

card shower

Fern Vivian Dorothea Sjolander Kellogg will be celebrating 100 years of love (as she calls it) because of family and friends on Wednesday, March 5, 2008.

Celebrate with Fern and have cake from 1 to 4 p.m. on Sunday, March 2, 2008, at the Deseret Nursing and Rehabilitation or mail her a card at 117 W. 1st Street, Room 50, Smith Center, Kan. 66967.

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. 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.**

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 exhibit for February is art done by the Goodland Elementary Students.

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 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.

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 **5:30 p.m. the first Tuesday** 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 Center, Burlington. Call Pamela at 719-346-7711 or Dave at 890-2858.

Goodland Alcoholics Anonymous meets at **8 p.m. Monday,**

the calendar

calendar

Jodie Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from 1 to 2:15 p.m. **Thursday, March 6**, 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 Shine on Sherman County Youth Committee and Sugar Hills is having a **Goodland Skate Park Breakfast** from 6:30 to 10:30 a.m. on **Saturday, March 8** at the Sugar Hills Golf Course. Tickets are \$5. The money will be used to build a Goodland Skate Park.

Prairie Land Food sign up will be until **Monday, March 17**, and pick up will be from 10:30 to 11:30 a.m. Saturday, March 29, at the Goodland Elks Lodge for the August distribution. Anyone who wants to see what is in the packages can stop in on distribution day.

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.

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. Substate basketball in Goodland. **Wednesday:** Black Day. PDC screening. **Thursday:** Gold Day. Sub-state basketball. Kansas Music Educators Association State Band/Choir. **Friday:** Black Day. Sub-state basketball. Kansas Music Educators Association State Band/Choir. **Saturday:** Sub-state basketball. Kansas Music Educators Association State Band/Choir. Kansas State DECA Career Development Conference in Overland Park. **Monday:** Kansas State DECA Career Development Conference in Overland Park. 3 p.m., junior high league scholar fs bowl. 6:30 p.m., track rules meeting at Oakley. 5:30 p.m., Reading night at

closed meeting, **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.

Goodland AI-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.

Stratton "AA by the Book" Alcoholics Anonymous group meets at **7 p.m. Thursdays** for a beginners open meeting. Families 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 building, 257 15th St., in Burlington. Call Debbie at 719-346-4612.

area events

There will be a **Colby 3 on 3** for grades three to eight on **Saturday, April 5** at Colby High School, Colby. The entry fee is \$36. For more information call Russ Martin at (785) 462-5300.

Military retirees and dependants from all branches of the service will be able to get an **updated identification card** from Tuesday to Saturday on March 4 to 8 and Wednesday to Saturday, March 12 to 15 at Colby National Guard Armory, 470 South Range, Colby. For information call (785) 462-2361 or to schedule an appointment.

Congressman Jerry Moran will continue his **Big First Listening Tour** from 9:30 to 10:30 a.m. on Thursday at Main Street Coffee, 216 Washington. St. Francis, and noon to 1 p.m. at Rotary Club at Stephen's Restaurant, Junction 27 and 40, Sharon Springs.

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.

Blood pressures; infants', children's and adult's 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. 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: Jan Lambertz, a.m. and Emma Van Vleet, courtesy. **Wednesday:** Shirley Hayden, a.m. and Mazie Sutton, courtesy. **Thursday:** Faye Paxton, a.m. and Van Vleet, courtesy. **Friday:** Avis Alcorn, a.m. and Sutton, 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.

West Elementary. 7 p.m., American Field Service State Roundup Meeting.

school menu

Today: Hamburger with bun, lettuce, onion, pickle, French fries, pineapple and mandarin oranges and milk. **Wednesday:** Cook's choice. **Thursday:** Pig-in-a-blanket, baked beans, tri-tator, rosy applesauce and milk. **Friday:** Tuna and noodles, broccoli, whole wheat roll, peaches and milk. **Monday:** Macaroni and cheese, peas, whole wheat roll, spiced pear and milk. **Tuesday:** Sloppy joe, French fries, pickle spear, half an apple and milk.

senior menu

Today: Barbecue chicken, potato salad, baked beans, bread and peaches. **Wednesday:** Cook's choice entree, noodles Romanoff, peas, roll and pineapple. **Thursday:** Chicken tortilla soup, citrus slices, crackers and cherry crisp. **Friday:** Salmon patties, green beans, spinach salad, bread and applesauce. **Monday:** Pasta, beef and tomato casserole, creamy lettuce and pea salad, citrus slices, bread and pudding. **Tuesday:** Ham, sweet potatoes, coleslaw, rolls and cinnamon apples.

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.

alateen

A former Alateen member and an AI-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.

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 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.

Families interested in having their child in the program should call Carrie Starns at 890-2552 or go to Sherman County Head Start, 823 W. 11th.

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.

Couple weds in Ashland church

Betty (Gotchall) Hill of Ashland and Ira Duane Bonebright of Conway Springs were married on Sunday, Feb. 10, 2008, at the Conway Springs United Methodist Church with Pastor Lorna (Gotchall) Tovrea officiating.

J. Kurt Hill was best man and Lauri K. (Hill) Townsend was ma-

tron of honor. Following a reception in the church Fellowship Hall, the wedding party and Julia Gotchall, niece of the bride, enjoyed a dinner hosted by Pastor Tovrea.

Ms. Hill moved to Ashland in 2005 from Goodland. The couple plans to live in Ashland.

It's important to know what to add

Most gardeners think they would do a soil tests only to find out what nutrients their yard or garden needs, but it's just as important to know if you have adequate levels of nutrients so you don't add unneeded fertilizer.



dana belshe

• ag notebook

The most basic soil test checks are pH and the levels of phosphorus and potassium. Most of the lawn and garden soil tests that K-State's lab see show more than adequate levels of both phosphorus and potassium minerals. If those nutrients are not needed, applying them is a waste of money and can be a source of pollution. In extreme cases, excess phosphorus can interfere with uptake of micronutrients.

So, if you haven't taken a soil test in several years, take one this spring. Begin by taking a representative

sample from several locations in the garden or lawn about six to eight inches deep. Mix the samples together in a clean container and select about one cup of soil. Bring the soil to county Extension office and we'll send it to the lab. There is around a \$7 charge for the test.

A soil test determines fertility problems, not other conditions that may exist such as poor drainage, poor soil structure, diseases or insects, chemical contaminants or damage, or shade with root competition from other plants. All of these may reduce plant performance but cannot be evaluated by a lab test.

Rotary Club honors four Paul Harris Fellows



Cole (left), Leiss, Irvin, Golden and Linin

The Goodland Rotary Club held its weekly meeting at the Sugar Hills Golf Club on Saturday evening to celebrate Valentine's Day and honor four members who are new Paul Harris Fellows.

The evening served as a belated Valentine's social for members and their spouses, and a time to honor Bryce Cole, Dolly Irvin, John Golden and Brent Linin as new Paul Harris members.

President Richard Liess explained Paul Harris, a Chicago lawyer, started the first Rotary Club in 1905. Liess said to become a Paul Harris fellow, a Rotarian must contribute at least \$1,000 to the Rotary Foundation. The money is used by Rotary International to promote projects throughout the world.

Polio Plus has been the largest project undertaken by Rotary. Millions of dollars have been given by

Rotarians to help rid the world of this dread disease.

Bill Gates of Microsoft has challenged Rotary to step up and match his \$100 million gift to finish eradicating polio. Rotary accepted, and only four small countries are yet to be freed of the disease.

A plaque listing all present and past members of Goodland Rotary who are Paul Harris fellows was presented by Liess and will include the four newest members.

Rotarian Pete Whalen presented a program on three former Goodland residents who gave of their time and assets to make this a better place, which was heard by the crowd of about 40.

Rotary International has grown from the one club founded by Harris in 1905 to more than 32,000 in over 200 countries world wide.

Business gets new designation

Hitchcock Inc. earned a Valley Performance Plus Dealer designation for its sales and service to irrigation customers during the Valmont Irrigation North American Dealer Conference in Valley, Neb.

The conference was attended by more than 500 dealer personnel to build product knowledge and network.

"Being named a Performance

Plus Dealer is a significant achievement, as the dealer principals must make a commitment to strive for excellence in the areas of sales, after-market parts and customer service," said James Brown, Valmont vice president of North American sales and marketing.

"We fre very pleased to congratulate Hitchcock Inc. for their superior customer service and leadership."

Colby hospital gets \$12,500 grant

Citizens Medical Center of Colby received a \$12,500 grant from the Cardinal Health Foundation as a location for its 5 Million Lives Campaign.

The grant will help implement Institute for Healthcare Improvement initiatives aimed at protecting patients from 5 million incidents of medical harm across the nation over a two-year period. The center was chosen because of its rural location, past successes, leadership and commitment to quality, the foundation said.

The Colby hospital was the only one in Kansas and one of 37 nationwide chosen for the program. The center plans to purchase equipment to start quality improvement and

educate workers.

The program has six areas of concentration: reduce surgical-site infections, prevent antibiotic-resistant staph infections, reduce side effects from medications, give appropriate care for congestive heart failure, prevent bed sores, match patient medications better, better care for acute heart attacks, and better care for people who get pneumonia.

"It is important to be able to calculate lives saved by reducing adverse drug events, infection and surgical complications, to name a few," said Pat Howell, vice president and chief nursing officer at the hospital. "In addition to lives saved, health-care costs decline."

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