

Historic places part of 'Drive the Byway'



Fort Wallace Museum (above) was one of the stops on the Byway Highway weekend Saturday and Sunday. Inside people found a special exhibit of photos from professional and amateur photographers illustrating the striking natural beauty and historical sites of Wallace County. Refreshments were available for those who stopped. Sharon Springs hosted

its annual Car Show on Saturday with more than 70 vehicles in a variety of categories. An unusual 1947 Ford pickup (top right) was entered by Bill Farland. The Kansas National Guard was present with Sgt. McClellan taking about the guards activities.

Photos by Tom Betz/The Goodland Star-News



Physical activity key to decreasing arthritis pain

May is National Arthritis Awareness month and a great time to take action to manage the symptoms of arthritis. Although nearly 509,000 adults in Kansas who have arthritis are painfully aware of their symptoms, many still do not know there is something they can do about it.

"Being more physically active is probably the single best thing a person with arthritis can do to reduce and manage their pain," said Dr.

Robert Moser, Secretary, Kansas Department of Health and Environment. "Even with small increments of increased physical activity, a person with arthritis can decrease their pain, increase their flexibility and get a better night's sleep."

As part of National Arthritis Awareness Month in May, Kansans who have pain and activity limitations due to arthritis are encouraged to work with their physician

to become more physically active. Research has shown that pain and activity limitations can be reduced with 30 minutes a day of physical activity most days of the week.

The Kansas Arthritis Program, in collaboration with the Arthritis Foundation, is launching a new program designed to help people with arthritis and other chronic conditions manage their joint pain and improve their health. The Ar-

thritis Foundation Walk with Ease Program is designed to encourage people with and without arthritis to get started walking and stay motivated to keep active anytime of the year.

Two different formats of the program are available; a group format led by a trained leader that meets three times per week or an on-line version, geared to individual participants, with on-line support pro-

vided through video instruction, a message board and e-mail prompts. May is the perfect time to get outside and add some physical activity to your day to help reduce or manage the pain associated with arthritis or other chronic conditions.

Research continues to support the benefits for people to be more physically active, including those persons with arthritis. Scientific studies have shown that participa-

tion in moderate-intensity, low-impact physical activity improves pain, function, mood and quality of life without worsening symptoms or disease severity. Being physically active can also delay the onset of disability if you have arthritis.

For more information on Walk with Ease and other physical activity programs for individuals with arthritis go to: www.kdheks.gov/arthritis.

sunflower 4-h

The Sunflower 4-H Club met on Monday, April 18, at Edwards Hall for our annual parents meeting. The parents take the place of our regular officers usually proving that it's not as easy to run a meeting as it looks.

President Helen Dobbs called the meeting to order at 7:05 p.m. Following the flag salute and 4-H Pledge by Tina Anderson, roll call of "How Many States Have You Been In," was answered by 14 members, 11 parents, one guest and Leader Cris Wilson.

Randy Berls led the club in singing "Here Comes Peter Cottontail." Minutes of the March meeting were approved. The Treasurer's report

was presented by Randy Berls.

Correspondence was read by Secretary, Leon Volk from the "Run For The Wall" committee, Library Summer Reading program, and the 4H Spring Show. Reporter Leon Volk stated the minutes of the March meeting were published in the Goodland Star-News. Historian Connie Johnson asked all members to send any photos or club activity news so that it can be included in the Historian Yearbook.

Leader Cris Wilson reported on our participation in the "Take Charge Challenge" pizza contest and concessions for Spring Livestock Show. She announced

that Ryan Volk received a Bronze Lifeskills award at Regional 4-H Days. She also introduced new member, Sage Newman.

Under New Business, the club voted to send \$100 to the Summer Reading Program and \$50 for the "Run For The Wall." The bill for Smitty Sports for additional club T-shirts was also paid.

Connie Johnson presented a demonstration on preparing a scrapbooking page. Jon Anderson presented a current event on today's current market prices. Janet Arnold read a poem by her great-grandmother about her father.

Tina Anderson organized a relay

game involving saltine crackers and whistling. The next meeting will be at 7 p.m. on Monday, May

16, at Edwards Hall. The meeting was adjourned by Helen Dobbs at 8:03pm. Refreshments were served

by the Volks.

Leon Volk on behalf of Ryan Volk, reporter for parents night

Light the way to a cure

Keep the fire of hope burning by purchasing a luminaria candle in memory of someone lost to cancer, in honor of someone still fighting, or in special recognition of someone who has beaten this dreaded disease.



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Friday & Saturday – June 3 & 4

7 p.m. to 7 a.m.

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Please join us for the luminaria ceremony at 9 p.m.

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