

patient news

Taylor Easterberg, 8-year-old son of Shane and Michelle Easterberg, remains in Children's Hospital of Aurora, Colo., battling a rare form of leukemia. His hospital stays are long and demanding. Shane Easterberg is a 1991 graduate of Goodland High School. Cards may be sent to The Children's Hospital c/o Taylor Easterburg, PICU Room #21, 13123 East 16th Avenue, Aurora, Colo. 80045.

activities

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

The High Plains Museum, 1717 Cherry Ave., is open from **9 a.m. to 5 p.m. Monday through Friday, from 9 a.m. to 4 p.m. Saturday and from 1 to 4 p.m. Sunday**.

The Carnegie Arts Center is open from **10 a.m. to 5 p.m. Tuesday through Saturday, 1 to 4 p.m. on Sunday and 1 to 6 p.m. on Monday** at 120 W. 12th. The center is always in need of hosts and hostesses from on Sundays. New monthly exhibits and you are invited to visit the gift shop.

The Goodland Public Library is open from **10 a.m. to 8 p.m. Monday through Thursday** and from **10 a.m. to 5 p.m. Friday and Saturday**. Story Hour for preschool kids, ages 3 to 6, are Wednesday mornings 10 to 11 a.m., Wednesday afternoon 2:30 to 3:30 p.m. or Thursday morning 10 to 11 a.m. For information call (785) 899-5461 or stop by the library.

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** from September to May at the First Baptist Church, 12th and Main.

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 **5:30 p.m. the second 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.

The Goodland Activities Center has the following activities. Monday: 5:30 a.m. aerobics with Tena Tompkins and 5 p.m. taekwondo. Tuesday: 6 a.m., boot camp style aerobics with Tiffini. Wednesday: 5:30 a.m. aerobics with Tena Tompkins, starting at 4 p.m. taekwondo classes and 5:30 p.m. aerobics with Lisa Malsom. Thursday: 6 p.m., boot camp style aerobics with Tiffini. Friday: 5:30 p.m. aerobics with Tina Tompkins and starting at 5 p.m. taekwondo classes. For information call 890-7242.

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.

Goodland Adult Children of Alcoholics meets at **6 p.m. on Fridays** at 1013 Center. For information call Laura or Marilyn at 821-4277 or 821-2862.

The "Freedom Today" group of **Narcotics Anonymous** meets at **8 p.m. Tuesdays and 8 p.m. Fridays** at 1013 Center. Call 890-8369.

Bird City Alcoholics Anonymous group meets at **6:30 p.m. (Mountain Time) on Fridays** at the Senior Center on 4th Street. **Narcotics Anonymous** meets at **6:30 (Mountain Time) on Tuesdays** at the Senior Center. Call (785) 734-2734 for more information.

the calendar

calendar

Prairie Land Food sign up will be until Monday, Jan. 18. Distribution is from 10 to 11 a.m. on Saturday, Jan. 30, at the Goodland Elks Lodge back door. For information call 821-4364 pr 899-8281 or order online at www.prairielandfood.com.

The Tuesday Flick for this week is "The Greatest Game Ever Played." (2005) at **1:30 p.m. on Tuesday** at the Goodland Public Library., 812 Broadway. Next week's movie is "Follow Me Boys" (1966). These are movies for adults.

For assistance with comparing plans for the open enrollment for the **Medicare Prescription Drug Program** call the Sherman County Health Department at (785) 890-4888 or call Carol Guyer at (785) 899-5908 or (785) 821-1626. Open enrollment runs until Thursday, Dec. 31.

senior menu

Today: Salmon loaf or patties,

winter mix vegetables, gelatin with carrots and pineapple, bread and fruit crisp. **Wednesday:** Cheeseburger upside down pizza, corn, Mandarin oranges and pudding. **Thursday:** Ham, sweet potatoes, cole slaw, bread and applesauce. **Friday:** Chicken and noodles, peas, strawberries and bananas, roll and brownie. **Monday:** Hamburger gravy, mashed potatoes with gravy, mixed vegetables, biscuits and pears. **Tuesday:** Taco salad, citrus slices, bread sticks and cake.

school menu

Today: Chicken parmesan, salad, corn, garlic bread, pudding and milk. **Wednesday:** Sloppy joe, french fries, pickle spear, rosy applesauce and milk. **Thursday:** Hamburger gravy, mashed potatoes, broccoli, whole wheat roll, half an orange and milk. **Friday:** Tomato soup, grilled cheese sandwich, crackers, half a banana and milk. **Monday:** Burrito, lettuce salad, tri-tator, pear and milk.

Tuesday: Hamburger, pickle, lettuce, onion, french fries, half an apple and milk.

school calendar

Today: Gold day. Classes resume. Wednesday: Black day. Elementary bank day. **Thursday:** Gold day. 5:30 p.m., varsity and junior varsity wrestling against St. Francis. **Friday:** Black day. 3:45 p.m., varsity, junior varsity and c team basketball against Lakin. **Saturday:** 8 a.m., varsity wrestling at Liberal. 8 a.m., junior varsity wrestling at WaKeeney. 7 p.m., AFS lock-in. High school instrumental live auditions in Salina. **Monday:** Gold day. 3 p.m., Northwest Kansas League Scholars' Bowl at Oakley. 3:30 p.m., varsity, junior varsity and c team at Scott City. 7 p.m., Board of Education meeting at administration building. **Tuesday:** Black day. 4 p.m., eight grade basketball at Burlington. 4 p.m., seventh grade basketball against Burlington. 4 p.m., West Site Council.

obituaries

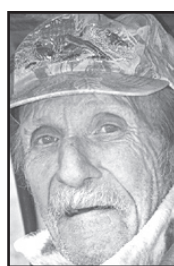
Dean Sawyer

Dean Sawyer, 69, Goodland mechanic, died Saturday, Jan. 2, 2010, at his home.

He was born on June 11, 1940, to Harold and Marcella Sawyer in Austin, Minn. Mr. Sawyer attended Queen of Angels Elementary and Pacelli High School, both of Austin.

On July 5, 1958, he and Patricia Baldus were married in Austin. In 1979 the family moved to Goodland.

Mr. Sawyer worked as a mechanic at North West Chrysler, Finleys, Goodland Motor, Meissinger Farms and Lance Ihrig. He was a member of the Veterans of Foreign Wars and Sugar Hills Golf Club. Hunting, fishing and golfing were things that he loved.



Sawyer

Preceding him in death were his parents and a brother, Terry Sawyer.

Survivors include his wife of the home; two daughters, Pamela (Jim) Mulvey of Wendell, N.C. and Paula (Scott) Rumpel of Goodland; two sisters, Linda (Larry) Hansen and Vickie (Jim) Berthiaume both of Austin, Minn.; and five grandchildren.

Services will be at 1 p.m. on Wednesday, Jan.

6, 2010, at Bateman Funeral Home, 211 E. 11th, Goodland with cremation and inurnment to follow later.

Visitation will be from 3 to 6 p.m. on Tuesday, Jan. 5, 2010, at the funeral home.

Memorials can be sent to the funeral home and will be designated later.

Clifford Unruh

Clifford Unruh, 84, longtime Wallace county farmer, died Thursday, Dec. 31, 2009.

He was born on Jan. 31, 1925, to Abraham and Elizabeth Unruh in McPherson County.

On Oct. 23, 1947, he and Erma Wendell were married in Winton, Calif. The couple farmed in Wallace County for 40 years moving into Sharon Springs in 2000.

Preceding him in death were his parents, seven brothers and three sisters.

Survivors include his wife of the

home; two half brothers, Chester (Laverna) Unruh of Moundridge and Russell (Dorothy) Unruh of Olathe, Colo.; and a sister, Martha (Harvey) Decker of Fredonia.

Graveside service were at 11 a.m. on Monday, Jan. 4, 2010, at the Sharon Springs Cemetery.

Visitation was from 2 to 5 p.m. on Sunday, Jan. 3, 2010, at Bateman Funeral Home, 211 E. 11, Goodland.

Memorials to Prairie Manor may be sent to the funeral home.

Spreadsheet useful management tool

Microsoft Excel is an excellent financial management tool. Once you learn some of the basic functions and formulas, you can create numerous spreadsheets to help manage your business.

A loan amortization schedule is simple to create and allows you to instantly see what extra payments can do to your loan.

Another helpful spreadsheet you can create is a cash flow statement. Many business owners learn the hard way that income and cash flow are not the same. A cash flow spreadsheet can help you predict cash shortages and plan accordingly.

Learning how to use tools such as



jamie morphey

- business tips

Microsoft Excel takes time, but the benefits far outweigh the costs.

This tip was brought to you by Western Kansas Business Consulting, sponsored in part by Sherman County. We offer free and confidential business consulting to Kearny, Scott, Sherman, and Wichita counties. For more information or to set up an appointment, contact Jamie Morphey at (620) 874-0771 or e-mail wkbc@wbsnet.org.

Parenting is single most important job

Today's families are in crisis. Single parent homes are now raising 21.3 million American children. Unemployment and economic stresses are factors for more and more American families. Behavioral problems among children are at an all time high. Parenting is the single most important job any of us will ever have and yet there is no prior training required.

Smart Start NW Kansas is making available the Nurturing Families program for parents and their children beginning in Goodland on Monday, Jan. 11. According to Dr. Stephen J. Bavolek, program developer, nurturing is the single most critical process for creating and sustaining life. The Nurturing Program is a skill focused, competency-based program designed to

correspond to the developmental age level of children. The instructional lessons of the program emphasize the importance of parents learning new parenting skills and all family members learning new and healthier ways to live together. The goals, objectives, and educational lessons of the Nurturing Program are based on the five constructs of thought toward child rearing.

This free 12 week program will include weekly meals, training sessions, and family interaction time. Families completing the program will receive a financial stipend. Due to limited space contact the Smart Start office soon by calling (785) 465-9103 for more information or to register for the Nurturing Families program.

Classifieds work! 899-2338

teers are in the gift shop.

Today: Debbie Lucas, a.m. and Linda Woods, courtesy. **Wednesday:** Virginia Bell, a.m., Jo Simmons, p.m. and Emma VanVleet, courtesy. **Thursday:** Connie Soellner, a.m. and VanVleet, courtesy. **Friday:** Avis Alcorn, a.m. and Woods, courtesy. **Monday:** Faye Paxton, a.m., Karen Coon, p.m. and Woods, courtesy. **Tuesday:** Shelby Miller, a.m. and VanVleet, courtesy.

yearbooks

If you have copies of any old Goodland High School, Sherman Community High School, Northwest Kansas Area Vocational Technical School or Northwest Kansas Technical College yearbooks that you are not using, the Goodland Public Library, 812 Broadway, would appreciate the donation of such to their collection. Call (785) 899-5461.

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, 716 W. Business U.S. 24. Call Jeannie Topliff at 899-2426.

early head start

Early Head Start is a state funded program for income eligible families with prenatal mothers and children up to three. Families participate in a variety of educational activities and receive free medical and dental care.

Services include special needs of children with disabilities. If you have a family member with a special problem, such as drug or alcohol abuse, job loss or other family crisis, your family can qualify. Call 785-672-3125, ext. 187.

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 Domestic and Sexual Violence Services 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. In the Colby area, call (785) 443-1130 ask for Becky. For time and location of youth support group, ask for Jennifer Follis.

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 890-4575 or go to www.petfinder.com and be sure to enter the Goodland zip code 67735. You can also call the Goodland Police Department at 890-4570 or Northwest Kansas Animal Shelter at 821-4142 or 821-4146. Interested in adopting a pet call the animal shelter.

H1N1 shots available to public

Sherman County now has H1N1 vaccine available for anyone who wants to get the vaccine, said Kathy Ryan, RN, county health department director. People may get the H1N1 vaccine at the Sherman County health Department, 1622 Broadway, (785) 890-4999, or at the Goodland Family Health Center, 106 Willow, (785) 890-6075. Please call ahead to be sure a nurse is available, Ryan said.

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