

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: 5:30 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: 5:30 a.m., boot camp style aerobics with Tiffini. Friday: 5:30 a.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.

Stratton "AA by the Book" Alcoholics Anonymous group meets at 7 p.m. Thursdays for a beginners open meeting. Families and young people welcome. Call (719) 348-5398 for men and (719) 346-8553 for women. On U.S. Highway 24 go to Statton and it is the second house on the left, 513 Iola Street.

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

The USS Maddox Destroyer Association (DD731, DD622 and

the calendar

calendar

The Tuesday Flick for this week is "The Best Years of Our Lives" (1946) at 1:30 p.m. at the Goodland Public Library, 812 Broadway. Next week's movie is "The Red Shoes" (1946).

The Elementary Art Exhibit will be on display at the Carnegie Arts Center, 120 W. 12th, for the month of February.

There will be a Sweet Heart Spaghetti Supper from 5 to 8 p.m. on Saturday at the Kanorado Senior Center.

Saturday Children's Art Classes are from 10 to 11 a.m. on Saturday at the Carnegie Arts Center. They will make a collage out of yarn, string and tissue paper. The classes will be taught by Hannah Schlosser. At the Feb. 27th class students will be finger painting with shaving cream.

Jodie Tubbs of the Kansas Commission on Veterans Affairs will be in Goodland from 1 to 2:15 p.m. Thursday, Feb. 18, 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. Tubbs will be in Goodland on the third Thursday of each month.

The First Baptist Church will have a spaghetti feed from noon to 2 p.m. on Sunday, Feb. 21, at the church, 1121 Main. Freewill donations will go to Sherman County Kansans for Life.

Prairie Land Food sign up will be until Monday. Distribution is from 10 to 11 a.m. on Saturday, Feb. 27, at the Goodland Elks Lodge back door. For information call 821-4364 pr 899-8281 or order online at www.prairielandfood.

DD 168) will have its reunion on Thursday, Aug. 26 to Sunday, Aug. 29, in Philadelphia, Pa. For information contact Dennis Stokhaug, 571 W. 14562, Muskego, Wis. 53150 or call (262) 679-9409 or email mad-dox64@aol.com.

Bob Ross Instructors will be at the Dane G. Hansen Museum from 8 to 11 a.m. and noon to 2 p.m. (Mountain Time) on Saturday, Feb. 20, painting "Grandpa's Barn" and on Sunday, Feb. 21, painting "The Magic Bridge." For information call (785) 689-4846 or go to www.hansenmuseum.org. All you need to bring is a roll of paper towels, all other supplies are provided.

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.

thrift store

Anyone wanting to donate to the Goodland Churches Thrift Shop, 1002 Main, should call 890-2007. The store is accepting all types of donations but please call to set up a time to drop off your donation.

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.

Blood pressures; infants', children's and adult's immunizations; health assessments for Kan Be Healthy, daycare and school entry; fasting blood sugar and hemoglobin; and family planning available by appointment. Sharps containers are available free. Call 890-4888. WIC program available.

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: Virginia Bell, a.m. and Emma Van Vleet, courtesy. Wednesday: Leora Jones, a.m.; Lavona

com.

The Goodland Masonic Lodge, 519 Center, will have its third annual ham and bean and corn bread feed with homemade ice cream from 5 to 7:30 p.m. on Monday, Feb. 22. Money will be used for scholarships and for Shrine Bowl band camp students.

Tickets go on sale on Monday for "A Dress Rehearsal for Murder" at the Carnegie Arts Center. The performance is at 6:30 p.m. on Saturday, March 20, and 2 p.m., on Sunday, March 21, at the Goodland Elks Lodge, 16th and Arcade. Tickets are \$30 and \$25 for arts council members. For information call (785) 890-6442.

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.

AARP Tax-Aide counseling, preparation, e-filing and teaching service will help you file your 2009 Tax Return on Friday afternoons through April 9 at Goodland Public Library, 8th and Broadway, or Senior Adult Center, 15th and Center. Call (785) 890-7245 for information.

senior menu

Today: Goulash, spinach salad, cook's choice vegetable, roll and applesauce. Wednesday: Pork roast, steamed cabbage, carrots and onions, bread, rice pilaf, gelatin with strawberries. Thursday: Oven fried chicken, mashed potatoes with gravy, corn, bread and apricots. Friday: Swiss steak,

Lage, p.m.; and Linda Woods, courtesy. Thursday: Jessie Owens, a.m. and Van Vleet, courtesy. Friday: Avis Alcorn, a.m.; Margaret Balman, noon; Karen Coon, p.m.; and Woods, courtesy. Monday: Jan Lambertz, a.m. and Woods, courtesy. Tuesday: Shelby Miller, a.m. and Van Vleet, 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

green beans, orange pineapple salad, dinner roll and noodles. Monday: Chicken and rice casserole, broccoli, caesar salad, roll or biscuit and citrus slices. Tuesday: Ham, au gratin potatoes, peas, bread and peaches.

school menu

Today: Taco burger, lettuce, cheese, tri-tator, pears and milk. Wednesday: Macaroni and cheese, peas, cinnamon bun, strawberries and bananas and milk. Thursday: Hamburger gravy, mashed potatoes, cooked carrots, whole wheat roll, fruit crisp and milk. Friday: Cook's choice. Monday: No school. Tuesday: Grilled cheese sandwich, tomato soup, crackers, mandarin oranges and pineapple and milk.

school calendar

Today: Gold day. 6 p.m., National Honor Society Interviews. Junior high wrestling against Scott City. Wednesday: Black day. Junior high Northwest Kansas League Music Festival at Colby. 4 p.m., Central Site Council. Thursday: Gold day. 3:30 p.m., seventh and eighth basketball at Hoxie. 3:30 p.m., junior high wrestling. 5:30 p.m., varsity and junior varsity wrestling at Oakley. Friday: X-Pressos Singing Valentine. 5:30 p.m., varsity and junior varsity basketball against Oakley. 9 p.m., Snoball Dance in high school gym. Saturday: State Scholars' Bowl. 8 a.m., junior varsity wrestling at Bill Voss Novice at Colby. 7 p.m., X-Pressos Valentine Banquet. Monday: No school. 2:45 p.m., junior high scholars' bowl at Quinter. Tuesday: Gold day. 3:45 p.m., varsity, junior varsity and c team basketball at Colby.n

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 Colleen Wagner 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.

obituary

Carol Dean Hrabe

Carol Dean Hardy Hrabe, 78, Almena, mother of Dave (Pam) Hardy of Goodland, died Tuesday, Feb. 2, 2010, at the Norton County Hospital.

She was born on Aug. 31, 1931, to Lawrence and Frances (Atkinson) Covington in Long Island. Mrs. Hrabe attended rural grade school and later received her GED from the Northwest Kansas Technical College.

On Oct. 21, 1947, she married Loren Hardy in Woodruff. The couple made their home in the Long Island and Almena area until his death.

On Sept. 21, 1991, she and Everett Hrabe were married and they made their home in Norton. Following his death on Aug. 24, 1998, she returned to Almena.

She was a member of the Almena Congregational Church, Legion Auxillary and the Coterie Club.

Preceding her in death were her parents, her two husbands, and a son, Ronnie.

Survivors include four other sons, Larry Hardy of Long Island, Lee (Kathy) Hardy of Norton, Gary Hardy of Almena and Mike (Candance) Hardy of Larned; a daughter-in-law, Jan (Tom) Long of Woodruff; six stepchildren; two brothers, Bob (Linda) Covington of Almena and Don (Dixie) Covington of Galva; a sister, Kay (Ray) Koehler of Buckland; grandchildren, great-grandchildren, step-grandchildren; and step-great grandchildren.

Services were Friday, Feb. 5, 2010, at the church of Almena and inurnment in the Long Island Cemetery of Long Island.

Memorials to the Carol Hrabe Memorial Fund may be sent to the Enfield Funeral Home, 215 West Main Street, Norton.

Teen competes in wool competition

Alyssa Studer-Yarger of Castle Rock, Colo., granddaughter of Jeane Mann, Mr. and Mrs. Fred Studer and Mike Yarger, all of Goodland, won the junior division of the Jean and Casey Brown, Colorado Make It With Wood Competition in December and competed in the national judging in Nashville, Tenn., in January.



Yarger

She is the daughter of Travis Yarger of Longmont, Colo., and Lainie Studer of Castle Rock.

Studer-Yarger competed in the junior division of 13 to 16 year olds. Each contestant selected, cut, pressed, sewed, knitted or crocheted a garment and modeled it. She made a plaid skirt and scarf.

Business can be rewarding, stressful

Turning your dream into a business can be very rewarding, but it's also very stressful. With long hours, little family time, endless decision making and ultimate responsibility for the business, the strain can really take a toll and lead to startup burnout.

If left unchecked, it can destroy your health, your marriage, your family and your business. Here are some tips to avoid startup burnout:

- Hire a good team and delegate effectively.
- Leave your work at work. You may be able to get a lot done by working 24 hours a day, but what's the cost? Make time for your family and yourself.
- Adapt as necessary. If something isn't working, change it.
- Systemize your business. Take time to establish how you want things done, train your employees on your systems, then let them do their jobs. What could you accomplish if you didn't have to spend your time and energy handling the everyday functions of your business and could focus on growth and



jamie morphew

- business tips

improvement?

- Ask for help. When the going gets tough, you may be too close to the situation to make improvements. Organizations like ours and the Small Business Development Centers offer free and confidential business help and may be just what you need to get out of the rut.

Don't wait until you have a full blown case of startup burnout before you make changes. Remember, an ounce of prevention is worth a pound of cure.

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 Morphew at (620) 874-0771 or e-mail wkbc@wbsnet.org.

matters of record

District Traffic
The following fines have been paid in the Sherman County District Court.
January 5: Warren I. Boegel, unlawful parking, \$164.
John H. Davis, speeding, \$164.
Jennifer P. Hernandez, speeding, \$248.
January 6: Jody L. Adams, speeding, \$176.
January 8: Willard F. Barrett, Jr., speeding, \$230.
Kevin T. Cayton, speeding, \$146.
Racchel A. Debeneditis, speeding, \$146.
Reece K. Doty, speeding, \$140
Cynthia K. McGinnis, speeding,

\$134.
January 9: Husam K. Suleiman, speeding, \$140.
January 10: Dane A. Blanchard, speeding, \$158.
Brandon A. Montoya, speeding, \$158.
January 11: Luca Coppelli, speeding, \$176.
January 12: Alexander R. Cebantez, driving on no-passing lane, \$148.
Ronald M. Myers, speeding, \$140.
Jackson A. Mitchek, speeding, \$146.
Tehnee L. Ridder, speeding, \$158.

Birthday Celebration

The family of Gerry Nett invites you to a reception celebrating his 85th birthday, February 13 from 2-4 p.m. at the Family Center at Our Perpetual Lady of Help Catholic Church. Cards are welcome, but no presents please. Cards may be sent to 808 Kansas, Goodland, KS 67735.

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