

card showers

The family of **Betty Rethmann** is requesting a card shower to help her celebrate her 80th birthday on Saturday. Cards may be mailed to 816 College, Goodland, Kan. 67735.

Jake and Gladys Wilkening will be celebrating their 55th wedding anniversary on Friday, Aug. 26, 2011. Their children are requesting a card shower in their honor to be sent to The Wilkening's, 310 Eustis Apt #2, Goodland, Kan. 67735

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 4 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 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. 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.

Weight Watchers meets at **5:30 p.m. for weigh in** and 6 p.m. for the meeting every **Tuesday** at the Right Combination Dance Studio, 902 W. Hwy. 24. For information call (785) 890-3285.

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 AI-Anon Serenity

the calendar

calendar

The **Football Scrimmage and Cross Country Run** will start at **6:15 p.m. on Friday, Aug. 26**, at the football stadium. Admission is a sports drink or water. The Black and Gold Barbecue starts at 6 p.m.

The **Volleyball Scrimmage** starts at **6 p.m. on Tuesday, Aug. 30**, at Max Jones Fieldhouse. Admission is a sports drink or water.

The **deadline** for entering photos in the Annual Flatlander Photography Contest by the Goodland Arts Council is **Thursday, Sept. 1**. The photos must be at least 5 by 7 inches and either be framed or matted. A person may enter as many photographs as they want. Entries will be judged during the month and winners will be announced following the Flatlander Talent show on Saturday, Sept. 24, at the Carnegie Arts Center, 12th and Center. For information call (785) 890-6442.

Jodie Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1 to 2:15 p.m. Thursday, September 1**, 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.

Prairie Land Food distribution is **1:30 to 2:30 p.m. on Saturday, Aug. 27**, at the Knights of Columbus, 7th and Caldwell. For information call 821-1827 or 821-1275 or order online at www.prairielandfood.com.

The **Brewster Library and Museum** will host this years **Hot Day/Watermelon Feed** starting at **5:30 p.m. (Mountain Time) on Friday, Aug. 26**, at Hunter Hall Park. Conations will go to the library and museum.

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: Crispy chicken salad, citrus slices, breadsticks and gingerbread. **Monday:** Smothered steak, mashed potatoes with gravy, seasoned carrots, bread and

mixed fruit. **Tuesday:** Tuna salad, vegetable soup, pears, crackers and cinnamon roll. **Wednesday:** Macaroni and cheese with smokies, peas, gelatin with bananas, bread and watermelon. **Thursday:** Oven fried chicken, mashed potatoes with gravy, cook's choice vegetable, bread and apricots. **Friday:** Ground beef stroganoff, green beans, cucumber/tomato salad, bread and strawberry shortcake.

school menu

Monday: Pizza, corn, salad, milk and fruit. **Tuesday:** Corn dogs, relishes, chips, milk and fruit. **Wednesday:** Burritos with cheese and lettuce, refried beans, fruit and milk. **Thursday:** Chicken nuggets, savory rice, green beans, peaches and milk. **Friday:** Macaroni and cheese, peas, pears, wheat roll and milk.

school calendar

Today: Gold day. **Wednesday:** Black day. 7:30 a.m. Professional Learning Communities. **Thursday:** Gold day. **Friday:** Black day. Goodland High School fall sports pictures.

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 First Christian Church, 711 Arcade. For information call Alice or Marilyn at 890-5914 or 821-2862.

The **Incognito Group**. If alcohol has made your life unmanageable and you find yourself powerless. Our group meets at 7 p.m. on Tuesday, Thursday and Friday in Goodland. Talking about it is the first step. Call for our meeting place (303) 905-3817, (785) 728-7022 and (785) 728-2120. Leave a message and number and we will get back to you.

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

Band Change for the dance from 7 to 11 p.m. on Saturday at the Akron Elks Club, will be Ray Gerver, and Junior and Dolly Leiker said he provides good music.

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.

thrif 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:** a.m. Avis Alcorn. **Monday:** a.m. Jan Lambert. **Tuesday:** a.m. Margaret Balman. **Wednesday:** a.m. Connie Soellner and p.m. Faye Paxton. **Thursday:** a.m. Shelby Miller. **Friday:** a.m. Alcorn.

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

obituary

Walter A. Staab

Walter A. Staab, 85, Hays, father of Cindy Staab of Goodland, died Monday, Aug. 15, 2011, at the Good Samaritan Society of Hays.

He was born Aug. 19, 1925, to Alois and Rose (Meiers) Staab at Catherine.

On June 17, 1948, he and Helen Fross were married in Hays.

Mr. Staab worked for Hays Oil and Janzen Oil Co. He was an antique dealer and co-owner of Little's Antiques.

Preceding him in death were his wife on Aug. 16, 2004; a son, James Stab; three brothers, Alfred Staab, Edwin Staab and Lawrence Staab; and two sisters, Tina Boetz and Irene Rohr.

Survivors include another daughter, Kathy (Steve) Little of Hays; a brothers, Matt Staab of Hays; six grandchildren; and five great-grandchildren.

Services were at 1 p.m. (Mountain Time) on Thursday, Aug. 18, 2011, at St. Joseph's Catholic Church, 210 West 13th Street, Hays and burial in St. Joseph's Cemetery at Hays.

Visitation was noon to 12:30 p.m. (Mountain Time) at Brock's North Hill Chapel, 2509 Vine, Hays. Parish Vigil was at 5 p.m. (Mountain Time) on Wednesday, Aug. 17, 2011, at the funeral home.

Memorials may be made to the donor's choice.

Girl Scouts to have event at Hays

All girls grades K-12 and their moms (or female guardian) are invited to join Girl Scouts of Kansas Heartland and The Malls to kick off the "Year of the Girl" and the Girl Scouts 100th anniversary celebration! Girls and adults will enjoy interactive inflatable games, henna tattoos, arts, crafts, shopping and much more as they stay overnight

in The Mall in Hays. For more information please contact Monica at (785) 625-5671 or Tonia at (785) 259-6165 or stop by the Girl Scout office at 2707 Vine, Suite 8, Hays with any questions about the event. For information about Girl Scouts of Kansas Heartland or to sign up to be a Girl Scout visit www.kansasgirlscouts.org.

Parents are urged to visit schools

As a new school year begins, a Kansas State University extension specialist encourages parents to visit the school with their child and to speak with his or her teacher.

"Visiting the school with your child reinforces the educational process," said Charles A. Smith.

Smith said it's important for teachers to know that parents are interested in their child's education and equally important for a child to realize that parents are partners in the learning process.

While many schools host get-acquainted night, back-to-school fairs and other events to start the year, calling to make an appointment is also an option, said Smith, who works in the Department of Family Studies and Human Services

at Kansas State.

Also, if a child is new to a school, either because of relocation or advancement, taking a few minutes to locate a classroom, rest rooms, lunch room and gym can help to ease the transition.

Once the school year is underway, Smith recommends following up with the teacher.

"If a child is struggling, the sooner parents become aware of an issue, the better," he said.

More information about managing family life and providing opportunities for children is available at K-State Research and Extension offices throughout the state and on Smith's webstie www.k-state.edu/wparent/.

K-State offers tips on shopping savings

Using a coupon can offer a savings on regularly purchased products, but may not guarantee the best price - or value.

Compare prices with a coupon to prices on store brands and generic products before buying, said Mary Meck Higgins, Kansas State Extension nutrition specialist.

Generics and store brands often are produced at the same site by the same food processor as nationally branded products. The packaging may vary, yet the products are similar, if not the same, said Higgins, who noted that generic and store brands typically sell for less - as much as 40 percent less than similar

nationally branded products.

In comparing generics and store brands, Higgins said it's often hard to tell the difference. She noted that consumers may still have preferences for branded products, and urged looking for sale prices and stores that double or triple coupon value.

Information on food, nutrition, health, managing food costs and basic cooking, meal and menu planning is available at local Kansas State Reseach and Extension offices and online: www.ksre.ksu.edu/humannutrition and www.rrc.ksu.edu.

lincoln larks

The Lincoln Larks met in June and decided to have a fair display and use it also for National Homemakers Week.

We decided to make it on vita-

mins. Everyone should take vitamins. Vitamin D is very important along with Vitamin C. We will have this display at the Goodland Library in October.

We will meet in September to pay dues and fill our reports.

The Goodland Star-News SUBSCRIBER
Dick Short
 You receive two free passes to see:
THE SMURFS 3D (PG)
 Clip and bring to the show. Non Transferable

 1203 Main Avenue • (785) 899-6103

Taking orders for...
Colorado Peaches

 Limited Quantities
 Call Colleen or Steve Duell
 (785) 899-5888

Classifieds work!
899-2338

Grower's Outlet Store

 No Hormones
 No Antibiotics

 Stop in and start eating better today!
 114 W 12th Goodland, KS
 785-899-9274 ♦ 855-330-1493

Thank you
 We want to thank everyone who has helped us celebrate Nathan's life with your prayers, calls, cards, flowers, food, memorials and visits. We treasure your caring thoughts.
 -Pete and Connie Hay; Jessica and Adam McMillin; Dorothy Carpenter

PEOPLE WHO READ NEWSPAPERS ARE
BETTER AND MORE EFFECTIVE PARENTS
 It all starts with Newspapers