

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 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 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.

rotary

The Goodland Rotary Club met for their regular weekly meeting at noon on Friday in the meeting room at Northwest Kansas Technical College. President Jenifer Sanderson called the meeting order after a delicious meal. After singing happy birthday to Clyde Lambert, Sanderson introduced visitors and guests. The Rotarian of the Day was Chet Ross, who introduced as his guest speaker, his son Jim Ross.

the calendar

calendar

A mandatory All Sports Parents Meeting for Grant Junior High and Goodland High School athletics in all sports for the 2012-13 school year is at 6:30 p.m. on Thursday at the Goodland High School auditorium. This meeting will focus on our Champions of Character program and attendance is critical. Fall coaches will have their individual parent meeting following this meeting. For question call 890-5656.

A Customer Service Workshop will be held from 4 to 6 p.m. on Thursday at the Goodland Public Library, 812 Broadway. At the workshop people will learn more about customer service, how to set a business apart and good for all employees from management to part time help. For advanced registration register at <http://ks-bdc.eccenterdirect.com/> or call (785) 734-2592. The workshop is provided by the Kansas Small Business Development Center at the Bird City Outreach Center with the Goodland Chamber of Commerce and Fort Hays State University.

All Grant Junior High and

Goodland High School athletes for the 2012-13 year will have a mandatory meeting at 8:30 a.m. on Friday at the Goodland High School Auditorium. For questions call 890-5656.

Prairie Land Food sign up will be until Monday. 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. For information call 821-1827, 821-1275, or 890-3793 or order online at www.prairie-landfood.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 griller 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 box 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. nd Reader's Digest, some bound volumes ranging from 1920s to 1990s all have to go!

This years Hot Dog/Watermelon Feed hosted by the Brewster Library and Museum will be at 5 p.m. (Mountain Time) on Friday, Aug. 24, at Hunter Hall Park. Donations will go to the library and museum.

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: Crispy chicken salad, cantaloupe, bread sticks and fruit cobbler. Wednesday: Pork cutlet, parselied potatoes, green bean casserole, bread and ambrosia fruit salad. Thursday: Hamburger, potato salad, cook's choice fruit, bun and pudding. Friday: Chicken dressing casserole, mashed potatoes with gravy, Mexicali corn, bread and gelatin with fruit.

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.

thrif 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. Wednesday: a.m. Fern Heckman and p.m. Gaylene Shank. 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.

Federal Duck Stamp available to buy

The 2012-13 Federal Duck Stamp now on sale gives hunters, stamp collectors and anyone who cares about migratory birds and other wildlife an easy way to help conserve their habitat.

Ninety-eight percent of proceeds from sales of the stamp are used to acquire and protect vital wetlands which supports hundreds of species of migratory birds, wildlife and plants.

The new stamps, both the \$15 Federal Duck Stamp and \$5 Junior Duck Stamp, are available at post offices, sporting goods stores and retail locations, and can also be purchased online.

"For nearly 80 years, the Federal Duck Stamp has provided crucial funding for wetland habitat conservation efforts in every state," said Fish and Wildlife Director Dan Ashe, "Buying a Duck Stamp offers hunters, conservationists and collectors the opportunity to own a beautiful piece of wildlife art that helps sustain North America's wildlife heritage. I can't think of a better or easier way for everyone to make a difference for wildlife conservation."

Since the program's inception in 1934, Federal Duck Stamp sales have raise more than \$750 million to acquire and protect more than 5.3 million acres of habitat for hundred of units of the National Wildlife Refuge System in all 50 states and U.S. territories. These refuges benefit the public by providing access to outdoor recreational activities including fishing, photography, environmental education and interpretation.

All migratory bird hunters age 16 and older are required to purchase and carry a valid Federal Duck Stamp while hunting, but conservationists, birders and others also buy the stamp to support habitat conservation. Anyone who holds a current Federal Duck Stamp may also obtain free admission to any unit of the National Wildlife Refuge System that charges admission fees.

This year's Federal Duck Stamp

features a single wood duck painted by Joseph Hautman of Plymouth, Minn. The Junior Duck Stamp features a northern pintail painted by Christine Clayton, a 17-year-old from Sidney, Ohio.

With four Federal Duck Stamps to his credit, Hautman is one of the most successful Duck Stamp artists in history, and has leveraged the international recognition earned by winning the contest multiple times to build his career as a wildlife artist. Clayton's art was chosen from among 53 Best-of-Show winners from every state, Washington, D.C., Puerto Rico and the U.S. Virgin Islands at the 2012 National Junior Duck Stamp Contest. Clayton entered her first Junior Duck Stamp competition in 2003 and has consistently placed well among her peers over the past 11 years.

Junior Duck Stamp competitors take part in the Federal Junior Duck Stamp Conservation and Design Program, which teaches wetlands and waterfowl conservation to student in kindergarten through high school. The program integrates scientific and wildlife management principles into a nationally-recognized visual arts curriculum, with participants competing a Junior Duck Stamp design as their visual "term papers." Revenue from the sales of the Junior duck Stamp goes to support awards and environmental education for students who participate in the program.

Learn more about the Federal Duck Stamp Program online at www.fws.gov/duckstamps, or on Facebook at USFWS_Federal Duck Stamp. Learn more about the Junior Duck Stamp at www.fws.gov/juniorduck, or on Facebook at Federal Junior Duck Stamp.

Enjoy a night at the movies!

TONIGHT 7 PM:
Ice Age: Continental Drift (PG)
Starts Friday 7 PM:
The Dark Knight Rises (PG-13)

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Darlene Ruth Hogg Stout

Darlene Ruth Hogg Stout, 90, of Hilton Head Island, South Carolina, passed away on August 3, 2012. Born in Blockton, Iowa, Darlene was the daughter of the late Clarence and Beulah (Drennen) Hogg.

Darlene taught country school, worked in the banking for 25 years, and spent her last years working at the Christmas Store in Harbour Town. She was a member of the Daughters of The American Revolution, a 25 year member of The Order of the First Families of Rhode Island and Providence Plantations, and a life member of the 57th Bomb Wing.

She was preceded in death by her loving husband, Charles Sanford Stout, her parents Clarence Ballou and Beulah Mae Hogg, her sister Helen Hodel, and grandson Corey Williams. She leaves behind her daughter Charlene (Don) Elder, her son Craig (Pamela) Stout, both of Hilton Head Island; grandchildren Kim Elder of Atlanta, Georgia, Darren (Michelle) Elder, of Tampa, Florida, Mitchell (Stephanie) Elder of Gallion, Ohio; Ballou Stout of Hilton Head Island, and Annabelle Stout of Mt. Pleasant, SC. Great-grandchildren include Logan Elder of Tampa, Florida, and Lilly Grace Elder of Gallion, Ohio.

Services will be private and held at a later date.

The Island Funeral Home and Crematory is in charge of arrangements.

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