

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.

genesis and salvation army

Genesis and Salvation Army are available year round to help those in need. Please call 785-890-2299 to speak to a volunteer.

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 goodland-gac.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-

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.

Saturday and Saturday, Dec. 29, "Playing at Work" - work related games will be played at the High Plains Museum, Carnegie Arts Center and the Goodland Public Library.

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. 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; 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.

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 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.

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.

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.nwkasgoodland.webs.com.

obituary

Berna Biem

Berna Biem, 92, Tulsa, Okla., former Goodland resident, died at Southern Hills Nursing Home in Tulsa, where she had been a resident for the last year and a half.

She was born Dec. 12, 1919, to Selma (Holmes) and Olaf Eliason at Ophheim, Mont. Mrs. Biem went to the Ophheim schools and her family farmed in that area.

On Oct. 4, 1938, she and Anard Biem were married in Glasgow, Mont. They lived in Seattle, Wash., for a brief time before returning to Ophheim during World War II. They owned and operated the Willie Wesco Propane Service in Ophheim and also farmed in that area. She had also cooked at the Ophheim cafe and at the Ophheim school and she had worked for Mountain Bell telephone. She was active in the Ophheim Lutheran Church.

In 1973, they moved to Goodland to open B&D Ditching and Backhoe Service. While in Goodland she volunteered in the Senior Citizens Center, the Emmanuel Lutheran Church, the Buckles Camping Club

and the Goodland Regional Medical Center Auxiliary. Mrs. Biem was also involved in the Arbor Day Tree Board and the Van Gogh sunflower project.

In 2000 she moved to Broadmore Senior Living Center in Tulsa, Okla., to be closer to her daughters. Later she lived with her daughter Karen in Jones, Okla. for three years and then in 2010 she moved to the Southern Hills Nursing

Home in Tulsa.

Preceding her in death were her husband, her parents and five siblings.

Survivors include two daughters, Joan Boehler of Tulsa, Okla. and Karen (Wayne) Donovan of Jones, Okla.; two sisters; a brother; four grandsons; twelve great-grandchildren; and two great-great-grandchildren.

A memorial service will be held in Goodland at a later date. Memorials to the Berna Biem Memorial may be sent to Koons Funeral Home, 211 N. Main, Goodland, Kan. 67735-1555.



Biem

KOONS FUNERAL HOME, INC AND MONUMENTS www.koonsfuneralhome.com

Emails answered according to size

I have a confession to make... I answer emails not according to importance or time received but according to length. I love an empty inbox, and short emails get me to my goal faster. If you send me a long email, I'll skip it and answer short ones first.

I'm not the only person who does this. If you aren't getting timely answers to your emails, the problem may be with their length. Try limiting your emails to three sentences or less, and see if their response time improves.



jamie morphew

business tips

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

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!

Got news? Call 899-2338

90th Birthday Celebration Join us in celebrating Don Schwendener's 90th Birthday on December 29 2-4 p.m. MT at the First United Methodist Church Fellowship Hall, 12th & Sherman, Goodland. Cards only.

DOOR & WINDOW REPLACEMENTS SEAMLESS RAIN GUTTERS GENERAL CARPENTRY REPAIRS Ron Lucke CUSTOM BUILDING (719) 346-8840 CELL: (719) 349-8840

Ten steps to adapt to climate change

1. Develop crop varieties.

2. Develop new irrigation technologies. 3. Develop more diverse cropping systems. 4. Improve the synchronization of planting and harvesting operations.

5. Develop soil and crop management strategies. 6. Increase soil carbon sequestration. 7. Develop new technologies to increase nitrogen-use efficiencies. 8. Develop soil erosion preven-

tion and protection. 9. Value agricultural commodities for water use and environmental benefits. 10. Apply concept of precision and target conservation.

more than 7 out of 10 Kansans read grocery inserts



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Contact us today!

Thank You to a great community! Thanks to everyone who helped make this year's distribution of Genesis Christmas baskets a success. Your donations and your volunteer efforts were all very much appreciated! Genesis helps Sherman County all year long, but the outpouring of love at Christmas time is a wonderful thing to witness! Blessings to all who made this year's distribution the best ever! ~ Genesis of Sherman County

Sherman County Health Fair Saturday, January 26 - 8 to 11:30 a.m. NWKTC Student Union Blood Draws prior to Health Fair January 7-11 - 7 to 9 a.m. Main Lobby at GRMC Free at Health Fair: Blood profile consultations, DRE (Prostate), Skin Cancer Screening, Balance Test Screening, & much more.