

card showers

Betty Webb will be 85 on Thursday, Nov. 29, 2012, and her family is requesting that cards be sent to her at 515 Grand, 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 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 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

the calendar

calendar

Prairie Land Food distribution is 1 to 2 p.m. on Saturday, Dec. 15, 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. The Prairie Pak will have ground beef, beef steak strips, breaded chicken breast fillets, split chicken breast, bacon, cherry pie, seasonal fresh fruits and vegetables. The specials are spiral sliced holiday ham, Christmas meat and cheese box, T-bones and roaster boneless chickens.

The Kids Christmas Shoppe at the Goodland Churches Thrift Store, 1002 Main, will be from 10 a.m. to 2 p.m. on Saturday.

The next in the Films of Faith Film Series will be "The Nativity Story" at 1:30 p.m. on Sunday at the Sherman Theatre, 1203 Main. Admission is free and all are invited to the Emanuel Lutheran Church for a hymn sign of Advent and Christmas hymns.

Senior Health Insurance Counselors of Kansas will assist

people with Medicare plans during the enrollment period from Monday until Friday, Dec. 7, at the Goodland Public Library two days a week. To set up an appointment call (785) 890-5908, (785) 399-2407 or (785) 821-1626.

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: Chef salad, tropical fruit, breadstick and brownie. Wednesday: Chili, orange pineapple salad, crackers and cinnamon roll. Thursday: Cook's choice entree, hash brown casserole, green beans, bread and peaches. Friday: Salisbury steak, mashed potatoes with gravy, peas, bread and applesauce.

school menu

Today: Breakfast - baked French toast strips, strawberries and bananas and milk. Lunch - stromboli, garden spinach salad, fresh carrots, fresh strawberries and milk. Wednesday: Breakfast - western omelet quesadilla with tomato salsa, potato rounds, fresh

pear and milk. Lunch - barbecue beef on a bun, baked beans, sweet potato puffs, orange smiles, oatmeal cookie and milk. Thursday: Breakfast - coffee cake, sunrise smoothie, graham crackers. Lunch - turkey and cheese sub with lettuce and tomato, oven fries, sliced peaches, graham snacks and milk. Friday: Breakfast - biscuit and gravy, apricots and milk. Lunch - country style beef pattie, mashed potatoes and gravy, steamed broccoli, wheat roll and jelly, banana and milk.

school calendar

Today: Gold day. 3 p.m. girls seventh grade basketball at Scott city. 3 p.m. junior high wrestling quad at Holcomb. 3 p.m. high school scholars' bowl at Tribune. 3:30 girls eighth grade basketball against Scott City in the Goodland High School gym. 5 p.m. basketball sports drink scrimmage. Wednesday: Black day. 7:30 a.m. professional learning communities. Thursday: 5:30 p.m. varsity and junior varsity wrestling against Oberlin. Friday: 3:45 p.m. junior varsity and team basketball at Norton. 5:30 p.m. varsity basketball at Norton.

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. Nutri-

obituaries

Roy "Dean" Miller

Roy "Dean" Miller, 89, Ponca City, Okla., father of Cesar (Starla) Miller of Goodland, died Thursday, Nov. 22, 2012, at Ponca City Medical Center in Ponca City, Okla.

He was born June 6, 1923, to Roy and Millie (Comer) Miller in Cullison.

At the age of 19, he enlisted in the U.S. Army and served in World War II. He earned the distinguished Croix De Guirre from the French in 1944, a Silver Star and five Bronze Stars. Upon his honorable discharge in 1945, he returned to his hometown and attended Pratt Community College. Mr. Miller then went to work with his father in their family business, the Miller Grain Co. After his father retired, he took over the business and retired, closing the business in 1992.

On Oct. 28, 1961, he and Rosario (Tina) Nucamendi were married. In 1998 the couple moved to Ponca City to be closer to family.

In his early years he was very active with the Boy Scouts of America, deacon of his church and 4-H leader.

Preceding him in death were his parents; two sisters, June Hodges and Emma Hefty; and a brother, Kenneth Miller.

Survivors include his wife of 51 years of the home; two daughters, Tina Riedinger and Debra (David) Hazlett of Ponca City, Okla.; two other sons, Dean (Lisa) Miller of Ponca City, Okla. and T.J. (Nancy) Schlumbohm of Wichita; and 14 grandchildren.

Services will be at 1 p.m. (Mountain Time) on Monday, Nov. 26, 2012, at the Trout Funeral Home, 505 W. Grand Ave., Ponca City, Okla. with the Rev. Robert Montgomery officiating and burial in the Resthaven Memorial Park in Ponca City with military honors.

Memorials may be sent to the American Legion, 407 West South Ave., Ponca City, Okla. 74601.



Miller

Shirley Amack

Shirley Mae Amack, 85, Bird City homemaker, died Thursday, Nov. 22, 2012 at Good Samaritan Society — St. Francis.

She was born on Dec. 2, 1926, to Lloyd and Myrtle Warner in Goodland. When she was five her father died. Her mother remarried when she was eight to Robert Standish and the family moved to a farm south of St. Francis in the Lawn Ridge Community.

Mrs. Amack attended grade school and high school in St. Francis.

On Sept. 21, 1946, she and Keith Amack were married. The couple lived in St. Francis and later moved to Goodland. Then they bought a house in Bird City.

Preceding her in death were her husband on Dec. 23, 2000; her

parents; her step-father; and a son Merlin at his birth.

Survivors include three sons, Gary (Vickie) Amack of Livingston, Texas, Marvin Amack of Phoenix, Ariz. and Jimmy (Jan) Amack of Colorado Springs, Colo.; and a sister, Joyce Graves of Bird City.

Services were at noon (Mountain Time) on Tuesday, Nov. 27, 2012, at Knodel Funeral Home, 202 S. Benton, St. Francis and burial in the Lawn Ridge Cemetery of rural St. Francis.

Visitation was from 10 a.m. to 6 p.m. (Mountain Time) on Monday, Nov. 26, 2012, and from 8 a.m. (Mountain Time) until service time at the funeral home.

Memorials to the Shirley Amack Memorial Fund may be sent to the funeral home.

Janice Mote

Janice Lynn Mote, 73, Weskan over-the-road truck driver, died Wednesday, Nov. 21, 2012, at the Sharon Spring Community Care Center in Sharon Springs.

She was born July 22, 1939, to Alta Lucy (Cambridge) and Howard Collins in Weskan. In 1957 she graduated from Weskan High School.

On May 26, 1957, she and O.D. Mote were married at the United Methodist Church in Weskan. Mrs. Mote also worked for Weiner's Food Store and for the Weskan School in the lunch room.

Preceding her in death were her parents, a granddaughter Darcy Lynn Miller and a sister Phyllis Hurley.

Survivors include her husband of 55 years; a son Tracy (Jo Ann)

Mote of Weskan; three daughters, Kelly (Randy) Tipton and Stephanie (Ruban Orozco) Rinehart, both of Weskan, and Sandy (Sean) Miller of Goodland; a sister, Linda (Ron) Simons of Weskan; a brother, Skip Collins of Osage City; 13 grandchildren; and three great-grandchildren.

Services will be at 10 a.m. (Mountain Time) on Monday, Nov. 26, 2012, at the Sharon Springs United Methodist Church in Sharon Springs with Pastor Tim Cress and the Rev. Paul McNall officiating and inurnment at the Weskan Cemetery.

Memorials to the Weskan Community Improvement Association may be sent to Koons Funeral Home, 211 N. Main, Goodland, Kan. 67735.



Mote

KOONS FUNERAL HOME, INC  
AND MONUMENTS  
www.koonsfuneralhome.com

sunflower 4-h

The Sunflower 4-H Club met on Monday, Nov. 19, at Edwards Hall. Acting President Christopher Berls called the meeting to order and acting Vice President Ryan Volk led the club in the flag salute and 4-H Pledge. Roll call of "What is your favorite candy bar?" was answered by thirteen members, nine parents and one leader. Christopher Berls led the club in singing the "Turkey Song."

Following a short business meeting, Ryan Volk presented a reading

about Thanksgiving and Zach Werner recited a poem called "William Tell" by Shel Silverstein. Ryan Volk also played a song on the piano called "Egyptian Jam Session" and Cris Wilson read a 4-H fact. A short recess was called for recreation and Mason Berls led the club in playing "Fruit Salad."

The Salmans family served refreshments. The next club meeting will be the Christmas Party held in December.

Ryan Berls, reporter

Don't let fear stop you short

Be afraid NOT to take a leap. Growth doesn't happen in your comfort zone! ~Carrie Wilkerson

Is fear stopping you from taking that leap? Yes, it won't always go smoothly. Yes, you won't know everything. Yes, you will make mistakes. Yes, you might fail. (Reassuring, aren't I?)

But what if you don't take that



jamie morphew

business tips

leap? Will you regret it? Will you always wonder what if?

I not telling you to be reckless and dive into something without careful thought and planning, but don't miss this opportunity because it's uncomfortable. Don't let fear stop you from something you really want to do.

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 wkbcb@wbsnet.org.

Christmas Dinner and Dance  
Goodland Elks Lodge  
Saturday, December 15 at 6:30 p.m. MT  
Prime rib dinner/Jimmy Dee Dance  
Elk Members and Guests  
Call the Elks Lodge at  
(785) 890-6251 for tickets!

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