

card showers

J. Darrel and Pat (Renkema) Graves will celebrate their 40th wedding anniversary on Sunday, July 24, 2011. They were married on July 24, 1972, at the Methodist Church at Goodland. Their family is requesting that cards be sent to them at 1603 Wyoming. Their children are Robert (Donna) Graves of Harrington, Reita Jean (Eddie) Englebreck of Natoma and Robin (Geoff) Kuhn of Hays.

Jeannie Stull James, former Goodland resident, will have her 91st birthday on Friday, July 8, 2011. Let's shower her with birthday greetings. Her address is Valley View Man, 207 Holly - Box 630, Saratoga, Wyo. 82331.

Pamela Cullen is recuperating from a stroke she suffered early in May. Friends are requesting cards be sent to her at Swedish Medical Center, 501 E. Hampden Ave., Englewood, Colo. 80113, Room 4435A.

student news

Megan Rubio received her Bachelor of Arts in social work from the Wichita State University at Wichita after the spring semester.

Aaron Deeds received spring semester honors from Kansas State University at Manhattan.

Jace Mosbarger received spring semester honors from Kansas State University at Manhattan.

Devin Mangus received spring semester honors from Kansas State University at Manhattan.

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 4 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 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 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

the calendar

calendar

Calvary Gospel's Vacation Bible School "Inside out and upside down on Main Street" will be from **6 to 8 p.m. Sunday to Saturday, July 17 to 21**, at the church, 402 College. For more information call the church 890-3605 or Shannon Belshe 821-3563.

The "Just for Fun" miniswimmer swim meet will be from **7 to 9 p.m. on Friday, July 22, at Steever Water Park**. Register in advance at the pool or the City Office by Tuesday, July 19. The event is for kids in swim lessons and there will be fun events for kids of all ages and skill levels. The Friday night fundraiser admission is \$1 per person. You're welcome to bring your own seating. The

event is hosted by the Goodland Swim Club swimmers.

Prairie Land Food distribution is **1:30 to 2:30 p.m. on Saturday, July 23**, at the Knights of Columbus, 7th and Caldwell. For information call 821-4364 or 821-1275 or order online at www.prairielandfood.com.

A representative from Congressman Tim Huelskamp will hold office hours in Goodland from **12:30 to 1:30 p.m. on Thursday, Aug. 4**, in the **County Commissioners' Room** at the Sherman County Courthouse. For more information, call Congressman Huelskamp's Dodge City office at (620) 225-0172 or visit http://huelskamp.house.gov.

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: Taco salad, watermelon, chips and applesauce bars. **Wednesday:** Herb baked chicken, potato salad, corn, bread and plums. **Thursday:** Cook's choice entree, hash brown casserole, seasoned carrots, bread and ambrosia fruit salad. **Friday:** Chop stick tuna casserole, peas, spinach cheese salad, bread and strawberry shortcake. **Monday:** Tater tot casserole, mixed vegetables, bread and rosy pears. **Tuesday:** Beef and noodles, green beans, tomato cucumber salad, bread and peaches.

obituary

Johanna E. "Jan" Zwetzig

Johanna E. "Jan" Zwetzig, 78, retired dental assistant to the late Dr. John Beynon, died Wednesday, July 6, 2011, at Triumph Hospital at Aurora North in Aurora, Colo.

She was born Aug. 9, 1933 to David and Mollie (Frank) Zwetzig at Windsor, Colo. Ms. Zwetzig graduated from Windsor High School. The family moved to Goodland in 1967 for the start of the Great Western Sugar Kemp Factory.

Ms. Zwetzig also wrote columns in the Sherman County Star and The Goodland Star-News.

She was an active member of St. Paul's Episcopal Church at Goodland. Ms. Zwetzig's hobbies included music, crafts and cross stitching.

Since September of 2008 she had been a resident of Grace Manor at Burlington.

Preceding her in death were her

parents; a brother, Albert Zwetzig; and a sister, Dorothy Zwetzig.

Survivors include a sister, Martha (Bob) Strohmman of Fort Collins, Colo.; two nieces, Patsy (Bob) DeCicco of Greeley, Colo. and

Peggy Linn of Fort Collins; and a nephew, Gary Strohmman of Longmont, Colo.

Services will be at 9 a.m. Monday, July 11, 2011, at St. Paul's Episcopal Church, 12th and Sherman, Goodland with the Rev. H. A. Lycett officiating and burial at 3 p.m. at the Lakeview Cemetery at Windsor, Colo.

Visitation will be from 3 to 7 p.m. on Sunday, July 10, 2011 at Koons Chapel, 211 N. Main, Goodland.

Memorials to the church or High Plains Regional Dialysis Center (in Goodland) may be left at Koons Funeral Home, 211 N. Main, Goodland.



Zwetzig

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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.

Weight Watchers meets at **5:30 p.m. for weigh in** and 6 p.m. for the meeting every **Tuesday** at the Right Combination Dance Studio, 902 W. Hwy. 24. For information call (785) 890-3285.

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

Anyone wanting to donate to the Goodland Churches Thrift Shop, 1002 Main, should call 890-2007. The store is open 9 a.m. to noon and 1 to 5 p.m. on Tuesday through Friday and 10 a.m. to 4 p.m. on Saturday.

health department

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

Blood pressures; infants', children's and adult's immunizations; health assessments for Kan Be Healthy, daycare and school entry; fasting blood sugar and hemoglobin; 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.

Water Testing — The Northwest Local Environmental Protection Group does well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the Health Department at 890-4888.

hospital volunteers

Gift shop hours are 9 a.m. to noon and 1 to 4 p.m.; a.m. and p.m. volunteers are in the gift shop. **Today:** a.m. Debbie Lucas. **Wednesday:** a.m. Faye Paxton. **Thursday:** a.m. Paxton and p.m. LaVonne Lage. **Friday:** a.m. Avis Alcorn. **Monday:** a.m. Karen Coon. **Tuesday:** none needed.

early head start

Early Head Start is a state funded program for income eligible families with prenatal mothers and children up to 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.

Families interested in having their child in the program should call Colleen Wagner at 890-2552 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 Domestic and Sexual Violence Services provides help day or night to victims of domestic violence and sexual assault. Weekly support groups are available in Hays. Support group for women's domestic violence victims/survivors is from 3:30 to 4:30 p.m. Central Time on Wednesdays; a men's domestic violence victims/survivors support group from noon to 1 p.m. Central Time Tuesdays; and a youth support group is available by appointment. A sexual violence victims/survivors support group in Hays and a domestic violence support group to meet in Colby are being formed. If interested in joining or for information or help, call (800) 794-4624. In the Colby area, call (785) 443-1130 ask for Becky. For time and location of youth support group, ask for Jennifer Follis.

animal shelter

Lost a pet? Call 890-4575 or go to www.petfinder.com and be sure to enter the Goodland zip code 67735. You can also call the Goodland Police Department at 890-4570 or Northwest Kansas Animal Shelter at 899-4398 or 821-2144. Interested in adopting a pet call the animal shelter or go to the website www.nwkasgoodland.webs.com.

Goodland grad gets scholarship

Lexi David, daughter of Alan and Teresa David of Goodland, got one of three scholarships from the Thomas County Community Foundation for the 2011-12 school year.

The scholarship will cover full tuition and fees to attend college in Colby. The award comes from the Cory R. Wang Memorial Scholarship which was started by Micki Steele-Blair, Wang's mother.

David plans to finish her associate degree at Colby College this fall before transferring to Aims College

in Greeley, Colo., to fulfill her goal of becoming a detective. In addition to receiving this award, she was chosen as one of 28 Kansas college students to attend the Kansas Collegiate Law Enforcement Academy held May 15 to 18 by the Kansas Highway Patrol.

Two other scholarships were awarded by the Thomas County Community Foundation to Brittany Bange and Grace Hankin, both of Colby.

Do you have a negative attitude?

The other day I met with a very negative business owner. He was struggling, and it was everyone's fault but his own.

As we visited, in addition to the negative attitude, I could have made a list of reasons why I would not do business with him.

Instead of spending all his time and energy being negative, he could and should spend his time and energy improving his business.

What about you? If you're struggling, ask yourself these questions:

Do I have a good product and/or service?

Do I have reasonable prices?

Is my business clean and inviting?

Do I offer good customer service?



jamie morphew

• business tips

Are my hours and location convenient?

Do potential customers know what I have to offer?

People are busy and have limited resources. They need good reasons to do business with you.

What are they?

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.

Classifieds work! 899-2338

vfw auxiliary

Lowell Coleman Veterans of Foreign Wars Ladies Auxiliary held their meeting on Thursday, July 7. President Jo Ann Wahrman opened the meeting.

Seth Stremmel presented information about his Eagle Scout project, the building to hold the computer system for locating graves in the cemetery. He would like to add two benches to the area. The Auxiliary will donate money from Tess Luckert's memorial fund to this project.

Upcoming dates to remember include the Department Mid-Summer meeting on Saturday and Sunday, July 16 and 17, in Salina and the 9th district Mid-Summer meeting on Sunday, July 24, at Grinnell. The meeting on the 24th will start at 8 a.m. and all members are encour-

aged to attend to learn about the programs for the upcoming year.

Cindy Bowman reported on the birthday party at Good Sam hosted by the Auxiliary in June.

Members will hand out flag etiquette information before the fair parade to encourage those watching the parade to remove their hats,

stand at attention and give a heart salute as the American flag passes in the parade.

August is the Auxiliaries month for Meals on Wheels and members are encouraged to sign up for a day to two. Rita Erickson will be assigning the days so call her if you can help.

Refreshments will be served at bingo at the Post Home on the third Wednesday of the month. Wednesday, July, will be the start of this. Members will be assigned a month to help with this.

American Profile
Celebrating Hometown Life
See American Profile magazine in this week's issue of
The Goodland Star-News
Your sponsorship could be right here!
For more information call Jessica or Anne at 899-2338

(available in local area only)
Brought to you by The Star-News.

Thank You
The family members of Merle Stasser would like to thank all of you who graciously gave to his memorial. The family decided to give all the gifts to the local Genesis foundation. Genesis' purpose is to help feed the people that are needy. Thank you again for your contributions.

HOST AN EXCHANGE STUDENT TODAY!
(for 3, 5 or 10 months)

Patrick from France, 17 yrs. Loves the outdoors and playing soccer. Patrick's dream has been to spend time in America learning about our customs and attending American high school.

Elisa from Italy, 16 yrs. Likes to play tennis, swim, loves to dance. Elisa hopes to play American softball and learn American 'slang' while in the USA.

Make this year the most exciting, enriching year ever for you and your family. Share your world with a young foreign visitor from abroad. Welcome a high school student, 15-18 years old, from Italy, France, Norway, Denmark, Spain, Germany, Brazil, Thailand or China as part of your family for a school year (or less) and make an overseas friend for life.

For more information or to select your own exchange student please call:
Ginny at (785) 332-3414
or
Marcy at 1-800-888-9040 (Toll Free)
or e-mail us at info@world-heritage.org

www.whhosts.com
World Heritage is a public benefit, non-profit organization based in Laguna Beach, CA.

STATE-OF-THE-ART
Sherman
TONIGHT 7 PM:
Cars 2 3D
Nightly 7 p.m. • Starts Friday:
Harry Potter 3D (PG-13)