

Written to-do list helps to organize



jamie morpew

• business tips

Do you have a written to-do list? A written to-do list is the secret to clearing your mind of mental clutter and getting more accomplished each day. How many times have you forgotten to do something and it threw your day into a chaotic and stressful mess? It then caused you to end the day exhausted and behind on everything else you needed to get done.

• Evaluate it. A written to-do list is a tool to help you not to complicate your life. Evaluate what's working and what's not, and then make adjustments as necessary.

• Change isn't easy, but it is necessary for growth. It will take time to figure out how a written to-do list will best work for you. Don't give up. Use a written to-do list for a month and see how it improves your life.

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 Morpew at (620) 874-0771 or e-mail wkbc@wb-snet.org. Sponsored in part by Sherman County

October wedding in Iowa planned

Heather Randolph and James Bullock, both of Joplin, Mo., plan to marry on Saturday, Oct. 18, 2008, at the Freight House in Chariton, Iowa.

Her parents are Patty Howard, Wichita, formerly of Goodland, and Larry Randolph of Herington.

He is the son of Jim and Lisa Bullock of LaBelle, Mo., and the late Vanessa Bullock of Nevada, Mo.

The bride-to-be graduated from Goodland High School in 1995 and from Pittsburg State University. She works for Missouri Southern State University in Joplin.

The prospective groom graduated from Nevada High School and works for Dragon Spirit Martial Arts in Joplin.



Randolph and Bullock

matters of record

District Traffic
The following fines have been paid in the Sherman County District Court. All ages are at the time of the ticket.

May 15: David W. Lewis, 46, Loveland, Colo., \$120 for speeding, 84/70.

May 16: Blake R. Roe, 23, Goodland, \$138 for speeding, 72/55.

Ryan G. Urstadt, 58, Englewood, Colo., \$166.20 for violating motor carrier safety rules and regulations, no medical card.

Xing Wu, 46, Irving, Texas, \$120 for improper parking.

May 17: Dale M. Nehls, 36, Longmont, Colo., \$132 for speeding, 86/70.

John R. Tyler, 43, Colorado Springs, \$126 for improper parking.

May 18: Jose Martinez-rodr, 22, Clinton, Okla., \$126 for speeding, 85/70.

Jacob L. Moore, 18, Iola, \$150 for speeding, 89/70.

Darrin E. Riggs, 38, Fountain, Colo., \$219 for speeding, 97/70.

May 19: Enrique M. Solis, 28, Silverthorn, Colo., \$126 for speeding, 85/70.

May 20: Michael Charles McGlone, 55, Goodland, \$126 for illegal transfer of ownership of a vehicle.

Zarif Pulatov, 50, Kissimmee, Fla., \$166 for violating motor carrier safety rules and regulations, not paying United Carrier fees.

Clifford L. Rovelto, 52, Manhattan, \$156 for speeding, 90/70.

May 21: Aron G. Horvat, 40, Vancouver, Wash., \$166 for violating motor carrier safety rules and regulations, not paying United Carrier fees.

Ranulfo Machorro-Cruz, 47, Federal Way, Wash., \$126 for speeding, 85/70, and \$60 for not having a child in a safety restraint.

Christopher Medina, 19, Englewood, Colo., \$156 for speeding, 65/45.

Lavon K. Powell, 65, Burlington, \$166 and \$100 for violating motor carrier safety rules and regulations, not paying United Carrier fees and expired medical card.

Wade A. Weaver, 25, Colby, \$126 for improper driving on a laned roadway, found guilty in a bench trial.

matters of record

District Traffic
The following fines have been paid in the Sherman County District Court. All ages are at the time of the ticket.

May 13: Gary D. Holowell, 44, St. John's Ariz., \$114 for speed-

ing. **May 14:** Melissa S. Miller, 39, Centennial, Colo., \$126 for speeding, 80/65.

Alan W. Neighbors, 40, Golden, Colo., \$114 for speeding, 83/70.

SUNFLOWER HARVEST SYSTEMS

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Equal Opportunity Housing

Sunflower Contest

RULES

- Write down as many words (at least 3 letters) that you can think of using the word "Promotion"
- Do not use proper names
- Bring your completed list to The Goodland Star-News office at 1205 Main or at our booth at the Fair by 12:00 p.m. by Monday, August 13th
- Winner will be announced in the Friday, August 15th edition

1. _____	26. _____
2. _____	27. _____
3. _____	28. _____
4. _____	29. _____
5. _____	30. _____
6. _____	31. _____
7. _____	32. _____
8. _____	33. _____
9. _____	34. _____
10. _____	35. _____
11. _____	36. _____
12. _____	37. _____
13. _____	38. _____
14. _____	39. _____
15. _____	40. _____
16. _____	41. _____
17. _____	42. _____
18. _____	43. _____
19. _____	44. _____
20. _____	45. _____
21. _____	46. _____
22. _____	47. _____
23. _____	48. _____
24. _____	49. _____
25. _____	50. _____

(If you have more than 50, please attach an additional sheet)

Name _____

Address _____

Phone _____ Age _____

Winner of the Sunflower Contest will receive a FREE 1 year subscription to:

The Goodland Star-News

Classifieds work!

899-2338

Worship warms the heart

Calvary Gospel Church
Pastor: Steve Rains, Ben Coats, youth pastor
 Fourth & College • 890-3605
Sunday: Kid's Church: 10:30 am
 Morning Service: 10:30 am
 Evening Service: 5:00 p.m.
Wednesday: Royal Rangers Missionettes 6:30 p.m.
 Adult mid-week service: 7:00 p.m.
 Youth @ the Rock House: 7:00 p.m.
 Small Group Ministries meets through out the week.
www.calvarygospel.net

Our Lady of Perpetual Help
Pastor: Father Norbert Diabal
 307 W. 13th • 890-7205
Sacrament of Reconciliation:
 4:30-5 pm Saturday or by appointment
Mass Schedule:
 Saturday: 6 pm, Sunday: 10:30 am
Spanish Mass:
 Sunday: 12:30 pm

Word of Life
A Foursquare Church
 10th & Clark • 899-5250
Pastor: John Coumerilh
Associate Pastor: Ben Coumerilh
Sunday: Worship Celebration and Kids' Church: 10:30 am
Life Groups - call for times and locations
www.wordoflifegoodland.org

Pleasant Home Church
 Serving the rural community
 for over 100 years
 Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Perry Baird
 890-3375
Sunday: Worship Service: 9 a.m.
 Sunday School: 10 a.m.
 Evening Service: 6 p.m.

Bible Baptist Church
Pastor: Clifford Middlebrooks
 Fifth & Broadway
 890-7368
Sunday: Sunday School: 9 a.m.
 Morning Service: 10 a.m.
 Evening Service: 6:30 p.m.
Wednesday: Evening Bible Study: 7 p.m.

Church of Jesus Christ of Latter-Day Saints
 1200 15th Street • Burlington, CO
 (719) 346-7984
Sacrament Meeting: 10 a.m.
Sunday School: 11:15 a.m.
Priesthood/Relief Society: 12 a.m.

Iglesia Del Dios Vivo
 La Luz Del Mundo
 Spanish Speaking Church
Minister: Esteban Ortiz B.
 1601 Texas • 899-5275
Daily Prayer: Sunday thru Saturday: 5a.m. & 6 p.m.
Sunday: Sunday School: 10 a.m.

United Methodist Church
Brewster:
Pastor: Dorine Chambers
 Worship Service: 10:45 a.m. CST
 Sunday School: 9:45 a.m. CST
Winona:
Minister: Sheryl Johnson
 Worship Service: 9 a.m. CST
 Sunday School: 10:15 am CST

First Christian Church (Disciples of Christ)
Pastor: Rev. Ted Amos
 Eighth & Arcade • 890-5233
Sunday: Worship Service: 10:30 a.m.
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available

Kanorado United Methodist Church
Pastor: Leonard Cox
 399-2468
Sunday: Sunday School: 9 a.m.
 Worship Service: 10:15 a.m.

Church of the Nazarene
Pastor: Bob Willis
 Third & Caldwell
 899-2080 or 899-3797
Sunday: Sunday School: 9:45 a.m.
 Worship Service: 10:50 a.m.
 Evening Service: 6 p.m.
Wednesday: Evening Service: 7 p.m.

First United Methodist Church
 1116 Sherman 899-3631
Pastor: Rev. Kasey Crosby
Saturday: Worship: 5:30 p.m.
Sunday: Adult Classes: 9:15 a.m.
 Worship: 10:30 a.m.
Wednesday: Wednesday Nite Live
 5:45 - 6:45 p.m. Simple Supper "Free will Offering
 6:30 - 7:30 p.m. Classes for all ages

Goodland Bible Church
 109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 a.m.
 Morning Worship: 10:45 a.m.
 Evening Worship: 6 p.m.
Wednesday: AWANA (Winter) and prayer: 7 p.m.

First Baptist Church
Pastor: Travis Blake
 Bateman's Funeral Home, 211 E. 11th
 890-3450
Sunday: Sunday School for all ages:
 9:30 a.m. (Child care provided)
 Morning Worship: 10:30 a.m.
Thursday: Bible study 9:30 a.m.
 Wheatridge Center

St. Paul's Episcopal Church
 13th & Center
 Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
 10:00 a.m. Thursday
Morning Prayer: Daily, 8 a.m. Thursday and Sunday
 For emergencies 890-6969

Harvest Evangelical Free Church
 104 E. Hwy. 24 • 890-7918
Pastor: Brian Fugleberg
Sunday: Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday: Junior high 6:30 p.m.
 at Fugleberg's, 708 Washington
 Senior high 6:30 p.m. at church

Seventh Day Adventist Church
 1160 Cattletrail
Pastor: Mike Larson
Saturday: Sabbath School: 9:30 a.m.
 Worship Service: 11 a.m.

Emmanuel Lutheran Church
 13th & Sherman • 890-6161
Sunday: Christian education/fellowship:
 10:15 a.m.
 Worship Service: 9 a.m.

Church of Christ
 401 Caldwell
 890-6185
Sunday: Bible Study: 9:45 a.m.
 Worship Service: 10:45 a.m.
Wednesday: Bible Study: 7 p.m.

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

Short & Son Trucking Hwy. 24	Koons Funeral Chapel North Main	Good Samaritan Center 208 W. 2nd
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