

about our friends

calendar

Goodland Women of Faith invite all women to their monthly celebration from **9:30 a.m.-noon Saturday** at the "rock house" at Fifth and Caldwell. Bring a salad and a friend. Speaker will be Mary Thompson from Colorado Springs. An offering will be taken. Bring your registration fees for the upcoming conference in Denver. Baby-sitting is provided.

Emmanuel Lutheran Church will be hosting an annual soup and pie supper and craft and bake sale from **4:30-7 p.m. Saturday** at the church, 13th and Sherman.

The **Catholic Youth Group** will be holding a soup supper from **5-8 p.m. Saturday** at the Catholic Family Center, 307 W. 13th.

The **Sherman County Health Department** will open at **2 p.m. Monday**. The employees will be gone until then for CPR training.

The **After 5 Christian Womens Club** invites all women to a "Color Your World" dinner party at **7 p.m. Monday** at the Butterfly Cafe. Celeste Strid from Howard, Colo., an artist, will speak. For reservations call Barb at 899-5580 or Lori at 899-3828.

"Sew Bee It" — What will be the name of the new needle club? Bring your name ideas to the next meeting from **7-9 p.m. Thursday, Feb. 14**, at Wheat Ridge Acres. The name contest will end that day.

The **X-pressos** are offering singing telegrams for Valentine's Day this year from **11 a.m. to 3:30 p.m. Thursday, Feb. 14, and Friday, Feb. 15**. Call the high school at 899-5656 to order.

The Goodland Chapter of the **Order of the Eastern Star** is holding an all-you-can-eat pancake and sausage feed from **7 a.m. to 2 p.m. Saturday, Feb. 16**, at the Masonic Lodge at 519 Center.

SHARE pick up will be from **9 to 10 a.m. Saturday, Feb. 23**, at 824 Main for the February distribution of low-cost food.

activities

Born to Read — The **Goodland Public Library** offers **Story Time** for children under 3 from **5-5:30 p.m.** on the **second and fourth Tuesday evening**, and from **10-10:30 a.m. every Friday**.

Emotions Anonymous — meets at **7:30 p.m. every Wednesday** at the Goodland Regional Medical Center board room.

Century Families, for people whose family came to Sherman County more than 100 years ago, meets at **7 p.m. the second Monday** of the month at the Senior Center. For information, call 899-2835.

The **Goodland Development Corp.** meets at **6:30 p.m. every Tuesday** at 910 Main. Call 899-2342 or 899-6200 for information.

Aerobics Classes — **7:45 a.m. morning aerobics classes** are offered daily at the Goodland Activities Center. Tena Tompkins leads a **step aerobic class** at **5:30 a.m. Monday, Wednesday and Friday**. On Tuesday and Thursday, a less intense class is offered. Call 899-7242.

Goodland Activities Center will have third-sixth grade boys **basketball** at **6-8 p.m. Thursdays** now through March 7. The third-fifth grade girls will play from **6:30-7:30 p.m. Mondays** from Feb. 4-March 11.

TOPS Meetings — Take Off Pounds Sensibly meets at **5:30 p.m. Mondays** in the small board room at Goodland Regional Medical Center. Weigh-in is at 5 p.m.

Family, Career, and Community Leaders of Goodland High School holds **Little Brothers and Little Sisters** the **third Thursday** of every month. High school students will play games, create crafts, and share snacks with pre-school children at 3:30 p.m. in the home economics room or cafeteria.

House Tours — Tours of the 1907 Victorian "Handy House" at 202 W. 13th are from **1-5 p.m. Wednesdays through Sundays**.

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. To schedule an evaluation or discuss environmental concerns, call the Sherman County Health Department at 899-4888.

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

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Sunday and Monday. The center will have a display of elementary school art through **Feb. 28**.

school calendar

Saturday: Novice wrestling tournament 7:30 a.m. in Colby. Depart at 6 a.m. state Scholar Bowl. Fifth grade basketball 10-11 a.m. in Max Jones Fieldhouse. **Sunday:** Open gym 1:30-3:30 p.m. at Max Jones Fieldhouse. Dana Murray's team 2-4 p.m. in the high school gym. **Monday:** JV basketball tournament 3 p.m. at the Max Jones Fieldhouse. FCCLA Week. **Tuesday:** Black Day. Seminar — AFS/Hispanic girls. C-JV-V basketball at Colby 3:45 p.m., dismiss 1:45 and 2:45 p.m., depart 2 and 3 p.m. **Wednesday:** Gold Day. FCCLA Elections or Star Events. City/County Recreation sports 7:30 p.m. at the Max Jones Fieldhouse and junior high gym. **Thursday:** Black Day. Seminar — FCCLA. KLOE Ag Expo 6 a.m.-4 p.m. at Max Jones Fieldhouse. Regional Science Olympiad 8 a.m. at Hays. City/County Recreation sports 7:30 p.m. in the high school gym. **Friday, Feb. 15:** Gold Day. Library meeting noon-4 p.m. in ITV room. JV-V basketball 5:30 p.m. at Hoxie, dismiss 1 and 2 p.m., depart 1:15 and 2:15 p.m. Regional wrestling 1 p.m. at Larned. **Saturday, Feb. 16:** Regional wrestling. State Piano Festival. Fifth grade basketball 10-11 a.m. at the Max Jones Fieldhouse. JV-V basketball 3 p.m. here vs. Wray. FCCLA Money Grab/Flag Ceremony at basketball game. "C" team basketball tournament 9 a.m. at Benkelman. **Sunday, Feb. 17:** Open gym 1:30-3:30 p.m. at the Max Jones Fieldhouse. Junior Olympics volleyball 1-3:30 p.m. in the junior high gym. Dana Murray's team 2-4 p.m. in the high school gym.

school lunch menu

Monday: Turkey a la king, rice, broccoli, hot roll, apple salad and milk. **Tuesday:** Lasagna, lettuce salad, green beans, bread sticks, pineapple and milk. **Wednesday:** Fish portions, buttered potatoes, peas, hot roll, Jell-o with fruit and milk. **Thursday:** Chicken nuggets, tater tots, relish cup, Valentine cake and milk. **Friday, Feb. 15:** Cheese nachos, lettuce salad, refried beans, kolache and milk.

senior center menu

Monday: Swedish meatballs, winter mix vegetables, plums, bread and noodles and pudding. **Tuesday:** Turkey, sweet potatoes, 5-cup salad, bread and pumpkin cake. **Wednesday:** Salmon loaf, green bean casserole, cranberry sauce, bread, mandarin oranges and banana. **Thursday:** Chicken Fajita, cottage cheese salad, tortillas and apricots. **Friday:** Lemon baked fish, parslid potatoes, cole slaw, bread and pineapple.

hospital report

Goodland Regional Medical Center **Admitted on Thursday:** Matthew Smith, Lawrence Tedford, Rachel Witman and Sarah Johnson, all of Goodland. Swing bed: Amelia Mosco of Goodland.

Dismissed on Thursday: none. **Specialists for Monday:** Tim Birney and Stuart J. Kennedy, orthopedists.

Hospital Volunteer Schedule: **Monday:** Roger Collins, p.m. **Tuesday:** Bonnie Daily, a.m., and Beulah McClung, p.m. **Wednesday:** Helen Armstrong, a.m., Irene Kehlbeck, courtesy, and Opal Callahan, p.m. **Thursday:** Jessie Owens, a.m., and Peg Beynon, p.m. **Friday:** Fern Hawks,

today in history

Feb. 8, 1902: Burr Kendall was given a choice by Judge Cuthbertson of jail in Goodland or going to Cripple Creek, a poor place for coloreds.

From *The Goodland News*; provided by the Sherman County Historical Society.

crimestoppers

If you have 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 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.

child care issues

If you have questions, concerns or complaints about child care in Sherman County, call the county health department office at (785) 899-4888.

family shelter

The Northwest Kansas Family Shelter provides services day or night to victims of domestic violence and sexual assault. Weekly support groups are available for women and children in the northwest Kansas area. For information or assistance, call toll-free (800) 794-4624.

tree donations

Many trees at the Goodland Cemetery have died and the cemetery board is trying to replace them. Contributions for the Goodland Cemetery Memorial Tree Fund can be left at Koons or Bateman funeral homes or sent to the Goodland Cemetery Board, Box 59, Goodland, Kan. 67735.

animal shelter

Lost a pet? Call the Goodland Police Department at 899-4570. Interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 899-6464.

wheelchairs

The **Senior Wheels USA Program** offers electric wheelchairs to senior citizens (65 and up) and the permanently disabled at no cost. The wheelchairs are for those who can't walk or use a manual wheelchair. If your need is for home use and you want to find out if you qualify, call Leon Johnson at (800) 246-6010.

The **Independent Seniors Program** makes electric wheelchairs available to senior citizens (65 and up) and others permanently disabled at no cost if they qualify. If your need is for in the home, call Jay Hetzel at (800) 383-8435 for information.

asthma medication

Breathing medications and neulizers are available to people with severe breathing conditions at **no cost** if they qualify. Call the LifeStyle Medical Program at (800) 519-4480 to find out if you qualify.

free trees

Each person who joins the National Arbor Day Foundation during February will receive 10 guaranteed Colorado blue spruce trees. The trees will be shipped postpaid at the right time for planting between March 1 and May 31 with planting instructions. To join, send a \$10 contribution to: Ten Free Colorado blue spruce trees, National Arbor Day Foundation, 100 Arbor Ave., Nebraska City, Neb. 68410 by Feb. 28.

STDs cause life-long pain



cris lovington

• prevention center

STDs, or Sexually transmitted diseases, are infections you can get by having sex with someone who has one.

STDs can cause problems for the rest of your life. Twelve million people will get an STD this year, and two-thirds of these are teen-agers and adults under the age of 25.

The deadliest STD is AIDS. Other common STDs are syphilis, gonorrhea, chlamydia, genital herpes and genital warts. If you have sex, just once, with someone who has an STD, you can catch it. You often will not be able to tell if your sex partner has an STD. Sometimes there are no signs.

AIDS effects your health through the immune system, leading to or causing cancer, pneumonia, brain damage and death. Its symptoms are long-lasting infections, diarrhea, night sweats, fever, weight loss, swollen glands, coughing and shortness of breath. There is no cure. A mother can pass this on to her baby during pregnancy or during a vaginal delivery, leading to the death of the baby in a few years.

Chlamydia causes pelvic inflammatory disease and sterility. Its symptoms are itching or burning during urination, vaginal discharge, whitish discharge from the penis, pelvic pain, or no symptoms at all. It can be cured with antibiotics. A baby can catch this during a vaginal delivery, causing ear and eye infections and pneumonia.

The first attack of genital herpes can be very painful, with recurrent flare-ups less painful. Symptoms of this are sores on the penis or vagina, vaginal

discharge, fever, tiredness, itching, aches and pains. The symptoms can be treated but there is no cure. Flare-ups can occur four to seven times per year. This disease can affect a baby during a vaginal delivery, causing severe skin infections, nervous system damage, blindness, mental retardation and death.

Gonorrhea can cause pelvic inflammatory disease, infertility and arthritis. Its symptoms can be vaginal discharge and burning during urination, but most women have no symptoms. It can be cured with drugs. A baby can catch it during birth, causing serious eye infection and blindness. Babies can be treated with eye drops after birth.

Syphilis, if left untreated can cause damage to the heart, blood vessels and nervous system. It can cause blindness, insanity and death. The symptoms are sores on the penis or vagina, mouth, anus or elsewhere; low fever, sore throat and other sores or rashes. It can be cured with drugs. The baby can catch it before birth, damaging bones, liver, lungs, blood vessels; infected babies can die before birth or after birth. Once the fetus is damaged, there is no cure.

Genital warts grow in size and number, they may also increase the risk of cervical cancer. The symptoms are genital itching, irritation or bleeding. Warts may appear as small, cauliflower-shaped clusters and worsen during pregnancy. It can be treated with drugs applied directly to the warts, or with surgery to remove them. An unborn baby can catch genital warts during birth, causing wart growth in the voice box and blocking the windpipe.

If you have any of the STD symptoms listed, go to your doctor or clinic right away. Do the same even if you do not have the symptoms but have had sex with someone who you might think has an STD. If you find that you do have an STD, tell the person or persons with whom you've had sex, so that they may get treatment. Remember even if you have been treated or cured, you can get the same STD again, or a different one, if you have sex with a person who has an STD.

If you're a teen-ager and have an STD, talk to your parents about it. If you can't talk to them, you still need to get treatment — teens usually don't need permission to get an STD treated, but get medical attention. Don't take chances. STDs are preventable if you protect yourself. Start right now. Take care of yourself. Nobody else can do that for you.

correction

A article "Insurance costs for city increase" in the Tuesday edition of *The Goodland Daily News* said Clyde Lambertz declined to serve another three-year term on the Board of Zoning Appeals. This is inaccurate. The city commission had decided members of the board need to live within the city limits, Mr. Lambertz lives outside the city limits. This mistake was due to inaccurate information given to the paper.

☆☆☆☆☆
 In the club news in Thursday's edition of *The Goodland Daily News*, the article stated that the Business and Pro-

fessional Women's Club closed by singing "Bless be the Tide That Binds." It should have been "Bless be the Tie That Binds." This was due to incorrect information given to the paper.

☆☆☆☆☆
 The Goodland Daily News will correct any mistake or misunderstanding in a news story. Please call our office at (785) 899-2338 to report errors. We believe that news should be fair and factual. We want to keep an accurate record and appreciate you calling to our attention any failure to live up to this standard.

matters of record

Goodland Police
 Jan. 25 — Jacob Morton and Chad Roberson were arrested at 603 W. 10th for selling depressants, stimulants, hallucinogens and steroids within 1,000 feet of a school.

Jan. 26 — Dylan Campbell and Michael Steiner were charged in district court for minor in consumption of alcohol at Presto Convenience Store. A juvenile was arrested for driving under the influence and minor in consumption.

Taylor J. Freeman reported the theft of an electric scooter valued at \$300 from 509 Caldwell.

Internet tonight!
 Call 899-2338.

BLACK HAWK DOWN
 R: Intense, realistic, graphic war violence; language.
 www.goodlandnet.com/movies

Nightly 7:00 No Sunday Matinee
 Movie Bucks Make Great Gifts!
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TEXAS RED'S BAR-B-Q
 AT
Goodland WAL-MART
 Wednesday Feb. 13 - Sunday Feb. 17
 Beef brisket • Turkey Breast
 Chicken Halves • Sausages • Pork Ribs

BRIDAL FAIR & 3 PM FASHION SHOW
 City Limits Convention Center, Colby KS
Sunday, February 10, 2002
 Noon - 5 p.m. CST
Participating Vendors:
 Cupid's Corner
 Colby His Shop
 Round Trip Travel
 Fae O Productions
 Cakes by Thelma Johnson
 City Limits Bar & Grill
 Leroy's Printing
 Timson Photo
 Donalen's Jewelry
 Rolling Thunder Music
 City Limits Convention Center
 Comfort Inn

Cobblestone Floral and Garden Center
 508 E. 12th

Roses **Bears**
Balloons **Bouquets**

Fudge in a mug!
 Your "One Stop" gift store for your "special Valentine!"
 Stop by at 508 E. 12th to see all of the unique gifts, or call 899-3663!