

activities

Tours of the 1907 Victorian House at 202 W. 13th are from **1 to 5 p.m. Wednesday through Monday.**

The High Plains Museum, 1717 Cherry Ave., is open from **9 a.m. to 5 p.m. Monday through Friday and from 9 a.m. to 4 p.m. Saturday.** A temporary exhibit on Goodland Dentist Dr. Harry M. Steever is on display. It features an 1870 foot-treadle-driven dental engine. Quilts by the Prairie Piecemakers are also on display.

The Carnegie Arts Center is open from **10 a.m. to 5 p.m. Tuesday through Friday and from 1 to 4 p.m. Saturday, Sunday and Monday** at 120 W. 12th. February's exhibit is Elementary Art.

The Goodland Public Library holding **story hour** for 4 and 5-year-olds at **10 a.m. Wednesdays** and 3 and 4-year-olds **Thursdays, both from 10 to 11 a.m. Born to Read** for children birth to age 3, accompanied by an adult, will be **10 to 10:30 a.m. Fridays.** Marcy Melia, children's librarian, is in charge of story hour and can be reached at 899-5461.

Big Brothers/Big Sisters of Sherman County is seeking mentors and children to mentor. Call 890-3665.

Goodland Mothers of Preschoolers (MOPS) will meet from **6 to 7:30 p.m. the first Monday of the month** at the First Christian Church, Eighth and Arcade.

Diabetes Support Group meets at **4 p.m. the last Tuesday** of each month in the large board room at Goodland Regional Medical Center. Patients, family and friends meet each month for a speaker and educational program. Call Sarah Linton at 890-6044.

Breast Cancer Support Group meets at **5 p.m. (instead of 5:30) the first Monday** of the month in the dome at Howard Johnson's. Any woman with cancer is welcome. Call Cheryl at 890-5528.

Emotions Anonymous meets at **7:30 p.m. Wednesdays** at the Goodland Regional Medical Center board room.

Aerobics Classes - 5:30 and 7:30 a.m. aerobics classes are offered **Monday, Wednesday and Friday** at the Goodland Activities Center. Yoga is offered at **8:30 a.m. Wednesday.** Call 890-7242.

TOPS Meetings - Take Off Pounds Sensibly meets at **5:30 p.m. Tuesdays** at North Elementary School. Weigh-in is at 5 p.m.

Alcoholics Anonymous S.O.S. Group holds open meetings at **7 p.m. Monday** at the Trinity Lutheran Church, Seventh and Senter, Burlington. Call Pamela at 719-346-7711 or Dave at 890-2858.

Goodland Alcoholics Anonymous meets at **8 p.m. Monday**, a closed meeting with Al-Anon, **Wednesday**, the book meeting, and **Saturday**, an open meeting, at 1013 Center. For Alcoholics Anonymous, call Rob at 890-3023 or Linda at 399-2353. For Al-Anon, call Cheryl at 890-3023.

The "Freedom Today" group of **Narcotics Anonymous** meets at 8

the calendar

calendar

Jodi 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. Tubbs will be in Goodland on the first and third Thursday of each month.

The Goodland School District's **Kindergarten Roundup** will be from **8 a.m. to noon and 1 to 3 p.m. Tuesday and Wednesday, Feb. 20 and 21**, at the Our Lady of Perpetual Help Catholic Church, 307 W. 13th. All children in the district who will be 5 on or before Aug. 31 are eligible. For an appointment, call Shawn Gastineau, North Elementary School secretary, at 890-3912.

Prairie Land Food (formerly SHARE) sign up for the March distribution of food will be until Monday, March 12, at the Sherman County Health Department. **Pick up** will be from **10:30 to 11:30 a.m. Saturday, Feb. 24**, at the Goodland Elks Lodge for the

February distribution.

Storm spotter training will be at **5:30 p.m. (Mountain Time) Tuesday, March 13**, at St. Francis High School and at **6:30 p.m. Wednesday, March 14**, at the National Guard Armory in Goodland.

school menu

Wednesday: Chicken parmesan, lettuce salad, green beans, garlic bread, Valentine cake and milk. **Thursday:** Hamburger gravy, mashed potatoes, beets, whole wheat dinner roll, mandarin oranges and pineapple and milk. **Friday:** Goulash, corn, lettuce salad, garlic bread, pudding and milk.

school calendar

Today: Gold day. Math practice tests for sophomores 10:40 a.m. in Mr. Stone's lab. Freshman basketball 3:45 p.m. vs. Colby. Junior varsity basketball 5:30 p.m. vs. Colby. Varsity basketball 7 p.m. vs. Colby. FCCLA Flag Ceremony and Money Grab.

Wednesday: Black day. Junior High League band and choir at Colby Community College. Little cheerleader practice 3:45

p.m. Tuesdays and 7 p.m. Saturdays at the Goodland Elks Lodge. Call 890-8369.

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

Jay Antle, assistant professor of history at Johnson County Community College in Overland Park, will present **"Mobilizing the Masses: World War II Homefront Posters"** at **6:30 p.m. (Mountain Time) Saturday** at The Gateway Civic Center in Oberlin. Admission is by Oberlin Arts and Humanities Commission season tickets or paid at the door. Call Ella Betts, (785) 475-3557 or Mary Henzel, (785) 475-3329.

The **Sacred Heart School Carnival** will be from **10 a.m. to 2 p.m. (Mountain Time) Sunday, Feb. 25**, at the school, 1150 W. Sixth, Colby. Fun, food, games and prizes. "Chrysler Drive for the Kids" will be at the carnival as well. Present a valid driver's license, test drive a new car, fill out a short survey, and the Sacred Heart home and school will receive \$5. Taylor Motors will have cars there.

Families Together is providing training for **"education advocates"** from **9 a.m. to 3 p.m. (Mountain Time) Monday, March 5**, at the Pioneer Memorial Library, 375 W. Fourth, Colby. The training is designed to outline and explain the special education process and the advocate's and parents' roles in helping children with disabilities.

To register, call (785) 233-4777 or (800) 264-6343.

Admission to the **Prairie Museum of Art and History** will be free from **noon to 4 p.m. Mountain Time Sundays** at 1905 S. Franklin in Colby. The museum is also open from 9 a.m. to 5 p.m. Central Time Monday through Friday and 1 to 5 p.m. 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.

Wednesday: WIC in Colby. Scheduled appointments. **Thursday:** WIC in Colby. Scheduled appointments. Blood pressures 9:30 a.m. at Handy Towers. **Friday:** Scheduled appointments.

The health department has flu vaccine.

Benefits for Seniors, including Medicare and application for Patients Assistance Drug Program. Blood pressures; infants', children's and adult's immunizations; health assessments for Kan Be Healthy, daycare and school entry; fasting blood sugar and hemoglobin; family planning; and toenail clipping available by appointment. Sharps containers are available free. Call 890-4888.

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.

Couple to marry in March



Snethen and Butler

Sharla Butler of Orange, Calif., and Jeremiah Snethen of Goodland plan to marry Saturday, March 10, 2007, at the Emmanuel Lutheran Church here.

He is the son of Harold and Mary Ann Snethen of Goodland, and she is the daughter of Tim and Mary Brown of Orange, now living in Maize, Kan.

His grandparents are Robert and Edna Snethen and Georgina and the late William Aschenbrenner. Hers are Dale and the late Betty Nelson.

The prospective groom graduated from Kansas State University with a bachelor's degree in mechanical engineering technology. He has worked for Cessna Aircraft in Wichita for seven years.

Area students earn degrees from Hays

Thirteen area students were among the 390 who completed requirements for bachelor's and associate's degrees during the fall 2006 semester at Fort Hays State University.

Goodland: Sondra S. Smith, Bachelor of Science in elementary education.

Kanorado: Deborah M. Benisch, Bachelor of Science in elementary education, and Deborah Marie Hickman, Bachelor of General Studies.

St. Francis: Gina L. Frohlich, Bachelor of Science in psychology; Kari N. Gienger, Bachelor of Business Administration in information systems administration;

Megan Lea Smith, Bachelor of Business Administration in management; Michael A. Wolters, Bachelor of Arts in English and Bachelor of Science in secondary education.

Sharon Springs: Danele M. Benisch, Bachelor of Science in elementary education; Lindsay M. Fixsen, Bachelor of Business Administration in management; Colleen Annette Wagoner, Bachelor of Science in elementary education; and Keli L. Wagoner, Bachelor of Fine Arts in art.

Wallace: Maranda Jean Bussen, Bachelor of Fine Arts in art.

Weskan: Tucker B. Sesson, Bachelor of Science in agriculture.

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: Leora Jones, a.m., Mazie Sutton, courtesy. **Thursday:** Jessie Owens, a.m.; Shelby Miller, p.m.; and Emma VanVleet, courtesy. **Friday:** Fern Hawks, a.m., and Mazie Sutton, courtesy.

tax help

Free tax help for middle and low income taxpayers will be available at the Goodland Public Library and the Goodland Senior Center from 1 to 4 p.m. Fridays until April 15. Special help will be available for those 60 and over.

cell phone drive

Save a Life-Give a Phone collects used cell phones and refurbishes them to provide 911 access for domestic violence victims locally and nationwide, including all YWCA Domestic Violence Shelters. Phones are also provided to the elderly and others in need of an emergency cell phone. The group has a drop-off point at American Communications, 726 W Hwy 24. Call Jeannie Topliff at 899-2426 or Candice at 866-448-2366.

thrift store

Anyone wanting to donate to the Goodland Churches Thrift Shop should call 899-2007 to arrange to meet by the door in the alley and take donations directly from the car to the warehouse.

The store needs zippered bags like those bedding and curtains are sold in, seal-a-meal bags or any bags that can be heat-sealed, and jewelry gift boxes.

Goodland schools to hold Kindergarten Roundup

The Goodland School District will hold a combined kindergarten screening and enrollment later this month for children who will be attending kindergarten this fall.

The Kindergarten Roundup will be from 8 a.m. to noon and 1 to 3 p.m. Tuesday and Wednesday, Feb. 20 and 21, at the Our Lady of Perpetual Help Catholic Church, 307 W. 13th.

All children in the district who will be 5 on or before Aug. 31 are eligible. For an appointment, call Shawn Gastineau, North Elementary School secretary, at 890-3912.

The screening and registration will take about an hour. Gastineau said, and an adult must accompany each child. The screening includes a hearing exam, vision test, speech assessment, developmental

screening and immunization record check.

Parents are asked to bring immunization records, a certified copy of the child's birth certificate and a copy of the child's Social Security card. Immunizations and a health assessment must be completed before school starts. Immunizations can be scheduled with a doctor or the Sherman County Health Department.

To get a certified copy of your child's birth certificate, write to the State Capitol Building, Department of Vital Statistics, for the state in which the child was born. In Kansas, the address is Kansas Department of Health and Environment, Vital Statistics, 1000 S.W. Jackson, Room 120, Topeka, Kan. 66612-2221.

Five area students listed on Jayhawk honor roll

Five area students made the fall semester honor roll at the University of Kansas Lawrence campus and the Schools of Allied Health and Nursing in Kansas City.

From Goodland are Lea Elise Acuff, daughter of Mark Acuff, a senior in liberal arts; Ashley Jo Hallagin, daughter of Rollie and Jean Hallagin, a pharmacy professional student; Jocelyn Blair Lucas, daughter of Jack and Linda Lucas, a senior in education; and Jill Susanne Sowers, daughter of Rue

and Marilyn Sowers, a pharmacy professional student.

From Sharon Springs: Casey Dean Rhea, son of Kurt and Cheri Rhea, a pharmacy professional student.

Honor roll criteria vary among the university's academic units. Some schools honor the top 10 percent of full-time students, some establish a minimum grade average and others raise the minimum for each year a student is in school.

Internet tonight! 899-2338

Many are fighting cabin fever, winter blues

Very cold weather in the Midwest, along with ice and snow storms, has resulted in a winter where many people will experience what is called cabin fever or winter blues.

Cabin fever is defined as a condition that produces restlessness and irritability caused from being in a confined space. The term is usually heard when people have to spend more time than usual indoors because of winter weather.

The result is fewer social contacts as well as exposure to fresh air and sunshine, which causes some people to feel isolated, irritable and even depressed.

"Post-holiday blues" is another description for those few days or



high plains mental health

- plain sense

weeks in the first part of the year when people might feel sad and discouraged. Sometimes those feelings are the result of a disappointing holiday season or too much holiday stress. For others, it might be due to major life changes coming with a new year.

Such feelings are not unusual and usually decrease within a short time. But for some, those feelings

last longer than is healthy and can develop into depression. To decrease feelings of sadness, try the following:

- Take good care of yourself; get enough rest, eat properly and exercise regularly.
- Get out when possible. Isolation can increase the chances of depression, so maintain social contacts or volunteer to spend time helping others.
- Stay active even when confined in one place; start a new project or finish one that you have been putting off.

If feelings of sadness or the blues continue for too long, talk to a friend or family member or contact your physician, clergy or a mental health professional for assistance in understanding those feelings and in making needed changes.

Contributed by Karen Schueler, manager, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601.

Thank You FOR YOUR HELP
We wish to express our sincere thanks to our friends and family for the many expressions of sympathy following the death of our father, Milton Parish, Jr.
A special thanks to the loving and caring staff of the Good Samaritan Center and Northwest Kansas Medical Center. Also to Dr. Daise.
Your thoughtfulness will always be remembered!
Lorettann & Don Keith Family
Janice & Joseph Scanlon
Charlene & Dick Edwards Family

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