

## 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.

## student news

Shelbi Hall was named to the College of Liberal Arts and Sciences 2012 Spring Honor Roll at the University of Kansas at Lawrence. She is a senior in speech, language and hearing.

Courtney Sheldon was named to the School of Business 2012 Spring Honor Roll at the University of Kansas at Lawrence. She is a senior in finance and supply chain management.

Tanner Smith was named to the School of Education 2012 Spring Honor Roll at the University of Kansas at Lawrence. He is a senior in health and physical education.

Megan Whitmore was named to the School of Pharmace 2012 Spring Honor Roll at the University of Kansas at Lawrence. She is a Prof 1 in pharmacy.

Danielle Jones of Sharon Springs was named to School of Nursing 2012 Spring Honor Roll at the University of Kansas at Lawrence. She is a senior in nursing.

Ryan Hillmer has accepted an \$800 Hays City Silver Academic Award. He is a 2012 graduate of Goodland High School.

## activities

**Tours of the 1907 Victorian House** at 202 W. 13th are from **1 to 5 p.m. Monday 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

# the calendar

## calendar

A Goodland Community **Blood Drive is from 11 a.m. to 6 p.m. on Thursday** at the Goodland Methodist Church Fellowship Hall, 12th and Sherman. Contact 1-800-RED-CROSS to make an appointment.

Jodie Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1 to 2:15 p.m. Thursday, Aug. 2**, 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.

**Prairie Land Food sign up will be until Monday, Aug. 13.** Distribution is 1 to 2 p.m. on Saturday, Aug. 25, at the Knights of Columbus, 7th and Caldwell, or at the Bernadine Johnson residence, located at 704 Walnut.

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 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.

For information call 821-1827, 821-1275, or 890-3793 or order online at [www.prairielandfood.com](http://www.prairielandfood.com). The Prairie Pak will have boneless pork chops, hot dogs, lean ground beef, meat ball, pork breakfast sausage and fresh fruits and vegetables. The specials are Labor Day grillers with sirloin steaks, pork chops, chicken breast and ground beef; steak box with sirloins; special value chicken bos with fajita grill marked chicken breast strips; and back to school breakfast bax with breakfast bits, bacon, has browns and pancake sticks.

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. 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:** Chicken fajita pasta salad, strawberries and bananas, bread sticks and bar cookie. **Wednesday:** Roast beef, mashed potatoes with gravy, green beans, bread and watermelon. **Thursday:** Cook's choice entree, broccoli salad, applesauce gelatin, bread and cookie. **Friday:** Ham scalloped potatoes, peas and carrots, bread and rosy pears.

**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. to 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](http://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. **Wednesday:** a.m. Connie Soellner and p.m. Juanitia 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 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](http://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](http://www.nwkasgoodland.webs.com).

# obituaries

## Nancy A. Mille

Nancy A. Mille, 68, Wichita, mother of Robert Mille of Goodland, died Thursday, July 19, 2012.

She was born Dec. 28, 1943, to Lloyd and Glenice Brown in Hutchinson.

On July 11, 1964, she and David L. Mille were married.

Mrs. Mille retired from teaching at Sylvan Unified School District in 2006, after 22 years.

Preceding her in death were her husband; her parents; three older brothers, Ward Lee Brown, Dale Brown and Duane Brown; and an older sister, Norma Sue Schoonover.

Survivors include a daughter, Dianna (Mille) Fisher of Rose Hill; a brother, Louis Brown of Ottawa; four grandchildren; three step-grandchildren; and two great-granddaughters.

There will be no memorial service or funeral.

Memorials may be made to the American Heart Association, 8630 E. 32nd Court N, Wichita, Kan. 67226.

Cremation was handled by Watson Funeral Home, 3201 S. Webb Road, Wichita.

## Gerald F. Shelton

Gerald F. Shelton, 90, Russell Springs, died Sunday, July 15, 2012, in Colby.

He was born Nov. 15, 1921, to Irl and Florence (Sparks) Shelton in Russell Springs.

Mr. Shelton lived in Russell Springs with his wife, Gertrude for 24 years. They had lived in Colorado Springs for 33 years where he worked as a mechanic.

He served in the U.S. Army during World War II.

Preceding him in death were his parents.

Survivors include his wife; five children; 10 grandchildren; and 12 great-grandchildren.

Cremation was chosen. A private family burial will be held at a later date.

Baalman Mortuary, 190 S. Franklin, Colby is handling the arrangements.

## Rhoda Mae Ward

Rhoda Mae Ward, 84, Hays, former Greeley County resident, died Thursday, July 19, 2012, at Good Samaritan Society in Hays.

She was born July 31, 1927, to Nellie (Miller) and Clarence Bolen in Greeley County.

On Aug. 22, 1945, she and William Howard Ward were married. She had been a cosmetologist.

Preceding her in death were her parents; her husband on Oct. 20, 1993; and two sisters, Lavara Smith and Virginia Kreigh.

Survivors include three daughters, Sharon (Peter) King of Eng-

land, Patricia Burris of Hays and Susan Ward of Hays; a sister, Shirley (Harold) Dreiling of Sharon Spring; six grandchildren; seven great-grandchildren; two great-great-grandchildren.

The graveside service will be at 11 a.m. on Thursday, July 26, 2012, at the Sharon Springs Cemetery.

Visitation is from 10 to 11 a.m. on Thursday, July 26, 2012, at Koons Funeral Home, Sharon Springs.

Memorials to the Rhoda Mae Ward Memorial may be sent to Koons Funeral Home, 211 N. Main, Goodland.

# rotary

The Goodland Rotary Club met for their regular weekly meeting on Friday July 20, at Northwest Kansas Technical College. President-elect Doug Gerber, substiting for President Jenifer Sanderson, brought the meeting to order at noon. Visiting Rotarian, Sherri Linton from the Be-Loit Club was recognized by Gerber. Linton is the mother of Goodland Rotarian Trevor Linton. Karen Anderson introduced her guest for the day, artist Cameron Cross from Winnipeg, Canada. Cross has been in Goodland refurbishing the Van Gogh painting the past several weeks, and gave the club an update on how the work has been going. During the song portion of the meeting, the Rotarians sang "O'Canada" in honor of Cross. The Rotarians also sang Happy Birthday to club member Bryce Cole.

Gerber then turned the meeting over to the Rotarian of the day, Donna Price. Price introduced as her guest speakers, Brent Wood and Dave Daniels from the Flatlander Festival committee. Wood noted that the festival is scheduled for September 28, 29 and 30, with many activities set around town again this

year. Wood said that the Flatlander Festival hours will be set back to its original times, 10 a.m. to 4 p.m. Daniels commented on the activities of the motorcycle show, including the bike rodeo that will be held in the BankWest parking lot. There will also be a poker run during the Festival. Wood said that the car club will again be having many activities associated with their car show on the southern part of Main Avenue. Wood concluded by saying the Festival committee would welcome any help from people or organizations and contributions to help offset the Flatlander Festival expenses.

The weekly Rotary drawing was held, and Marvin Selby was the winner of the proceeds. Gerber concluded the meeting by reminding the Rotarians to sign up for a work shift at the Rotary ride during the upcoming fair.

Next regular Rotary meeting will be Friday July 27, in the meeting room at Northwest Tech starting at noon. Visitors and those interested in joining Rotary are always welcome to attend.

*Marty Melia, club reporter*

# Focusing your efforts and then move on

A wise man once told me, "Man who chase two rabbits catch zero." Close your eyes and picture that. It's funny and true.

Are you chasing two rabbits (or three or four) in your business? Pick one. Focus your efforts. Catch the first one, and then go after the second one. Don't be another business that does lots of things okay. Be a stand-out business because



## jamie morphew

- business tips

you are excellent at what you do. People will drive for an excellent business. People will wait in line for an excellent business. People will

keep coming back to an excellent business. Be an excellent business. Focus on one rabbit at a time.

This tip was brought to you by Western Kansas Business Consult-

ing 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](mailto:wkbc@wbsnet.org).



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