

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, Wednesdays 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 Harvest Evangelical Free Church, 521 E. Hwy. 24. For information call (785) 890-6423.

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

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.

The Goodland School District will hold its early childhood screenings for infant, toddler and preschool aged children from 8 a.m. to 3 p.m. on Tuesday and Wednesday, Oct. 16 and 17, at Our Lady of Perpetual Help Catholic Church, 307 W. 13, Goodland. To make an appointment call Paula Geist at West Elementary 890-6163.

A presentation on Wellness and Longevity will be given by a former resident and retired surgeon of Goodland at the Shiraz Restaurant on Hwy 24 at 10 a.m. on Saturday, Oct. 27. Dr. M.G. Kirby will hold a question and answer session after his presentation. There is no admission charge. Everyone is invited. Refreshments will be served.

Christa Smith, wife of Air Force Lt. Col. Doug Smith will be speaking at 6:30 p.m. on Thursday, Nov. 1, at the Goodland Veterans of Foreign Wars. She will be giving ideas on how our community can support our current troops in military zones.

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 free 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: Teriyaki chicken fillet, winter mix vegetables, garden rice, bread and pineapple. Monday: Polish sausage with kraut, mashed potatoes, green beans, bread and apricots. Tuesday: Ground beef stew, orange pineapple salad, crackers and pumpkin crunch. Wednesday: Salisbury steak, scalloped potatoes, peas, bread and rosy pears. Thursday: Oven fried chicken, mashed potatoes with gravy, mixed vegetables, bread and cook's choice fruit. Friday: Taco salad, peaches, chips

and bread pudding.

school menu

Today: 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. Monday: Breakfast - oatmeal breakfast round, banana and milk. Lunch - pig in a blanket, potato wedges, broccoli with cheese, fresh apple and gelatin with juice and milk. Tuesday: Breakfast - whole grain waffles, sausage links, mandarin oranges and milk. Lunch - pepperoni pizza, tossed salad with romaine, garlic bread stick with marinara, banana and milk. Wednesday: Breakfast - breakfast sundae, fruit juice and milk. Lunch - taco burger on a bun with lettuce and tomato, refried beans, salsa, sliced pears, whole grain corn chips and milk. Thursday: Breakfast - whole grain cheese pizza, fresh mixed fruit cup and milk. Lunch - Italian pasta bake, green pepper strips with baby carrots, applesauce, royal brownie, whole wheat bread and milk. Friday: Breakfast - breakfast bake with tomato salsa, whole wheat toast, grapes and milk. Lunch - chicken pattie, mashed potatoes and gravy, green beans, orange wedges, wheat roll and milk.

school calendar

Today: 6:30 p.m. varsity football against Scott City at Cowboy Stadium. Saturday: 8 a.m. junior varsity and c team volleyball teams at the Hays Ninth and Junior Varsity Tournament. 9 a.m. high school cross country at the Lakin Invitational. 9 a.m. junior high volleyball at the Great West Activities Conference League Tournament in Ulysses. Monday: Girls regional golf. 4 p.m. junior varsity football at Scott City. West Schoolie sales end. 7 p.m. Board of Education meeting. Tuesday: Gold day. 3:30 p.m. varsity, junior varsity and c team volleyball quad at Oakley. 4 p.m. West Site Council. Wednesday: Black day. 7:30 a.m. professional learning community. 4 p.m. Central Site Council. Thursday: 3 p.m. c team volleyball quad at Scott City. 3:30 p.m. junior high football against Scott City at Cowboy Stadium. Friday: 6 p.m. varsity football against Clay Center at Cowboy Stadium.

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.

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

Deborah S. Albright

Deborah S. Albright, 63, resident at Good Samaritan Society — Sherman County in Goodland.

She and her husband Donald E. Albright moved from southeast Nebraska to Goodland in May.

Services are pending.

Memorials to the Deborah Albright Memorial may be sent to Koons Funeral Home, 211 N. Main, Goodland, Kan. 67735-1555.

A full obituary will follow.

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Department staff have leadership roles

Performing the day-to-day work of the Kansas Insurance Department requires diligence, intelligence and persistence. I'm proud of our staff members and the work they do for Kansans. They fulfill a critical mission to regulate, educate and advocate for our citizens who have insurance products.



sandy praeger

insurance comm.

What makes me even prouder is the continuing education and leadership roles that my colleagues pursue in the quest to help their fellow citizens. Many of them have completed courses on their own to enhance their knowledge of their particular insurance area. Believe me, if you think insurance is hard to comprehend, so is the training you take to do your job better.

Many of our staff members can proudly point to the letters of professional designations following their name on business cards and correspondence. They represent a continued desire to know as much as possible about their areas of expertise.

Often, that continuing education transfers into a leadership role as well, not only in the department but through national roles in insurance regulation. We have several department staff members who chair committees, subcommittees or working groups for the National Association of Insurance Commissioners, the nationwide organization for insurance officials that has been in existence since 1871.

Staff members participate in at least 34 national association committee activities, ranging from antifraud, information technology, producer licensing, senior issues, title insurance, health and managed care, financial conditions, consumer and state government liaisons and actuarial issues. Our leaders of those groups are sought after for their regulatory knowledge, because our department is known nationwide for commonsense, practical and meaningful ways to provide useful solutions to consumer and insurance industry issues.

Those committee activities don't always involve personal meetings;

many of the activities are now conducted through conference calls and webinars among the state regulators, saving travel, expense and time.

The designations and leadership roles complement our consumer-oriented mission. We also have a public presence through our award-winning website, www.ksinsurance.org, the numerous publications we produce throughout the year and the many speaking engagements we provide to Kansas groups and organizations.

Our website, www.ksinsurance.org, has been nationally cited twice as one of the top six insurance department websites in the country during the past five years. In addition to providing an electronic presence, we send out nearly 30,000 hard copies of our publications each year, and many more are printed by consumers because we make them available for download on our website.

Also, our Facebook page, www.facebook.com/kansasinsurancedepartment, provides many of the same consumer news updates and features in real time.

In 2011 we sent department representatives to more than one-third of our Kansas counties for speaking engagements ranging from general consumer issues to property/casualty and health topics. We gave 128 speeches or presentations and staffed 19 department exhibits.

The work we do is not often high profile or glamorous. It's the type of work-a-day, thoughtful, practical and consumer-friendly involvement that I believe you expect from a state governmental agency. The continuing education our staff members take, the leadership we provide to state and national organizations and our consumer outreach programs are all an outgrowth of our commitment to do what's best for Kansans.

Guide available for bugs

Pests can hamper yields and affect the quality of home-grown produce. A new guide is available to help homeowners and gardeners identify common pests and beneficial insects.

"Good pest management can only be achieved through proper identification," said Frannie Miller, Kansas State Research and Extension pesticide safety and integrated pest management coordinator and author of the guide.

The guide, which slips easily into a pocket, contains information on what the insects look like, their life stages, damage they cause and how to control them. It contains color pictures of the 40 most common

pests and beneficial insects.

"Control measures may not be needed for all insects," Miller said. "Some insects cause cosmetic damage but do not actually harm plants."

The publication lists practices to help minimize pest damage.

"The hope for this guide is that it will serve as a useful resource for the people of Kansas," she said.

The spiral-bound guide sells for \$4.10. Order it from the Kansas State Research and Extension online bookstore at www.ksre.ksu.edu/library/. Search for "Pocket Guide to Common Pest Problems and Beneficials, S158."

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. On exhibit during the month of October is a selection of works from the art department at Colby Community College. The pieces in the show, created by art instructor Rebel Jay and her students from several art classes, utilize a variety of media including acrylics, chalk, clay, paper and found objects.

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. Debbie Lucas and p.m. Judy Siruta. Monday: a.m. Sheryl Ketter and p.m. Judy Siruta. Wednesday: a.m. Helen Musil. Thursday: a.m. Gorda Adalgren. 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.

**FREE CONCERT**  
 Greg Waggoner,  
 the Cowboy Preacher  
**Oct. 13th, 7 p.m. CT**  
 at the Colby Community Building  
 Sponsored by Colby Independent Baptist Church, 730 E. 2nd, Colby, KS • Phone: (785) 460-0313

**FREE DEAD TREE REMOVAL**

The City of Goodland is accepting applications for individuals who have dead trees on their property and would like to have them removed at no cost. If you are interested in this program, please apply at the City Office, or online at: www.cityofgoodland.org. Deadline for applications is Friday, October 19, 2012. The point of this program is to help beautify the City of Goodland.

**October 5th & 6th, 2012 - Kanorado, KS**  
**Oktoberfest**  
**Friday, October 5: Chili Cookoff**  
**Saturday, October 6:**  
 7:30-10:30 AM: Biscuit & gravy breakfast at Senior Center  
 11 AM: Parade Top Side of Kansas  
 11:30 AM-1:30 PM: Ham & Beans at Senior Center  
 1:30 PM: Horseshoe tournament up at School  
 2 PM: Bingo at Senior Center

- Food vendors • Kids Games • Cake Walk
- Crafters • Pie & Ice Cream at Senior Center
- Oktoberfest Fair • and much more!
- Vendors/Crafters welcome!

For more information on the Chili Cookoff and other events, call Tammy at (785) 399-2348 or Hazel at (785) 399-2282.