she said. "People will get a good workout."



Howe

Goodland has new postmaster

By Pat Schiefen
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There's a familiar face in the corner office down at the Goodland post office.

Longtime clerk Penny Sheldon, former postmaster at St. Francis, will be installed as postmaster at 3:30 p.m. Wednesday by Mark A. Kerschen, regional manager of post office operations from Hutchinson.

She follows Steve Schultz, who transferred to Oberlin in February to be postmaster.

During her career, Sheldon has been the officer in charge, or acting postmaster, at Winona, Lyons and at Goodland.

She started in September 1995 as a part-time flexible carrier.

"I was a carrier for almost two years when I transferred to the clerk side," Sheldon said.

After she was officer-in-charge at Winona in the summer of 1999, she said, she decided she was interested in advancing.

"I applied for the postmaster jobs at St. Francis in 2001 and Bird City in 2001, which I did not get," she said.

"I was the officer-in-charge at Goodland before Schultz came and when Kenton Krehbiel was gone."

In August 2004, though, she was named the postmaster at St. Francis.

"It was hard to drive 80 miles a day and balance everything," she said.

Sheldon is married to Shad, who has Shad's Electric. Their



Soon to be Goodland's newest postmaster Penny Sheldon worked at her desk on the many reports that are done on computer for the post office.
Photo by Pat Schiefen/The Goodland Star-News

twins, Cade and Courtney, will be juniors in Goodland High School next year. She said Cade is talking about going to recording school af-

ter he graduates and Courtney is talking about nursing.

"Knowing the office is an advantage," she said. "Goodland has a

good reputation for its work ethic."

Repairs from winter on streets could send costs over budget

Winter storms hit Goodland's pavement hard, stretching the budget, the City Commission heard at their last meeting, and the street department needs about \$80,000 to make repairs.

Rich Simon, city public works director, told commissioners on June 18, the city is in the third year of a its-sealing rotation.

He said the special highway fund has \$116,000, but with all the repairs needed because of the severe winter, the department this year will need another \$80,000.

"The repairs are killing us," he said, adding that with the price of oil, costs have increased for the rock, asphalt emulsion and fog seal. Rock prices have gone up because the quarry was affected by the winter weather, he said, and the cost of hauling the rock has gone up because of the cost of fuel.

The city has been doing an annual chip seal every summer, covering about one-third of the streets each year.

Two years ago, he said, the city added the fog seal over the chips, and last year Simon said they were pleased with how well the streets sealed the year before had held up.

He told the commission the new process should help the streets last longer, and the city might be able to stretch the three-year cycle out to six before redoing a street.

Simon said the new process is

more expensive, but the better quality means the streets will last longer. The estimated cost of the sealing project last year was \$150,000. The estimated cost of the sealing and repair work this year is about \$200,000.

"Some streets need major, major work and we may need a bond (issue) for that," said City Manager Wayne Hill.

Simon said they would get as much done as possible and wondered if the amount of street sealing should be cut back. Commissioners said they wanted to look at coming up with the money before cutting back on the amount of work to be done.

Hill said he would see if money could be found to fill the gap.

Simon reported that the heat pumps, which replaced a failed heater at Steever Water Park, were working fine. He said the water temperature has been holding at 77-78 degrees even with the cool nights. The pumps work by heating water through a coil and circulating it to the pool, putting off cold air as their exhaust.

Simon said he had ordered replacements parts for two of the units under warranty. He said the city may need to add two more heat pumps for next year. When the current ones were installed, he said, they made provision for additional units as needed.

corrections

A story, "Central Dispatch to add two phone lines," on Page 1 of the Tuesday, July 3, edition of *The Goodland Star-News* it reported that telephone outages had effected the 911 emergency system. Crissy Conger, Sherman County central dispatch director, said the 911 system continued to operate and the dispatch center could answer emergency calls.

She said the center had radio contact to handle emergencies, but was not able to call out on its regular phones. The same story reported the cost of adding the two lines would cost \$75 each per month. Conger said the total cost for both lines is \$75 per month. This was a reporting error.

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The Goodland Star-News will

correct 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.

ADVERTISEMENT FOR BIDS WATER WELLS IMPROVEMENT TREATMENT BUILDING

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CIVIL RIGHTS: This project is partially funded with CDBG funds; therefore, applicable requirements must be complied with such as Section 3 of the 1968 Housing Act, Section 109 of the 1984 Housing and

Community Development Act, the Civil Rights Act of 1964, and Executive Order 11246. More detailed information regarding these and other requirements can be found in the specification documents.

Bids will be received by The City of Kanorado at the Office of the City Clerk until 1:30 pm (Mountain Daylight Time) Monday, July 16, 2007, and then at said office publicly opened and read aloud.

Copies for the CONTRACT DOCUMENTS may be obtained at the office of: EBH & Associates located at 596 Airport Road, Goodland, Kansas 67735, (785) 899-7019, upon payment of \$80.00 for a full size set of drawings, \$30.00 for a half size set of drawings, \$50.00 for a set of specifications, and \$15.00 for electronic copy of plans on CD.

Return of the CONTRACT DOCUMENTS will not be refunded.

June 18, 2007
Original Signed
DATE
SIGNATURE

NOTICE TO BIDDERS/INVITATION FOR BIDS

GOODLAND MUNICIPAL AIRPORT AIRPORT ENTRANCE AIP Project No. 3-20-0026-14

Sealed bids will be received until **Monday, July 16, 2007 1:30 p.m. (MDT)**, and then publicly opened and read in the City Hall of Goodland for furnishing all labor and materials and performing the following work:

GRADING AND SURFACING A NEW ENTRANCE TO THE AIRPORT AND A TAXIWAY B IMPROVEMENT. ALTERNATE BID ITEMS INCLUDE THE PAVING OF THIS PROJECT IN CONCRETE.

Copies of the plans and specifications and wage rate are on file and may be inspected or obtained at:

Office of City Clerk, Goodland, Kansas.
221 W 5th
Goodland, KS 67871

Evans-Bierly-Hutchison & Associates, P.A., Consulting Engineer
596 Airport Road
Goodland, KS 67735

Plans and specifications and wage rate decision may be obtained from the Consulting Engineer upon deposit of \$75.00 for a full size set of plans, \$25 for a half size set of plans, \$35 for a set of specifications, and \$20 for an electronic set (CD) of plans and specifications. No refunds will be issued. Questions regarding bids shall be directed to Darin Neufeld at the above address.

NOTICE TO PROSPECTIVE CONTRACTORS AND SUBCONTRACTORS OF NONSEGREGATED FACILITIES. The successful bidder will be required to submit a Certification of Non-segregated Facilities and to notify prospective subcontractors of the requirement for such a certification where the subcontract exceeds \$10,000.

In accordance with the Davis-Bacon Act, as amended, the Contractor will be required to comply with the wage and labor requirements and to pay minimum wages in accordance with the schedule of wage rates established by the United States Department of Labor.

THIS CONTRACT IS SUBJECT TO THE FOLLOWING PROVISIONS:

- EXECUTIVE ORDER 11246 - Affirmative Action to Insure Equal Employment Opportunity
- DOT REGULATION 49 CFR 18 - Uniform Administrative Requirements for Grants and Cooperative Agreements to State and Local Governments.
- DOT REGULATION 49 CFR PART 26 - Disadvantaged Business Enterprise Participation
- DOT REGULATION 49 CFR PART 30 - Denial of Public Works Contracts to Suppliers of Goods and Services of Countries that Deny Contracts to Suppliers of Goods and Services of Countries that Deny Procurement Market Access to U.S. Contractors (Foreign Trade Restriction).