

# about our friends

## today in history

**Jan. 31, 1903:** C.M. Millisack represents Goodland merchants at the fourth annual convention of Kansas grocers and general merchants which was held in Topeka.

**Feb. 1, 1903:** Smoky — A.J. and P.J. Hartzler, R.C. Martin and J.R. Eicher sold their broom corn this week. They got the highest prices paid in the county for broom corn this year.

John Brown and A.J. Hartzler have been trading calves because they couldn't find anything else to do.

Some of the people have been putting the foundation under the church building which they moved down here from Edson last fall.

Mr. and Mrs. Fox and the young Foxes are wintering well considering the cold weather we have had.

From weekly issues of *The Goodland News*, provided by the Sherman County Historical Society.

## 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.** Elementary School Art Show will be on display at the center beginning Sunday, Feb. 2. The show is also open to home school students. Bring art to the center.

**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.**

## calendar

The **"Little Cheerleaders"** will perform at **half time** of the basketball game **tonight.**

**Health fair** will be **Saturday** at the Goodland Activities Center. The Topside Lions will sponsor the Kansas Lions Screening Bus for hearing and visual screening at no charge; Osteoporosis Services from Topeka will offer osteoporosis screening for a fee; and the Goodland Police Department will be doing IDENT-A-KID from 8-11 a.m.

The **Christian Youth Fellowship annual groundhog dinner** will be from **11 a.m.-1:30 p.m. Saturday** at the First Christian Church, Eighth and Arcade. Biscuits, gravy, sausage and pie will be served. Proceeds will go to youth service projects and education.

**Project Graduation 2003** will meet at **7:30 p.m. Monday** in the high school cafeteria. The parents of seniors who are helping with the project are encouraged to attend. Committees need to bring their estimated costs.

The **kindergarten concert** scheduled Tuesday has been postponed to **Monday, Feb. 10.** It will be at **7 p.m.** in the high school auditorium.

The **Word of Life Foursquare Church**, 10th and Clark, will have the first monthly **K.W.A.M!** session at **7 p.m. Wednesday.** K.W.A.M! stands for Kids With a Mission and will last one hour and 15 minutes and will include puppets, prizes, games and excitement. Kids in first through fifth grades are invited.

**Early Iron of Western Kansas** car club will have it's first meeting of 2003 from **6:30-8:30 p.m. next Thursday** at the Veterans of Foreign Wars card room. New members are welcome.

Jodi Tubbs of the **Kansas**

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**

**Commission on Veterans Affairs** will be in Goodland from **1-2:15 p.m. Thursday** 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.

A non-denominational **Bible talk** will be held from **7-8 p.m. Thursdays, Jan. 30 and Feb. 6, 13 and 20,** at Goodland High School. No collections. All ages welcome.

The **Girl Scouts** will be **selling cookies until Friday, Feb. 7.** The cookies will be **delivered between Tuesday, Feb. 25, and Friday, March 14.** Less than a third of the price is for the cookies; the rest goes to local girl scout troops. If a girl scout doesn't contact you, call Jackie Buller at 899-6547.

The **Goodland After-5 Club**, affiliated with the Christian Business and Professional Women, is having Linda Hayden as the speaker and musician at their **"A New Song," dinner party from 7-8 p.m. Monday, Feb. 10,** at the Butterfly Cafe at Renner Field. There is a charge for dinner. Call Lori Titus at 899-3828 or Carol Tupper at 899-5955 for reservations.

**SHARE sign up** for the February distribution of food will be until **Monday, Feb. 10,** at the Sherman County Health Department, HarvestAmerica, the Regional Prevention Center or the Kanorado Senior Center. **Pick up** will be **Saturday, Feb. 22,** for the February distribution.

## school activities

**Saturday:** JV-V basketball 3 p.m. at Hugoton, depart 10 a.m. Cheerleaders depart 10 a.m. NWKL wrestling 8:30 a.m. at St. Francis, depart 7 a.m. Jr. Cowgirls basketball 9 a.m. in the Max Jones Fieldhouse.

**Sunday:** Open gym 1-3 p.m. Max Jones Fieldhouse. Junior olympic volleyball 1-3:30 p.m. in

Pounds Sensibly meets at **5:30 p.m. Mondays** at the Good Samaritan Center. Enter the east door on Center Ave. 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.

the junior high gym. Taylor's basketball team practice 5-6:30 p.m. in the high school gym. Knights of Columbus free throw 1-3 p.m. in the high school gym.

**Monday:** Project Graduation meeting 7:30 p.m. in the cafeteria, JV basketball tournament at Colby: girls vs. Scott City at 4 p.m. and boys vs. Scott City 5:30 p.m., both games in the elementary gym. Dismiss 2:15 p.m., depart 2:30.

**Tuesday:** Gold day. Seminar — AFS. JV-V basketball vs. Hoxie 5 p.m. here.

**Wednesday:** Black day. FCCLA district elections at Quinter. City/county recreation sports 7:30 p.m. in the Max Jones Fieldhouse and junior high gym.

**Thursday:** Gold day. Seminar — DECA. Regional scholar bowl at Clay Center. JV basketball tournament at Colby: girls at 4 p.m. and boys at 5:30, dismiss 2:15 p.m., depart 2:30. City/county recreation 7:30 p.m. in the high school gym.

**Friday, Feb. 7:** Black day. Basketball vs. St. Francis here: "C" girls 3:45 p.m. JV-V 5:30. FCCLA Money Grab during half time of boys' game. Senior parent night. JV-V wrestling 5:30 p.m. at St. Francis, depart 3:30 p.m., cheerleaders depart 4 p.m.

## seniorcenter menu

**Monday:** Macaroni and cheese with smokies, peas, apricots and bread pudding. **Tuesday:** Roast beef, mashed potatoes and gravy, carrots, dinner roll and mixed fruit. **Wednesday:** Bie-rock casserole, cook's choice vegetables, cinnamon apples, bread and peanut butter bars. **Thursday:** Turkey, sweet potato casserole, corn, bread and ambrosia fruit salad. **Friday:** Cook's choice entree, broccoli/cheese casserole, peaches, rolls and blueberry coffee cake.

**Goodland Women of Faith** will not meet until the Spring Fling in April. Watch for upcoming information.

**Big Brothers/Big Sisters** of Sherman County is seeking mentors and children to mentor. Call 899-3665.

## area events

The **Kansas State Research and Extension** is having **irrigation school from 9 a.m.-4 p.m. Central Time Tuesday and from 8 am.-4 p.m. Wednesday at City Limits in Colby.**

**Basics of precision agriculture** will be from **9 a.m.-4 p.m. Central Time Thursday, Feb. 20,** at the 4-H building in **Hill City,** and **soil and nutrient management** will be from **9 a.m.-4 p.m. Central Time Friday, Feb. 21,** at the 4-H building in **Hoxie.** RSVP to Brian Olson at 785-462-6281. There is a charge for some of the programs.

The Oberlin Arts and Humanities Commission is having a **circus at 2 p.m. Central Time Sunday, Feb. 9,** at the **Oberlin Civic Center Gateway.** The arena will house the professional "Bungling Brothers" paper mache' circus animals from Norton; Richard Renner, the "Vodvil Klown," will do a Slapstick Circus show; and SpinMaster Brent Dellinger will "wow" the crowd in the theater at 3 p.m. with his award-winning yo-yo skills. Admission is by season ticket or at the door. Call Mary at (785) 475-3329 or Ella, (785) 475-3557.

The **McCook Optimist Club's** 11th annual **MAC Attack Youth Basketball Tournament** will be **Saturday and Sunday, March 29 and 30,** for fourth, seventh and eighth grade boys and girls and **Saturday and Sunday, April 5 and 6,** for fifth and sixth grade boys and girls. **Entries must be received by Monday, March 10.** Call event chairman Bob Elder at 308-345-4296 or the club president Craig Olsen at 308-345-1575.

**Citizens Medical Center in Colby** is participating in the Health Careers Foundation **Scholarship Loan Program** for the 2003-04 school year. Interested students need to **pick up applications** at the center by **Friday, March 28, and turn them in by Tuesday, April 1.** Fields of study include dietetic, medical records/transcription, medical technology, nursing, occupational therapy, pharmacy, physical therapy, radiology, respiratory therapy and speech pathology.

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.

## health department

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

**Monday:** Scheduled appointments. **Tuesday:** Technical college 9-10:30 a.m. **Wednesday:** WIC in Goodland. Scheduled appointments. Blood pressures 9-10:30 a.m. at Wheat Ridge Acres. **Thursday:** Office closed 8-9 a.m. for a staff meeting. WIC in Goodland 9 a.m.-4:30 p.m. Scheduled appointments and voucher pickup. **Friday:** Scheduled appointments.

Infants' and children's immunizations, physicals, fasting blood sugar, cholesterol 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.

## cancer society

The American Cancer Society has declared the start of Daffodil Days, and members are selling daffodils to support research grants. Since daffodils are often recognized as a sign of spring and a symbol of hope, the society has chosen the flower to represent hope for a county free of cancer. Call Sherida Shoff at 899-5611 or 899-5047 to buy daffodils by the case, half case or bouquet by Thursday, Feb. 20.

## obituary

### Clarence Cogdill

Clarence L. Cogdill, 93, of Goodland died Thursday evening, Jan. 30, 2003, at the Goodland Good Samaritan Center. Services are pending with Bateman Funeral Home in Goodland.

# Several signs indicate teen-age depression

What are some serious signs of teen-age depression?

A change in appetite and sleep patterns, loss of interest or enjoyment in usual activities, prolonged sadness, withdrawal from friends, feelings of worthlessness, lack of energy, and poor school performance are all signs that should alert you to a problem that may need professional counseling, especially if they persist and don't improve with encouragement.

Teenage depression is a disorder occurring during the teen years marked by persistent sadness, discouragement, loss of self-worth, and loss of interest in usual activities.

Depression can be a transient response to many situations and stresses. In adolescents, depressed mood is common because of the normal maturation process, the stress associated with it, the influence of sex hormones and conflicts with parents while teens seek their independence.

It may also be a reaction to a dis-



## cris lovington

- prevention center

turbing event, such as the death of a friend or relative, a breakup with a boyfriend or girlfriend, or failure at school.

Adolescents who have low self-esteem, are highly self-critical and who feel little sense of control over negative events are particularly at risk to become depressed when they experience stressful events.

True depression in teens is often difficult to diagnose because normal adolescent behavior is marked by both up and down moods, with alternating periods of feeling "the world is a great place" and "life sucks." These moods may alternate over a period of hours or days.

Persistent depressed mood, faltering school performance, failing

relations with family and friends, substance abuse, and other negative behaviors may indicate a serious depressive episode. These symptoms may be easy to recognize, but depression in adolescents often manifests very differently than these classic symptoms. Excessive sleeping, change in eating habits, even criminal behavior (like shoplifting) may be signs of depression. Another common symptom of adolescent depression is an obsession with death, which may take the form either of suicidal thoughts or of fears about death and dying.

Long-term depressive illness usually has its onset in the teen or young adult years — about 15 to 20 percent of American teens have experienced a serious episode of depression, which is similar to the proportion of adults suffering from depression.

Adolescent girls are twice as likely as boys to experience depression. Risk factors include stressful life events, particularly loss of a parent to death or divorce; child abuse; unstable care giving; poor social skills; chronic illness; and

family history of depression.

Periods of depressed mood are common in most adolescents. However, supportive interpersonal relationships and healthy coping skills can help prevent such periods from leading to more severe depressive symptoms. Open communication with your teen can help identify depression early.

Teen-age suicide is associated with depression as well as many other factors. Depression frequently interferes with school performance and interpersonal relationships.

Teens with depression often have other psychiatric problems, such as anxiety disorders. Depression is also commonly associated with violence and reckless behavior. Drug, alcohol and tobacco abuse frequently coexist with depression.

Call your health care provider if one or more warning signs of potential suicide are present. Although there is no one type of suicidal person, be alert to the following signs:

- withdrawal, the urge to be alone, isolation.
- moodiness.
- personality change.
- threat of suicide.
- giving most cherished possessions to others.

Never ignore a suicide threat or attempt!



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<p>www.goodlandnet.com/movies</p>		

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