

patient news

**Fred Kirby** is home from the hospital after triple bypass surgery. Send cards to him at 624 Sherman, Goodland, Kan. 67735.

activities

**Tours of the 1907 Victorian House** at 202 W. 13th are from **1-5 p.m. Wednesday-Sunday**.

**“Kansas Quilts of Old”** is on display from **9 a.m.-5 p.m. Monday-Friday** and from **9 a.m.-4 p.m. Saturday** at the High Plains Museum, 1717 Cherry Ave.

The **Carnegie Arts Center** is open from **10 a.m.-5 p.m. Tuesday through Friday** and from **1-4 p.m. Saturday, Sunday and Monday**. Stained glass creations by Twila Large of Ellis will be on display through Saturday, July 31.

**Emotions Anonymous** meets at **7:30 p.m. Wednesdays** at the Goodland Regional Medical Center board room.

**Century Families**, for people whose family came to Sherman County more than 100 years ago, meets at **7 p.m. the second Monday** of the month at the Senior Center. For information, call 899-2835.

**Aerobics Classes - 7:30 a.m.** aerobics classes are offered daily at the Goodland Activities Center. Tena Tompkins leads a step aerobics class at **5:30 a.m. Monday, Wednesday and Friday**. On Tuesday and Thursday, a less intense class is offered. Call 890-7242.

**TOPS Meetings - Take Off Pounds Sensibly** meets at **5:30 p.m. Mondays** at North Elementary School. Weigh-in is at 5 p.m.

**Big Brothers/Big Sisters** of Sherman County is seeking mentors and children to mentor. Call 899-3665.

**Alcoholics Anonymous S.O.S. Group** holds open meetings at **7 p.m. Monday** at the Trinity Lutheran Church, Seventh and Senter, Burlington. Call Pamela at 719-346-7711 or Dave at 890-2858.

**Alcoholics Anonymous** meets at **8 p.m. Monday-Thursday and Saturday** at 1013 Center. Saturday is an open meeting with Al-Anon, families of alcoholics, meeting in the same room. **Al-Anon also meets at 8 p.m. on Monday** in a different room. For Alcoholics Anonymous, call Rob at 890-3023 or Linda at 399-2353. For Al-Anon, call Cheryl at 890-3023.

**Fibromyalgia and Chronic Myofascial Pain Support Group** meets from **6:30-8:30 p.m. the**

the calendar

calendar

**Goodland Music Boosters** called band and vocal students for **working at the Kiwanis booth** during the fair. If you did not get a phone call, call Connie Grieve at 899-5957.

**Entries** are being taken for the **Northwest Kansas District Free Fair Parade** until **Wednesday**. The theme is “Hot Fun in the Summer Time,” and the parade will line up at 5 p.m. at 17th and Main and proceed north to Eighth St. Enter at the Kansas State Research and Extension Office, 813 Broadway, Room 301, Goodland. Call 899-4880.

The Goodland Arts Council will host a **Watercolor Workshop** conducted by local artist Elwyn Vatcher. The workshop will be from **6:30-8 p.m. Wednesday and Thursday, Aug. 11 and 12, and Wednesday and Thursday, Aug. 18 and 19**, at the

Carnegie Arts Center. Class size is limited, and **registration deadline is Monday**. To sign up, call the arts center at 785-890-6442.

The **Smoky Gardens Archery Club** will have a shoot at **10 a.m. Sunday, Aug. 8**, at the range, east of Arcade by the railroad tracks. Call Chuck Engel at 890-5174 or William McKnight at 890-5358.

City/County Recreation will have **“Tennis for Everyone” at 8 a.m. Saturday, Aug. 14**, at Steever Park. Registration for the tournament will start at 7:30 a.m., and there is a charge. The four age categories are 8-13, 14-19, 20-45 and 46 and over. There will be first and second place awards; the 8-13 ages will all be awarded. Everyone is guaranteed two matches. Pre-register at 204 W. 10th by Aug. 10.

**SHARE sign up** for the August distribution of food will be until **Monday, Aug. 16**, at the

Sherman County Health Department, Harvest America, the Regional Prevention Center or the Kanorado Senior Center. Pick up will be **Saturday, Aug. 28**, for the August distribution.

The **annual book sale** will continue through Saturday, Aug. 21, at the Goodland Public Library. There will be hardback and paperback books, magazines, audio cassettes, video cassettes and computers for sale. Library hours are 10 a.m.-7 p.m. Monday-Thursday and 10 a.m.-5 p.m. Friday and Saturday.

senior center menu

**Wednesday:** Sausage gravy, seasoned zucchini or squash, pineapple chunks, biscuit and hunter cookie. **Thursday:** Roast turkey, sweet potatoes, Italian blend vegetables, dinner roll and peaches. **Friday:** Sloppy joes, cheesy broccoli, cook’s choice fruit, bun and brownie.

health department

The Sherman County Health Department at 1622 Broadway is open from 8 a.m.- noon and 1-5 p.m. Monday-Friday.

**Wednesday:** Blood pressures 9:30 a.m. at the Goodland Senior Center. **Thursday:** WIC in Colby. Scheduled appointments. **Friday:** Scheduled appointments.

The next cholesterol clinic will be Thursday.

Infants’, children’s and adult’s immunizations, physicals, fasting blood sugar, cholesterol and hemoglobin, family planning and toenail clipping available by appointment. Sharps containers are available free. Call 899-4888.

If you have questions, concerns or complaints about child care, call the health department.

**Water Testing**—The Northwest Local Environmental Protection Group does free well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the Health Department at 899-4888.

hospital volunteers

**Wednesday:** S. Hayden, a.m.

cell phone drive

Save a Life Give a Phone collects used cell phones and refurbishes

them to provide 911 access for elderly, disabled, the YWCA Domestic Violence Shelters and domestic violence victims nation wide. The group has a drop-off point at American Communications, 813 Main. Call Jeannie Topliff at 899-2426 or Candice 866-448-2366.

farm services

Farmers in Sherman, Cheyenne and Wallace counties who suffered crop or livestock losses because of natural disasters can apply for U.S. Farm Service Agency emergency loans. The farm service office at 210 W. 10th in Goodland is open from 8 a.m.-4:30 p.m. Monday-Friday. Call 899-3070. Applications for loans will be accepted until Thursday, Sept. 23.

thrift store

Anyone wanting to donate to the Goodland Churches Thrift Shop should call 899-2007 to arrange to meet by the door in the alley and take donations directly from the car to the warehouse.

alateen

A former Alateen member and an Al-Anon member have formed an Alateen support group that will meet from 6-7 p.m. on Mondays at 1275 W. Sixth in Colby. The group is for relatives and friends of alcoholics and is open to anyone 19 years old or under. Call 785-462-8152 or 462-6101.

tiny-k

The Early Intervention Networks has a new name, Tiny-k Early Intervention Services. The program promotes development among infants and toddlers with special needs. The Northwest Kansas Educational Service Center in Oakley provides these services free of charge to children in this area.

Services include speech, developmental, vision and hearing screenings to all children and physical/occupational therapy and developmental training to children who qualify. Call 785-672-3125, ext. 115.

preschool

Sherman County Head Start is a free preschool for eligible three and four 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. Families interested in having their child in the program should

call Julie Dautel or Carrie Starns at 899-2552 or go to Sherman County Head Start, 823 W. 11th.

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.

family shelter

The Northwest Kansas Family Shelter provides services day or night to victims of domestic violence and sexual assault. Weekly support groups are available for women and children. **Support groups** that will be available beginning March 2 are two **women’s** domestic violence victims/survivors support groups, one from **9-10 a.m. Central Time on Tuesdays** and one from **5:30-6:30 p.m. Central Time on Wednesdays**; a **men’s** domestic violence victims/survivors support group from **noon-1 p.m. Central Time Tuesdays**; and a **youth support group**. All groups will meet in Hays. For information or help, call (800) 794-4624. For time and location of youth support group, ask for Donna Munsch.

tree donations

Many trees at the Goodland Cemetery have died and the cemetery board is trying to replace them. Contributions for the Goodland Cemetery Memorial Tree Fund can be left at Koons or Bateman funeral homes or sent to the Goodland Cemetery Board, Box 59, Goodland, Kan. 67735. Donations may be made in memory of a loved one.

animal shelter

Lost a pet? Call the Goodland Police Department at 899-4570. Interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 899-6464.

obituary

Eula Cook

Eula A. Cook, 74, died Sunday, July 25, 2004, at the Sherman County Good Samaritan Center.

Services are pending with Koons Funeral Home, 211 N. Main, Goodland, Kan. 67735-1555.

Teachers scarce, expensive, so county set up normal school

By Evelyn Ward

*Sherman County Historical Society*  
**July 27, 1904:** County Superintendent John Reed has all arrangements made for the Sherman County normal institute, which will begin the first Monday of next month, Aug. 1.

He says that teachers in this county are not as plentiful as they used to be, and one of the results of it will be that competition will be maximum among school boards and minimum with the school teachers.

The teachers seem to have gotten a corner on wisdom through natural causes and may now force the market price to suit themselves. Mr. Reed will conduct the normal and will have for the instructors Profes-

today in history

sors Mallory and McCormick of Goodland and W.E. Ray of Colby. A fair enrollment is expected.

**July 28, 1904:** 140 Miles in 138 Minutes — Engineer George Kelley Makes Record Run, Phillipsburg to Goodland — Engineer George Kelly, with engine 1322, Wednesday pulled train No. 41, five coaches, from Phillipsburg to Goodland, 140 miles in 138 minutes; making up 57 minutes and arriving on time, 3:55 p.m. in Goodland.

Coming west, water is generally taken at Jennings, but he pulled to Colby, the next watering place.

From Phillipsburg to Jennings, Kelly made 59 miles in 54 minutes. The whole run was made on an average of a little more than a mile a minute, and on an up grade.

Traveling Engineer Thomas T. Graville was on the engine and witnessed the remarkable feat.

A few years ago, Engineer Henry Adams, on a run from Goodland to Phillipsburg, made up 64 minutes, the average being better than a mile a minute.

But the east bound pull, being down grade, is more favorable for a fast record than the west up grade run. Engineers say Kelly’s run beats

the record from Phillipsburg to Goodland.

**July 29, 1904:** Quarantine of Live Stock — Western Kansas Cattle Again in Bad Repute — The Kansas live stock sanitary commission, for the protection of the live stock interest in this state, and to prevent the spread of itch or mange, which is claimed to be very prevalent among cattle in the western portion of the state, recently recommended to Gov. Bailey that the “infected” short grass district be quarantined.

And acting upon their suggestions Mr. Bailey has again corralled the cattle in western counties by quarantine.

Briefly the rules governing the quarantine are as follows: Rule 1 —

Cattle may not be removed to another pasture, nor received for railroad shipment, until subjected to one of the standard dips. Removal of cattle for purpose of dipping allowed within county or to adjacent territory.

Rule 2 — Cattle in quarantined territory may be shipped for immediate slaughter without dipping. Moving for grazing must have sheriff’s affidavit; in this case cattle must be ready to immediately move to destination, otherwise Rule 1 holds.

Rule 3 — Where the itch is known to exist, the proclamation enjoins immediate dipping; failure by owner throws duty on sheriff, who shall dip and charge expense to owner.

Rule 4 — Recites penalty for violation of any of these rules by railroads, stockyards companies, employees or persons whatsoever. Conviction contemplates fine in any sum not less than \$100 nor more than \$5,000.

Cattle in Sherman county are in a healthy and thrifty condition. A good deal of dipping was done in this county last year, and our cattle men are now of the opinion that whatever of the disease existed heretofore has been stamped out.

*From weekly issues of The Goodland News, provided by the Sherman County Historical Society. Since the paper was published weekly, some items were arbitrarily assigned a date.*

Children need time to mourn loss of pet; replacement should wait

Dear Plain Sense: Our 9-year-old daughter lost her constant companion of six years, a lovable collie mix.

Friends have advised us to get another dog to help her get over the loss of this dog. We don’t know what to do and want to help our daughter deal with her loss.

Do not be in a hurry to replace the deceased pet with another pet. Replacing the pet too soon might result in the new animal being ignored or not taken care of properly.

Allow your daughter and the rest of the family time to grieve. Encourage your daughter to talk and cry over her loss. It’s also okay for the



high plains mental health

- plain sense

parents to cry with the child if they feel sad.

When she talks about her sorrow at her loss, listen so that healing can begin for her. Allow her to have a memorial for her pet or be involved in the burial if this is possible. These rituals allow for some healing to occur.

At nine, the irreversibility of

death becomes real to children, and they should be told the truth about the death and allowed to talk about their pet.

Distress over the loss of a beloved animal companion is normal and healthy, and the child will benefit

from the openness and caring of family and friends.

A person cannot run away from the pain of a close loss whether it is a person or a pet.

Just because children do not react as overtly as adults or communicate directly by words, that does not mean they aren’t experiencing strong reactions inside.

Not infrequently, the loss of a pet

**Dan Rasure**  
State Senate  
danrasure.com  
sign up for Dan's weekly newsletter by emailing him at **dan@danrasure.com**

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