# friends

#### 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 Sat**urday.** 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. taekwando 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. taekwando 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

# 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

alcohol, that's your business. If you 1002 Main, should call 890-2007. want to stop, we can help. Call 821-3826 pr 728-7491.

Goodland Al-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,8p.m.Fridays and 8 p.m. on Sundays at 1013 Center. Call 890-8369.

**Bird City Alcoholics Anony**mous 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) 348-398 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

been, 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 Af**fairs will be in Goodland from 1 to 2:15 p.m. Thursday 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)

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: p.m. Sheryl Ketter. Friday: a.m. Fern Heckman.

#### 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 abuse, job loss or other family crisis.

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: 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, parslied potatoes, corn, bread and gelatin with fruit.

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.

#### tamily 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 have a family member with a special www.petfinder.com and be sure to problem, such as drug or alcohol enter the Goodland zip code 67735. You can also call the Goodland

### obituaries

Joeann Brockmeier

Joeann Watson Brockmeier, Survivors include two daugh-75, Wichita Falls, Texas, a former ters, Debbie George of Goodland and Carol Susan (Carl)

surgical tech for Goodland Medical Center and medical records clerk at the Goodland Family Health Center for eight years, died Monday, June 25, 2012, at Wichita Falls Hospice of metastatic breast cancer.

She was born Nov. 8, 1936, to Cecil Kermit Watson and Daisy Marie Eavenson in Crowell, Texas.

Mrs. Brockmeier worked as an Osban Sr. of Cheyenne, Wyo.; and LPN, surgical nurse in St. Louis and Salem, Mo., for 25 years. She had recently moved to Texas to live with her brother and nephew.

She was a lifelong member of the Southern Baptist Church.

Preceding her in death were her parents; her second husband, Lee F. Brockmeier, retired U.S. Army of Salem, Mo.; her half-brother, Marconi Eavenson Phillips of Crowell, 22718, Oklahoma City, Okla. Texas; and her brother, Edward 73123. Watson of Crowell, Texas.

Island, retired Kyle Railroad em-

ployee formerly of Goodland, died

Wednesday, June 27, 2012, at the

Harlan County Health System in

He was born Feb. 4, 1939, to Ul-

On June 5, 1960, he and Phyl-

In 1996 he retired from Kyle

worth, Retina (Tim) Jacobs of Wich-

lis J. Leichliter were married in

ysses and Lydia (Zahn) Winslow in

Alma, Neb.

Burlington.

Goodland.

Railroad.

parents

#### Robert L. Winslow

Robert L. Winslow., 73, Long ita and Redeara (LeRoy) Godfrey of Anthony; a sister, Mabel Kohne of Burlington; two brothers, Richard Winslow and Donald Winslow, both of Burlington; eight grandchildren; two step-grandchildren; three great grandchildren; and step-greatgrandchildren.

Cremation was chosen.

Services will be at 2 p.m. on Wednesday, July 4, 2012, at Oliff-Boeve Memorial Chapel, 1115 Second Street, Phillipsburg, with Pastor Dave Pugh officiating and inurnment at a later time in the Goodland Cemetery.

Memorial to the Robert Winslow Memorial Fund may be sent to the funeral home.

# Take time to plan for business growth

Small business owners are notorious for being so busy working 'in" their business that they fail to work "on" their business. Growth and improvement doesn't just occur.

You have to plan for it and take the necessary steps to make it happen your family can qualify. Call 785- Police Department at 890-4570 or At least annually, you should take time to review your progress and plan for the future. Write down your goals and the steps to take to accomplish them. Set realistic timelines and make sure your staff is on board.

jamie morphew business tips

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 emailwkbc@wbsnet.org.

'Films of Faith" July 15

Crowell, Texas and Goodland. Falls Funeral Home, 1903 Austin Street, Wichita Falls, Texas was in charge of arrangements. In lieu of flowers the family requests memorials be made to the American Cancer Society, Box

Wichita Falls, Texas, and George (Marie) Watson of Casa Grande, Ariz.; her first husband, Robert F. six grandchildren. Cremation was chosen and a memorial services will be held later in

10





Preceding him in death were his Survivors include his wife of Long Island; three daughters, Roberta (Charles) Hawley of Ells-



meeting every **Tuesday** at the Right **History**, 1905 S. Franklin, Colby is Combination Dance Studio, 902 W. Hwy.24.For information call (785) 890-3285 or visit rightcombinationdance.com.

**Goodland Alcoholics Anony**mous, 1013 Center. If you drink open from 9 a.m. to 5 p.m. Central 672-3125, ext. 187. Time Tuesday through Friday and 1 to 5 p.m. Saturday and Sunday.

#### thrift store

#### preschool

Sherman County Head Start is a free preschool for eligible 3 and Anyone wanting to donate to the 4 year olds. The federally funded Goodland Churches Thrift Shop, program is targeted to families who

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.

> Don't settle for a good business when you could have a great busi-

# Dry conditions forcing cattle decisions

swaths of the Plains states are forcing management decisions on cattle operations. Among them may be the decision to wean calves earlier than usual.

"Most areas have gotten a reprieve from the 2011 drought, but others are still feeling the lingering effects of low rainfall and high feed costs," said Kansas State University animal scientist Chris Reinhardt. "Early weaning is an effective way to save on summer pasture and preserve cow body condition going into the winter. In fact, weaning earlier may be workth considering every year regardless of summer pasture conditions."

Reinhardt, who is a beef specialist with Kansas State Research and Ex-

Dry conditions through large tension, said a calk's rumen begins month weaning age window may to develop at the first opportunity to consume solid food.

Although calves rely on milk as hardt said. their primary nutrient source as long as the supply is abundant, they will also begin to graze at a few weeks of age, when their mother teaches them what to eat and what to avoid.

life enters the rumen and begins to be fermented by bacteria the calf picks up from its mother and the world around it, he said. As this progresses, and the calf consumes greater quantities of grass, the rumen grows and develops to aid in nutrient uptake. So the suckling calf is actually a fully functiong ruminant by 90 days of age.

In addition, the six- to seven-

have disadvantages compared to weaning at a younger age, Rein-

The passive immunity provided by colostrum wanes after three to four months, when the calf must rely completely on its own immune system. But in many cases The grass consumed early in its system is not fully competent to battle all antigens that attack the newly-weaned calf, such as viruses, bacteria, dust and internal parasites. So the 90-day-old calf may have an immunological advantage to the 205-day-old calf in battling pathogens.

"Weather also plays a large factor in weaned calf health," he said. "If we could guarantee sunshine and moderate temperatures throughout

the fall weaning season, calf health would not be an issue.

'But cold temperatures, precipitation, wind and mud in the fall further suppresses an already incompetent immune system — a perfect recipe for respiratory disease."

Finally, the elimination of milk production after weaning allows the nutrients consumed by the cow to go back into rebuilding body condition. This could result in substantial reductions in winter feed requirements because nutrients harvested by the cow are nearly always lower cost than feeds harvested and transported to the cow, and forage quality in late summer and fall is nearly always greater than during the winter.

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