

patient news

Joan Finders is in the hospital in Littleton and would like to receive cards from her friends. Her address is Life Care of Littleton, Room 106A, 1500 W. Mineral Ave., Littleton, Colo. 80120.

activities

Tours of the 1907 Victorian House at 202 W. 13th are from 1 to 5 p.m. Wednesday through Monday.

The High Plains Museum, 1717 Cherry Ave., is open from 9 a.m. to 5 p.m. Monday through Friday and from 9 a.m. to 4 p.m. Saturday.

The Carnegie Arts Center is open from 10 a.m. to 5 p.m. Tuesday through Friday and from 1 to 4 p.m. Saturday and Sunday 120 W. 12th.

The Goodland Public Library is open from 10 a.m. to 7 p.m. Monday through Thursday and from 10 a.m. to 5 p.m. Friday and Saturday. Story Hour on Wednesdays will be a group at 10 to 11 a.m. and one at 2:30 to 3:30 p.m. Thursday group will meet at 10 to 11 a.m. These groups are for children ages three to five. On Friday's we will have Born to Read for infants and toddlers ages zero to three, accompanied by a parent or caregiver. For questions call Marcy Melia at 899-5461.

Big Brothers/Big Sisters of Sherman County is seeking mentors and children to mentor. Call 890-3665.

Goodland Mothers of Preschoolers (MOPS) will meet from 6 to 7:30 p.m. the first Monday of the month at the First Christian Church, Eighth and Arcade.

The Sherman County Alzheimers and Dementia support group will meet 7 p.m. on the second Tuesday of each month at Good Samaritan Society, 208 W. 2nd.

Diabetes Support Group meets at 4 p.m. the last Tuesday of each month in the large board room at Goodland Regional Medical Center. Patients, family and friends meet each month for a speaker and educational program. Call Sarah Linton at 890-6044.

Breast Cancer Support Group meets at 5 p.m. the first Monday of the month. Any woman with cancer is welcome. Call Cheryl at 890-5528 for more information.

Emotions Anonymous meets at 7:30 p.m. Wednesdays at the Goodland Regional Medical Center board room.

Aerobics Classes - 5:30 a.m. aerobics classes are offered Monday, Wednesday and Friday at the Goodland Activities Center. Call 890-7242.

TOPS Meetings - Take Off Pounds Sensibly meets at 5:30 p.m. Tuesdays at North Elementary School. Weigh-in is at 5 p.m. A new group may be started and meet at a different time. Call Norma Mullen, area captain, at (785) 689-4362.

Alcoholics Anonymous S.O.S. Group holds open meetings at 7 p.m. Monday at the Trinity Lutheran Church, Seventh and Center, Burlington. Call Pamela at 719-346-7711 or Dave at 890-2858.

the calendar

calendar

Carriage ride tours of the Ennis-Handy House and the Carnegie Arts Center will be from 1 to 4 p.m. on Saturday and Saturday, Dec. 29 weather permitting. Afterwards enjoy a warm drink at the Grind and Gallery. Tickets are \$12 and available at the center or the house and the coffee shop. Proceeds will go the Sherman County Historical Society and Goodland Arts Council.

The Christmas Store at the Carnegie Arts Center is open

from Saturday to Monday from 1 to 4 p.m. and Tuesday to Friday from 10 a.m. to 5 p.m. The exhibit is by local artists and are Christmas and other items.

The free movie at 1:30 p.m. on Saturday and Sunday will be "Christmas with the Kranks" (PG) at The Sherman Theatre.

The First Baptist Church will have children's and adults' services at 9:30 and regular church services at 10:30 a.m. Sundays at Bateman Funeral Home, 11th and Broadway, while moving from Fifth and Center to 12th

and Main.

school calendar

Today: Black Day. Monday to Tuesday, Jan. 2: No school, winter break.

school menu

Today: Winter break. Monday to Tuesday, Jan. 2: No school, winter break.

senior menu

Today: Chicken Fajita salad or taco salad, five cup salad, crackers or tortillas and cherry crisp. Monday and Tuesday: No meal.

Goodland Alcoholics Anonymous meets at 8 p.m. Monday, closed meeting, Wednesday, the book meeting, and Saturday, an open meeting, at 1013 Center. For Alcoholics Anonymous, call Rob at 890-3023 or Linda at 399-2353.

Goodland Al-Anon Serenity Seekers group meets at 5:30 on Wednesdays at 1013 Center. For information call Cheryl at 890-3023.

The "Freedom Today" group of Narcotics Anonymous meets at 8 p.m. Tuesdays and 7 p.m. Saturdays at the Goodland Elks Lodge. Call 890-8369.

Fibromyalgia and Chronic Myofascial Pain Support Group meets from 6:30 to 8:30 p.m. the third Wednesday of every month in the Emergency Medical Services building, 257 15th St., in Burlington. Call Debbie at 719-346-4612.

area events

Prairie Museum of Art and History, 1905 S. Franklin, in Colby is open from 9 a.m. to 5 p.m. Central Time Tuesday through Friday and 1 to 5 p.m. Saturday and Sunday.

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

Benefits for Seniors, including Medicare and application for Patients Assistance Drug Program. Blood pressures; infants', children's and adult's immunizations; health assessments for Kan Be Healthy, daycare and school entry; fasting blood sugar and hemoglobin; family planning; and toenail clipping available by appointment. Sharps containers are available free. Call 890-4888.

If you have questions, concerns or complaints about child care, call the health department.

Water Testing - The Northwest Local Environmental Protection Group does well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the Health Department at 890-4888.

hospital volunteers

Gift shop hours are 9 a.m. to noon and 1 to 4 p.m.; a.m. and p.m. volunteers are in the gift shop.

Today: Mazie Sutton courtesy. Wednesday: Shirley Hayden a.m. and Sutton courtesy.

cell phone drive

Save a Life-Give a Phone collects used cell phones and refurbishes them to provide 911 access for domestic violence victims locally and nationwide, including all YWCA Domestic Violence Shelters. Phones are also provided to the elderly and others in need of an emergency cell phone. The group has a drop-off point at American Communications, 726 W. Business U.S. 24. Call Jeannie Topliff at 899-2426 or Candice at 866-448-2366.

thrift store

Anyone wanting to donate to the Goodland Churches Thrift Shop should call 899-2007 to arrange to meet by the door in the alley and take donations directly from the car to the warehouse.

The store needs zippered bags like those bedding and curtains are sold in, seal-a-meal bags or any bags that can be heat-sealed, and jewelry gift boxes.

alateen

A former Alateen member and an Al-Anon member have formed an Alateen support group that will meet from 6 to 7 p.m. on Mondays at 1275 W. Sixth in Colby. The group is for relatives and friends of alcoholics and is open to anyone 19 years old or under. Call 785-462-8152 or 462-6101.

tiny-k

Tiny-k Early Intervention Services, formerly the Early Intervention Networks, promotes development among infants and toddlers with special needs. The Northwest Kansas Educational Service Center in Oakley provides these services free of charge to children in this area. Services include speech, developmental, vision and hearing screenings to all children and physical/occupational therapy and developmental training to children who qualify. Call 785-672-3125, ext. 115.

preschool

Sherman County Head Start is a free preschool for eligible 3 and 4 year olds. The federally funded program is targeted to families who meet certain economic guidelines and provides hearing, vision, dental and educational screenings. Nutritious meals are served, and parents are encouraged to get involved in

their children's education.

Families interested in having their child in the program should call Carrie Starns at 890-2552 or go to Sherman County Head Start, 823 W. 11th.

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 in Hays has changed its name to Northwest Kansas Domestic and Sexual Violence Services and provides help day or night to victims of domestic violence and sexual assault. Weekly support groups are available in Hays. Support group for women's domestic violence victims/survivors is from 3:30 to 4:30 p.m. Central Time on Wednesdays; a men's domestic violence victims/survivors support group from noon to 1 p.m. Central Time Tuesdays; and a youth support group is available by appointment. A sexual violence victims/survivors support group in Hays and a domestic violence support group to meet in Colby are being formed. If interested in joining or for information or help, call (800) 794-4624. For time and location of youth support group, ask for Donna Munsch.

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 890-4570. Interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 821-4142 or 821-4146.

obituary

Robert K. McEvoy

Robert K. McEvoy, 83, Benkelman, Neb., a radio announcer in the early 1950s for KLOE Radio here and a former banker, died Thursday, Dec. 13, 2007, at North Colorado Medical Center in Greeley, Colo.

He was born Sept. 2, 1924, to Jack and Ann (Ewing) McEvoy in Benkelman and graduated from Benkelman High School. He served in the U.S. Navy and before that was in the merchant marines. He and Lodema (Dee) Lavell married Feb. 9, 1947, in Benkelman.

Mr. McEvoy started his banking career at the First National Bank in Goodland. He was president at the Bank of Brady in Brady, Neb., and at the Bank of Burwell in Burwell, Neb. Before retiring, he moved to Palisade, Colo., where he finished his banking career at the Palisade National Bank. In 2006, the couple moved to Greeley.

He was active in the Palisade Methodist Church. At each community, he was active in the Chamber of Commerce, the Masons and the Elks Lodge. He enjoyed reading, hunting and golf.

Preceding him in death were his parents; two brothers, Jack and Pat McEvoy; and a sister-in-law, Jerry McEvoy.

Survivors include his wife, of the home; a son, Michael (Carolyn) McEvoy of Palisade; a daughter, Ann (Charles) Henderson of Greeley; two grandchildren; and two great grandchildren.

Services will be in Benkelman. Memorial may be made to the Patty Durbonne Walter Nursing Scholarship Fund in care of the Colorado Nurses Foundation with a note explaining the donor's wishes to Corinne Koehler, treasurer, 7831 Lewis Court, Arvada, Colo. 80005. An online memorial is at www.mem.com.



McEvoy

Baby girl born in Denver hospital

Hayden Reyanne Slovacek was born on Sunday, Dec. 9, 2007, at Presbyterian St. Lukes Hospital in Denver. She weighed 4 pounds 11 ounces and was 16 inches long. Her parents are Garton and Ctaci Slovacek of Goodland.

Maternal grandparents are Pam Wittrock of Kingfisher, Okla. and Steven Wittrock of Okarche, Okla. Great grandparents are Carlene Gooden and the late George Gooden of Kingfisher, Okla. and John and Delores Stangle of Piedmont, Okla.

Paternal grandparents are Michael and Debra Slovacek of Booker, Texas. Great grandparents are Clive and Betty Slovacek of Beaver,



Hayden Slavacek

Okla. and Esther and the late Roy Garton of Booker, Texas.

Most feel lonely at some time in life

Most people feel lonely at some time in their life. It may be short term, such as returning home alone at the end of the day, or it may be of a longer duration due to a major life change or crisis. Feeling lonely may increase for some people during the holiday season, especially if family and loved ones are far away and not able to be together. For most people, feeling lonely passes quickly because they soon become involved with daily activities and with other family member, co-workers or friends.

However for many people, loneliness becomes an emotional state in which they experience strong feelings of emptiness, hopelessness and insecurity, which can then contribute to further isolation. Chronic loneliness can be a serious, life-threatening condition, contributing to increased risk of suicide. Loneliness can also play a part in alcoholism and antisocial behaviors and can have a devastating effect on the ability to function in everyday life.

The feelings associated with loneliness, including low self-esteem, make it difficult for some people to take the steps needed to move on. A personal commitment



high plains mental health • plain sense

to make behavior changes is required, particularly in regards to an effort to become more involved with others. During the holiday season many community groups, churches and clubs have planned activities that provide a comfortable setting and a good opportunity for social contacts.

Feeling lonely is a common human emotion experienced by everyone a various times throughout a lifetime. But when those feelings result in isolation or depression, it is time to seek additional help from a medical doctor, pastor or priest or mental health professional.

Contributed by Karen Schueler, manager, Prevention, Education and Outreach 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 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.



Lee and Ruby Tubbs now



Lee and Ruby Tubbs then

Couple to celebrate 50th anniversary

The family of Lee and Ruby (Runge) Tubbs wish to invite people to help them celebrate their 50th wedding anniversary from 2:30 to

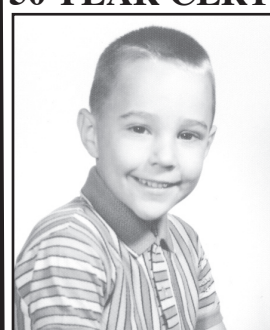
4 p.m. on Saturday, Dec. 20, 2007, at the Goodland Senior Center, 15th and Center.

The couple will renew their vows

in a private ceremony before the reception. They married on Dec. 28,

1957, at St. Paul's Lutheran Church in Burlington.

50 YEAR CERTIFICATE, JOHN BAKER



Simply the Best! You have successfully completed 1/2 century, 5 decades, 600 months 18,263 days, 438,312 hours, 26,298,720 minutes You are now ready for the rest of your life! Congratulations! We Love You! Big Sis Jean Ann and nieces, Stephanie and Samantha

Farm Credit of Western Kansas Financing ag for generations
 Jessica Vaughn, VP Credit
 Mondays & Wednesdays
 10:00 to 2:00 MT
 Frontier Ag Goodland
 785-462-1492
 www.fcwk.com

First United Methodist Church
 5:30 p.m. Christmas Eve Candlelight Service
 12th and Sherman Goodland, Kan.
 (785) 899-3631

Classifieds work! 899-2338

Got news? 899-2338