

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, Wednesday through Saturday and from 1 to 4 p.m. Sunday.** Closed Tuesdays.

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 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.** 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.

Big Brothers/Big Sisters of Sherman County is seeking mentors and children to mentor. Call 890-3665.

The **Good Sam Family Support Council** meets at **7 p.m.** the second Thursday of every month at the Goodland Elks Lodge. Meetings are open to all interested people. 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 Goodwin at (785) 890-6036.

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.

Weight Watchers meets at **5:30 p.m. for weigh in** and 6 p.m. for the meeting every **Tuesday** at the Right Combination Dance Studio, 902 W. Hwy. 24. For information call (785) 890-3285 or visit rightcombinationdance.com.

Goodland Alcoholics Anonymous meets at **8 p.m. Monday**, closed meeting, **Wednesday**, the book meeting, and **Saturday**, an open meeting, at 1013 Center. For

the calendar

calendar

The Christmas on Us drawing today at 4 p.m. has been moved to the front of Central Elementary School. The drawing is for \$1,000 in script money from *The Goodland Star-News* Christmas promotion.

Calvary Gospel Church, 402 College, will have a **Candlelight service** from 5:30 to 6:30 p.m. on Christmas Eve, Saturday, Dec. 24.

St. Paul's Episcopal Church, 12th and Center, will have its **Christmass** at 1 p.m. on Saturday, Dec. 24.

Prairie Land Food sign up will be until Monday, Jan. 16.

Alcoholics Anonymous, call Pat T. at 890-3915 or Laura at 821-4277.

Goodland Al-Anon Serenity Seekers group meets at **8 p.m. on Mondays** at 1013 Center. Contact Cheryl at (785) 890-3023, Shelly at (785) 890-3915 or Twila at (785) 332-2078 for more information.

Goodland Al-Anon AFG meets at **6 p.m. on Fridays** at First Christian Church, 711 Arcade. For information call Alice or Marilyn at 890-5914 or 821-2862.

The Incognito Group. If alcohol has made your life unmanageable and you find yourself powerless. Our group meets at 7 p.m. on Tuesday, Thursday and Friday in Goodland. Talking about it is the first step. Call for our meeting place (303) 905-3817, (785) 728-7022 and (785) 728-2120. Leave a message and number and we will get back to you.

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. Filies 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, 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,

Distribution is 1:30 to 2:30 p.m. on Saturday, Jan. 28, at the Knights of Columbus, 7th and Caldwell. For information call 821-1827, 821-1275, 821-0120 or 728-7196 or order online at www.prairieland-food.com. The Prairie Pak will have one pound lean ground beef, 7 ounces of beef summer sausage, one pound chicken breast fillets, one pound breaded flounder, 24 ounces of Cajun shrimp Alfredo. The specials are breaded boneless chicken wings, pepperoni hot pockets, stuffed pork chops and sirloin steaks.

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

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.

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 adults' 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: No volunteer. Wednesday: a.m. Fern Heckman and p.m. Jan Lambertz. Thursday: No volunteer. Friday: No volunteer. Monday: No volunteer. Tuesday: No volunteer.

early head start

Early Head Start is a state funded program for income eligible families with prenatal mothers and children up to age 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

899-5461.

school calendar and menu

No school until Tuesday, Jan. 3.

senior menu

Today: Swedish meatballs, au gratin potatoes, broccoli, bread and peaches. **Wednesday:** Tuna salad, vegetable soup, tropical fruit salad, bread, crackers and cookie. **Thursday:** Sausage gravy, cook's choice vegetable, strawberries and bananas, biscuits and fruit crisp. **Friday:** closed. **Monday:** closed. **Tuesday:** Chicken and noodles, peas, mandarin oranges, bread and cook's choice complement.

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.

The police department can also be called at 890-4570.

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 or go to the website www.nwkasgoodland.webs.com.

obituaries

Lore E. Depe

Lore E. Depe, 88, a Brewster homemaker, died Friday, Dec. 16, 2011, at the Logan County Manor in Oakley.

She was born March 22, 1923, in Mannheim, Germany, the daughter of Carl F. and Christiane (Walter) Braun.

Preceding her in death was her husband Julius Depe on Nov. 23, 1997.

Survivors include four sons, John C. Dierks, Goodland; Herman D. Dierks, Round Rock, Texas; Henry Dierks, Rocky Ford, Colo.; and Lloyd R. Dierks, Wichita; three stepsons, Harry Depe, Trenton, Neb.; Carroll Depe and Alvin Depe, both of Colby; two stepdaughters, Marilyn Siruta, Garnett; and Karen Dierks, Round Rock; four grandchildren; 17 step-grandchildren;

25 great-grandchildren; and nine great-great-grandchildren.

Services will be at 9 a.m. (Mountain Time) Wednesday, Dec. 21, 2011, at the Brewster Community Church, 511 3rd, Brewster with the Rev. Mike Pinkelman officiating and burial in the Brewster Cemetery.

Visitation will be from 1 to 7 p.m. (Mountain Time) Tuesday, Dec. 20, 2011 at the Kersenbrock Funeral Chapel, 745 S. Country Club Drive, Colby.

In case of delays due to bad weather, contact the funeral chapel at (785) 462-7979.

The family suggests memorials to the church or to the Brewster Senior Center, in care of the funeral chapel.

Ernest C. Knight

Ernest C. Knight, 52, Wray, Colo., brother of Barbara (James) Ornelas of Goodland, died Thursday, Dec. 8, 2011 at Poudre Valley Hospital at Ft. Collins, Colo.

He was born July 14, 1959, to Joseph William and Shelda Mae (Harris) Knight at Enterprise, Ore.

Preceding him in death were his father and his grandparents.

Survivors include his wife, Cindy Knight of Wray, Colo.; his mother, Shelda Ostrander of Orafino, Ind.,

formerly of Goodland; two other brothers, Boyd Knight and Bruce Knight; four children, Erick Knight, Stephanie Knight, Felicitie Knight and Jason Knight.

Services will be at 1:30 p.m. Tuesday, Dec. 20, 2011 at the Masonic Lodge at Wray. Cremation was requested.

Spellman-Schmidt Funeral Home, 427 Adams Street, Wray, Colo. handled the arrangements.

Mistletoe popular at holiday season

It's a parasite. It's poisonous. An exception where it's native, mistletoe also is a popular product every holiday season.

So, this year's product scarcity (Due to ongoing drought in Texas) has been disappointing.

After all, mistletoe promotes wintertime fun - perhaps a bit of romance. In parts of Europe, stealing kisses "under the mistletoe" has been a tradition for 500 years. The harvested plant is now part of North Americans' Christmas décor, too. It may be the beribboned spring atop an entry door or the "kissing ball" under a chandelier.

"That's probably one reason Americans have so few mistletoe problems," said Jennifer Smith, Kansas State Research horticulturist. "Where it grows in the wild, mistletoe can literally suck the life out of a tree. It may pose a problem for livestock. You need to keep it under control."

"But, where mistletoe is holiday décor, its toxic leaves, berries and stems typically end up well beyond easy reach - particularly for our

shortest family and friends."

U.S. trend studies have found children and pets are at greatest risk for accidental poisoning, Smith said. Their body mass is small. Plus, a toddler or pup may gnaw on almost anything that attracts its attention.

"For safety's sake, you need to sweep and dispose of mistletoe pieces that happen to fall to the floor" she said.

Fortunately, the same studies suggest U.S. mistletoe isn't as hazardous as previously thought.

U.S. Poison Control Centers gets more than 100 mistletoe-related calls each year, (800) 222-1222. North America's varieties contain the chemicals that can cause gastrointestinal distress, a slowed heartbeat and more serious reactions.

As likely as not, though, the great majority of U.S. reported cases will develop no symptoms. Extreme reactions will be rare. And, the death count will be zero.

"The two Americans known to have died from mistletoe poisoning since 1960 had used it to brew tea," Smith said.

Goodland couple brings new son home

Kaiden Matthew Fierce Seigler, was born Wednesday, Dec. 7, 2011 at Citizens Medical Center at Colby. He weighed 6 pounds, 5 ounces and measured 19 inches.

His parents are Kevin and Alexandra Seigler of Goodland and grandparents are Tim and Lydia Borders of Goodland, Kevin Seigler of Bellville, Texas, and Lisa Williams of Stephenville, Texas.



Kaiden Matthew Seigler

**Classifieds work!
899-2338**

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Gifts from kitchen save time

Gifts from the kitchen can save time, money and add a personal touch to holiday gift-giving, said Mary Meck Higgins, Kansas State Extension nutrition specialist.

For ideas, Higgins shared links to a Kansas State Research and Extension newsletter, "Nourishing the Next Generation," and a North Dakota State University Extension publication: "Mix it up, Food Mixes in a Jar."

Higgins writes the Kansas State newsletter, and encourages grandparents and caregivers to invite younger family member to join in making dry food mixes as gifts. The activity can be a memorable, intergenerational activity, said Hig-

gins, who included a recipe for a mix for chewy chocolate chip peanut butter bars in the December 2011 issue. To access, go to: www.ksre.ksu.edu/humannutrition/. Choose publications, the "Nourishing the Next Generation."

The North Dakota publication directly available at www.ag.hdsu.edu/pubs/yf/foods/fn1494.pdf includes gift ideas, tips and recipes for four homemade food mixes: country chili, cornbread, cranberry-oatmeal cookies and friendship soup. Other information from the University of Nebraska on food mixes in a jar with cooking, food safety and nutrition tips is at http://food.unl.edu/web/fnh/food-mixes-in-a-jar.

Higgins encourages gifts of health-promoting food, and noted that by making your own food mixes, ingredients can be adjusted to fit the needs of special diets, such as low-sodium diet.

More information about food as gifts, food, nutrition, health and food safety is available at Kansas State Research and Extension offices throughout the state and online: www.ksre.ksu.edu/humannutrition and www.rrc.ksu.edu.

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Celebrate the birth of Christ with us this weekend!

candlelight service

- Christmas Eve:** December 24 at 4:30 p.m.
- Christmas Day:** December 25 at 10 a.m.

Harvest Evangelical Free Church

(Across the highway from the Van Gough painting)

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