

stork report

Braiden Michael Blanchard was born Wednesday, Feb. 7, 2007, at the Overland Park Regional Medical Center. He weighed 8 pounds, 5 ounces, and was 21 inches long. Stephen and Laura Blanchard of Lawrence are his parents. Braiden is welcomed home by a big brother, Gavin, 2. Grandparents are Harlan and Cora House and great-grandmothers Dixie Chatfield and Freda House, all of Goodland. Greetings can be sent to the Blanchards at 2728 Inverness Ct., Lawrence, Kan. 66047.

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 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

Families Together is providing

the calendar

calendar

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** at the Goodland Elks Lodge for the February distribution.

The Harvest Evangelical Free Church is asking **community singers to meet at 2 p.m. Sunday afternoons** at 104 E. Hwy. 24 (across from the SRS building) to **practice for an Easter Cantata, "Forsaken."** Call Randy Berls at 890-0082 for information.

West Site Council is holding a **reading rotation fund-raiser from 5 to 7 p.m. Monday** at West Elementary School. There will be a hot dog supper for donations, and teachers will give demonstrations.

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will not be in Goodland from **Thursday, March 1**, due to training in Wichita. She will be in Goodland again Thursday, March 15, from 1 to 2:15 p.m., 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.

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

Monday: Pizza, lettuce salad, corn, rosy applesauce and milk. **Tuesday:** Creamed chicken over rice, mixed vegetables, biscuit, spiced pears and milk. **Wednesday:** Hot dog on a bun, tator tots, baked beans, peach crisp and milk.

school calendar

Today: Gold day. Varsity wrestling-state. Kansas Music Educators Association state high school band and choir. Math Formative Assessments 10:40 a.m.

Saturday: Varsity wrestling-state. Kansas Music Educators Association state band and choir.

Monday: First day of spring sports practice. Sub-state basketball. Junior high scholars bowl 2

p.m. at Oakley Middle School. Reading night and hot dog feed 5:30 p.m. at West Elementary. Goodland Activities Center youth basketball 6 p.m. in the high school gym. School board meeting 7 p.m.

Tuesday: Gold day. Sub-state basketball. State reading assessment for juniors 7:50 a.m.

Wednesday: Black day. Sub-state basketball State reading assessment for juniors 7:50 a.m. City/county recreation 7 p.m.

Thursday: Gold day. Sub-state basketball. State reading assessment for juniors 7:50 a.m.

Friday, March 2: Black day. Sub-state basketball. State reading assessment for juniors 7:50 a.m.

Saturday, March 3: Kansas State DECA Career Development Conference at Overland Park. Sub-state basketball.

senior center menu

Monday: Pasta, beef and tomato casserole, succotash, mandarin oranges and bread pudding.

Tuesday: Paprika chicken, mashed potatoes with gravy, seasoned carrots, bread and Jell-o with fruit. **Wednesday:** Chili with beans, five-cup salad, crackers and cinnamon roll.

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.

The Pride of the Prairie Orchestra will perform "Strings in Spring" at **2:30 p.m. Sunday, April 22**, in the college's auditorium with Brad Herndon, director of bands and Colby Community College conductor, conducting. There is a charge for admission.

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.

Monday: Scheduled appointments. **Tuesday:** WIC in Oberlin. Scheduled appointments. **Wednesday:** Blood pressures 10 a.m. at the Goodland Senior Center. **Thursday:** WIC in Colby. Scheduled appointments. **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.

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.

Monday: Fern Heckman, a.m., and Mazie Sutton, courtesy. **Tuesday:** Jan Lambertz, a.m., and Em-

ma VanVleet, courtesy. **Wednesday:** Shirley Hayden, a.m.; Chet Ross, p.m.; and 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 Toppliff at 899-2426 or Candice at 866-448-2366.

thrif 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.

alateen

A former Alateen member and an Al-Anon member have formed an Alateen support group that will meet from 6 to 7 p.m. on Mondays at 1275 W. Sixth in Colby. The group is for relatives and friends of alcoholics and is open to anyone 19 years old or under. Call 785-462-8152 or 462-6101.

tiny-k

Tiny-k Early Intervention Services, formerly the Early Intervention Networks, promotes development among infants and toddlers with special needs. The Northwest Kansas Educational Service Center in Oakley provides these services free of charge to children in this area.

Services include speech, developmental, vision and hearing screenings to all children and physical/occupational therapy and developmental training to children who qualify. Call 785-672-3125, ext. 115.

preschool

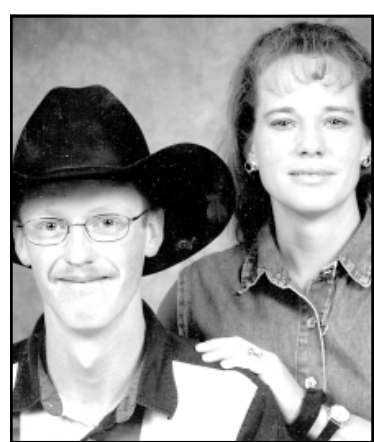
Sherman County Head Start is a free preschool for eligible 3 and 4 year olds. The federally funded program is targeted to families who meet certain economic guidelines

April wedding planned

Bobbie Jo McKnight and Ryan L. Doyle of Goodland plan to marry Saturday, April 21, 2007, at the Sunrise Christian Church.

Charles E. Kerr Jr. will be officiating. Robert and Judith McKnight of Goodland are her parents, and Jack and Melva Doyle of Pueblo West, Colo., are his.

Her grandparents are Mary David of Goodland and the late Francis David and the late Rue and Margaret McKnight. His grandparents are Clarence and Meldrid Doyle of Vilas, Colo., Gladys Green of Vilas and the late Clarence Green and Doc and Inez Hollenback of Fowler, Colo.



Doyle and McKnight

The bride-elect attended school in Goodland, graduating from Goodland High in 1992. She attended a year in the business department at the Northwest Kansas Technical College and works for Michael V. Foust's law office.

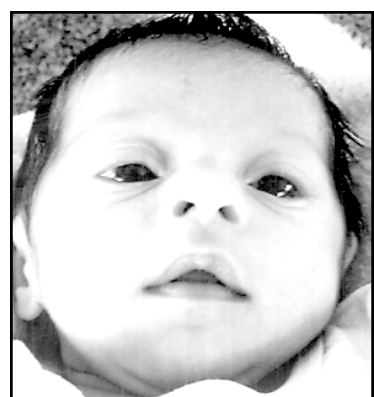
The prospective groom attended school in Fort Morgan, Colo., graduating in 1998. He works for Dorman Brothers LLC in Burlington.

Goodland couple has baby girl

Aaliyah Jade Medrano was born Saturday, Jan. 13, 2007, at Presbyterian/St. Luke's Medical Center in Denver. She weighed 4 pounds, 6 ounces, and was 17 1/2 inches long.

Erica Austin and Lumont Medrano, both of Goodland, are her parents. Her grandparents are Brian and Kelly Rippe and Beatrice Garcia, all of Goodland, Bobby Medrano of Ulysses and Craig Austin of Salina.

Her great-grandparents are Glenda and the late Robert Seibert



Aaliyah Jade Medrano

and Dr. Kenneth and the late Rogene Austin, all of Goodland, LaVerne and Colleen Rippe of Oberlin, Gloria Garcia of Lubbock, Texas, and Luisa Medrano of Lamesa, Texas.

King and queen crowned



Pearl Parish and Les Perry were named Valentine queen and king at the Good Samaritan Society of Sherman County. Photo by Sharon Lightle

lincoln larks news

Several personnel, Lincoln Larks Family, Community and Education Club members and others met in the board room at the Goodland Regional Medical Center at noon Thursday, Feb. 8, for a "lunch and learn" on Brain Blitz given by Diann Gerstner from Colby.

She told the group that humans begin to lose brain cells a few at a time in their 20s. The body also slows production of the chemicals brain cells need. Typical changes are slower mental processing, slower recall of information and reduced ability to focus on multiple tasks.

Some things to help avoid memory loss and mental confusion are to stay on top of medication protocol, get regular physical activity, good nutrition practice, drink

plenty of fluids and practice good health habits, such as plenty of sleep, relieve stress and control pain and infection.

Exercise your brain by using humor and maintaining a positive attitude.

In closing, Gerstner said people who engage in intellectually stimulating activities can sharpen their mental acuity and maintain it well into old age. She had several puzzles for those attending to do.

The next lesson will be Monday in the assembly room in the courthouse; it will be a "lunch and learn" on My Guy and His Health, by Melinda Daily.

Submitted by Arbutus Toppliff.

Internet tonight! 899-2338

Westchester 2x3 in back

Feb. 23 - March 1
Ghost Rider
 PG: Violence & Disturbing images.
 Bring this ad to the theatre for \$1 OFF on a large popcorn & 2 med.
 EXP: 12/31/07
 Nightly 7:00
 Sunday Matinee 1:30
 Movie Bucks Make Great Gifts!
 www.goodlandnet.com/movies
Sherman
 1203 Main - Phone 899-6103

SUNFLOWER HARVEST SYSTEMS
 CALL FOR LITERATURE
LUCKE MANUFACTURING
 (800) 735-5848, (701) 240-5953
WWW.LUCKEMANUFACTURING.COM

China Gardens
 New Phone Number
 (785) 890-3345

Wedding Registry
 LaShawn Sampson and Mark Fenner
 March 24, 2007
 The Almond Tree Interiors and Gifts
 1102 Main, Goodland Kan.
 (785) 890-7668
 almondtreeinteriorsandgifts.com