

birthday

Erma Blume is celebrating her 80th birthday today, Tuesday, April 11, 2006. A card shower has been requested. Send cards to her at Box 473, 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**. The High School and Junior High Art Show will be on display through Sunday, April 30.

The **Goodland Public Library** will have **story time** for 3-5-year-olds 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 second 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.

area events

Retired and Senior Volunteer Program (RSVP) annual recognition night will be **Wednesday, April 19**, at the **Colby American Legion**. Ramblin’ Andy Family Band will perform at the **dance from 7-9 p.m. Central Time**. Free to all area senior citizens. Call 785-462-6744.

The **2006 Sappa Valley Shootout** youth three-on-three basketball tournament will be **Saturday, April 22**, in the Decatur Community Junior and Senior High school gyms in **Oberlin**. Boys and girls in grades one through 12 are eligible to compete. T-shirts and medals will be awarded to winning teams in each age division, and second place teams will receive medals. Boys and girls will play in separate divisions. Entry fees are due to Sue Glodt by Wednesday, April 12. Entry forms have been distributed to area schools and are available at www.sappavalleyshootout.com. Call Glodt at (785) 475-8926 or Barbara Olson at 475-3602.

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: WIC in Colby. Scheduled appointments. **Thursday:** WIC in Colby. Scheduled appointments. **Friday:** Scheduled appointments.

The health department still has flu vaccine.

Assistance is available with comparing prescription drug plans and enrolling in Medicare Part D. 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. Sharps containers are available free. Call 890-4888.

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.

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 fee. The inspection includes site evaluations

the calendar

calendar

National Public Safety Telecommunications Week is **this week**. It’s a week to thank 911 dispatchers who answer calls for help.

TNT Singles will meet at **6:30 p.m. Thursday** at Edwards Hall for cards, games and food. Call 899-2733.

An **Easter egg hunt** will be at **10:30 a.m. Saturday**, at Gulick Park. It is sponsored by the Goodland Lions Club, S&T Communications, Wal-Mart, State Farm and the Lynn Hoelting family. Call Connie Grieve at 899-5957 in the evening.

Big Brothers Big Sisters of Sherman County is planning a **flamingo drop on Monday**. People can pay for insurance to prevent plastic flamingos from appearing in their yard or can pay for a flock to be dropped in someone else’s yard. Call 890-3665.

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1-2:15 p.m. Thursday, April 20**, 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.

Kindergarten screening and enrollment registration will be from **8 a.m.-noon and 1-3 p.m. Thursday and Friday, April 20 and 21**, at the Emmanuel Lutheran Church, 222 W. 13th. It takes about one hour and is for all children who will be attending kinder-

garten this fall. Appointments are necessary. Call Roberta Pianalto, West Elementary secretary, 890-6163.

Highway entrance cleanup will be Saturday, **April 22**, as part of the Chamber of Commerce Beautification Committees, City Commission and County Commission’s cleanup month. Businesses, organizations and families are encouraged to form teams of five or six and call Ken Clouse at 890-3641 to be assigned a cleanup route. Several teams are needed. Participants will meet at 8:30 a.m. in the Northwest Kansas Technical College student union to receive final plans. Call 890-3641, 890-7149 or 890-6692.

SHARE sign up for the May distribution of food will be until Monday, May 8, at the Sherman County Health Department, the Regional Prevention Center or the Kanorado Senior Center. **Pick up** will be **Saturday, April 22**, for the April distribution.

Full Circle, an Aging Expo, will be held **Thursday, April 27**, at the Goodland First Christian Church. The conference is for older adults, ages 55 and up, and their caregivers. **Early registration** needs to be in **by Wednesday, April 19**. Call the Sherman County Extension office at 899-4880, go to www.oznet.ksu.edu/nwao/Block2FoodNutritionSafety.htm or e-mail twwatts@oznet.ksu.edu.

The **Sherman County Good Samaritan Center** is having its **annual volunteer salad supper**

at **6 p.m. Thursday, April 27**, at the Our Lady of Perpetual Help Catholic Church, 307 W. 13th. Call 890-7517 to R.S.V.P. by Monday, April 24.

school calendar

Today: Gold day. Seminar — AFS. FCCLA State Leadership Showcase. Boys varsity golf 1 p.m.-Goodland Invitational. Boys varsity tennis noon at Larned. Varsity baseball 3 p.m. vs. Ulysses. West Site Council 4 p.m. First grade music program 7 p.m.

Wednesday: Black day. Central Site Council meeting 4 p.m.

Thursday: Gold day. Seminar — DECA and FCS. Leave for KT Woodman 11:10 a.m. High school cheerleader tryouts. Large state music contest at Colby.

Friday: Good Friday. State assessment testing window. Boys/girls varsity track-KT Woodman track meet.

school menu

Wednesday: Chicken parmesan, lettuce salad, corn, garlic bread, pudding and milk. **Thursday:** Ham, scalloped potatoes, peas, wheat rolls, strawberry Jell-o and milk. **Friday:** Good Friday. No school.

senior center menu

Wednesday: Salisbury steak with mushrooms, mashed potatoes, peas, dinner roll and Jell-o with pears. **Thursday:** Harvest turkey soup, four-fruit compote, crackers and cinnamon roll. **Friday:** Baked fish with tartar sauce, creamed corn, coleslaw with carrots, bread and mixed fruit.

obituaries

Linda Snethen

Linda B. Snethen, 60, Goodland, died Monday, April 10, 2006. Bateman Funeral Home is handling arrangements.

Dana Ward

Dana Jo Forrester Ward, 43, Aurora, Colo., daughter of Betty Jo O’Brien Baird of Brewster, died Friday, April 7, 2006, at her home.

She was born March 2, 1963, at Pasadena, California, the daughter of Robert J. and Betty Jo (Baird) O’Brien, and graduated from high school in Arvada, Colo.

She was a certified nurses aide. When she lived in Goodland, she worked at the Sherman County Good Samaritan Center.

She enjoyed camping and fishing. On March 27, 2006, she married William L. Ward III in Aurora.

Preceding her in death were her grandparents, Bennie and Cornelia Baird and William and Mary O’Brien.

Other survivors include her husband; two daughters, Bobbi Jo Forrester and Billi Jo Forrester, both of Aurora; her father, Robert J. O’Brien of Sunnyvale, Calif.; three brothers, Rob O’Brien of San Jose, Calif., Pat O’Brien of Parker, Colo., and Mike O’Brien of Brewster; and five grandchildren.

Services will be at 9 a.m. Mountain Time Wednesday, April 12, 2006, at the Brewster Community Church with Pastor Ben Baird and Pastor Mike Pinkleman officiating. Burial will follow in the Brewster Cemetery.

Visitation will be from 8 a.m. Mountain Time until the service begins Wednesday at the church.

Memorials may be made to the Dana Jo Ward Memorial in care of Farmers Bank and Trust in Brewster, the Brewster Community Church, or Koons Funeral Home, 211 N. Main, Goodland, Kan. 67735-1555.

Lovella Loyd

Lovella Louise Loyd, 74, of Russellville, Ark., a St. Francis native, died Saturday, April 8, 2006, at St. Mary’s Regional Medical Center in Russellville.

She was born Feb. 8, 1932, in St. Francis, the daughter of George and Josephine (Tagmeyer) Felzien. She worked for over 35 years in the nursery at St. Mary’s hospital, where she was affectionately known as “Granny Loyd,” and was a member of the St. John’s Lutheran Church in Russellville.

Preceding her in death were her husband, James Dale Loyd; her parents; a sister, Loraine Fenner; and a brother, Martin Felzien.

Survivors include a son, James Victor Loyd of Russellville; two daughters, Margaret Campbell of London, Ark., and Elizabeth Taylor of Pottsville, Ark.; a sister, Lavina Yoder of Kingman; a brother, Jalmer Felzien of Wichita; seven grandchildren; and two great-grandchildren.

Memorial services will be at 1 p.m. Mountain Time Wednesday, April 12, 2006, at the church, 500 N. Cumberland Ave., with Pastor Darrell Kobs officiating.

Cremation arrangements are under the direction of Humphrey Funeral Service. Burial will be in McFadden Cemetery at Dover. An internet obituary may be found at Humphreyfuneral.com.

Anxiety disorder is fear of social situations

Social anxiety disorder is an excessive, persistent fear of social or performance situations. It is much more than everyday shyness.

Some people who suffer from this disorder become sick with fear over the belief that they will do or say something to embarrass or humiliate themselves. As a result, they will avoid most or all socially-related situations, significantly limiting their live, work and relationships.

The key symptoms of this disorder are an extreme fear of social or performance situations in which a person may be scrutinized or evaluated by others, intense anxiety or avoidance resulting from fear or social or performance situations and intense anxiety in the form of a panic attack.

Panic attacks include one or more of the following symptoms:

- A sense of imminent danger and an urge to escape.
- Racing or pounding heartbeat; chest pain.
- Trembling or shaking.
- Dizziness, lightheadedness.
- Nausea or abdominal distress.
- Difficulty breathing.
- Tingling or numbness in the hands.
- Flushes or chills, sweating.



high plains mental health

- plain sense

- Sense of unreality or detachment.

- Fear of losing control, going “crazy” or doing something embarrassing.

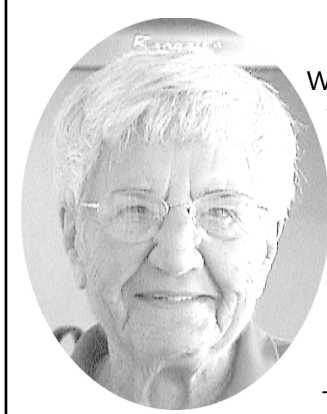
Treatment for those who experience social anxiety disorder or panic attacks includes help in recognizing and understanding these unreasonable fears and gradually taking steps to deal with social situations.

For some people, medication may be recommended to reduce anxiety. Contact a medical or mental professional for more information and help in dealing with this disorder.

Contributed by Karen Beery, manager, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

In Memory of Gertrude E. Baker



Our lives go on without you but nothing is the same.

We have tried to hide our heartaches when someone speaks your name. Sad are the hearts that loved you.

Silent tears will fall.

Living our lives without you is the hardest part of all.

You did so many things for us, your heart was Kind and True, and when we needed someone we could always count on You. The special years will not return when we were all together,

but with the Love within our hearts you will Walk with Us Forever.

In Our Hearts Always

Jean Ann Reid, Dr. James Baker, John Baker

Internet tonight! Call 899-2338.

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