friends

in sauce.

899-5461.

entrees, chicken breast strips

and full cooked baby back ribs

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

Today: Polish sausage with

kraut, mashed potatoes, mixed

vegetables, bread and apricots.

Wednesday: Sloppy joes, cole-

slaw with carrots, pears, bun and

pudding. Thursday: Chicken and

noodles, peas, stewed tomatoes,

roll and cantaloup. Friday: Salis-

bury steak with gravy, mashed

potatoes, green beans, bread and

gelatin with fruit. Monday: Ham-

burger gravy, Italian blend vegeta-

bles, beets, biscuit and mixed fruit.

Tuesday: Taco salad, watermelon,

program is targeted to families who

meet certain economic guidelines

and provides hearing, vision, dental

and educational screenings. Nutri-

tious meals are served, and parents

are encouraged to get involved in

Families interested in having

their child in the program should

call Colleen Wagner at 890-2552 or

go to Sherman County Head Start,

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

The Northwest Kansas Domestic

and Sexual Violence Services pro-

vides 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 vic-

tims/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 avail-

able by appointment. A sexual

tamily shelter

their children's education.

crimestoppers

823 W. 11th.

against crime.

chips and applesauce bars.

senior menu

card showers

Jeannie Stull James, former Goodland resident, will have her 91st birthday on Friday, July 8, 2011. Let's shower her with birthday greetings. Her address is Valley View Man, 207 Holly - Box 630, Saratoga, Wyo. 82331.

Roger Collins is home from the hospital and would like to hear from his friends. His address is 324 Center and phone number is 890-3474.

Pamela Cullen is recuperating from a stroke she suffered early in May. Friends are requesting cards be sent to her at Swedish Medical Center, 501 E. Hampden Ave., Englewood, Colo. 80113, Room 4435A.

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, Wednesday through Saturday and from 1 to 5 p.m. Sunday. Closed Tuesdays.

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 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. 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.

Big Brothers/Big Sisters of Sherman County is seeking mentors and children to mentor. Call 890-3665.

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 op.m. on the third I nursday 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.

the calendar

calendar

Jodie Tubbs of the Kansas **Commission on Veterans Af**fairs will be in Goodland from 1 to 2:15 p.m. Thursday in the Assembly Room on the third floor of the courthouse to help veterans and dependents with claims. Call the office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

Commodity Distribution for Sherman County residents will be at 1:30 p.m. on Monday, July 11, at First Christian Church, 8th and Arcade. Foods will include grape juice, pears, beef stew, carrots, rice and corn cereal, instant potatoes and applesauce. The next distribution is tentatively scheduled for Monday, Sept. 12. For information call Genesis (785) 890-2299.

The "Just for Fun" mini swimmer swim meet will be from 7 to 9 p.m. on Friday, July 22, at Steever Water Park. Register in

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,8p.m.Fridays and 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

advance at the pool or the City Office by Tuesday, July 19. The event is for kids in swim lessons and there will be fun events for kids of all ages and skill levels. The Friday night fundraise admission is \$1 per person. You're welcome to bring your own seating. The event is hosted by the Goodland Swim Club swimmers.

Prairie Land Food sign up will be until Monday, July 11. Distribution is 1:30 to 2:30 p.m. on Saturday, July 23, at the Knights of Columbus, 7th and Caldwell. For information call 821-4364 or 821-1275 or order online at www. prairielandfood.com. The price of the Prairie Pak has changed to \$26. The Prairie Pak will have lean ground beef, tray pack chicken drum, roll of pork breakfast sausage, boneless chicken breast fillets, premium ham steak, vegetables and fruits. The specials are Black Angus burgers, suppertime

aerobics with Tena Tompkins and 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. Today: none needed. Wednesday:

obituaries

Hadley Grace Schilling

Hadley Grace Schilling, pre- Waldron of Baggs, Wyo., and Darmature infant daughter of Cash lene Albrecht of North Platte, Neb.; and Amanda Schilling was born paternal great-grandparents, Doris Monday, June 27, 2011, at Citizens Medical Center at Colby. She lene Schilling, all of Goodland; died moments later in her parents' hands.

Preceding her in death were her great-grandfathers, Lew Waldron ling of Edson. and Frank Albrecht.

big sister, Kaelyn Schilling of the home; maternal grandparents, Jack and Trish Albrecht of North Platte, Neb.; paternal grandparents, Ron Main, Goodland handled the arand Marsha Schilling of Edson; rangements. maternal great-grandmothers, Mary

Bonnie Jean Hill, 66, St. Francis, mother of Lori (Kahle) Helton of Goodland, died Wednesday, June 29, 2011, at her home.

Cheyenne County.

Mrs. Hill was the food service manager for the St. Francis High School Dietary Department.

Preceding her in death were her parents.

Survivors include her husband, Dale Hill of St. Francis; a son, Dwayne (Rachel) McDuffee of Phoenix, Ariz.; another daughter, Department may be sent to the Sherri (Kelly) Hilt of St. Francis; a brother, Larry (Candy) Reichert of

and Jesse Craft and Dale and Daraunts and uncles, Ericka Banks, Jennifer (Matt) Dalrymple, Chance Schilling of Edson and Clay Schil-

A graveside services was held Survivors include her parents; Saturday, July 2, 2011, at the Goodland Cemetery at Goodland with the Rev. Shelly Petz officiating.

Koons Funeral Home, 211 N.

Bonnie Jean Hill

Warrensburg, Mo.; and six grandchildren.

Services were 9 a.m. (Mountain Time) on Saturday, July 2, 2011 She was born Sept. 12, 1944, in at the Living Water Fellowship Church at Bird City and burial at the St. Francis Cemetery at St. Francis.

Visitation was from noon to 6 p.m. (Mountain Time) on Friday, July 2, 2011 at Knodel Funeral Home, 202 S. Benton, St. Francis.

Memorials to the church or the St. Francis High School Dietary funeral home.

Lifestyle changes can affect car insurance

Financial challenges have forced many Kansans to make lifestyle to downsizing vehicles,

pact unexpected areas of their lives

Choices such as driving less switching jobs, or even paying off a vehicle can save - or cost - on your car insurance. Some changes will ers may increase your cost down the

You moved - Whether by choice or necessity, many consumers relocated over the past year. If you downsized homes, took advantage of record low interest rates, or were forced to move due to foreclosure, a

sandy praeger

insurance comm.

Others chose to stop payment or cancel car insurance because of a job loss. Causing an accident without adequate insurance protection could have devastating financial consequences for you and your family. And, this decision could result in higher costs if insurance is reinstated in the future because you also lose renewal/continuous coverage discounts. Then, if you choose to reinstate the policy, the insurer may consider you a higher risk.

You drive less - According to a recent national survey by the National Association of Insurance Commissioners, almost 40 percent of consumers drove less in the past year. choosing instead to carpool, walk or take public transportation more frequently. If you have changed your driving habits, check with your insurance carrier to see if you can get a low mileage discount. Your credit score is damaged -Whether consumers have fallen behind on bills or made purchases they could not afford later, their financial decisions that affect credit-based insurance scores may impact insurance rates. Having a poor creditbased insurance score can result in higher premiums or, in some cases, the inability to secure insurance through some carriers. The commission survey found ore than one-third of consumers did not realize their credit-based insurance score can be used to determine auto insurance premiums. I urge you to check with our representatives at the Kansas Insurance Department before making key vehicle insurance decisions. Call them toll-free (in Kansas) at (800) 432-2484. For more tips on how to lower car insurance costs or additional information about the choices in auto insurance coverage, you can also visit our website, www.ksinsurance. org, where you can order or print our vehicle insurance publications, or go to the commission site, www. Auto.InsureUonline.org.

changes to adapt to the current economy. From changing jobs to moving to a different house

they have made decisions that imlike car insurance.

save in unexpected ways, while othroad. Below are five examples.

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 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 **History**, 1905 S. Franklin, Colby is Grady Bonsall and 9:45 a.m. find-

Myofascial Pain Support Group meets from 6:30 to 8:30 p.m. the needed. Friday: a.m. Avis Alcorn. 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 Dane G. Hansen Memorial Museum at 110 W. Main, Logan will have a four day **painting workshop** with David Vollbracht from 8 a.m. to 3 p.m. (Mountain Time) on Wednesday to Saturday, July 13 to 16. There will be a one-hour break for lunch. Cost of the workshop is \$150 with discounts available for Hansen Museum members. This class will be on the use of photography as a reference material.

Prairie Museum of Art and open from 9 a.m. to 5 p.m. Central ing fitness class. Friday: 5:30 a.m. Time Tuesday through Friday and 1

a.m. Judy Siruta. Thursday: none Monday: a.m. Siruta. Tuesday: a.m. Debbie Lucas.

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

port 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, cal(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.

violence victims/survivors supchange in Zip code may affect your auto insurance premium.

You changed cars - Car ownership can be a hefty expense. Whether you chose to purchase a less expensive car, pay off a current vehicle, or purchase a "starter" car for a teen age driver, expect car insurance rate changes.

The make and model of your car also affects your premium. Be sure to get quotes from your insurance company before signing the paperwork.

A car with a lower resale value is usually cheaper to insure because you will pay less for collision and comprehensive coverage, which protects against vandalism, hail fire or animal accidents.

If you pay off a current vehicle, you may be able to select a higher deductible or eliminate your collision coverage.

If you have added a car, be sure to ask about a multi-car discount.

You changed jobs - With Kansas unemployment more than six percent, many consumers have been impacted by a job loss and the need to find a new job. This can have an impact on car insurance costs.

Some consumers now have a longer or shorter commute after finding a new job. Since your car insurance premium is partially based on annual mileage, driving less equals paying less.

lable Lips on hiring good help avail

Has your business grown to the point where you can't do it by yourself anymore?

Is it time to hire your first employee?

Are you unsure how to find good employees?

Go to www.intuit-hire.com for a FREE Hiring Guide. You'll learn



about finding employees, interview questions to ask, motivating employees and more. Choosing the right employee is an important decision. Don't go into it blindly.

This tip was brought to you by Western Kansas Business Consulting, sponsored in part by Sherman

County. We offer free and confiden-

For more information or to set up an appointment, contact Jamie Morphew at (620) 874-0771 or email wkbc@wbsnet.org.

tial business consulting to Kearny, Scott, Sherman and Wichita counties

matters ot record

Sherman County Bastille

booked into the Sherman County Bastille

April 30: Johnny Siruta, 24, Goodland, arrested by sheriff deputy for warrant on worthless check. Christopher Reeh, 28, Bethune, Colo., arrested by sheriff deputy on warrant for other jurisdiction.

STATE-OF-THE-ART

TONIGHT 7 PM:

Green Lantern 3D (PG-13)

Nightly 7 p.m.

Sunday Matinee 1:30 p.m.

Ż

DIGITAL

May 1: Jared Williams, 28, Good-

Sherman

land, warrant arrest by sheriff's receipt fraud.

May 2: Terry Carpenter, 49, The following people were deputy for multiple acts of theft, Goodland, arrested by sheriff's deputy for driving while suspended.

on north side of road.

SM Family Fireworks **JULY 5 only!** Everything 3 1/4 mi. W. on Hwy. 24. 30% off! Red, white and blue tent

Celebrating Hometown Life See American Profile magazine in this week's issue of The Goodland Star-News

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Your sponsorship could be right here! For more information call Jessica or Anne at 899-2338