

student news

Brock Lohr, son of Joni Wilson and a senior in communications at Pittsburg State University was on the Dean's Honor Roll for the fall semester. A student must carry 12 hours and have a grade point average of 3.60 to be on the Dean's Honor Roll.

James Kennedy, a junior of vocational technical education, was on the All A Honor Roll for the fall semester at Pittsburg State University. A student must carry 12 hours and have all A's.

Kim Cole, daughter of Connie Cole and a senior in vocational technical education, was on the AA Honor Roll for the fall semester at Pittsburg State University.

patient news

Leslie Watkins is receiving cancer treatment in Nebraska. He would appreciate cards and letters of encouragement. Cards may be sent to him in care of Kathie Wilson, 1320 Highland Drive, Ogallala, Neb. 69153.

activities

Tours of the 1907 Victorian House at 202 W. 13th are from **1 to 5 p.m. Monday through Friday and from 9 a.m. to 4 p.m. Saturday.**

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.**

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 and Sunday** 120 W. 12th. The center does not have an exhibit for the month of January but the gift store is open and many items are now 75 percent off. Every Saturday from 1 to 4 p.m. the center will have carriage-ride tours. The rides will start at the center and will have a beverage stop at The Grind and Gallery. The rides cost \$8 per person with children under two free.

The **Goodland Public Library** is open from **10 a.m. to 7 p.m. Monday through Thursday** and from **10 a.m. to 5 p.m. Friday and Saturday.** Story Hour on Wednesdays will be a group at 10 to 11 a.m. and one at 2:30 to 3:30 p.m. Thursday group will meet at 10 to 11 a.m. These groups are for children ages three to five. On Friday's we will have Born to Read for infants and toddlers ages zero to three, accompanied by a parent or caregiver. For questions call Marcy Melia at 899-5461.

Big Brothers/Big Sisters of Sherman County is seeking mentors and children to mentor. Call 899-3665.

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.

The **Sherman County Alzheimers and Dementia support group** will meet **7 p.m. on the second Tuesday** of each month at Good Samaritan Society, 208 W. 2nd.

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. the first Monday** of the month. Any woman with cancer is welcome. Call Cheryl at 890-5528 for more information.

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

Aerobics Classes - 5:30 a.m. aerobics classes are offered **Monday, Wednesday and Friday** at the Goodland Activities Center. 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. A new group may be started and meet at a different time. Call Norma Mullen, area captain, at (785) 689-4362.

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**, closed meeting, **Wednesday**, the

the calendar

calendar

Jodie Tubbs of the Kansas Commission on **Veterans Affairs** will be in Goodland from 1 to 2:15 p.m. **Thursday, Feb. 7**, 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.

AARP Tax-Aide counseling, preparation, e-filing and teaching service will help you file your 2007 Tax Return on **Friday afternoons** through April 11 at Goodland Public Library, 8th and Broadway, or Senior Adult Center, 15th and Center. Call (785) 890-7245 for information.

Prairie Land Food sign up will be until **Monday, Feb. 11** and pick up will be from 10:30 to 11:30 a.m. Saturday, Feb. 23, at the Goodland Elks Lodge. Anyone who wants to see what is in the packages can stop in on distribution day.

The **Northwest Kansas Animal Shelter still has 2008 calendars** for sale at \$15. Call (785) 899-3502 evenings.

The **First Baptist Church** will have **children's and adults' services at 9:30 and regular church services at 10:30 a.m.**

Sundays at Bateman Funeral Home, 11th and Broadway, while moving from Fifth and Center to 12th and Main.

school calendar

Today: Gold Day. 3:30 p.m., Eight grade basketball against Scott City and seventh grade at Scott City. 5:30 p.m., varsity and junior varsity basketball against Garden City. **Wednesday:** Black Day. PDC Screening. Family, Community and Career Leaders of American District A elections at Norton. **Thursday:** Gold Day. 3:30 p.m., Seventh- and eighth-grade basketball against Atwood. Regional scholars bowl. 5 p.m., junior varsity basketball at Colby junior varsity tournament. 3:30 p.m., junior wrestling triangular at Quinter with Colby. **Friday:** Black Day. 5:30 p.m., varsity and junior varsity wrestling against St. Francis. 5:30 p.m., varsity and junior varsity basketball at St. Francis. **Saturday:** 9:30 a.m., junior varsity wrestling at Stratton Wrestling Tourney. 1 p.m., KSHSAA Regional Piano Festival at Hays. 1 p.m., varsity, C team and junior varsity basketball against Dodge City. **Monday:** 6 p.m., National Honor Society Interviews. **Tuesday:** Black Day. 4 p.m., eighth grade basketball at Burlington and seventh grade

basketball against Burlington. 2 p.m., junior high wrestling at Cheyenne Wells Tournament. 7 p.m., third grade music program in high school auditorium.

school menu

Today: Hamburger, French fries, lettuce, pickle and onion, apple salad and milk. **Wednesday:** Goulash, green beans, garlic bread, pears and milk. **Thursday:** Cook's choice. **Friday:** Chicken parmesian, lettuce salad, corn, garlic bread, peaches and milk. **Monday:** Burrito, lettuce and cheese, potato square, refried beans, half orange and milk. **Tuesday:** Corn dog, seasoned potato wedges, baked beans, spiced pear and milk.

senior menu

Today: Chili, applesauce gelatin, crackers and cinnamon rolls. **Wednesday:** Oven fried chicken, mashed potatoes and gravy, corn bread, ambrosia fruit salad. **Thursday:** Cook's choice entree, savory carrots, fruit cup, bread and cookie. **Friday:** Liver and onions, baked potatoes, creamed peas, bread and apricots. **Monday:** Swedish meatball, mashed potatoes and gravy, green beans, bread and applesauce. **Tuesday:** Chicken and noodle soup, stewed tomatoes, five cup salad, crackers and cookie.

book meeting, **and Saturday**, an open meeting, at 1013 Center. For Alcoholics Anonymous, call Rob at 890-3023 or Linda at 399-2353.

Goodland Al-Anon Serenity Seekers group meets at **5:30 on Wednesdays** at 1013 Center. For information 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

A **Family Enrichment Weekend** is being planned by Garden City Parent Center for families that have a child with a disability from birth to 21 on Saturday and Sunday, Feb. 16 to 17, at the Clarion Hotel, Garden City. For information contact Laurie Berber, 1518 Taylor Plaza, Garden City, (620) 276-6364 or laurie@familiestogetherinc.org.

Certified Medication Aide class will be offered starting Monday, Feb. 4, at Good Samaritan Center, 208 West 2, Goodland, from Colby Community College. For information call Mary Herbel at (785) 460-5427.

Prairie Museum of Art and History, 1905 S. Franklin, in 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.

The **USS Maddox Destroyer Association Reunion** (DD-168, DD-622 and DD731) will be from Wednesday to Sunday, Sept. 3 to 7, at Oklahoma City, Okla. For information contact Cliff Gillespie, 2118 Hines Road, Jennings, La. 70546, (337) 616-8450 or cwgilles45@aol.com.

The **82d Airborne Division Association** is planning a full division parade and dinner during All American Week of Monday to Sunday, May 19 to 25, at Ft. Bragg, N.C. For information contact Airborne -2008, 5459 Northcutt Place, Dayton, Ohio 45414, (937) 898-5977 or srgabn@aol.com.

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.

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; fam-

ily 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.

Today: Emma Van Vleet, courtesy. **Wednesday:** Mazie Sutton, courtesy. **Thursday:** Van Vleet, courtesy.

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. Business U.S. 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.

early head start

Early Head Start is a state funded program for income eligible families with prenatal mothers and children up to 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

obituaries

Florence Mary Schilling

Florence Mary Schilling, 91, former Goodland resident, died Sunday, Jan. 27, 2008, in Westmoreland.

Bateman Funeral Home is handling the arrangements and a full obit will follow.

Maxine Myrl Trachsel

Maxine Myrl Trachsel, 85, Hemet, Calif., mother of W.J. (Bonnie) Trachsel, died Tuesday, Jan. 22, 2008, at Desert Regional Medical Center in Palm Springs, Calif.

Survivors include two daughters, Georgia Trachsel of Melbourne, Australia, and Cady (Bob) Aspinwall of Denver; other sons, Ronald (Pat) Trachsel of Paola; a brother, Duane (Ruth) Jones of Brewster; 12 grandchildren; and 18 great grandchildren.

She was born on June 6, 1922, to Allen and Monna (Beck) Jones in Goodland. She graduated from Edson High School in 1940. She and Walter Trachsel were married in 1948 at Children's Hospital in Denver. She was a home maker.

The funeral will be at 11 a.m. (Mountain Time) on Tuesday, Jan. 29, 2008, at Miller-Jones Mortuary & Cremations Inc., 1501 W. Florida Avenue, Hemet, and burial in the San Jacinto Valley Cemetery in San Jacinto, Calif. Visitation will be from 8 to 9 a.m. at the funeral home on Tuesday, Jan. 29, 2008.

Mrs. Trachsel had lived in Hemet for 27 years and enjoyed playing shuffleboard and the many activities at Sierra Dawn Park.

Preceding her in death was her husband, Walter; a son, Alan Trach-

Workshop shows how to manage donations

A Donations Management Workshop is being offered from the state by Sherman County Emergency Management from 7:30 a.m. to 3:30 p.m. on Monday, Feb. 11 at the 4-H Building, Sherman County Fairgrounds.

The course is designed to help volunteers manage donations. Unsolicited donated goods can cause more harm than good by competing with essential relief goods for personnel and facilities and can delay delivery of needed items to victims.

For information call (785) 890-4575 or (785) 890-4882.

club news

Lincoln Larks

Are you eating out more than before was the question asked at the lesson given by Diane Gerstner of Thomas County for the Lincoln Larks on Monday, Jan. 21 at the court house.

Three members from the Lincoln Larks and LaDonna Frerichs were present.

The White Castle Restaurant opened in 1921 in Topeka and was the first automat offered through a glass window.

Dash board eating is very common as you eat from your vehicle. Also a new type of dining known as "fast casual" is challenging fast food popularity. Super sized portions, thick sauces, deep fried preparation methods and rich desserts add salt and sugar. A portion is how much you choose to eat.

The following strategies can help people to make healthy choices when eating away or at home. 1. Plan before you eat. 2. Have it your

Careful planning and choices can promote health while dining in or out. It was a very good lesson.

Our next lesson will be at noon on Tuesday, Feb. 12, at the assembly room in the court house by Melinda Daily of the Sunflower Extension District.

R.S.V.P. by Monday, Feb. 4, to (785) 890-4880. A taco party is planned so please bring a few dollars. Come join the fun.

Submitted by Arbutus Topliff

Prairie Dale 4-H Club

The January Meeting of the Prairie Dale 4-H club was held Monday, Jan. 14 at 7 p.m. Jonathan McClung, President called the meeting to order. Fifteen members and two leaders answered roll call.

Dana Belshe attended and awarded Jonathan McClung with the Key Award and the I Dare You award.

Jed Gray gave the treasures report, we have \$1088.20 in our checking account and \$2593.60 in our Savings account.

There was no unfinished or new business. It was turned over to the program. For the program, Layne Goodwin gave a project talk on keeping a first aid kit for your horse project. Jonah McClung gave a project talk on woodworking. For a Health and Safety talk, Elizabeth Wellman told us about wearing our seat belts. Brock Wilkens talked to us about the importance of drinking water.

Hazen Deeds gave the 4-H Council report, 4-H Days & Talent Night entries needs to be turned in to the leaders by Tuesday, Feb. 26. We are the helping club for this and we need door monitors and line-up people. Regional 4-H days will be in Brewster, Friday, April 4. Spring Show will be Friday and Saturday, May 9 and 10. Creative tables will be Saturday, April 19, at the Goodland Public Library and is open to anyone in the foods project.

Alex Goodwin led the group in a lively game of "Leaning tower of Cheese".

Laura McClung gave the leaders report. Please get your enrollment cards in as soon as possible and read your newsletter.

The meeting was called back to order. Hazen Deeds moved we adjourn. Evan Peter second the motion. The meeting adjourned.

The Cesar Miller family and the Gary McClung family served refreshments.

Submitted by Jonah McClung

Classifieds Work! 899-2338

American Profile

Celebrating Hometown Life

See American Profile magazine in this week's issue of

The Goodland Star-News

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Jordie or Jessica at 899-2338

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