

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

the calendar

calendar

There will be a Goodland Community Blood Drive from noon to 6 p.m. on Thursday at the Methodist Church, 12th and Sherman. This is the Battle of the Walmarts - Goodland vs Colby.

Registration for Junior Golf will be on Tuesday, May 29, starting at 9 a.m. at Sugar Hills Golf Club. The fee is \$20 and is for golfers from eight through 17. The first tournament is on Monday, May 28 at Colby. If you need a card for the Colby tournament call Connie Livengood at 899-3482 or 821-4344 or Sugar Hills County Club 899-2785.

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: Gold day. Wednesday: Black day. Thursday: Gold day. Last day of school.

school menu

West Elementary School Today: Breakfast - cook's choice. Lunch - cook's choice. Wednesday: Breakfast - cook's choice. Lunch - cook's choice. Thursday: Breakfast - cook's choice. Lunch - cook's choice. Central Elementary School Today: Breakfast - whole grain waffles, sausage links, fresh pears and milk. Lunch - chicken nuggets,

mashed potatoes, gravy, steamed broccoli, wheat bread with jelly, slushie and milk. Wednesday: Breakfast - breakfast pizza, fresh fruit mix, whole grain toast with jelly and milk. Lunch - pork rib on a bun, fresh broccoli, fruit cocktail, slushie and milk. Thursday: Breakfast - doughnuts, cereal, grapes and milk. Lunch - hot dogs, baked beans, chips, honeydew, slushie, ice cream sandwich and milk.

senior menu

Today: Cook's choice entree, cheesy broccoli, mixed fruit, bread and bar cookie. Wednesday: Lasagna, spinach salad, pears, garlic bread and pudding. Thursday: Chicken pasta salad, carrots and onions, citrus slices, bread sticks and spice cake. Friday: Hamburger patti, potato salad, baked beans, bun and cottage cheese with fruit.

obituary

Richard M. Parish

Richard M. Parish, 74, a retired State Highway Department employee from Goodland, died Saturday, May 19, 2012, after a battle with cancer.

He was born April 16, 1938, to Meredith and Verna Parish in Detroit, Mich. His family moved to Goodland early in his life. Mr. Parish attended school in Goodland.

Mr. Parish enjoyed working on cars and completed several specialty schools for auto mechanics and he spent his early adult life working in Goodland and Illinois as a mechanic. He retired from the State Highway Department after 26 years in 2000.

His hobby was working on vintage automobiles and helping others with similar interests.

Preceding him in death were his parents and a sister, Ellen Bradshaw on April 27, 2012.

Survivors include a brother-in-law, John Bradshaw of Goodland; a nephew, Kevin Bradshaw; a cousin, Larry Walz; and a long-time friend, Vera Beneda.

Services will be at 10 a.m. on Thursday, May 24, 2012, at Bateman Funeral Home, 211 E. 11, Goodland, Kan., with burial at 3 p.m. at Wilson.

There will be visitation. Memorials to be designated by the family may be sent to the funeral home.



Parish

birth

Krista Elizabeth Evert

Krista Elizabeth Evert was born at 12:19 p.m. on Thursday, April 26, 2012, at Mercy Regional Health Center in Manhattan. She weighed 7 pounds, 12 ounces and was 10 1/4 inches long.

Her parents are Alex and Heather Evert of Manhattan. Her paternal grandparents are Steve and Marcia Evert of Goodland and her great-grandparent is Verla Manderscheid of Stafford. The maternal grandparents are Sharan Kerl of Hiawatha and great-grandparents are Dorothy Ker of Hiawatha and Kenneth and Dolly Hunzeker of Table Rock, Neb.

Krista was welcomed home by her two-year old sister, Elly.



Krista Evert

New heart valve treatment available

KANSAS CITY, Kan. - The University of Kansas Hospital recently became part of an exclusive club; one of the few hospitals in the country offering the new Sapien transcatheter aortic heart valve. Sapien is the first valve approved in the United States that doesn't require open heart surgery to place in a patient's chest. The University of Kansas Hospital is one of the few approved to use this procedure to treat aortic stenosis, a fatal disease found in millions of seniors which causes narrowing of the aortic valve. Without an operation, most aortic stenosis sufferers die within two years.

With the Sapien valve, doctors can replace the bone saws and deep incisions of open heart surgery with a catheter the size of a pencil that can be snaked through an artery. A major advantage of the Sapien valve is the procedure can be done on a patient whose own heart keeps beating and

does not require cardio-pulmonary bypass. This is important for patients who are too old or too sick to qualify for traditional open-heart surgery.

"This is one of the most transformative developments I've seen in my career," said Dr. Trip Zorn, a cardiac surgeon who's leading the team that's implanting the device into patients. "I think a lot of people would refer to this as a game changer."

Edwards Lifesciences Corp., maker of the Sapien valve, says so far more than 15,000 patients around the world have received the Sapien valve. It was approved for use in the United States by the Food and Drug Administration in November, 2011.

Surgeons at The University of Kansas Hospital began implanting the device in February 2012 and expect to treat 15 to 20 patients with the Sapien valve in the first year.

How to cope tips for stroke caregivers

May is American Stroke Month. Stroke is the number four killer of all Americans and each year, approximately 795,000 Americans have a new or repeat stroke. About seven million stroke survivors are alive today. Here are some tips to help family members cope if they are now stroke caregivers.

1. Understand the recovery process. Learn what medications have been prescribed and their side effects. Ask if your home should be modified to meet the survivor's needs. Ask a doctor, nurse or therapist to answer any questions or to provide written information that explains what occurs after the stroke and during recovery.

2. Reduce risks or stroke may strike again. A survivor who's had one stroke is at high risk for another one if treatment recommendations aren't followed. Make sure he/she eats a healthy diet, exercises, takes medicine as prescribed and has regular doctor visits.

3. Recovery depends on many factors: where in the brain the stroke occurred, how much of the brain was affected, the survivor's motivation, caregiver support, the quantity and quality of rehabilita-

tion, and how healthy the survivor was before the stroke. Because every stroke and survivor are unique, avoid comparisons.

4. Gains can happen quickly or over time. The most rapid recovery usually occurs in the first three to four months, but some survivors continue to recover well into the first and second year after stroke.

5. Consider physical or occupational therapy if your loved one has dizziness; imbalance resulting in falls, difficulty walking or moving around; inability to walk six minutes without stopping to rest; inability to do things he/she enjoys like recreational activities or family outings, or increased need for help with daily activities.

6. Don't ignore falls, which are common after stroke. If a serious fall results in severe pain, bruising or bleeding, go to the emergency room for treatment. If minor falls (no injury) occur more than twice in six months, see your doctor or physical therapist for treatment.

7. Measuring progress matters. How much rehab therapy your loved one receives depends partly on his/her rate of improvement. Stroke survivors in an acute rehab unit are expected to make measurable gains

each week in daily living, mobility and communication skills as measured by the Functional Independence Measure Score. The typical expectation is improving one to two points per day.

8. A change in abilities can trigger a change in services. Medicare coverage for rehab therapies may be available if your loved one's physical function changes. He/she may be eligible for more services if there seems to be improvement or a decline in motor skills, speech or self-care since the last therapy session.

9. Monitor changes in attitude, behavior. Evaluate whether your loved one is showing signs of emotional lability (difficulty controlling emotions). Consult a physician to develop a plan of action.

10. Treat depression before it hinders recovery. Post stroke depression, which affects 30 to 50 percent of survivors, can significantly affect recovery. Consult a doctor to develop a plan of action.

11. Seek support. Ask your case manager, social worker or discharge planner to help you find community resources such as stroke survivor and caregiver support groups.

12. Assess your insurance cov-

erage; 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.

hospital volunteers

Gift shop hours are Today: a.m. Jan Lambertz. Wednesday: a.m. Fern Neckman. Thursday: a.m. Helen Musil. Friday: a.m. Avis Alcorn.

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.

erage. Ask your case manager or social worker to find out what insurance will pay for rehab services. Clarify what medical/rehab services are available for hospital/outpatient care, the length of coverage provided by your insurance and what out-of-pocket expenses you can expect.

13. Know when to enlist help. If rehab services are denied due to lack of "medical necessity," ask your doctor to intervene on your behalf. Ask him/her to provide records to the insurance carrier and, if needed, follow up yourself by calling the insurance company.

14. Know your rights. You have the right to access your loved one's medical and rehab records. You are entitled to copies of the medical records, including written notes and brain imaging films.

15. Take care of you. Ask another family member, friend or neighbor to help while you take time some for yourself. Keep balance in your life: eat right, exercise or walk daily and get adequate rest.

For more tips, tools and support, visit www.StrokeAssociation.org/caregivers.

RETIREMENT RECEPTION

USD 352 would like to invite the public to attend a Retirement Reception on **Friday, May 25, 2012 from 3-5 p.m.** at the Administration Building, 1312 Main, Goodland. Those being honored are Janet Davis, Mary Kratky, and Maggie Hernandez.

Classifieds work!

899-2338

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FUN BY THE NUMBERS

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Level: Beginner

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!