

activities

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

The High Plains Museum, 1717 Cherry Ave., is open from 9 a.m. to 5 p.m. Monday through Friday, 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. Tuesday through Saturday, 1 to 4 p.m. on Sunday and 1 to 6 p.m. on Monday at 120 W. 12th. The center is always in need of hosts and hostesses from on Sundays. New monthly exhibits and you are invited to visit the gift shop.

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 kids, ages 3 to 5, are Wednesday mornings 10 to 11 a.m., Wednesday afternoon 3 to 4 p.m., Thursday morning 10 to 11 a.m. and Thursday afternoon from 3 to 4 p.m. Born to Read for kids aged 0 to 3 years and their parents or caregiver will meet from 10 to 10:30 a.m. on Friday mornings. For information call (785) 899-5461 or stop by the library. Story hour will start on Wednesday and Thursday, Sept. 8 and 9 and Born to Read on Friday, Sept. 10.

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 from September to May at the First Baptist Church, 12th and Main.

The Good Sam Family Support Council meets at 7 p.m. the first Thursday of every month at the Goodland Elks Lodge. Meetings are open to all interested people. The council is working with the Good Samaritan Center to raise \$4,500 to remodel their beauty shop including adding an adjustable sink to allow wheelchair resident easier access to wash their hair without transferring and to purchase a portable hair dryer. For information call 890-3117 or 890-5936.

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.

The Goodland Activities Center has the following activities. Monday: 5:30 a.m. aerobics with Tena Tompkins and 5 p.m. taekwando. Tuesday: 5:30 a.m., aerobics with Jessica. Wednesday: 5:30 a.m. aerobics with Tena Tompkins, 9 a.m., low impact aerobics with Jessica, starting at 4 p.m. taekwando classes and 5:30 p.m. aerobics with Lisa Malsom. Thursday: 5:30 a.m., aerobics with Jessica. Friday: 5:30 a.m. aerobics with Tina Tompkins and starting at 5 p.m. taekwondo classes. For information call 890-7242.

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 Pat T. at 890-3915 or Laura at 821-4277.

Goodland Al-Anon Serenity Seekers group meets at 5:30 on Wednesdays at 1013 Center. For in-

the calendar

calendar

At 2 p.m. on Saturday afternoon the Goodland Seventh Day Adventist Church, will have a program on healing properties of food. At 4 p.m. the program will be on "Lifestyle Diseases." At 12:15 p.m. on Sunday, Aug. 29, there will be vegetarian and vegan food to taste with a cooking demonstration at 1 p.m. For information call (785) 250-1117.

Celebrate Fridays from noon to 1 p.m. (weather permitting) every Friday at the Carnegie Arts Center. 120 W. 12th, by bringing a sack lunch to the center, sit under the shade of the trees, eat lunch and listen to live music by guitarist Joe Eli. Don't forget to visit the gift shop and monthly exhibit.

Prairie Land Food distribution is 1:30 to 2:30 p.m. on Saturday at the Knights of Columbus, 7th and Caldwell. For information call 821-4364 pr 899-4278 or order online at www.prairieland-food.com. The Prairie Pak will have boneless pork chops, breaded

chicken fritters, all beef hot dogs, ground beef, tray pak of chicken drums and fully cooked meatballs with seasonal non meat items and fruits and vegetables. The specials are steak strips, stuffed chicken breasts, supper time entrees and meat combo.

The Carnegie Arts Center, 120 W. 12th, will host the Talent Show at the Annual Flatlander Festival on Saturday and Sunday, Sept. 25 and 26. The talent show is for groups or individuals aged four and up and all forms of talent are welcome including dance, vocal, instrumental, comedy routines, skits and recitations. Applications will be available in August.

senior menu

Today: Barbeque pork sandwich, potato wedges, cole slaw with carrots, bun and watermelon. Wednesday: Meat loaf, creamed potatoes, peas, bread and apricots. Thursday: Taco Salad, citrus slices, chips and blueberry cobbler. Friday: Baked chicken, baked beans, potato salad, roll and

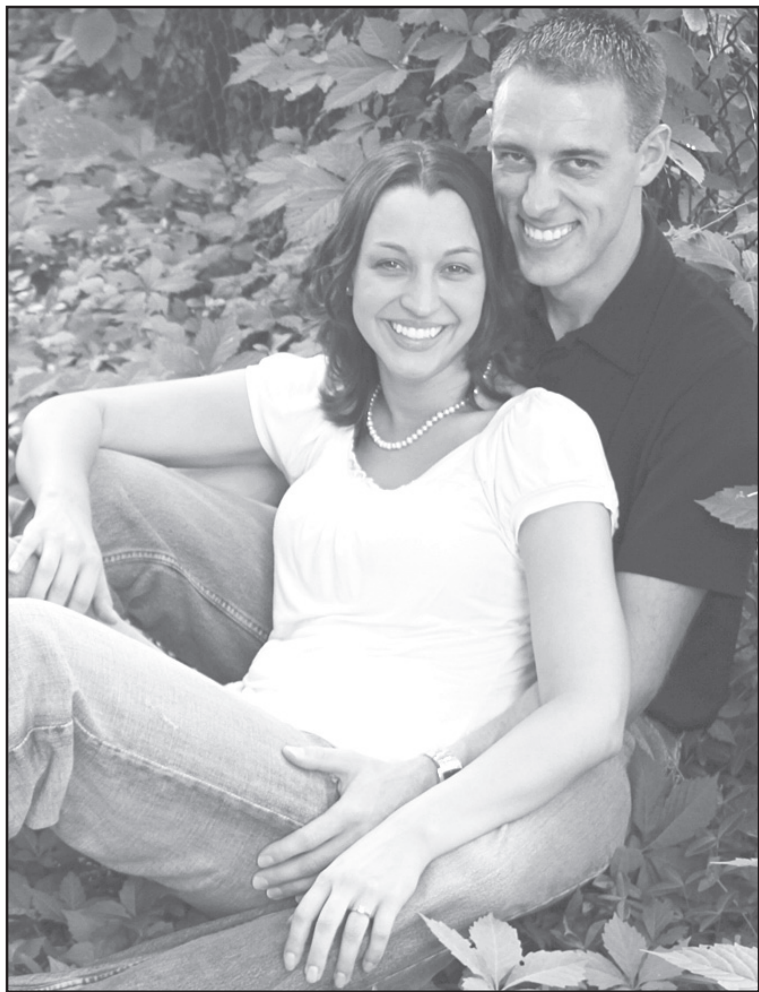
cook's choice fruit.

school menu

Today: Hoagie sandwich with lettuce and pickle, french fries, carrot sticks, milk and rosy apple-sauce. Wednesday: Chicken nuggets, green beans, whole wheat roll, half an orange and milk. Thursday: Mac and cheese, beets, whole wheat roll, cantaloupe and milk. Friday: Enchiladas with lettuce and cheese, refried beans, rice, frosted banana and milk. Monday: Corn dog, tri-tator, baked beans, fruit mix and milk. Tuesday: Chicken parmesan, lettuce salad, broccoli, spiced pears and milk.

school calendar

Today: Gold day. Wednesday: Black day. 7:30 a.m., PLC. Thursday: Gold day. Friday: Black day. 3:40 p.m., Lifetouch Goodland High School fall sports pictures. 6:15 p.m., football and cross country soap scrimmage. Back to school dance in high school gym at 9 p.m..



Kiley Friesen and Ryan Carman

Nebraska couple to marry in September

Kiley Friesen of Polk, Neb., and Ryan Carman of McCook, Neb., plan to get married on Saturday, Sept. 25, 2010, at the Berean Church at Lincoln, Neb.

She is the daughter of Wes and Leta Friesen of Polk, Neb., and the granddaughter of John and LeOra Friesen of Henderson, Neb., and Phyllis Schrader of Hampton, Neb.

He is the son of Mark and Cathy Carman of McCook, Neb., and grandson of Connie Cole of Goodland and the late Allan Cole and Max and Veanna Carman of Oberlin and

the late Janice Carman.

The bride-to-be is a 2002 graduate of High Plains Community School and is currently completing her Masters Degree in nursing through the University of Phoenix. She works at St. Francis Medical Center at Grand Island, Neb.

The future groom is a 2000 graduate of McCook High School and a 2009 graduate of the University of Nebraska-Lincoln with a Masters Degree in architecture. He is a Second Lieutenant in the Corps of Engineers with the Army Reserve.

Do you know if your business is profitable?

How do you know if your business is profitable? Do you monitor your financial statements and accounts or just blindly write checks and hope they clear the bank?

In this economy, you can no longer survive sloppy accounting and blind management. You need to stay on top of your finances. You need to know the health of your business and make any necessary changes before it's too late.

Are you relying on your tax accountant to alert you to problems?

He only sees your books once a year during an extremely busy time. Unless you request and pay for a regular financial review from your accountant, you can't expect him to stay on top of your business financial health.



jamie morphew

- business tips

As the owner, it is important for you to understand and monitor the financial health of your business. Take some classes if you need to, but don't let neglect kill your business.

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

formation call Cheryl at 890-3023.

Goodland Adult Children of Alcoholics meets at 6 p.m. on Fridays at 1013 Center. For information call Laura or Marilyn at 821-4277 or 821-2862.

The "Freedom Today" group of Narcotics Anonymous meets at 8 p.m. Tuesdays, 8 p.m. Fridays and 8 p.m. on Sundays at 1013 Center. Call 890-8369.

Bird City Alcoholics Anonymous group meets at 6:30 p.m. (Mountain Time) on Fridays at the Senior Center on 4th Street. Narcotics Anonymous meets at 6:30 (Mountain Time) on Tuesdays at the Senior Center. Call (785) 734-2734 for more information.

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

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 Dane G. Hansen Museum, 110 W. Logan, Logan will have the exhibit "The Science of Supercroc" opens Sunday, Aug. 15, to to Sunday, Nov. 7. Museum hours are Monday through Friday 8 to 11 (Mountain Time) and noon to 3 p.m. (Mountain Time), Saturday 8 a.m. to 11 a.m. (Mountain Time) and Noon to 4 p.m. (Mountain Time), Sunday and holidays noon to 4 p.m. (Mountain Time). For information call (785) 689-4846.

thrift store

Anyone wanting to donate to the Goodland Churches Thrift Shop, 1002 Main, should call 890-2007. The store is accepting all types of donations but please call to set up a time to drop off your donation.

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', chil-

dren'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: a.m. Debbie Lucas and courtesy Emma Van Vleet. Wednesday: a.m. Shirley Hayden, p.m. Jo Simmons and courtesy Woods. Thursday: a.m. Faye Paxton and courtesy Van Vleet. Friday: a.m. Avis Alcorn and courtesy Woods.

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, 716 W. Business U.S. 24. Call Jeannie Topliff at 899-2426.

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 Colleen Wagner 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. Weekly support groups are available in Hays. Support group for women's domestic violence victims/survivors is from 3:30 to 4:30 p.m. Central Time on Wednesdays; a men's domestic violence victims/survivors support group from noon to 1 p.m. Central Time Tuesdays; and a youth support group is available by appointment. A sexual violence victims/survivors support group in Hays and a domestic violence support group to meet in Colby are being formed. If interested in joining or for information or help, call (800) 794-4624. In the Colby area, call (785) 443-1130 ask for Becky. For time and location of youth support group, ask for Jennifer Follis.

tree donations

Many trees at the Goodland Cemetery have died and the cemetery board is trying to replace them. Contributions for the Goodland Cemetery Memorial Tree Fund can be left at Koons or Bateman funeral homes or sent to the Goodland Cemetery Board, Box 59, Goodland, Kan. 67735. Donations may be made in memory of a loved one.

animal shelter

Lost a pet? Call 890-4575 or go to www.petfinder.com and be sure to enter the Goodland zip code 67735. You can also call the Goodland Police Department at 890-4570 or Northwest Kansas Animal Shelter at 899-4398 or 821-2144. Interested in adopting a pet call the animal shelter.

matters of record

District Traffic

The following fines have been paid in the Sherman County District Court.

July 1: Derek A. Vigil, no seat belt, \$5.00.

Michael D. Miller, motor carrier safety rules and regulations, \$293.50.

Douglas W. Irvin, no seat belt, \$5.00.

July 2: Vera Jane Barrera, speeding, \$183.50.

Robert A. Cebula, speeding, \$153.50.

Ryan A. Studer, no seat belt, \$5.00.

Tracy Roberts, no seat belt, \$5.00.

Daniel Stephens, unlawful registration, \$153.50.

Candice M. Meissinger, unlawful parking, \$159.50.

Tamera L. Larson, speeding, \$165.50.

July 3: Rhonda K. Ross, unlawful parking, \$174.50.

July 4: Victor E. Diaz, no seat belt, \$60.

Joy N. Graham, no seat belt, \$5.00.

Jaco Smit, no seat belt, \$5.00.

John D. Moran, fail to yield to emergency vehicle, \$288.50.

Cody Loseke, no seat belt, \$5.00.

July 5: Eileen A. Bennett, speed-

ing, \$168.50.

Kamal N. Subedi, speeding, \$162.50.

GHS Sports Scrimmages

Football/Cross Country Scrimmage:

• August 27 starting at 6 p.m. (Cross Country will run between football scrimmages, approximately 6:30 p.m.)

Volleyball Scrimmage:

• August 31 starting at 6 p.m. at Max Jones Field house

Admission to all scrimmages will be a sports drink.



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 Josh or Jessica at 899-2338

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Tonight 7 p.m.

The Last Airbender 3D (PG)

Starts Friday 7PM: Sorcerer's Apprentice (PG)