

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. 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

the calendar

calendar

The Carnegie Arts Center will have its **Saturday art class** for elementary students from **10 to 11 a.m.** on Saturday. Students will learn about the affect of the colors of the rainbow on the mind by fun with markers.

The book TALK on "Standing in the Rainbow" scheduled for Thursday at the Goodland Public Library, 812 Broadway, has been **postponed** to 6:30 p.m. on Thursday, March 31.

Prairie Land Food sign up will be until Monday, April 4. Distribution is 1 to 2:30 p.m. on Saturday, April 16, 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 split chicken breast, lean mild Italian sausage, lean ground beef, fully cooked beef strips, cheese ravioli with meat sauce, fruits and vegetables. The specials are Burger Special, the Little Griller, Easter ham and choice items are a turkey breast

and strawberry cakes.

The American Red Cross' next **blood drive is from 9 a.m. to 3 p.m. on Thursday,** the Goodland High School gym. To make an appointment call (800) 732-2767 or online at redcrossblood.org.

AARP Tax-Aide counseling, preparation and e-filing will help you file your 2010 Tax Return through April 15 at Goodland Public Library, 8th and Broadway with Dwight Perrey on Friday, or the Senior Adult Center, 15th and Center. Call (785) 821-4364 for an appointment or (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: Meat loaf, au gratin potatoes, peas, bread and peaches. **Wednesday:** Paprika chicken, mashed potatoes with gravy, green beans, bread and cinnamon apple slices. **Thursday:** Poor boy stew, broccoli/cauliflower salad, biscuit or crackers and fruit cobbler.

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

Training for new Client Assessment, Referral and Evaluation (CARE) assessors in northwest Kansas will be held from 7:30 a.m. to 3:30 p.m. (Mountain Time) on Tuesday, April 5, at the First State Bank, 120 W. Mill Street, Plainville. For information or to register call Tammy Gerhardt at (800) 432-7422 or (785) 625-2037.

The **State Convention for the Kansas Organization of Mothers of Twins** will be Friday and Saturday, April 29 and 30, at Stafford. For information call Marie Keyser at (602) 669-8872.

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 Dane G. Hansen Museum, 110 W. Main, Logan will have a **Schaffner Watercolor Painting Workshop** from 8 a.m. to 3 p.m. (Mountain Time) on Wednesday to Saturday, April 13 to 16. The class is limited to 20 students. For informa-

tion 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. The store is open 9 a.m. to noon and 1 to 5 p.m. on Tuesday through Friday and 10 a.m. to 4 p.m. on Saturday. Winter reduction sale going on with coats and tagged winter clothing being half price. Untagged winter clothing are 25¢ each piece. 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.

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:** courtesy Emma VanVleet. **Wednesday:** a.m. Sherryl Ketter, p.m. Faye Paxton and courtesy Woods. **Thursday:** a.m. Paxton and courtesy VanVleet. **Friday:** a.m. Karen Coon, p.m. Shelby Miller 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

Friday: Chef salad with meat on the side, fruit mix with banana and pineapple, bread sticks and brownies.

school menu

Today: Chicken sandwich with lettuce and pickle, seasoned wedges, half a banana and milk. **Wednesday:** Hamburger gravy, mashed potatoes, California blend vegetables, wheat roll, spiced pears and milk. **Thursday:** Cook's choice. **Friday:** Cheese pizza, corn, lettuce salad, pudding and milk. **Monday, March 28 to Friday, April 1:** No school. Spring Break.

school calendar

Today: Black day. 3 and 5:30 p.m. varsity and junior varsity baseball against Scott City. 3 and 5:30 p.m. varsity and junior varsity softball at Scott City. **Wednesday:** Gold day. 7:30 a.m. professional learning communities. **Thursday:** Black day. **Friday:** Gold day. **Monday, March 28 to Friday, April 1:** Spring break. No school.

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 or go to www.petfinder.com and be sure to enter the Goodland zip code 67735. You can also call the Goodland Police Department at 890-4570 or Northwest Kansas Animal Shelter at 899-4398 or 821-2144. Interested in adopting a pet call the animal shelter.

obituary

Ruby Mae Tracy

Ruby Mae Tracy, 79, resident of Sherman County - Good Samaritan and former resident of Rawlins County, died March 17, 2011.

She was born on May 2, 1831 at Bearsley.

Preceding her in death were her husband, James; a her parents; and a daughter, Carla.

Survivors include a son, James M. Tracy of Wichita.

Services will be at 9 a.m. (Moun-

tain Time) on Tuesday, March 22, 2011 at the Federated Church at McDonald with Pastor Mark Adams officiating and burial in the Bird City Cemetery.

Visitation was from 8 a.m. (Mountain Time) until time for the service at the church.

Memorials to the church or the McDonald Senior Center may be sent to Williams Funeral Home, 109 North 2nd, Atwood, Kan. 67730.

Little gems available in computer program

There are lots of little gems in QuickBooks.

Did you know you can add a calculator to the icon bar?

Right click on the icon bar and click Customize Icon Bar. Click on the Add button. Select Calculator and then click OK. You can then drag it up or down to move it to your desired location on the icon bar. Click OK.

And there you have it! Don't you just love QuickBooks!

This tip was brought to you by



jamie morphew

• business tips

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 Morphew at (620) 874-0771 or e-mail wkbcc@wbsnet.org.

Webcast to be on managing manure

A one-hour webcast on "The Soil Health Paradigm: A Holistic Approach to Managing Manure in Agroecosystems" will be at 12:30 p.m. (Mountain Time) on Friday.

The webcast is free to livestock producers, extension educators and others interested in the topic. Attendees should go to www.extension.org/pages/Live_Webcast_Information on the day of the webcast to download the speaker's presentations and connect to the virtual meeting room.

First-time viewers also should follow the steps at www.extension.org/pages/How_Do_I_Partici-

pate_in_a_Webcast%3F.

Ray Archuleta, U.S. Department of Agriculture Natural Resource Conservation Service conservation agronomist, will lead a discussion on the science of soil. The webcast will be moderated by Bill Boyd, manure management team leader with the service.

The webcast is part of eXtension's Livestock and Poultry Environmental Learning Center Educational Webcast Series. eXtension is an education partnership of land grant universities across the country, including Kansas State University.

Kansas poster contest for student artists

The deadline for the 2011 Fight the Bite poster contest, open to all fifth and sixth graders is Monday, April 18, according to the Kansas Department of Health and Environment.

The contest encourages students to use art to show the ways they can protect themselves and their families from the diseases spread by mosquitoes, ticks and fleas by using repellent while outdoors.

One fifth grader and one sixth grader from each state will win a \$50 check and award certificate. The national grand prize winners from each grade will receive a \$1,000 check and award certificate.

The 2010 Kansas fifth grade winner was Brianna Hoffman of Wamego and the sixth grade winner was Danielle Gallardo of Stockton. In 2009, then-sixth-grade national winner was Richard Schleicher of Stockton.

"This contest helps children learn about protecting themselves and their families from insect bites while creating their posters," said Dr. Robert Moser, secretary of the department.

People can reduce their risk of mosquito and tick-borne diseases by:

• Use insect repellent containing DEET or picaridin on skin.

• Wear protective clothing when practical, with long sleeves and pants - light-colored to make ticks more visible. When hiking, wear a long-sleeved shirt tucked into jpants, long pants tucked into high socks and over-the-ankle shoes to keep ticks out.

• Empty standing water from tarps, old tires and buckets where rainwater is trapped. Use larvicide in low-lying areas. Refresh water for bird baths, pet bowls and wading pools at least every three days.

• Limit outdoor activities at dawn and dusk when mosquitoes are most active.

• When hiking, walk in the middle of trails, away from tall grass and bushes.

• Check yourself every eight hours for ticks. If you find a tick, grasp it with tweezers as close to the skin as possible and slowly pull it straight out. Do not crush or puncture the tick and try to avoid touching it with your bare hands. Disinfect the bite area and wash your hands immediately.

For contest rules and past winning entries, visit www.fightthebitecontest.org.

Please vote for **Jessica Cole** for USD 352 School Board

* Lifetime Goodland resident
 * 1987 GHS Graduate
 * Mother of 3 children attending Goodland schools

Dedicated to our kids and community!

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