

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 Norma at 890-6629 for more information.

The Goodland Activities Center has the daily activities. For information call 890-7242. Memberships options for everyone including day passes for \$5. Visit goodland-gac.com or stop by 808 Main. Aerobics with Tena Thompkins at 5:30 a.m. on Monday, Wednesday and Fridays. Aerobics with Lisa Malsom 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. 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 rightcombination-dance.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.

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

the calendar

calendar

The Farmers Market at 9th and Center is open from 8:30 a.m. on Saturday until sold out. Mini-market is from 4 to 6 p.m. on Tuesday.

Jodie Tubbs of the Kansas Commission on Veterans Affairs 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) 462-3572.

Prairie Land Food sign up will be until Monday. Distribution is 1 to 2 p.m. on Saturday, Oct. 20, 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 Prairie Pak will have two pounds chicken thighs, one pound ground beef, breakfast bites, haddock fillets, turkey pepperjack smoked sausage links, seasonal fresh fruits and vegetables.

The specials are a seafood box with coconut shrimp and stuffed sole fillets; tour of Italy with cheese manicotti, stuffed shells, meat tortellini, cheese ravioli, stuffed ziti and cheddar and potato pierogies; t-bone steaks; and hen house specials with chicken breast fillets. Thanksgiving specials can be ordered from Saturday, Oct. 20 to Monday, Nov. 5 They are a Thanksgiving full meal deal with whole roasted chicken, mashed potatoes, sweet potato patties, frozen vegetables, biscuits and pumpkin pie; four pounds boneless turkey breast, four pound boneless holiday ham and 10 pounds of crispy chicken breast tenderloins. The cost of a prairie pak will go from \$26 to \$29.

There will be a discussion of the book "Where Echo Lives" by Marcia Muller at 6:30 p.m.

on Thursday, Oct. 18, at the Goodland Public Library, 812 Broadway. This is part of the Talk About Literature in Kansas book discussion series. For information call (785) 899-5461.

The Carnegie Arts Council's Annual Spaghetti Dinner tickets are now on sale at the Carnegie Arts Center. The dinner will be at 6:30 p.m. on Saturday, Oct. 20 at the Goodland United Methodist Church Fellowship Hall. Entertainment will be provided by Matthew Gurnsey "The Kilted Man" performing his Celtic music. Head chef is Bill Petersen of Olde Westport Spice and Trade. Ticket are \$10 for members and \$12 for nonmembers. For information call 890-6442.

Sherman County Touch a Truck will be from 10 a.m. to 2 p.m. on Saturday, Oct. 20, at the Walmart Parking Lot. First hour is horn and siren free. Admission is free but donation boxes will be set up for local Genesis and Toys for Tots. For information call Deputy Jason Showalter, Sherman County Sheriff's Office (785) 890-4835.

"Facing the Giants," the next film of faith will be at 1:30 p.m. on Sunday, Oct. 14, at the Sherman Theatre, 1203 Main. There is no admission charge.

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: Ham and beans, coleslaw with carrots, cornbread and ambrosia fruit salad. Wednesday: Goulash, corn, tossed salad with tomatoes and carrots, bread and cinnamon apple slices. Thursday: Liver and onions in gravy, mashed potatoes, wax beans, bread and fruit cobbler. Friday: Teriyaki chicken fillet, winter mix vegetables, garden rice, bread and pineapple.

school menu

Today: Breakfast - French toast strips, strawberries and bananas and milk. Lunch - chicken nuggets, mashed potatoes and gravy, fresh broccoli, wheat roll and jelly, strawberries and bananas and milk. Wednesday: Breakfast - western omelet quesadilla with tomato salsa, potato rounds, fresh pear and milk. Lunch - chili, whole grain corn chips, celery and cucumbers, cinnamon roll, orange smiles and milk. Thursday: Breakfast - coffee cake, sunrise smoothie, graham crackers and milk. Lunch - baked ham, two potato mash, green beans, angel biscuit with jelly, kiwi and milk. Friday: Breakfast - biscuit and gravy, apricots and milk. Lunch - macaroni and cheese, meatballs, seasoned peas, baby carrots, whole wheat bread and jelly, apple wedges and milk.

school calendar

Today: Black day. Central School picture day. 2:30 p.m. high school and junior high cross country at Ellsworth. 3 p.m. junior high volleyball A/B triangular at Scott City. 3:30 p.m. varsity, junior varsity and C team volleyball quad at Atwood. Family, Career and Community Leaders of America Capital Leadership in Washington, D.C. Wednesday: Gold day. 7:30 a.m. Professional Learning Community. West School picture day. Family, Career and Community Leaders of America Capital Leadership in Washington, D.C. Thursday: Noon girls varsity golf at Syracuse. 3 p.m. varsity, junior varsity and C team dual at Norton. 3:30 p.m. junior high volleyball B against St. Francis at the Junior High Gym. 4 p.m. eighth grade football against St. Francis at Cowboy Stadium. 4:30 p.m. seventh grade football at Oberlin. Friday: 6:30 p.m. varsity football against Scott City at Cowboy Stadium.

obituaries

Jeanette Frances Bracelin

Jeanette Frances Bracelin, 82, retired bookkeeper for Great Western Tire in Goodland, died Thursday, Sept. 27, 2012, at University of Kansas Medical Center in Kansas City, Kan.

She was born Jan. 25, 1930, to Jacob and Carolina (Raile) Schlepp on the family farm west of St. Francis.

Mrs. Bracelin went to the Sunny Slope County School and graduated in 1948 from St. Francis Community High School. German was spoken in the home up until the time she went to school.

At the age of 18 she married Klifton Cook on June 6, 1948. They had two daughters.

On Oct. 11, 1969, she and Keith Bracelin were married.

They operated the Palace Meat Market in St. Francis until 1971. The couple then made Goodland their home. They owned and operated Great Western Tire for 30 years.

The couple enjoyed traveling together. Winters were spent in Arizona where they purchased their home in Thatcher in 2001.

Mrs. Bracelin enjoyed gardening, golfing, bowling and playing cards. Her embroidery basket was always

beside her chair.

Preceding her in death were her parents, her first husband, her older brother and Howard Peters, husband of her granddaughter Kristen.

Survivors include her husband of 42 years of the home; two daughters, Beverly (Bob Elliott) Barrows of Welda and Deb Lindsten of St. Francis; a stepdaughter, Lori (Pat) Barr of Owensboro, Ky.; a stepson, Mel Bracelin of Imperia, Neb.; four sisters, Gladys Cook and Mildred (Jim) Barnhart, all of St. Francis, Betty (Vasco) Millan of Aurora, Colo. and Delphine Geter of Hurricane, W. Va.; a sister-in-law, Louise Schlepp of Kanorado; eight grandchildren; and two great-grandchildren.

Services were at 9:30 a.m. (Mountain Time) Monday, Oct. 1, 2012, at First Christian Church, 118 E. Webster, St. Francis, with Pastor Jeff Landers officiating and interment at the St. Francis Cemetery.

Visitation was from 1 to 8 p.m. (Mountain Time) Sunday, Sept. 30, 2012 at Knodel Funeral Home, 202 S. Benton, St. Francis.

Memorials to the church may be sent to the funeral home.

Alfred Lee Hilt

Alfred Lee Hilt, 64, St. Francis farm hand, died Thursday, Sept. 27, 2012, at the Cheyenne County Hospital in St. Francis.

He was born Sept. 28, 1947, to William J. and Bertha (Keller) Hilt in St. Francis. Mr. Hilt completed his elementary education at Pleasant Hill School in Cheyenne County.

Mr. Hilt started working for Leon Trumbull during the summer and on weekends during his high school years. He farmed for Lewis Rueb, Fred Waters, Sparkey Nolan, Albert Keller, Elton Keller and Francis Sherlock. He then worked for Brown and Brown doing road construction, traveling all over the U.S. Returning to St. Francis he worked for Bruce Bierig as a custom harvester and for Norris Anderson during calving season. Then he started working for Theron Culwell and continued to work there until his death.

His hobbies were hunting and maintaining his gun collection.

Preceding him in death were his father; an infant brother, Martin Hilt; and many aunts and uncles.

Survivors include his mother of St. Francis; two sisters, Ruth Appel of Rush Center and Ruby (Wes) Garard of Lebow; two aunts, Ester Brunswig and Ella Mae Keller and an uncle, Elton Keller.

Services will be at 1 p.m. (Mountain Time) on Monday, Oct. 1, 2012 at Peace Lutheran Church, 202 N. College, St. Francis with burial in the Hope Valley Cemetery in rural St. Francis.

Visitation was from 2 to 8 p.m. on Sunday, Sept. 30, 2012, at Knodel Funeral Home, 202 S. Benton, St. Francis.

Memorials to the Alfred Hilt Memorial Fund may be sent to the funeral home.

It's okay to say no, the world doesn't end

Psst... I have a secret that I think most small business owners don't know. Are you ready? Here it is...

It's okay to say no. Really! It's true. I tested this the other day, and the world didn't end. They may get mad, but that's their issue not yours. You have to run your business according to your priorities, not theirs.

Now I'm not telling you to be rude or give poor customer service. I'm telling you to excellently do what you do, and politely decline what you don't do. Easier said than done, but totally



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worth it. 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 Morpew at #620-874-0771 or e-mail wkbc@wbsnet.org.

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.

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.

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Patient & Family Support Programs at Goodland Regional Medical Center Wednesday, October 3: Pain Management Basics For Patients & Families 4:30-5:30 p.m. MST The presentation will take place over televideo and will cover common pain complaints and the use of medication and non-medication to control pain. Facilitator: Melanie Simpson, PhD, RN-BC, OCN, CHPN All programs are FREE Meet in the Large Boardroom 220 W. 2nd Goodland KS 67735 See more information on our website: www.goodlandregional.com

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