

patient news

**Della Helzer** is at the Sarah Ann Hester Memorial Home, 407 Dakota, Benkelman, Neb., getting treatments to make her stronger. She would like to receive cards from her friends. She hopes to be home in three months.

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. taekwando. 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. taekwando 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-

the calendar

calendar

**Jodie Tubbs** of the Kansas Commission on Veterans Affairs will be in Goodland from **1 to 2:15 p.m. Wednesday, March 17,** in the Assembly Room on the third floor of the courthouse to help veterans and dependents with claims. This is one day earlier than her regularly scheduled visit so she can attend the Health Fare in Atwood on Thursday. 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 **Tuesday Flick** for this week is “Driving Miss Daisy” (1989) at **1:30 p.m. Tuesday** at the **Goodland Public Library**, 812 Broadway. Next weeks movie is “Rio Bravo” (1959).

The **“Young at Art” Exhibit** will be on display at the **Carnegie Arts Center**, 120 W. 12th, will start Sunday and end Wednesday, March 31. This exhibit includes art from Grant Junior High School and Goodland High School and Summer Arts Institute and the bi-monthly Saturday morning art classes.

The **Saturday children’s art classe** in March will be on Saturday, March 27. The classes at the Carnegie Arts Center, 120 W. 12, are from 10 to 11 a.m. on March 13 students will make wide-side/calm-side self portraits on March 27.

**Northwest Kansas Red Cross** will get 20 percent of the proceeds of sales at Pizza Hut, 1803 Cherry, from **5 to 8 p.m. today.**

The **AARP Driver Safety Program** will be offered from **1 to 5**

**p.m. on Tuesday and Wednesday, March 16 and 17** at Marie Edwards, Hall, 2431 Walnut. The class size is limited to 30. Don Keihl is the instructor. To register call (785) 899-3323 or (785) 890-6638.

**Prairie Land Food sign up will be until Monday.** Distribution is 1:30 to 2:30 p.m. on Saturday, March 27, at the Knight of Columbus Hall, 7th and Caldwell. For information call 821-4364 pr 899-8281 or order online at www.prairielandfood.com. Location move is permanent.

**Tickets are 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 (\$25 for arts council members) on Saturday and \$25 (\$20 for council members) on Sunday. For information call (785) 890-6442.

The Authorized **Census Questionnaire Assistance Center** at the Goodland Public Library will have someone here to answer questions from **2:40 to 6 p.m. every Tuesday and Thursday.**

**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:** Taco salad, pears, chips and fruit cobbler. **Wednesday:**

Turkey and cheese sandwich, vegetable soup, gelatin with fruit, bread and cookies. **Thursday:** Baked spaghetti, green beans, tossed salad, garlic bread and tropical fruit. **Friday:** Salmon patty, creamed corn, rice pilaf, dinner roll, ambrosia fruit salad. **Monday:** Monday: Cook’s choice entree, California blend vegetables, peaches, bread and pudding. **Tuesday:** Sloppy joes, hash brown casserole, spinach, bun and applesauce.

school menu

**Today:** Barbecue rib sandwich, french fries, pickles, half an orange and milk. **Wednesday:** Chicken nuggets, hash browns, green beans, whole wheat roll, gelatin and milk. **Thursday:** Corn dog, tator tots, baked beans, pudding and milk. **Friday:** No school. **Monday:** Burritos, lettuce, cheese, tri-tator, frosted banana and milk. **Tuesday:** Sloppy joes, potato wedges, pickle spear, half an orange and milk.

school calendar

**Today:** Black day. 4 p.m., West Site Council. 5:30 p.m., Hispanic parent/community support group meeting at Central School for potluck. DECA State Career Development Conference at Overland Park. **Wednesday:** Gold day. 4 p.m., Central Site Council. West School spring pictures. **Thursday:** Black day. End of third nine weeks. **Friday:** No school. Teacher professional day. Sunday: Daylight savings time begins. **Monday:** Gold day. 6 p.m., Northwest Kansas League basketball coaches meeting in Colby. **Tuesday:** Black day.

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 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 maddox64@aol.com.

**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:** Bell, a.m. and Emma VanVleet, courtesy. **Wednesday:** Leora Jones, a.m. and Linda Woods, courtesy. **Thursday:** Jessie Owens, a.m. and VanVleet, courtesy. **Friday:** Lori Leonard, a.m. and Woods, courtesy. **Monday:** Sherryl Ketter, a.m. and Woods, courtesy. Tuesday: Connie Soellner, 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 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 Folllis.

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 Batemans.

obituary

Michael Stegeman

Michael Stegeman, 67, Burlington, brother of Mary Jane (Tom) Sponsel of Edson, died Thursday, Feb. 25, 2010.

He was born on Sept. 25, 1942, to Xavier L. and Lela P. (Dancer) Stegeman at Seldon.

Mr. Stegeman worked in retail business.

Preceding him in death are his parents, a daughter, Heidi Stegeman Davis, a sister, Alice Ruthe and two brothers, Ernie Stegeman and

Kenny Stegeman.

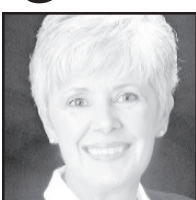
Survivors include a son, Jeff Stegeman of Burlington, a brother, Richard Stegeman of Virginia and three sisters, Annie Fyfe of Levant, Helen (Wiley) Perry of Quitman, Texas and Agnes (Bob) Reignor of Westminster, Colo.

Private family memorial services will be held at a later date.

Arrangements are being handled by Love Funeral Home, 377 15th, Burlington.

Preparation key to coping with storms

Setting sports records gives athletes a sense of pride, but setting records for storm losses is nothing to cheer about for Kansas property owners.



sandy praeger

• insurance comm.

Unfortunately, 2009 storm-related losses based on Kansas insurance claims surpassed the record set during 2008. During 2009, the Kansas Insurance Department estimated a total of \$602 million in storm losses occurred to insured real and personal property from hail, wind, tornado and winter weather. The estimate was based on more than 137,000 claims.

The 2009 number topped 2009 claims by more than \$6 million. The \$596 million in estimated storm losses in 2008 cam from 131,500 claims. A complete set of storm loss numbers since 1999 can be found on our web site at 222.ksinsurance.org.

The losses from these past two years show that Kansans need to be prepared for potential storm-related losses during the coming storm season, I’m urging all of our state’s residents to make sure their property is inventoried properly and insured against natural elements as we approach another Kansas spring.

It’s no fun to have to think about preparing for the worst — but it’s even less desirable to have to think about what to do when a storm loss occurs. A little forethought about insurance matters is a great way to gain some piece of mind — especially when you have to focus on your family’s immediate needs during an emergency.

Following is a useful checklist our department has compiled for the 2010 storm season precautions and preparations.

• Check your homeowner and vehicle policies to make sure you have proper coverage for hail and windstorm damage. Review your homeowner’s policy with your insurance agent to check for current coverage and adequate protection for all structures and personal property, including farm outbuildings.

• Take inventory of your personal property, in model and serial numbers when available. The Kansas Insurance Department has a good personal home inventory checklist that can be downloaded at www.ksinsurance.org. Use the “Publications” link on the left side of the page.

• If possible, take photos or make a videotape of personal items to give to insurance adjusters in the event of loss. Store this information, along with receipts, in a safe deposit box or somewhere other than in your home.



Kansas Wesleyan University Presents

Orchestra & Choir Tour 2010

The Kansas Wesleyan University Philharmonic Choir and Chamber Orchestra will be on a tour blessing only a few communities, including Goodland! **They will be bringing 67 students who will offer a free concert to the Goodland Community on Monday, March 15th at 7:00 p.m. The United Methodist Church will host this concert in their Sanctuary.**



Classifieds work! 899-2338

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