

card showers

Helen Denton turned 95 on Monday and her family has asked that cards be sent to her at Wheat Ridge Acres, 707 Wheat Ridge Circle Apt. 135, Goodland, Kan. 67735.

Judy Salts, former Goodland resident, would enjoy getting cards from her friends as she deals with health problems. Her address is 1206 Clover, Burkburnett, Texas 76354.

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. at the Rock House, 6th and Caldwell, 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 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, 9:45 a.m. finding fitness class, 4 p.m. taekwondo classes and 5:30 p.m. aerobics with Lisa Malsom.

the calendar

calendar

The Carnegie Arts Center art class will be from 10 to 11 a.m. on Saturday. They will do marble painting. The cost is \$3 per student. Hannah Schlosser will be the instructor.

Non-denominational Bible talks will at 7:30 p.m. on Wednesdays in February at the Carnegie Arts Center, 121 W. 10th. No collections will be taken. All are welcome!

Jodie Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1 to 2:15 p.m. Thursday, March 3**, 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, March 7. Distribution is 1:30 to 2:30 p.m. on Saturday, March 19, at the Knights of Columbus, 7th and Caldwell. For information call 821-4364 or 821-1275 or order online at www.prairielandfood.com. The Prairie Pak will have link breakfast sausage, Tilapia fillet, tray pack chicken drum, ground beef, ham steak, fruits and vegetables. The specials are seafood box, supper time entrees, boneless pork chops and chicken breast filets.

A Benefit Dance for Vicki Hilty will from 7 to 11 p.m. on Friday, March 4, at the Knights of Columbus. \$7 for singles and \$10 for families.

The deadline for talent and art entries for the Fourth Annual Goodland's Got Talent is Saturday, March 5. Talent competition is for all ages and art entries are for junior high and up. The show is at 6 p.m. on Saturday, March 19, at the Goodland High School Auditorium. For information go to www.GoodlandsGotTalent.org.

The Storm Spotter and Safety Class offered by the National Weather Service in Goodland and Sherman County Emergency Management is **6:30 p.m. on Monday, March 13**, at the Northwest Tech Murray Center, 1315 Eustis. For information call (785) 899-7119.

AARP Tax-Aide counseling, preparation and e-filing will help you file your 2010 Tax Return through April 15 at Senior Adult Center, 15th and Center. Call (785) 821-4364 for an appointment. To schedule with Dwight Perrey at the library on Friday from 1 to 4 p.m. call (785) 899-7245.

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: Roast beef, mashed

potatoes with gravy, carrots, bread and peaches. **Wednesday:** Chili with beans, coleslaw, strawberries, crackers and cinnamon roll. **Thursday:** Baked chicken, potato salad, pork and beans, bread and apricots. **Friday:** Chef salad, tropical fruit, bread sticks and fruit crisp.

school menu

Today: Chicken sandwich with lettuce and pickle, french fries, half and orange and milk. **Wednesday:** Spaghetti, lettuce salad, green beans, garlic bread, fruit cup and milk. **Thursday:** Smothered hamburger, mashed potatoes, gravy, California blend, wheat roll, gelatin and milk. **Friday:** Cook's choice.

school calendar

Today: Black day. 3:45 p.m. c team basketball against Scott City. 5:30 p.m. junior varsity basketball against Scott City. 7 p.m. varsity basketball against Scott City. **Wednesday:** Gold day. 7:30 profession learning communities. Middle school gifted seminar. **Thursday:** Black day. First round boys junior high basketball at league tournament. State Honor Jazz, Concert Band and Vocal. **Friday:** Gold day. State wrestling. 3:45 p.m., c team basketball against Ulysses. 5:30 p.m., junior varsity basketball against Ulysses. 7 p.m. varsity basketball. State Honor Jazz, Concert Band and Vocal.

Thursday: 5:30 a.m., workout with Grady Bonsall and 9:45 a.m. finding fitness class. 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.

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 Bottoms Up, a 5K Walk/Run, promoting awareness of colorectal cancer screening will be held on Saturday, March 5. Registration starts at 7:30 a.m. (Mountain Time) and the run begins at 8 a.m. (Mountain Time) at the Center for Health Improvement at HaysMed, 2220 Canterbury, Hays. The 3.1 mile walk/run will wind through areas near the hospital. Registration deadline is Friday. The fee is \$20 for those 14 and older and a free will donation is encouraged for those 13 and under. For information call (785) 623-5900.

The 34th Annual High School Art Exhibit will be until Sunday, March 13, at the Dane G. Hansen Memorial Museum, 110 W. Main, Logan. High school students invited to participate are from Norton, Pal-

co, Stockton, Smith Center, Logan, Phillipsburg, Hill City, Grainfield, Ellis, Osborne, Plainville and W-Keeney. 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.

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.

thrift store

Anyone wanting to donate to the Goodland Churches Thrift Shop, 1002 Main, should call 890-2007. Accepting clean clothing donations one bag at a time. Large donations should make an appointment.

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.

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:** a.m. Debbie Lucas and courtesy Emma VanVleet. **Wednesday:** a.m. Jane Lambertz and courtesy Linda Woods. **Thursday:** a.m. Connie Soellner and courtesy VanVleet. **Friday:** a.m. Avis Alcorn and courtesy Woods. **Monday:** a.m. Karen Coon, p.m. Faye Paxton and courtesy Woods.

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 Colleen Wagner 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. In the Colby area, call (785) 443-1130 ask for Becky. For time and location of youth support group, ask for Jennifer Follis.

animal shelter

Lost a pet? Call 890-4575.

Daughter joins South Haven family

Courtlyn LeAnna Cullens was born at 3:13 p.m. at Monday, Feb. 7, 2011 at Wesley Medical Center at Wichita. She weighed 8 pounds 15 ounces and was 20 inches long.

Her parents are Eric and Casey Cullens of South Haven and grandparents are Larry and Brenda Bacon of South Haven and Dan and Connie Cullens of Goodland. Great grandparents are Jim and Virginia Bacon of South Have, Ted Flauding of Hunnewell and Marcella Cullens of Sharon Springs.

She will be welcomed home by Erica, Alivia and Landon.



Courtlyn LeAnna Cullens

Health insurance exchange to start

Volunteer leaders met with Kansas Insurance Commissioner Sandy Praeger, Thursday, Feb. 17, to begin planning for Kansas' health insurance benefit exchange.



sandy praeger
• insurance comm.

At the meeting, leaders for the eight exchange working groups, established by the Kansas Insurance Department in January, discussed the scope of work and the organization of policies and procedures, according to Commissioner Praeger.

"We are moving forward with these leaders to find ways to make a health benefit exchange work best for Kansans," Commissioner Praeger said. "As part of the federal health reform law, it's really important that our work in producing an exchange provide the best solution for Kansans."

The federal Affordable Care Act allows states to plan their own benefit exchange, which is designed as an online one-stop marketplace for consumers to find affordable health insurance plans. The technology of the exchange would allow consumers to "comparison shop" for plans based on their ability to pay for them. In some cases, subsidies from the federal government would help make up the balance of a premium. In other cases, consumers would be referred directly to Medicaid plans because of their income levels.

The Kansas Insurance Department was awarded a \$1 million federal grant in 2010 to begin exchange planning. Earlier this week, the department was specified as the state's lead agency for a \$31.5 million federal grant as an "early in-

novator" in planning the exchanges. Six other states were awarded similar grants from the Department of Health and Human Services. Most of the funding will go for technology infrastructure coordination and consulting.

The workgroup meeting was the first for the task force leaders. Their working groups will set their own times for meetings, which will be posted on the department website, www.ksinsurance.org.

"I am gratified by the time and effort these volunteers agreed to in order to make our exchange proposals work best for Kansans," Commissioner Praeger said. "They have come together from business, civic and governmental organizations to exchange a variety of ideas on how the exchange can be successful."

Workgroup chairs and their task forces are Matt All, focus/business operations issues; Jeff Ellis, governance/legal/legislation; Duane Goossen, background research; Bob Stephan, consumer outreach/education/information; Marlee Carpenter, insurance market issues; Doug Farmer, funding/financial; LeRoy Brungardt, agents/brokers/navigators; and Dr. Andy Allison, Medicaid integration and inter-agency communications.

A description of each work group will be posted on the department website. More on the innovator grant award is also available there.

How to get your activity on the calendar?

The Goodland Star-News encourages anyone with news about upcoming community or organization events to contact us by phone, mail or e-mail to have the item included in the calendar printed on the About Our Friends page (Page 2) in our

newspaper. Our mailing address is 1205 Main, Goodland, Kan. 67735 or our e-mail address is star.news@nwkansas.com. Our phone number is (785) 899-2338.

We will do our best to get the event items in the paper.

★ Vote March 1st ★

I would appreciate your vote!

Jeff Deeds for City Commissioner

Primary Election March 1st

Paid for by Jeff Deeds for City Commissioner, Jeff Deeds Chairperson

10

MILLION AMERICANS FACE THIS

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