

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.

the calendar

calendar

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**. 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 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 or 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, suppertime 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: 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: 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: 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.

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.

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.

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. Debbie Lucas and courtesy Emma 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 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

Kansas amendment would change voting

The U.S. Constitution and the Americans with Disabilities Act protect the right to vote for all individuals, including those with disabilities.

The Kansas Constitution includes antiquated wording that allows the legislature to take away the right to vote for Kansans who have a mental illness — whether that is your aging parent or grandparent who has developed dementia or depression, a returning veteran who has developed Post Traumatic Stress Disorder because of combat, or an adult who has depression, anxiety, bi-polar disorder or other illness.

Citizens will have the opportunity to vote on a Constitutional Amendment on the Nov. 2, ballot.

The Kansas Legislature passed a resolution (SCR 1622) to allow the archaic and discriminatory language to be removed from the state constitution.

The language as it is now, allows the Government to preclude Kansans from their fundamental right to vote — because they have a mental illness.

This constitutional amendment will appear on the ballot on and requires support from a majority of voters in order for the change to be enacted.

The measure, if enacted by voters, will eliminate mental illness as a voting disqualification.

CONSTITUTIONAL

AMENDMENT QUESTION NO.2

An explanatory statement will be included on the ballot: "This amendment would repeal the authority of the legislature to exclude persons with mental illness from voting."

"A vote for this amendment would ensure that the right to vote for persons with mental illness cannot be taken away by the legislature."

"A vote against this amendment would continue the current authority of the legislature to take away the right to vote for persons with mental illness."

A proposition to amend section 2 of article 5 of the Constitution of the State of Kansas, relating to qualification of voters:

Section 1. The following proposition to amend the Constitution of the State of Kansas shall be submitted to the qualified electors of the state for their approval or rejection: Section 2 of article 5 of the constitution of the state of Kansas is hereby amended to read as follows:

"§ 2. Disqualification to vote. The legislature may, by law, exclude persons from voting because of ("mental illness or" — wording to be removed) commitment to a jail or penal institution. No person convicted of a felony under the laws of any state or of the United States, unless pardoned or restored to his civil rights, shall be qualified to vote."

Not easy finding tips

Another week, another business tip to write. Sometimes it's easy, and sometimes I just sit and stare at a blank screen. I'm not an expert. I don't have all the answers. And I've seemed to misplace my magic wand. I write about what I see, what I hear, and what I'm asked.

I've had the opportunity to meet so many amazing people in this job. I learn something new every week.

We may not have all the resources and opportunities of a big city, but we have each other. Look around. Our community is full of smart and talented people who are willing to share their knowledge and experience. We can't expect the

jamie morphew

- business tips



government to fix things. I don't think they know how. It's time to pull together as a community and turn things around.

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.

PEOPLE WHO READ NEWSPAPERS ARE BETTER WRITERS AND SPEAKERS It all starts with Newspapers

Holiday Hams & Turkeys Now is the time to order your smoked hams, turkeys and prime rib! DON'T wait till the last minute! Supplies are limited. Bubba's Meat Block 1901 Cherry, Goodland (785) 890-6654

The Goodland Star-News encourages anyone with news about upcoming community or organization events to contact us by phone, mail or e-mail to have the item included in the calendar printed on the About Our Friends page (Page 2) in our newspaper. Our mailing address is 1205 Main, Goodland, Kan. 67735 or our e-mail address is star.news@nwkansan.com. Our phone number is (785) 899-2338. We will do our best to get the event items in the paper.

Re-elect Chuck Thomas First District County Commissioner November 2, 2010 8 years experience serving Sherman County Paid for by Chuck Thomas

Classifieds work! Call 899-2338.

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