

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 5 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.

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.

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 3 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.

The Goodland Activities Center has the following activities. Monday: 5:30 a.m. aerobics with Tena Tompkins, 5 p.m. taekwondo and 5:30 p.m. group exercise with Lisa Malsom. Tuesday: 5:30 a.m., workout with Grady Bonsall. Wednesday: 5:30 a.m. aerobics with Tena Tompkins, 9:30 a.m. low impact class with Sarah King, 4 p.m. taekwondo classes and 5:30 p.m. aerobics with Lisa Malsom. Thursday: 5:30 a.m., workout with Grady Bonsall. Friday: 5:30 a.m. aerobics with Tena Tompkins, 9:30 a.m. low impact exercise group with Sarah King and starting at 5 p.m. taekwondo classes. For information call 890-7242. Certified personal training offered with Kyla Sheldon. Memberships options for everyone including day passes for \$5. Visit goodlandgac.com or stop by 808 Main.

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, 1013 Center. If you drink alcohol, that's your business. If you

the calendar

calendar

Prairie Land Food sign up will be until Monday, July 9. Distribution is 1 to 2 p.m. on Saturday, July 21, at the Knights of Columbus, 7th and Caldwell, or at the Bernadine Johnson residence, located at 704 Walnut. For information call 821-1827, 821-1275, or 890-3793 or order online at www.prairielandfood.com. The Prairie Pak will have fajita chicken anytizers, ham steak, beef strips, chicken thighs, lean ground turkey plus fruits and vegetables. The specials are a summertime griller including sirloins, pork tenderloin, pork chops, ground beef, Italian sausage and chicken

breast fillets; a variety box with beef brisket in barbeque sauce, smoked bacon, mini apple pie, mini cherry pie, whole chicken, hash brown potatoes and premium blend vegetables; boneless and skinless chicken breast filets; and pork chop special.

Jodie Tubbs of the Kansas Commission on Veterans Affairs will be in Goodland from 1 to 2:15 p.m. Thursday, July 5, in the Assembly Room on the third floor of the courthouse to help veterans and dependents with claims. Call the office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

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: Baked fish, macaroni and cheese, tomatoes and cucumbers, bread and pears. Monday: Beef and noodles, mashed potatoes, mixed vegetables, bread and peaches. Tuesday: Pasta salad with ham, cantaloupe, breadsticks and brownie. Wednesday: Closed. Thursday: Chicken patty sandwich, tater tots, coleslaw with carrots, bun and cook's choice fruit. Friday: Swiss steak, parslid potatoes, corn, bread and gelatin with fruit.

want to stop, we can help. Call 821-3826 pr 728-7491.

Goodland AI-Anon AFG 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 your 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. Filies 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. 6 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 adults' 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. Avis Alcorn.

early head start

Early Head Start is a state funded program for income eligible families with prenatal mothers and children up to age 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. For information call 890-2552.

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.

The police department can also be called at 890-4570.

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.

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. Interested in adopting a pet? Call the animal shelter or go to the website www.nwkasgoodland.webs.com.



Amber Cowan and Colt Reents

Colorado Springs couple to marry

Amber Cowan and Colt Reents both of Colorado Springs plan to marry in September.

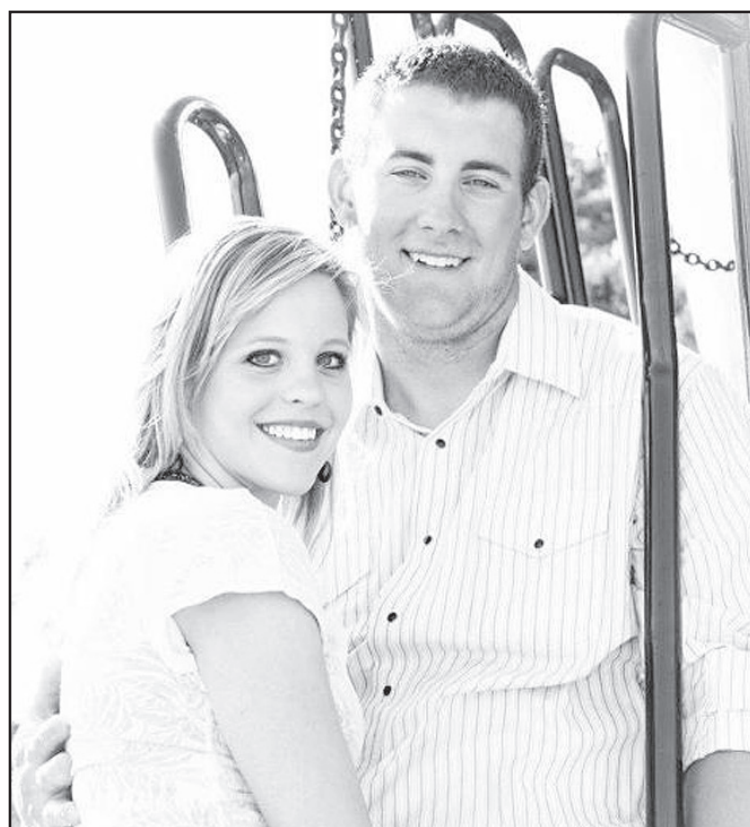
The bride to be is the daughter of Mr. and Mrs. Brad Cowan of Goodland and the groom elect's parents are Mr. and Mrs. Ray Reents of Burlington.

She graduated in 2007 from Goodland High School and attended

Colby Community College. She is a Registered Nurse in Pediatrics for Memorial Hospital for Children in Colorado Springs.

He attended Pikes Peak Community College in architectural drafting and works for DMS.

The couple plans to remain in Colorado Springs.



Sarah Jane Flanders and Andrew Starns

August Kuhrt Ranch wedding planned

Sarah Jane Flanders of Edson and Andrew Starns of Winona plan to marry at 6 p.m. on Saturday, Aug. 11, 2012, at the Kuhrt Ranch north of Edson.

Her parents are Brent and Diana Flanders who live north of Edson and the grandparents are Jim and Annette Flanders of north of Edson and the late Jan Flanders and Eileen Wahl and the late J.B. Wahl.

His father and stepmother are Joe and Carrie Starns who live north of Winona. His mother Terry Starns lives in Brewster. His grandparents are Warren and Lois Starns and the late Bud and Norma Mariman.

The bride to be grew up on a farm north of Edson and was homeschooled until sixth grade and graduated from Brewster High School in 2007. She graduated from Le Cordon Bleu in Orlando,

Fla., in 2009 with an Associates of Applied Science in culinary arts. She has started a business of her own, Flying Flour Cakes/Catering, and also works as a receptionist for Woofter Construction and Irrigation in Colby.

The groom elect attended Brewster School, graduated in 2007 and graduated from Oklahoma State University Institute of Technology in Okmulgee, Okla., in 2011 with an Associated of Applied Science in Diesel Mechanics. He works for Starns Farms.

The groom elect's passion is for the farm and the couple will be living in a home north of Winona, not far from where he grew up.

Goodland graduate gets scholarship

Jessica Klemm, a recently graduated senior at Goodland High School, has received the Dale Dennis Excellence in Education Award sponsored by the United School Administrators of Kansas.

Goodland High School Principal Mike Hubka presented the award to Klemm, commenting that she has

demonstrated the characteristics necessary to receive this annual award given in honor of one of Kansas' educational leaders. Recipients of this award are identified in high schools throughout the state as individuals who have displayed the citizenship, community and school service, scholarship and common

sense characteristics that make them a quality individual.

The Dale M. Dennis Excellence in Education Award was established in 1996 by Kansas school administrators to honor the long and valuable service that Dennis has provided to Kansas Education. The individual attributes that character-

ize Dennis as a friend of education, and more importantly as a first class citizen, are the basis for determining the recipient of this award. Dennis is the Deputy Commissioner of the Kansas State Department of Education.

County challenge race to be held Wednesday

The 32nd running of the Lake Atwood County Challenge Race will be held at 6:30 a.m. (Mountain Time) on Wednesday.

The men will run four times around the lake for a distance of eight kilometers (five miles) and the women will run twice around

the lake for a distance of four kilometers.

Every age-division finisher scores points for his or her county. In nearly every race, the team have the most participants won the competition.

There are no awards and no entry fees. Runners take part for the honor

of his or her county. All you have to do is show up.

County residence is not a requirement. Bring an out-of-county friend to the race and have that friend run for your county.

The County Challenge Race is the first event of the annual Lake

Atwood Day celebration hosted by the Atwood Rotary Club.

For questions call (785) 626-3295 and 626-9516 or email atwood01@ruraltel.net or bcp@ruraltel.net.

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Leaving The Country Sale!

Diane and Chuck Kribs are leaving the country, so everything must GO.

A unique yard sale will be held on the property on the 7th-8th of July. Not much will be priced, any fair offer will be accepted for most items. Find it, bring it to the front, tell us what you want to pay and take it away. We reserve the right to reject ridiculous offers. Contents of the house, barns and shops, it all goes.!!!

Furniture, appliances, tools, sporting goods, pottery kilns, trailers, truck topper, clothing. Whatever isn't marked as a keeper (very little) is fair game.

Place is located 6 miles North of Bird City on Highway 161, ¾ mile East on Road T. Starts at 9 a.m. Both days

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Wedding Registry

Brooke Chartier
Levi Wasse Miller
August 25, 2012

Hallmark
Jacque's Hallmark and J.C. Penney's
1124 Main, Goodland
Phone: 785-899-7255