

card showers

Edna McClung will celebrate her 101st birthday on Sunday, May 15, 2011. Cards may be sent to her at Good Samaritan-Sherman County, 208 W. 2nd Room 102B, Goodland, Kan.

After three weeks at Debaky Heart Center in Hays Hank Elliott is now recuperating at Goodland Regional Medical Center, 220 W. 2, Room 136, Goodland, Kan.

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 through Friday, from 9 a.m. to 4 p.m. Saturday and from 1 to 4 p.m. Sunday.

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 from 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. Story Hour for preschool kids, ages 3 to 5, are Wednesday mornings 10 to 11 a.m., Wednesday afternoon 3 to 4 p.m. and Thursday morning 10 to 11 a.m. Born to Read for kids aged 0 to 3 years and their parents or caregiver will meet from 10 to 10:30 a.m. on Friday mornings. 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. They will use the book "The 5000 Year Leap" by Cleon Skousen as the framework for the studies.

Big Brothers/Big Sisters of Sherman County is seeking mentors and children to mentor. Call 890-3665.

Goodland Mothers of Preschoolers (MOPS) will meet from 6 to 7:30 p.m. the first Monday of the month from October through May at the First Baptist Church, 12th and Main.

The Good Sam Family Support Council meets at 7 p.m. the first Thursday of every month at the Goodland Elks Lodge. Meetings are open to all interested people. For information call 890-3117 or 890-5936.

Diabetes Support Group meets at 4 p.m. the last Tuesday of each month in the large board room at Goodland Regional Medical Center. Patients, family and friends meet

the calendar

calendar

The Carnegie Arts Center's Saturday's Art Class will be from 10 to 11 a.m. on Saturday, May 14. The class will be on crayon and water color drawings of summer. The student exhibit for May will be on American artists. For information call 890-6442.

Prairie Land Food distribution is 1:30 to 2:30 p.m. on Saturday, May 21, at the Knights of Columbus, 7th and Caldwell. For information call 821-4364 or 821-1275 or order online at www.prairielandfood.com.

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.

senior menu

Today: Barbecue pork sand-

wich, potato rounds, broccoli/cauliflower salad, bread and fruit mix. Monday: Hamburger or sausage gravy, mashed potatoes, seasoned corn, bread and apricots. Tuesday: Mom's turkey casserole, Italian blend vegetables, beets, bread and cinnamon apple slices. Wednesday: Chili dog with cheese, coleslaw with carrots, pears, bun and bread pudding. Thursday: Meat loaf, mashed potatoes with gravy, half a banana, bread and birthday cake. Friday: Chicken patty sandwich, pasta salad with vegetables, cook's choice vegetable, bun and pineapple.

school menu

Today: Pizza, California blend, peaches, brownie and milk. Monday: Enchilada with cheese, lettuce, refried beans, watermelon and milk. Tuesday: Chicken sandwich with lettuce and pick-

les, french fries, grapes and milk. Wednesday: Tuna and noodles, peas, half an apple, banana bread and milk. Thursday: Tacos with lettuce and cheese, hash browns, peaches and milk. Friday: Mac and cheese with meat, vegetables, cinnamon bun, fruit cocktail and milk.

school calendar

Today: Gold day. 7 p.m. X-Presso guest night in high school auditorium. Monday: Black day. Boys regional golf. Regional baseball. Regional softball. Tuesday: Gold day. Regional baseball. Regional softball. Wednesday: Black day. 7:30 a.m. professional learning communities. Regional baseball. Regional softball. Last day for seniors. Thursday: Gold day. Regional baseball. Regional softball. Friday: Black day. Regional track

obituaries

Karla M. Doxon

Karla M. Doxon, 46, Edson, former Goodland health care provider at night, died Monday, May 9, 2011 at Hays Regional Medical Center at Hays.

She was born March 6, 1965, to Milton Suter and Rosell (Fisher) Suter of Cawker City. She attended elementary and junior high at Waconda School District. Her family moved to Sterling, Colo., her freshman year in high school. She graduated from Sterling High School in 1983.

December 1989 she and Curtis Doxon were married. The couple lived in Jewell. She worked at the Wright Corner and helped her husband on the farm. In May 2000 the family moved to Edson where the couple performed the daily operations on a farm for Spring Creek Family Farms near Edson.

Mrs. Doxon liked to help and care for people, pets and animals. Preceding her in death were a

daughter, Kelly Doxon and her father.

Survivors include her husband of home of Edson; three children, Michael Doxon of Goodland, Robert Doxon of Manhattan and Courtney Doxon of the home; her mother, Rosella Suter of Cawker City; and five brothers, Dan DePoy of Grand Island, Neb., Joe (JoEllen) DePoy of Glen Elder, Wes (Cindy) DePoy of Beverly, Allen (Brenda) DePoy and Carl Suter, both of Cawker City.

Services were at 1 p.m. (Mountain Time) on Thursday, May 12, 2011, at Jewell Trinity Methodist Church, 503 Main Street, Jewell.

Visitation was from 5 to 7 p.m. (Mountain Time) on Wednesday, May 11, 2011, at Kleppinger Funeral Home, 409 Broadway, Jewell, Kan. 66949.

Memorials to the Kansas Arthritis Foundation may be sent to the funeral home.

James L. Withers

James L. Withers, 76, Colby, retired Wallace County rancher and farmer, died Thursday, May 5, 2011, at Via Christi Regional Medical Center at Wichita.

He was born March 5, 1935 to Wilson Daniel and Viola Jean (Moffit) Withers at Colby.

Preceding him in death were his parents.

Survivors include Judie of the home; a son, Matthew G. (Nancy) Withers of Wichita; three daughters, Tammy L. (Randy) Robben of Sharon Springs, Connie R. (Shad)

Mehl of Leoti and Sallie J. (Elliot) Jensen of Andover; a brother, Robert (Louise) Withers of Colby; and nine grandchildren.

Services were Monday, May 9, 2011, at the Colby United Methodist Church, with the Revs. James Mardock and Guy Rendoff officiating and burial in the Beulah Cemetery with Mason graveside services.

Memorials for a fund to be designated in his name may be sent to Kersenbrock Funeral Chapel, 745 W. Country Club Dr., Colby, Kan. 67701.

You need to know how you're doing

Do you know how your business is doing? Do you monitor your financial statements and reports?



jamie morphey

• business tips

Ignoring problems doesn't make them go away. In fact, it usually makes them worse. If you don't understand your financial statements, get help from someone who does.

We all have different gifts. No one can do it all.

It's hard to ask for help. It's hard to share your financial information with someone else. But it's even harder to close a business, layoff employees and look for a job to pay

back business loans. 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 Morphey at (620) 874-0771 or e-mail wkbc@wbsnet.org.

each month for a speaker and educational program. Call Sarah Linton at 890-6044.

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 6 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.

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

The Goodland Activities Center has the following activities. Monday: 5:30 a.m. aerobics with Tena Tompkins and 5 p.m. taekwondo. Tuesday: 5:30 a.m., workout with Grady Bonsall. Wednesday: 5:30 a.m. aerobics with Tena Tompkins, 9:45 a.m. finding fitness class, 4 p.m. taekwondo classes and 5:30 p.m. aerobics with Lisa Malsom. Thursday: 5:30 a.m., workout with Grady Bonsall and 9:45 a.m. finding fitness class. Friday: 5:30 a.m. aerobics with Tena Tompkins and starting at 5 p.m. taekwondo classes. For information call 890-7242.

Goodland Alcoholics Anonymous meets at 8 p.m. Monday, closed meeting, Wednesday, the book meeting, and Saturday, an open meeting, at 1013 Center. For Alcoholics Anonymous, call Pat T. at 890-3915 or Laura at 821-4277.

Goodland Al-Anon Serenity Seekers group meets at 6 p.m. on

Mondays at 1013 Center. For information call Cheryl at 890-3023.

Goodland Adult Children of Alcoholics meets at 6 p.m. on Fridays at 1013 Center. For information call Laura or Marilyn at 821-4277 or 821-2862.

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. Families 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

matters of record

Deeds

David Alan Dorn, Executor of the Estate of Laura Bell Dorn, to Double D. Farming, LLC, the E/2 of Sec. 11, T8S, R40W, reserving a 1 acre tract for school purposes; a tract of land in NE/4 of Sec. 11, T8S, R40W.

David L. Wiegiers and Mariel L. Wiegiers, trustees of the David L. and Mariel L. Wiegiers Trust, dated September 19, 2006, to Tristan N. Thomas, a tract of land in W/2 of NW/4 of Sec. 31, T8S, R39W.

Shirley F. Churchill, Trustee of the 1997 Churchill Family Trust dated November 18, 1997, to Shirley F. Churchill, Trustee of the Robert K. Churchill Exemption Trust, the NW/4 of Sec. 17, T6S, R41W.

Brian L. Bauman and Brooke M. Bauman quit claims to Brian L. Bauman and Brooke M. Bauman, the N10' of E63' of Lot 21 and E63' of Lots 22, 23 and 24, Block 47, Second Addition to the City of Goodland.

Monna Rose Blank and Michael L. Blank to John McClelland and Peggy Scott, and undivided 1/2 interest in the W/2 of NW/4 of Sec. 1, T10S, R40W and S/2 of SW/4 of Sec. 36, T9S, R40W.

Timothy D. Douglas and Michelle L. Douglas convey and warrant to Timothy D. Douglas and Michelle L. Douglas, the E/2 of Lots 5, 6, 7, 8, 9 and 10, Block 2, Second Addition to City of Goodland.

Jarod R. Smades quit claims to Jarod R. Smades and Kimberly Jo Smades, Lots 26, 27, 28, 29 and 30, Block 10, CK&N Addition to the City of Goodland.

Lucile McCall, Melvin McCall and Dale McCall, all trustees of the Lucile McCall Revocable Trust dated January 11, 1988, to J. Kendall Cooper and Jacque S. Cooper, the S/2 of Lots 2 and all of Lot 3, Block 46, Beahm's Addition to City of Goodland.

Young adult's beliefs clash with behavior

Nine out of 10 Americans between ages 18-24 believe they're living healthy lifestyles - yet most eat too much fast food, drink too many alcoholic and sugar-sweetened beverages and engage in other behaviors that could put them at risk of stroke, according to an American Stroke Association survey released earlier this week.

The results are part of a survey of 1,248 Americans ages 18-44 on their attitudes about health, including influences of and beliefs about health behaviors and their risks for stroke.

Stroke is a leading cause of death and disability in America. Eight in 10 people between ages 25-44 years old believe they're living healthy lifestyles and are more likely to engage in healthy behaviors than 18-24 year olds participating in the survey.

"This survey shows the dangerous disconnect that many young Americans have about how their behaviors affect their risks for stroke and other cardiovascular diseases," said Ralph Sacco, M.D., neurologist and president of the American Heart Association/American Stroke Association. "Starting healthy behaviors at a young age is critical to entering middle age in better shape. The investment you make in your health now will have a large payoff as you age. We want everyone - especially young people - to strive to avoid

stroke, which can affect anyone at any age."

People who make healthy lifestyle choices lower their risk of having a first stroke by as much as 80 percent compared with those who don't make healthy choices, according to American Heart Association/American Stroke Association guidelines released in December. The healthy behaviors include not smoking, eating a low-fat diet high in fruits and vegetables, drinking alcohol and sugar-sweetened beverages in moderation, exercising regularly and maintaining a normal body weight.

Most 18-24 year olds said they want to live long and maintain quality health of life throughout. On average, they want to live to age 98. Yet, one-third of those surveyed don't believe engaging in healthy behaviors now could affect their risk of stroke in the future and 18 percent could not identify at least one stroke risk factor.

"Young adults need to make a connection between healthy behaviors and a healthy brain and healthy heart," Sacco said. "If we are not able to help young adults understand the relevance of their actions now and their risk of stroke tomorrow, then we could be looking at an increase in stroke diagnoses and deaths within the next 10 to 20 years."

"Everyone should recognize the

severity of stroke, which threatens quality of life and can be prevented. People need to think in terms of striving for ideal health as well as surviving and thriving if a stroke occurs. An easier way to remember this is: Strive, Survive and Thrive," Sacco added.

Results from the survey also revealed that as people age, they become more aware of their overall health and risk factors for heart disease and stroke:

Among 35-44 year olds, only 22 percent said they were not concerned about cardiovascular diseases and conditions, including heart disease/heart attack; high blood pressure; obesity; high cholesterol; diabetes; and stroke. Yet, about half (48 percent) of them are more likely to have health concerns they struggle with today.

Thirty-six percent of 25-34 year olds said they were not concerned about cardiovascular diseases and conditions.

Forty-three percent of 18-24 year olds were least concerned about cardiovascular disease.

All groups said that they're least worried about stroke as a personal

health threat.

Long life with quality health is also a goal of many 25-44 year olds. The average age this group wishes to reach is 91. If they continue to live healthfully, they will have a better chance of reaching that goal than those under 25.

Stroke occurs when a blood vessel in or leading to the brain bursts or is blocked by a blood clot. When this happens, part of the brain can't get the blood or oxygen it needs, so it starts to die. Depending on the severity of the stroke, immobility or paralysis may occur. In the United States, someone suffers a stroke every 40 seconds.

The American Heart Association and American Stroke Association are dedicated to improving the cardiovascular health of all Americans by 20 percent while reducing the deaths from cardiovascular disease and stroke by 20 percent.

To learn how to Strive toward a healthy lifestyle to reduce the risk of stroke, visit My Life Check (www.mylifecheck.heart.org). To Survive and Thrive, learn the stroke symptoms and other helpful tips by visiting StrokeAssociation.org.

Congratulations!

Alinexis Castillo won the drawing at Bankwest for a collection of Purse-A-Nality purses. The drawing was held Friday, May 6.

The purse drawing was one of the team efforts for the Bankwest Relay for Life team.

LAND FOR SALE

Sherman County Kansas
40 acres with home, shop & other buildings. S. of Ruleton \$130,000

Lincoln County Colorado
3729± acres grass. 25 miles south of Punkin Center. Improvements include a home and small shop. Good water and good fencing. \$1,062,765.

Kit Carson County Colorado
640± acres CRP
Annual payment \$19,912.00.
Expires 9/30/2015. \$464,000.

Burlington, Colorado
6 Lots 17th & Rose \$145,000
4 Lots 17th & Rose \$60,000

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