

# Christmas baking, candy making dropped for funeral

The holidays are about over, and we had a wonderful Christmas. I got slowed down a little on my baking and candy making plans, but there was no way I would have missed Inace's services or other gatherings with her family.



**sally michael**

• brewster beacon

We were struck by what a nice family the Parker family is. They came from good stock, and it shows. One thing no one could doubt, that lady that was the head of the family was well loved. The neat thing about it all is Inace knew her family cared for her. So, to all of you out there with aged parents and grandparents, be sure to give them an opportunity to show you their love.

We are still finishing the leftovers from our Christmas meal. Our youngest son and family, Barry and Kim and Rebekah and Andrew, were here from Salina. Our daughter from Hays was here with her husband and kids.

David had to go back a day early, but Beth and Nathaniel and Corinne were able to stay an extra day.

Barry and Kim went home Christ-

mas night and then left for Lincoln for the other grandparents on Thursday. Traveling with young kids is definitely a challenge, and they are putting plenty of miles on the car. We are sure glad they all came for the special day. Phone calls from the ones who couldn't be with us were quite welcome too.

After church on the 22nd, our church family all traveled to Oakley's Colonial Inn for a special holiday gathering, and it was a fun time. There are certainly a lot of goodies still on the cabinet, and I can attest that there are some tremendous cooks in this area. I can't figure out why everything that tastes so good has to have so many calories, though.

Everyone was planning a lot of vis-

its for Christmas, so I hope I have some to report on after I get back to the senior center tomorrow. I took an extra day off thanks to Nancy Hawkins and Joyce Crabtree minding the center. They've been busy working on jigsaw puzzles, and some of them are real challenges.

It had been a while since Barry had been here and driven around town. The sight of Stuckey's being gone really seemed to bother him. I'll bet he wasn't the only one returning that felt an emptiness when they saw the ash piles. I still feel a twinge when I see them and hope something will replace the missing building.

It's just a small scale of what the people in New York must feel when they see that enormous, gaping hole where the Twin Towers once stood.

It sounds like several areas were blessed with some moisture over Christmas, and I am happy they were. I will be glad when it is our turn, and

seeing that the snow was so close makes me feel like it won't be long before we can have some of our own.

Saturday afternoon, there was a surprise birthday reception for Lucille Lewallen at the Lutheran Church. Roger and I made plans to stop in to wish this very nice lady a happy no. 80 year.

Lucille's daughter, Paula Fox, brought some of her family by the center Friday. Cliff and Paula brought their daughter, son-in-law and grandson in so they could see where the folks hang out.

The son-in-law has just returned after a flight to Kuwait and is home in Las Vegas for a while. I didn't catch his name, but it impressed me that these young people are so alert and ready to go where necessary and do what they are asked to do to keep all our families safe.

Maybe this stood out a little more than normal because I had just received a photo album that had some clippings about World War II. Included were articles that included letters from my brothers, Smitty and Bob, who were in the Pacific at the time. One was in the Coast Guard, and the other was in the infantry. I remember those times with the memory of a child, but even I remember the courage that those military

personnel showed. The letters are a treasure to me, and I am in the process of having them restored, so my children and grandchildren can read about their uncles and a little bit of what war is like.

Well, I got a little off track, but we get back on long enough to wish our good friend Lucille a very happy birthday and a year ahead full of blessings and good memories. I will have a report about the family members that I am looking forward to meeting in the next column.

When I went to the post office a few minutes ago, I took a quick drive around town, and it looks like there are a lot of kids who came home to see the folks.

Lore Depe has some of her boys here, and I know that is her favorite thing. It looks like Jane Keck has family here, and since she just hurt her ankle, I know she will enjoy having someone around even more than usual.

Ruth and Duane Jones drove to Greeley on Saturday to spend Christmas with their daughter and family, Linda and Larry Hoffner, Brad and Melissa Hoffner and children and Eric and Crystal Hoffner and Logan. They returned home on Thursday. It sounds like they were able to enjoy the great-grandkids and learn how to play the

new games the kids got.

George and Roberta Luckert enjoyed the day at their son Don's home with their daughter Marilyn and Peter Peters and granddaughter Zanae Wright and two great-grandkids from Colorado.

There have certainly been a lot of goodies brought into the senior center this season, and if you come in and sit a spell, I'll bet you will be able to sample them. We thank Kit Boudreau for sending the doughnuts over as a special treat. I've been trying to call and thank her, but I've gotten a busy signal.

Pat (Allison) Wright of Oberlin stopped in for a few minutes on the day she was here for Inace's service. It sounds like John and her are keeping very busy, although it has been a rough year for them too. They lost their aunt, Fern, early on and then Pat's mother Mariam passed away.

A happy new year to each of you! It sounds like there are a lot of things in store for us, but we have a great country with good leaders, so let's pray for wisdom and strength for them.

A special new year's wish for Smitty and Kay and Harriett and Thurl and all our family. It was great to see you last week, and I look forward to the next time. That's it for this year.

## matters of record

### Municipal Traffic

The following traffic cases were handled by the Goodland Police Department:

**Dec. 2** — Danny Ray Fisher, 27, of Goodland was fined \$286 for obstructing the legal process.

**Dec. 3** — Mathew A. Windell, 18, of Kanorado was fined \$86 for careless driving.

**Dec. 9** — Benjamin D. Haydock, 22, of Ashland was fined \$80 for speeding, 31/20.

Melvin Kent White, 42, of Sharon Springs was fined \$76 for illegal registration.

**Dec. 10** — Dax A. Webring, 29, of Goodland was fined \$56 for dog at large.

**Dec. 11** — Paul A. Nesdahl, 28, of Burlington was fined \$136 for shoplifting and was ordered to pay \$15 restitution.

Cynthia Workman of St. Francis was fined \$336 for no proof of insurance.

Jason W. Gilbert, 21, of Goodland was fined \$136 for theft and was ordered to pay \$4 restitution.

Leandra R. Johnson, 20, of Goodland was fined \$76 for improper passing.

**Dec. 12** — Tara E. Ballentine, 29, of Wallace was fined \$104 for speeding,

47/30.

Chris Baumfalk, 14, of Goodland was fined \$86 for careless driving.

**Dec. 13** — Michael D. Schields, 17, of Goodland was fined \$136 for exhibition of speed and \$50 for careless driving.

### Goodland Police

The following crimes were reported to the Goodland Police Department:

**Dec. 16** — J. I. Case Credit Corporation of Racine, Wis., reported a burglary and \$14,000 criminal damage to a 1997 Case Combine at 124 W. Hwy. 24.

Justin D. Donovan and Brian K. Connors reported \$320 criminal damage to an entry door at 1623 Montana.

**Dec. 17** — Matthew P. Schmitz was arrested for possession of marijuana, possession of drug paraphernalia and driving under the influence at Eighth and Cherry.

Kaleb M. Brzon and John E. Walker were arrested for disorderly conduct against David A. Becker and Cary D. Amos at 500 E. Eighth.

**Dec. 19** — Christopher J. Gary was arrested at 718 Eustis on a bench warrant, failure to comply.

Tracy L. Peters reported a burglary and the theft of a \$115 CD player from a vehicle at 509 Caldwell.

**Dec. 21** — Vicente R. Garza was

arrested at 208 Caldwell on a bench warrant, failure to comply.

Lacy J. Potterf reported a burglary and the theft of a \$215 speaker and speaker box from the garage at 426 W. Hwy. 24.

Wesley L. Phillips was arrested at 223 E. First on a bench warrant, failure to comply.

Rustin L. Leiker reported a burglary theft of guns, a computer, Play Station and other items, total value \$3,300, and \$75 criminal damage to a window at 804 Walnut.

**Dec. 23** — Cindy Yarger and James Yarger reported the theft of a purse from a shopping cart at Wal-Mart. The purse contained credit cards, cash, etc., total value of \$715.

**Dec. 24** — Eliza A. Garcia reported \$70 criminal damage to Christmas decorations at 621 W. 11th.

**Dec. 25** — Reyna I. Hernandez was arrested for criminal trespass against Evelyn M. Hernandez at 802 Center.

Roy Nix was arrested for battery and disorderly conduct against Donna F. Edwards and Mary J. Edwards and criminal damage against Donna at 518 W. 15th.

**Dec. 26** — Melinda Benavides reported the theft of \$160 worth of jewelry at 311 W. 12th.

## Many fail at New Year's resolutions

Another new year is upon us, and most people are planning to make changes for the better in regards to their health and/or spending habits.

Most will start out with intentions to stop smoking, diet or put more money into savings. In spite of these great resolutions, most people will fall back into their old, less desirable habits by the first of February.

Why is it that people abandon those New Year's resolutions? One reason is that it is very easy to make those plans following the holidays, after having indulged in food, wine and gifts. But within a couple weeks, the real work begins; that of commitment and change. Too many people want results quickly and soon become discouraged.

Here are some suggestions for sticking to those resolutions:

- Be realistic, not only in what to change, but also in the fact that permanent change takes time and self-discipline. Thus, it is necessary to set goals that are reasonable.



high plains  
mental health

• plain sense

• Don't procrastinate; now is as good a time as any to begin to make changes.

• Focus on changing behavior rather than the attainment of a goal. For instance, rather than looking at the pounds lost on the scale, look instead at the number of days the diet and exercise plan have been followed.

• Accept that you are not perfect. You are going to give in to temptation now and then, just don't let transgressions result in giving up on the long-term goal.

Remember, changes in habits and behavior require a lot of work and effort! So give yourself a break now and then; relax with a good book or movie, a soothing bath, or take a walk just to

enjoy nature.

Allow time and opportunity for the appropriate expression of feelings and emotions; when feeling discouraged, it usually helps to talk to others. Take good care of yourself — eat nutritious food and get plenty of rest and sleep. A little personal stress reduction will help in continuing the work of meeting those resolutions of the new year.

*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 Seventh, Hays, Kan. 67601. Internet site: www.highplains-mentalhealth.com.*

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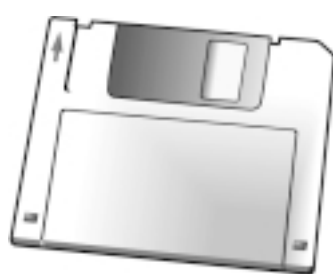
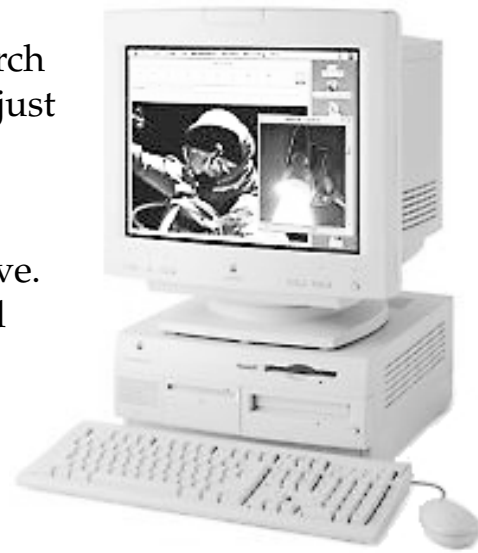
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