

card shower

The family of **Ralph Elfman** is requesting a card shower for his 70th birthday on Wednesday, May 16. His address is 1308 Cattletrail, Goodland, Kan. 67735.

business news

Matthew Sheeley of Goodland passed his certified public accountant examination in the January/February 2012 testing. He works for Kennedy and Coe.

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.

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 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) 890-3285 or visit rightcombination-

the calendar

calendar

Prairie Land Food distribution is 1 to 2 p.m. on Saturday, May 19, 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.

Commodity Distribution for Sherman County residents will be at **1:30 p.m. on Monday** at First Christian Church, 8th and Arcade. Foods will include canned corn, dried plums, macaroni, beef stew, canned chicken and mixed fruit. For information call Genesis (785) 890-2299.

The **Eighth Annual Outdoor Youth Skills Day** will be **Saturday, June 9,** at Bellamy Farms. The event is for kids ages nine to 15 and includes shotgunning, archery, fishing, muzzleloader, dog training and 22 target shooting. Pick up registration forms at Bill's Shooting Shop or at S&T Communication or call Troy Mannis at 821-1838.

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. X-Presso guest night. **Monday:** Gold day. Boys regional golf. 7 p.m. board of education meeting. Regional baseball and softball. **Tuesday:** Black day. Regional baseball and softball. 7 p.m. Sixth grade music program at the Goodland High School auditorium.

school menu

West Elementary School
Today: Breakfast - biscuit sandwich, fruit or juice and milk. Lunch - pizza, corn, lettuce salad, dessert and milk. **Monday:** Breakfast - breakfast pizza, fruit or juice and milk. Lunch - hamburger gravy, mashed potatoes, green beans, whole wheat roll, fruit and milk. **Tuesday:** Breakfast - biscuit sandwich, fruit or juice and milk. Lunch - sloppy joes, tator tots, pickles, pears and milk.

Central Elementary School

Today: Breakfast - breakfast in a bag, fruit or juice and milk. Lunch - hoagie sandwich, grapes, baby carrots, banana and milk. **Monday:** Breakfast - breakfast pizza, half a banana and milk. Lunch - Italian pasta bake, wheat bread, half an orange, chocolate chip muffin, slushie and milk. **Tuesday:** Breakfast - blueberry muffin, juice or fruit and milk. Lunch - chicken patty sandwich with lettuce and tomato, mashed potatoes, wheat roll, pineapple chunks, slushie and milk.

Goodland High School

Today: Breakfast - pop tart, cereal, juice and milk. Lunch - pizza, corn, salad bar, cake and milk.

senior menu

Today: Oven baked chicken, mashed potatoes with gravy, corn, bread and peach crisp. **Monday:** Spanish rice with hamburger, California blend vegetables, applesauce, bread and cook's choice complement. **Tuesday:** Meat balls in gravy, parslid potatoes, peas, bread and apricots.

obituaries

Verda Scheck

Verda Scheck, 74, a former employee at the Goodland Walmart, died Saturday, May 5, 2012, at St. Anthony's Hospital in Denver.

She was born Dec. 13, 1937 to Anthony and Otillia Kinderknecht in Goodland. Scheck graduated in 1955 from Goodland High School. On May 15, 1965, she and Elmer Scheck were married in Loveland, Colo. She worked as a bank teller and also at Colorado State University in Fort Collins, Colo.

The couple moved to Goodland in 1995 and she retired from Walmart when she turned 64.

She enjoyed camping and fishing with her family.

Preceding her in death were her husband; her parents; a son, Steven Peterson; a daughter, Laura Griffith; a brother, Melvin Kinderknecht; a sister, Lillian; and two grandsons, Michael Scheck and Dale Schmidt, Jr.

Survivors include four sons, Gene Scheck of Conroe, Texas, Mike (Dawn) Scheck of West Plains, Mo., Pat (Stacy) Scheck of Greeley, Colo. and Tim Scheck of Goodland; three daughters, Pam Walker of Turlock, Calif., Debbie (Rick) Goepfinger of Ordway, Colo. and Cindy Scheck of Anaconda, Mont.; a son-in-law, Robert Griffith of Loveland, Colo.; 21 grandchildren; 14 great-grandchildren; and a great-grandchild.

Memorial services will be at 10 a.m. on Monday, May 14, 2012, at Our Lady of Perpetual Help Catholic Church, 307 W. 13. Goodland with inurnment to follow at the Goodland Cemetery.

There will be no visitation. Memorials to be designated by the family may be sent to Bateman Funeral Home, Box 278, Goodland, Kan. 67735.

Ronald C. Kernal

Ronald C. Kernal, 47, was found dead in his home on Tuesday, May 8, 2012.

He was born May 30, 1964, to Harley and Anni Kernal in Goodland. Mr. Kernal grew up in Goodland and attended school there.

Mr. Kernal was disabled and enjoyed fishing.

Preceding him in death were his father and three sisters, Elke, Patricia and Sonja.

Survivors include his mother of Goodland; four brothers, Harley (Quinn) Kernal of Lakewood, Colo., Pat Kernal of Wichita, Don Kernal and Juergen Kernal of Goodland; a sister, Cindy Kernal of Moline, Ill.

Cremation has been chosen and no services are planned.

Memorials to the family may be sent to Bateman Funeral Home, Box 278, Goodland, Kan. 67735.

Howard Peter

The memorial services for Howard Peter, 83, will be at 11 a.m. on Saturday, May 19, 2010, at Bateman Funeral Home, 211 E. 11th, Goodland. A reception will follow

the service. Memorials may be sent to the funeral home, Box 278, Goodland, Kan. 67735.

Betty Zeman

Memorial services for Betty Zeman, 75, will be at 1 p.m. on Monday, May 21, 2012 at Bateman Funeral Home, 211 E. 11th.

Memorials may be sent to the funeral home at Box 278, Goodland, Kan. 67735.

Terry E. Pfannenstiel

Longtime Goodland, Kansas resident Terry E. Pfannenstiel, 60, died Friday, May 4, 2012, at his home.

He was born August 14, 1951, at Ransom, the son of Berniece (Landwehr) and Harold F. Pfannenstiel. He graduated with the class of 1969 from Ransom High School and furthered his education at Pratt Junior College.

On July 25, 1970, he and Wilma Marie Haug were married at St. Aloysius Catholic Church in Ransom. In 1978, they moved to Goodland to make their home. He was a salesman at Finley Motors in Goodland.

His memberships included Our Lady of Perpetual Help Catholic Church, Knights of Columbus, American Legion, and Sugar Hills Golf Club. He enjoyed playing golf; baseball games; fantasy football; and gardening, in which he took special pride in his yard. He especially loved his grandchildren.

Preceding him in death was his father Harold Pfannenstiel.

Surviving family includes his wife Wilma Pfannenstiel of Goodland; daughter Tara Mull and her husband Devlin

of Goodland; son Brian Pfannenstiel and his wife Susan of Parker, Colorado; five grandchildren Brandt Mull, Brock Mull, Braylon Mull, Gavin Pfannenstiel, and Garet Ray; mother Berniece Pfannenstiel of Ransom; brother Duane Pfannenstiel and his wife Susan of Aurora, Colorado; brother Galen Pfannenstiel and his wife Debbie of Ness City; sister Elaine Freeman and her husband Ron of WaKeeney; and brother Marlin Pfannenstiel and his wife Bonita of Ransom.

The Mass of Christian Burial will be Tuesday, May 8, at 10 a.m. MT, at Our Lady of Perpetual Help Catholic Church in Goodland, with Father Norbert Dlabal presiding. Burial will follow in the Goodland Cemetery.

Friends may share their respects on Monday, from 3-5 p.m. MT, at Koons Chapel.

Vigil and rosary will be on Monday, at 7 p.m. MT, at Our Lady of Perpetual Help Catholic Church in Goodland.

Memorials may be designated to his Grandchildren's Education Fund, and may be left at or mailed to Koons Funeral Home, 211 N. Main, Goodland, KS 67735-1555.

dance.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.

thrift store

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. Avis Alcorn. **Monday:** a.m. Shelby Miller. **Tuesday:** a.m. Jan Lambert.

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 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. For information call 890-2552.

crimestoppers

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 against crime.

The police department can also be called at 890-4570.

family shelter

The Northwest Kansas Domestic and Sexual Violence Services provides help day or night to victims of domestic violence and sexual assault. Weekly support groups are available in Hays. Support group for women's domestic violence victims/survivors is from 3:30 to 4:30 p.m. Central Time on Wednesdays; a men's domestic violence victims/survivors support group from noon to 1 p.m. Central Time Tuesdays; and a youth support group is available by appointment. A sexual violence 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 or help, call (800) 794-4624. In the Colby area, call (785) 443-1130.

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.

When weary pause for relief

Are you weary? Have you hit the wall and feel completely drained? If yes, I know how you feel. This has been a tough week for me. I think my drive took a vacation this week and forgot to leave me a note. Fortunately, I've learned what to do when the ol' drive hits the road. I take time to do things that refresh me physically and mentally. I go for a walk, catch up on sleep, to quit. It is a signal to hit the pause button not to listen to good music, read a good book, drink



jamie morphew

business tips

more water in the race. Remember the tortoise and the hare? You get Slow and steady wins the race every time. 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 e-mail wkbc@wbsnet.org.

Grower's Outlet Store
Local Products - All Natural

GOOD LAND BEEF Buffalo and Grass-Fed Beef

GRASS-FED

The Buffalo Guys
Nature's Best Meat in Your Store or at Your Door

Free Pack of Buffalo Sausages with each order!
While supplies last. Offer good for in-store purchases only.

Stop in and start eating better today!
114 W 12th Goodland, KS
785-899-9274 ♦ 855-330-1493 ♦ 8-5 M-F

Especially for MOM

17th Street Diner's Mother's Day Buffet
Sunday, May 13 from 11 a.m. to 2 p.m.

Prime Rib, Ham, Fried Chicken, Mashed Potatoes, Vegetables, Soup & Salad

Party of 5+, reservations are suggested!

118 E. 17th St., Goodland
PHONE: (785) 890-6757

Summer Matinee Movie passes on sale at Public Library!

MAY 4-17
The Avengers 3D (PG-13)
Intense sequences of sci-fi violence and action throughout and a mild drug reference.
www.goodlandnet.com/movies

Bring this AD to the theatre: \$1 OFF on large popcorn. Exp. 12/31/12

Nightly 7 PM
No Matinee Mother's Day

Sherman
1203 Main - Phone 899-6103

Celebrate Mother's Day
Invite friends and family to enjoy a free concert! It's going to be a great night!

Eternity Focus
Contemporary Christian Musicians

LIVE IN CONCERT!

Sunday, May 13 at 6 p.m. MT
Harvest Evangelical Free Church
521 E. Hwy. 24, Goodland

Classifieds work! 899-2338