

card showers

Mary Blystone will have her 78th birthday on Saturday, May 3, 2008. She has been ill and would enjoy hearing from friends at 410 Road 62, Kanorado, Kan. 67741.

Leslie Watkins will turn 91 on Wednesday, May 7, 2008 and his wife, **Alice**, will turn 90 on Friday, May 16, 2008. Their family is requesting cards be sent to 403 Cherry, Goodland, Kan. 67735.

Betty Clark will be 80 on Friday, May 2, 2008. Cards may be sent to her at 703 Broadway, Goodland, Kan. 67735.

Anna Belle Long will turn 85 on Friday, May 2, 2008. Her family is asking for cards to be sent to her at Sable Care, 656 Dillon Way, Aurora, Colo. 80011.

patient news

Lyle Clark of Goodland is in the Hays Hospital with a quadruple bypass. His address is High Plains Cardiology, 2214 Canterbury Drive, Hays, Kan. 67601. Room 1106.

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 new exhibit is the art from Grant Junior High students and Keith Baker, Connie Hatcher, Shirley Houston and Elwyn Vatcher.

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.

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 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**, an open 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 in-

the calendar

calendar

A Community Conversation and free dinner hosted by Shine on Sherman County will be at 6:30 p.m. on **Thursday**, at the Goodland Elks Lodge.

The **Junior/Senior Student Recital** will be at **7:30 p.m. on Sunday** at First Christian Church, 711 Arcade. Students that performed solos at regional and state music contact will perform. The Margaret Martin Piano Award will also be given out. Goodland Federated Music Club puts on the recital.

Prairie Land Food sign up will be until Monday, May 19 and pick up will be from 10:30 to 11:30 a.m. Saturday, May 31, at the Goodland Elks Lodge for the May distribution. Anyone who wants to see what is in the packages can stop in on distribution day.

The **May Fellowship Tea** will be at 2 p.m. on **Friday** at the First United Methodist Church Fellowship Hall. The American Field Service Teacher from Thailand, Mrs. Oh, will speak. For information call (785) 890-2738.

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. 2 p.m., varsity track at Oberlin. 2 p.m., varsity golf at Oakley. 3 and 5:30 p.m. varsity and junior varsity baseball at Colby. 5:30 p.m., first grade music program in high school auditorium. International DECA Career Development Conference at Atlanta, Ga. Wednesday: Black Day. 10:45 a.m., Cinco de Mayo at Max Jones Fieldhouse. PDC screening. International DECA Career Development Conference at Atlanta, Ga. Thursday: Gold Day. 3 p.m., varsity baseball at Hays. Regional tennis. 2 p.m., varsity golf at Colby. Friday: Black Day. 3 p.m., varsity base-

ball at Hays. 3 and 5 p.m., junior varsity and varsity softball at TMP in Hays. 2 p.m., track in Colby. 2 p.m., league golf at Atwood. Saturday: 11 a.m., varsity baseball in Hays. 8 a.m., varsity golf in Ulysses. Tuesday: 6 p.m., high school band concert "Picnic in the Park" at Gulick Park.

school menu

Today: Taco burger, lettuce and cheese, potato square, pineapple and mandarin oranges and milk.

senior menu

Today: Chicken fajita pasta salad, gelatin with mandarin oranges, bread sticks and gingerbread with topping. **Wednesday:** Smothered steak, scalloped potatoes, peas, bread and rosy pears. **Thursday:** Tuna and noodle casserole, stewed tomatoes, cook's choice fruit, bread and cookie. **Friday:** Chili, tropical fruit, crackers and cinnamon rolls. **Monday:** Cook's choice entree, Italian blend vegetables, rosy pears, bread and pudding. **Tuesday:** Cheeseburger upside down pizza, tossed salad, corn bread and mixed fruit with bananas.

formation 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 Lola 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.

Developmental Services of Northwest Kansas, Inc. is having a sports and celebrity auction. Go to www.dsnw.org for information.

The **42nd Annual Butterfield Trail Ride** will start on Saturday, May 31, at Russell Springs. On Sunday, June 1, there will be a ranch rodeo. For information call (785) 751-4296, (785) 852-4622, (785) 672-3591 and (785) 846-7602.

Training for new **Client Assessment, Referral and Evaluation (CARE)** assessors in northwest Kansas will be from 7:30 a.m. to 3:30 p.m. (Mountain Time) on Tuesday, at Commerce Bank, 718 Main, Hays. For information call Tammy Gerhardt at (800) 432-7422 or (785) 625-2037.

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 Hollister Destroyer Reunion (DD-788)** will be from Wednesday to Sunday, Sept. 17 to 21, at Branson, Mo. For information contact Mrs. Nelda Rupp, 2118 15440 SE Hartnell Ave., Portland, Ore. 97267, (503) 656-4949 or hnrupp@comcast.net.

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: Avis Alcorn, a.m. and Emma Van Vleet, courtesy. **Wednesday:** Debbie Lucas, a.m. and Mazie 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.

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 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.

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.

family shelter

The Northwest Kansas Domestic and Sexual Violence Services provides help day or night to victims of domestic violence and sexual assault. Weekly support groups are available in Hays. **Support group for women's** domestic violence victims/survivors is from **3:30 to 4:30 p.m. Central Time on Wednesdays**; a **men's** domestic violence victims/survivors support group from **noon to 1 p.m. Central Time Tuesdays**; and a **youth support group is available by appointment.** A sexual violence victims/survivors support group in Hays and a domestic violence support group to meet in Colby are being formed. If interested in joining or for information or help, call (800) 794-4624. For time and location of youth support group, ask for Donna Munsch.

tree donations

Many trees at the Goodland Cemetery have died and the cemetery board is trying to replace them. Contributions for the Goodland Cemetery Memorial Tree Fund can be left at Koons or Bateman funeral homes or sent to the Goodland Cemetery Board, Box 59, Goodland, Kan. 67735. Donations may be made in memory of a loved one.

animal shelter

Lost a pet? Call the Goodland Police Department at 890-4570. Interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 821-4142 or 821-4146.

births

Larissa Lynn Duraso

Larissa Lynn Duraso was born Friday, April 18, 2008, at Citizens Medical Center in Colby to Angela Allsup and Anthony Duraso of

Goodland. Grandparents are Gail White of Sharon Springs and Mary and David Rich of Deerfield.

John "Tasen" Nickel

John "Tasen" Nickel was born Tuesday, April 15, 2008, at Mercy Regional Hospital in Manhattan, weighing 6 pounds, 6 ounces and 19 3/4 inches long.

His parents are John "Trampis" and Laura Nickel of Manhattan. Grandparents are Milton and Cindy Hartwich Falk of rural Onaga and John Micheal and Karen Nickel of

Johnson. Great-grandmothers are Rosie Lindsten of Goodland and the late Roma Nickel of Levant, Sylvia Harwich Galloway of Onaga and Elsie Falk of rural Wheaton. Great grandfathers are the late Al Lindsten of Goodland and John R. Nickel of Levant, Art Falk of Wheaton and Paul Harwich of Onaga.

Hays museum gets new fossil exhibit

A new exhibit of fossils from the Mesozoic Era will open Saturday, May 24, and run through Sunday, March 29, 2009, at the Fort Hays State University Sternberg Museum of Natural History in Hays.

Included will be the most complete tyrannosaurus skeleton ever found, with 30 other full skeletons and 40 skulls and other bones.

The exhibit will showcase fossil casts from the private collection Dr. Jack Hankls of Danbury, Ky., a dentist who has assembled one of the most significant private collection in the U.S., the museum says. Some of the fossils have never been displayed.

"We decided to go with all fossil casts, primarily because the actual fossils are just too heavy and can't

be put together for an open-mount display," said Greg Walters, exhibits director at the museum.

He said the exhibit has representatives from every major group of dinosaurs that lived during the Mesozoic Era, the various tyrannosaurs, camosaurus, raptors, stegosaurus, ankylosaurus, hadrosaurus, ceatopsians, sauropods and others. Also represented are mosasaurs, plesiosaurs, crocodiles, and a complete 15-foot turtle, an archelon.

Museum hours are 8 a.m. to 6 p.m. (Mountain Time) Tuesday through Saturday and noon to 6 p.m. on Sunday. Admission for nonmembers is \$6 for adults, \$4 for seniors 60 and over and youths 4 to 12, and free to children under 3.

Does anxiousness come from heredity?

Are you from an anxious family? Mental health issues usually bring up the question as to whether a person's behavior is due to "nature" (the genetics of what is inherited from parents) or "nurture" (the learning environment in which a person was raised). The answer to this question is important because it has implications regarding the most likely course of the illness and the most effective treatment options.

In regard to anxiety, the National Institute of Health (NIH) recently reported that people inherit the ability to produce certain amounts of an anxiety reducing molecule called "neuropeptide Y." This indicates the presence of a genetic factor in regards to a person's level of anxiety. Scientists led by Dr. David Goldman at the National Institute on Alcohol Abuse and Alcoholism identified gene variants that affect the release of the neuropeptide, a molecule that is induced by stress and subsequently reduces anxiety. This discovery could help to explain why some people can withstand stress better than others, based on their inherited level of the ability to produce the neuropeptide. It also helps to regulate appetite and weight responses, both of which are influenced by how a person reacts to stress, and how they behave when feeling anxious.

In two different brain imaging

high plains mental health

• plain sense

experiments, low levels of the neuropeptide were associated with heightened emotional responses to threatening images and a diminished ability to tolerate moderate levels of muscular pain. According to Dr. Goldman, this latter study shows the "close tie between emotionality and resilience to pain." In other words, an anxious person is more sensitive to pain and chronic pain may increase strong emotional responses in people who are less able to cope.

Scientific findings like these are very important because how a person responds to stress will affect not only their vulnerability to anxiety, but to other psychiatric disorders and drug or alcohol addictions. It also helps us to understand that anxiety does not happen to someone because they are weak or flawed. They may have simply inherited a vulnerability that proper treatment can help to correct.

Contributed by Ken Loos, MS, LMPC, LCP Prevention, Education and Outreach Department of High Plains Mental Health Center. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Two get scholarships

A Goodland High School senior and graduate have been awarded scholarships from Emporia State University.

Melissa Swager, daughter of Harvey and Donna Swager, won the Simpson Mathematics and Computer Science Scholarship and an

Errett Family Scholarship. Amanda Weber, daughter of Becky Maupin, has received a Harry and Jane Fowler Nursing Scholarship. Dr. John and Irene Morgan Scholarship and Dr. Perry and Phyllis Hamme Hunsley Scholarship.

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TEXAS RED'S BAR-B-Q will be at Frontier Ag in Goodland on Monday, April 28 to Friday, May 2 Beef brisquet • Turkey Breast • Chicken Halves • Sausages • Pork Ribs Fountain Drinks, chips and snacks also available inside! *Formerly Frontier Equity Exchange in Goodland

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