

kanorado chronology

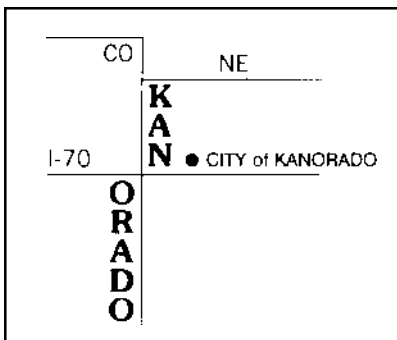
By Dixie Hooker
Kanorado Correspondent
Useless facts: The Ragdoll is the largest breed of domesticated cat in the world, with adult males averaging 22 to 25 pounds.

I was surprised to read that 66 percent of Americans don't drink the amount of water they need and astounded to find out that 10 percent of Americans don't drink water at all! Maybe I shouldn't be so surprised over this as I know my mother, for one, never drinks water. It's always coffee or Coke. I think she may take a drink of water when she downs her vitamin in the morning, but I wouldn't bet on it.

Your body loses water while you sleep, too. Now I was guilty of not drinking very much water, so I came up with a solution that has helped me tremendously.

A few years ago when they started selling water in bottles, I started saving the bottles and refilling them from my tap and placing them in the refrigerator. This turned out to be very handy. I don't know what it is about the bottle or the convenience, but I noticed I drank more water this way than by getting a glass of water or one with ice in it.

Now I find myself saving the pop



bottles too and filling them with water and putting them in the fridge. So folks if you are addicted to pop, coffee or tea, try this method as it may work for you. Every once in a while you need to wash the bottles with soap and water or just toss them away and start over again with new bottles.

But whatever you do, try it. And remember, dehydration costs Medicare half a billion dollars annually. And dehydration is one of the most frequent causes of hospitalizations for people over 65. Don't just think of doing this in the summer months—stay tuned into those winter months too.

Famous quotes: Whoever thought up the word "mammogram?" Every time I hear it, I think I'm supposed to put my breast in an envelope and send it to someone. Jan King

I was visiting with Carol Waller the other day and she is looking and feeling good after her surgery in Hays.

Answerless questions: How did a fool and his money get together? How do they get a deer to cross at those yellow road signs? What's another word for thesaurus? Why is abbreviation such a long word?

Remember to keep saving those pop tabs for the Grant Homemakers Social Club. Give them to Kanorado members who include Gert Swayne, Darlene Kirby, Nila Boese and Luella Richardson or Goodland members who are Shirley Boll, Bonnie Daily and Vera Daise. Pop tabs can also be delivered to the Ronald McDonald House of Denver, 1000 E. 16th Ave., Denver, Colo. 80218. They are then taken to the recycling center. In or out-of-state groups can recycle the tabs themselves and send the proceeds to the Ronald McDonald House as well. So keep "pull'n" folks!

Joel Franz is in the hospital. He recently had surgery on his leg. We all hope he is doing well and that he will get home soon. John Veselik, like many of the rest of us during this cold and flu epidemic, spent some time in the hospital a couple of weeks ago trying to beat the bug. But he is home

now and doing fine.

Surviving adulthood: I was in a car dealership awhile ago when a large new motor home was towed into the garage. The front of the vehicle was in dire need of repair and the whole thing generally looked like an extra in "Twister." I asked the manager what had happened. He told me that the driver had set the cruise control and then went in back to make a sandwich.

Dave Harrel of Burlington, Colo., was a recent visitor at our house. We haven't seen him for ages it seems. He seemed to be doing fine after his recent heart surgery and talked up a storm about the old days. Dave became a Burlington City Councilman last year, too.

Real interviews reported from executives: "... announced she hadn't had lunch and proceeded to eat a hamburger and french fries in the interviewer's office—wiping the ketchup on her sleeve."

Sara and John Veselik's daughter, Valerie Jones of Broomfield, Colo., and her two little daughters, Katy and Brit, are visiting with grandma and grandpa for a short time.

Philosophy: Why do they lock gas station bathrooms? Are they afraid someone will clean them?

matters of record

Goodland Police Report
March 6 — At 2:45 p.m., juveniles were involved with battery and disorderly conduct at 1209 Cherry.

March 7 — At 2:54 p.m., Matthew P. Jones, Colby, reported that one of his checks was forged at 202 E. 11th between 2:02 and 2:50 p.m. on March 6.

March 8 — At 7 a.m., Brandon R. Mauck reported that some electronic equipment was taken from his vehicle at 818 Walnut between 10 p.m. on March 7 and 7 a.m. on March 8, \$700.

At 2:14 p.m., Rick Lee Anderson reported that a CD player and discs were taken from his vehicle at 116 N. Main between 10 p.m. on March 7 and noon on March 8, \$475.

At 3:13 p.m., Cory McClain reported that a CD player was taken from his vehicle at 706 Walnut between 8:30 p.m. on March 7 and 7 a.m. on March 8, \$100.

At 7:20 p.m., Presto Convenience, 2510 Commerce Road, reported that they received two forged checks between 7:05 and 7:45 p.m. on March 8, \$79.

At 7:30 p.m., Matthew P. Jones reported that a book of checks was taken from the Northwest Kansas Technical School, 1209 Harrison, between noon on March 5 and 7:37 p.m. on March 8. At 9:58 p.m., Kenneth Andrews, Jr.

was arrested for criminal damage and disorderly conduct at 1505 Montana against Donna Andrews.

At 10:03 p.m., Jeffery R. Andrews was arrested for minor in consumption and no driver's license at 1505 Montana.

March 9 — At 3:26 p.m., Tamara J. Bahe reported that the roof and hood of her vehicle were hit by a brick at 13th and Walnut between 12:30 and 3:20 p.m. on March 9, \$500.

At 3:30 p.m., Jandira M. Smith reported that the front fender and door on the left side of her '95 Pontiac were scratched and kicked at 1300 Eustis between 9:30 a.m. and 3:30 p.m. on March 9.

Saturday — At 1:40 a.m., Robert L. Moore was arrested at 1522 Walnut for battery and disorderly conduct against Tammy M. Blake which occurred between 1:30 and 1:40 a.m. on Saturday.

At 2:40 a.m., Drew and Christina A. Noffsinger were arrested for battery and disorderly conduct between 2:30 and 2:40 a.m. at 515 Broadway.

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