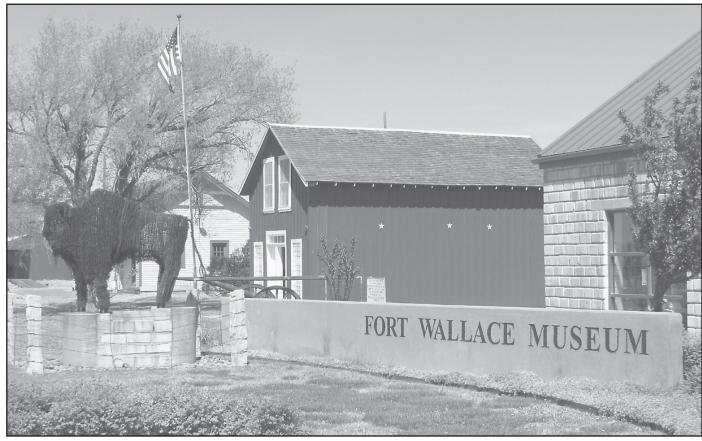
## Historic places part of 'Drive the Byway'



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 quards activities.

Photos by Tom Betz/The Goodland Star-News





## Physical activity key to decreasing arthritis pain

ness 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

May is National Arthritis Aware- Robert Moser, Secretary, Kansas to become more physically active. Department of Health and Environment. "Even with small increments of increased physical activity, a person with arthritis can decrease activity most days of the week. their pain, increase their flexibility and get a better night's sleep."

Awareness Month in May, Kansans who have pain and activity limitations due to arthritis are encourand manage their pain," said Dr. aged to work with their physician

Research has shown that pain and activity limitations can be reduced with 30 minutes a day of physical

The Kansas Arthritis Program, in collaboration with the Arthritis As part of National 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 vided through video instruction, a tion in moderate-intensity, low-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-

message board and e-mail prompts. impact physical activity improves 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 arthritis go to: www.kdheks.gov/ studies have shown that participa-

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

## 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 In," was answered by 14 members, 11 parents, one guest and Leader Historian Yearbook. Cris Wilson.

was presented by Randy Berls.

Correspondence was read by "Run For The Wall" committee, member, Sage Newman. 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 T-shirts was also paid. "How Many States Have You Been to send any photos or club activity

Randy Berls led the club in sing- on our participation in the "Take market prices. Janet Arnold read ing "Here Comes Peter Cottontail." Charge Challenge" pizza con- a poem by her great-grandmother Minutes of the March meeting were test and concessions for Spring about her father. approved. The Treasurer's report Livestock Show. She announced

Light the way to a cure

Keep the fire of hope burning by purchasing a luminaria candle in memory of someone lost to cancer,

that Ryan Volk received a Bronze

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

Connie Johnson presented a demnews so that it can be included in the onstration on preparing a scrapbooking page. Jon Anderson presented a Leader Cris Wilson reported current event on today's current

Tina Anderson organized a relay

game involving saltine crackers 16, at Edwards Hall. The meeting by the Volks. Lifeskills award at Regional 4-H and whistling. The next meeting was adjourned by Helen Dobbs at Secretary, Leon Volk from the Days. She also introduced new will be at 7 p.m. on Monday, May 8:03pm. Refreshments were served reporter for parents night

Leon Volk on behalf of Ryan Volk,



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