

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. Visitgoodlandgac.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 visitrightcombinationdance.com.

Goodland Alcoholics Anonymous, 1013 Center. If you drink alcohol, that's your business. If you want to stop, we can help. Call 821-3826 pr 728-7491.

Goodland Al-Anon Serenity Seekers group meets at 8 p.m. on Mondays at 1013 Center. Contact Cheryl at (785) 890-3023, Shelly

the calendar

calendar

The First Christian Church (Disciples of Christ), East 8th and Arcade, will have a Ground Hog Dinner from 11 a.m. to 1:30 p.m. on Saturday, Jan. 21. They will serve biscuits and gravy, sausage, cabbage, dessert and beverages. To raise money for the Christian Youth Fellowship.

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 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.prairieland-food.com.

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: Black day. 3:45 p.m. girls varsity basketball at the Hillsboro Trojan Classic Tournament. 5:30 p.m. boys varsity basketball at the Hillsboro Trojan Classic Tournament. Wednesday: Gold day. Thursday: Black Day. 3 p.m. junior high scholars bowl. Varsity basketball at Hillsboro Trojan Classic Tournament. Friday: Gold day. 2 p.m. varsity wrestling at Hays Senior Prairie Classic Wrestling. Varsity basketball at Hillsboro Trojan Classic Tournament.

school menu

Central Elementary School Today: Breakfast - whole grain waffles, sausage links, mandarin oranges and milk. Lunch - hot ham and cheese, potato, fresh broccoli, fresh grapes, chocolate pudding and milk. Wednesday: Breakfast - breakfast sundae raisins, juice and milk. Lunch - taco burger with lettuce and cheese, black bean and corn salad, whole grain corn chips, sliced pears, chocolate chip cookies and milk. Thursday: Breakfast - breakfast pizza, mixed fruit and milk. Lunch - Italian pasta bake, green peppers with baby carrots,

wheat bread, royal brownie and milk. Friday: Breakfast - breakfast bake, toast, grapes and milk. Lunch - chicken patty, mashed potatoes and gravy, wheat roll, orange wedge and milk.

West Elementary School Today: Breakfast - pancakes and milk. Lunch - hot dog on a bun, pickles, tator tots, frosted banana and milk. Wednesday: Breakfast - donuts. Lunch - sloppy joes, pickle slices, carrot stick, apples and milk. Thursday: Breakfast - breakfast pizza. Lunch - cheeseburger macaroni, green beans, fruit cocktail, whole wheat roll and milk. Friday: Breakfast - biscuit with sausage gravy and milk. Lunch - chicken sandwich, grape tomatoes, pickles, peaches and milk.

senior menu

Today: Ground beef stew, gelatin with fruit, biscuit and bar cookie. Wednesday: Barbecue chicken sandwich, potato salad, baked beans, bun and fruit crisp. Thursday: Meat loaf, mashed potatoes with gravy, Mandarin oranges, bread and birthday cake. Friday: Turkey, sweet potatoes, corn, bread and rosy applesauce.

obituary

Gary A. Garrett

Gary A. Garrett, 67, Gem, father of Penny J. (Jerry) Nemechek of Goodland, died Wednesday, Jan. 11, 2012, at the Logan County Hospital in Oakley.

He was born March 1, 1944, to Wilbur A. and Vera Ileene (Kleck) Garrett in Fort Lewis, Wash.

Preceding him in death were his parents.

Survivors include his wife, Linda J. Garrett of the home; a son, Grady A. Garrett of Colby; another daughter, Jill R. Deges, Montezuma; a brother, Wayne N. Garrett of

Gainesville, Texas; and 10 grandchildren.

Services were at 1 p.m. (Mountain Time) on Saturday, Jan. 14, 2012, at the Colby United Methodist Church, 950 S. Franklin, Colby with the Rev. Carol Rahn officiating. Inurnment will be later at Beulah Cemetery.

Cremation was chosen and there was no visitation.

Memorials to be designated later may be sent to Kersenbrock Funeral Chapel, 745 W. Country Club Dr., Colby, Kan. 67701.

Atwood to have soil fertility school

Agriculture crop production and the many new products that come out each year are constantly evolving and changing. Come hear the latest research findings on some of these products and sound soil fertility practices and recommendations.

Thomas County Extension and Rawlins County Extension are sponsoring a Soil Fertility School at the 4-H Building in Atwood on Tuesday, Jan. 24, to aid producers in making sound decisions about soil fertility. The program will start at 12:30 p.m. (Mountain Time) and adjourn at 3 p.m. Continuing Education Units and CCA credits have been applied for. This is a great time

to get a start on those credit hours to renew your license if needed.

Addressing these ever changing products and soil fertility practices will be Kansas State Specialist Dorivar Ruiz Diaz, Soil Fertility. Reservations are requested by Thursday by calling the Thomas County Extension office (785) 460-4582 or the Rawlins County Extension Office (785) 626-3192. If you have questions or need more information feel free to call either office. You can also email Clint Milliman, Thomas County Extension Agent at milliman@k-state.edu or Cynthia Dixon, Rawlins County Extension Agent at cdixon@k-state.edu for more information.

Tax form changing for businesses in 2012

Starting with the 2011 tax year, the IRS has changed the requirements for 1099 reporting. If you paid your 1099 vendors with something other than cash or checks, you must exclude those payments on their 1099-MISC.

For more information and how to handle this change in your QuickBooks file, go to http:// payroll.intuit.com/support/kb/2001238.html?cid=1099_social&cid=sf2865139.

If you only used cash or checks to pay your 1099 vendors, this change does not apply to you.



jamie morphew

business tips

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.

Set nutritional goals along with weight loss

Many people start the new year out with a resolution to lose weight through diet and exercise. But a nutritional expert at Baylor College of Medicine suggest that goals should be about more than just weight loss.

"Beyond weight loss, set goals to improve the one thing that only you can do - take care of the body you have been given," said Roberta Anding, registered dietician at Baylor.

One way to do this is by adopting some simple nutritional strategies, Anding said.

Set goals to eat breakfast, such as

oatmeal, fruit and milk. This keeps you from being hungry throughout the day.

Plan to add more fruits and vegetables to your diet. Fill half your plate with fruits and veggies.

Choose lean protein. Look for meats that have the words "loin" and "round" in their names.

Consumer fat-free or low-fat dairy.

"Although the scale may not show the results in the short run, subtle changes like a gradual drop in cholesterol and blood pressure are possible," Anding said.

Saturday.

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. Today: a.m. Gorda Adelgren. Wednesday: a.m. Connie Soellner and p.m. Shelby Miller. Thursday: a.m. Faye Paxton. Friday: a.m. Avis Alcorn.

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.

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

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