

about our friends

calendar

City/county recreation is taking registrations for **co-ed volleyball**, which will be played on Wednesday evenings, and for **men's basketball**. Registration forms can be picked up at the city office, 204 W. 11th.

Lion's World Sight Day is today, and the Goodland Lions Club is having an **eyeglass drive** for the month of October in honor of that day. Drop off old eyeglasses or lenses at Bankwest of Kansas, First National Bank, Western State Bank, Dr. R.K. Driver, Dr. David F. Schnee and *The Goodland Daily News*.

"Discover Creation!" seminar will be from **6:30-8:30 p.m. tonight** in the Goodland High School auditorium. Discover answers to questions about creation, evolution and science and a hope for your life. A children's program is included for ages 5-10. Contact Pastor Charlie Busch of the Pleasant Home Church at 785-694-2242.

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

Goodland High School annual **homecoming chili feed** will be from **4:30 p.m. until the end of the first quarter Friday** in the high school cafeteria. DECA and National Honor Society are sponsors.

SHARE sign up for the October 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, Oct. 26**, for the October distribution.

Goodland High School **Homecoming** will be **Friday** against Oberlin.

The **Goodland After-5 Club**, affiliated with Christian Business and Professional Women invites all ladies to their **"Silent Auction" dinner party from 6:30-8:30 p.m. Monday** at the Butterfly Cafe at Renner Field. John Hansen, Stone Croft missionary, will be the special speaker. There is a charge for dinner. Call Barb at 899-5580 or Lori at 899-3828 for reservations.

Flu Shot Clinic will be from **1:30-4 p.m. Monday** at the Goodland Senior Center for those 65 and over and their spouses; and from **9-11 a.m. Monday, Oct. 21**, at Sparks and Handy Towers.

Goodland High School has added two **"C" team football games** to the 2002 schedule. Although the "C" season had been canceled, the team will play at **4:30 p.m. Tuesday** at Burlington and at **12:30 p.m. Thursday, Oct. 24**, at Hays High School.

"When Good People Do Bad Things at Work," is the program to be held from **10 a.m.-3 p.m. Friday, Oct. 18**, at the Goodland Regional Medical Center. It is approved for four hours of continuing education credit and is de-

signed for nurse practitioners, registered nurses, licensed practical nurses, social workers and Allied Health Professionals. Call 785-628-6128 to register.

Car Care Day will be from **8-10 a.m. Saturday, Oct. 19**, at the Corner Garage, 624 Hwy. 24. Single moms, divorced women, widows and the needy can have the oil changed in their cars, radiator fluid and tire pressure checked, the car vacuumed and with windows cleaned. Call Steve Rains at the Calvary Gospel Church, 899-3605, to put your name on the list.

Moonlight Madness Health Check will be from **5-8 p.m. Monday, Oct. 21**, at the Schneider's Building on 11th and Main. The health check is sponsored by Goodland Regional Medical Center, Rural Health Ventures, the Sherman County Health Department and Sherman County Emergency Medical Services.

The **Ladies Auxiliary** to the Veterans of Foreign Wars October meeting will begin with a **potluck at 6 p.m., Thursday, Oct. 24**. Connie Miller, the 9th District president, will do the official inspection at the 7 p.m. meeting.

The **Sunflower Quilt Show Committee** is planning its 2003 annual quilt show. Call the chamber of commerce at 899-7130 with ideas or to help plan the show. The first **organizational meeting** will be at **4 p.m. Wednesday, Nov. 13**, in the chamber boardroom.

activities

Tours of the 1907 Victorian House at 202 W. 13th are from **1-5 p.m. Wednesday-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**. Linda Crawford's watercolors are on display until Oct. 31.

Born to Read will be at **10 a.m. Fridays** and **Story time** will be at **10 and 11 a.m. on Wednesdays and Thursdays** at the Goodland Public Library. Call 899-5461.

The **Promenaders Square Dance Club** will meet **Monday nights** at Edwards Hall, 2431 Walnut. The first three lessons are free. Call 899-3323 or 899-3791.

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. the second Thursday of the month** at Wheat Ridge Acres.

Goodland Women of Faith monthly celebrations will be from **9:30-11 a.m. the second Saturday of the month** at Wheat Ridge Acres. Baby-sitting provided.

area events

A Kansas State Cornhusking Contest will be from **11 a.m.-5 p.m. Central Time Friday and from 8 a.m.-7 p.m. Saturday** at the Logan County Fairgrounds in Oakley. Open Class Corn Cook-off entries need to be at the Veterans of Foreign Wars at 11 a.m. Friday.

Husking reception and registration will be from **3-5 p.m. Friday** at Swart-Park Motors. Husking registration will be at **8 a.m. Saturday** in the Dick Farmer Arena with a continental breakfast for the huskers. The husking contest, arts and crafts show, corn ear throwing contest and the kids corn pile money hunt will follow.

The third annual **Mary T. Adams Education Conference** will be **Friday, Oct. 18**, at the Hays Holiday Inn. The conference is for professionals working for the visually impaired and has been approved for 4-7 hours of continuing education which varies by profession. Call the Kansas Association for the Blind and the Visually Impaired at 800-799-1499 or Dr. Kendall Krug at 785-625-3937 to register.

Tripple Creek Riders will host a **Horse Show/Fun Day** beginning at **9 a.m. Central Time Saturday, Oct. 19**, at the Mick Glaze arena, just southeast of Oberlin. Registration will be at 8 a.m. No meals will be served.

There will be four age groups with High Point Prizes in each age group for the show and for the fun day. Show events will include: Western Pleasure, Horsemanship; Bareback Horsemanship; Reining; English Equitation and English Flats.

Fun Day events planned are: phone book race; potato race; flag race, key hole race; costume race; pole bending, barrels, gunny sack race, relay race and rescue race. Call Amy at (785) 386-4264; Roma at 475-3212, or Kristin at 475-2850.

Singles in Agriculture Kansas Chapter will host a **singles weekend Saturday and Sunday, Oct. 19 and 20**, in Dodge City. Registration begins at 11 a.m. Central Time Saturday in the Dodge House Lobby. There will be tours, entertainment and a dance. Call 316-688-5155.

The third annual **Northwest Kansas Model Train Show and Swap Meet** will be from **9 a.m.-6 p.m. Central Time Saturday, Oct. 26**, and from **noon-4 p.m. Sunday, Oct. 27**, at the Colby Community Building.

There will be vendors of railroad related items, and lunch will be available. There is an admission charge. Call Reed Hartford at 785-462-2625 or Ray Duffey at 785-462-2921.

Admission to the **Prairie Museum of Art and History** will be free from **1-5 p.m. Central Time Sunday** at 1905 S. Franklin in Colby. The museum is also open from 9 a.m.-5 p.m. Central Time Monday-Friday and 1-5 p.m. Saturday.

The Eller House displays furniture, clothing and objects representing farm life in the "Dirty Thirties;" the Cooper Barn, one of the largest barns in Kansas, houses an exhibit of machinery, tools and photographs telling over 100 years of agricultural and settlement history; and the Kuska Collection includes glass, ceramics, dolls, silver, toys, textiles, furniture, clothing, stamps, clocks, lamps, coins and jewelry.

Dr. Don Udell will be the instructor at a **foundation workshop Tuesday-Thursday, Nov. 12-14**, in the conference room at the Thomas County Office Complex, 350 S. Range, Colby. The workshop is to help groups start their own foundation to seek grant money. Call the Western Prairie RC&D at 785-462-2602.

school activities

Friday: Varsity football versus Oberlin 6:30 p.m., homecoming. Homecoming dance 9 p.m.-12 a.m. in the high school gym. **Saturday:** Fort Hays band day 8 a.m. Cross country 9 a.m. at Lakin, depart 5:30 a.m. Freshman and JV volleyball 8 a.m. at Hays, depart 4:45 a.m. Concert 7 p.m. in auditorium.

school lunch menu

Friday: Hamburger, lettuce, pickle, onion, french fries, pudding and milk.

senior center menu

Friday: Egg and sausage bake, hash brown casserole, citrus slices, bread and cook's choice dessert.

hospital report

Goodland Regional Medical Center No information released by the hospital.

Volunteer schedule: 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.

Friday: Scheduled appointments. Flu shots at the senior center next Monday and at Sparks and Handy Towers Monday, Oct. 21. Immunizations for the general public will be offered after Tuesday, Oct. 15.

Children's physicals, immunizations, family planning and toenail clipping available by appointment. 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

Oct. 10, 1902: Mr. Todd, owner of the auto that passed through in September, was back in town. Going to Atwood past Grace Post Office, he encountered bad roads. From *The Goodland News*, provided by the Sherman County Historical Society.

food drive

Harvest America Corporation, 212 E. 17th, needs non-perishable food, personal hygiene items and household supplies to distribute to low income, elderly and disabled people in Sherman County. Harvest America is also looking for a freezer. Bring donations to the office on Mondays or call 899-3878 for pick up.

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.

Couple married in Wray

Jennifer Jean Baker and Steven Eugene Arntt of Joes, Colo., were married Wednesday, Oct. 2, 2002, in Wray, Colo.

Tina Baker and Bruce Roe of Goodland and Kenneth Baker Jr. of Salina are her parents. LaRetta Mallory of Fort Morgan, Colo., and Bruce Arntt and Susan Stevens of Joes are his parents.

A reception for the couple will be held at a later date.

obituary

Jarett Worley

Jarett Lee Worley, 15, of Hays, the grandson of Stan and Marilyn Martin of Goodland, died Wednesday, Oct. 9, 2002, in a roll-over accident.

Allan and Cindy (Martin) Worley of Hays are his parents. Services are pending.

matters of record

Marriage Licenses

Christopher Alan Thomas of Boulder, Colo., and Arin Judy Hayden of Goodland.

Municipal Traffic

Sept. 19 — Mathew A. Windell, 18, of Kanorado was fined \$136 for exhibition of speed.

Sept. 20 — Theresa Ramirez of Goodland was fined \$136 for theft of services and had to pay \$40 restitution.

Jennifer R. Roberson, 24, of Goodland was fined \$76 for speeding, 30/20.

Stress caused by drought can lead to depression

This year's drought conditions have impacted northwest Kansas in several ways, including additional stress added to the lives of farm families and rural communities.

Recent rains provided some reprieve, but much of the damage was done long before the needed moisture arrived. There is nothing anyone can do to change the weather, but we can help and support each other through the difficult times ahead.

Stress, especially accumulative stress, can negatively impact one's physical and mental health, as well as relationships on the job and within marriages and families.



high plains mental health

• plain sense

The result can be significant health problems, depression, anxiety, divorce, and even suicide. During tough times, there are several things that can help:

- Reach out to each other; keep the lines of communication open between family members, neighbors and

friends.

- Stay in touch. Isolation can lead to depression and much more serious issues, including suicide.

- Stay as positive as possible by keeping problems in perspective. Focus on what's really important in life.

- Be flexible; look for new alternatives.

- Know how to laugh and how to cry.

- Take things one day at a time.

- Remember, tough times also bring unexpected opportunity and a chance

for change and growth.

- Seek professional help when needed. Your family physician, clergy, and mental health counselors are available to answer questions and assist.

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.

Internet site: www.highplains-mentalhealth.com

Ladies auxiliary read prayer in honor of POW/MIA day

The ladies auxiliary to the Veterans of Foreign Wars met Thursday, Sept. 26. President Marilyn Colby called the meeting to order. Nine members were present.

The Prisoners of War/Missing in Action (POW/MIA) prayer was read as part of the recognition of POW/MIA day in September.

Community service projects were approved as follows: \$10 donation to the Veterans of Foreign Wars booth at the state fair for Americanism items to be handed out; \$10 to the Multiple Sclerosis Society; \$10 to the Veterans

of Foreign Wars Auxiliary cancer fund; \$100 to the Veterans of Foreign Wars endowment fund for scholarships; and \$100 to Operation Uplink for phone cards.

Members were reminded that persons on active duty or veterans in hospitals may receive free phone cards for their use. Contact JoAnn Wahrman for details.

Items of general interest were also discussed. Mary Harper has flags to sell and mentioned that she also sold a Belgium flag to the family hosting an exchange student.

The Voice of Democracy Contest deadline is Friday, Nov. 1. The theme is "Freedom's Obligation." This is open to students in grades 9-12.

Floriene Whisnant gave a report on her trip to the National Convention in Nashville last month.

The auxiliary will be participating in "Adopt a Veteran." One of our local veterans will be getting cards and other favors throughout the year.

Upcoming activities that any auxiliary member may help with include the following: an auction Saturday; pies are needed for the lunch stand; and Saturday and Sunday, Oct. 19 and 20, is the Ninth District Fall Conference in St. Francis.

The meetings on the 20th start at

7:30 a.m. Mountain Time. Connie Miller, the ninth district president, will make her official visit to our auxiliary Thursday, Oct. 24. A potluck supper will be held at 6 p.m., and the meeting will follow at 7. All auxiliary members are encouraged to attend this meeting.

The Western Conference Meetings will be in Billings, Mont., Friday-Sunday, Nov. 8-10.

The auxiliary will again be sponsoring a Halloween contest for youngsters.

A project for Make a Difference Day in October was developed for our members who are shut in. The charter was draped in memory of Sarah Boehme, Virginia Chatfield and Evelyn Melstrom.

OLE GURN'S

BOOT & SHOP REPAIR

OF COLBY, KANSAS

is in Goodland Every Monday.

9:30 to 4???

North side of Cowboy Loop.

The 4-H Junior Leaders met Monday at the 4-H Building. Eighteen members were present.

The new leaders, Mike and Glenda Cochran, were introduced, and new officers were elected. Chance Schilling is the new president; Deanna Livengood the new vice president; Kali Rietcheck, secretary; Ana McClung, treasurer; Candice Meissinger and Brooke Whitmore, reporters; Aaron Duell and Craig Mason, 4-H council representatives; and Emily Burkett, parliamentarian.