

## card shower

The family of **Fern Estes** is requesting a card shower for her birthday. She will be 96 years young on Wednesday. Cards may be sent to 250 Emerald Elm Road, Kanorado, Kan. 67741.

## patient news

**Margie Albers** is undergoing radiation therapy for five weeks in Denver. Cards may be sent to her at Dee Albers, 8490 Golden Eye Drive, Parker, Colo. 80134.

## 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**

## the calendar

### calendar

**Prairie Land Food distribution is 1 to 2 p.m. on Saturday** 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.prairieland-food.com.

The **annual book sale** at the Goodland Public Library, 812 Broadway, continues until Friday, Aug. 17. The library hours are 10 a.m. to 7 p.m. Monday to Thursday and 10 a.m. to 5 p.m.

**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 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, 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

Saint Francis Community Services will be hosting an informational meeting for individuals interested in learning more about becoming a foster or adoptive parent. The meeting will be held Monday at 5:00 p.m. (Mountain Time), at the Colby Wesleyan Church 320 W.

on Friday and Saturday. Items for sale include hardback books, paperbacks, magazines, audio cassettes, video cassettes, DVD's, CD's and more. Vintage Life, Look, National Geographic and Reader's Digest, some bound volumes ranging from 1920s to 1990s all have to go!

**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:** Chef's salad, citrus slices,

Pine Street, Colby.

**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. Margaret Bauman and p.m. Shirley Hayden. **Monday:** a.m. Debbie Lucas and p.m. Sheryl Ketter. **Wednesday:** a.m. Connie Soellner and p.m. Juanita Barnett. **Thursday:** a.m. Helen Musil and p.m. Margaret Baalman. **Friday:** 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.

## obituary

### Mary Ruth Cech

Mary Ruth Cech, 60, Colby Thomas County Appraiser and sister of Joseph (Jean) Cech of Goodland, died Monday, July 16, 2012, in Hays.

She was born in Jan. 19, 1952, to Charles and Eileen Tauscher Cech in Oakley.

Ms. Cech started working for Thomas County in 1978 and in 1984 started as the Thomas County Appraiser. She served for 28 years.

She was active with the Kansas State Real Estate Appraisal Board, the Kansas County Appraisal Association, the North West County Appraisers Association, Certified Kansas Appraiser, American Legion Auxiliary and Order of the Eastern Star.

Preceding her in death were her parents and two brothers, John Cech and David Cech.

Survivors include significant other, Dennis Hayes; a sister, Barbara Cech of Lincoln, Neb.; another brother, Jim (Lisa) Cech of Hays; two step-children, Dawn Nesheim of Denver and Matt (Wendy) Hays of Tenn.; an uncle, Dale Domeney; an aunt, Carol (b9) Durham; and five step-grandchildren.

Services will be at 9:30 a.m. (Mountain Time) Monday, July 23, 2012, at Sacred Heart Catholic Church, 1065 W. 5th, Colby and burial in the Sacred Heart Catholic Cemetery in Colby.

Cremation was chosen. The family will receive friends from 2 to 4 p.m. (Mountain Time) on Sunday, July 22, 2012, at Baalman Mortuary, 190 S. Franklin, Colby.

Memorials to the Wounded Warrior project may be sent to the mortuary.



Wes Clark and Cortney Schields

## Couple plan to marry in August

Cortney Schields of Goodland and Wes Clark of Courtland plan to marry on Saturday, Aug. 25, 2012, at the Goodland United Methodist Church with the Rev. Dustin Petz officiating.

Her parents are Brad and Dana Schields of Goodland and her grandparents are the late Fred and Darlene Schields and the late Don and Freda Deeds, all of Goodland.

His parents are Jack and Kaylene Clark of Courtland and his grandparents are Ray and Donna Clark and Beverly and the late Ralph Sothers, all of Courtland.

The couple plan to live in Courtland. The bride to be graduated in

2004 from Goodland High School and earned her Bachelors of Science in dietetics and kinesiology at Kansas State University. She will be working at the Belleville Health Care Center in Belleville as their registered dietician.

The groom graduated in Pike Valley High School in Scandia and earned his associates degree from Cloud County Community College in Concordia. He farms with his dad and brother on their family farm in Courtland.

The couple plan to live in Courtland.

## Landowners need to check for blue-green algae

This summer's searing heat is causing a host of problems for landowners, including the threat of toxic cyanobacteria, also known as blue-green algae, on lakes and ponds.

"Blue-green algae can sicken or kill livestock and other animals, and also poses a threat to humans," said Kansas State University research assistant professor in agronomy, Carol Blocksome. "If blue-green algae are suspected, a water sample can be collected and sent to the Kansas State Veterinary Diagnostic Laboratory."

Blocksome, a range management specialist, collaborated with Kansas State colleagues Deon van der Merwe and Larry Hollis to produce a fact sheet, "Identification and Management of Blue-green Algae in Farm Ponds" www.ksre.ksu.edu/library:h20q12/mf3065.pdf. Van der Merwe is a veterinary toxicologist with Kansas State College of Veterinary Medicine and Larry Hollis is a beef veterinarian with Kansas State Research and Extension.

Some of the tips in the fact sheet include:

- Take a sample where the algae is more likely to be present, such as the downwind side of a pond, and shallow areas that are warmer.
- Choose a clean container with a wide mouth. Rinse out the container with the pond water. Label the outside with the date and location.
- Scoop the water from the surface along with the scum. Be careful not to come into contact with the water

by using a cup attached to a long stick, or by using gloves.

- Secure the lid and put the sample into a plastic bag. Put the sample into a cooler with an ice pack, but don't freeze.
- Place the sample in a refrigerator, and then mail it by overnight express to the lab of choice. One option is the Kansas State Veterinary Diagnostic Laboratory, Mosier D-117, 1800 Denison Ave., Manhattan, Kan., 66506-5601.

## Reader Recipes

### Carmel-Pecan Dream Bars

Prep: 15 minutes Bake 20 minutes plus cooling Makes 2 dozen

1 package (18 1/4 ounce) yellow cake mix  
1/2 cup butter, softened  
1 egg  
Filling:  
1 can (14 ounce) sweetened condensed milk  
1 egg  
1 teaspoon vanilla extract  
1 cup chopped pecans  
1/2 cup brickle toffee bits (or Hershey English toffee bits)

Beat cake mix, butter and egg in a large bowl until crumbly. Press onto the bottom of a greased 13 inch by 9 inch baking pan.

Beat condensed milk, egg and vanilla in a small bowl until combined. Stir in pecans and toffee bits. Pour over crust. Bake at 350 degrees for 20-25 minutes or until golden brown. Cool on a wire rack. Then cut into bars!

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**Wedding Registry**  
Brooke Chartier  
Levi Wassemiller  
August 25, 2012  
Hallmark  
Jacque's Hallmark and J.C. Penney's  
1124 Main, Goodland  
Phone: 785-899-7255

**50th Wedding Anniversary**  
**Ralph & Shirley Wilson**  
**Saturday, July 21, 2012**  
**Card shower and Dinner at Shiraz Restaurant**  
**from 5:30-8:30 PM MT**

Dinner will be Dutch treat, however, beverages, hors d'oeuvres and cake will be provided by the hosts. We request the presence of all family and friends of Ralph and Shirley, as no formal invitations will be sent out. Stop by at any time during this celebration and have dinner with us or just stop by for cake. We would be delighted if you would like to share a memory, story or any photo with Ralph and Shirley on this special day. As usual with the Wilson family, it is likely that Ralph and Shirley's sons will break out the guitar and start singing. Please RSVP to Joni Wilson at 785-821-0815.

Classifieds work! 899-2338