

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.

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 3 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, 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 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

the calendar

calendar

The Sherman County Health Fair will be from 8 to 11:30 a.m. on Saturday 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 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.

Commodity Distribution for Sherman County residents will be at 1:30 p.m. on Monday at First Christian Church, 8th and Arcade. Foods will include potatoes, pistachios, pears, green beans, orange juice, mixed fruit, dried plums, beef stew, raisins and refried beans. For information call Genesis (785) 890-2299.

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

The National Football League Championship will be shown on the big screen at The Sherman Theatre, 1203 Main, at 4:30 p.m. (Mountain Time) on Sunday, Feb. 5. Doors will open one hour before the game. Big Brothers Big Sisters of Sherman County will sell hot doge, chips, nachos and desserts.

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 p.m. eighth grade boys basketball at Scott City. 3:30 p.m. seventh grade boys basketball against Scott City at Ju-

nior High Gym. 3:45 p.m. c team basketball against Norton at Max Jones Fieldhouse. 5:30 p.m. girls varsity basketball against Norton at Max Jones Fieldhouse. 7 p.m. boys varsity basketball against Norton at Max Jones Fieldhouse.

Wednesday: Black day. 5 p.m. community meeting on district facilities at Administration Building. Thursday: Gold day. 5:30 p.m. eighth grade boys basketball against Colby at the Junior High Gym. 3:30 p.m. seventh grade boys basketball at Colby. 5:30 p.m. varsity and junior varsity wrestling against Burlington at Max Jones Fieldhouse. Friday: Black day. 3:45 p.m. c team basketball at Holcomb. 5:30 p.m. junior varsity basketball at Holcomb. 7 p.m. varsity basketball at Holcomb.

school menu

Central Elementary School Today: Breakfast - pancake on a stick, tri-tator, juice and milk. Lunch - stomboli, green beans, carrots, strawberry shortcake and milk. Wednesday: Breakfast - blueberry bubble bread, peaches and milk. Lunch - barbecue beef, cheesy potatoes, baked beans, orange smiles, oatmeal cookie and milk. Thursday: Breakfast - biscuit sandwich, rosy applesauce and milk. Lunch - turkey and cheese sub with lettuce, oven fries, sliced peaches, graham crackers and milk. Friday: Breakfast - egg taco, yogurt cup, pineapple chunks and milk. Lunch - country style beef pattie, mashed potatoes, gravy, California blend, wheat roll, half a banana and milk.

West Elementary School

Today: Breakfast - sausage roll ups and milk. Lunch - peanut butter sandwich on raisin bread, carrot and cucumbers, apples and milk. Wednesday: Breakfast - biscuit sandwich and milk. Lunch - cheese pizza, corn, strawberries and banana, chocolate cake and milk. Thursday: Breakfast - pancakes and milk. Lunch - southwestern chili, cinnamon rolls, peaches, corn chips and milk. Friday: Breakfast and Lunch - cook's choice.

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

USS Maddox Destroyer Association (DD731, DD622 and DD168) will have its reunion Aug. 16 to 19. For information contact Dennis Stokhaug, 571 W. 14562 Hidden Creek Ct. Muskego, Wis. 53150 or (262) 679-9409 or emial maddox64@aol.com.

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.

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. Jan Lambertz. Wednesday: a.m. Faye Paxton. Thursday: a.m. Debbie Lucas. Friday: a.m. Avis Alcorn. Monday: a.m. Fern Heckman and p.m. Shelby Miller. Tuesday: a.m. Margaret Baalman.

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

Grant Junior High

Today: Breakfast - scrambled eggs, toast, juice, cereal and milk. Lunch - chicken sandwich, potato wedges, strawberry and banana cup and milk. Wednesday: Breakfast - waffle sticks, fruit, juice, cereal and milk. Lunch - tacos with lettuce and cheese, hashbrown square, fruit cocktail and milk. Thursday: Breakfast - sweetrolls, yogurt, juice, cereal and milk. Lunch - smothered hamburger, mashed potatoes, gravy, green beans, whole wheat roll, apple and milk. Friday: Breakfast - biscuit and gravy, fruit, juice, cereal and milk. Lunch - chicken noodle soup, crackers, sandwich, fruit cup and milk.

Goodland High School

Today: Breakfast - pancake, sausage, cereal, juice and milk. Lunch - chicken sandwich, 1-p-o-tomato, french fries, salad bar, strawberry banana cup and milk. Wednesday: Breakfast - cinnamon roll, cereal, juice or fruit and milk. Lunch - taco salad, lettuce and cheese, potato square, salad bar, dessert and milk. Thursday: Breakfast - muffin, yogurt, cereal, juice and milk. Lunch - smothered hamburger, mashed potatoes with gravy, green beans, salad bar, whole wheat dinner roll, dessert and milk. Friday: Breakfast - toast, cereal, juice or fruit and milk. Lunch - chicken noodle soup, crackers, sandwich, salad bar, dessert and milk.

senior menu

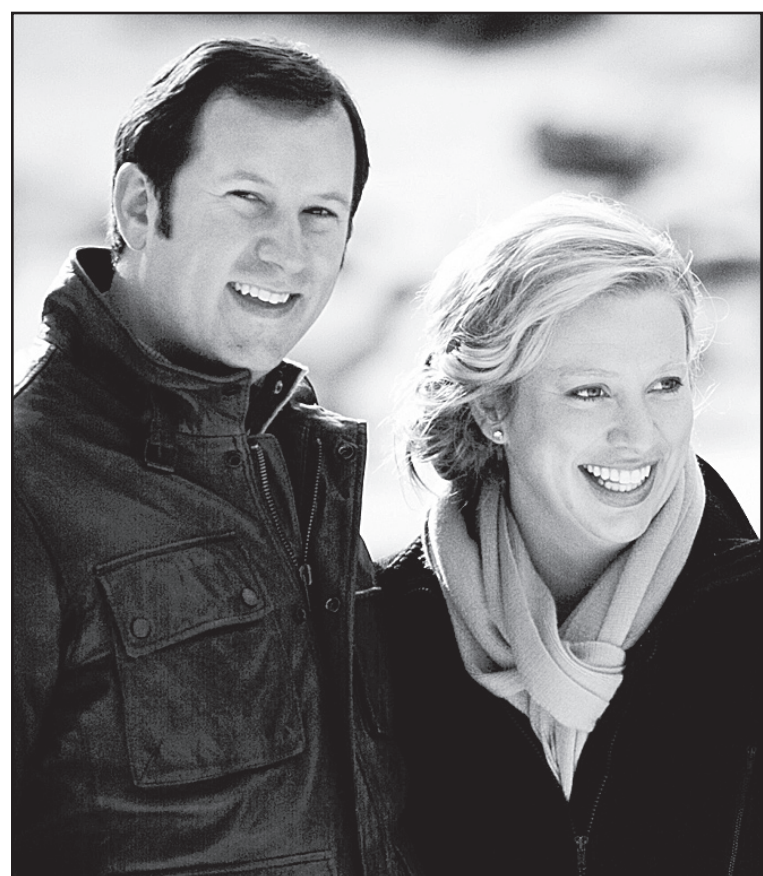
Today: Ham, scalloped potatoes, peas and carrots, bread and pineapple. Wednesday: Baked spaghetti, cook's choice vegetable, broccoli salad, garlic bread and fruit cobbler. Thursday: Beef and noodles, stewed tomatoes, mixed vegetables, bread and pears. Friday: Baked fish, green bean casserole, Italian blend vegetables, dinner roll and apricots. Monday: Cook's choice entree, hash brown casserole, corn, bread and Mandarin oranges. Tuesday: Chili, cottage cheese with peaches, crackers and cinnamon roll.

death

Mary Sackett

Mary Sackett, 83, resident of Wheat Ridge Acres Retirement Community originally from Topeka, died Thursday, Jan. 19, 2012.

Arrangements in Goodland were handled by Bateman Funeral Home and in Topeka by Penwell-Gabel Funeral Homes.



Andrew Kepler and Tatum Shields

Couple to marry in April on ranch

Tatum Shields of Vail, Colo. and Andrew Kepler of Denver, Colo. plan to marry on Saturday, April 28, 2012, at Devil's Thumb Ranch in Tabernash, Colo.

She is the daughter of Fred and Jeanie Shields of Goodland and the granddaughter of Irma Deeds and the late Wayne Deeds, and the late Fred and Darlene Shields.

He is the son of Mike Kepler and Mary Beth Keppel of Madison,

Wis. The future bride graduated from Goodland High School in 1999 and the University of Colorado at Boulder, Colo. She is a business analyst at Vail Resorts.

The groom elect is also a graduate of the University of Colorado in Boulder, Colo. He is a corporate process and controls manager at MWH in Denver.

How well did your business do last year?

It's that wonderful time of year when Uncle Sam wants to know how well your business did. Unfortunately, it's not so he can send you a congratulatory note. On the contrary, he wants you to send him a congratulatory check.

One of the common things I hear this time of year is "How could we owe so much? We don't have any money in the bank."

You're not taxed on the money in the bank; you're taxed on your profit. Your Profit and Loss Statement shows your income minus your expenses to arrive at net income - your profit. Net income is not equal to cash flow. If you want to see what happened to the money, look at your Statement of Cash Flows report. Many of the things that take your money, do not reduce your profit - such as, loan principal, investments, owner draws, and fixed asset purchases. In addition, your inventory



jamie morphew

• business tips

purchases are not an expense until you sell that inventory.

While Uncle Sam won't congratulate you on a successful year or even send a thank you note for the cash, take pride in that fact that your business is showing a positive net profit in a struggling economy. Keep working hard and making your business successful!

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.

622 Broadway offered at \$118,000.



One of Goodland's unique homes! 3 bedroom, 2 bath. Many updates & remodeling. 1 car garage, 30 x 20 heated workshop.

Debbie Reed-Agent 785-899-8299 Seller is a licensed Real Estate Agent.



John Leo Hayden, Broker 1401 Main Goodland, KS 67735 785-890-6231 (phone)

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