

# about our friends

## calendar

**World Day of Prayer** — In observance of World Day of Prayer, a service will be held at **2 p.m. Friday** at the United Methodist Church at 12th and Sherman in Goodland. It is sponsored by Christian Women United, which includes all denominations. You are invited to attend and enjoy a program written by the women of Samoa.

**Rummage Sale** — The P.E.O. Chapter Z rummage sale which was rescheduled from last weekend will be held from **10 a.m.-2 p.m. Saturday** at Our Lady of Perpetual Help Catholic Church in Goodland.

**SHARE** — Sign-up for low cost food in exchange for volunteer work for March will be from **9-10 a.m. on Monday** at 824 Main in Goodland.

**Award Reception** — An award reception to announce the winner of the 20th Annual 1st District Congressional Art competition will be held from **11 a.m.-1 p.m. Saturday, March 10**, at the Carnegie Arts Center in Goodland. Congressman Jerry Moran will be at the reception from **11 a.m.-noon** to congratulate the winner.

**Chili Feed** — The Boy Scouts will hold their annual chili feed **Saturday, March 10**, in the fellowship hall of the United Methodist Church, 11th and Sherman. Scouts are selling tickets now.

**Women's Conference** — Any women who are interested in registering for tickets to the Women of Faith conference to be held Aug. 24 and 25 in Denver may do so **by March 15**. The Goodland area women will be ordering the first group tickets then. Group transportation and lodging will be available. For information or to register, call Marilyn Hefner at 899-5584 or Donna Terry at 899-7242.

**Free Tax Assistance** — Volunteers trained by the Internal Revenue Service will provide free income tax assistance from **1-4 p.m. each Friday through April 13** at the Goodland Public Library and the Goodland Senior Center. Bring all current income tax papers and a copy of last year's return.

## 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, and Friday** at the Goodland Activities Center. A senior aerobics class for those who desire a less strenuous workout will be at **8 a.m. Tuesday and Thursday** with Imel. For questions, call 899-7242.

**Youth and Adult Hunts** — The High Plains Roosters Chapter of Pheasants Forever will hold a youth fun hunt and an adult team quail hunt at **8 a.m., Central Time, Saturday,**

**March 17**, at Rex and Sandy Murray's home, 2098 Road 80, Goodland. Youth 15 and under with a hunter's safety card are eligible to participate, but must be accompanied by a parent or guardian. The adult hunt will consist of one dog and two hunters with a 40-minute time limit to hunt 10 birds. Cash prizes will be given for first, second and third places in the adult hunt. There is an entry fee for both hunts and participants must **pre-register by Friday, March 16**. For information or to register, call Rex Murray at (785) 899-5882.

**3-on-3 Basketball** — A 3-on-3 basketball tournament will be held on **Saturday, March 17**, in Goodland. Boys and girls in grades first through twelfth grades are invited to participate. You can get registration information from local schools or by calling Debbie Martin at (785) 899-2000 (days) or (785) 899-6439 (evenings).

**Carnegie Arts Center** — Sixty pieces of artwork from the 20th Annual 1st District Congressional Art competition. "Celebrating Creativity on the High Plains," are on display through **Friday, March 30**, at the Carnegie Arts Center in Goodland. The event is sponsored by Bankwest of Kansas and Sunwest Banks of Colorado. 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**.

**Basketball Camp** — Applications are now being evaluated for the Ten Star All Star Summer Basketball Camp. Boys, ages 8-19, and girls, ages 10-19, can apply. Players are selected by invitation only. The Kansas camp location is in Atchison. College basketball scholarships are possible for players named to the All-American Team. For an evaluation form, call (704) 568-6801, anytime.

**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 nitrates. If you would like to schedule an evaluation or have other environmental concerns, call the Sherman County Health Department at (785) 899-4888.

## senior center menu

**Friday** — Macaroni and cheese with smokies, fruit salad, breaded tomatoes, bread and mandarin oranges and bananas.

## theater tryouts

Cast tryouts for a Mother's Day dinner theater will be held at **7 p.m. Thursday, March 8**, at the Carnegie Arts Center in Goodland. A production crew is also needed. For information or to RSVP for tryouts, call the arts center at 899-6442.

## money available

The High Plains Roosters chapter of

Pheasants Forever has cost share money available for pheasant habitat restoration, food plots and windbreak trees. Call Steve Duell at (785) 899-5888.

## photos needed

The High Plains Museum in Goodland will have a large display of alumni photos during this summer's school reunion. Pictures of class members or school days are still needed from the '50s, '60s, '70s, '80s and '90s. Photos will be scanned and promptly returned. A 1970s exhibit is also planned, but the museum doesn't have items from that time period. So, if you have something you would be willing to loan to the museum, it would be appreciated. Please bring photos and items to the museum as soon as possible, so they can be prepared. You may call the museum at 899-4595 or stop by.

## 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. Tax-free pledges or donations may be made to the historical society at P.O. Box 684, Goodland, Kan. 67735 or by calling 899-6773.

## books available

The 1901 "Life in Sherman County" books printed by the Sherman County Historical Society can be purchased at Knott Just Books or the High Plains Museum in Goodland.

## support group

Anyone interested in forming a bipolar disorder support group, should call Virginia Tucker at 899-5696. The support group would be for the family and friends of those with the disorder, as well as the patients.

## school menu

**Friday** — Cheese nachos, Spanish

rice, lettuce salad, Shape-ups and milk.

## hospital report

**Goodland Regional Medical Center Admitted on Wednesday:** none.

**Dismissed on Wednesday:** Dixie Chatfield, Lowell Chatfield, Kelcie Dehoyos, all of Goodland; and Patsy Arndt, Sharon Springs.

**Transferred:** none.

**Specialists for Friday:** Dr. Alfred Carr, ears, nose and throat; Dr. John Faul, psychiatrist; Dr. David Pfoff, ophthalmologist; Dr. Gerald Poticha, endocrinologist.

**Hospital weekly volunteer schedule** — **Friday** — Carmelita Clark, courtesy; Harriette Smith, p.m.

## 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.

## today in history

**March 1, 1901** — Several more cases of smallpox have been confirmed in the county with the families being placed under quarantine.

*From The Goodland Republic/Information provided by The Sherman County Historical Society*

## area events

**Tobacco Support Group** — A tobacco quitters support group meets from **7-8 p.m., Central Time, every Wednesday** in the cafeteria of Citizens' Medical Center in Colby. Anyone who has a desire to stop smoking is urged to attend. For information, call (785) 462-8152.

**Head Injury Support Group** — A meeting of the Head Injury Support Group will be held at **7 p.m., Central Time, Thursday, March 8**, at the LINK office, 1204 Canterbury, Hays. Head/brain injury survivors and their family members or supporters are welcome to attend. For information, call (800) 569-5926.

# Jurors hear murder trial tape

WICHITA (AP)—Jurors in the case of a Wichita man accused of killing his girlfriend heard part of a tape recording Wednesday that detectives made in his hospital room.

Steve Papen is charged with first-degree murder in the death of his common-law wife, Dana Anderson, 29.

Papen was interviewed by Detective Kelly Otis in Papen's hospital room in Seattle in September 2000, about a month after he and Anderson were reported missing. Papen had been in a medically induced coma for three weeks, and talked with Otis about 10 days later. Jurors heard part of a tape of that conversation, with Papen say-

ing he didn't remember Anderson's death.

Jurors heard Papen tell Otis that the night before he was found on a beach in Seattle, he had taken a handful of Percocet, a medicine prescribed to Anderson for pain, and another handful of Motrin. When he woke up three weeks later, he didn't remember his life before then, Papen said. He said his memory began to return during a conversation with a psychologist.

The playback was interrupted, and court was dismissed for the day, when a juror suffered a reaction to some cold medicine she had taken during the lunch break.

Have you left photos at *The Goodland Daily News*? You may pick them up from 8 a.m. to 5:30 p.m. Monday through Friday.

# Royalty for a day



Harold Wise (left) and Lela Walters were crowned king and queen on Valentine's Day at the Sherman County Good Samaritan Center in Goodland. Photo by Sherry Hilton

# Children need love to be emotionally healthy



cris lovington

- prevention center

No one doubts that love is a fundamental factor which our children need to grow emotionally healthy and sure of themselves. This must also indicate

that our love includes confiding in them, supporting them and respecting them, so that they may obtain this needed growth. But even then we may question ourselves such as: "Am I doing what is right to make it happen?"

When we form children with a healthy self-esteem, we are forming persons who love themselves. That is, persons who take care of their health, who accept themselves for who they are, who respect themselves so that they may also be respected, who feel secure in themselves and who recognize their values and strengths as they do their limitations. These qualities condition our children to know how to confront situations of pressure and not find themselves forced to act against what they believe in.

As parents we can help them gain and strengthen their self-esteem. We can start by accepting them just the way they are. Many times we have the tendency to compare our children with their siblings or other children. We may say things like "if you looked or acted like your brother" or "why can't you be like..." Without realizing it, we are rejecting them as individuals and weakening the concept they have about themselves.

We should also demonstrate a true interest in them. To demonstrate interest in our children can imply more than providing food, shelter, education or even the clothing which they desire. Their individual interests are also a part of their person such as fears, likes, dislikes, friends and hobbies. For them, showing genuine interest is also knowing and being willing to listen to their concerns and help them express themselves when they

are having difficulty saying something in a direct form. For example: "If I was like" or "I am so ugly" or "Why am I not smart?" These indirect negative forms of describing themselves or what they are feeling can indicate something is happening to them and we do not want to ignore it.

Helping them have confidence in themselves is also of extreme importance so they may learn self-value. This is reached by the confidence which we as adults demonstrate in them and the value we show in their accomplishments. We should celebrate their strengths and triumphs and not just criticize their negative behavior. In the same manner, when we affirm our values, as parents, we are giving them their identity and security. They should feel and know that they are an important part of the family, where their opinions are respected, their feelings are taken into consideration and that they are loved just the way they are for their strong qualities as well as their weaker ones.

Probably one of the things we can do which can be easily overlooked is to beat boredom. Converting the family relationship into a series of orders, reprimands and reproaches is to fall into a bad routine. We shouldn't forget how valuable it is to share with our children a variety of entertaining activities. For example, go walking in the park, practice a sport or cook together. These activities allow us to interact and talk with our children and get to know more about what they are thinking, plus it helps them combat boredom.

# Folk music show to be held Friday

Alborada is the name of the Batista family Andean show to be presented at 7:30 p.m., Mountain Time, Friday at the Wallace County High School auditorium in Sharon Springs.

Alborada means the first light in the morning with the sun being the first deity of importance. To the Batista family, Alborada signals the beginning of a new day for them as they take their music throughout the world.

Milo Batista with his family band will play a diverse program of songs and tunes from Central and South America along with popular songs

from the United States. The family of five plays over 30 different instruments during the course of their show.

Present day Andean folk music is the product of centuries of cultural and ethnic blending beginning with pre-Columbian wind and percussion instruments played in Peru, Bolivia, Ecuador, Colombia, Chili, Paraguay and Mexico.

Admission for the event will be by Western Plains Arts Association season passes or tickets can be purchased at the door at \$8 for adults and \$4 for students.

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