

card showers

Roger Collins is recovering from surgery and will be in the hospital for eight to 14 days longer and would like to hear from his friends. His address is St. Catherine's Hospital, Room 466, 401 E. Spruce, Garden City, Kan. 67846.

open house

The children and grandchildren of Fred and Lenna Studer are having an open house for their 50th Wedding Anniversary from 2 to 4 p.m. on Saturday, Jan. 15, 2011, at the Senior Adult Center, 205 W. 15th, Goodland.

volunteers wanted

The Maverick Wrestling boosters are looking for volunteers to help with the first ever Maverick Open to be held on Saturday, Jan. 8. We are seeking table workers (12) and bracket/score card (3). We need your help very much and want to put on a tournament that all will wish to return. Please call Steve Lampe (785) 443 2220, Activities Director secretary at (785) 899 1504 or email: steve.lampe@nwktc.edu.

weight watchers

To get a Weight Watchers meeting in Goodland people need to go to their website, www.weightwatchers.com. When a potential member goes to the website and uses the the find a meeting lookup but doesn't find a location and a meeting that works for them, go to an area down on the left hand side that says can't find a meeting and suggest a location and time. In the suggestion box, they need to say they would like to have a meeting in Goodland.

activities

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

The High Plains Museum, 1717 Cherry Ave., is open from 9 a.m. to 5 p.m. Monday through Friday, from 9 a.m. to 4 p.m. Saturday and from 1 to 4 p.m. Sunday.

The Carnegie Arts Center is open from 10 a.m. to 5 p.m. Tuesday through Saturday, 1 to 4 p.m. on Sunday and 1 to 6 p.m. on Monday at 120 W. 12th. The center is always in need of hosts and hostesses from on Sundays. New monthly exhibits and you are invited to visit the gift shop.

The Goodland Public Library is open from 10 a.m. to 8 p.m. Monday through Thursday and from 10 a.m. to 5 p.m. Friday and Saturday. Story Hour for preschool kids, ages 3 to 5, are Wednesday mornings 10 to 11 a.m., Wednesday afternoon 3 to 4 p.m. and Thursday morning 10 to 11 a.m. Born to Read for kids aged 0 to 3 years and their parents or caregiver will meet from 10 to 10:30 a.m. on Friday mornings. For information call (785) 899-5461 or stop by the library.

The local High Plains Constitutional Society will meet the first and third Tuesdays of each month from 7 to 8 p.m. in the basement of the Emmanuel Lutheran Church, 220 W. 13. Goodland. They will use the book "The 5000 Year Leap" by Cleon Skousen Skousen as the framework for the studies.

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 from October through May at the First Baptist Church, 12th and Main.

The Good Sam Family Support Council meets at 7 p.m. the first Thursday of every month at the Goodland Elks Lodge. Meetings are open to all interested people. The council is working with the Good Samaritan Center to raise \$4,500 to remodel their beauty shop including adding an adjustable sink to allow wheelchair resident easier access to wash their hair without transferring and to purchase a portable hair dryer. For information call 890-3117 or 890-5936.

Diabetes Support Group meets at 4 p.m. the last Tuesday of each

the calendar

calendar

Jodie Tubbs of the Kansas Commission on Veterans Affairs will be in Goodland from 1 to 2:15 p.m. Thursday, Jan. 20, 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 third Thursday of each month.

Prairie Land Food sign up will be until Monday, Jan. 10. Distribution is 1:30 to 2:30 p.m. on Saturday, Jan. 22, at the Knights of Columbus, 7th and Caldwell. For information call 821-4364, 821-1275 and 728-7196 or order online at www.prairielandfood.com. The Prairie Pak will have split chicken breast, ground beef, pork breakfast link sausage, turkey breast medallions, beef meatballs, banana nut muffins, fruits and vegetables. Specials are chicken tender, sup-

per time entrees-6 pack, butterfly parmesan stuffed shrimp, fajita box and mild nacho cheese.

Senior Health Insurance Counselors of Kansas Sheryl Ketter and Carol Guyer can help you pick a Medicare prescription drug plan. Enrollment is from Monday, Nov. 15 to Friday, Dec. 31. Meet at Goodland Public Library. Call 890-5908, 821-1626 or 399-2407 for an appointment.

Tuesday Flicks are at 1:30 p.m. at the Goodland Public Library, 812 Broadway. Call the library for the title of the movie at 899-5461.

senior menu

Today: Ham and beans, orange pineapple salad, cornbread and cookie. Wednesday: Meat balls, creamed potatoes, mixed vegetables, bread and strawberries. Thursday: Turkey, mashed potatoes and gravy, corn, dinner roll and tropical fruit. Friday: Chef salad, ambrosia fruit salad,

bread sticks and brownie.

school menu

Friday: No school.

school calendar

Today: Black day. 3:45 p.m. c team basketball against Colby. 5:30 p.m. junior varsity basketball against Colby. 7 p.m. varsity basketball against Colby at Max Jones Fieldhouse. Wednesday: Gold day. 7:30 a.m. professional learning communities. Thursday: Black day. 5:30 p.m. varsity and junior varsity wrestling at Colby. Friday: Gold day. 3:45 p.m. c team basketball against Hugoton. 5:30 p.m. junior varsity basketball against Hugoton. 7 p.m. varsity basketball against Hugoton at Max Jones Fieldhouse. Saturday: 8 a.m. varsity wrestling against Liberal. 8 a.m. junior varsity wrestling at WaKeeney. High school instrumental live auditions in Salina.

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

Cancer Support Group meets at 6 p.m. on the third Thursday of each month at the Goodland Regional Medical in the large board room. Group open to any cancer patient, survivor, caregiver and family members. Call Tina Goodland at (785) 890-6036.

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

The Goodland Activities Center has the following activities. Monday: 5:30 a.m. aerobics with Tena Tompkins and 5 p.m. taekwondo. Tuesday: 5:30 a.m., workout with Grady Bonsall. Wednesday: 5:30 a.m. aerobics with Tena Tompkins, 9 a.m., starting at 4 p.m. taekwondo classes and 5:30 p.m. aerobics with Lisa Malsom. Thursday: 5:30 a.m., workout with Grady Bonsall. Friday: 5:30 a.m. aerobics with Tena Tompkins and starting at 5 p.m. taekwondo classes. For information call 890-7242.

Goodland Alcoholics Anonymous meets at 8 p.m. Monday, closed meeting, Wednesday, the book meeting, and Saturday, an open meeting, at 1013 Center. For Alcoholics Anonymous, call Pat T. at 890-3915 or Laura at 821-4277.

Goodland Al-Anon Serenity Seekers group meets at 6 p.m. on Mondays at 1013 Center. For information call Cheryl at 890-3023.

Goodland Adult Children of Alcoholics meets at 6 p.m. on Fridays at 1013 Center. For information call Laura or Marilyn at 821-4277 or 821-2862.

The "Freedom Today" group of Narcotics Anonymous meets at 8 p.m. Tuesdays, 8 p.m. Fridays and 8 p.m. on Sundays at 1013 Center. Call 890-8369.

Bird City Alcoholics Anonymous group meets at 6:30 p.m. (Mountain Time) on Fridays at the Senior Center on 4th Street. Narcotics Anonymous meets at 6:30 (Mountain Time) on Tuesdays at the Senior Center. Call (785) 734-2734 for more information.

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

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.

A private showing with the miniatures by Sean McLaren of Hays and mixed media by Deb Pipes of Lazarus will run to Sunday, Feb. 6, at the Dane G. Hansen Museum, 110 W. Logan, Logan. Museum hours are Monday through Friday 8 to 11 (Mountain Time) and noon to 3 p.m. (Mountain Time), Saturday 8 a.m. to 11 a.m. (Mountain Time) and Noon to 4 p.m. (Mountain Time), Sunday and holidays noon to 4 p.m. (Mountain Time). For information call (785) 689-4846

black and gold booster club

The Black and Gold Booster Club has black and gold spirit flags for sale. Contact Jill Deeds at (785) 899-7230 or Steve and Colleen Duell at (785) 899-5888.

thrift store

Anyone wanting to donate to the Goodland Churches Thrift Shop, 1002 Main, should call 890-2007. We are not accepting clothing at this time.

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. WIC program available. Call 890-4888 or go to www.sherman.kansas.com.

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.

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.

obituaries

Harvey E. Larm

Harvey E. Larm, 75, City of Goodland employee for the last 15 years, died on Friday, Dec. 31, 2010.

He was born on July 5, 1935, to Henry and Edna Larm in Cheyenne County. Mr. Larm attended schools in St. Francis, Burlington and Edson.

On Sept. 21, 1958, he and Beverly Charles were married in Goodland.

Mr. Larm worked for the Rock Island Railroad as an engine hostler, a deputy for the Sherman County Sheriff's Department and owned Larm Trash Service for many years. He enjoyed camping and shopping for vehicles.

Preceding him in death were his parents, a sister, three brothers and a daughter, Tammy.

Survivors include his wife of the home and a brother, Harold Larm of Garden City.

Services will be at 11 a.m. on Thursday, Jan. 6, 2011, at Bateman Funeral Home, 11th and Broadway, with burial in the Goodland Cemetery.

Visitation will be from 2 to 6 p.m. on Wednesday, Jan. 5, 2011, at the funeral home.

Memorials may be sent to the funeral home and will be designated by the family later.

Jerry Lee Pearce

Jerry Lee Pearce, 65, Ulysses, brother of C.D. Pearce of Atwood, died Wednesday, Dec. 29, 2010, at Bob Wilson Memorial Grant County Hospital at Ulysses.

He was born on March 21, 1945, to Claude and Fannie (Milburn) Pearce at Garden City.

Mr. Pearce was married to Rosetta Humrich, Rita Wicke and Barbara Ginther.

He worked at the Helix Plant at Ulysses as an operator and retired in 1997. Mr. Pearce was a member of the National Wild Life Federation, NRA and Pheasants Forever.

Preceding him in death were his parents.

Survivors include three sons, Marc Pearce of Wyoming, Eric Pearce of Texas and Aaron Pearce of Seattle, Wash.; a daughter, Sonya (Steven) Schwartz of Topeka; two other brothers, Ralph Pearce of Syracuse and Larry Pearce of Big Bow; a sister, Carolyn Werner of Garden City; and five grandchildren.

Services were Saturday, Jan. 1, 2011, at the Grand County Funeral Home, 218 S. Main Street, Ulysses with Gary Ridge presiding.

Visitation was Friday, Dec. 31, 2010, at the funeral home.

Memorials to the American Lung Association may be sent to the funeral home.

Does your website need to be changed?

Has your website grown stale? What's the point of continuing to visit a website that hasn't changed?



jamie morphew

• business tips

You don't have to throw inventory control out the window and constantly add new product, but do offer new content. You could have a regularly updated events or news page. You could offer a weekly drawing for a small prize for your customers. You could offer weekly tips or quotes. You could include a blog of interesting things and people that visit your business.

Give your customers a reason to keep coming back, or they won't

keep coming back.

This tip was brought to you by Western Kansas Business Consulting, sponsored in part by Sherman County. We offer free and confidential business consulting to Kearny, Scott, Sherman, and Wichita counties. For more information or to set up an appointment, contact Jamie Morphey at (620) 874-0771 or e-mail wkbc@wbsnet.org.

Woman to celebrate her 88th birthday



LaVina Perry

The children of LaVina Perry are having an open house at the Handy Towers Community Room from 2 to 4 p.m. on Sunday, Jan. 9, 2011. She will be celebrating her 88th birthday on Monday, Jan. 10. Cards may be sent to 516 E. 6th, Apt. 211, Goodland.



Sherman County Health Fair

Saturday, January 29 - 8 to 11:30 a.m. NWKTC Student Union

Blood Draws prior to Health Fair January 10-14 - 7 to 9 a.m. Main Lobby at GRMC

Free at Health Fair: Blood profile consultations, DRE (Prostate), Skin Cancer Screening, Bone Density, Derma Scan, Kids activities

Classifieds work! 899-2338

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