

**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 5 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.

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.

Breast Cancer Support Group meets at 5:30 p.m. the second Monday of the month. Any woman with cancer is welcome. Call Norma at 890-6629 for more information.

The Goodland Activities Center has the daily activities. For information call 890-7242. Memberships options for everyone including day passes for \$5. Visit goodlandgac.com or stop by 808 Main.

Aerobics with Tena Thompkins at 5:30 a.m. on Monday, Wednesday and Fridays. Aerobics with Lisa Malsom at 5:30 p.m. on Monday and Wednesday. High Impact Workouts with Grady Bonsall at 5:30 a.m. on Tuesday and Thursday.

Taekwondo with Wayne Luckert on Tuesday at 5 to 5:30 p.m. Tigers, 5:30 to 7 Karate Kids and 5:30 to 7 p.m. adult. Wednesdays 5 to 5:30 p.m. Tigers, 5:30 to 6:30 p.m. Karate Kids and 5:30 to 7:30 p.m. adults.

Weight Watchers meets at 5:30 p.m. for weigh in and 6 p.m. for the meeting every Tuesday at the Harvest Evangelical Free Church, 521 E. Hwy. 24. For information call (785) 890-6423.

Goodland Alcoholics Anonymous, 1013 Center. If you drink alcohol, that's your business. If you want to stop, we can help. Call 821-3826 pr 728-7491.

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. Our group meets at 7 p.m. on Tuesday and Friday at the First Christian Church, 711 Arcade, Goodland West entrance. Talking about it is the first step. (785) 728-7022 and (785) 501-8282.

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. Nar-

**the calendar**

**calendar**

The White Elephant Sale by the Veterans of Foreign Wars to raise money for candy to be given to the kids is at 10 a.m. on Saturday. The candy will be given out to kids on Saturday, Dec. 15, from 1 to 2:30 p.m.

People can purchase an ornament for the Tree of Hope for the Northwest Kansas Animal Shelter at the Western State Bank until Sunday, Dec. 23. Donations may be sent to Box 128, Goodland, Kan. 67735.

Jodie Tubbs of the Kansas Commission on Veterans Affairs will be in Goodland from 1 to 2:15 p.m. Thursday 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.

Prairie Land Food distribution is 1 to 2 p.m. on Saturday, Dec. 15, at the Knights of Columbus, 7th and Caldwell, or at the Bernadine Johnson residence, located at 704 Walnut. For information call 821-1827, 821-1275, or 890-3793 or order online at www.prairielandfood.com. The

Prairie Pak will have ground beef, beef steak strips, breaded chicken breast fillets, split chicken breast, bacon, cherry pie, seasonal fresh fruits and vegetables. The specials are spiral sliced holiday ham, Christmas meat and cheese box, T-bones and roaster boneless chickens.

The Kids Christmas Shoppe at the Goodland Churches Thrift Store, 1002 Main, will be from 10 a.m. to 2 p.m. on Saturday

The next in the Films of Faith Film Series will be "The Nativity Story" at 1:30 p.m. on Sunday at the Sherman Theatre, 1203 Main. Admission is free and all are invited to the Emanuel Lutheran Church for a hymn sing of Advent and Christmas hymns.

Senior Health Insurance Counselors of Kansas will assist people with Medicare plans during the enrollment period from Monday until Friday, Dec. 7, at the Goodland Public Library two days a week. To set up an appointment call (785) 890-5908, (785) 399-2407 or (785) 821-1626.

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, ambrosia salad, cornbread and cookie. Wednesday: Turkey ala king, California blend vegetables, cinnamon apple slices, biscuit and pudding. Thursday: Liver and onions, scalloped potatoes, peas and carrots, bread and mixed fruit. Friday: Country fried steak, mashed potatoes with gravy, stewed tomatoes, bread and strawberries and bananas.

**school calendar**

Today: Black day. 5:30 p.m. second grade music program in the Goodland High School auditorium. 7 p.m. junior high and high school winter vocal concert in the Goodland High School auditorium. Wednesday: Gold day. 7:30 professional learning community. Thursday: 3:30 p.m. seventh grade girls basketball A & B against Scott City at the junior high gym. 3 p.m. eighth grade girls A & B basketball against Scott City at Scott City High School gym. Topside Tip-off Basketball Tournament. Friday: Topside Tip-off Basketball Tournament. 1 p.m. varsity wrestling at the Colby Tournament.

**Be ready for storms; check insurance**



**sandy praeger**

• insurance comm.

The prospect of winter storm problems began early this year on the eastern coast of the United States, and I'm urging Kansans to check their homeowners' and vehicle insurance policies to be sure they are protected as Old Man Winter begins to awaken in the Midwest.

It's a good thing to check with your insurance agents about what's covered in your policies. Homeowners' and auto policies provide basic protection, but some policies provide a broader range of coverages than others.

Consumers should review these points about their insurance:

- Most homeowners' policies include coverage for wind, blowing snow and the weight of ice, snow and sleet on the structure.
- Damage to homes caused by falling objects such as trees is covered under most policies. However, the cost to remove limbs is usually not covered unless the tree first damages the structure.
- Water damage to a structure or its contents is usually excluded under most property insurance contracts. Check with your local insurance agent to be sure.
- Some policies may provide coverage from frozen pipes, as long as the damage is not a result of the homeowner's failure to keep the home adequately heated.
- Many policies don't include coverage for water that backs up from drains or sewers. That protection can be added to a policy by purchasing additional coverage or a rider.

Flood damage from snow and ice melt is almost always excluded by homeowners' policies. Flood-

related policies can be obtained through the National Flood Insurance Program. Your local agent can provide details.

• Vehicle coverage for winter-related accidents involving snow removal could be covered through collision coverage. Check with your agent for details.

• There are a couple of things to know if you lose power. First, if a fallen tree is to blame for the power outage, you may be covered by your homeowners policy. Second, regarding food spoiling in your refrigerator or freezer, a homeowners or renters policy often allows for compensation for food losses, but only up to a certain (usually fairly low dollar) amount. If your deductible is equal to or greater than this amount, unless you have other losses, you probably can't claim just the loss of the food.

I always urge Kansans who have property damage caused by winter weather to contact their insurance agents or insurance companies as soon as possible. You should have a copy of your policy or insurance card when you talk to your agent. If you have a winter storm preparation kit, you might want to keep a copy there.

If you still have questions, contact our Kansas Insurance Department Consumer Assistance Representatives at (800) 432-2484. Information is also available on our website, www.ksinsurance.org.

Don't let winter weather get the best of you.

otics 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 Iowa 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. On exhibit during the month of October is a selection of works from the art department at Colby Community College. The pieces in the show, created by art instructor Rebel Jay and her students from several art classes, utilize a variety of media including acrylics, chalk, clay, paper and found objects.

**thrift store**

The Goodland Churches Thrift Shop, 1002 Main, is open 9 a.m. to 5 p.m. on Tuesday through Friday and 10 a.m. to 2 p.m. on Saturday. Donations welcome. For information call 890-2007.

The Kids Christmas Shoppe will be from 10 a.m. to 2 p.m. on Saturday, Dec. 8.

**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.

**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 and provides hearing, vision, dental and educational screenings. Nutritious meals are served, and parents are encouraged to get involved in

their children's education. For information call 890-2552.

**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.

**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. Interested in adopting a pet? Call the animal shelter or go to the website www.nwksagoodland.webs.com.

**Don't fill your mind or body with junk**

If all you consumed was cupcakes and Kool-Aid, would you feel good? No way! You can't fill your body with junk and feel good, and you can't fill your mind with junk and feel good either.

I quit watching the news a long time ago. Yes, things aren't perfect. Yes, we have four more years of Obama. Yes, gas prices are high. Yes, the tax system is a mess. As much as I would like to, I can't change those things.

Instead of dwelling on the bad things, I choose to spend the majority of my time focusing on the good. Part of the way I do that is by feeding my mind good things. I read good books and blogs and listen to good podcasts. I recently found a good podcast and blog that focuses on small businesses. It's by Ray Edwards (not the football player) and can be found at www.



**jamie morphey**

• business tips

rayedwards.com.

The government is not the answer to our problems. The government is like a deadbeat relative that keeps asking for money. We have to deal with them, but we don't have to let them drag us down. It's time to get creative.

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.

**Millions of jobs supported by rural America in food production**

By Tom Vilsack

Secretary of Agriculture

Every day I am reminded of the many ways in which the work of rural America impacts all of us. Rural America provides us with a clean environment, opportunities to get outdoors, greater energy security and a safe and abundant food supply that's the envy of the world. From our smallest towns to our biggest cities, work ongoing today in rural America has a tremendously positive effect for the United States. Perhaps most important, rural

America is driving job growth across our nation.

Last year, the agriculture sector and its related industries directly provided more than 16 million American jobs, the highest number since 2008. Many of these jobs are in rural America - while other agriculture-related jobs, from food manufacturing to textile work, are supporting millions of families in our cities.

The productivity of our agriculture industry also allows America to remain food secure, while exporting

more goods around the world and supporting jobs here at home. The latest agricultural trade forecast released this week continues an astonishing trend for American farm exports that began in 2009. Since that year, we've seen U.S. agricultural exports climb more than 50 percent in value - and agricultural exports continue to support more than a million jobs.

All told, one in 12 U.S. jobs today are supported by American agriculture.

Meanwhile, renewable energy

continues to take hold across our nation. Today, renewable energy efforts support more than one million American jobs. More than 400,000 of these jobs are in the biofuels industry, which is based in rural America and holds great potential to create even more opportunity.

Outdoor recreation brought more than \$145 billion in economic benefits to the U.S. last year and supported hundreds of thousands of jobs. Visitors to America's National Forests alone support more than 200,000 jobs annually in nearby

communities.

At the Department of Agriculture, we will also continue our record efforts to support rural communities and businesses in creating jobs. For example, since 2009, the department has made nearly 60,000 loans and grants to help rural businesses grow. The economic benefits from these efforts have saved or created an estimated 300,000 jobs. Meanwhile, by helping nearly 600,000 American families buy or refinance a home since 2009, USDA has generated economic benefits that sup-

port an estimated 250,000 jobs. We are always working to do more.

Rural America does so much for all of us, every day. Our small towns and rural communities continue to drive America's economy forward, supporting industries that are responsible for a high proportion of U.S. jobs. I know that in the months to come, we can continue supporting good jobs for Americans while further strengthening the rural economy.

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