

## open house

**Vida Young** will turn 100 on her birthday of January 1, 2013. Friends and family are hosting an open house from 2 to 4 p.m. on Saturday, Dec. 29, 2012, at the Good Samaritan Center, 208 W. Second, Goodland. Cards may be sent to her there.

## patient news

**Taylor Finley** has been moved to a rehab hospital. Cards and letters can be sent to him at Craig Rehab Hospital, Room 216A, 3425 South Clarkson Street, Englewood, Colo. 80113.

## 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 Family Group** meets at **6 p.m. on Fridays** at First Christian Church, 711 Arcade. For information call Alice or

## the calendar

### calendar

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

**Prairie Land Food sign up will be until Monday, Jan. 14**. Distribution is **1 to 2 p.m.** on Saturday, Jan. 26, 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](http://www.prairielandfood.com). The Prairie Pak will have ground beef, ham steak, chicken thighs, tilapia, meat balls and seasonal fresh fruits and vegetables. The specials are salmon filets; boneless pork chops; breakfast box with breakfast bites, French toast sticks, hash browns and bacon;

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. **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.

### announcements

The phone number to contact Genesis for help for the food bank or the Salvation Army is (785) 890-2299. It is no longer in the phone book.

### 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, pa-

pizzas; and chicken wings.

**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, sweet potatoes, cranberry apple salad, roll and barcookie. **Wednesday**: Chicken noodle soup, five cup salad, crackers and bread pudding. **Thursday**: Hot roast beef sandwich, mashed potatoes with gravy, peaches, bread and birthday cake. **Friday**: Spanish rice with hamburger, Italian blend vegetables, gelatin with fruit, bread and cook's choice complement.

### school menu

**Today**: Breakfast-starspangled pancakes, sausage links, fruit juice and milk. Lunch - macaroni and cheese with meatballs, baby carrots, seasoned peas, apple wedges,

whole wheat bread and jelly and milk. **Wednesday**: Breakfast - whole wheat bagel with toppings, fresh orange and milk. Lunch - baked ham, scalloped potatoes, green beans, dinner roll, strawberry shortcake and milk. **Thursday**: Breakfast - breakfast pita with tomato salsa, has brown potatoes, kiwi and milk. Lunch - chicken nuggets, mashed potatoes and gravy, fresh broccoli, wheat roll and jelly, strawberries and bananas and milk. **Friday**: No school inservice.

### school calendar

**Today**: Black day. 7 p.m. junior high and high school band concert in the high school auditorium. **Wednesday**: 7:30 professional learning community. **Thursday**: End of second nine weeks. 5:30 varsity and junior varsity wrestling at Colby. **Friday**: No school.

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](http://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.nwkasgoodland.webs.com](http://www.nwkasgoodland.webs.com).

per 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.

### 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](http://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

## births

### Robert Wade Traxel

Robert Wade Traxel was born at 1:23 p.m. on Tuesday, Dec. 4, 2012, at Goodland Regional Medical Center in Goodland. He weighed 8 pounds, 7.9 ounces and was 20 1/4 inches long.

His mother is Jennifer Traxel of Goodland and his grandparents are Tracy Traxel and Wade Lucas of Goodland. Great-grandparents are Linda Brown of St. Joseph, Mo.; Velma Blehm of St. Joseph, Mo.; Debbie Lucas of Haslington, Texas and Mike Lucas of Sharon Springs.

His godparents are Stacy Brasher and Brad Cramer



Robert Traxel

### Tucker Andrew Spanier

Tucker Andrew Spanier was born at 8:13 p.m. on Wednesday, Nov. 12, 2012, at No Greater Love Ministries Birth Center in Bird City. He weighed 10 pounds, 1 ounce and was 21 1/2 inches long.

Her parents are Adam and Andrea Spanier of Oberlin. Her grandparents are Troy and Deb Marshall of Norcaturn and Allen and Deanna Langness of Goodland and great-grandparents are Inez Jackson of Norcaturn, Neil Marshall of Oberlin and Marcelle Sloan of Mulvane.

Attending midwives were Sara Sowers, Joanna Howard and Abby Howard.

Tucker is welcomed home by his sister Evelyn, 4.



Tucker Spanier

### Merrick and Kendall Cavenee

Fraternal twins Merrick Evan Cavenee and Kendall Reese Cavenee were born Wednesday, Nov. 28, 2012 at Citizen Medical Center in Colby.

Merrick and weighed 5 pounds, 2 ounces and was 18 1/2 inches long. Kendall weighed 5 pounds, 5 ounces and was 19 1/2 inches long.

Their parents are Brandon and

Tasha Cavenee of Colby.

Their grandparents are Kim Ketzner of McDonald, Ernie Ketzner of Bird City, Michael Cavenee of Seattle, Lisa Gooch of Colby and Tim Gooch of Owensville, Mo.

Sister Shay Elizabeth Cavenee welcomed the twins home.

### Kora May Stainbrook

Kora May Stainbrook was born Tuesday, Nov. 6, 2012, at Citizens Medical Center in Colby. She weighed 8 pounds, 3 ounces and was 20 1/2 inches long.

Her parent are Ryan and Ashley

Stainbrook of Levant.

Her grandparents are Lowell and Becki Carpenter of Brewster and Larry and Sue Stainbrook of LaCygne.

### Emalee Sophia Williams

Emalee Sophia Williams was born Friday, Nov. 16, 2012, at Citizens Medical Center in Colby. She weighed 7 pounds, 11 ounces and measured 19 inches.

Her parents are Britton and Sylvia

Williams of Goodland.

Her grandparents are Brandon and Shelly Terry and Buddy and Toni Williams, all of Goodland, and Tammy Clark of Tampa, Fla.

### Sophie Lyn Ziegler

Sophie Lyn Ziegler was born Friday, Nov. 2, 2012, at Citizens Medical Center in Colby. She weighed 7 pounds, 11 ounces and was 20 inches long.

Her parents are Brady and Sarah

Ziegler of Wallace. Her grandparents are John and Wanda Fixsen of Sharon Springs and Hank and Pat Ziegler of Buckeye, Ariz.

A sister Marissa and a brother Ethan welcomed her home.

### James Dreany "JD" Wilson

James Dreany "JD" Wilson, 79, went to be with his Lord and Savior, Jesus, on December 11 at the Deseret Nursing Home in Kensington, Kan..

JD was born August 7, 1933, in Hays, Kan. and was raised on a farm outside of LaCrosse, Kan. After graduating high school in LaCrosse, JD attended Kansas State University, but left school to join the Coast Guard, in part due to the impact of the death of his younger sister.

JD worked in the cattle industry for most of his life, including managing feedlots for Cargill, T-Bone and McDonald. JD enjoyed travel, and his work took him overseas to Iran, Costa Rica and Venezuela. In the 1990's, the T-Bone Feedlot that JD managed won a prestigious national award from Certified Angus Beef in Toronto.

Growing up during the Great Depression influenced JD's early life. To help support his family, JD worked on the family farm in his elementary school years, driving a tractor, gathering eggs, and milking cows (a job he often said was his least favorite). His father took the eggs and milk to town in a horse-drawn wagon and sold them.

JD had a life-long love of horses. He also enjoyed Hank's Coffee Club and being a member of the First Baptist Church.

Preceding him in death were his parents; two sisters; a first wife with whom he had 5 sons; a second wife who died in a rodeo accident; a son Jay and a granddaughter Chelsie.

Survivors include his wife Jan of Goodland, Kan.; 4 sons: Bill of Illinois; Dave of Florida; Rob of Illinois; and Todd of Missouri; 13 grandchildren and 7 great grandchildren.

JD and Jan celebrated their 25th wedding anniversary in October of this year.

## Motivation moves people to work harder

If growing your business has your insides twisted, then you're normal. Steven Pressfield calls it the resistance. Seth Godin calls it the lizard brain. I call it motivation.

When success isn't certain, you work harder. When the big decisions are on your shoulders, you strive to know more. When your paycheck



**jamie morphew**

• business tips

depends on your hustle, you don't waste time playing FreeCell.

Don't let fear stop you, let it motivate you to your best!

*This tip was brought to you by Western Kansas Business Consulting sponsored in part by Sherman County.*

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candlelight service

Christmas Eve

Candle Light Service

Monday, Dec. 24 at 4:30 p.m. MT at Harvest Evangelical Free Church (On Highway 24 across from Van Gough painting)

All are welcome to attend!

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IT'S PORTABLE!

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