

about our friends

calendar

The **Goodland After-5 Club**, affiliated with the Christian Business and Professional Women, is having a **dinner party from 7-8:30 p.m. tonight** at the Butterfly Cafe at Renner Field. The speaker will be Janice Schulte of Colby, and Joni Guyer of Cobblestone Floral will be the special feature. All women are welcome, but there is a charge for dinner. For reservations, call Barb at 899-5580 or Lori at 899-3828.

Computer Applications, a beginning adult education class, will be held from **6-9 p.m. on Monday and Thursday evenings** at the Northwest Kansas Technical College. It will **begin tonight** and will cover hardware/software components, Windows operating systems, word processing, spreadsheets, e-mail and the Internet. Call Bonnie Hawks at 899-7630.

The **High Plains Museum** will show a Home Box Office **documentary film on the events of Sept. 11 at 10:30 a.m. and 3 p.m. Wednesday**. The film is a collection of first-hand views of the events of Sept. 11 in New York. Children should not see it, since the film contains some difficult and graphic scenes, but it ends on a hopeful note. There will be a **mural for visitors to share their reflections** and thoughts.

The **Goodland Activities Center's volleyball program** for children in third through sixth grade will start **Wednesday**. Third and fourth graders will play from 3:45-4:45 p.m., and the fifth and sixth graders from 4:45-5:45 each Wednesday through Oct. 12. **Register at the center by Tuesday**.

The **Goodland Public Library** is enrolling children for **Story Hour**. There will be two sessions for 3-year-olds, **11 a.m. Wednesday and 10 a.m. Thursday**, and two sessions for 4 and 5-year-olds, **10 a.m. Wednesday and 11 a.m. Thursday**. All will last 45 minutes.

Story Hour will begin next week. Enroll children for the sessions by calling Karen Gillihan, children's librarian, at 899-5461.

TNT Singles will meet at **6:30 p.m. Thursday** at Edwards Hall. Bring finger food. Call 899-2733.

SHARE sign up for the September distribution of food will be until **Friday** at the Sherman County Health

Department, Harvest America, the Regional Prevention Center or the Kanorado Senior Center. **Pick up will be Saturday, Sept. 28**, for the September distribution.

Sherman County **household hazardous waste collection** will be from **7 a.m.-1 p.m. Saturday** at 1820 Cherry. Call Crystal Linsner at 899-3081.

Do Bring: Cleaning products, disinfectants, herbicides, insecticides, paints (including aerosol cans), solvents, gasoline, kerosene, wood preservatives, photo chemicals, pool chemicals, auto and household batteries (AAA, AA, C, D and 9 volt), brake fluid, anti-freeze, adhesives, art/craft products, rat and mouse poison. Used oil may be accepted, but call first.

Don't Bring: Empty containers, explosives, ammunition, radioactive waste, asbestos, medical waste, compressed gas cylinders, smoke alarms, heavy metals.

The **Goodland Arts Council** is hosting a **Junk-Art Show Saturday** at the Carnegie Arts Center, even though the city-wide Junk Parade has been canceled. Entries must be created from some kind of recycled item. Items will be judged on Sept. 14, with prizes awarded at 2 p.m.

The **Goodland Activities Center** will be holding a **Benefit Night Golf Tournament on Saturday, Sept. 21**, at Sugar Hill Golf Club. **Registration deadline is Sunday**. Call the center at 899-7242 for information.

A **hunter education class** will be given by the Kansas Department of Wildlife and Parks next week on **Monday-Wednesday and Saturday, Sept. 16-18 and 21**, in the 4-H building at the Sherman County Fairgrounds. Call Mike Hopper at 899-5199.

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1-2:15 p.m. Thursday, Sept. 19** in the Assembly Room on the third floor of the courthouse to help veterans and dependents with claims. Call the office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

St. Jude's Cancer Research Bikeathon will be **Saturday, Sept. 21**, in Goodland. The rain date will be **Saturday, Oct. 5**. There will be a fund-raising booth at Flatlander's Fall Festival on Saturday and Sunday, Sept. 28 and

29. Call Kendall Morris, event coordinator, at (785) 899-3830.

Rock Island Railroad 25th anniversary reunion will be at **noon Sunday, Sept. 22**, at the Goodland Senior Center. All former employees of the Rock Island are welcome. Bring a covered dish and table settings.

The **Promenaders Square Dance Club** will have lessons from **7-9 p.m. Tuesday, Sept. 24**, at Edwards Hall, 2431 Walnut. The first three lessons are free. Call 899-3323 or 899-3791.

Gymnastics will again be offered at the **Goodland Activities Center beginning Saturday, Oct. 5**. Classes will be on Saturday morning for ages 4 through high school. **Register at the center by Tuesday, Oct. 1**.

Goodland High School has changed **Homecoming to Friday, Oct. 11**, for the Oberlin football game.

activities

Tours of the 1907 Victorian House at 202 W. 13th are from **1:30-6 p.m. Monday, Wednesday, Friday and Saturday, 1:30-5 p.m. Thursday and from 1-5 p.m. Sunday**.

"**Prairie Past Times**," a photographic history of entertainment in Sherman County, is on **display from 9 a.m.-5 p.m. Monday-Friday and from 9 a.m.-4 p.m. Saturday** at the museum, 1717 Cherry Ave.

The **Carnegie Arts Center** is open from **10 a.m.-5 p.m. Tuesday through Friday and from 1-4 p.m. Saturday, Sunday and Monday**. Bronze sculptures by Greg Todd will be on display through Friday, Oct. 4.

Emotions Anonymous meets at **7:30 p.m. Wednesdays** 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.

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

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.

Hanging by a Thread will meet from **7-9 p.m. Thursday** at Wheat Ridge Acres.

Goodland Women of Faith monthly celebration will be from **9:30-11 a.m. Saturday, Sept. 21**, at Wheat Ridge Acres. Baby-sitting provided.

area events

The High Plains Chapter of **Phi Delta Kappa** educational association will hold an **anniversary party at 6 p.m. Central Time Wednesday** at the Student Union at Colby Community College. Dinner will be at 6:30 p.m., and a program will follow. **Reservations** to Cindy Schnelle at cschnelle@ruraltel.net or Jo Ann Wahrman at wahrman@weblink-2000.net by **today**. There will be a charge for dinner.

The **Ol' Depot**, a crafts and collectibles shop, is sponsoring the **"Down-by-the-Station Celebration"** at **9 a.m. Central Time Saturday, Sept. 28**, at the depot on Lake Road in Atwood.

Kiddy barrel rides around the lake, adult and kid team tractor pull changes, outdoor concessions, carnival games and a flea market are planned.

To reserve a vendor space, call (785) 626-3568 after 6 p.m. or (785) 322-5533 before 6 p.m. Spaces must be reserved by **Monday**.

school activities

Tuesday: Black day. Seminar — STUCO and AFS. Freshman, JV and varsity volleyball quad 3:30 p.m. here. Goodland golf invitational 2 p.m., dismiss at 12:30 p.m. JV tennis 2 p.m. at Tribune, dismiss at 11:53 a.m., depart 12:15 p.m. Faculty meeting 7 a.m.

Wednesday: Gold day. Seminar — NHS. Ministerial alliance 7-9 p.m. in the Max Jones Fieldhouse. **Thursday:** Black day. Seminar — Junior class meeting 11 a.m. in the auditorium for magazine sales. **Friday:** Gold day. Varsity football 6:30 p.m. vs. Holcomb at home. Cross country depart for Wamego at 7:30 a.m. **Saturday:** JV volleyball 8 a.m. at Machebuef, Denver. Cross country 8 a.m. at Wamego. Tennis 9 a.m. in Norton.

school lunch menu

Tuesday: Sloppy joes, french fries,

relish tray, Jell-o and milk. **Wednesday:** Macaroni and cheese with ham, buttered peas, hot roll, 1/2 apple and milk. **Thursday:** Chicken fried steak, mashed potatoes and gravy, broccoli Normandy, hot roll, cantaloupe and milk. **Friday:** Meat and cheese sandwich, lettuce, pickle, tomato, onion, baked beans, spiced pears and milk.

senior center menu

Tuesday: Oven baked chicken, mashed potatoes and gravy, cook's choice fruit, bread and ice cream. **Wednesday:** Swedish meatballs and noodles, spinach and cheese salad, stewed tomatoes, bread and banana. **Thursday:** Mom's turkey casserole, winter mix vegetables, Jell-o with carrots and pineapple, bread and crispie bar. **Friday:** Baked fish, creamed peas, orange/pineapple salad, bread and peach crisp.

hospital report

Goodland Regional Medical Center Dismissed on Friday: Anne Mann, Goodland.

Admitted on Saturday: Dorothy Beikman, St. Francis.

Dismissed on Saturday: Monica Albers and Tika Hall, Goodland.

Specialists for Tuesday: Carl Newman, urologist.

Volunteer schedule: 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. **Friday:** Fern Hawks, a.m.; Ruth Morton, courtesy; and Virginia Bell, p.m.

health department

The Sherman County Health Department at 1622 Broadway is open from 8 a.m.- noon and 1-5 p.m. Monday-Friday.

Tuesday: Scheduled appointments. **Wednesday:** WIC in Colby. Scheduled appointments. **Thursday:** WIC in Colby 10 a.m.-4:30 p.m. Scheduled appointments and voucher pickup. **Friday:** Walk-in blood sugar screening and blood pressures.

Children's physicals, immunizations, family planning and toenail clipping available by appointment. Sharps containers are available free of charge. Call 899-4888.

If you have questions, concerns or

complaints about child care, call the health department.

Water Testing — The Northwest Local Environmental Protection Group does free well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the Health Department at 899-4888.

today in history

Sept. 8, 1902: The live bird shoot had 11 entries, each allowed 25 birds. 77 of the 275 pigeons got away. Dock Phillips won first money, \$77.

Sept. 9, 1902: A temperance lecture was held at the Methodist Church. The theme was to teach children temperance and purity. All remarks were free from levity, banter or insult.

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 results in the arrest and/or conviction of those involved, you could be eligible for a reward of up to \$1,000. Goodland Area Crime Stoppers is a nonprofit organization formed by citizens against crime.

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. For information or help, call (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. Donations may be made in memory of a loved one.

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.

Anyone can abstain from sex while waiting for the right time, person

Many people think of abstinence as only for those waiting until they're married to have sexual intercourse, or those who are way too young to be sexually active.

However, abstinence means a lot more than that, and the level of abstinence varies from person to person.

Abstinence means waiting to choose the right person and setting a time in your life for you to have intercourse. A decision to be abstinent may be for years, an evening or any time in the middle.

Only you can decide what is best for you. If you do not feel that it is the right time in your life for sex or you are with the right person for you to be sexually active with, then that is reason enough to abstain.



cris lovington

• prevention center

Abstinence, although everyone may not agree, is not boring! Sexual behavior and attitudes are not always about intercourse.

Abstinence may include kissing and holding hands only. Or, perhaps you feel that you can include intimate touching but want to abstain from other sexual activities.

What you decide to include in your sexual activity will come from your

reasons for selecting abstinence. Perhaps you want to abstain from intercourse because you want to avoid pregnancy.

Or maybe you have already engaged in intercourse but have now decided to abstain until marriage.

Whatever your reason, you need to make your decisions about sexual activity levels and what is right for you before you become physically involved with someone.

Waiting until you make out with your boyfriend or girlfriend is not the right time to make decisions about what sexual level you are comfortable

with. Even if you have already been in a sexual relationship(s) in the past, you do not have to be sexually active in a new relationship. The beauty of abstinence is that you can decide on it at any point in your life.

Abstinence also has many benefits, both physically and emotionally. Abstinence gives you 100 percent protection against pregnancy and 100 percent protection against sexually transmitted diseases (as long as no body fluids such as semen or blood have been exchanged).

In addition, it allows you time to get

to know your boyfriend or girlfriend and discuss how you both feel about sexual activity.

Being abstinent can also spare you from heartache.

Sexual feelings are not just about being physical, but rather the emotions that are involved.

Remaining abstinent can allow you time to explore those feelings and decide if that person is really the right person for you to be sexually involved with.

Being abstinent doesn't mean that you are a prude or cold-hearted or a non-sexual person. Sexual intercourse

is only one of many ways to show your feelings and sensual self. By choosing to be abstinent, you are now free to seek other imaginative ways to declare your feelings.

Abstinence is a personal choice. It is a choice that you can make at any time in your life and for as long as you like.

And if you think you can only talk to your friends about this tough issue, think again!

Try talking to your parents to get a straight and honest scoop. Your parents may have things to say about abstinence, sex, values, marriage and morals.

Church pays 'tax' to help with education

TOPEKA (AP) — Churches don't have to pay taxes, but one congregation is kicking into the public coffers voluntarily.

Members of the Unitarian-Universalist Fellowship of Topeka, spurred by budget shortfalls and tight dollars for educating children, decided to "pay taxes" on the church this year. That

amount — \$1,323 — will be presented to the Topeka School Fund on Monday.

Members of the Unitarian-Universalist Fellowship said they hope their donation inspires other such groups to step forward and help education.

The Topeka School Fund is a nonprofit foundation, separate from Topeka Unified School District 501, that

supports public education in Topeka. A volunteer board raises money to pay for projects and programs that ordinarily wouldn't be funded by the district. Teachers apply for grants to conduct projects for students.

The organization also funds a summer arts program for students from all districts in Topeka.

Halstead hospital shuts down but clinic stays open

HALSTEAD (AP) — The Halstead Hospital has shut down after years of financial problems, but a clinic that shares the hospital building remains open.

More than 40 people lost their jobs when the hospital, which filed for Chapter 11 bankruptcy protection in June, closed on Friday.

But the Hertzler Clinic, which has about 200 employees, has no immediate plans to cut staff, said human resources manager Beth Graber.

"It's horrible that we had to let all those people go," Graber said. "They were friends not only from work, but from the community. But the clinic is

still open, and we have no intention of closing it."

The 177-bed hospital was one of the largest employers in Halstead, a Harvey County town of about 2,000 residents.

"It's a hard thing, a very hard thing," said Carolyn Armendariz, who started as a lab assistant in 1975 and worked her way up to marketing director.

The hospital had been living mostly on hope in recent years as it struggled to meet expenses in an era of rising costs and tight reimbursements.

When the hospital filed for bankruptcy, the patient count was 25 — low but not disastrous.

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Children should learn to 'agree to disagree'

Learning to "agree to disagree" is an important skill for both children and adults.

Brothers and sisters are going to squabble with each other, no matter what their age and personality differences, and in spite of the best parenting efforts.

Disagreeing and arguing is normal, and such conflicts can be a learning opportunity, especially for children. Learning how to deal effectively with conflict, to discuss differences and to solve problems are skills that need to be learned and carried on into adulthood.

It's OK for parents to acknowledge a child's feelings of anger, but the misbehavior or name-calling that accompanies that anger should not be acceptable.

When those involved have been allowed time to cool off and calm down, parents need to work with the children in talking over the problem together.

Apologies should be made, and an agreement should be reached as to the resulting consequences if this type of



high plains mental health

• plain sense

behavior occurs again.

It also helps to have the children go back through the conflict and behaviors again, and "practice" more appropriate responses.

Many times, one of the parties involved will feel they have been treated unfairly or will have a difficult time understanding the other's point of view, resulting in a verbal continuation of the conflict. This is when "agreeing to disagree" is necessary.

Nobody is right, and nobody is wrong, each just has a different point of view.

With time, maturity and experience, that view may change. But for the current time frame, this type of compro-

mise may be the best solution.

As stated above, "agreeing to disagree" is also an important skill for adults.

Relationships are 50-50 with the ability to compromise, reason, see the other's point of

view and act appropriately as key components of a successful relationship. Learning those skills at a young age helps insure better communication when dealing with conflict as adults.

Contributed by Karen D. Beery, Consultation and Education Department.

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East 7th, Hays, Kan. 67601.

On the Internet: www.highplainsmentalhealth.com

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