

card showers

Leslie Watkins will turn 91 on Wednesday, May 7, 2008 and his wife, Alice, will turn 90 on Friday, May 16, 2008. Their family is requesting cards be sent to 403 Cherry, Goodland, Kan. 67735.

Jake Wilkening will be 80 on Saturday, May 17, 2008. His family would like you to join in by sending cards to 310 Eustis Apt. 2, Goodland, Kan. 67735.

Cecil and Luella "Dolly" (Middleton) Wulf will celebrate their 60th wedding anniversary on Wednesday, May 9, 2008. Cards may be sent to 512 Clark, Goodland, Kan. 67735.

patient news

Lyle Clark of Goodland is in the Hays Hospital with a quadruple bypass. His address is High Plains Cardiology, 2214 Canterbury Drive, Hays, Kan. 67601. Room 1106.

student news

Shandel Simon, daughter of Steve and Debbie Simon and 2007 Goodland High School graduate, was on the Fall 2007 Dean's Honor Roll for Garden City Community College.

activities

Tours of the 1907 Victorian House at 202 W. 13th are from 1 to 5 p.m. Wednesday through Monday.

The High Plains Museum, 1717 Cherry Ave., is open from 9 a.m. to 5 p.m. Monday through Friday and from 9 a.m. to 4 p.m. Saturday.

The Carnegie Arts Center is open from 10 a.m. to 5 p.m. Tuesday through Friday and from 1 to 4 p.m. Saturday and Sunday at 120 W. 12th. Currently on display are photographs of the Flint Hills from the National Geographic Magazine.

The Goodland Public Library is open from 10 a.m. to 7 p.m. Monday through Thursday and from 10 a.m. to 5 p.m. Friday and Saturday. Story Hour on Wednesdays will be a group at 10 to 11 a.m. and one at 2:30 to 3:30 p.m. Thursday group will meet at 10 to 11 a.m. These groups are for children ages three to five. On Friday's we will have Born to Read for infants and toddlers ages zero to three, accompanied by a parent or caregiver. For questions call Marcy Melia at 899-5461.

Big Brothers/Big Sisters of Sherman County is seeking mentors and children to mentor. Call 899-3665.

Goodland Mothers of Preschoolers (MOPS) will meet from 6 to 7:30 p.m. the first Monday of the month at the First Christian Church, Eighth and Arcade.

Diabetes Support Group meets at 4 p.m. the last Tuesday of each month in the large board room at Goodland Regional Medical Center. Patients, family and friends meet each month for a speaker and educational program. Call Sarah Linton at 890-6044.

Breast Cancer Support Group meets at 5:30 p.m. the first Tuesday of the month. Any woman with cancer is welcome. Call Cheryl at 890-5528 for more information.

Emotions Anonymous meets at 7:30 p.m. Wednesdays at the Goodland Regional Medical Center board room.

Aerobics Classes - 5:30 a.m. aerobics classes are offered Monday, Wednesday and Friday at the Goodland Activities Center. Call 890-7242.

TOPS Meetings - Take Off Pounds Sensibly meets at 5:30 p.m. Tuesdays at North Elementary School. Weigh-in is at 5 p.m. A new group may be started and meet at a different time. Call Norma Mullen, area captain, at (785) 689-4362.

Alcoholics Anonymous S.O.S. Group holds open meetings at 7 p.m. Monday at the Trinity Lutheran Church, Seventh and Senter, Burlington. Call Pamela at 719-346-7711 or Dave at 890-2858.

Goodland Alcoholics Anonymous meets at 8 p.m. Monday, closed meeting, Wednesday, the

the calendar

calendar

TNT Singles will meet at 5:30 p.m. Thursday at Edward's Hall for food, cards and fun. Call 899-3323.

The Goodland High School Prom 2008 Promenade will start at 7:15 p.m. on Saturday at Max Jones Fieldhouse. Doors will open at 6:30 p.m.

Jodie Tubbs of the Kansas Commission on Veterans Affairs will be in Goodland from 1 to 2:15 p.m. Thursday, May 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.

Prairie Land Food sign up will be until Monday, May 19 and pick up will be from 10:30 to 11:30 a.m. Saturday, May 31, at the Goodland Elks Lodge for the May distribution. Anyone who wants to see what is in the packages can stop in on distribution day.

The Northwest Kansas Animal Shelter still has 2008 calendars for sale at \$15. Call (785) 899-3502 evenings.

school calendar

Today: Black Day. Wednesday: Gold Day. 4 p.m., West Site Council. 6 p.m., high school band concert "Picnic in the Park" at Gulick Park. Elementary Bank Day. 10:45 a.m., Cinco de Mayo at Max Jones Fieldhouse. Thursday: Black Day. 9 a.m., junior high league track meet at Quinter. 3 and 5 p.m., varsity and junior varsity baseball at Lakin. 6:30 p.m., Family, Career, Community Leaders of America banquet. Friday: Gold Day. Boys state tennis. 2 p.m., high school league track meet at Colby. 2 p.m., high school league golf at Atwood. 5:30 p.m., National Education Association dinner. Saturday: Boys state tennis. 6 p.m., Goodland High School prom. 7:15 p.m., Goodland High School Promenade at Max Jones Fieldhouse. Monday: 7 p.m., board of education meeting. Boys regional golf. 6 p.m., DECA employee/employer banquet. 7 p.m., Fourth grade music concert at high school auditorium. Regional baseball and softball. Tuesday: Gold Day. Junior high band/vocal concert in high school auditorium.

6 p.m., American Field Service social. Regional baseball and softball.

school menu

Today: Hamburger, lettuce, pickles, French fries and fruit. Wednesday: Cream chicken over rice, biscuit, mixed vegetables and peaches. Thursday: Pig in a blanket, tator tots, baked beans and fruit cocktail. Friday: Spaghetti with meat sauce, lettuce salad, corn, garlic bread and pudding.

senior menu

Today: Cheeseburger upside down pizza, tossed salad, corn bread and mixed fruit with bananas. Wednesday: Baked chicken, potato salad, carrots, roll and blushing applesauce. Thursday: Pasta beef and tomato casserole, green beans, spinach salad, bread and strawberry shortcake with topping. Friday: Ham, au gratin potatoes, peas, bread and peaches. Monday: Salisbury steak, mashed potatoes with gravy, cook's choice vegetables, bread and apricots. Tuesday: Chicken and rice casserole, broccoli, gelatin with fruit, roll and cherry cobbler.

book meeting, and Saturday, an open meeting, at 1013 Center. For Alcoholics Anonymous, call Rob at 890-3023 or Linda at 399-2353.

Goodland Al-Anon Serenity Seekers group meets at 5:30 on Wednesdays at 1013 Center. For information call Cheryl at 890-3023.

The "Freedom Today" group of Narcotics Anonymous meets at 8 p.m. Tuesdays and 7 p.m. Saturdays at the Goodland Elks Lodge. Call 890-8369.

Stratton "AA by the Book" Alcoholics Anonymous group meets at 7 p.m. Thursdays for a beginners open meeting. Families and young people welcome. Call (719) 348-5398 for men and (719) 346-8553 for women. On U.S. Highway 24 go to Statton and it is the second house on the left, 513 Iola Street.

Fibromyalgia and Chronic Myofascial Pain Support Group meets from 6:30 to 8:30 p.m. the third Wednesday of every month in the Emergency Medical Services building, 257 15th St., in Burlington. Call Debbie at 719-346-4612.

area events

"Joy of Painting with Bob Ross" classes will be at the Dane G. Hansen Museum of Logan on Saturday, June 7 and Sunday, June 8. For information call (785) 689-4846 or go to www.hansenmuseum.org.

The Smithsonian Institution traveling exhibition, "A Magic Web - The Tropical Forest of Panama's Barro Colorado Island," will be on display at the Dane G. Hansen Museum in Logan through Sunday, June 22.

Developmental Services of Northwest Kansas, Inc. is having a sports and celebrity auction. Go to www.dsnw.org for information.

The 42nd Annual Butterfield Trail Ride will start on Saturday, May 31, at Russell Springs. On Sunday, June 1, there will be a ranch rodeo. For information call (785) 751-4296, (785) 852-4622, (785) 672-3591 and (785) 846-7602.

Prairie Museum of Art and History, 1905 S. Franklin, in Colby is open from 9 a.m. to 5 p.m. Central Time Tuesday through Friday and 1 to 5 p.m. Saturday and Sunday.

The USS Hollister Destroyer Reunion (DD-788) will be from Wednesday to Sunday, Sept. 17 to 21, at Branson, Mo. For information contact Mrs. Nelda Rupp, 2118 15440 SE Hartnell Ave., Portland, Ore. 97267, (503) 656-4949 or hnrupp@comcast.net.

The 82d Airborne Division Association is planning a full division parade and dinner during All American Week of Monday to Sunday, May 19 to 25, at Ft. Bragg, N.C. For information contact Airborne

-2008, 5459 Northcutt Place, Dayton, Ohio 45414, (937) 898-5977 or srgabn@aol.com.

health department

The Sherman County Health Department at 1622 Broadway is open from 8 a.m. to noon and 1 to 5 p.m. Monday through Friday.

Blood pressures; infants', children's and adult's immunizations; health assessments for Kan Be Healthy, daycare and school entry; fasting blood sugar and hemoglobin; and family planning available by appointment. Sharps containers are available free. Call 890-4888.

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

Water Testing - The Northwest Local Environmental Protection Group does well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the Health Department at 890-4888.

hospital volunteers

Gift shop hours are 9 a.m. to noon and 1 to 4 p.m.; a.m. and p.m. volunteers are in the gift shop.

Today: Anita Coleman, a.m. and Emma VanVleet, courtesy. Wednesday: Shelby Miller, a.m. and Mazie Sutton, courtesy. Thursday: Jesse Ownes, a.m., Miller, p.m. and VanVleet, courtesy. Friday: Faye Paxton, a.m. and Sutton, courtesy. Monday: Fern Heckman, a.m., Paxton, p.m. and Sutton, courtesy. Tuesday: Jan Lambert, a.m. and VanVleet, courtesy.

cell phone drive

Save a Life-Give a Phone collects used cell phones and refurbishes them to provide 911 access for domestic violence victims locally and nationwide, including all YWCA Domestic Violence Shelters. Phones are also provided to the elderly and others in need of an emergency cell phone. The group has a drop-off point at American Communications, 726 W. Business U.S. 24. Call Jeannie Topliff at 899-2426 or Candice at 866-448-2366.

thrif store

Anyone wanting to donate to the Goodland Churches Thrift Shop should call 899-2007 to arrange to meet by the door in the alley and take donations directly from the car to the warehouse.

The store needs zippered bags like those bedding and curtains are sold in, seal-a-meal bags or any bags that can be heat-sealed, and jewelry gift boxes.

alateen

A former Alateen member and an Al-Anon member have formed an Alateen support group that will

Couple to wed in May in Goodland

Kasi Rae Elliott and Christopher Eric Janssen, both of Grand Prairie, Texas, plan to marry Saturday, May 24, 2008, at the First United Methodist Church of Goodland with Pastor John Coumerilh officiating.

Her parents are Laural and Dana Belshe of Goodland and Byron Elliott of Greeley, Colo., formerly of Goodland. Grandparents are Kenneth and Connie Townsend of Colorado Springs and the late Oliver and Fern Elliott.

His parents are Vicki Davis of Fort Worth and the late Robert C. Davis. Grandparents are Del (Donna) Davis, Robert (Carol) Long and Joyce Davis.

The bride-to-be graduated from Goodland High School in 2000 and attended Southwest Assemblies of God University of Waxahachie, Texas and works at Anterra Real Estate Management in Dallas, Texas.

The prospective groom graduated



Elliott and Janssen

from Coosa Christian High School in Gadsden and the University of Northern Texas in Denton with a Bachelor of Science degree in criminal justice. He later served in the army and is an officer with the Arlington Police Department in Texas.

Running rural grocery can be challenging

With rising costs and tight margins, running a rural grocery can be challenging.



jamie morphey

business tips

Join the K-State Center for Engagement and Community Development, the Huck Boyd National Institute for Rural Development, the Kansas Sampler Foundation and the U.S. Department of Agriculture's Rural Development agency for a Rural Grocery Store Summit on Sunday, June 1, in Inman. This will give you a chance to work together on how to improve business for Kansas' small town grocers.

There is no fee, but registration is required by May 15. Go to www.

ruralgrocery.org to register or for information.

This tip was brought to you by Western Kansas Business Consulting. We offer free and confidential business consulting to Kearny, Scott, Sherman, and Wichita counties. For information or to set up an appointment, contact Jamie Morphey at (620) 874-0771 or e-mail wkbc@wbsnet.org. Sponsored in part by Sherman County

Mental Health Month used to raise awareness

Mental Health Month was designated more than 50 years ago to raise awareness about mental health conditions and the importance of mental wellness for everyone. Mental health is an essential part of each person's overall health and wellness.



high plains mental health

plain sense

Life challenges and problems can put both physical health and mental well-being at risk. For example, too much stress can take a toll on the body and can result in a person feeling tired, sad, nervous, angry or irritable. In addition, stress can result in physical conditions such as headaches, muscle tension, upset stomach, nausea and can contribute to heart disease.

"Get Connected" is the theme of Mental Health Month this year (from Mental Health America) which emphasizes the importance of being connected to others as a factor in good mental health. When a person is experiencing problems, family and friends can provide social support that helps with the difficult times. Staying in contact with those who are supportive and positive can be as simple as a phone call, email or short visit. When a person is experiencing tough times, it helps to be able to talk about personal concerns to someone who is a good listener, who can provide a fresh perspective and help find solutions.

Another great way to feel emotionally strong and resilient is to be

connected to a broader community of people. Connecting through social opportunities and fun events can boost your spirit and help you feel energized and more productive. There are community organizations such as parenting groups or walking groups, that bring people together who share a common interest. Volunteering with a community organization that provides services for those in need can also help a person feel valuable and revitalized.

So, for your own good mental health, make a commitment to contact friends and family on a regular basis. Maybe there is someone that you have not heard from in a while and your reaching out to them can result in a good experience for everyone. In addition, expanding contacts to the larger community provides another source of comfort, encouragement and involvement. All of which contribute to improved mental health!

Contributed by Karen Schueler, MS, LCPC, Manager, Prevention, Education and Outreach Department of High Plains Mental Health Center. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

The Goodland Star-News SUBSCRIBER James Finnell You receive two free passes to see 21 (PG-13) Clip and bring to the show. Non Transferable Sherman 1203 MAIN - Phone 899-6103

Mother's Day Concert Featuring the music of Eternity Focus Sunday, May 11 at 10:30 AM at The Goodland High School Auditorium Sponsored by: Calvary Gospel and Harvest Evangelical Free Church

American Profile Celebrating Hometown Life See American Profile magazine in this week's issue of The Goodland Star-News (available in local area only) Brought to you by The Star-News Your sponsorship could be right here! For more Information call Jordie or Jessica at 899-2338