

# the calendar

## card showers

**Betty Berg**, formerly of Goodland and owner of Berg's Leather Shop, will be celebrating her 90th birthday on Tuesday, April 26, 2011. Cards and notes would be a delightful and welcome surprise! Her address is 124 Dillon Avenue, Hendersonville, Tenn. 37075.

The children of **Stanley and Martha Pettibone** are requesting a card shower in honor of their 60th wedding anniversary on Saturday, April 23, 2011. Their address is 7005 Road 2, Kanorado, Kan. 67741.

## 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. at the Rock House, 6th and Caldwell, Goodland. They will use the book "The 5000 Year Leap" by Cleon 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.

Cancer Support Group meets at 6 p.m. on the third Thursday of each month at the Goodland Regional Medical in the large board room. Group open to any cancer patient, survivor, caregiver and family members. Call Tina Goodland at (785) 890-6036.

**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., workout with

## calendar

**Tickets are on sale for the mini musical comedy at the Carnegie Arts Center** to a tribute to the 1960's called "Everything's Groovy" to be presented at 6:30 p.m. on Saturday, April 30 and at 2 p.m. on Sunday, May 1, at the Goodland Elks Lodge, 1523 Arcade. For information call (785) 890-6442.

**Prairie Land Food sign up will be until Monday, May 9.** Distribution is 1:30 to 2:30 p.m. on Saturday, May 21, at the Knights of Columbus, 7th and Caldwell. For information call 821-4364 or 821-1275 or order online at www.prairielandfood.com. The Prairie Pak will have flame broiled meatball, lean ground turkey, chicken drum, hot dogs, Italian dinner entree, spaghetti, seasonal fresh fruits and vegetables. The specials are a Memorial Day grill with steaks, beef patties, pork chops, chicken breast filets, Farmland St. Louis ribs and grill package with serloin steaks. The choice items are pizzas and cherry cobbler.

The **book TALK** on "Walking Across Egypt" by Clyde Edger-

ton is scheduled at **6:30 p.m. on Thursday** at the Goodland Public Library, 812 Broadway. Retired English professor Janet Juhnke of Salina will lead the discussion. This book follow Mattie who at 78 is slowing down and planning her funeral until she meets Wesley, an orphan recently graduated to the reformatory.

**Family portraits** will be taken as a fund raiser by the computer graphics department at Northwest Tech from **10 a.m. to 4 p.m. on Saturday** at the Northwest Tech student union. No appointments are needed.

The Carnegie Arts Center, 120 W. 12th, will have its **Saturday art class** for elementary students from **10 to 11 a.m. on Saturday.** Students will make pastel pictures and it will be messy.

**Tuesday Flicks** are at **1:30 p.m. at the Goodland Public Library**, 812 Broadway. Call the library for the title of the movie at 899-5461.

## senior menu

**Today:** Beef and noodles, green beans, stewed tomatoes, bread and cook's choice fruit. **Wednesday:**

Pizza burger, potato rounds, pea salad, bun and peaches. **Thursday:** Oven fried chicken, mashed potatoes with gravy, mixed vegetables, bread and apricots. **Friday:** Salmon pattie, spinach salad, applesauce gelatin, bread and cookie.

## school menu

**Today:** Hamburger with fixings, french fries, baked beans, fruit and milk. **Wednesday:** Cheese pizza, lettuce salad, corn, pudding and milk. **Thursday:** Baked ham, scalloped potatoes, breen beans, wheat roll, strawberry gelatin and milk. **Friday:** No school. Good Friday.

## school calendar

**Today:** Gold day. 6:30 a.m. Goodland High School Site Council. 1 p.m. boys junior varsity golf at Sugar Hills Golf Course. 7 p.m. Fifth grade music concert at the high school auditorium. **Wednesday:** Black day. 7:30 a.m. professional learning communities. **Thursday:** Gold day. 9 a.m. junior high track at Holcomb. 2 p.m. varsity track at Holcomb. **Friday:** No school. Good Friday.

Grady Bonsall. Wednesday: 5:30 a.m. aerobics with Tena Tompkins, 9:45 a.m. finding fitness class, 4 p.m. taekwando classes and 5:30 p.m. aerobics with Lisa Malsom. Thursday: 5:30 a.m., workout with Grady Bonsall and 9:45 a.m. finding fitness class. Friday: 5:30 a.m. aerobics with Tena Tompkins and starting at 5 p.m. taekwando 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 "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

The Fort Hays Stamp Club will have its **21st annual Stamp and Coin Show** from 8 a.m. to 3 p.m. (Mountain Time) on Sunday, May 1, 2011, at the Ramada Inn, 3603 Vine Street, Hays. Admission and parking are free. For information call (785) 625-3066 or (785) 628-2341.

**KS 150 Quilt Fest** is scheduled on Friday, Oct. 7 and Saturday, Oct. 8, in Concordia. The main exhibit will be at the Nazareth Convent and Academy with guest speakers, demonstrations and vendors throughout Concordia, plus a dinner and auction on Saturday evening. The

show will celebrate the 150th anniversary of statehood for Kansas. Registration is free. For information contact Cloud County Convention and Tourism at (785) 243-4303 or tourcloudcounty@yahoo.com or Gerry Pounds at (785) 568-2442.

The Northwest Kansas Area Agency on Aging and the Kansas Department on Aging will have **training will be for the Senior Health Insurance Counseling for Kansas** program. The three day training is Wednesdays, May 11, June 22 and July 13. Pre-registration by April 29 is required. For information contact Glenna Cling-smith at the Northwest Kansas Area Agency on Aging (800) 432-7422 or (785) 628-8204.

The **State Convention for the Kansas Organization of Mothers of Twins** will be Friday and Saturday, April 29 and 30, at Stafford. For information call Marie Keyser at (620) 669-8872.

**Prairie Museum of Art and History**, 1905 S. Franklin, 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. Main, Logan will have a **Schaffner Watercolor Painting Workshop** from 8 a.m. to 3 p.m. (Mountain Time) on Wednesday to Saturday, April 13 to 16. The class is limited to 20 students. For information call (785) 689-4846.

## black and gold booster club

The Black and Gold Booster Club has black and gold spirit flags for sale. Contact Jill Deeds at (785) 899-7230 or Steve and Colleen Duell at (785) 899-5888.

## thrift store

Anyone wanting to donate to the Goodland Churches Thrift Shop, 1002 Main, should call 890-2007. The store is open 9 a.m. to noon and 1 to 5 p.m. on Tuesday through Friday and 10 a.m. to 4 p.m. on Saturday. Winter reduction sale going on with coats and tagged winter clothing being half price. Untagged winter clothing are 25¢ each piece. Accepting clean clothing donations one bag at a time. Large donations should make an appointment.

## 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

# obituaries

## Kenneth E. Berndt

Kenneth E. Berndt, 69, St. Francis, ADM agronomist who formerly lived in Goodland, died Sunday, April 17, 2011 at Presbyterian St. Luke's in Denver.

Services will be at 4 p.m. on Wednesday, April 20, 2011, at Bateman Funeral Home, 211 E. 11th, Goodland.



Berndt

Private visitation for family and close friends will be at 11 a.m. on Wednesday, April 20, 2011 at the funeral home.

Memorials to be designated by the family later may be left at the funeral home.

A full obituary will follow.

## Doris Eileen Arnold

Doris Eileen Arnold, 81, Hoxie, mother of DeeAnn (Lynn) Ihrig of Goodland, died Sunday, April 17, 2011 at the Sheridan County Health Complex at Hoxie.

She was born on Oct. 18, 1929, to Martin and Hazel (Schlicher) Weber in Norton.

On Dec. 12, 1950, she and Donald Arnold were married in Denver. The couple lived in the Hoxie area all their married life.

Mrs. Arnold was a homemaker and a member of the United Methodist Church.

Preceding her in death were her husband on Dec. 11, 1997, her parents and two brothers, Kenneth Weber and Bill Weber.

Survivors include a son, David (Marilyn) Arnold of Hoxie; two brothers, Phillip Weber of Garfield and Max Weber of Hutchinson; and six grandchildren.

Services will be at 9 a.m. (Mountain Time) on Wednesday, April 20, 2011, at the United Methodist Church, 900 12th, Hoxie.

Visitation will be from 8 a.m. to 7 p.m. (Mountain Time) on Tuesday, April 19, 2011, at the Mickey Leopold Funeral Home, 1024 Sheridan, Hoxie, Kan. 67740.

Memorials to the Sheridan County Amusement Company or the Sheridan County EMS may be sent to the funeral home.

# Take a fun break to recharge self

Uuuggghh - another day, another stack of things to do.

Do you feel weary? Do you feel like a hamster stuck on a squeaky wheel to nowhere?

Sounds like you need a FUN break! Make time this week to do something fun and refreshing.

Go on a walk or a bike ride and enjoy the spring weather. Shoot some hoops in the driveway with the kids. Read a good book or sing out loud to some great music. Think about what you find fun and refreshing and put it on your calendar.

Right now you're probably thinking, "I don't have time for a fun break."

The truth is you don't have time not to take a fun break. Fun breaks



jamie morphew

business tips

keep YOU from breaking. If the word "fun" is what's getting in the way, call it a productivity enhancing break. Go for it!

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.

## lincoln larks

Three members of Lincoln Larks and LaDonna Frerichs enjoyed the lesson "Sugar More that Just a Sweetener" by Diane Gerstner of Colby on Thursday, March 31, at the Sherman County Courthouse.

Sugar is found in every fruit and vegetable and comes in many forms such as table, fruit, superfine, coarse, powdered, brown and liquid.

Gerstner made a drink using 1/4 cup or the equivalent of each sweetener, Acesulfame potassium,

aspartame, saccharin, stevia, sucralose and sugar. She had also baked several cakes using the different types of sweeteners and the group tasted them to see if they were flat, coarse and brown.

There are 15 calories in a teaspoon of sugar, 45 in a tablespoon and 720 in a cup of sugar.

The next meeting will be noon on Wednesday, April 20, at the courthouse and bring your lunch.

Submitted by Arbutus Topliff

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