riends

student news

Robert Graves, Herington, formerly of Goodland, was named to the President's 4.0 Honor Roll for the fall 2005 semester at Coffeyville Community College. Placement on the President's Honor Roll requires a minimum of 14 hours of graded academic work with a grade point average of 3.75 or higher and no grade below a B. Graves is a student in the college's Emergency Medical Technician program.

birthday

Bernice Taggart is turning 102 on Tuesday, March 28, 2006. Send cards to her at 707 Wheatridge Circle, Goodland, Kan. 67735.

activities

Tours of the 1907 Victorian **House** at 202 W. 13th are from **1-5** p.m. Wednesday-Sunday.

"Nifty '50s Photograph Collection" is on display from 9 a.m.-5 p.m. Monday-Friday and from 9 a.m.-4 p.m. Saturday at the High Plains Museum, 1717 Cherry Ave.

The Carnegie Arts Center is open from 10 a.m.-5 p.m. Tuesday through Friday and from 1-4 p.m. Saturday, Sunday and Monday. Bobbi Kerth, a WaKeeney artist known for her Santa paintings, will display her work through Thursday, March 30.

The Goodland Public Library will have **story time** for 3-5-yearolds at 10 a.m. Wednesdays and Thursdays. Born to Read for children birth to age 3, accompanied by an adult, will be at 10 a.m. Fridays.

Prairie Piecemakers Quilt Guild will meet at 6 p.m. the second Thursday of each month at "The Rock House," 326 E. 6th in Goodland. Call Cora House at 899-2619, Joan Reid at 890-7301 or Carol Tupper at 890-5955.

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

Diabetes Support Group meets at 7 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 first Monday of the month in the dome at Howard Johnson's. Any woman with cancer is welcome. Call Cheryl at 890-5528.

Emotions Anonymous meets at 7:30 p.m. Wednesdays at the Goodland Regional Medical Center board room.

fered Monday, Wednesday and day. Friday at the Goodland Activities Center. Yoga is offered at 8:30 a.m. **Wednesday.** Call 890-7242.

TOPS Meetings - Take Off Pounds Sensibly meets at 5:30 p.m. Mondays at North Elementary School. Weigh-in is at 5 p.m.

Alcoholics Anonymous S.O.S. **Group** holds open meetings at 7 **p.m.** Monday at the Trinity Lutheran Church, Seventh and Senter, Burlington. Call Pamela at 719-346-7711 or Dave at 890-2858. Goodland Alcoholics Anony-

mous meets at 8 p.m. Monday, a closed meeting with Al-Anon, Wednesday, the book meeting, and **Saturday,** an open meeting, at 1013 Center. For Alcoholics Anonymous, call Rob at 890-3023 or Linda at 399-2353. For Al-Anon, call Cheryl at 890-3023.

The "Freedom Today" group of Narcotics Anonymous meets at 8-9 p.m. Tuesdays, open; 8-9 p.m. Thursdays, closed; and 6:30-7:30 p.m. Saturdays, open, at the Elks Lodge. Call 890-8369.

Fibromyalgia and Chronic Myofascial Pain Support Group meets from **6:30-8:30 p.m. the** third Wednesday of every month in the Emergency Medical Services building, 257 15th St., in Burlington. Call Debbie at 719-

The Pride of the Prairie Orchestra meets from 7:30-9 p.m. Central Time on Mondays at the Colby High School Band Room. The all-volunteer orchestra does not require auditions and is open to anyone from northwest Kansas and northeast Colorado. The music

◆ Custom Homes

Remodels/Additions

Kitchens, Decks,

Bathrooms

the calendar

for the March distribution.

lemonade or coffee. Call 821-1504 for delivery.

and author (also known as Victor Mordecai), will speak at the **Brewster** Community Church from **6:30-10 p.m. Central Time** Tuesday-Thursday. Call (785) 694-2720, 694-2813 or 899-2746.

will be from 7 a.m.-2 p.m. Saturday, April 1, at the Masonic Lodge.

(MOPS) will meet at 6 p.m. Monday, April 3, at the First Christian Church, Eighth and Arcade. The theme this month is fun, and those who attend will learn how to decorate cakes and get a lot of other fun party-throwing tips.

A **fish fry** will be held from **5-7** p.m. Friday, April 7, at the United Methodist Church, 12th

City wide cleanup is scheduled

for Saturday, April 8, and high-fessional Development Conferway entrance cleanup for Satur-Chamber of Commerce Beautification Committees, City Commission and County Commission's cleanup month. Businesses, organizations and families are encouraged to form teams of five or six and call Ken Clouse at 890-3641 to be assigned a cleanup route. Several teams are needed on each date. Participants will meet at 8:30 a.m. in the Northwest Kansas Technical College student union to receive final plans. Anyone not able to haul their own trash should have the items at the curb by 9 a.m. on April 8. For help moving the items, call 890-3641, 890-7149

or 890-6692. Big Brothers Big Sisters of Sherman County is planning a flamingo drop on Saturday, April 17. People can pay for insurance to prevent plastic flamingos from appearing in their yard or can pay for a flock to be dropped in someone else's yard. Call 890-3665.

school calendar

Today: Spring break. No

Monday: Thornberg basketball practice 6 p.m. in the high school gym. School board meeting 7 p.m.

Tuesday: Gold day. Seminar STUCO. Varsity baseball 3 p.m. at Burlington, double

Wednesday: Black day. Pro-

ence 3:30 p.m. at Central Elemenday, April 22, as part of the tary. Thornberg basketball practice 6 p.m. in the high school gym. City/county recreation sports.

Thursday: Gold day. Seminar - DECA and FCS.

Friday: Black day. Varsity, junior varsity softball 3 p.m. at Garden City. Varsity baseball 3 p.m. vs. Garden City.

school menu

Monday: Chicken nuggets, savory rice, green beans, 1/2 orange and milk. Tuesday: Cheeseburger, lettuce, tomato, onion, pickle, french fries, pork 'n' beans, pudding and milk. Wednesday: Chicken fried steak, mashed potatoes and gravy, corn, dinner roll, cookies and milk. Thursday: Chili, crackers, cinnamon roll, peaches and milk. Friday: Tuna and noodles, peas, dinner roll, 1/ 2 apple and milk.

seniorcentermenu

Monday: Baked spaghetti, winter mix vegetables, applesauce, garlic bread and cookie. Tuesday: Macaroni and cheese with smokies, green beans, orange Jell-o with carrots and pineapple, bread and strawberry shortcake with topping. Wednesday: Roast beef, mashed potatoes and gravy, celery and carrots, bread and plums. Thursday: Hamburger, oven-browned potatoes, pasta salad with vegetables, bun and mandarin oranges. Friday: Salmon loaf or patties with sauce, Spinach cheese salad, corn, dinner roll and peaches.

8152 or 462-6101.

tiny-k

Tiny-k Early Intervention Services, formerly the Early Intervention Networks, promotes development among infants and toddlers with special needs. The Northwest Kansas Educational Service Center in Oakley provides these services free of charge to children in this

Services include speech, developmental, vision and hearing screenings to all children and physical/occupational therapy and developmental training to children who qualify. Call 785-672-3125, ext.

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 Julie Dautel or Carrie Starns at 899-2552 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 vour 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.

tree donations

Many trees at the Goodland Cemetery have died and the cemetery board is trying to replace them. Contributions for the Goodland Cemetery Memorial Tree Fund can be left at Koons or Bateman funeral homes or sent to the Goodland Cemetery Board, Box 59, Goodland, Kan. 67735. Donations may be made in memory of a loved

animal shelter

Lost a pet? Call the Goodland Police Department at 899-4570. Interested in adopting a pet? Call the Northwest Kansas Animal Shelter

reading labels before buying in the intensifies the flavor of beets. Regrocery will give a better idea of how much salt is in a product. The enough to handle. salt content varies from brand to brand. You won't notice the change in most recipes if you half the amount of salt.

Bobbie Mostyn in "Low Salt Favorites" goes into a lot of detail of how much salt is in foods and how to go to low salt. The following recipes are from her cook book. She also has a website www.lowsalt foods.com. **Roasted Beet and Walnut**

Salad

Serves 10 with 95 mg of sodium per serving.

2 tablespoons balsamic vinegar or

red wine vinegar 2 tablespoons extra virgin olive oil 1 teaspoon Dijon-style mustard

1 teaspoon sugar substitue or sugar 6 - 8 beets, roasted 1/2 cup chopped walnuts

2 ounces Stilton cheese or other blue cheese, crumbled *

sweetener by whicking in a small shoots bowl or by shaking well in a screw- 4 cups cooked rice

Combine beets and dressing in a large bowl. Chill at least 30 minutes. Just before serving mix in walnuts and cheese.

other blue cheeses with much less sodium. Stilton has 200 mg of salt per ounce. Gorgonzola has 350 mg of salt per ounce. Blue has 395 mg of salt per ounce. Roquefort has 513 mg of salt per ounce.

Roasting Beets

To roast wash and trim beets but minute until you smell the garlic. do not peel. Either wrap each in aluminum foil or place in a baking dish with 2 cups of water and cover. Preheat an oven to 425 degrees and bake for 45 minutes to 1 hour. Roasting brings out the richness and casionally. Serve over rice.

Tasha Havel and Casey Simoneau of Baldwin City plan to marry Saturday, May 6, 2006, at St. Joseph's Catholic Church in Damar. Grandparents are Charles Chaney of Sharon Springs, Lawrence

Simoneau and Havel

Center in Olathe.

He graduated from Palco High School. He received a Bachelor of Science degree in justice studies in 2005 from Fort Hays State and is a sity. She is a case manager assistant trooper in Douglas County for the at Johnson County Mental Health Kansas Highway Patrol.

Majority of sodium not from salt shaker

It would surprise people to know that the majority of sodium or what is commonly called salt that they are getting is not from their salt shaker. Taking the time and

Couple

in May

to marry

Hamel of Damar and Anselm and

Ilene Simoneau of Hays. The bride-

elect's parents are Roger and Teresa

Havel of Atwood, and the prospec-

tive groom's are Bryan and Dana

She graduated from Atwood

High School and earned a Bachelor

of Science degree in psychology in

2005 from Fort Hays State Univer-

Simoneau of Damar.



schiefen postscript

pat

move the skin when beets are cool Moo Goo Gai Pan Serves four with 257 mg of sodium per serving. 2 (4-ounce) boneless, skinless chicken breasts, sliced into thing

1 1/2 tablespoons lite soy sauce 2 tablespoons dry sherry or rice wine vinegar

1 tablespoon cornstarch

1 tablespoon olive oil

8 ounces sliced mushrooms (about

2 carrots, sliced on the diagonal 2-3 green onions, chopped

3 garlic cloves, minced 2 cups snow peas 1/2 cup chicken stock or canned

low-salt chicken broth 1/2 teaspoon low-salt chicken

bouillon granules 2 tablespoons sugar substitute or

1 (8-ounce) can sliced water chestnuts, drained Blend vinegar, oil, mustard and 1/2 cup no-salt-added bamboo

Mix sov sauce, sherry, cornstarch and oil together. Add chicken strips and marinate for 20 minutes.

Add chicken and marinade to a *Stilton is milder and firmer than skillet over medium high heat. Cook until chicken begins to brown, 2 to 3 minutes, stirring frequently. Stir in mushrooms and carrots. Stir frequently and cook until mushrooms soften about 3 minutes. Add green onions and garlic and cook stirring constantly about 1

> Stir in peas, chicken stock, bouillon, sweetener, water chestnuts and bamboo shoots. Decrease heat to medium low. Cook until carrots are done, about 5 minutes, stirring oc-

matters of record

Real Estate The following real estate transac-

tions were reported by the Sherman 59, Original Town of Goodland. County Register of Deeds:

Becker and LaVaughn K. Becker of Goodland.

Wade S. Lee to Peggy Cruick-

Eugene L. Becker and La Vaughn shank, all of Lots 22, 23 and 24, K. Becker, trustees of the Eugene L. Block 1, Third Addition to the City

Revocable Living Trust, an undi-

vided 1/2 interest in Lot 10, Block

DUCKS UNLIMITED NORTHWEST KANSAS CHAPTER

ANNUAL BANQUET Saturday April 1, 2006

> Goodland Elks Lodge 5:30 Social 7:00 Dinner

8:00 Auction/Drawings/Events \$30 single \$45 couple

ADVANCED TICKETS REQUIRED For more information contact Bill Jenkins 785-821-1887, Michael Dorn 785-821-4378

Cameron Paxton 785-821-3661 Garald Paxton 785-821-3662

or e-mail Gail56@hotmail.com. area events Jazz vocalist and song writer **Donna Tucker** will perform at 3

Call Dr. David Younger at 899-3421

p.m. Central Time Sunday at the Gateway in Oberlin. Tucker, who grew up in Oberlin, will add her original style to such familiar tunes as "Somewhere Over the Rainbow," "The Water is Wide," a medley of Mancini songs and Broadway hits. Admission is by Western Plains Arts Association season and 1-4 p.m.; a.m. and p.m. volunpasses or can be paid at the door.

Admission to the Prairie Mu**seum of Art and History** will be and Mazie Sutton, courtesy. **Tues**free from 1-5 p.m. Central Time day: Anita Coleman, a.m., and Sundays at 1905 S. Franklin in Beulah McClung, p.m. Wednes-Colby. The museum is also open day: Sutton, courtesy. Thursday: Aerobics Classes - 5:30 and from 9 a.m. - 5 p.m. Central Time Faye Paxton, a.m., and Kaitlin Lee, 7:30 a.m. aerobics classes are of- Monday-Friday and 1-5 p.m. Satur- 3:30 p.m. Friday: Sutton, courtesy.

health department

The Sherman County Health Department at 1622 Broadway is open from 8 a.m.- noon and 1-5 p.m. Monday-Friday.

Monday: Scheduled appoint-Scheduled appointments. Wednesday: Blood pressures 10 a.m. at the Goodland Senior Center. Thursday: WIC in Colby. Scheduled appointments. Friday: Scheduled appointments.

The health department still has

flu vaccine. Assistance is available with comparing prescription drug plans and enrolling in Medicare Part D. Call for an appointment.

Blood pressures; infants', children's and adult's immunizations; health assessments for Kan Be Healthy, daycare and school entry; fasting blood sugar and hemoclipping available by appointment. Sharps containers are available free. Call 890-4888.

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-

The group charges a \$50 letter of intent fee (similar to a permit) which is good for one year. It is required on the installation or modi-

Commercial

· Churches /

Farm Buildings

Worship Ćenters

Pekarek's Building Designs

ranges from classical to popular. area.

hospital volunteers

Gift shop hours are 9 a.m.-noon

Monday: Fern Heckman, a.m.,

The High Plains Museum will be displaying school photos during the 2006 alumni reunion. The museum needs photographs from the 1980s and '90s. Graduates from those decades should call the museum at ments. **Tuesday:** WIC in Oberlin. 890-4595 or stop by if they can provide pictures.

tax help

through the American Association of Retired Persons with cooperation from the Internal Revenue Service, is providing free tax help from 1-4 p.m. every Friday through April 14 at the Goodland Public Library and the Goodland Senior Center.

thrift store

Anyone wanting to donate to the globin; family planning; and toenail Goodland Churches Thrift Shop should call 899-2007 to arrange to meet by the door in the alley and take donations directly from the car

to the warehouse. The store needs zippered bags like those bedding and curtains are sold in, seal-a-meal bags or any bags that can be heat-sealed and jewelry gift boxes.

alateen

DENVER VACATION CONDO

\$80 BUY 1 NIGHT - GET ONE FREE Close to Museums, Zoo, Downtown,

MARCH - APRIL - MAY

Malls, Mountains, Sports, Bus Sleep up to 6, Includes kitch, w/d, fireplace, patio Call for reservation and info! Reserve your spot for summer! (303) 519-9198

References Available!

Call John Pekarek for free consultation! Burlington, CO (719) 346-9594 Don't settle for pre-made house plans when you can get the home design that truly fits your needs.

calendar

SHARE sign up for the April distribution of food will be until Monday, April 10, at the Sherman County Health Department, the Regional Prevention Center or the Kanorado Senior Center. Pick up will be **Saturday**

Mothers of Preschoolers (MOPS) is having a fund-raiser, an authentic enchilada dinner from 5-7:30 p.m. Monday at the First Christian Church, Eighth and Arcade. Meals will include two beef enchiladas, Spanish rice and beans, chips and salsa, cake and

Avi Lipkin, a Jewish speaker

Eastern Star pancake feed

Mothers of Preschoolers

The group will continue to offer free testing to private individuals. However, if you are selling, purchasing or refinancing any property that requires an inspection, the group will charge a \$90 fee. The inspection includes site evaluations on well and septic systems and testing the water. The group will also charge a \$25 fee for child care and

foster care inspections.

teers are in the gift shop.

alumni reunion

AARP Tax-Aide, administered

They can answer most tax questions for mid- and low-income taxpayers, with special attention to

those age 60 and over.

A former Alateen member and an Al-Anon member have formed an Alateen support group that will meet from 6-7 p.m. on Mondays at 1275 W. Sixth in Colby. The group is for relatives and friends of alcoholics and is open to anyone 19 fication of all septic systems in the years old or under. Call 785-462-