about our friends

card shower

Friends of **Mary Mills** are requesting a retirement card shower for her retirement from the Goodland School District after 40 years of teaching. Cards may be sent to 403 Arcade, Goodland, Kan. 67735

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 daily activities. For information call 890-7242. Memberships options for everyone including day passes for $5. Visit goodlandgac.com or stop by 808 Main. **Aerobics** with Tena Thompkins at 5:30 a.m. on Monday, Wednesday and Fridays. **Aerobics** with Lisa Molsom at 5:30 p.m. on Monday and Wednesday. **High Impact Workouts** with Grady Bonsall at 5:30 a.m. on Tuesday and Thursday. **Taekwondo** with Wayne Luckert on Tuesday at 5 to 5:30 p.m. Tigers, 5:30 to 7 Karate Kids and 5:30 to 7 p.m. adult. Wednesdays 5 to 5:30 p.m. Tigers, 5:30 to 6:30 p.m. Karate Kids and 5:30 to 7:30 p.m. adults. **Flag football** for boys and girls grades kindergarten through sixth starts on Monday, Aug. 27, with the registration deadline of Wednesday, Aug. 22. The **Night Golf Benefit Tournament** will be Saturday, Sept. 8 and the registration deadline is Thursday, Aug. 30. The cost is $100 per couple.

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.

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.prairielandfood.com.

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

The **SCHS Alumni Association Annual Meeting** will be at 7 p.m. on Tuesday at Western State Bank Community Room. All alumni welcome.

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: Roast pork, mashed potatoes with gravy, seasoned carrots, bread and watermelon. **Monday**: Ham and scalloped potato casserole, Italian blend vegetables, bread and apricots. **Tuesday**: Sloppy joes, tater tots or triangles, spinach salad, bun and fruit crisp. **Wednesday**: Taco salad, cantaloupe or watermelon, chips and bar cookie. **Thursday**: Tuna and noodles, peas and carrots, stewed tomatoes, bread and applesauce. **Friday**: Oven baked chicken, mashed potatoes with gravy, corn, bread and gelatin with fruit.

school menu

Today: Breakfast - waffles, sausage links, mandarin oranges and milk. Lunch - chicken wrap with lettuce and tomato, Spanish rice, cooked carrots, tropical fruit and milk. **Wednesday**: Breakfast - breakfast sundae, raisins, fruit juice and milk. Lunch - spaghetti with meat sauce, spinach salad, seasoned peas, garlic bread, grapes and milk. **Thursday**: Breakfast - cheese pizza, fresh mixed fruit cup and milk. Lunch - taco salad with tortilla chips and salsa, refried beans, cinnamon puff, pineapple tidbits and milk. **Friday**: Breakfast - breakfast bake, wheat toast, grapes and milk. Lunch - chicken and noodles, mashed potatoes, green beans, wheat roll, orange wedges and milk.

school calendar

Today: Black day. Dismissal at 1 p.m. **Wednesday**: Gold day. 7:30 a.m. P.L.C. Dismissal at 1 p.m. **Thursday**: 6 p.m. multicultural potluck evening at West Elementary School. Dismissal at 1 p.m. **Friday**: High school fall sports pictures. Dismissal at 1 p.m. 6:15 p.m. football and cross country sports drink scrimmage. 8 p.m. back to school dance.

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

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**: none. **Wednesday**: a.m. Helen Musil and p.m. Margaret Baalman. **Thursday**: none. **Friday**: a.m. Avis Alcorn and p.m. Jan Lambertz.

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.

Is your file in good shape?

jamie morphew

• business tips

Is your QuickBooks file in good shape? A little maintenance and watching for warning signs can keep your file from becoming a corrupted mess.

To monitor your file press F2 to open your Product Information window.

• Do you have the latest release? QuickBooks sends out those releases to fix problems in the program. Program problems lead to file problems. You don't have to install updates right away, but don't ignore them forever.

• How big is your file size? In QuickBooks Pro, you will start to see problems as your file grows past 500,000 K. When it starts getting too big, you need to either shrink your data file or upgrade to Enterprise.

• How many DB File Fragments do you have? Below 10 is good. Close to 100 is not good and could indicate some serious problems.

• How big are your lists? QuickBooks has list limits and will start to function poorly if you pass those limits. To see the list limits, go to support.quickbooks.intuit.com and search INF12412.

For maintenance, regularly make a verified backup in QuickBooks. Even if your file is backed up automatically, you need to run this process and let QuickBooks verify your file and rebuild if it has problems.

Take a little time to keep your file in good shape, and you won't have to spend a lot of time dealing with a corrupted file.

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 e-mail wkbc@wbsnet.org.

Goodland grad begins med school

Aaron Deeds

Aaron Deeds from Goodland has begun his medical education at the University of Kansas.

Deeds is a recent graduate of Kansas State University at Manhattan. As an undergraduate, he participated in the Scholars in Rural Health program, which identifies and encourages students from rural Kansas who are interested in building successful careers as physicians in medically underserved areas. The program provides a path for students to assure their admission to the University of Kansas School of Medicine.

Students in the Scholars in Rural Health program discover the rewards and challenges of rural practice as they prepare for entry into medical school. During their junior and senior years, students learn at the the side of a physician-mentor in or near their home community. Deeds' physician-mentor was Travis Daise, M.D., of Goodland.

Deeds is one of 14 scholars to be accepted into the School of Medicine's Class of 2016. He and other first-year students were formally welcomed into the medical profession at a white coat ceremony in Kansas City on Friday, July 27. Deeds attends the Kansas City campus.

sunflower 4-h

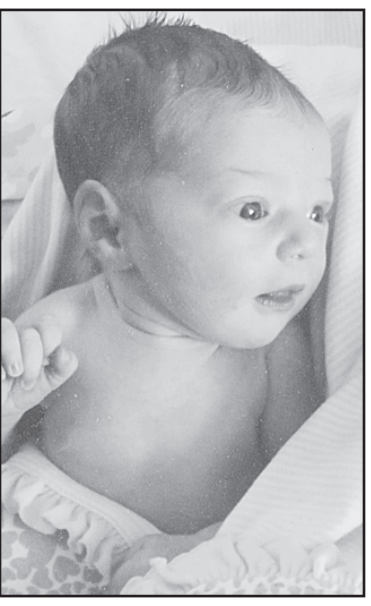
The Sunflower 4-H Club met at the fairgrounds on Monday, July 30, for a flag ceremony. Nine members, five parents and one leader were present. Sean Sains read a poem called "Duty to the Flag." Once the flags were raised Christopher Berls led the club in the flag salute and 4-H pledge. The Sains family served refreshments.

Members of the Sunflower 4-H Club also met at the fairgrounds on Thursday, Aug. 2, to view club members' projects. Nine members, four parents and one leader were present. After the tour the Anderson's served refreshments. The next meeting will be held on Monday, Sept. 17.

Ryan Berls, Reporter

birth

Kynnley Bruhn



Kynnley Bruhn

Kynnley Elisabeth Lennon Bruhn was born Thursday, July 25, 2012, at Women's Hospital in Omaha, Neb. She weighed 7.3 pounds and was 20 1/2 inches long.

Her parents are Nicholle and Adam Bruhn of Omaha. Grandparents are Jacquelyn Beal of Brighton, Colo. and Marshall Endsley of Alliance, Neb. and Carol and Oren Bruhn of Irwin, Iowa.

Her great-grandparents are Joan and John Beal of Goodland and Gladys and George Musfeldt of Mansfield, Iowa.

matters of record

The following real estate transactions have been reported by the Sherman County register of deeds.

Tammy M. Freeman to Robert D. Chapman, the N38' of Lot 12 and S34' of Lot 13, Block 5, Sharp's Addition to City of Goodland.

Wayne Clark and LaVila Clark conveys and warrant to Plains Properties, Inc., all of Lots 11, 12, 13, 14 and 15, Block 7, CK&N Addition to City of Goodland.

Linda Reno quit claims to Linda Reno and Mark Shults, Lots 18, 19, 20 and 21, Block 33, First Addition to City of Goodland.

Jeffrey H. Deeds and Jill M. Deeds to Hazen C. Deeds, the SW/4 of Sec.2, T6S, R37W.

Cheryl L. Krentz to Marvin D. Duell Revocable Trust and Bonnie L. Duell Revocable Trust, the N20' of Lot 10 and S40' of Lot 11, Block 34, Academy Addition to City of Goodland.

Adam R. Duell conveys and warrants to Marshal R. Hoppe and Teresa M. Hoppe, the E/2 of Lots 5, 6, 7, 8, 9 and 10, Block 2, Second Addition to City of Goodland.

Becky L. Finnell to Ronald Groves, Lots 21, 22 and S24' of Lot 23, Block 29, Second Addition to City of Goodland.

Marshal R. Hoppe and Teresa M. Hoppe to Gary Lee Hill and Helen Julene Hill, the N/2 of W77' of Lot 23 and W77' of Lot 24, Block 47, Second Addition to City of Goodland.

Loretta A. Boyington, Trustee of the John W. Boyington Revocable Trust to Kelly Kohlmeier, a tract of land in SW/4 of Sec.29, T8S, R39W.

Tracey E. Purvis and Jenett Purvis to J. Kendall Cooper and Jacque S. Cooper, Lot 7, Block 1, Eastridge Subdivision of Academy Addition to City of Goodland.

Larry W. Bacon and Susan M. Mery, Linda A. Toland and David T. Toland, Jr. quit claim to Larry W. Bacon and Linda A. Toland, the NW/4 of Sec.9, T8S, R38W.

88th Birthday Card Shower
Esther Splattstoesser
will be 88 on August 23, 2012!
Please Send Birthday Greetings to:
Esther Splattstoesser
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PR00314

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