about our friends

calendar

Free Matinee — In order to allow time for parents to shop for the upcoming holidays, a free movie will be shown this weekend in Goodland. The matinee, **The Prince of Egypt**, which is rated PG, will be shown at **1:30 p.m.** Saturday and Sunday at The Sherman Theatre and is sponsored by the theater.

Singles Group — The Thursday Night Together Christian singles group will have a party at 6:30 p.m. Thursday, Dec. 28, at the Edwards Hall in the Armstrong Addition. All singles are invited to attend. For questions, call 899-2733.

activities

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

Aerobics Classes — Morning aerobics classes are available at **5:30 a.m.** with Tina Tompkins, and at 8 a.m. with Marilyn Imel, Monday, Wednesday,

Thursday with Imel. For questions, call 899-7242.

Carnegie Arts Center — The arts center is open from **10 a.m.-5 p.m. Tuesday through Friday** and from 1-4 p.m. Saturday, Sunday and Monday.

Library Closings — The Goodland Public Library will be closed **Monday** and Tuesday for Christmas and on Monday, Jan. 1 for New Year's Day. It will be open regular hours for the rest of December. The library board and staff wishes all of the library's patrons a Merry Christmas and a Happy New Year.

Water Testing — A representative of the Northwest Local Environmental Protection Group will be available for a free well evaluation including testing well water for bacteria and ni-

Calories can add up during holiday season

Calories seem to add up quickly during the holiday season. A recent New England Journal of Medicine report indicates that people who maintain an average weight usu-

ally gain about a pound during the long holiday season.

The report also revealed that weight gained during winter months is not usually lost during the rest of the year. And if that doesn't sound dismal enough, those who are already overweight are likely to gain an average of five pounds.

The availability of high-calorie, highfat foods and social occasions, combined with the weather, can be factors in gaining holiday pounds, but that doesn't mean that weight gain is inevitable.

Increasing physical activity over the winter can help prevent weight gain, but cold weather and slick outdoor conditions may call for indoor exercise. In fact, several ten minute exercise breaks a day helps burn calories, reduce stress and regulate the appetite.

Learn to recognize the difference between physical and emotional hunger. For example, if you feel hungry, eat slowly. Take the time to chew and enjoy food, and pay attention to what you eat. Choose comforting activities that do not involve food if you feel sad, lonely, or anxious. Eating when emotionally hun-

gry usually adds extra pounds. Be realistic. The holiday season is served will be long forgotten.

roxanne burda slice of life

not a good time to start a weight reduc-

ing diet. Aim for balancing the calories eaten with physical activity to maintain - and not gain - weight.

Indulge in holiday foods, but choose moderate portions. It is the first bite or two that tastes the best. Maximize your eating pleasure by sampling holiday foods, rather than bingeing on them.

Alice Henneman from the University of Nebraska tells us to think about the star on the Christmas Tree. It is usually selected with care, complements the other decorations and is often the most costly ornament and the quantity is limited.

If you view those rich holiday foods like the star on the tree you will select them wisely and fit them into your overall dietary plan. Then you can enjoy them just as you enjoy the twinkle of the star from the top of your tree being sure to limit the portion size of your indulgences so they don't tip the tree.

The holidays are also a time to focus on family or friends, rather than on food. Not every holiday event has to be surrounded by tempting treats. Just being together will be remembered port, call Della Helzer at 899-2585. long after the holidays, while the food

and Friday at the Goodland Activities trates. If you would like to schedule an ule — Friday — Anne Mann, p.m. Center. A senior aerobics class for evaluation or have other environmenthose who desire a less strenuous work- tal concerns, call the Sherman County out will be at 8 a.m. Tuesday and Health Department at (785) 899-4888.

food for fines

The Goodland Public Library will again offer its "Food for Fines" program during December. Patrons with outstanding fines or overdue library materials may bring in a food item for Genesis, a local food bank, in exchange for the fine. Food items needed by Genesis include peanut butter, cereal, pancake mix, cake mixes, Jell-o, pudding, or any canned goods.

teddy bear project

The Goodland Elks Lodge and Kickers Restaurant and Lounge are sponsoring a teddy bear project for this Christmas season. Bring a new teddy bear to the lodge and it will be displayed under their tree until after Christmas. The bears will then be given to the Northwest Kansas ambulance crew for them to give out to sick or injured kids or adults throughout next year.

photos needed

Photos are needed for a 2001 alumni reunion display to be put up next year at the High Plains Museum in Goodland. Any photos of Goodland classes or individuals will work and are needed, as soon as possible, so that work can begin on the display. For questions, stop by the museum or call 899-4595.

society donations

The Sherman County Historical Society has received positive response to the proposed purchase of the Edythe Handy house. Your continued support is critical to the award of the grant request that is currently in progress. Taxfree pledges or donations for this year or 2001 may be made to the historical society at P.O. Box 684, Goodland, Kan. 67735 or by calling 899-6773.

wheelchairs for use

Electric wheelchairs are being made available to seniors, 65 and up, and permanently disabled citizens by the Senior Wheels USA Program. There is no cost to recipients if they qualify. No deposit is required. If your need is for use in your home, call Leon Johnson at (800) 246-6010 for information to find out if you qualify.

support group

The Multiple Sclerosis Support Group of Burlington, Colo., would like to help. The group meets at **9:30 a.m.** on the second Saturday of each month. For questions or personal sup-

school menu Friday—Cooks' choice.

recovering patients

Doris Peter, a former Goodland resident, is a patient at a hospital in Union, Mo., where she is recovering from pneumonia. Her daughter requested a card shower to cheer her up. Cards or letters can be sent to her at 12-4 Woodland Oaks, Union, Mo., 63084.

Zella Hamel, a former Goodland resident, is recovering from a hip fracture. She would like to hear from Goodland friends. Her address is 110 E. 18th, Concordia, Kan. 66901.

today in history

In 1885, Thomas and Kate Leonard had clear title of SE 36-8-40, which is south of Goodland, so they decided to plat and organize a town and name it "Leonard."

From the Sherman County Historical Society calendar

animal shelter

Have you lost a pet? Call the Goodland Police Department at 899-4570. Are you interested in adopting a pet?

Call the Northwest Kansas Animal Shelter at 899-6464. Found: an older male brownish-red Dachshund around North School and a full-grown Brittany Spaniel at McB's

Corner Garage. Call the animal shelter to claim.

area events

Tobacco Support Group — The tobacco quitters support group that meets from 7-8 p.m., Central Time, every Wednesday in the cafeteria of Citizens' Medical Center in Colby will not meet on Dec. 27. The group will start meeting again on Jan. 3 when they will watch a videotape called "Kickin" Butts" which is targeted at those who are trying to kick their smoking habit. Anyone who has a desire to stop smoking is urged to attend. For information, call (785) 462-8152.

crimestoppers

Sometime between 3 p.m. on Dec. 1 and 10:10 a.m. on Dec. 4, someone drove a vehicle through a snow fence, post and chain at the Northwest Kansas Technical School in Goodland.

If you have any 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 you give results in the arrest and/or conviction of those persons involved, you could be eligible for a reward of up to \$1,000.

The Goodland Area Crime Stoppers is a nonprofit organization formed by citizens against crime.

USD 352 is seeking bids

January wedding set

Stacy VanBorkum and Morgan McClure are to be married Jan. 6 at the Eagle Viewing Center on Lake Ogallala at Ogallala, Neb. A small family wedding is planned.

Parents of the bride-to-be are Albert and Karel VanBorkum of Lake McConaughy at Ogallala, Neb. The groom-to-be's parents are Robert McClure and Gudrun McClure of Goodland.

The bride-to-be is a graduate of Eastern Wyoming Technical College in Torrington, Wyo., and the University of Nebraska at Lincoln, Neb. She is a technology specialist at the Educational Service Unit in North Platte, Neb.

The groom-to-be is a graduate of the Northwest Kansas Technical School in Goodland. He is a construction contractor.

matters of record

Goodland Police Report

Dec. 14 — At 10:15 p.m., Donna Andrews reported that a tire on her vehicle was slashed between 9:45 and 10:15 p.m. on Dec. 14 at 216 E. Highway 24, \$35.

Friday — At 9:02 p.m., David Bergling and Norman Betz reported that their coats were stolen from Kicker's, 1523 Arcade, between 6 and 9 p.m. on Friday.

Saturday — At 7:39 p.m., Juan Carlos Raygoza-Sanchez was arrested by a Sherman County sheriff's officer on a bench warrant for failure to complv.

Sunday — At 2:30 p.m., Ronnie Barkley reported that a door handle and lock were damaged at 621 W. 11th between 9 a.m. on Dec. 12 and noon on Saturday, \$25.

At 6:03 p.m., Christina and Gary Rivera were involved in a domestic battery situation at 1621 Broadway.

Monday — Alano Rodriguez and David Duke were victims of battery and disorderly conduct at 12th and of W. 19th.

Woman shot by estranged husband

stall.

GARDEN CITY (AP)—A man shot and killed his estranged wife outside a also with a gunshot wound in his head. rural Finney County home early Wednesday as a carload of the woman's co-workers looked on, authorities said.

Officers were called about 5:15 a.m. to a mobile-home park just east of Garden City and found the body of Pearl Acevedo, 38, in a yard outside her home, Sheriff Kevin Bascue said. The woman had been shot at least once in the head and was pronounced dead at the scene

Juan Acevedo, 40, was lying nearby, He was flown to a Wichita hospital, where he was reported in critical condition Wednesday night.

A carload of Pearl Acevedo's coworkers from the IBP Corp. packing plant had been waiting for her outside.





McClure and VanBorkum

Montana between 8 and 8:45 a.m.

Goodland Accidents

reported that his '95 Chrysler was hit

by an unknown vehicle while it was

Dec. 14 — At 10:30 a.m., Richard

parked in the Wal-Mart parking lot.

Whitmore, driving a 2000 Chevrolet

truck, backed out of a parking stall near

15th and Center and hit a parked ve-

hicle. There was no damage to the

parked vehicle and Whitmore left be-

Friday — At 10:15 p.m., Eric

Lalicker, driving a '92 Toyota, parked

sideways behind a '83 Dodge, owned

by Shawn Kirby, in the Cowboy Loop

parking lot. Kirby hit Lalicker's ve-

hicle as he backed out of the parking

E. Hilty, driving an '82 Chevrolet, was

going east on 19th and hit a '90

Chevrolet pickup, driven by R.D.

Russell, in the rear near the 500 block

Monday — At 12:38 p.m., Zachery

fore police officers arrived.

Dec. 13—At 9:30 a.m., Cary Amos

Farmers eligible for disaster loans

Farmers in Sherman County, along of actual production loss, or 100 pereligible for U.S. Department of Agriculture emergency farm loans.

who have lost crops due to drought, excessive heat and other weather disasters this year.

The U.S. Farm Service Agency office will consider applications from farmers and approve them based on the extent of losses, security available, repayment ability and other requirements. Farmers who think they are eligible may contact the county office.

The loan limit is up to 80 percent repay the loan.

with 55 other Kansas counties, are cent of actual physical loss, with a maximum of \$500,000.

Applicants must be operators of a The loans are offered to farmers family farm, citizens or permanent residents of the United States, have adequate training or experience in managing and operating a farm or ranch necessary to assure a chance of their success, have suffered a qualifying physical loss, or production loss of at least 30 percent in any essential farm or ranch enterprise, can't obtain commercial credit, provide collateral to secure an emergency loan and demonstrate that they can

hospital report Goodland Regional Medical Center

Admitted on Wednesday: Jessie L. Cotton and Retha Ditch, both of Goodland.

Dismissed on Wednesday: none. Transferred: none.

Specialists for Friday: Dr. David Pfoff, ophthalmologist.

Hospital weekly volunteer sched-

on a new phone system for the Elementary, Middle, and High School. Contact Karla Murray at 1311 Main for Bid Specifications and to view the buildings. Bids must be submitted to Pat Juhl, Board Clerk, P.O. Box 509, Goodland, Kan. by 2:00 p.m. January 8, 2001. The Board of Educa-' tion reserves the right to reject any or all bids.





Tickets are Non-Transferable

nwkansas.com & Goodland Daily News bring you Internet and E-mail access!

The world is at your fingertips via the Internet and nwkansas.com! For as little as \$16.50 a month, (when you pay \$198 for a full year), you get:

•Unlimited access to the Internet, a rapidly growing network of computers all over the world. You'll find news, hobbies, businesses, law, education, census information, research papers, new products and services, museums, art, cyber tour guides, movie reviews, recipes, stock market information, weather alerts, satellite images, magazines, restaurants, travel tips, university extension information, church



and religious news and views, politics, philosophy, auto mechanics and much, much more!

•E-mail address and account. If you want to stay in touch with friends and relatives, but dread those long-distance phone bills, or delays in the regular mail, relief is at hand. For fractions of a penny, you can instantly send E-mail to anyone with an E-mail address, anywhere in the world, down the street or over the hill.

•Technical support is just a phone call away. If you have any questions just call 785-899-2338.

For more information about the Internet and how to sign up, call at (785) 899-2338

Special rate of \$99.80 for 5 months. There is no sign-up fee, so you save \$34.95

(Regularly \$24.95 a month, plus a one-time start-up fee of \$10.00)

E-mail • World Wide Web • Full access



1205 Main • Goodland, Kansas 67735 4 (785) 899-2338



that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16

Wishing you a wonderful *holiday season!* L & W-Andrist Insurance LLC

102 E. 8th • Goodland, Kan. • (785) 899-5678