

# about our friends

## calendar

**Lions' Anniversaries** — The Goodland Lions Club will observe their 45th anniversary and the Goodland Topside Lions their 10th anniversary at a celebration to be held from **1:30-3:30 p.m. Sunday** at the United Methodist Church fellowship hall. The public is invited to attend.

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

**Garage and Food Sale** — The Northwest Kansas Animal Shelter will have a garage and food sale from **8 a.m.-noon Saturday, April 7**, at the Veterans of Foreign Wars Hall in Goodland to raise money to feed foster-care animals. Donations will also be accepted.

**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 **7:45 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 **7:45 a.m. Tuesday and Thursday** with Imel. For questions, call 899-7242.

**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** 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.**

**3-on-3 Basketball** — 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).

**Star Party** — The Northwest Kansas Astronomical Society will have a "High Plains Star Party" at dusk on **Saturday, April 28**, at Ron and Bonnie Thompson's farm north of Goodland. The event is being sponsored by Sky Publishing Co. of Cambridge, Mass., and "Astronomy" magazine from Waukesha, Wisc. All age groups are invited to attend. Liability release forms will need to be signed. The reg-

# Agreement reached on water quality

TOPEKA (AP) — The state and the federal Environmental Protection Agency reached an agreement over water quality standards that gives Kansas until May 17 to submit new pollution regulations.

Some legislators called the agreement a victory Monday and said it resembles their proposal to set up a process for the Kansas Department of Health and Environment to review its classification of streams.

Under the agreement, the department must review the classification of 1,456 streams and lakes over the next five years.

"It's a victory," said Sen. Robert Tyson, chairman of the Senate Natural Resources Committee. "I'm proud of our bill. We're establishing state rights."

The EPA promised to review regulations submitted by the state and adopt them by July 31, 2002. Until it does, the state's current water quality standards remain in effect.

KDHE Secretary Clyde Graeber and the EPA's acting regional administrator William Rice signed the agreement Monday afternoon.

The department had not previously supported the legislative proposal backed strongly by Tyson, R-Parker, and 21 agricultural groups.

**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.**

istration fee will include membership in the society and a free quarterly magazine called "The Reflector." Door prizes and giveaways will be offered. For details or to register, call the Thompsons at (785) 899-2053.

**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

**Wednesday** — Oven fried chicken, mashed potatoes and gravy, California mixed vegetables, bread and rosary peas.

**Thursday** — Bierock casserole, peas, bread and apricots.

**Friday** — Sloppy joes or hot tuna, bun, potato salad, baked beans and mixed fruit.

## 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 purchased the Edythe Handy house. Your continued support is critical to the award of a 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.

## school menu

**Monday through Friday** — No

School (Spring Break)

## hospital report

**Goodland Regional Medical Center Admitted on Monday:** Ruby Graham, Clarence Heyen and Bryce Raby, all of Goodland; and Gertrude Swayne, Kanorado.

**Dismissed on Monday:** Frances Anderson, Goodland; and Leanna Mills, Sharon Springs.

**Transferred:** none.

**Specialists for Wednesday:** Dr. Steven Gulevich, neurologist; Dr. Barry Smith, cardiologist; Dr. Eric Oudekirk, podiatrist.

**Hospital weekly volunteer schedule** — **Wednesday** — Helen Armstrong, a.m.; Roger Collins, p.m. **Thursday** — no workers. **Friday** — no workers.

## 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 27, 1901** — The Colorado Flyer, No. 9, which was pulled by two engines, was stuck for over 36 hours in snow drifts on the railroad tracks about one and a half miles west of Brewster.

*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.

**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.

**3-on-3 Basketball** — The 5th Annual Bethany College 3-on-3 Basketball Tournament will be held **Saturday, April 21**, at the college in Lindsborg. There will be divisions for both boys and girls in third through twelfth grades. **The deadline for sign-up is Saturday, April 14.** For information, call Clair Oleen at (785) 227-3380, ext. 8176 or at (785) 227-3279.

## crimestoppers

*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.*

# Girls receive money in essay contest

Lea Shores and Taylor Raile were this year's winners of the Goodland Elks Lodge Americanism Essay Contest on the topic, "Why I'm Proud to be an American."

Shores, a sixth grader at North Elementary, is the daughter of Nancy Shores of Goodland. Raile, in the fifth grade at North, is the daughter of Rich Raile of Edson.

Both received \$50 savings bonds from the Goodland Elks. The bonds were presented to the girls by Ron Ackerman, an Elks officer, on Thursday during an awards ceremony at the school.

The essays were judged by an independent committee made up of former teachers and were forwarded to the Kansas Elks Americanism chairman.

Shores' essay is as follows:  
I'm proud to be an American because to me it means making peace within all the world. We help our neighbors and try to make the whole universe a better place. We are always learning and studying new ideas that will help stop pollution, but leaving the environment the way it was when we started. America means a free land where everyone is treated equally. We help countries in much need and not ask anything in return. People are trying to learn new technology and new powers, so fewer and fewer people have to live in poverty. America means many people working together to stop war, violence and racism, so the human race can succeed to live for a whole eternity.

# Kids should be prepared to be assertive

Are our kids well prepared for being verbally assertive in a healthy way? Assertive and healthy might not make sense at first, but when it means standing up against the use of alcohol and drugs or other issues which kids feel are not OK, it just may.

When I say to be "verbally assertive," I don't mean using four-letter words and yelling at the top of your lungs. Instead I mean being capable of using a firm "no" when they are being pressured to use these substances.

As parents, we worry about teaching our kids good manners, such as being courteous and listening to others without interrupting. If these are truly important to us as parents, shouldn't teaching them to be firm in their convictions also?

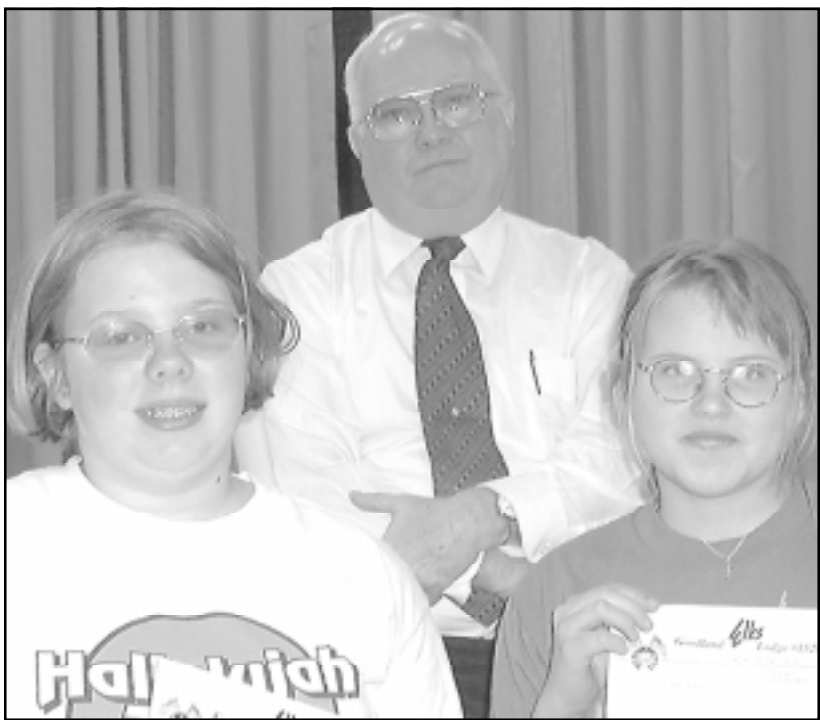
Knowing how to say "no" when that is the way they want it and knowing how to express their opinions as well as respect the opinions of others should begin at a very young age. By demonstrating that we respect their decisions, likes and opinions, including accepting a "no" on their part, we are indicating that we have confidence in them and that they may express their feelings without fear of reprisal. This also confirms confidence in themselves.

# Suicides among Kansas teens on the rise

TOPEKA (AP) — Suicides among Kansas teens and young adults increased during the 1990s, a new state report shows.

The Kansas Department of Health and Environment reported a 32 percent increase in suicides among people aged 15 to 24 from 1989 to 1998. But that figure reflects a relatively small number of people — 47 suicides in 1989, compared with 62 in 1998.

This is the first time the state has made such a detailed report on suicides.



Goodland Elks officer Ron Ackerman (center) gave \$50 savings bonds to Lea Shores (left) and Taylor Raile Thursday afternoon at North School as winners in the Goodland Elks Lodge's Americanism essay contest.

Photo by Rachel Miscall/The Goodland Daily News

America means that we reach higher, stretch broader and stand taller to help everyone and everything.

Raile's essay reads:  
America is filled with nice people. We are free to run our own lives. We are thankful for the liberties we have. We are all equal and can go to the same places

no matter what our skin color is. We are free to show the love we have in our hearts. We have the right to go to church where we want. As Americans, we are free to vote for whom we want. We have the right to say what we want and not have to worry about being put in jail. I love who I am, a proud American.



## cris lovington

- prevention center

Our habits and attitudes in respect to the consumption of alcohol and drugs influence our children greatly. If we consume these substances, there is a greater chance our children will also. Sometimes adults adopt behaviors which are not very healthy to help solve their problems. For example, how many times have we heard someone say, "I've had a terrible day; I need a drink."

We need to make it very clear that this is not the best way to combat our tension or the best example we can show our children. It is fundamental that they understand that resorting to consumption of alcohol or drugs to relax or combat tension is an unhealthy choice. We need to teach our kids to be responsible and know how to make healthy decisions without the need for substances.

There are a variety of ways to keep children from imitating some of these habits. For example, if parents

drink in the home, don't involve children in it by asking them to help fix a drink or get a beer for you so that you may relax from a hard day's work. Be a

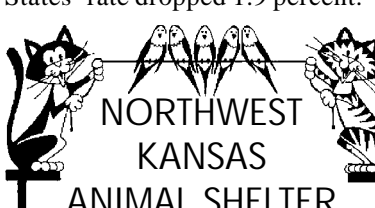
good example for your kids by drinking in moderation and in a responsible manner. Avoid drinking during special days or celebrations.

We can also learn at the same time as our kids do by demonstrating and showing them that there are other ways of celebrating special times in our lives. We should remind our youth that in order to purchase and consume alcohol a person must be 21 years of age or older and that along with that purchase and consumption there is a great deal of responsibility involved. And that illegal drugs are just that — illegal — for anyone!

There are no guarantees that our children will not try or begin using any of these substances, but with guidance and support from the people who love them and want the best for them, it may give them the tools they need to use that assertive "no" to reject the pressures which they face every day.

ways to reverse the trend."

Kansas suicide rates are increasing as rates nationally are decreasing, according to the report. As a whole, Kansas' rate increased by 2.6 percent from 1997 to 1998, while the United States' rate dropped 1.9 percent.



**NORTHWEST KANSAS ANIMAL SHELTER**  
Annual Meeting  
**March 29<sup>th</sup>**  
Western State Bank @ 6:30 p.m.  
**Guest Speaker-Duane Chaney**  
Western Prairie RC & D  
Addressing Benefits of becoming a foundation

*Member & guests welcome.*

## COMING TO CARNEGIE ART CENTER APRIL 7<sup>TH</sup> & 8<sup>TH</sup> OIL PAINTING SEMINAR


**Host: Rita Huscher, Kansas City:** certified art instructor for Grumbaucher, ColArtCompany. Assisted by Norma J. Bernard. Paint a Winter Farm Scene and a Beautiful Swan on a Lake. (photos at Art Center)

*Finish a painting each day*  
*All supplies furnished*  
**Fee:** \$50.00 per day  
PrePaid Registration before April 3<sup>rd</sup>  
**Call:** Rebecca (785) 899-6442 10 a.m.-5 p.m.

*Graduating? Need a job?*  
*Come join a team dedicated to service and excellence!*

**Salina Regional Health Center**  
**Santa Fe Campus**  
400 South Santa Fe • Salina, Kan. 67401  
www.srhc.com

**Nursing Interview Fair Open House**  
**Wednesday, March 28, 2001**  
5:00 p.m. to 7:00 p.m.  
and  
**Saturday, March 31, 2001**  
11:00 a.m. to 1:00 p.m.  
**Conference Center • Santa Fe Campus**  
**Salina Regional Health Center**



**Salina Regional Health Center**

Managers from all clinical areas will be available for interviews with any candidate desiring a nursing position.

Gifts and food for all who attend!

*Let us know when you plan to attend by notifying*  
**(785) 452-6958**  
**or cheryl@srhc.com**

An application will be sent to you upon your request. Walk-ins are welcome, but we prefer to have an application filled out in advance.