

**open house**

The children of **Mary Gotchall Elliott** would like to invite her family and friends to a birthday party in her honor from 2 to 4 p.m. Saturday, April 7, 2012, at the Elks Lodge, 1523 Arcade.

**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 5 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 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 AI-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 Anony-**

**the calendar****calendar**

**Prairie Land Food sign up will be until Monday, April 9.** Distribution is 1 to 2 p.m. on Saturday, April 21, 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.prairie-landfood.com. The Prairie Pak will have chicken breast fillets, premium ham steak, additional meat items and fresh fruits and vegetables. The specials are a variety box of ham steak, chicken thighs, ground beef, beef stew meat, chicken breast tenderloins, California blend vegetables and strawberries; a breakfast box with bacon, egg, cheese breakfast bagels, French toast sticks, turkey sausage patties and hashbrown potatoes; pizzas; and the grillers with sirloin steaks, chicken breast fillets, boneless pork chops and ground beef. The choice item is key lime cheesecake.

The **Goodland Learning Center** will have a **bake sale from noon to 3 p.m. on Monday, Tuesday and Wednesday** at 1209 Main. They are raising money to pay for graduation.

Jodie Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1 to 2:15 p.m. Thursday** 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 Goodland Public Library, 812 Broadway, is having **Brown Bag Lunch from noon to 1 p.m. on Thursday.** Marilyn Cooper will talk about the Kidder Massacre. The library will furnish dessert and drinks.

**Tickets are on sale** for the Goodland Arts Council's **Annual Dinner Theatre** at the Carnegie Arts Center, 12th and Center. The performances are at 6:30 p.m. on Saturday, April 28, with dinner and the play and 2 p.m. on Sunday,

April 29, for a light buffet and the play. They are presenting V.B. Leghorn's "Collective Dating."

**AARP Tax-Aide** counseling, preparation, e-filing and teaching service will help you file your 2011 Tax Return from **1 to 4 p.m. Friday afternoons** at Goodland Public Library, 8th and Broadway. Call for an appointment at (785) 821-1827 or (785) 890-2287. Will also do walk ins. The service is also at the Colby Community College Library from 8:30 a.m. - 4:30 p.m. on Wednesday. For information call (785) 821-1827.

**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. 2 p.m. varsity track at Ulysses. 3 p.m. varsity baseball at Scott City. 3 p.m. varsity softball against Scott City. Saturday: Regional music festival. Sunday: Family, Community and Career Leaders of America Leadership Conference and State Star Events in Wichita. **Monday:** Black day. 3 p.m. varsity softball against Liberal. Family, Community and Career Leaders of America Leadership Conference and State Star Events in Wichita. **Tuesday:** Gold day. Family, Community and Career Leaders of America Leadership Conference and State Star Events in Wichita. Great West Activities Conference Art Show at Ulysses. **Wednesday:** Black day. 6 p.m. Kansas Honors Program at Oakley. Great West Activities Conference Art Show at Ulysses. **Thursday:** Gold day. Great West Activities Conference Art Show at Ulysses. 11:30 a.m. junior high track at Felton Invitation. 2:30 p.m. varsity track at Norton. 3 p.m. varsity baseball against Hugoton. 3 p.m. varsity softball at Hugoton. **Friday:** No school.

**school menu**  
**West Elementary School**  
**Today:** Breakfast - scrambled eggs, fruit and milk. Lunch - fish, browned potatoes, Mandarin oranges, pineapples, muffin and milk.

**Central Elementary School**  
**Today:** Breakfast - egg taco, yogurt cup, pineapple chunks and milk. Lunch - macaroni and cheese, seasoned peas, cooked carrots, whole wheat bread, apple wedges, slushie and milk.

**Grant Junior High**  
**Today:** Breakfast - biscuits and gravy, fruit, juice, cereal and milk. Lunch - tomato soup, grilled cheese sandwich, crackers, half an orange and milk.

**Goodland High School**  
**Monday:** Breakfast - donuts, cereal, juice or fruit and milk. Lunch - crème chicken over rice, peas and carrots, salad bar, whole wheat dinner roll, Mandarin oranges and pineapple and milk.

**Tuesday:** Breakfast - pancake on a stick, cereal, juice and milk. Lunch - hamburger, lettuce, pickle, onion, tomato, french fries, salad bar, pudding and milk. **Wednesday:** Breakfast - biscuit sausage sandwich, cereal, juice or fruit and milk. Lunch - baked ham au gratin potatoes, green beans, salad bar, dinner roll, strawberry shortcake and milk. **Thursday:** Breakfast - combo bar, toast, cereal, juice and milk. Lunch - pizza, corn, salad bar, peaches and milk. **Friday:** No school.

**senior menu**  
**Today:** Chef salad (meat on the side), cook's choice fruit, bread sticks and pineapple upside down cake. **Monday:** Hamburger gravy, mashed potatoes, seasoned carrots, bread and ambrosia fruit salad. **Tuesday:** Chicken pattie, corn casserole, bun and strawberry shortcake. **Wednesday:** Wai-kiki meat balls over rice, broccoli, bread and tropical fruit. **Thursday:** oven baked chicken, mashed potatoes with gravy, cook's choice vegetable, bread and Mandarin oranges. **Friday:** Tuna noodle casserole, peas, stewed tomatoes, bread and apricots.

**ance subjects about Medicare.** For questions call (800) 432-7422 or (785) 628-8204.

**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. 6 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. Faye Paxton. **Monday:** a.m. Fern Heckman. **Tuesday:** a.m. Gorda Adelgren and p.m. Margaret Baalman. **Wednesday:** p.m. Faye Paxton. **Thursday:** none. **Friday:** a.m. Judy Siruta.

**early head start**

Early Head Start is a state funded

**birth****Jagger Keyes Mitchek**

Jagger Keyes Mitchek was born Wednesday, March 7, 2012, in Goodland. He weighed 7 pounds, 2 ounces and was 19.5 inches long.

His parents are Jack and Becky Mitchek of Goodland and his grandparents are Lyle and Donna Quick of Circle, Mont., and the late Dale Mitchek and Viola Carr.

Jagger is welcomed home by 12-year-old sister Demi and 6-year-old sister Jaxi.

**Jagger Keyes Mitchek****Are you getting what you want in life?**

"You will get all you want in life if you help enough other people get what they want." ~Zig Ziglar

I love Zig Ziglar! If you feel stuck in a rut, take time to read one of Zig's books or listen to his podcasts. His advice isn't just a good idea, it's worked for him and many others through the years.

So how about you? Do you have what you want in life? Are you helping other people get what they want? Customers don't give you their money because you have a pretty face. They want something. When you help your customers get what they want, they will give you the money to get what you want.

**Is flooding covered by your insurance?**

It's been a mild winter in many parts of the parts of the U.S., but Kansans still need to evaluate their insurance needs concerning flooding in the state, according to Sandy Praeger, Commissioner of Insurance.

"We all remember the devastation that floods along the Missouri River caused Kansans in the northeast part of the state during 2011," Commissioner Praeger said. "I would encourage everyone to evaluate your need for a flood insurance policy now and take time to make a 2012 personal home inventory.

Floods - or an excess of water (or mud) on normally dry land - are not covered by a typical homeowners or renters policy. Most homes may be eligible for coverage under the National Flood Insurance Program. The program offers flood insurance policies for homeowners or renters in communities that participate in the federal program.

There is a 30-day waiting period after the purchase of a flood insurance policy before the coverage kicks in, so policyholders should take that into consideration when determining if and when to purchase coverage.

"Another danger of flooding that is not generally covered in a typical homeowners or renters policy is mold," Commissioner Praeger said. "Flood waters can be the source or mold damage long after the mess has been cleaned up. If you are concerned about this kind of damage, check your current policy to see if it includes coverage for mold caused by flooding. If it doesn't, contact your local insurance agent to find out what options are available."

In regard to personal belongings, a survey by the National Association of Insurance Commissioners found a significant lack of preparedness among consumers in documenting their goods.

"A home inventory is important for a number of reasons," Commissioner Praeger said. "It can help you determine the types and level of coverage you need before disaster strikes. And after a major loss, the home inventory can assist you in filing a claim."

Kansans can download a copy of the department's personal home inventory by going to www.ksinsurance.org and clicking on "Publication" under the "Quick Links" button at the top right of the home page.

Or, at www.naic.org, under "Consumer Resources," you can download the free association myHOMEscr.APP.book app for iPhone or Android smart phones. The app guides you through capturing images, descriptions, bar codes and serial number of your belongings and then storing them electronically for safekeeping. The app even creates a back-up file for email sharing.

To protect your self from a fraudulent insurance agent or company, before signing an application or paying for coverage, STOP. Call the department's consumer hotline at (800) 432-2484, and CONFIRM that the agent and company you are dealing with are licensed to sell flood insurance.

**jamie morphew**

- business tips

Take time this week to think about what your customers want and how you can help them get it.

*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.*

**sandy praeger**

- insurance comm

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Von B. White, age 87, passed away on March 24, 2012 in Wichita, KS. Visitation with the family, 5-8 p.m., Friday, March 30, Downing & Lahey Mortuary West. Funeral Service, 10 a.m., Saturday, March 31, First United Methodist Church.

He was preceded in death by parents, Chester L. and Prudence M. White; sister, Deloris Hollister of Taylorsville, UT; daughter, Rita Michelle White; brothers-in-law, George Kirkendall, Clinton O'Dell and Roy "Bud" Kelly all of Wichita; sister-in-law, Hazel White of Wichita.

Survivors include: wife, Marjorie; daughters, Vonda Palmer (Tom) of Goodland, Lana Duncan (Gary) and Jill Mason (Fred) of Wichita; son Danny White (Liz) of Wichita;

4 sisters, Blossom Kirkendall, Twila O'Dell, Naomi Kelly and Florine Schroeder (Mel) all of Wichita; brother, Jolly White of Wichita; brother-in-law, Dean Hollister of Taylorsville, UT; 7 grandchildren, Justin Calvert (Tasha), Jeremy Calvert, Joel Calvert, Cortney Dorn (Michael), Scott Mason, Hayley Mason and Jules White; 5 great-grandchildren, Jackson, Liam, Natalie, Kaden, Kaelin, and many nieces and nephews.

In lieu of flowers, memorials established with First United Methodist Church, 330 N. Broadway, Wichita, KS 67202 and Good Shepherd Hospice, 439 N. Mclean Blvd., #100, Wichita, KS 67203. Tributes may be sent to the family via www.dlwichita.com

**Thank You**

*We would like to express our sincere appreciation to the Good Samaritan Society, Hospice, Kroons Funeral Home, Fort Riley Honor Guard, Lowell Coleman VFW Post 1133, and the Honorary Bearers. Thank you for flowers, food, cards, calls and memorial gifts in honor of our loved one. Your thoughtfulness is greatly appreciated.*  
-The family of Alvin McCall

**Classifieds work! 899-2338**

**thank you**

*Thank you to family and friends for the visits, cards, flowers, balloons and gifts that made my 80th Birthday so special. A special thank you to family and friends, who traveled long distances to attend my Birthday celebration. Thank you again! -Keith Headrick,*

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