

patient news

The family of **Doug Loomis** is requesting cards be sent to him at Rose Medical Center, Intensive Care Unit Room 10, 4567 E. 9th, Denver, Colo. 80220. He has been there for three months following heart surgery.

elks blue star flags

If you have a **son or daughter or grandson or granddaughter serving in the military** the Goodland Elks Lodge would like to present to you a Blue Star Flag for your window or door. Call secretary of the lodge Zona Price at (785) 890-6251 or write to the lodge at Box 146, Goodland, Kan. 67735.

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 and from 1 to 4 p.m. Sunday.**

The **Carnegie Arts Center** is open from **10 a.m. to 5 p.m. Monday through Friday, 10 a.m. to 4 p.m. Saturday and 1 to 4 p.m. on Sunday** at 120 W. 12th. Carriage rides are available on Saturdays from 10 a.m. to 4 p.m. and cost \$5.

The center is always in need of host and hostesses from 1 to 4 p.m. on Sundays. The display for November will be Indian art and artifacts. Marilyn Cooper of WindWoman and Gerald Paxton with his collection of Indian arrowheads. It will run through Friday, Sunday, Nov. 30. For information call (785) 890-6442. From 1 to 3 p.m. on Sunday, Nov. 23, a forum on Indian art and artifacts by Cooper, Paxton and Dan Busse. Busse will give an update on an archeological dig near Edson.

The **Goodland Public Library** is open from **10 a.m. to 8 p.m. Monday through Thursday** and from **10 a.m. to 5 p.m. Friday and Saturday.** Story hour for preschool children ages 3 to 5 is Wednesdays from 10 to 11 a.m. or Wednesdays 2:30 to 3:30 p.m. or Thursdays 10 to 11 a.m. Born to Read for children ages 0 to 3 is on Fridays 10 to 10:30 a.m. Children need to be accompanied by a parent or caregiver for the Born to Read group. For information call Marcy Melia at (785) 899-5461.

Prairie Piecemakers Quilt Guild will meet at **6 p.m. the second Thursday** of each month at Wheatridge Acres in Goodland. The Piecemakers will have open sewing from 8 to 11 a.m. on the fourth Saturday of the month at Wheatridge. For information call Cora House at 899-2619, Joan Reid at 890-7301.

Big Brothers/Big Sisters of Sherman County is seeking mentors and children to mentor. Call 890-3665.

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 second Monday** 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. 5:30 p.m. aerobics classes are offered **Monday, Wednesday and Thursday.** Call 890-7242. The center is open from 5:30 a.m. to 9 p.m. Mondays and Wednesdays, from 6 a.m. to 9 p.m. Tuesdays and Thursdays, 5:30 a.m. to 6 p.m. Fridays, 10 a.m. to 6 p.m. Saturdays and 1-5 p.m. Sundays.

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,

the calendar

calendar

The Annual Unity Methodist Women's **Turkey Supper** will be from 4:30 to 6:30 p.m. (Mountain Time) on **Wednesday** at the Brewster Unity Methodist Church, 202 Nebraska, Brewster.

Jodie Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from 1 to 2:15 p.m. **Thursday** 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. Tubbs will be in Goodland on the first and third Thursday of each month.

Prairie Land Food sign up will be until **Monday.** Distribution is from 10:30 to 11:30 a.m. on Saturday, Nov. 22, at the Goodland Elks Lodge back door. Anyone interested in seeing the food may stop in on distribution day. For information call 899-3631 or 890-3083.

A **Senior Health Insurance Counselor of Kansas** will be at the Goodland Public Library till **Friday** to help Medicare patients compare their current prescription drug plans to the new 2009 plans. Call (785) 890-5908 or (785) 821-1626 to set up an appointment.

There will be a **breakfast** for the Goodland Skate Park from 6:30 to 10 a.m. on **Saturday, Nov. 15,** at the Rock House, 5th and Caldwell. They will serve sausage, eggs, pancakes, juice, coffee or milk. It is \$5 per ticket. Sponsored by

Shine on Sherman County Youth Committee. For information call 899-3482, 821-2993, 899-6454, 890-6153, 899-9213 and 899-6318.

A **Senior Health Insurance Counselor of Kansas** will be at the Goodland Public Library on **Monday, Dec. 1, to Friday, Dec. 5,** to help Medicare patients enroll in a new drug plan. Call (785) 890-5908 or (785) 821-1626 to set up an appointment.

The **Annual Christmas Home Tour and Open House** by the Carnegie Arts Center will be from 1 to 4 p.m. on **Sunday, Dec. 7.** Homes on tour will be Brian and Victoria Freeman, Gregory and Dennie Sorwell and J.D. and Jan Wilson. There will also be an open house and bake sale at the center. Tickets are \$15 and \$12 for members.

senior menu

Today: Salisbury steak, mashed potatoes with gravy, corn, bread and cranberry fluff. **Wednesday:** Oven fried chicken, potato salad, pork and beans, bun and applesauce. **Thursday:** Hamburger stew, peaches, crackers and bread pudding. **Friday:** Macaroni and cheese with smokies, peas, ambrosia fruit salad, bread and cook's choice. **Monday:** Barbecue meat balls, broccoli, parsley potatoes, bread and apricots. **Tuesday:** Ham and beans, orange pineapple salad, cornbread and cook's choice.

school menu

Today: Chicken parmesan, let-

tuce salad, corn, whole wheat roll, frosted banana and milk. **Wednesday:** Beef and noodles, mashed potatoes, beets, whole wheat roll, apple salad and milk. **Thursday:** Fish, oven-browned potatoes, cooked carrots, corn bread, gelatin and milk. **Friday:** Chili, crackers, cinnamon roll, peaches and milk. **Monday:** Chicken nuggets, savory rice, green beans, whole wheat roll, pears and milk. **Tuesday:** Sloppy joe, potato wedge, baby carrots, rosy applesauce and milk.

school calendar

Today: Black day. Bi-district football. 6 p.m., Herb Swartzkoff basketball clinic. **Wednesday:** Gold day. Elementary bank day. Professional development council meeting. **Thursday:** Black Day. Math Relays at Fort Hays State University. 7 p.m., U.S. Army Fieldband at Max Jones Fieldhouse. **Friday:** Gold day. Saturday: Regional football. **Monday:** Black Day. 3 p.m., junior high scholars' bowl at Colby. 7 p.m., board of education meeting. Fall athletic buffer week. Family, Career, Community Leaders of America wiffleball tournament. **Tuesday:** Gold day. 3:30 p.m., seventh and eighth grade basketball at Hoxie. West School picture retakes. 3 p.m., high school scholars' bowl at Oberlin. Fall athletic buffer week. Family, Career, Community Leaders of America wiffleball tournament

area captain, at (785) 689-4362.

Goodland Alcoholics Anonymous meets at **8 p.m. Monday,** closed meeting, **Wednesday,** the 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 8 p.m. Fridays** at 1013 Center. 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

Hays Medical Center, Hays, will host its **Fifth Annual Multidisciplinary Practice Conference** on Evidence-Based Practice: Strategies to Improve Healthcare from 8 a.m. to 3 p.m. (Mountain Time) on Monday, Nov. 17, at the Memorial Union Black and Gold Room at Fort Hays State University, Hays. The program is designed for continuing education credit for nurses, respiratory therapists and athletic trainers. Fee for the program is \$50. For information call (800) 248-0073.

The Dane G. Hansen Memorial Museum, 110 W. Main, Logan will have a four-day **painting workshop** with pastelist Kaye Franklin from Tuesday to Saturday, Dec. 2 to 6. Instruction will be on the use of oils and pastels on various subject matter.

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.

memorial field

The Goodland Baseball Club is planning to install sod and a sprinkler system for the infield at Memorial Field. The group also is interested in planting a windbreak around the field. If anyone is planning on moving healthy evergreen, blue spruce or pine trees off of their property, the club would like to have

the trees.

The group is accepting donation for this project. For questions, call Roxann Kling at (785) 899-5011, John Dautel at 899-3444, Gary Smith at 899-6166 or any other Goodland Baseball Club member.

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. WIC program available.

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., Jan Lambertz, p.m. and Emma VanVleet, courtesy. **Wednesday:** Debbie Lucas, a.m. and Mazie Sutton, courtesy. **Thursday:** Virginia Bell, a.m. and VanVleet, courtesy. **Friday:** Avis Alcorn, a.m. and Sutton, courtesy. **Monday:** Fern Heckman, am. and Sutton, courtesy. **Tuesday:** Faye Paxton, 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.

thrift 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.

early head start

Early Head Start is a state funded program for income eligible families with prenatal mothers and children up to three. Families participate in a variety of educational activities and receive free medical and dental care.

Services include special needs of children with disabilities. If you have a family member with a special problem, such as drug or alcohol abuse, job loss or other family crisis, your family can qualify. Call 785-672-3125, ext. 187.

preschool

Sherman County Head Start is a free preschool for eligible 3 and 4 year olds. The federally funded program is targeted to families who meet certain economic guidelines and provides hearing, vision, dental and educational screenings. Nutritious meals are served, and parents are encouraged to get involved in their children's education.

Families interested in having their child in the program should call Carrie Starns at 890-2552 or go to Sherman County Head Start, 823 W. 11th.

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 Domestic and Sexual Violence Services provides help day or night to victims of domestic violence and sexual assault. For information or help, call (800) 794-4624. In the Colby area, call (785) 443-1130 ask for Becky.

obituaries

Rodney Steven Amack

Rodney Steven Amack, 63, Canon City, Colo., son of Helen Amack of Burlington, died Friday, Oct. 31, 2008, in Canon City.

He was born on Nov. 20, 1944, to Rynal S. and Helen Marie (Van Laeys) Amack in Portland, Ore.

On Aug. 30, 1974, he and Carolyn Rose were married in Canon City. The couple moved from Denver to Canon City in 1980. Mr. Amack was a cable technician with Bresnan Communications.

Survivors include his wife of the

home and a brother, Darrell (Kathy) Amack of Burlington.

Services will be at 1 p.m. on Thursday, Nov. 6, 2008, at Koons Chapel, 211 N. Main, Goodland and burial in the Sharon Springs Cemetery.

Visitation was from 5 to 7 p.m. on Tuesday, Nov. 4, 2008 at Wilson Funeral Home, 1449 S. 9th, Canon, City.

Memorials to the Rodney Amack Memorial can be left at the funeral home.



Amack

Connie Sue Hammond

Connie Sue Hammond, 58, Lakewood, Colo., 1968 Goodland High School graduate, died Thursday, Oct. 30, 2008, at her home.

She was born on April 13, 1950, to Buford and Helen (Cullins) Hevner in Goodland.

On April 12, 1970, she and Stephen Hammond were married at the First Christian Church in Goodland. The couple first lived in Clarksville, Tenn. From 1972 through 1974, the couple lived in Goodland where she worked at the First National Bank. In 1974 they moved to Lakewood where she continued working in banking through 1984. Later, she earned her degree in sign language interpreting from Front Range Community College in Arvada, Colo.

Mrs. Hammond then worked for Jefferson County Schools and retired in 2006.

She liked gardening and scrap booking.

Preceding her in death were her parents and two brothers, Rex Hevner and Gary Hevner.

Survivors include her husband of the home; two sons, Paul Hammond of Lakewood, Colo. and John (Brittany) Hammond of Arvada, Colo.; a daughter, Sarah Vagge of Lakewood; a sister, Linda Fogo of Goodland; and three grandchildren.

Services will be at 2 p.m. on Saturday, Nov. 8, 2008, at the First Christian Church, 711 Arcade, Goodland with the Rev. Carol Jolly officiating.

Memorials may be made to the Susan G. Komen Breast Cancer Foundation, 1895 S. Franklin Street, Denver, Colo.

Koons Funeral Home, 211 N. Main, Goodland, is in charge of arrangements.

W. J. Trachsel

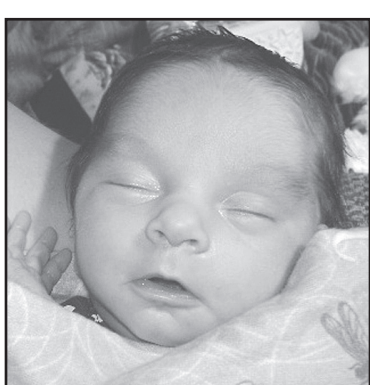
W. J. Trachsel, 76, lifelong Sherman County resident, died Friday, Oct. 31, 2008, at Los Angeles, Calif.

Services are pending with Koons Funeral Home, 211 N. Main, Goodland, Kan. A full obituary will follow.

Couple's new daughter joins brother at home

Kaitlyn Grace Froetschner was born on Friday, Oct. 3, 2008 at Northshore Hospital, Evanston, Ill. She weighed 4 pounds 10 ounces and was 17 3/4 inches long.

Her parents are Lynn and Katrina (Soellner) Froetschner of Round Lake Beach, Ill. and her grandparents are Shirley Soellner and the late Bob Soellner of Goodland, Vicki and Brad Schmitt of Great Bend and the late Phil Froetscher. Her great-grandparents are Martha Daniels of Hays, Coletta Soellner of Goodland, Georganna Froetschner of Kansas City, Kay Schmitt of Great Bend and Marilyn and Dave Warkentine of Newton.



Kaitlyn Grace Froetschner

Kaitlyn is welcomed home by her 15-month-old brother Rhys Lynn.

Rockabilly band to play at Hoxie auditorium

Sonny Burgess and the Legendary Pacers will perform at 2 p.m. (Mountain Time) on Sunday at the Hoxie High School Auditorium. The Rockabilly band is a member of the Rockabilly Hall of Fame.

The band, first formed in 1955 in Newport, Ark., was a pioneer of rock and roll. They traveled with Johnny Cash, Roy Orbison, Jerry Lee Lewis, Elvis Presley and others. They will play their singles, "Red Headed Woman and We Wanna Boogie," "Thunderbird," "Ain't Got a Thing" plus others they recorded with SUN records.

The band plays the music of the 50s the best because they helped to invent it.

Admission is by Western Plains Arts Association season ticket or \$10 at the door for adults and \$5 for students.

Classifieds work! 899-2338

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Call 785-462-1149

Blue Star Flag Program at the Elks

Do you have a spouse, son, grandson, daughter or granddaughter in the active duty military? If so, please call the Goodland Elks #1528 at 785-890-6251 or drop by at 1523 Arcade in Goodland for information about this program.

American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

The **Goodland Star-News**

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Your sponsorship could be right here! For more Information call Jessica or Jordie at 899-2338