day. Closed on Tuesday. The High Plains Museum, 1717 Cherry Ave., is open from 9 a.m. to 5 p.m. Monday, Wednesday through  ${f Saturday}$  and  ${f from}\, {f 1}$  to  ${f 4}$ **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 Sat**urday.** 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 right combinationdance.com.

**Goodland Alcoholics Anony**mous 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-

## the calendar

### 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 redcrossblood.org to make your lifesaving 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)

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

less. 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 mes-

sage and number and we will get

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.

**Bird City Alcoholics Anony-**

mous group meets at 6:30 p.m.

(Mountain Time) on Fridays at the

Senior Center on 4th Street. Nar-

cotics Anonymous meets at 6:30

(Mountain Time) on Tuesdays at

the Senior Center. Call (785) 734-

Stratton "AA by the Book" Al-

coholics 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

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 Burling-

ton. Call Debbie at 719-346-4612.

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

blue star banners

Do you have a son or daughter,

grandson or granddaughter serving

in the active duty military service?

The Goodland Elks Lodge 1528

would like to present you with a

"blue star banner" for your window

to show your pride! Please call the

secretary at the Goodland Elks

Lodge 1528 at (785) 890-6251 to

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

visit with her about this?

thritt store

to 5 p.m. Saturday and Sunday.

on the left, 513 Iola Street.

area events

2734 for more information.

Call 890-8369.

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-

The Sherman County Health De-

from 8 a.m. to noon and 1 to 5 p.m.

Blood pressures; infants', chil-

dren's and adult's immunizations;

health assessments for Kan Be

Healthy, daycare and school entry;

fasting blood sugar and hemoglo-

bin; and family planning available

by appointment. Sharps containers

are available free. WIC program

available. Call 890-4888 or go to

If you have questions, concerns

or complaints about child care, call

www.sherman.kansas.com.

the health department.

teers are in the gift shop.

and dental care.

672-3125, ext. 187.

preschool

early head start

Early Head Start is a state fund-

children up to three. Families par-

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-

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. 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,

their children's education.

Monday through Friday.

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 applesauce and milk.

823 W. 11th.

#### health department crimestoppers

If you have information about partment at 1622 Broadway is open 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.

## tamily shelter

The Northwest Kansas Domestic and Sexual Violence Services provides help day or night to victims of domestic violence and sexual Water Testing — The Northwest assault. Weekly support groups are Local Environmental Protection available in Hays. Support group Group does well evaluations, infor women's domestic violence viccluding testing for bacteria and tims/survivors is from 3:30 to 4:30 nitrates. To schedule an evaluation p.m. Central Time on Wednesdays: or discuss environmental concerns, a men's domestic violence victims/ call the Health Department at 890survivors support group from noon to 1 p.m. Central Time Tuesdays; hospital volunteers and a youth support group is avail-Gift shop hours are 9 a.m. to noon able by appointment. A sexual and 1 to 4 p.m.; a.m. and p.m. volunviolence 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 ed program for income eligible or help, call (800) 794-4624. In the families with prenatal mothers and Colby area, cal(785) 443-1130 ask for Becky. For time and location of ticipate in a variety of educational youth support group, ask for Jenactivities and receive free medical nifer 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.

> **Classifieds** work! 899-2338

## obituary

## Thomas Lee Hellerud

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

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. Hellered had been married to Cindy McDonald and Gwen home.

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 fiance 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

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

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

# Stop wasting time looking for free money

We look for shortcuts. We hope to find the easy way. We want something for noth-

The funny thing is the struggle makes the reward sweeter, richer and more appreciated. Many business owners are strug-

gling right now. Maybe you are one 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 Morphew at (620) 874-0771 or email 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

on the planning for the second annual Ringneck Roundup pheasant first in the nation. The new system 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

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

region served by the Goodland

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 Thanks giving.

Trevor Linton gave a brief update Goodland will be getting a new dual polarization radar system, one of the 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.



# 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! Goodland Star-News SUBSCRIBER

Gina Reed

You receive two free passes to see:

THE HELP (PG-13)

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See American Profile magazine in this week's issue of

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For more information call Jessica or Jeff at 899-2338