

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, Wednesday through Saturday and from 1 to 4 p.m. Sunday. Closed Tuesdays.

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 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. For information call (785) 899-5461 or stop by the library.

The local High Plains Constitutional Society will meet the first and third Tuesdays of each month from 7 to 8 p.m. at the Rock House, 6th and Caldwell, Goodland.

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

The Good Sam Family Support Council meets at 7 p.m. the second Thursday of every month at the Goodland Elks Lodge. Meetings are open to all interested people. For information call 890-3117 or 890-5936.

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.

Cancer Support Group meets at 6 p.m. on the third Thursday of each month at the Goodland Regional Medical in the large board room. Group open to any cancer patient, survivor, caregiver and family members. Call Tina Goodwin at (785) 890-6036.

The Goodland Activities Center has the following activities. Monday: 5:30 a.m. aerobics with Tena Tompkins, 5 p.m. taekwondo and 5:30 p.m. group exercise with Lisa Malsom. Tuesday: 5:30 a.m., workout with Grady Bonsall. Wednesday: 5:30 a.m. aerobics with Tena Tompkins, 9:30 a.m. low impact class with Sarah King, 4 p.m. taekwondo classes and 5:30 p.m. aerobics with Lisa Malsom. Thursday: 5:30 a.m., workout with Grady Bonsall. Friday: 5:30 a.m. aerobics with Tena Tompkins, 9:30 a.m. low impact exercise group with Sarah King and starting at 5 p.m. taekwondo classes. For information call 890-7242. Certified personal training offered with Kyla Sheldon. Memberships options for everyone including day passes for \$5. Visit goodlandgac.com or stop by 808 Main.

Weight Watchers meets at 5:30 p.m. for weigh in and 6 p.m. for the meeting every Tuesday at the Right Combination Dance Studio, 902 W. Hwy. 24. For information call (785) 890-3285 or visit rightcombinationdance.com.

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 Pat T. at 890-3915 or Laura at 821-4277.

Goodland Al-Anon Serenity Seekers group meets at 8 p.m. on

the calendar

calendar

Blood Draws for the Sherman County Health Fair will be from 7 to 9 a.m. on Monday through Friday, Jan. 9 to 13, at the main entrance of the Goodland Regional Medical Center, 220 West 2nd.

The Sherman County Health Fair will be from 8 to 11:30 a.m. on Saturday, Jan. 28, at the Northwest Kansas Technical College, 1209 Harrison. Free at the health fair will be blood profile consultation, prostate, skin cancer screening, bone density, DermaScan, kids activities, door prizes and free blood pressure checks.

Prairie Land Food sign up will be until Monday, Jan. 16. Distribution is 1:30 to 2:30 p.m. on Saturday, Jan. 28, at the Knights of Columbus, 7th and Caldwell. For information call 821-1827, 821-1275, 821-0120 or 728-7196 or order online at www.prairielandfood.com. The Prairie Pak will have one pound lean ground beef, 7 ounces of beef summer sausage, one pound chicken breast fillets, one pound breaded flounder, 24 ounces of Cajun shrimp alfredo.

Mondays at 1013 Center. Contact Cheryl at (785) 890-3023, Shelly at (785) 890-3915 or Twila at (785) 332-2078 for more information.

Goodland Al-Anon AFG meets at 6 p.m. on Fridays at First Christian Church, 711 Arcade. For information call Alice or Marilyn at 890-5914 or 821-2862.

The Incognito Group. If alcohol has made your life unmanageable and you find yourself powerless. Our group meets at 7 p.m. on Tuesday, Thursday and Friday in Goodland. Talking about it is the first step. Call for our meeting place (303) 905-3817, (785) 728-7022 and (785) 728-2120. Leave a message and number and we will get back to you.

The "Freedom Today" group of Narcotics Anonymous meets at 8 p.m. Tuesdays, 8 p.m. Fridays and 8 p.m. on Sundays 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. Filies 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

Prairie Museum of Art and History, 1905 S. Franklin, 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 open 9 a.m. to noon and 1 to 5 p.m. on Tuesday through Friday and 10 a.m. to 4 p.m. on Saturday.

The specials are breaded boneless chicken wings, pepperoni hot pockets, stuffed pork chops and sirloin steaks.

Tuesday Flicks are at 1:30 p.m. at the Goodland Public Library, 812 Broadway. Call the library for the title of the movie at 899-5461.

school calendar

Today: Gold day. 3:45 c team basketball at Hugoton. 5:30 p.m. junior varsity basketball at Hugoton. 7 p.m. girls and boys varsity basketball at Hugoton. Saturday: Kansas Music Education Association instrumental auditions. 9 a.m., varsity wrestling at Rossville. 9 a.m. junior varsity wrestling at WaKeeney. Monday: Black day. Financial aid night for seniors and parents. 3 p.m. junior high scholars' bowl at Colby. 7 p.m. Board of Education meeting. Tuesday: Gold day. 5:30 p.m. junior varsity basketball at Oakley. 7 p.m. varsity basketball at Oakley. Wednesday: Black day. 7 a.m. school facilities discussion. 4 p.m. Central Site Council. Thursday: Gold day. 11 a.m. school facilities

discussion. 5:30 p.m. varsity wrestling against Hoxie at Max Jones Fieldhouse. Friday: Black day. Snoball ceremonies. 3:45 p.m. c-team basketball against Holcomb at Max Jones Fieldhouse. 5:30 p.m. junior varsity basketball against Holcomb at Max Jones Fieldhouse. 7 p.m. varsity basketball against Holcomb at Max Jones Fieldhouse.

senior menu

Today: Pork roast with gravy, scalloped potatoes, seasoned carrots, bread and cook's choice fruit. Monday: Ground beef stroganoff, broccoli, mixed fruit, noodles, bread and cook's choice complement. Tuesday: Baked chicken, mashed potatoes with gravy, peas, dinner roll and rosy pears. Wednesday: Chef salad, strawberries and bananas, bread sticks and krisp rice bar. Thursday: Sloppy joes, hash brown casserole, corn, bun and apricots. Friday: Smokies, macaroni and cheese, winter mix vegetables, bread and ambrosia fruit salad.

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 adults' 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. WIC program available. Call 890-4888 or go to www.sherman.kansas.com.

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.

early head start

Early Head Start is a state funded program for income eligible families with prenatal mothers and children up to age 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.

The police department can also be called at 890-4570.

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.

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 899-4398 or 821-2144. Interested in adopting a pet? Call the animal shelter or go to the website www.nwkasgoodland.webs.com.

obituary

Wilbur C. Tiede

Wilbur C. Tiede, 88, Sherman County soil conservation contractor, died Wednesday, Jan. 4, 2012, at Good Samaritan Society - Sherman County at Goodland.

He was born Feb. 15, 1923, to Kathleen (Farris) and Clarence Tiede at Enterprise. In 1941 he graduated from Edson High School.

Mr. Tiede served in the U.S. Army and returned to Sherman County following his honorable discharge. In 1947 he and Maxine Rand were married.

On Nov. 4, 1997, he and Hazel Elaine Ward were married at Our Lady of Perpetual Help Catholic Church at Goodland.

He belonged to Our Lady of Perpetual Help Catholic Church at Goodland and Veterans of Foreign Wars - Lowell Coleman Post 1133.

Preceding him in death were his

first wife; an infant son, Brent Tiede; his parents; a grandson, Tom Tiede; and a brother, Charlie Tiede.

Survivors include his wife of the home; a son, Mitch (Patty) Tiede of Goodland; a daughter, Robin (Jim) Bavier of Corning, Calif.; three grandchildren; and three great-grandchildren.

Services will be at 10 a.m. on Monday, Jan. 9, 2012 at Our Lady of Perpetual Help Catholic Church, 307 W. 13, Goodland with Father Norbert Dlabal presiding and burial in the Goodland Cemetery.

Visitation will be from 9 a.m. until the service on Monday, Jan. 9, 2012, at the church.

Memorials to the Wilbur C. Tiede Memorial may be left at Koons Funeral Home, 211 N. Main, Goodland, Kan. 67735.



Tiede

Internal controls protect your business

Internal Controls are the systems you put in place to protect your business.

According to the Association of Certified Fraud Examiners, businesses with fewer than 100 employees are much more likely to experience fraud than larger businesses.

Even when you trust your employees, establishing good internal controls shows you care about protecting the business, their jobs, and their reputation. Many fraud cases start with a normally honest employee in a difficult situation with an opportunity to "borrow" from the company undetected.

Take a good look at your business. Where are the temptations for your employees? In addition to cash, review weaknesses in inventory, supplies, company data and customer information.



jamie morphey

• business tips

What kind of systems can you implement to reduce that risk?

Establishing and maintaining good internal controls is an ongoing process. Take time to regularly review your systems and protect your business and your employees from unnecessary temptations.

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.

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