

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-year-olds 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 890-3665.

**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.

**Aerobics Classes - 5:30 and 7:30 a.m.** aerobics classes are offered **Monday, Wednesday and 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 Anonymous** 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 719-346-4612.

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 northwestern Kansas and northeastern Colorado. The music

the calendar

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** for the March distribution.

**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 lemonade or coffee. Call 821-1504 for delivery.

**Avi Lipkin**, a Jewish speaker 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.

**Eastern Star pancake feed** will be from 7 a.m.-2 p.m. **Saturday, April 1,** at the Masonic Lodge.

**Mothers of Preschoolers (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 and Sherman.

**City wide cleanup** is scheduled

for **Saturday, April 8,** and **highway entrance cleanup** for Saturday, **April 22,** as part of the 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 school.

**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 header.

**Wednesday:** Black day. Pro-

fessional Development Conference 3:30 p.m. at Central Elementary. 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.

senior center menu

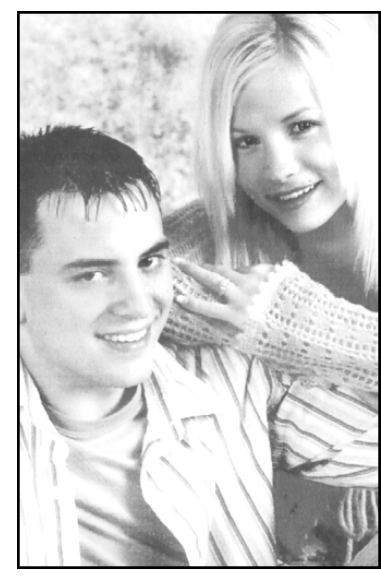
**Monday:** Baked spaghetti, winter mix vegetables, apple-sauce, garlic bread and cookie. **Tuesday:** Macaroni and cheese with smokies, green beans, orange Jell-o with carrots and pineapple, bread and strawberry shortcake with topping. **Wednesday:** Roast beef, mashed potatoes and gravy, celery and 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.

Couple to marry in May

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 Hamel of Damar and Anselm and Ilene Simoneau of Hays. The bride-elect's parents are Roger and Teresa Havel of Atwood, and the prospective groom's are Bryan and Dana Simoneau of Damar.

She graduated from Atwood High School and earned a Bachelor of Science degree in psychology in 2005 from Fort Hays State University. She is a case manager assistant at Johnson County Mental Health



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 trooper in Douglas County for the 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.



pat schiefen

• postscript

Taking the time and reading labels before buying in the grocery will give a better idea of how much salt is in a product. The 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.lowsaltfoods.com](http://www.lowsaltfoods.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 substitute or sugar  
6-8 beets, roasted  
1/2 cup chopped walnuts  
2 ounces Stilton cheese or other blue cheese, crumbled \*

Blend vinegar, oil, mustard and sweetener by whisking in a small bowl or by shaking well in a screw-top jar.

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

\*Stilton is milder and firmer than 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 do not peel. Either wrap each in aluminum foil or place in a baking dish with 2 cups of water and cover. Pre-heat an oven to 425 degrees and bake for 45 minutes to 1 hour. Roasting brings out the richness and

intensifies the flavor of beets. Remove the skin when beets are cool enough to handle.

Moo Goo Gai Pan

Serves four with 257 mg of sodium per serving.  
2 (4-ounce) boneless, skinless chicken breasts, sliced into thin strips  
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 3 cups)  
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 sugar  
1 (8-ounce) can sliced water chestnuts, drained  
1/2 cup no-salt-added bamboo shoots  
4 cups cooked rice

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

Add chicken and marinade to a 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 minute until you smell the garlic.

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 occasionally. Serve over rice.

matters of record

Real Estate

The following real estate transactions were reported by the Sherman County Register of Deeds:  
Eugene L. Becker and La Vaughn K. Becker, trustees of the Eugene L. Becker and La Vaughn K. Becker

Revocable Living Trust, an undivided 1/2 interest in Lot 10, Block 59, Original Town of Goodland.

Wade S. Lee to Peggy Cruickshank, all of Lots 22, 23 and 24, Block 1, Third Addition to the City of Goodland.

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(303) 519-9198  
References Available!

**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