

the calendar

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. 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 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 or visit rightcombinationdance.com.

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 **8 p.m. on Mondays** at 1013 Center. Contact Cheryl at (785) 890-3023, Shelly at (785) 890-3915 or Twila at (785) 332-2078 for more information.

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 power-

calendar

There will be a **Goodland Community Blood Drive from noon to 6 p.m. today** at the Goodland Methodist Church Fellowship Hall, 12th and Sherman. Call 1-800-RED CROSS or visit red-crossblood.org to make your life-saving appointment today. Photo I.D. Day

Reservations for Elks Ladies Day are due by Saturday and should be sent to Zona, Box 146, Goodland or call 890-6251. Elks Ladies Day will be at 11:30 a.m. on Saturday, Oct. 8, at the Goodland Elks Lodge. There will be lunch, entertainment and door prizes.

The **4-H open house** for boys and girls between seven through nineteen and your parents will be from **2 to 3:30 p.m. on Sunday** at the 4-H building at the Sherman County Fairgrounds. This will be the time for you and your parents to come and talk to community club leaders and project leaders. They will be there to answer any questions you might have and to explain the 4-H program to you.

Jodie Tubbs of the Kansas Commission on Veterans Affairs will be in Goodland from 1 to 2:15 p.m. Thursday, October 6, 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 sign up will be until Monday, Oct. 10. Distribution is 1:30 to 2:30 p.m. on Saturday, Oct. 22, at the Knights

of Columbus, 7th and Caldwell. For information call 821-1827 or 821-1275 or order online at www.prairielandfood.com. The Prairie Pak will have pork breakfast sausage, breaded chicken breast patties, lean ground beef, boneless pork chops, tray pack of chicken drums, fruits and vegetables. The specials are pizza party, seafood box, tour of Italy and all natural chicken box. The choice item is an apple crumb pie.

The annual mass **flu shot clinic** as an emergency preparedness exercise by the Sherman County Health Department will be from **2 to 6 p.m. on Tuesday, Oct. 11**, at the Elks Lodge, 1523 Arcade. Flu shot, flu mist and high dose flu shots will be given. For information call (785) 890-4888 or shcounty@st-tel.net.

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.

school calendar

Today: Black day. Junior high school pictures with Lifetouch. 9 a.m. girls varsity golf at Ulysses. 3 p.m. junior high volleyball at quad at Max Jones Fieldhouse. 4:30 p.m. varsity and junior varsity volleyball at Benkelman. **Wednesday:** Gold day. Goodland High School individual pictures by Lifetouch. **Thursday:** Black day. 3:30 p.m. junior high football at Oakley. 3:30 p.m. junior high volleyball at Oakley. 4 p.m. c football against Ulysses at Cow-

boy Stadium. **Friday:** Gold day. Homecoming. 6:30 p.m. varsity football against Lakin at Cowboy Stadium. West Elementary School pie sales kick-off.

senior menu

Today: Chef salad, tropical fruit, bread sticks and fruit crisp. **Wednesday:** Porcupine meatballs, mashed potatoes with gravy, pea salad, bread and cook's choice fruit. **Thursday:** Chicken alfredo over spaghetti, corn, strawberries and bananas and cook's choice complement. **Friday:** Cook's choice entree, scalloped potatoes, California blend vegetables, bread and fruit mix. **Monday:** Steak fingers, mashed potatoes with gravy, peas, bread and peaches. **Tuesday:** Baked spaghetti, mixed vegetables, tossed salad, bread sticks and plums.

school menu

Today: Breakfast - Scrambled eggs with fruit, cereal, juice and milk. Lunch - Peanut butter and jelly sandwich, cheese stick, veggie, fruit and milk. **Wednesday:** Breakfast - Breakfast pizza, cereal, juice and milk. Lunch - Hamburger, french fries, baked beans, pudding and milk. **Thursday:** Breakfast - Pancakes with fruit, cereal, juice and milk. Lunch - Beef and noodles, mashed potatoes, corn, wheat roll, half an orange and milk. **Friday:** Breakfast - Donuts with fruit, cereal, juice and milk. Lunch - Cream chicken, rice, California blend vegetables, biscuit, rosie apple-sauce and milk.

obituary

Thomas Lee Hellerud

Thomas Lee Hellerud, 59, nurse practitioner, died Saturday, Sept. 24, 2011, after a long battle with cancer.

He was born on Aug. 21, 1952 to Thomas K. and Isabelle Hellerud in Goodland. In 1971 he graduated from Goodland High School.

Mr. Hellerud served in the U.S. Navy in Vietnam from 1972 to 1976 followed by two years in the Army Reserve. He took classes from San Diego Law Enforcement, attended North Central Tech of Hays, received an associate degree from Fort Hays State University in 1982 and graduated from University of Kansas Nurse Practitioner program in 1986. He practiced in Sherman County until 2008.

He was a member of the Veterans of Foreign Wars and the Moose Lodge. Mr. Hellerud enjoyed hunting, fishing and cutting firewood.

Mr. Helleded had been married to Cindy McDonald and Gwen Baehler.

Preceding him in death were his parents; a sister, Myrna Shearer; and a son, T.J. Hellerud.

Survivors include three daughters, Autum Hellerud of the home, Kristen Hellerud of Ransom and Danielle Hellerud and fiancé Kolby O'Brien of Denver; two brothers, Robert (Marilyn) Hellerud of Junction City and Tim Hellerud of Goodland; a sister, Judy (Dick) Dickson of Yellville, Ark.; and two grandchildren.

Services will be at 10:30 a.m. on Wednesday, Sept. 28, 2011 at Bateman Funeral Home, 211 E. 11th, Goodland with Dr. Chet Ross officiating and burial to follow in the Goodland Cemetery with military honors.

Visitation will be from 1 to 7 p.m. on Tuesday, Sept. 27, 2011 at the funeral home.

Memorials to go to the children's education may be sent to the funeral home.

Stop wasting time looking for free money

We look for short-cuts. We hope to find the easy way. We want something for nothing.

The funny thing is the struggle makes the reward sweeter, richer and more appreciated.

Many business owners are struggling right now. Maybe you are one of them.

Quit wasting your time looking for "free" money. It's not out there.

Now is the time to do the hard work. Now is the time to tighten your belt. Now is the time to fight through the obstacles.

It won't be fun and it won't be easy, but you will grow and improve. And once you make it through the



jamie morphew

- business tips

storm, you will be thankful for the journey. Your business will be better, and so will you.

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 Morphey at (620) 874-0771 or e-mail wkbc@wbsnet.org.

rotary

Goodland Rotary Club met Friday for their weekly meeting at the Northwest Kansas Technical College Student Union meeting room. Club president Marty Melia greeted 19 members and two guests, one of which is a member applicant, Mike Miller.

Trevor Linton gave a brief update on the planning for the second annual Ringneck Roundup pheasant hunt scheduled to coincide with the opening weekend of pheasant hunting, November 12 and 13. Money raised from this event will fund charitable activities of Rotary International and local community activities and projects.

Rotarian of the Day was Royal Reid who had as his guest Dave Floyd, meteorologist at the Goodland office of the National Weather Bureau. Floyd provided the Rotarians and guests with a very interesting program concerning the mission of the weather bureau, a review of the weather over the past few months, and a look to the future of the weather in Northwest Kansas.

Using graphics, Floyd demonstrated just how unusual and deadly the past tornado season was for the nation, including northwest Kansas.

On June 20, 2011 there were a record tying 19 tornadoes in the 19 counties of the northwest Kansas

region served by the Goodland office.

Continuing with graphics, Floyd showed where the drought was located and indicated how severe the drought is and how close it is to Sherman County.

Floyd said around Thanksgiving, Goodland will be getting a new dual polarization radar system, one of the first in the nation. The new system will allow the meteorologists to better identify images on the radar screen for more specific forecasting. Finally, Floyd explained the La Nina effect on our weather. If the current La Nina pattern continues, forecasters predict a dryer than normal winter for our area.

For being a guest and presenting the program a book entitled The Brain Game will be given in Dave Floyd's name to the parents of a newborn at the Goodland Regional Medical Center.

Winner of the weekly drawing was guest and new member applicant Mike Miller. Guests and prospective members are always welcome to attend the weekly meetings of Goodland Rotary. The next meeting will be Friday at noon in the meeting room of the Student Union at the Northwest Kansas Technical College. Rotarian of the Day will be Jenifer Sanderson.

Dick Liess

MISTAKES...

We Know We Make Mistakes!

Please remember that we attempt to include something for everyone within the pages of our newspaper. We realize that some folks enjoy finding fault and for those readers we thoughtfully include a socially acceptable number of errors within our publication.



Classifieds work! 899-2338

American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

Your sponsorship could be right here!

(available in local area only)


Brought to you by:

The Goodland Star-News

For more information call Jessica or Jeff at 899-2338

Elks Ladies Day!

For Elks Ladies and guest (wives, widows and female Elks members)



Lunch, entertainment & door prizes.
October 8 at 11:30 a.m.
At the Goodland Elks Lodge
\$9.00

RSVP SOON! Send reservations to Zona, PO Box 146, or call (785) 890-6251 by October 1, 2011!

The Goodland Star-News
SUBSCRIBER
Gina Reed

You receive two free passes to see:

THE HELP

(PG-13)

Clip and bring to the show.
Non Transferable



1203 Main Avenue • (785) 899-6103

American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

Your sponsorship could be right here!

(available in local area only)

Brought to you by:

The Goodland Star-News