

about our friends

calendar

Veterans' Affairs — Jody Tubbs of the Kansas Commission on Veterans' Affairs will be available to assist veterans and their dependents with claims work from **1-2:15 p.m. Thursday** in the assembly room on the third floor of the Goodland courthouse. If you miss her, you may call the Colby office any Monday, Wednesday or Friday at (785) 462-3572.

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 Thursday**. 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.

Musical Concert — There will be a "Seven Red" concert at **7 p.m. Friday** in the Goodland High School auditorium.

Hepatitis B Shots — Children ages 10 through 17 can get free hepatitis B shots at a walk-in clinic to be held from **3:30 to 6:30 p.m. on Tuesday, March 20**, at the Sherman County Health Department office. For information, call the health department at 899-4888.

Singles Group — The Thursday Night Together singles group will meet at **6:30 p.m. Thursday, March 22**, at Marie Edwards' Hall in the Armstrong Addition. Bring finger food. For information, call 899-2733.

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.

Brewster boys go to state basketball tournament

The Dawgs' did it again! So, it was off to Hays for the State Basketball Tournament on Thursday. No matter where they go from here, it's been an exciting year. There will be lots of Brewster folks at the state games and the ones that aren't there will be rooting for the team at home.

Another exciting event will take place on Friday. Duane Jones will celebrate his 80th birthday with his family. His daughters and their husbands, Linda and Larry Hoffner of Greeley, Colo., and Monna Rose and Mike Blank of New Caney, Texas, will be home over the weekend. His grandsons and their families will also be in Brewster for the big day. I am sure there will be many others around to wish Duane a very happy day with many more to come. Duane's wife, Ruth, says he just seems to get younger and younger.

There's a sad note for Mike and Monna Rose, as Mike's father, Gail Blank, formerly of Grinnell, passed away this past weekend. There will be a memorial service for him on Saturday, March 17 at Grinnell. Our condolences to the Blank family on their loss.

Bud Parker of Denver was here for a few days to help his mother, Inace. He enjoyed the nice, warm weather we were blessed with at the first of the week. I think it made all of us want to rush spring a little, as the winter has seemed pretty long, already. I guess that's what happens when you have several mild winters, and then, whamo, we get hit with an old-fashioned winter, again. Of course, this one has been reasonably mild, except for some cold fronts that have gone through.

We have been hearing good medical reports on our grandson, Andrew Jordan. His heart seems to be getting stronger and he is gaining weight a little faster. His parents, Barry and Kim, said he will have tests and check-ups in the next few weeks that will tell them how things are going. We are looking forward to a really good

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** 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 bird and cash prizes will be given for first, second and third places. There is an entry fee for both hunts and participants must **pre-register by Friday**. 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** 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).

Basketball Tournament — Boys and girls in first through twelfth grades are invited to participate in a 3-on-3 basketball tournament to be held **Saturday, April 7**, in Goodland. You can get registration information from local schools or by calling Deneyce Bahe at (785) 899-3183 (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 **Saturday, March 31**, 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**.

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

Wednesday — Baked spaghetti, carrot and raisin salad, green beans, bread and pears.

Thursday — Smothered steak,

mashed potatoes and gravy, Jell-o with mandarin oranges and pineapple, bread and birthday cake.

Friday — Parmesan baked fish fillets, cheesy hash browns, winter mix vegetables, bread and peach cup.

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

Wednesday — Hamburger gravy, mashed potatoes, broccoli Normandy, hot roll, peaches and milk.

Thursday — Cooks' choice.

Friday — Cheese pizza, lettuce salad,

St. Patrick's Day dessert and milk.

hospital report

Goodland Regional Medical Center Admitted on Monday: Mary Boaz and Leland Terry, Sr., both of Goodland.

Dismissed on Monday: none.
Transferred: none.
Specialists for Wednesday: none.
Hospital weekly volunteer schedule — Wednesday — Irene Kehlbeck, courtesy; Helen Armstrong, a.m. **Thursday** — Betty Saint, a.m.; Velma Holste, p.m. **Friday** — Fern Hawks, a.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 13, 1901 — Dr. Arthur Gulick entertained a few friends at the Brick Hotel. Whist (a card game similar to bridge) was the main feature of the evening, followed by a "well appointed" lunch.

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.

La Leche League — The La Leche League of Northwest Kansas will have an informal meeting called "Avoiding Difficulties" from **2-4 p.m., Central Time, Sunday** at the home of Sharon Shirley, 1820 W. Fifth, Colby. Mothers and their nursing babies, fathers, expectant mothers and any women wishing to learn more about breastfeeding are invited to attend. For information, breastfeeding help or breast pump rental, call Connie Davis at (785) 462-7188.

China Painting — The Kansas Federation of China Decorators 35th Annual Convention will be held **April 5-7** at the Airport Hilton in Wichita. Admission is free to the convention floor. There will be displays of painted china, white china, porcelain bisque and supplies. For information, call (316) 687-6283.

obituaries

Larry E. Conarty
Larry E. Conarty, 45, Goodland, died Monday, March 12, 2001, in Goodland at the home of his mother Alice Conarty.

Funeral services will be at 10:30 a.m. Thursday at Bateman Funeral Home in Goodland.

Burial will be held at 3 p.m. Thursday in the Norton Cemetery. A full obituary will follow.

Durward B. Hoffman
Durward B. Hoffman, 88, Wichita, brother of Goodland resident Hayward Hoffman, died Monday, March 12, 2001, at Wichita.

He was born Nov. 2, 1912, at Charden, the son of Ollie (Smith) and John Hoffman.

He was a retired supervisor for Cessna Aircraft.

His funeral service will be at 10 a.m., Central Time, Thursday at Resthaven Mortuary in Wichita.

Visitation will be from 6 to 8 p.m., Central Time, Wednesday at the mortuary.

Other survivors include his wife, Elizabeth Hoffman, of the home; a daughter, Bonnie V. Bauer of Wichita; two other brothers, Richard Hoffman of Loveland, Colo., and Joe Hoffman of Boulder, Colo.; two sisters, Pearl Jewett of Topeka and Evelyn Haskins of Boulder, Colo.; four grandsons; and two great-grandchildren.

He was preceded in death by a daughter, Eunice Lynn Hoffman; and his parents.

Pregnant? Visit doctor, health department early

Are you pregnant or think you may be? There are a lot of things you can do to be sure you give birth to a healthy baby. It's important to talk with your doctor or go to the county health department as early as possible.

As part of normal prenatal care, your doctor will provide a variety of health exams for you and your baby. Included in these exams may be your blood type, Rh factor, how far along your pregnancy is and other exams to determine if you need special care during the pregnancy for any possible problems which may occur.

As part of your care, you should also request a confidential HIV test. Though, it would be better if you knew before getting pregnant that you might be HIV positive, since early treatment could help you and your baby.

In the interest of both the mother and the baby's health, you should know for sure if you may be infected with HIV, the virus which causes AIDS. If you are thinking of becoming pregnant and you are not sure if you may be HIV positive, you should plan on getting tested. There are things you can do to protect your baby. First find out if you are infected. If it has been six months since you were last tested, you should consider being tested again. If you are not infected there are ways of protecting yourself from HIV.

Each pregnant woman should be offered an HIV test as part of her prenatal care. If you are not offered an HIV test, you may request one from your doctor or from the nearest health department where it is offered.

If you believe you are not infected, should you still be tested? Many women are not aware that they have been exposed to HIV, because they do not believe they have placed themselves at risk. You are at risk of contracting HIV if you have had unprotected sex (without the use of an appropriate latex condom, though this isn't a guarantee either). Even if it was only one time with someone who could possibly have been infected or if you have shared needles or syringes. It could be that you may not feel or look sick for up to 10 years, but are still be infected.

Many women have been infected because they didn't know that their sexual partner was infected with HIV or AIDS.



cris lovington

- prevention center

It could be, that person wasn't aware that they were infected or didn't want to say. An HIV test can determine if you have the virus so that you may make the best decision for you and your baby.

How will a test help you? If you are infected, you can start early treatment, which can help you lead a longer and healthier life. If you are not infected, you should continue to protect yourself. There are three ways of protecting yourself:

1. Abstinence (not having sex).
2. If there is a possibility that your partner has had sex with someone else or if at some time he or she has injected drugs, then you should use a latex condom each time you have sex, so that you may reduce the transmission of HIV.
3. Do not use injected drugs or share needles and syringes.

How will a test help your baby? A test will help your baby by alerting you to take any necessary treatment. If you are infected, you could transmit the virus to your baby, during your pregnancy, delivery or breast feeding. Without treatment, approximately one out of four babies of HIV infected mothers, will be born HIV infected. You should find out how to reduce the possibility of your baby acquiring the virus.

What kind of treatment is available? Doctors have found that the drug AZT can greatly reduce the possibility of transmitting the virus to the baby. In one study, AZT reduced the transmission in 67 percent. You may want to discuss the possibility of this treatment for you and your baby with your doctor. If you would like to find out more about AZT and pregnancy, you may call the AIDS information hotline (1-800-342-AIDS) and request a copy of "You, Your Baby and AZT." It will explain more about having a healthy baby.

How can you get a test for HIV? Ask your doctor for more information about HIV testing or call your local health department.

The best way to protect your baby is to protect yourself.

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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.



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