

card showers

A card shower has been requested for **Frances Musalek** who will be 85 on Wednesday, Oct. 27. Send cards to 1005 Grand Ave.

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. and Thursday morning 10 to 11 a.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.

The local **High Plains Constitutional Society** will meet the **first and third Tuesdays** of each month from 7 to 8 p.m. in the basement of the Emmanuel Lutheran Church, 220 W. 13, Goodland. They will use the book "The 5000 Year Leap" by Cleon Skousen Skousen as the framework for the studies.

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 October through 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. taekwondo. Tuesday: 5:30 a.m., workout with Grady Bonsall. Wednesday: 5:30 a.m. aerobics with Tena Tompkins, 9 a.m., starting at 4 p.m. taekwondo classes and 5:30 p.m. aerobics with Lisa Malsom. Thursday: 5:30 a.m., workout with Grady Bonsall. Friday: 5:30 a.m. aerobics with Tena 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 **6 p.m. on Mondays** at 1013 Center. For information 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 calendar

calendar

Singles and couples dance at the Veterans of Foreign Wars Hall, **Sunday from 6 to 10 p.m.** Music by Swing and Country. Everyone welcome.

Goodland Senior Center potluck dinner, **Saturday at 11:30 a.m.** Cards after dinner.

The **Saturday Art Class** at the **Carnegie Arts Center**, 120 W. 12th, will be learning about the influences of Native American art and create a warrior shield on **Saturday, Oct. 30**. The class runs from 10 to 11 a.m. October's elementary art exhibit in the basement is about tribal art. For information call 890-6442.

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 or 899-4278 or order online at www.prairielandfood.com. The Prairie Pak will have breakfast sausage links, breaded chicken bites, pollock fillets, ham steak and ground beef with seasonal non meat items and fruits and vegetables. The specials that may be purchased are a super

seafood box, supertime entres, sirloin steaks, beef fajita kit and cheese cake.

Prairie Land Food sign up will be until Monday, Nov. 8. Distribution is 1:30 to 2:30 p.m. on Saturday, Nov. 20, at the Knights of Columbus, 7th and Caldwell. For information call 821-4364 pr 899-4278 or order online at www.prairielandfood.com. The Prairie Pak will have Maple River pork sausage, tray pak chicken drum, lean center cut boneless pork chops, cheese Ravioli with meat sauce, flamebroiled meatballs, potatoes, sweet potatoes, celery, onions, apples, oranges, pears, pumpkin pie and whipped topping. The specials are Thanksgiving holiday pack, Black Forest boneless ham, supertime entrees, shrimp party special and cheese cake.

Tuesday Flicks are at **1:30 p.m.** on Tuesdays at the **Goodland Public Library**, 812 Broadway. The movie this week is "The Blind Side" (2009).

senior menu

Today: Taco salad, pears, chips and bread pudding. **Monday:** Cook's choice entree, hash brown casserole, peas and carrots, bread and peaches. **Tuesday:** Chili with beans, mixed fruit with banana, crackers and cinnamon roll. **Wednesday:** Baked chicken, mashed potatoes with gravy, corn, bread and mandarin oranges. **Thursday:** Spanish rice with

hamburger, green beans, broccoli/cauliflower salad, bread and applesauce. **Friday:** Ham, sweet potatoes, coleslaw, bread and pineapple.

school menu

Today: No school. Teacher professional day. **Monday:** Pork fritter, mashed potatoes, gravy, broccoli, fruit cocktail and milk. **Tuesday:** Hamburger with lettuce and pickle, french fries, baked beans, pudding and milk. **Wednesday:** Cook's choice. **Thursday:** Chicken nuggets, green beans, half an apple and milk. **Friday:** No school. Parent/teacher conference.

school calendar

Today: No school. Teacher professional day. 6 p.m. varsity football against Phillipsburg. **Saturday:** Regional cross country. Girls sub-state volleyball, ACT test. **Monday:** Black day. Noon High Plains Marching Band Festival at Hays. 7 p.m. Board of Education meeting. **Tuesday:** Gold day. 4 to 8 p.m. Parent/teacher conferences. **Wednesday:** Black day. Professional Learning Communities. 8:20 a.m. high school fall clean up. gifted seminar at the high school. **Thursday:** Gold day. 6 p.m. varsity football against Thomas More Prep of Hays. **Friday:** No school. 8 a.m. to noon parent/teacher conferences. Girls state volleyball.

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 Folлис.

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.

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', 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. WIC program available. Call 890-4888 or go to www.sherman.kansas.com.

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. Avis Alcorn and courtesy Woods. **Monday:** a.m. Fern Heckman and courtesy Woods. **Tuesday:** a.m. Debbie Lucas and courtesy VanVleet.

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

Tomato season ends

I must report to you today that I am extremely pleased to see the end of the tomato growing season. I would also report that I am already anxious for the arrival of the month of March 2011, when I will be starting my new tomato transplants for next summer's garden!

But right now, I really don't want to look another tomato in the face for awhile. There are still a few lying around the house, trying to ripen, but I'm trying to ignore them. Of course, they'll taste good soon and I'll start ranting very soon about the total worthlessness of the replicas at the supermarket.

I hope you will agree that it has been a wonderful tomato season. I've never seen anything like it at my house. I planted 32 tomato plants last May 13th and 14th, eight each of four different varieties, including Super Tasty, Shady Lady, Prime Beef Goliath and Northern Exposure. From the 32 plants, I harvested 422.8 pounds of fruit, averaging 13.2 pounds per plant. I picked a total of 1,780 tomatoes, which averaged approximately 3.75 ounces each. I canned 21 quarts of tomatoes, 106 pints of stewed tomatoes, which are regular canned tomatoes with a little chopped onion, celery and green pepper added. Also canned was 65 pints of tomato based salsa. I ate 41 bacon, lettuce and tomato sandwiches and enjoyed fresh sliced tomatoes for dinner some 84 times. (The last two totals are conservative estimates.)

The best producing tomato variety in my garden this year was one I have planted for the last 12 years, called Super Tasty. It produced slightly over 121 pounds of fruit on



kay melia

• the gardener

their eight vines. It also produced the largest tomato in my garden, one weighing 18 ounces (1 pound, 2 ounces). Super Tasty tomatoes weighed an average 4.25 ounces per fruit. The home-grown plants were transplanted to the garden on Friday, May 14, and the first one was picked on Wednesday, July 28.

The second best producing variety was Shady Lady. While not a new variety, it was the first time I had planted it. It gave me almost 13 pounds of fruit from its eight plants. Shady Lady was aptly named. The extremely heavy canopy of leaves protected the fruit from the sun and it was sometimes difficult to find the tomatoes in the thick foliage.

The third place producer this year was my long time favorite, one you have heard me rave about for many years, the Northern Exposure. It gave me 96 pounds of fruit, borne on those small three foot vines, not far behind the top two. And then came the new offering, called Prime Beef Goliath, the 14th of the Goliath family of tomato varieties. I picked a total of 93 pounds of fruit from its eight plants and it quit producing about two weeks before the others.

There you have more tomato information than you'll ever need. But remember this. Be sure you plant Super Tasty tomato transplants next spring.

For complete detailed listings of the above information, call me. Or email me at vkmelia@yahoo.com and I'll send you a copy.

Kansas MarketPlace planned for November

The Center for Rural Affairs in partnership with the Kansas Department of Commerce is pleased to present the Second Annual Kansas MarketPlace: Opening Doors to Success conference on Nov. 16-17, at the Dodge House Hotel and Convention Center in Dodge City.

For more information and to register, go to the web site KansasCommerce.com/MarketPlace. The early bird registration fee is \$40 and includes conference materials, breaks, lunch and the Simply Kansas reception.

Be sure to take advantage of the low rate and register by Nov. 2. The registration fee after Nov. 2, is \$60 and after Nov. 11, increases to \$80. You can pay on line using a credit card or mail your registration form along with a check payable to the Kansas Department of Commerce.

We are excited by the amazing



jamie morphew

• business tips

line-up of speakers. Check out the agenda for a listing of the topics.

New this year is the Youth Entrepreneur track. These breakout sessions are specifically designed for high school and college students interested in starting their own businesses. We have an energetic group of presenters to engage Kansas' future entrepreneurs.

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 Morphey at (620) 874-0771 or email wkbc@wbsnet.org.

matters of record

District Traffic

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

August 27: Melissa D. Oliver, speeding, \$180.50.

August 28: Roger D. Henry, Sr., speeding, \$210.50; violations of restrictions on driver's license/permit, \$200.00.

Codie P. Milford, speeding, \$162.50.

August 30: Anthony T. Cormier, speeding, \$251.00.

Randal S. Hazel, driving with suspended license, \$393.50.

August 31: Alex D. Crossland,

no seat belt, 5.00.

Gerardo Fernandez-Beyna, speeding, \$175.

Adrienne L. West, no seat belt, \$5.00.

Nicholas A. Fetchik, speeding, \$159.50.

September 1: Sheri Fay Arroyo, no seat belt, \$5.00.

Kelsey C. Ferguson, speeding, \$192.50.

Andrew R. Raile, no seat belt, \$5.00.

September 2: Randall E. Borders, motor carrier safety rules and regulations, \$208.50.



BOY'S BASKETBALL
Grades 1st - 6th
1st & 2nd grades clinic Tuesdays 3:45 p.m.
3rd & 4th grades Monday 5:30 p.m.
5th & 6th grades Tuesdays 5:30 p.m.
November 8-December 10
REGISTRATION:
GAC Members* \$12.00
Non GAC Members \$20.00
*Student or Family must be members for member discount
Registration Deadline: Monday, October 25th 9:00 PM
Late registration fee of \$5.00 will be charged
If parents are interested in becoming a coach, call or come on over and chat with us about it!
808 Main, Goodland
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* Visit CSIA.org for information

