

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.

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 second Thursday of every month at the Goodland Elks Lodge. Meetings are open to all interested people. For information call 890-3117 or 890-5936.

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 3 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.

The Goodland Activities Center has the following activities. Monday: 5:30 a.m. aerobics with Tena Tompkins, 5 p.m. taekwondo and 5:30 p.m. group exercise with Lisa Malsom. Tuesday: 5:30 a.m., workout with Grady Bonsall. Wednesday: 5:30 a.m. aerobics with Tena Tompkins, 9:30 a.m. low impact class with Sarah King, 4 p.m. taekwondo classes and 5:30 p.m. aerobics with Lisa Malsom. Thursday: 5:30 a.m., workout with Grady Bonsall. Friday: 5:30 a.m. aerobics with Tena Tompkins, 9:30 a.m. low impact exercise group with Sarah King and starting at 5 p.m. taekwondo classes. For information call 890-7242. Certified personal training offered with Kyla Sheldon. Memberships options for everyone including day passes for \$5. Visit goodlandgac.com or stop by 808 Main.

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)

eager beavers

April

The April 28 month meeting of the Ruleton Eager Beavers was called to order with 12 members, three leaders and four guests/parents answering roll call of "What I got at the garage sale?" There was one birthday acknowledged.

Leader Charlene Mangus congratulated everyone on a successful garage sale. Leader Karen Hooker lined out the details for the Run for the Wall event. Flags will be provided. All leaders encouraged club members to participate in the Spring Show on Friday and Saturday, May 11 and 12.

Leads also shared the details regarding the clubs service for the Wheat Tour dinner on Tuesday, June 12. Sign-ups were available for food and supply donations.

The meeting was adjourned by saying the Club Motto. The next meeting will be on Tuesday, June 12, just before the Wheat Tour dinner.

Submitted by Annika Linin

June

The Tuesday, June 5, monthly meeting of the Ruleton Eager Beavers was called to order with 21 members, four leaders and four guests/parents answering roll call "What are you doing this summer?" There were two birthdays acknowledged.

A thank you was shared by Sydney Winston for the scholarship donation. Another thank you was received from the Kansas 4-H Foundation for the club's donation.

The leaders thanked the club for good participation in The Run for the Wall farewell. Koren Dechant said that she has several props with a circus theme which can be used for the clubs fair booth and float.

The meeting was adjourned by saying the Club Motto. The next meeting will be the club tour on Saturday, July 14.

Submitted by Annika Linin

the calendar

calendar

Prairie Land Food distribution is 1 to 2 p.m. on Saturday, June 23, at the Knights of Columbus, 7th and Caldwell. For information call 821-1827, 821-1275, 821-0120 or 890-3793 or order online at www.prairielandfood.com.

Cancer survivor shirts can still be reserved until Wednesday for the Sherman County Relay for Life. For information call

899-2338.

The Flag Day Service given by the Elks will be at 10 a.m. on Thursday at the Weather Service Building on Armory Road.

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: Taco salad, tropical

890-3285 or visit rightcombinationdance.com.

Goodland Alcoholics Anonymous, 1013 Center. If you drink alcohol, that's your business. If you want to stop, we can help. Call 821-3826 pr 728-7491.

Goodland Al-Anon AFG 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. Filies 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

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

matters of record

Municipal Court

These are cases decided by the Goodland Municipal Court:

April 25: Gerald W. Anderson, failure to yield at stop or yield sign, fined \$135.

Francisco Jasper Medrano, disorderly conduct and assault, fined \$260.

Cody Harris, battery - simple, fined \$1107.

Lisa MRoberson, improper parking, fined \$60.

Stephanie A Williams, dog at large, fined \$90.

May 7: Jose Angel Salazar, no drivers license on possession, fined \$105.

Rosemarie E. Snethen, driving under the influence, diversion \$910.

May 9: Rogelio C Bustillos, disorderly conduct, fined \$160.

Marshall W. Carson, defective muffler, fined \$105.

Marshall W. Carson, racing exhibition of speed, fined \$135.

Custom Harvest Insurance, stop, park or leave standing vehicle, fined \$105.

Sherman County Bastille

The following people were booked into the Sherman County Bastille:

May 31: Roy Newman, 34, Goodland, was arrested by city police for disorderly conduct.

June 1: Daniel Schumake, 22, Lakewood, Colo., was arrested by city police for a warrant for another jurisdiction.

Jose Riojas, 34, Goodland, was arrested by sheriff deputy for failure to appear, possession of drug paraphernalia, obstruction of justice, driving while suspended and arrest and detain.

June 2: Emanuel Carter, 29, Cleveland, Tenn., was arrested by sheriff deputy for possession of stolen property and warrant arrest for another jurisdiction.

Amanda Price, 34, Cleveland, Tenn., was arrested by sheriff deputy for possession of stolen property.

Jorge Chavez, 25, Goodland, was arrested by city police for driving under the influence, reckless driving and disorderly conduct.

June 3: Clifford Smith, 32, Good-

land, was arrested by city police for battery.

Virgil Baumfalk, 51, Goodland, was arrested by city police for battery and criminal damage to property.

June 5: Michael Riley, 54, Goodland, sheriff office journal entry -48 hours.

Juan Rodriguez-Trevino, 34, Salina, was arrested by state trooper for operating vehicle without valid driver's license, display cancelled driver's license, operating vehicle without insurance and improper lane change.

June 7: Shaun Raines, 34, Goodland, arrested by the city police for disorderly conduct.

Angela Fike, 34, Goodland, arrested by the city police for disorderly conduct.

fruit, chips and fruit cobbler. Wednesday: Oven baked chicken, mashed potatoes and gravy, cook's choice vegetables, bread and apricots. Thursday: Chopstick tuna casserole, peas, five cup salad, bread and pudding. Friday: Ground beef stroganoff, Italian blend vegetables, plums, noodles and cookie.

Anyone wanting to donate to the Goodland Churches Thrift Shop, 1002 Main, should call 890-2007. The store is open 9 a.m. 6 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 adults' 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. Jan Lambertz. Wednesday: a.m. Connie Soellner and p.m. Jessie Owens. Thursday: a.m. Faye Paxton.

early head start

Early Head Start is a state funded program for income eligible families with prenatal mothers and children up to age 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

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 821-2144. Interested in adopting a pet? Call the animal shelter or go to the website www.nwkasgoodland.webs.com.

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Expand market to the world

I'm about half-way through reading "The \$100 Startup" by Chris Guillebeau, and I'm already struck by two ideas.



jamie morphew

business tips

1. You don't have to live in a big city to make a big income. Story after story in the book shows small businesses making lots of money by expanding their market to the world. You can do that too right here in rural Kansas.

2. A business succeeds because of the value it provides its customers. Value is created when you help people meet a need or want. Want to be more successful? Help more people.

I hope the rest of the book is as good as the first half. It's amazing

how much great information is available at the library.

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 Morpew at #620-874-0771 or e-mail wkbc@wbsnet.org.

Pinch back mums for more blooms

Colorful garden mums are a perennial fall favorite. For a big, bushy display, however, gardeners must remember months earlier to do some maintenance.

"Unless you've pinched or cut the plants back two or three times before July 4, the stems will be tall, leggy and few in number when they bloom," said Denisi Patton, Kansas State University horticulturist. "So, if you haven't started yet or you're just now transplanting mums into your garden, you need to pinch them back as soon as possible."

The idea with mums is to cut back the new growth by half, preferably starting when the plant has four to six leaves below each stem's top growth, Patton said. That will force the leaf axils below ever top cut to send out side shoots. The plant will be shorter, but end up with about six new stems everywhere it used to have one.

"You repeat the process each time the new stems have about put up about four inches of growth," he said. "If you only cut them back

by about half, your plant with be about two inches taller after every trimming.

"You quit around the Fourth of July, so the shoots will have time to put on new growth and set buds. They'll be ready to bloom next fall."

Gardeners with a few mums may pinch them by hand or cut off the tops with scissors about one-quarter of an inch above a leaf.

"That's a little time-consuming and tedious, though," Patton said. "If you're a weekend warrior-type gardener, you'll find it's a lot easier and faster to get out there with your hedge shears and chop them back. So long as you more or less keep the one-half rule in mind, that also will allow new shoots to break out and grow."

"If your plant's healthy, each shoot should produce a fistful of flowers. So, by multiplying each stem several times, you'll have that gorgeous bushy effect for the end of the season."

Members needed on state soy board

The Kansas Soybean Commission will conduct a regular meeting at 6:30 a.m. (Mountain Time) Thursday, Aug. 23, at the Kansas Soybean office in Topeka.

During that meeting, the commissioners will review the applications for commissioners-at-large. They will fill both at-large positions on the commissions, and the appointees will begin three-year terms this fall. Eligible farmers should call (877) KS-SOYBEAN, (877) 577-6923 or go to www.KansasSoybeans.org or the Web for more details or to express their interest by Saturday, June 30.

The commission also will discuss current and future research projects, market-development activities,

educational programs and administrative items.

To suggest additional topics for deliberation or to obtain a complete agenda or instructions for calling into the meeting, contact Administrator Kenlon Johannes at johannes@kansassoybeans.org or call the Kansas Soybean office.

The commission, headquartered in Topeka, includes nine volunteer farmer-commissioners who oversee investments of the soybean check-off on behalf of all Kansas soybean farmers. It invest checkoff funds in research, consumer information, market development, industry relations and producer communications to improve the profitability of all Kansas soybean farmers.

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ELKS FLAG DAY CEREMONY
 The public is invited to attend this event in front of the National Weather Bureau at 920 Armory Road in Goodland on Thursday morning, June 14 at 10 a.m. MT.

Summer Matinee Movie passes on sale at Public Library!
 Sherman 1203 Main - Phone 899-4191
 Showing through June 21
 Madagascar 3: Europe's Most Wanted 3D
 Nightly 7 PM • Sunday Matinee 1:30 PM

VINCE'S GM CENTER
GRAND OPENING CELEBRATION
 Join us as we celebrate the Grand Opening of our Brand New Facility located at 1847 Rose Ave., Burlington, CO.
Friday, June 15: 10 a.m. -4 p.m.
Saturday, June 16: 10 a.m.-2 p.m.
 Lunch ~ Refreshments ~ Prizes
 ~ A Ribbon Cutting ceremony will be Friday at 10 a.m.

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