

about our friends

calendar

Insurance Assistance — A representative of HealthWave, a health insurance program for children under 19 in families with limited incomes, will be available to answer questions and provide application assistance from **9 a.m.-3 p.m. Thursday** at the Sherman County Health Department, 1622 Broadway, Goodland. For information about the program, call (800) 792-4884.

Veterans' Affairs — Jody Tubbs of the Kansas Commission on Veterans' Affairs will be available to assist veterans and their dependents with claims work from **1-2:15 p.m. Thursday** in the assembly room on the third floor of the Goodland courthouse. If you miss her, you may call the Colby office any Monday, Wednesday or Friday at (785) 462-3572.

SHARE — Sign-up for low cost food in exchange for volunteer work for January will be from **9-10 a.m. Monday** at 824 Main in Goodland.

Dinner Party — The Goodland After-5 Club will have a "There's No Business Like Snow Business" dinner party for women from **7-8:30 p.m. Monday** at the Butterfly Cafe. The speaker will be Paula Holladay of Wichita and the feature will be "Snowmen" presented by Susie Johnson. For reservations, call Barb at 899-5580 or Lori at 899-3828.

activities

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

Aerobics Classes — Morning aerobics classes are available at **5:30 a.m.**

with Tina Tompkins, and at **8 a.m.** with Marilyn Imel, **Monday, Wednesday, and Friday** at the Goodland Activities Center. A senior aerobics class for those who desire a less strenuous workout will be at **8 a.m. Tuesday** and **Thursday** with Imel. For questions, call 899-7242.

Carnegie Arts Center — The arts center is open from **10 a.m.-5 p.m. Tuesday through Friday** and from **1-4 p.m. Saturday, Sunday and Monday**.

Basketball Camp — Applications are now being evaluated for the Ten Star All Star Summer Basketball Camp. Boys, ages 8-19, and girls, ages 10-19, can apply. Players are selected by invitation only. The Kansas camp location is in Atchison. College basketball scholarships are possible for players named to the All-American Team. For an evaluation form, call (704) 568-6801, anytime.

Water Testing — A representative of the Northwest Local Environmental Protection Group will be available for a free well evaluation including testing well water for bacteria and nitrates. If you would like to schedule an evaluation or have other environmental concerns, call the Sherman County Health Department at (785) 899-4888.

photos needed

Photos are needed for a 2001 alumni reunion display to be put up next year at the High Plains Museum in Goodland. Any photos of Goodland classes or individuals will work and are needed, as soon as possible, so that work can begin on the display. For questions, stop by the museum or call 899-4595.

society donations

The Sherman County Historical Society has received positive response to the proposed purchase of the Edythe Handy house. Your continued support is critical to the award of the grant request that is currently in progress. Tax-free pledges or donations for this year or 2001 may be made to the historical society at P.O. Box 684, Goodland, Kan. 67735 or by calling 899-6773.

support group

The Multiple Sclerosis Support Group of Burlington, Colo., would like to help. The group meets at **9:30 a.m. on the second Saturday** of each month. For questions or personal support, call Della Helzer at 899-2585.

school menu

Thursday — Chicken sandwich, french fries, lettuce, pickle, tomato, onion, apple crisp and milk.

Friday — Cooks' choice.

hospital report

Goodland Regional Medical Center
Admitted on Tuesday: Pius Heier, Gloria Kibel and Thelma Peters, all of Goodland.

Dismissed on Tuesday: Paul Schippert, Goodland.

Transferred: none.

Specialists for Thursday: Dr. Brian Cole, cardiologist.

Hospital weekly volunteer schedule — **Thursday** — Loretta Hayden, a.m. **Friday** — Bonnie Daily, a.m.

animal shelter

Have you lost a pet? Call the Goodland Police Department at 899-4570.

Are you interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 899-6464.

Found: an older male brownish-red Dachshund around North School. Call the animal shelter to claim.

today in history

In 1901, Marguerite Sprague, 92, died in the home of her only child, B.S. Sprague, who was 66 and lived near LaBlanche.

From The Goodland Republic

area events

Tobacco Support Group — A tobacco quitters support group meets from **7-8 p.m., Central Time, every Wednesday** in the cafeteria of Citizens' Medical Center in Colby. This week they will watch a videotape called "Kickin' Butts" which is targeted at those who are trying to kick their smoking habit. Anyone who has a desire to stop smoking is urged to attend. For information, call (785) 462-8152.

Head Injury Support Group — The next meeting of the Head Injury Support Group will be at **7 p.m., Central Time, Thursday, Jan. 11** at the LINK office at 1204 Canterbury in Hays.

crimestoppers

If you have any 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 you give results in the arrest and/or conviction of those persons involved, you could be eligible for a reward of up to \$1,000.



Jennifer and Chuck Wyant

Couple wed at Wyoming

Jennifer Billing and Chuck Wyant were married Sept. 2 at the United Church of Christ in Wheatland, Wyo. The Rev. Karen Chenoweth officiated the double ring ceremony.

Parents of the bride are Jeff and Carol Billing of Wheatland. The groom's parents are Charlie and Mary Wyant of Goodland.

The bride was given in marriage by her father.

Maid of honor was Trish Billing, sister of the bride. Bridesmaids were Zita Berger and Lynette Ricke.

Flower girl was Caylee Williams.

Ring bearer was Garrett Williams.

Bell ringer was Greg Williams.

Best man was Craig Wyant, brother of the groom. Groomsman were Ed

Abbott and Brice Ricke.

Ushers were Travis and T.J. Lockman.

Music for the ceremony was provided by Joyce Nolan, organist; and Zita Berger, Zane Nevins and Stacey Richardt, soloists.

A reception and dance were held at the 4-H Building in Wheatland.

After a honeymoon to Alaska, the couple are living in Wichita.

The bride graduated from Wichita State University and is a speech and language pathologist at Heartsprings in Wichita.

The groom is a graduate of the Northwest Kansas Technical School in Goodland and works for Nortel Networks in Wichita.

Cocaine abuse growing rapidly in the United States

The abuse of cocaine is the most rapidly growing problem in the U.S. It is estimated that 22 million people have tried it at least once in their lifetime. The consequences are noticeable in the lives of adults and youth. It is now being sold in a very destructive form known as "crack," which is a mixture of cocaine, bicarbonate and water. It is mixed until it forms a "dough," and is left to harden.

The hardened dough is then cut into pieces or "rocks" which are similar to granulated sugar. It is called crack because of the crackling sound it makes when the rock is heated. It is 10 times more potent than powdered cocaine, 10 times stronger and 10 times more dangerous and more addictive. It's cheap to package, easy to sell and easily manufactured in any kitchen. A



cris lovington

- prevention center

small amount (enough for two or three uses) will sell for about \$10 to \$15. It is a pleasure for the drug dealer to provide.

When crack is smoked, an intense sensation is felt within eight to 10 seconds. The sensation lasts about five to 30 minutes. It is immediately felt because when smoked it sends a concentrated dose to the brain. Crack produces the sensation that everything is great and causes the person using it to

sion causes the person to want more and to feel "in control" like before, which leads them to addiction. Crack also can cause death. It can cause a heart attack, convulsions, high blood pressure, problems with the heart and lungs and respiratory failure. It can also cause paranoia and excessive activity. A large dose can cause sudden respiratory failure. Long-term use can cause psychological problems and sometimes people say they feel as if insects are crawling on their bodies.

There are a number of reasons why crack is so popular with youth. It's cheap, easy to obtain and it makes them feel good. Young people have a tendency to experiment, to do dangerous things without considering the consequences and to ignore or not care about the advice and warnings adults give them. Also, it's hard to believe that a drug could cause so much damage in such a short time. The scariest thing about crack is that it can cause a rapid addiction. While the drug is wearing off the person "goes down" and feels depressed, in pain and without energy. Immediately they want more. Being that the sensation lasts only five to 30 minutes, there's plenty of time in one night to use the drug several times. The

depressed sensation can cause suicidal tendencies. Of the 1,200 people who call 1-(800) COCAINE each month, 46 percent of them said they have contemplated suicide and 18 percent said they have actually tried it.

It's difficult to stop taking this drug. The person needs to confront this issue. They cannot run from what is happening to them, but they do need support. Whether it comes from family, friends or co-workers, they need support.

Youth who are using crack generally show the following symptoms:

- Problems in school.
- Won't say where they have been at when not at home.
- They want to be alone.
- They always have money, but parents can't figure out where it's coming from.
- They demand more money.
- They have a new group of friends.
- They have a change in the way they behave.
- Personal hygiene changes.
- They collect drug paraphernalia.

Some of these symptoms may be "normal" adolescent behavior. Other indications of crack use can be a drastic weight loss in a short period of time; spitting black mucus; or staying in bed for long periods of time (14 to 16 hours after smoking crack is very common). A runny nose, painful throat and trembling are also common.

If you would like more information on crack, cocaine or other drugs, call the Regional Prevention Center at (785) 899-3848 or come by 109 E. 17th St., Suite 212.

City to make zoning regulations

CITY, from Page 1

to develop the regulations, said Pickman, so it will probably be July or August before the commission would be able to adopt them.

While paying the two companies for work on Steever Water Park — \$63,270 to Rhoads Construction and \$90,900 to Associated Poll Builders Inc. — Billinger asked if they were within budget on the project.

Pickman said there were a couple of areas that were over budget because of the changes the commission had decided to make.

The commission modified the original plans by adding a pool additive to the concrete and making the door bigger on the east end of the new building so the filter tanks could be moved in and out.

The commission also:

- Set a day to meet with the county commission to talk about road work at 8:30 a.m. Monday.
- Approved demolition bids for 620 West 11th Street in the amount of \$1,790 and for 307 West 12th Street in the amount of \$1,890, both from Mike Yager with Goody's. Both are to be demolished at the request of the owners and are detached garages with trees around them.
- Re-appointed Jack Sanderson and Bryce Cole to the planning commission, Elmer Jacobs and Robert Cowan to the electric board and Richard Simon and Keith Bowman to the plumbing board.
- Heard from Pickman that a state grant check would be presented to the commission on Friday, Jan. 12, to help build the gazebo at the new Pioneer Park, at Cherry and Business U.S. 24.

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Saturday.....January 13.....10:00-9:00
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Kansas Coliseum

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Shop & Misc. Items

Trouble light • Garden hose • Shop creeper • Garden tools • 2 Electric weed whips • Air compressor • Bench grinder • Hand saw

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