

about our friends

calendar

Harvest celebration and costume parade will be at 7 p.m. tonight at the Word of Life Church, 10th and Clark. There will be games, songs, puppets and prizes given for the most creative costumes in several categories. Call 899-5250.

Lion's World Sight Day was Oct. 10, 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 or *The Goodland Daily News*.

The **gallery opening reception** for Anna Seeber Shaw's watercolors, gouache and pastels will be from 1-3 p.m. **Sunday** at the Carnegie Arts Center.

A **fall festival and turkey dinner** will be from 4-6:30 p.m. **Sunday** at Our Lady of Perpetual Help Catholic Church, 13th and Sherman.

Harvest America, 212 E. 17th, will have **commodities from 9 a.m.-noon Monday**. There is a new reporting form, so it may take longer than usual, and it may be cold. Dress warm, and be prepared to wait. There will be potato flakes, peanut butter, raisins, cranberry juice, tomato sauce, apple juice, instant milk, walnuts, applesauce and corn.

Certified nurse aide classes will be offered beginning **next Wednesday** at the Goodland Good Samaritan Center. Colby Community College is offering the classes, and Shirley Pearson, registered nurse, will teach the classes which are worth five college credits.

Certified Nurses Aide I classes will be Nov. 6, 7, 12, 14, 19, 21, 25, 26 and 29. Certified Nurses Aide II classes will be Dec. 4, 5, 10, 12, 17, 19, 27 and 30 and Jan. 2, 23 and 25. Call Mary Herbel at 785-462-3984, ext. 286.

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1-2:15 p.m. Thursday, Nov. 7**, 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.

SHARE sign up for the November distribution of food will be until **Friday, Nov. 8**, at the Sherman County Health Department, Harvest America, the Regional Prevention Center or the Kanorado Senior Center. **Pick up** will be **Saturday, Nov. 23**, for the November distribution.

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.

The Goodland High School Vocal music department will perform the musical **"Pirates of Penzance"** at **7 p.m. Friday, Nov. 15**, and **Saturday, Nov. 16**, and at **2 p.m. Sunday, Nov. 17**, in the high school auditorium. Tickets go on sale Monday, Nov. 4.

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**. Anna Seeber Shaw's watercolors, gouache and pastels will be on display from Sunday until Nov. 30.

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.

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. aero-

bics 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

Admission to the **Prairie Museum of Art and History** will be free from **1-5 p.m. Central Time Sundays** 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.

Training for new Client Assessment, Referral and Evaluation assessors in northwest Kansas will be held from **8:30 a.m.-4 p.m. Central Time Thursday, Nov. 7**, in the board room on the second floor of the Sunflower Electric Building, 301 W. 13th, in Hays.

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

school activities

Thursday: Gold day. Seminar — STUCO and GRACE. DECA Fall Conference at Emporia. Varsity football 6:30 p.m. here versus Scott City. Musical practice evening in the auditorium. **Friday:** Black day. State volleyball. Jr. High Dance high school gym sponsored by Yearbook. Musical practice evening in the auditorium. **Saturday:** State cross country at Wamego. KASSP at Wichita. State volleyball at Salina. **Sunday:** KASSP at Wichita.

school lunch menu

Thursday: Cooks' choice. **Friday:** Chicken nuggets, savory rice, green beans, 1/2 banana and milk.

senior center menu

Thursday: Chili, California mixed vegetables, cook's choice fruit, crackers and cinnamon roll. **Friday:** Beef and noodles, California blend vegetables, pears, bread and fruit cobbler.

health department

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

Thursday: WIC in Colby. **Friday:** Scheduled appointments.

Flu shots for the general public. Appointments recommended. Children's physicals, immunizations, fasting blood sugar and hemoglobin, 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

Oct. 30, 1902: Nothing should be taken for granted this year. It is your duty to help continue prosperity. Vote

early on Nov. 4, and bring a neighbor along too. From *The Goodland News*, provided by the Sherman County Historical Society.

card shower

David Hans Schilling, formerly of Goodland, is celebrating 90 years of life. In remembrance of this special milestone, David will be honored with a 90th birthday bash and card shower from 2-4 p.m. Saturday, Nov. 9, 2002, at the Westy Community Care Home in Westmoreland. While David requests no gifts, he asks to be blessed with your presence and your memories of the times you've spent together.

Cards may be mailed to David Schilling, c/o Misty Bearman, 105 E Valley No. 19, Wamego, Kan. 66547.

pet award

Any animal who has provided **distinguished service** or has performed in an extraordinary manner on behalf of an individual or a community during 2002 may be **nominated for pet of the year**.

The winning pet will be honored during ceremonies at the Kansas Veterinary Medical Association's annual convention Saturday, Jan. 11, at the Airport Hilton in Wichita.

Send nominations with a description of meritorious conduct in 100 words or less by Thursday, Nov. 21, to 2002 Pet of the Year; in care of Dr. Vern Otte, chairman; Kansas Veterinary Medical Association's Awards Committee; 816 SW Tyler, Suite 200; Topeka, Kan. 66612-1635; or fax 785-233-2534.

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.

blue star flag

The Goodland Elks Lodge is starting the **Blue Star Flag Program** to honor those serving in the armed forces now in the war against terrorism. Area families are invited to **send information about sons, daughters or spouses currently on active duty in the armed forces**.

Mail information to Zona Price, Secretary; Goodland Elks #1528; Box 146; Goodland, Kan. 67735. Include the name of the active serviceman/woman, branch of service, rank, current base or ship and the relationship

to family here.

After this information has been obtained, blue star flags/banners will be ordered to be presented to the family and a public function will be planned for the presentation.

This program was used during World War II as a way to honor the men and women serving at that time.

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.

Bridal Registry

Jessica Kashka
and
Darren Kannady

January 18, 2003

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Family gatherings at holidays often cause stress

Dear Plain Sense: I dread the holiday season primarily because of all the family obligations.

My husband and I have to spend a lot of time with several people we avoid all year long, especially my uncle who is so argumentative. I come home feeling so discouraged after these family get-togethers

It's no wonder that people feel stressed out over the holidays, especially when the anticipation of the holiday season begins with Christmas decorations that are put up before Halloween.

Families begin to plan get-togethers and expect those celebrations to be full of love and harmony. But thinking the holiday season will be perfect, or at least an improvement over other times of the year, is not realistic.

Getting along with all family members is not always easy, and that probably isn't going to change just because



high plains mental health

• plain sense

of the holidays. Feeling pressured to spend time with someone you usually avoid is very difficult, especially if it is at the end of a long trip and you have to stay for a day or two.

When you do get along, that time together becomes an enjoyable opportunity rather than an obligation.

Holidays use to be more of a community event; the first Thanksgiving was a celebration of an abundant harvest, assuring survival of a way of life and of friends and neighbors.

Christmas, too, was emphasized with social gatherings, singing and

caroling in the streets, and grand parties for adults. Over the last century, however, these special holiday celebrations have become more family oriented, with an emphasis on family-centered events, rituals

and traditions. When those are missing, when we don't have that "It's a Wonderful Life" kind of holiday, emotions can become overwhelming.

Be realistic. The holidays are not going to make up for the rest of the year when family members avoid each other because of tension and disagreements. When you do get together, recognize that those feelings are not go-

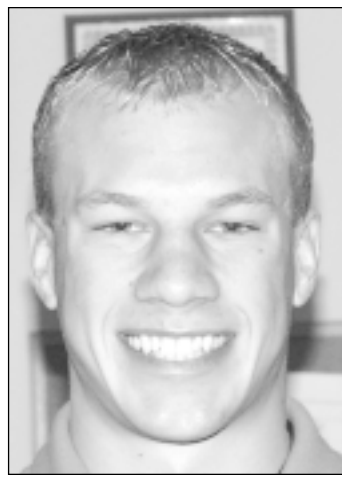
ing to automatically change. You don't have to pretend that all is well, but you don't have to make an issue out of it either. And when you do get back home, be sure that you and your husband plan for time with family and friends whom you enjoy.

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, KS 67601. Internet site: www.highplainsmentalhealth.com.

student of the week



Name: Alan Cebula
Parents: Stan & Gwen Cebula
Grade: Senior
Age: 17
We've nominated this student because: Alan has done

a superior job in the Calculus classroom. His attitude, work ethic, desire to learn, and his thought processes are Alan's strengths in the classroom.

Student Comment: I will always remember the great times I had with my friends.

Activities involved in at school: FCCLA, NHS, G-Club, Football, Electric Car Team, X-Pressos, Band, Jazz Band, Math Relays.

My choice of movies, books, and games: I enjoy watching action movies, listening to any music except country, reading Michael Crichton books, and playing leap frog.

After I leave Goodland High School I intend to ...: Pursue a degree in Engineering.

And 10 years from now, I think I'll be ...: Living happy.

Favorite Quote: "The most wasted day of all is that on which we have not laughed."

- Sebastian Roch Nicholas Chamfort

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SPECIALTY CLINIC CALENDAR

Allergy Dr. Rumblyrt	Nov. 21	8:30 - 2:00
Anesthesiology Gary Kliewer, CRNA-ARNP		
Audiology L. Young, MA, CCC-A	Nov. 13	8:30 - 12:00
Cardiology Dr. Godfrey	Nov. 6 Nov. 21	8:30 - 4:30 2:00 - 4:30
Colorectal & Laparoscopic Surger Dr. Frankum	Nov. 4	
Dermatology Dr. Kornfeld	Nov. 22	11:00
Dietician Cardio/Pulmonary Rehab & Diabetic Consulting Tim Porter, MA, RD, LD, CHES	Nov. 21	Appts. (785) 346-0366
Ear/Nose/Throat Dr. Barron	Nov. 13	8:30 - 12:00
Gastroenterology Dr. Jones	Nov. 21	8:45 - 3:00
General Surgery Dr. Frankum Dr. Robinson	Nov. 4 Nov. 13	9:00-- 8:30 - 12:00
Neurology Dr. Mazowiecki	Nov. 6 Nov. 20	9:00 - 4:00 9:00 - 4:00
OB/GYN Dr. Womack Dr. Ryan	Nov. 13 Nov. 27	8:30 - 12:00 8:30 - 2:00
Oncology Dr. Rubinowitz	Nov. 6	11:30 - 5:30
Orthopedic Dr. Friermood Dr. Leo with Bob Allen, PA-C Dr. Reiss	Nov. 27 Nov. 13 Nov. 21	8:30 - 2:00 8:30 - 12:00 1:00 - 4:00
Podiatry Dr. Ouder Kirk	No November. Clinic	
Pulmonary Medicine Dr. Weisiger	Nov. 19 Nov. 27	8:30 - 4:00 8:30 - 3:30
Urology Dr. Abernathy	No November Clinic	
Vascular Surgery Dr. Roberts	No November Clinic	

NOVEMBER 2002 SPECIALTY CLINIC CALENDAR

Mon. Nov. 4	Dr. Frankum 9:00	Dr. Godfrey 2:00 - 4:30
Wed. Nov. 6	Dr. Godfrey 8:30-4:30 Dr. Mazowiecki 9:00 - 4:00 Dr. Rubinowitz 11:30 - 6:00	Dr. Reiss 1:00 - 4:30 Dr. Rumblyrt 8:30-2:00 Tim Porter, R.D. Appointments (719) 346-0366
Wed. Nov. 13	Dr. Barron Dr. Leo w/ Bob Allen, PA-C Dr. Robinson Dr. Womack 8:30-12:00	Fri. Nov. 22 Dr. Kornfeld 11:00 Wed. Nov. 27 Dr. Friermood Dr. Ryan Dr. Weisiger 8:30 - 2:00
Tues. Nov. 19	Dr. Weisiger 8:30-2:00	
Wed. Nov. 20	Dr. Mazowiecki 9:00 - 4:00	
Thurs. Nov. 21	Dr. Jones 8:45 - 4:00	Thurs. Nov. 28 THANKSGIVING

Haunted House!!!!

Sponsored by the Northwest Kansas Technical College
Location is in the basement of the student union.
October 28-30 from 5 to 9 p.m.
Money and nonperishable food donations are needed to enter.
All proceeds will be given to the Genesis Holiday Baskets.

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