

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 second 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 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 or visit rightcombinationdance.com.

Goodland Alcoholics Anonymous meets at 8 p.m. Monday, closed meeting, Wednesday, the

the calendar

calendar

Sandra Wiechert of Lawrence will be the book discussion leader at 6:30 p.m. on Thursday on "The Secret Life of Bees" by Sue Monk Kidd at the Goodland Public Library. The discussion is part of the Talk About Literature in Kansas Book Discussions given by the Kansas Humanities Council.

The annual spaghetti dinner hosted by the Goodland Arts Council will be at 6:30 p.m. on Saturday, Oct. 22, at the Goodland Methodist Church Fellowship Hall. Entertainment will be provided by Flamenco Guitarist Ron Radford. Tickets are available at the Carnegie Arts Center, 11th and Center.

Prairie Land Food distribution is 1:30 to 2:30 p.m. on Saturday, Oct. 22, at the Knights of Columbus, 7th and Caldwell. For information call 821-1827 or 821-1275 or order online at www.prairielandfood.com.

The annual mass flu shot clinic as an emergency preparedness exercise by the Sherman County Health Department will be from 2 to 6 p.m. today at the Elks Lodge, 1523 Arcade. Flu shot, flu mist and high dose flu shots will be given. For information call (785) 890-4888 or shcounty@st-tel.net.

The will be a blood drive for the American Red Cross at the Northwest Kansas Technical College from 9 a.m. to 3 p.m. on Wednesday at 1209 Harrison.

The annual open enrollment for Plan D of Medicare has changed to Saturday until Wednesday, Dec. 7. Senior Health Insurance Counselors of Kansas will be at the Goodland Public Library. For appointments call (785) 890-5908, (785) 821-1626 or (785) 399-8019.

The Goodland School District's free preschool screening for children birth to school age will be from 8 a.m. to noon and 1 to 3 p.m. on Tuesday, Oct. 18, and Wednesday, Oct. 19, at the Emmanuel Lutheran Church, 222 W. 13th. To schedule an appointment call Paula or Karen at West Elementary 890-6163.

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.

school calendar

Today: Black day, 3:30 p.m. varsity, junior varsity, C team volleyball quad at Max Jones Fieldhouse. 5:30 p.m. potluck at Hispanic parent/community support group meeting at Central

Elementary School. West School pie sales end. 4 p.m. West Site Council. Wednesday: Gold day. PSAT test for juniors. 4 p.m. Central Site Council. Thursday: Black day. 2:40 p.m. senior gowns with Balfour. 3 p.m. junior high football at Scott City. 3 p.m. C volleyball quad at Max Jones Fieldhouse. Friday: Gold day. 6 p.m. varsity football against Norton at Cowboy Stadium.

senior menu

Tuesday: Chicken fried steak, mashed potatoes with gravy, spinach, bread and applesauce gelatin. Wednesday: Tuna and noodles, stewed tomatoes, cook's choice vegetable, bread and pears. Thursday: Oven fried chicken, mashed potatoes with gravy, seasoned broccoli, roll and apricots. Friday: Ham and beans, five-cup salad, cornbread and bar cookie.

school menu

Today: Hot dogs, baked beans, pickle spear, frosted banana and milk. Wednesday: Spaghetti, salad, corn, garlic bread, fruit cocktail and milk. Thursday: Hamburger gravy, mashed potatoes, beets, fruit crisp and milk. Friday: Corn dog, french fries, green beans, half an apple and milk.

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 8 p.m. on Mondays at 1013 Center. Contact Cheryl at (785) 890-3023, Shelly at (785) 890-3915 or Twila at (785) 332-2078 for more information.

Goodland Adult Children of Alcoholics meets at 6 p.m. on Fridays at First Christian Church, 711 Arcade. For information call Alice or Marilyn at 890-5914 or 821-2862.

The Incognito Group. If alcohol has made you life unmanageable and you find yourself powerless. Our group meets at 7 p.m. on Tuesday, Thursday and Friday in Goodland. Talking about it is the first step. Call for our meeting place (303) 905-3817, (785) 728-7022 and (785) 728-2120. Leave a message and number and we will get back to you.

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.

blue star banners

Do you have a son or daughter, grandson or granddaughter serving in the active duty military service? The Goodland Elks Lodge 1528 would like to present you with a "blue star banner" for your window to show your pride! Please call the secretary at the Goodland Elks Lodge 1528 at (785) 890-6251 to visit with her about this?

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.

Peggy Cabrinha, assistant district governor for District 5670 will be visiting and providing a program Oct. 28.

Kevin Sanderson was the Rotarian of the day and presented his own program. Sanderson, IT specialist for Goodland Regional Medical Center, gave a very informative and interesting program on Electronic Medical Records, Electric Health Records and Electronic Personal Records. He indicated there is a significant movement in the medical field to replace paper records with electronic records. He gave statistics to indicate how electronic records provide for more efficiency

in delivering medical care to the patient as well as adding savings to the bottom line for medical care providers.

Sanderson pointed out with electronic records, emergency medical services will have instant access to a patient's records. Electronic records will interface with pharmacy records and diagnostic records to give the medical services providers a complete and comprehensive picture in an instant, allowing for the best possible patient care.

For providing the program, a book "The Brain Game" will be given to the birthing center of Good-

land Regional Medical Center in Sanderson's name to be given to a new parent to guide them in providing stimulating activities for their newborn.

After a late entry into the weekly drawing pool, John Golden's winning number was pulled from the bucket.

Gary Schields will be the Rotarian of the Day for Friday's meeting, at noon at the Northwest Kansas Technical College Student Union meeting room. Guests and prospective members are always welcome at weekly Rotary meetings.

Dick Liess



William Linin and Rachel Sowers

November wedding planned by couple

William Maurice Linin of Goodland and Rachel Elisabeth Sowers of Hot Springs, S.D. formerly Bird City plan to marry on Saturday, Nov. 19, 2011 at the Goodland United Methodist Church with Past Matthew Lim presiding.

Her parents are Dan and Lori Sowers of Bird City and grandparents are the late Lewis and Audrey Sowers and the late Raymond and Sharon Schlup.

His parents are Max and Brenda Linin of Goodland and grandparents are the late William and Esther Linin and the late Maurice and Joye

Witten. The bride to be graduated from Cornerstone Bible Institute of Hot Springs, S.D., with a degree in Christian education. She works at Ameriprise Financial Services as an advisor assistant in Hot Springs.

The future groom graduated from Goodland High School in 2003 and Kansas State University with a Bachelor of Science in construction science and management in 2007. He recently returned to the Goodland area to farm.

The couple plan to live in Goodland.



Shea and Zach Baird

Colby reception held for newlyweds

Shea and Zach Baird of Colby celebrated their recent marriage with a reception from 5 to 9 p.m. (Mountain Time) Saturday, Oct. 8, 2011 at the Meadow Lake Golf Course of Colby.

The couple was married on July 15, 2011, at Lily Lake in Estes Park, Colo., with the Rev. Jim Mardock officiating.

The bride is the daughter of Doug and Sally Henderson of Alliance, Neb., and the granddaughter of Barbara and the late Richard Klein of McCook, Neb., and Barbara and the late Bill Henderson of Alliance, Neb.

The groom is the son of Jerry and Emily Baird of Colby and the grandson of Norma and the late Vic Baird

of Colby, Harlan and Vera Mayer of Goodland and Eunice Kilmer of Johnstown, N.Y.

She is a 2007 graduate of Alliance High School at Alliance, Neb. In 2009 she received an Associate Degree from Colby Community College of Colby and in 2010 a Bachelor's Degree in agricultural business from Fort Hays State University of Hays.

He graduated from Colby High School in 2003, got a Associate Degree from Colby Community College of Colby in 2006 and a Bachelor's Degree from Fort Hays State University in organizational leadership in 2009.

The couple farm in rural Colby.

rotary

Goodland Rotary Club met Friday with 20 members and six guests present. Tom Betz introduced his guests including his wife Ava, daughter Nikki and son-in-law Robert Quick. Three guests from the Sharon Springs Rotary Club included Past District Governor, Art Mai, Harold Fraiser, and Mary Ann Schmidt. The members welcomed newest member, Mike Miller.

Club president, Marty Melia, gave a brief summary of the board of directors meeting held Thursday, Oct. 6. Melia told the members that Dr. Ed Hammond, president of Fort Hays State University, will be a special guest at our Nov. 11, meeting.

TWO FOR SPECIALS

October special: For any two women that sign up together, they will receive a special deal: a 1 year contract for only \$20/month per woman!

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