

vfw auxiliary

The Ladies Auxiliary to the Veterans of Foreign Wars held their monthly meeting on Thursday, Sept. 1, at the post home.

President Jo Ann Wahrman called the meeting to order. Eleven members were in attendance. Thanks was given to the 25 members who helped deliver meals on wheels in August. A table was also set up at Northwest Technical College's open house with information about the Veterans of Foreign Wars and its Auxiliary.

September activities will include

Sunday, Sept. 11, from 5 to 7 p.m. hamburgers, beans and chips at the VFW Post home. All members and guests are invited. The cost will be \$5. We hope to have a crowd so come support this fun activity. We may also do something special for Patriot's Day. And bring your change as we will have a donation charge for the state scholarships.

Friday, Sept. 16, is POW/MIA Day. Remember our prisoners of war and those still missing in action. If you have a POW/MIA flag, this is a good day to fly that flag. There are

still 25 Kansans missing from the Vietnam War.

Memorial money from the Tess Luckert Memorial was donated to Seth Strammel's Eagle Scout project. He has installed a kiosk at the cemetery to make locating graves easier. The memorial funds will add two benches to the project.

The VA hospital have a variety of needs and member are encouraged to donate any of the following items to them. Items may be brought to the post home and will be delivered to the VA. Items include motel size

comfort items, postage stamps, crossword puzzle books, word search puzzles, sudoku puzzles, travel games, women's hair products, dryer sheets, individual crystal light packets, plastic insulated travel mugs, western paperback books, hand and body lotions, envelopes, sugar free treats and we are holding a special donation drive for new white briefs, t-shirts and socks. They especially need larger sizes of these items.

The Post is looking for substitutes for bingo calling and walking the

floor. If any of the members would like to fill in once in awhile, let Harold Van Vleet know. This is how the Post makes a good share of the monies that they use for community service projects so we want to see it continue.

The Auxiliary is looking for veterans who would like to tell us about their military experiences. We can enter these into the Library of Congress' Veterans History Project and would like to do some of these for veterans' day. Please let us know if you would be willing to help with

this project.

Dates to remember: Thursday, Oct. 6, is inspection by the District President Connie Rooney. All members are encouraged to attend this meeting. Snacks will be held after the meeting. And Saturday, Oct. 22, is the District Golf tourney at St. Francis with the District Fall Conference to follow on Sunday, Oct. 23.

JoAn Wahrman

Find a productive way to deal with stress at work

Stress is when your mouth says "no problem" and your brain says "no way!"

Do you have those days when you're just not sure how you're going to get it all done? I know I do. So what do you do? Grab a pint of ice cream and hide under the covers? Play a few hundred games of FreeCell or spend an hour or two on facebook? It's tempting but not very effective.

When I feel overwhelmed, I make a list. I write down everything I need to get done. Then I prioritize what needs done this week. Once I have



jamie morphew

• business tips

you too.

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 Morphew at (620) 874-0771 or e-mail wkbc@wbsnet.org.

this week's tasks identified, I look at my calendar for blocks of time and plan in the things I need to get done. For big projects, I plan it in pieces.

Once I get it off my mind and onto paper, it doesn't seem as overwhelming. Try it! It's a trick that has helped me, and I hope it helps

Prisoners, missing honored in September

National Prisoner of War/Missing in Action Recognition Day was established to honor Americans held as Prisoners of War and to renew our nation's commitment to account for U.S. personnel still missing from our nation's past wars and conflicts. The Goodland Veterans of Foreign Wars wants to remind people that it

is Friday, Sept. 16.

While earlier Recognition Day events were scheduled during the National League of Families' annual meetings each summer, a change was needed to ensure all POW/MIAs from all of America's past wars were included and honored.

In 1986, The National League of Families recommended that the third Friday in September be deemed National POW/MIA Recognition Day,

a date not associated with any particular war, nor in conjunction with any organizations' annual meetings/national convention.

On National POW/MIA Recognition Day, ceremonies take place across the country and around the world to honor and remember our nation's Prisoners of War and our unreturned veterans, America's MIAs.

There are still 25 Kansas Veterans missing in action from the Vietnam

War.

The number of Americans returned and identified since the end of the Vietnam War in 1975 is now 898; another 63 U.S. personnel, recovered post-incident and identified before the end of the war, bring the total to 961. Of the 1,685 unreturned American veterans from the Vietnam War, our POW/MIAs, 90 percent were lost in Vietnam or in areas of Laos and Cambodia under Vietnam's wartime control.

sunflower 4-h

The Sunflower 4-H hosted the Flag Raising Ceremony for Sherman County Fair at 7:30 a.m. Thursday Aug. 4, and Saturday Aug. 6. The ceremonies were led by Christopher Berls who read the poem "Old Glory." There were nine members present on Thursday and 10 members present on Saturday.

Following the Flag Ceremony on Thursday, President Kendra Promise led the club tour allowing the club to look at everyone's projects for fair. We looked at fair projects in foods, arts and crafts, clothing, vegetables, exploring, livestock, flowers, photography, woodworking, entomology, wildlife, hand pets, dog and our club booth. The club enjoyed our snacks provided by Promise on the lawn following tour.

Ryan Volk, Reporter

UPCOMING EVENTS in Kansas

- Brought to you in part by Kansas Department of Wildlife, Parks & Tourism
- 40th Annual Walnut Valley Festival and National Flatpicking Championship** September 14-18, Winfield
World renowned festival for its music featuring the best in bluegrass and acoustic musicians. (620) 221-3250, wvfest.com
 - Midwest Deutsche Oktoberfest** September 17-18, Hays
Join in the fun with polka music, presentations, entertainment, activities and German food. Crafts, old-time demonstrations, rides and games! (785) 625-5394, midwestdeutschechef.com
 - McPherson Scottish Festival** September 23-25, McPherson
Sixteen venues of family fun. 100 pipers and drummers, Celtic musicians, tossing the caber, Irish and Scottish dance. (620) 241-8507, macfestival.org
 - Medicine Lodge Peace Treaty Pageant** September 23-25, Medicine Lodge
Watch history unfold onto the landscape. Parades, craft shows, nightly historical melodrama, Kansas Championship Ranch Rodeo, Long-Horn Cattle drive and more! (620) 886-9815, peacetreaty.org
 - Cornstock - A.C. Cornfest** September 24, Garnett
Craig Morgan LIVE in Concert! Storm chaser Reed Timmer, Pink Heals firetrucks, Lawn Mower Demo Derby & some corny events! (785) 448-6767, accornfest.com
 - Kansas 150 Festival** October 8, Wichita
The Sunflower State's Biggest Birthday Bash Ever! Kansas Sunflower Parade, historic reenactors, "Home on the Range" concert and more!
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	9	7					3	5
4	8			5				2
	5	3	7					6
	2		4			7		1
3			5		2		6	9
		5	6					
	3			6				
		4		1	7		2	
	1	3			6			4

Level: Beginner

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NEW LOCATION

Saturday, September 10, 2011
7-11 a.m. MT at HHW Facility
(17th & Broadway, west side of building)
Goodland, KS

For more information, please contact Kenny Griffith at (785) 821-1024. No early drop-offs or no drop-offs without personnel present. There will be no USED OIL collected at this time. For Sherman County Residents only!

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