about our riends

student news

Brian James Coon, a 2002 Goodland High School graduate, was on the fall semester honor roll at Emporia State University. Students in the top 10 percent of their class were eligible. Coons is a senior at the university.

business news

Richard and Alicja Tkacz, owners of the Goodland KOA Kampground, received the franchise's President's Award for their outstanding facility and operation. The award recognizes campgrounds that receive exceptional scores on their quality assurance facilities review, for being a positive part of the franchise's system and for overall satisfaction on their annual camper satisfaction surveys.

birthday

Elmer Duell will celebrate his 88th birthday Monday, Jan. 30, 2006. Send cards to him at 1518 Caldwell, Goodland, Kan. 67735.

activities

Tours of the 1907 Victorian House at 202 W. 13th are from 1-5 p.m. Wednesday-Sunday.

"Nifty '50s Photograph Collection" is on display from 9 a.m.-5 p.m. Monday-Friday and from 9 a.m.-4 p.m. Saturday at the High Plains Museum, 1717 Cherry Ave. The Carnegie Arts Center is

open from 10 a.m.-5 p.m. Tuesday through Friday and from 1-4 p.m. Saturday, Sunday and Monday. There is no gallery display this month. Elementary art will be on display starting Sunday, Feb. 5.

The Goodland Public Library will have story time for 3-5-yearolds at 10 a.m. Wednesdays and Thursdays. Born to Read for children birth to age 3, accompanied by an adult, will be at **10 a.m. Fridays.**

Prairie Piecemakers Quilt Guild will meet at 6 p.m. the sec**ond Thursday** of each month at "The Rock House," 326 E. 6th in Goodland. Call Cora House at 899-2619, Joan Reid at 890-7301 or Carol Tupper at 890-5955.

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

Diabetes Support Group meets at 7 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.

Emotions Anonymous meets at 7:30 p.m. Wednesdays at the Goodland Regional Medical Center board room.

Aerobics Classes - 5:30 and

the calendar

calendar

The Sherman County Health Fair will be from 8-11 a.m. Saturday, Feb. 4, at the Goodland Activities Center.

Mothers of Preschoolers (MOPS) will meet at 6 p.m. Monday, Feb. 6, at the First Christian Church, Eighth and Arcade. The Five-Star Family Topic is "Love," just in time for Valentine's Day. There will be a panel of experienced couples who will answer questions and give tips from when they were raising preschoolers. Child care is provided.

SHARE sign up for the February distribution of food will be until Monday, Feb. 13, at the Sherman County Health Department, the Regional Prevention Center or the Kanorado Senior Center. Pick up will be Saturday, Feb. 25, for the January distribution.

school calendar

Today: Black day. Show choir competition 8 a.m. in the high school auditorium. Boys/girls varsity, junior varsity and freshman basketball 3:45 p.m. at Decatur Community High School. Varsity and junior varsity wres-

Saturday, an open meeting, at 1013 every Tuesday afternoon until May Center. For Alcoholics Anonymous, call Rob at 890-3023 or Linda at 399-2353. For Al-Anon, call Cheryl at 890-3023.

The "Freedom Today" group of Narcotics Anonymous meets at 8-9 p.m. Tuesdays, open; 8-9 p.m. Thursdays, closed; and 6:30-7:30 p.m. Saturdays, open, at the Elks Lodge. Call 890-8369.

Fibromyalgia and Chronic Myofascial Pain Support Group meets from 6:30-8:30 p.m. the third Wednesday of every month or complaints about child care, call in the Emergency Medical Services building, 257 15th St., in Burlington. Call Debbie at 719-346-4612.

The Pride of the Prairie Orchestra meets from 7:30-9 p.m. Central Time on Mondays at the Colby High School Band Room. call the Health Department at 890-The all-volunteer orchestra does 4888. not require auditions and is open to anyone from northwest Kansas and northeast Colorado. The music ranges from classical to popular. Call Dr. David Younger at 899-3421 or e-mail Gail56@hotmail.com.

area events

Admission to the Prairie Museum of Art and History will be free from 1-5 p.m. Central Time Sundays at 1905 S. Franklin in Colby The museum is also open from 9 a.m.-5 p.m. Central Time Monday-Friday and 1-5 p.m. Saturday.

tling vs. Decatur Community Francis. High here.

nament, here. Show choir competition 8 a.m. in the high school au- tournament 8 a.m. here. ditorium.

Sunday: All-Star Volleyball in the Max Jones Fieldhouse.

Monday: Boys/girls junior varsity basketball 5 p.m. in Colby. Goodland Activities Center youth basketball in the high school gym.

Tuesday: Black day. Seminar - AFS. National Honor Society interviews 4 p.m.

Wednesday: Gold day. Bank Day-all elementary schools. FCCLA District A Star Events at Oakley. Professional Development Council meeting at Central Elementary. City/county recreation.

Thursday: Black day. Seminar — DECA and FCS. Varsity scholars bowl, Regional Scholars Bowl, 3:45 p.m. Boys/girls junior varsity basketball tournament in Colby.

Friday, Feb. 3: Gold day. Boys/girls varsity, junior varsity and freshman basketball at St.

15. Call for an appointment.

Blood pressures; infants' children's and adult's immunizations; health assessments for Kan Be Healthy, daycare and school entry; fasting blood sugar and hemoglobin; family planning; and toenail clipping available by appointment. Assistance is available for the new prescription drug program, and Sharps containers are available free. Call 890-4888.

If you have questions, concerns 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.

The group charges a \$50 letter of intent fee (similar to a permit) which is good for one year. It is required on the installation or modification of all septic systems in the protection group's area.

The group will continue to offer free testing to private individuals. However, if you are selling, purchasing or refinancing any property that requires an inspection, the group will charge a \$90 inspection fee. The inspection includes site evaluations on well and septic systems and testing the water. The group will also charge a \$25 fee for child care and foster care inspections

Saturday, Feb. 4: Regional Pi-Saturday: Varsity wrestling, ano Festival. Boys freshman bas-Northwest Kansas League tour- ketball at Greeley County High School. Junior varsity wrestling

school menu

Monday: Chicken and noodles, mashed potatoes, broccoli, dinner roll, peach crisp and milk. Tuesday: Pizza, lettuce salad, corn, cake and milk. Wednesday: Hamburger gravy, mashed potatoes, green beans, dinner roll, Jello and milk. **Thursday:** Cooks' choice. Friday: Corn dogs, french fries, pickle spear, peaches and milk

seniorcentermenu

Monday: Tuna noodle casserole, Mexicali corn, peaches, bread and brownies. Tuesday: Chili, glazed carrots, citrus slices, crackers and cinnamon roll. Wednesday: Oven baked chicken, mashed potatoes and gravy, cook's choice fruit, dinner roll and mixed vegetables. Thursday: Sloppy joes, broccoli, pasta salad, bun and rosy applesauce. Friday: Liver and onions, creamed potatoes, peas, bread and mixed fruit.

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, 813 Main. Call Jeannie Topliff at 899-2426 or Candice 866-448-2366.

recycling

The Goodland High School library is recycling used cell phones, ink jet printer and LaserJet cartridges. The school receives from nothing to \$2 for cartridges and nothing to \$5 for cell phones. Drop them by the high school library or office. If you have several and would like them picked up, call the library at 899-5656 to make arrangements. The money goes to support National Honor Society, Scholar's Bowl, Science Olympiad, Electric Car and extra library projects.

thrift store

Anyone wanting to donate to the Goodland Churches Thrift Shop should call 899-2007 to arrange to meet by the door in the alley and take donations directly from the car to the warehouse.

sold in, seal-a-meal bags or any bags that can be heat-sealed and jewelry gift boxes.

March wedding planned

Brittney Nicole Joy Redlin and Matthew Lee Heiter, both of Goodland, plan to marry Saturday, March 18, 2006, at the Goodland First Christian Church. The Rev. Ted Amos will be officiating.

The bride-elect's parents are Chuck and Janet Redlin of Goodland, and the prospective groom's are Michelle Heiter of Goodland and Tom Heiter of Salina.

Leonard and Wilma Young and Esther Redlin, all of Goodland, are her grandparents. Shirley Jolly of Hugo, Colo., Gene Jolly of Stratton, Neb., and Kay Meinke of Goldfield, Iowa, are his.

The bride-elect has an Associate ogy.

Baby girl adds to family tree

Madison Nicole Laubach was born at 9:30 a.m. Saturday, Jan. 14, 2006, at Wesley Medical Center in Wichita. She weighed 6 pounds, 6 ounces, and was 19 inches long.

She is the first child of Casey and Melinda Laubach. Her grandparents are Richard and Diane Schwasinger of Goodland, Matt and Marcia Worley of Rogers, Ark., and John Laubach of Portland, Ore.

obituaries

Marnie Unger

Marnie Unger, 86, Oberlin, mother of Sue Olson of Goodland, died Wednesday, Jan. 25, 2006, at the Decatur County Good Samaritan Center.

She was born Dec. 27, 1919, in Oberlin, the daughter of James Franklin and Jessie (Wilson) Garver, and was raised in the Oberlin area.

She graduated from Decatur Community High School in 1937 and from Fort Hays State University with a degree in education.

On Feb. 21, 1941, she married The store needs zippered bags Ernest John Paul Unger at St. John's man for Caldwells for many years. like those bedding and curtains are Lutheran Church. They lived on a farm nine miles west of Oberlin. He Survivors include four sons, preceded her in death on Feb. 10, 1997, and she moved to town in Raymond (Marlene) Fisher, James Fisher, Gary (Brenda) Fisher and 2001.



Redlin and Heiter

Degree in photography. She works at the Blossom Shoppe and runs Brittney's Photography. The prospective groom is attending North Central Kansas Technical College in Beloit. He is working toward an Associate Degree in diesel technol-



Madison Nicole Laubach

Ramon L. Fisher

Ramon L. Fisher, 75, Goodland, a retired appliance repairman, died Friday, Jan. 20, 2006, at the Goodland Regional Medical Center, where he had been a patient for three days.

He was born April 7, 1930, in Cardston, Alberta, Canada, the son of Neff and Erma (Skipworth). He served in the Army during the Korean War and received three Bronze stars and the Purple Heart.

On Feb. 22, 1952, he married Thelma Summers in Grainfield. They moved to Goodland in 1967, where he was an appliance repair-

Preceding him in death were his parents, his wife, and a son, David.

daughters, Mary (Juan) Yanez,

Katherine Kufahl and Sheri

(Gabriel) Arroyo; three brothers,

Phillip, James and Morgan; three

sisters, Joy, Thelma and Gloria; 23

grandchildren; and 24 great-grand-

Services were held Tuesday, Jan.

children.

7:30 a.m. aerobics classes are offered Monday, Wednesday and **Friday** at the Goodland Activities Center. Yoga is offered at 8:30 a.m. Wednesday. Call 890-7242.

TOPS Meetings - Take Off Pounds Sensibly meets at **5:30 p.m.** Mondays at North Elementary School. Weigh-in is at 5 p.m.

Alcoholics Anonymous S.O.S. **Group** holds open meetings at **7 p.m. Monday** at the Trinity Lutheran Church, Seventh and Senter, Burlington. Call Pamela at 719-346-7711 or Dave at 890-2858.

Goodland Alcoholics Anonymous meets at 8 p.m. Monday, a closed meeting with Al-Anon, Wednesday, the book meeting, and

health department

The Sherman County Health Department at 1622 Broadway is open from 8 a.m.- noon and 1-5 p.m. Monday-Friday.

Wednesday: Blood pressures 10 a.m. at the Goodland Senior Center. Thursday: WIC in Colby. Scheduled appointments. Friday: Scheduled appointments.

flu vaccine.

hospital volunteers

Gift shop hours are 9 a.m.-noon and 1-4 p.m.; a.m. and p.m. volunteers are in the gift shop.

Monday: Mazie Sutton, cour-

The health department still has **cell phone drive**

Save a Life Give a Phone collects Assistance with comparing pre- used cell phones and refurbishes scription drug plans and enrolling them to provide 911 access for doin Medicare Plan D will be given mestic violence victims locally and

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 Julie Dautel or Carrie Starns at 899-2552 or go to Sherman County Head Start, 823 W. 11th.

Unger was a member of the Faith Kenneth (Sylvia) Fisher; three Lutheran Church.

Also preceding her in death were her parents; two brothers, Ray and Virgil Garver; and a sister, Mary McDougal.

Other survivors include three sons, Roy Unger and Evan (Cheryl) Unger, both of Oberlin, and Lemoin (Connie) Unger of Little Rock, Ark.; a brother, Rex Garver of Belle Vista, Ark.; a brother-in-law, Albert Unger of Oberlin; a sister, Peggy May of Georgia; a sister-in-law, Rita Garver of Oberlin; 12 grandchildren; and 22 great-grandchildren

Services will be at 9:30 a.m. Mountain Time Saturday, Jan. 28, 2006, at the Faith Lutheran Church with the Rev. Charlotte Strecker-Baseler officiating. Burial will follow in the Oberlin Cemetery.

Visitation will be from 8 a.m.-8 p.m. today at Paul's Funeral Home in Oberlin and from 8 a.m. until the service time Saturday at the church.

Memorials may be made to the Faith Lutheran Church in care of the funeral home, 121 N. Penn, Oberlin, Kan. 67749.

Classified ads work! 899-2338

23, 2006, at Bateman Funeral Home. Burial followed at the Goodland Cemetery with military honors by Fort Rilev. Memorials may be made in care of the funeral home, Box 278,

Goodland, Kan. 67735. The family will decide their use later.

Happy 10th Anniversary



Newton!



Play is an essential part of child development, helping to build communication and social skills, aesthetic appreciation, creativity and problem solving.

Board games help children and youths learn the basic skills of getting along with others, following rules and sportsmanship, including how to be a gracious loser.

Outdoor play adds the elements of fresh air an exercise. There is some concern nowadays that to much television watching, video games and computer time is reducing children's time for the kind of play that is needed for good cognitive development and social skills.

There are studies that indicate that play is a significant factor, particularly from birth to age 8, in brain and muscle fiber development, in the creation and development of consciousness and the ability to think reflectively.

high plains IGH mental health LAIN • plain sense

children who are deprived of play are more likely to exhibit aggressive and antisocial behaviors and tend to be prone to obesity. An inability to engage in play can result in behavioral instability, unhappiness and a lack of mental well-being in children.

The impact and experience of play is long-term: following rules, getting along with others and learning to deal with disappointment are necessary components of healthy adulthood.

So what can parents do to insure needed play time for children? Play needs to begin in infancy with simple toys and interactions. Tod-

Such studies also contend that dlers can be taught to stack blocks

share with others and how to try, try again, things don't go as expected. As children get older, parents

need to encourage participation in Mental Health Center, Plain Sense, play activities in addition to computer and video games, such as card and board games, backyard/neighborhood sports and supervised rec-

Contributed by Karen Beery, time learning to manager, Consultation and Education Department. The views expressed here are those of the individual writer and should not be conwhen

> sidered a replacement for seeking professional help. Mail questions to High Plains Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

ANNUAL MEETING Sherman County Historical Society

Saturday January 28 1:30 p.m. Public Library Meeting Room

Program: Possible New Museum Building

Light Refreshments

Our Lady of Perpetual Help Catholic Church Goodland, Kan. "Disciples in Mission"

> Small faith sharing groups sign-up Jan. 28-29 and Feb. 4-5

Sign up at the weekend Masses or call Yvonne Koehler at 899-0059 or Barb Winston at 899-5353.

You're encouraged to sign-up for the valuable Lenten experience. Groups will be meeting during Lent -Approximately February 26th though April 9th.

