

card showers

The family of **Beulah Cress** is requesting a card shower for her 90th birthday on Saturday, May 7. Her address is Kenwood View Home, 900 E. Elmhurst Blvd., Salina, Kan. 67401.

reception

Lowell and Carol Guyer will celebrate their 50th wedding anniversary with a reception from 2 to 4 p.m. on Saturday, May 7, 2011 at the Methodist Church Fellowship Hall.

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. 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 Goodwin 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. taekwondo. Tuesday: 5:30 a.m., workout with Grady Bonsall. Wednesday: 5:30 a.m. aerobics with Tena Tompkins, 9:45 a.m. finding fitness class, 4 p.m. taekwondo classes and 5:30 p.m. aerobics with Lisa Malsom.

the calendar

calendar

The Carnegie Arts Center's **Saturday's Art Class** will be from 10 to 11 a.m. on Saturday. The class will be on self portraits. On Saturday, May 14, the class will be on crayon and water color drawings of summer. The student exhibit for May will be on American artists. For information call 890-6442.

Commodity Distribution for Sherman County residents will be at 1:30 p.m. on Monday at First Christian Church, 8th and Arcade. Foods will include rice crisp cereal, whole kernel corn, peaches, canned beef, apple juice, cherry apple juice and cranberry sauce. For information call Genesis (785) 890-2299.

Prairie Land Food sign up will be until Monday. 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 griller with steaks, beef patties, pork chops, chicken breast filets, Farmland St. Louis ribs and grill package with sirloin steaks. The choice items are

pizzas and cherry cobbler.

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: Ham and beans, carrot/raisin salad, cornbread and Mandarin oranges. **Monday:** Baked fish, macaroni and cheese, spinach, bread and cook's choice fruit. **Tuesday:** Taco salad, citrus slices, chips and fruit cobbler. **Wednesday:** Paprika chicken, mashed potatoes with gravy, cucumbers and onions, bread and peaches. **Thursday:** Bierock casserole, seasoned carrots, orange pineapple salad and cookie. **Friday:** Barbecue pork sandwich, potato rounds, broccoli/cauliflower salad, bread and fruit mix.

school menu

Today: Fish, oven browned potatoes, broccoli, dinner roll, pudding and milk. **Monday:** Chicken nuggets, rice, mixed vegetables, wheat roll, half an orange and milk. **Tuesday:** Hoagie sandwich, chips, carrot sticks, apples, rice crispy treat and milk. **Wednesday:** Chicken parmesan, salad, green beans, garlic bread, gelatin and milk. **Thursday:** Hamburger gravy, mashed potatoes, corn, wheat roll, pears and milk. **Friday:**

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. 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 "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 Lola 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

Citizens Medical Center Inc. is hosting a **diabetes class**, "Continuing Your Journey with Diabetes." It will be held at 6:00 p.m. (**Mountain Time**) on Tuesday in the Citizens Medical Center conference room in Colby. This class is free for a limited time. Please, contact Courtney McCarty (785)460-1237 to register.

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.

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.

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.

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

Pizza, California blend, peaches, brownie and milk.

school calendar

Today: Black day. 2 p.m. varsity track at Colby. 2:45 varsity baseball at Western Diamond Classic at Hays. 3:30 p.m. varsity softball against Ellis. **Saturday:** 8 a.m. boys varsity golf at Ulysses. 8 a.m. varsity baseball at Western Diamond Classic. 9 a.m. junior high Great Western Activity Conference League Track at Colby. 1 p.m. softball against Stanton County. **Monday:** Gold day. 6:30 p.m. Girls Athletic Association and G-Club banquet. 7 p.m. Board of Education meeting. **Tuesday:** Black day. 1 p.m. boys junior varsity golf at Brewster. 7 p.m. junior high band/vocal concert in high school auditorium. **Wednesday:** Gold day. 7:30 a.m. Professional learning communities. 8 a.m. Great Western Activities Conference meeting in Scott City. 6 p.m. high school band concert "Picnic in the Park." 7 p.m. baseball/softball all league meeting in Scott City. **Thursday:** Black day. 2 p.m. Great Western Activities Conference League Track at Holcomb. 2 p.m. Great Western Activities Conference League B golf. **Friday:** Gold day. 7 p.m. X-Presso guest night in high school auditorium.

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.

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 or go to the website www.nwkasgoodland.webs.com.

death notice

James Withers

James Withers, 76, Colby, died today, Wednesday, May 5, 2011, at Via Christi Regional Medical Center in Wichita.

Services are pending with Kersenbrock Funeral Chapel in Colby, (785) 462-7979. A full obituary will follow.

New son joins Wichita family

Jaheim Triston Carson was born at 8:06 a.m. Friday, March 25, 2011, at Via Christi hospital in Wichita. He weighed 5 pounds, 13.6 ounces and was 18 inches long.

His parents are Crystal Amack and Raheim Carson of Wichita. His grandparents are Dennis and Lisa Malsom of Goodland, Glenn Amack of Loop City, Neb. and Stanley Carson and Michelle Scofield of Wichita.



Jaheim Triston Carson

More skin cancer than other types

Over two million new cases of skin cancer are diagnosed in the U.S. each year, outnumbering all other cancers combined. In Kansas, as many as 12,000 new cases of skin cancer are diagnosed each year, including more than 500 cases of melanoma, with nearly 100 deaths due to the disease annually.

"An estimated one American dies nearly every hour from skin cancer," said Dr. Bob Moser, Secretary of the Kansas Department of Health and Environment. "Most skin cancers are caused by overexposure to ultraviolet radiation. To minimize the harmful effects of excessive sun exposure, protection from intense UV radiation should be a life-long practice for everyone."

As warm weather approaches and millions of Americans prepare to enjoy the great outdoors, the risk for UV damage of the skin increases. The Friday before Memorial Day weekend, May 27, is "Don't Fry Day," dedicated to reminding everyone to protect their skin while enjoying the outdoors. No single step provides full protection from overexposure to UV radiation, so everyone is encouraged to follow as many of the following tips as possible:

- Avoid sun burning, intentional tanning and using tanning beds.
- Apply sunscreen generously.
- Wear sun-protective clothing, a

wide-brimmed hat and sunglasses. · Seek shade, particularly between the hours of 10 a.m. and 4 p.m.

· Use extra caution near water, snow and sand.

· Get vitamin D safely through food and vitamin D supplements.

People with the following risk factors are more likely to develop skin cancer: lighter natural skin color, although anyone can develop skin cancer; family or personal history of skin cancer; exposure to the sun through work and play; history of sunburns early in life; skin that burns, freckles, reddens easily or becomes painful in the sun; blue or green eyes; blond or red hair and certain types and a large number of moles.

"Fortunately, skin cancer is highly curable if found early," added Moser. "The best way to detect skin cancer early is to examine your skin regularly and recognize changes in moles and skin growths. Changes in the size, color, shape or texture of a mole, the development of a new mole or any other unusual changes in the skin indicate the need to see a doctor or dermatologist as soon as possible."

For more information on skin cancer prevention visit <http://skincancerprevention.org> or <http://www.epa.gov/sunwise/dfd.html>. For Kansas cancer resources, visit www.cancerkansas.org.

Employers can offer retirement plans

Would you like to offer your employees a retirement plan but you don't think you have the time or money?



jamie morphew

• business tips

Intuit, the maker of QuickBooks and TurboTax, has built a 401(k) plan for small companies. To learn more, go to www.intuit401k.com or in QuickBooks click on the Employees menu, Benefits and Insurance, then Intuit 401(k).

The plan is affordable and easy-to-use, and matching your employees' contributions is optional with this plan.

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.

Thank You

Words cannot begin to express my sincere "thanks" to all the people who took the time to organize the Hog Roast to benefit my fight against Leukemia. There are just not enough words out there to express the gratitude I have for all the individuals and families that reside in Brewster and the surrounding communities of Northwest Kansas. I would like to extend my appreciation to everyone who took time out of your busy schedules to donate food, time and money to benefit my cause. **It's such a wonderful feeling to know you are loved, and that there are people out there who truly care.** You have helped transform my tears and pain into smiles and hope and I couldn't ask for more! It is wonderful to be reminded that there are so many supportive people who make a difference in the lives of cancer patients like myself. My family and I wanted everyone to know how grateful we are for all of your kindness you have shown to us during this difficult time. Thank you for your thoughtfulness, generosity and support.

Gloria Ribordy and Family

Fitzgibbons, Inc.

Saturday, May 7 we will be at **Big Twin Automotive in Goodland in the morning.**

New Honda Mower- Starts at \$399! \$100 trade-in on new mower Bring your trade!

Also-used mowers starting at \$50! Honda Toro, Snapper and others!

The Goodland Star-News SUBSCRIBER

Ken Denning

You receive two free passes to see

RIO 3D (G)

Clip and bring to the show. Non Transferable

Sherman

1203 MAIN - Phone 899-6103

Mother's Day Brunch

Sunday, May 8 from 11 a.m. to 2 p.m.

Serving a delicious special entrée that your mom will enjoy.

Call now for your reservations!

899-2785

"New Members & Guests Always Welcomed"

Sugar Hills Golf Club

6450 Rd. 16, Goodland • 785-899-2785