card showers

The children of **Daniel and** Georgia Butts want to have a card shower to celebrate their parents' 60th anniversary on Thursday, March, 2012. Cards may reach them at Box 123, Edson, Kan. 67733.

The children of Edna Golem**boski** are requesting a card shower for her 85th birthday. Her birthday is Tuesday, April 3. Her children are Kathy Golemboski of Kanorado, Frank Golemboski of Wichita, Francis Graton of Hays, Margaret Hoffman of Lyons, Ed Golemboski of Gilrose, Colo. and Dorothy Gross of Hays. She has seven granchchildren and seven great-grandchildren. Send cards to 370 Rd 62, Kanorado, Kan. 67741.

Betty Wolfe's daughters, Gloria, Micki and Lila, are hoping you will help celebrate her 80th birthday, Wednesday, March 14, 2012, by sending her cards at 3580 Road 66, Brewster, Kan. 67732-8906.

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

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 the Senior Center. Call (785) 734at **3 p.m. on the third Thursday** 2734 for more information. of each month at the Goodiand 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 Cen**ter** has the following activities. Monday: 5:30 a.m. aerobics with Tena Tompkins, 5 p.m. taekwando 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. taekwando 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 traing 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) 890-3285 or visit rightcombination-

dance.com. Goodland Alcoholics Anony**mous**, 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 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 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

the calendar

calendar

West Elementary first grad-Barnyard Musical at 5:30 p.m. today at the Goodland High School auditorium.

Prairie Land Food sign up will **be until Monday.** Distribution is 1 to 2 p.m. on Saturday, March 24, at the Knights of Columbus, 7th and Caldwell. For information call 728-7196 or order online at www. prairielandfood.com. . The Prairie Pak will have ground turkey breast, pork tenderloin, breaded chicken breast strips, breaded flounder, chicken thighs, a variety of seasonal fresh fruits and vegetables. The specials are a chicken variety box, pizza party, Easter Ham, Mexican fiesta and choice item, keylime cheesecake.

Sherman County will participate in the **Statewide Tornado** Drill at 1:30 p.m. on Tuesday. For questions call Crissy Livengood, Sherman County Communication Director/Emergency Management Assistant at (785)

AARP Tax-Aide counseling, preparation, e-filing and teaching service will help you file your 2011 Tax Return from **1 to 4 p.m**. Friday afternoons at Goodland Public Library, 8th and Broadway. Call for an appointment at (785) 821-1827 or (785) 890-2287. Will also do walk ins. The service is also at the Colby Community College Library from 8:30 a.m. - 4:30 p.m. on Wednesday. For information call (785) 821-1827.

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.

(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

Stratton "AA by the Book" AI-

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

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.

Training for the Senior Health

Insurance Counseling for Kansas

program will be on Wednesdays,

May 16, June 13 and July 18, at

Hays. Attendance at all three days

is required to be fully certified. Al-

ternate training dates and locations

are available. All expenses for the

training - food, mileage and lodging

(if needed) will be paid. Pre-regis-

tration by Friday, May 4, is required.

The volunteers receive training on

Medicare, Medicare Prescription

Drug insurance, Medicare Supple-

ment Insurance, Long-Term Care

Insurance and other health insur-

ance subjects about Medicare. For

questions call (800) 432-7422 or

The Board of Directors and the

(785) 628-8204.

area events

Fibromyalgia and Chronic

on the left, 513 Iola Street.

Call 890-8369.

first step. Call for our meeting place Kansas Area Agency on Aging will

coholics Anonymous group meets health department

school calendar

Today: Black day. 5:30 p.m. ers will have a music program, West Elementary First Grade "Singing into Country with a Music Program at the high school auditorium. 5:30 p.m. Hispanic parent/community support group meeting at Central Elementary with a potluck. Wednesday: Gold day. 4 p.m. Central Site Council. Thursday: Black day. 4 p.m. parent/teacher conferences. earliest competition date for spring sports. 821-1827,821-1275,821-0120 or 3 p.m. varsity softball at Hays. Friday: No school. 8 a.m. parent/ teacher conferences. 3 p.m. varsity baseball at Burlington. Monday through Friday: No school. Spring Break.

school menu

West Elementary School

Today: Breakfast - toast, sausage and milk. Lunch - chicken sandwich, grape tomatoes, pickles, frosted banana and milk. Wednesday: Breakfast - donuts, fruit and milk. Lunch - enchiladas, corn, lettuce salad, fruit cocktail and milk. **Thursday**: Breakfast - breakfast pizza, fruit and milk. Lunch - corn dog, french fries, pickle, orange. Friday: No

Central Elementary School

Today: Breakfast - star spangled pancakes, sausage links, juice and milk. Lunch - chicken wrap with lettuce and tomato, chicken rice, steamed carrots, tropical fruit and milk. Wednesday: Breakfast - breakfast pita, hash browns, kiwi and milk. Lunch - taco salad, whole grain corn chips, refried beans, pineapple rings, slushie, cinnamon puff and milk. Thursday: Breakfast - whole wheat bagel, half an orange and milk. Lunch - spaghetti, garden salad, garlic bread, slushie, peaches and milk. **Friday**: No school.

meet at the Colonial Steakhouse

in Oakley. For more information

call (800) 432-7422 or (785) 628-

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

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

The Sherman County Health De-

partment at 1622 Broadway is open

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

Blood pressures; infants', chil-

dren's and adults' 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

Water Testing — The Northwest

Local Environmental Protection

Group does well evaluations, in-

cluding testing for bacteria and

nitrates. To schedule an evaluation

or discuss environmental concerns,

call the Health Department at 890-

hospital volunteers

and 1 to 4 p.m.; a.m. and p.m. vol-

unteers are in the gift shop. **Today**:

a.m. Shelby Miller. **Wednesday**:

a.m.Margaret Baalman. **Thursday**:

a.m. Debbie Lucas. Friday: a.m.

Early Head Start is a state funded

early head start

Gift shop hours are 9 a.m. to noon

or complaints about child care, call

www.sherman.kansas.com.

the health department.

Monday through Friday.

to 5 p.m. Saturday and Sunday.

thritt store

Grant Junior High

Today: Breakfast - scrambled eggs, toast, juice, cereal and milk. Lunch - hamburgers, french fries baked beans, applesauce and milk. Wednesday: Breakfast - breakfast pizza, fruit, juice, cereal and milk. Lunch - beef and bean burrito, lettuce, cheese, tri tator, Spanish rice, half an orange and milk. Thursday: Breakfast-sweetrolls, yogurt, juice, cereal and milk. Lunch - chicken noodles with mashed potatoes, California vegetables, whole wheat roll, fruit cup and milk. **Friday**: No school.

Goodland High School

Today: Breakfast - biscuit sausage sandwich, cereal, juice and milk. Lunch - sloppy jo, potato square, corn, salad bar, dessert and milk. Wednesday: Breakfast - donut, cereal, juice or fruit and milk. Lunch - chicken nuggets, savory rice, green beans, salad bar, dinner roll, fruit and milk. Thursday: Breakfast pancakes, sausage, cereal, juice and milk. Lunch - pig in a blanket, french fries, salad bar, dessert and milk. Friday: No school. Spring break.

senior menu

Today: Taco salad, tropical fruit, chips and bread pudding. Wednesday: Turkey ala king, mixed vegetables, gelatin with Mandarin oranges and pineapple, biscuits or rice and cookie. Thursday: Meat loaf, mashed potatoes with gravy, rosy pears, bread and birthday cake. Friday: Smokies, macaroni and cheese, California blend vegetables, bread and colored fluff salad. Monday: Pork cutlet, parslied potatoes, creamed peas, bread and apricots. Tuesday: Chili with beans, five cup salad, crackers and cinnamon roll.

program for income eligible fami-

lies with prenatal mothers and chil-

dren up to age three. Families par-

ticipate in a variety of educational

activities and receive free medical

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

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

their children's education. For in-

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 police department can also

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. If interested in

joining or for information or help,

call (800) 794-4624. In the Colby

Lost a pet? Call 890-4575 or go to

area, cal(785) 443-1130.

animal shelter

against crime.

be called at 890-4570.

tamily shelter

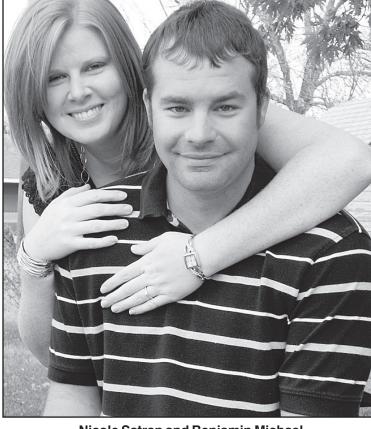
formation call 890-2552.

crimestoppers

and dental care.

672-3125, ext. 187.

preschool



Nicole Satran and Benjamin Michael

Pair plan wedding in July at WaKeeney

Nicole Gwen Satran of Norton and Benjamin Jasper Michael of Hill City plan to marry on Saturday, July 14, 2012, at the First United Methodist Church in WaKeeney.

She is the daughter of James and Debra Satran of WaKeeney and the granddaughter of Grace Satran and the late Jospeh Satran of WaKeeney and Rudy Zimbelman and the late Nancy Zimbelman of Goodland.

He is the son of Paul and Beverly Michael of Hill City and the grandson of the late George and Shirley Bass of Bogue and the late Vernon and Elsie Michael of Hill City.

The bride to be is a 2006 graduate of Fort Hays State University with a Bachelor of Science in education and a Bachelor of Arts in Spanish and psychology. She will complete her Master's Degree in education in 2013. Currently she is teaching high school Spanish at Norton Community High School.

The groom elect is a 2002 graduate of High City High School and a 2004 graduate of Northwest Kansas Technical College with a degree in diesel technology. Currently he farms, raises cattle and lives in

Columnist shares organization system

Because I've been asked by several people, I'm going to share my organization system with you.

Planner - My planner contains my cal-

endar and my lists. My and 1 to 5 p.m. on Tuesday through a free preschool for eligible 3 and calendar shows both professional Once a year I go through and purge Friday and 10 a.m. to 4 p.m. on 4 year olds. The federally funded and personal time specific actions, program is targeted to families who day specific actions and day specific information. My lists consist of to-dos, projects, goals, areas of responsibility, ideas and things I'm waiting for. My to-do lists also include a someday/maybe list, a read list, a watch list, and a life list.

> Working File – My working file is a traveling file box. I have hanging files titled Act, Read, File, Calendar and Wait. My Act file contains file folders with various projects, a pay file, and a someday/maybe file. My Calendar file contains items related to upcoming events and meetings.

Email Folders – I also have Act, Read, File, Calendar and Wait folders for my email. At the end of the day, I record any needed notes in my planner and empty my inbox by moving emails to the appropriate files. You'll be amazed at how good an empty inbox feels.

A-Z Files – Finished project files and information I want to save goes in my A-Z Files. My A-Z Files are located in a file cabinet in my office. morphew business tips

jamie

items I no longer want to save. Weekly Review – Every Sunday I do my weekly review. It is the oil that keeps my system running smoothly. I zero all my inboxes,

> There you have it! This is the system that keeps me organized and sane. Because I have a crazy schedule, I never trust myself to remember anything. Everything gets processed through my system. Feel free to copy all or part of my system

> 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.

review my working files, review my email folders, review my lists, review my calendar and then plan my week. I also backup all my files.

to make your life more organized This tip was brought to you by

matters of record

Real Estate

The following real estate trans-

Freiburger, Dorothy E. Owens, conwww.petfinder.com and be sure to vey and warrant to Lance L. Ihrig 18, Block 5, all in Westmoor Acres enter the Goodland zip code 67735. and Debra A. Ihrig, all of lots 1, 2, 3 Addition to City of Goodland.

and 4, Block 1; all of Lots 1, 2, 3, 4, 5, 6, 7, 8, and 9, Block 2; all of Lots actions have been reported by the 1,2,3,4,5,6,7,8, and 9, Block 3; Sherman County register of deeds. all of Lots 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, Roy F. Freiburger and Elaine 11, 12, 13, and 14, Block 4, and all of Lots 1, 2, 3, 4, 5, 6, 7, 16, 17 and

Advisory Council of the Northwest NOTICE OF OWNERS OF TAXABLE PERSONAL PROPERTY

Avis Alcorn.

All owners of taxable personal property (including boats, jet skis, mobile homes, campers, snowmobiles, golf carts, mopeds, dirt bikes, trucks, non-highway vehicles, trailers, airplanes, business equipment and fixtures) MUST come to the appraiser's office to report ownership of such property. ALL Personal Property MUST be listed by March 15. Any questions concerning personal property items call 890-4825 Sherman County Appraiser's Office.

WE NOW PRORATE WATERCRAFT.

Owner of record is to notify the County Appraiser within 30 days of the acquisition or sale.

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:

Goodland Star-News

For more information call Jessica or Jeff at 899-2338