

# about our friends

## calendar

**Garage Sale** — The Goodland Knights of Columbus will have a garage sale from **8 a.m.-noon Saturday** in the Knights of Columbus Hall at Seventh and Caldwell. Proceeds will go towards scholarships given out by the organization. If people would like to donate items for the sale, they may call Rob Wurtz at 899-3047, Gene Becker at 899-3580, Roger Ridder at 899-2547 or the hall at 899-3843 (evenings).

**SHARE** — The pickup of low cost food in exchange for volunteer work for April will be from **9-10 a.m. Saturday** at 824 Main in Goodland.

**Singers To Perform** — The Front-line Singers from Riverview Christian School in Brush, Colo., will perform at **11 a.m. Sunday** at the Goodland Bible Church, 109 Willow Road. The group will be directed by Terri (Purvis) Tedford, a former Goodland resident. The public is invited.

**Singles Group** — The Thursday Night Together Christian singles group will have a “Crazy Hat Party” at **6:30 p.m. Thursday** at Marie Edwards’ dance hall. For questions, call 899-2733.

## activities

**TOPS Meetings** — Take Off Pounds Sensibly meets at **5:30 p.m. Mondays** in the small board room at the Goodland Regional Medical Center. Weigh-ins at 5 p.m.

**Aerobics Classes** — Morning aerobics classes are available at **5:30 a.m.** with Tina Tompkins, and at **7:45 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 **7:45 a.m. Tuesday and Thursday** with Imel. For questions, call 899-7242.

**Carnegie Arts Center** — The work of 15 members of Wichita Women Artists will be on display at the Carnegie Arts Center through **Sunday, April 29**. One of the exhibitors will be Wilma Wethington who had her artwork on display in November. The exhibit will include oil, watercolor and pastel paintings and two sculptures. It is sponsored by Western Insurance Agency.

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**.

**T-Ball Registration** — Registration for summer T-Ball is taking place at the Goodland Activities Center through **5 p.m. on Sunday, April 29**. Children who will be old enough to attend kindergarten this fall or who were in kindergarten this school year are eligible to play. Games will be held on Tuesday evenings starting June 5. For information, call the activities center at 899-7242.

**Adult Softball** — Registration for adult softball has begun. Registration forms can be picked up and fees paid at the city office, 204 W. 11th. The deadline for registration and payment of fees is **Friday, May 11**.

**Star Party** — The Northwest Kansas Astronomical Society will have a “High Plains Star Party” **at dusk on Saturday, April 28**, at Ron and Bonnie Thompson’s farm north of Goodland. The event is being sponsored by Sky Publishing Co. of Cambridge, Mass., and “Astronomy” magazine from Waukesha, Wisc. All age groups are invited to attend. Liability release forms will need to be signed. The registration fee will include membership in the society and a free quarterly magazine called “The Reflector.” Door prizes and giveaways will be offered. For details or to register, call the Thompsons at (785) 899-2053.

**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.

**Youth Basketball** — Boys and girls in fourth through 12th grades are invited to register to play Mid-America Youth Basketball. There will be 110 tournaments available in 16 states. The registration deadline is **Tuesday, May 1**. For information, call (316) 284-0354 or send an e-mail message to busy@southwind.net.

**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.

## card shower

**Betty A. Berg**, a former longtime Goodland resident who now lives in Mississippi, will celebrate her 80th birthday on **April 26**. As a birthday surprise, a family member is requesting a card shower for her. Her Goodland friends may send greetings to her at 311 Cypress Creek Road, Brandon, Miss. 39042.

## senior center menu

**Monday** — Turkey potpie, breaded tomatoes, fruit cocktail, biscuits and chocolate pudding.

**Tuesday** — Oven fried chicken, mashed potatoes and gravy, corn, bread and rosy pears.

**Wednesday** — Barbecue rib patty, cole slaw with carrots and pineapple, baked beans, bun and purple plums.

**Thursday** — Meat loaf, baked potato, carrots, bread and ice cream with strawberries.

**Friday** — Tuna and noodle casserole, sweet potatoes, peas, bread and applesauce.

## paintings needed

The Goodland Arts Council would like to borrow any Sherman County historical paintings done by Edna Sexson for a three-day exhibit to run **May 4-6** in conjunction with the celebration of Goodland’s Settlement Day, which is May 10. If you have any paintings by Sexson that you would lend to the arts council, contact Rebecca Downs at the Carnegie Arts Center at 899-6442.

## school menu

**Monday** — Ham and cheese pockets, tater tots, relish tray, fruit cobbler and milk.

**Tuesday** — Lasagna, lettuce salad, garlic bread, Jell-o with fruit and milk.

**Wednesday** — Cooks’ choice

**Thursday** — Chicken legs, potato salad, baked beans, shape-ups and milk.

**Friday** — Tacos, shredded lettuce and cheese, tri-taters, cake and milk.

## hospital report

**Goodland Regional Medical Center Admitted on Thursday:** Carl Murray, Goodland; and Samuel Hurst, Colby.

**Dismissed on Thursday:** Opal Cogdill, Eleanor Peter and Lois Richardson, all of Goodland; and H. Jane Hankins, St. Francis.

**Transferred:** none.

**Specialists for Monday:** Dr. Ted Parks, orthopedist.

Hospital weekly volunteer schedule

— **Monday** — Helen Hughes, courtesy

**Tuesday** — Martha Gunderson,

courtesy; Beulah McClung, p.m.

**Wednesday** — Helen Armstrong,

a.m.; Roger Collins, p.m. **Thursday**

— Fern Heckman, p.m. **Friday** —

Anne Mann, p.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.

## today in history

**April 20, 1901** — Western Kansas counties are expected to benefit by the new law which reduces the minimum for the appraisement of school land from \$3 to \$1.25. The higher amount had been reasonable during the boom period, but the lower amount is close to other real estate values.

*From The Goodland Republic/Information provided by The Sherman County Historical Society*

## area events

**Adult Softball** — The Colby Recreation Department announces sign-up for co-ed and men’s softball. Co-ed teams will play Sunday and Monday nights. Men’s teams will play Thursday nights. The sign-up **deadline is Thursday, May 31**. To register as a player or a team, call (785) 462-4440.

## 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.*

# Goodland secretary wins excellence award

Bonnie Smith of Goodland has been selected as Office Professional of the Year by the Kansas Association of Educational Office Professionals.

“It’s a great honor,” Smith said. “I never thought I would have an honor like this. I was very surprised.”

Smith is secretary to Goodland School District Superintendent Marvin Selby and serves as the district’s food service director. She has worked for the district since 1980.

As a 13-year-member of the association, Smith has held offices including that of president in 1998-99 and served on several committees.

“It’s a wonderful association for education office personnel,” she said.

It offers conferences, workshops and inservice programs to its members; keeps them informed of state and national legislation which could affect them; and encourages members to take continuing education, she said.

Smith is also a member of the national association, where she served on the scholarship and membership committees.

She was recognized for the award at the association’s spring conference and workshop held April 6 in Topeka. She said there were several people from Goodland, including family members and district personnel, who attended the event.

“I’d like to thank the Goodland



Bonnie Smith, secretary to Goodland School Superintendent Marvin Selby, worked at her desk Friday morning at the school administration offices on Main.

board of education, Mr. Selby and Pat and Max (co-workers) for their support,” she said.

Smith’s application will be submitted in the national association’s competition.

# Former graduate gets award

Brandi Houk, a 1994 graduate of Goodland High School, is the first recipient of the Andy Thompson Student Award at the University of Kansas School of Allied Health. She is an occupational therapy student at the university.

Houk was chosen to receive the award because she shared some of Thompson’s goals and passions. Thompson was a practicing occupational therapist in Chicago who graduated from the university in 1990, but died in 1994 following a head injury received in an accident.

The award was established by his mother, Nancee Bell Thompson of Overland Park, and is to be given to a deserving occupational therapy student with a preference for those interested in treating patients with psychiatric conditions or head injuries.

Houk said that while the financial support from the award was extremely helpful in funding her transition from academic to field work, she also found it meaningful that Thompson’s family chose to remember him by helping students who share his goals and passions.

She described occupational therapy as a profession that can be adapted to almost any personal goal.

“Once you start seeing the world through occupational therapy glasses, you’re always asking, what can I do to make this work better for my client?” she said.

She was drawn to the field because it integrates her interests in psychology and medicine. While occupational therapists use exercises similar to those in physical therapy, the field addresses emotional and mental disabilities as well.

Houk is now completing the first of three required field work rotations at Wyandotte Community Mental Health Center, where she works with individuals who have severe and persistent mental illnesses.

She will graduate next year in May after working with patients who have physical disabilities at a rehabilitation center in St. Joseph, Mo., and doing a session in pediatrics in the Baldwin School District.

Her parents are Mike and Sharon Houk of Cheyenne Wells, Colo., formerly of Goodland.

## Alumni ask to use district’s bus

The Goodland School Board on Monday will consider allowing the Sherman County High School Alumni Association to use a small school bus during alumni weekend to haul visitors.

Barb Whisler and Curt Baldwin, alumni association members, made the request at the board’s last regular meeting, saying the association wants to offer transportation during the weekend in August.

Members put off a decision, saying they wanted to make sure the district wouldn’t be held responsible for the bus driver’s or passengers’ actions. The board decided to check on liability and discuss the request at the next meeting.

Members will also discuss the Goodland Arts Council’s request for money for a summer art program, and consider renewing the Northwest Kansas Technical College’s lease on the college campus property — which the district owns.

School principals will present recommendations for teachers whose contracts they want the district to renew, and the board will vote to rehire teachers.

The board may also go behind closed doors to talk about personnel or teacher contract negotiations.

# Drugs sometimes misused to commit sexual assault

She wakes up twelve hours later, not knowing where she is. She remembers drinking a beer and feeling drunk very quickly. The room turned to black and white. Although she was right there, she felt so far away from what was happening around her. All she knows is that she is in this strange apartment and is frightened of what happened to her last night.

Recreational drug abuse is not new, nor is the misuse of alcohol and other substances to facilitate date rape. Sedating substances are used to enhance the effects of alcohol or other drugs and to diminish inhibitions. Unfortunately, these substances have also been misused to commit sexual assault by spiking victims’ beverages.

Over the decades, alcohol and substances such as chloral hydrate or “Mickey Finns” have been misused to involuntarily sedate individuals for sexual assault. In the past several years, there have been reports in which other substances have been identified, including gamma hydroxybutyrate (GHB), flunitrazepam (Rohypnol) and ketamine. Recent laboratory tests on the urine of survivors of substance-related sexual assault showed traces of an even greater number of substances, including alcohol, amphetamines, barbiturates, benzodiazepines, cocaine, GHB, marijuana and opiates. These drugs may come in any form, including powder, pill, tablet or liquid.

Individuals may react differently to sedating substances depending on the dosage, their metabolism and sensitivity to the substance and the presence of alcohol or other drugs. There are several telltale signs that an individual may be under the influence of a sedating substance.

Possible effects include impaired judgment, disinhibition, dizziness and confusion. If an individual appears extremely intoxicated after consuming a non-alcohol beverage or only a small amount of alcohol, they may have un-



## crisis lovington

- prevention center

knowingly ingested one of a number of substances.

Sedating substances can temporarily inhibit a person’s ability to remain awake and conscious. The person may experience sudden or unexplained drowsiness and have trouble with motor coordination. Brief periods of impaired memory also may occur.

This means that the person may not remember what happened while under the drug’s influence. Depending on the substance and the presence of alcohol or other drugs in the person’s system, more dangerous and sometimes life-threatening side effects may occur.

There are a number of precautions you can take to reduce the risks of being drugged.

- Do not leave beverages unattended.
- Do not take any beverages, including alcohol, from someone you do not know well and trust.
- Serve yourself at a party. But be careful about spiked punch bowls!
- If you are 21 or older and are at a bar or club, accept drinks only from the bartender or server.
- At parties, do not accept open-container drinks from anyone.
- Be alert to the behavior of friends and ask them to watch out for you. Anyone extremely intoxicated after consuming only a small amount of alcohol or a non-alcoholic drink may be

in danger. This is only a small and very brief amount of information regarding drug induced rapes. The Community Partnerships in Prevention and Education will sponsor a community awareness program regarding sexual assault at 7 p.m. on Tuesday, May 1, at the Goodland High School auditorium. More will be discussed about date-rape drugs and date, acquaintance and stranger rape. A profes-

## Governor outlines state spending

TOPEKA, Kan. (AP) — A day after declaring tax increases the best solution to the state’s budget problems, Gov. Bill Graves outlined spending proposals that appeared to some legislators to force the issue.

Graves on Thursday proposed adding \$35.5 million to appropriations already approved by legislators for the current and upcoming fiscal years. The total includes nearly \$20 million that lawmakers already had anticipated spending to meet growing demand for social services.

The governor also wants an additional \$9.4 million for state universities for operating expenditures and new equipment. The Senate Education Committee endorsed the same idea Tuesday, suggesting the money come from higher corporate, liquor or income taxes.

University officials had complained that while Graves’ original budget included money for a 6.2 percent faculty pay raise, it neglected other needs.

sional panel of people including law enforcement personnel, medical staff, counselors and paraprofessionals will be available to answer questions and provide information regarding this subject, for both the victim and perpetrator.

In the United States, a woman or girl is raped every 60 seconds and this is only for the ones who have reported the crimes! Men and boys are also at risk of being raped. Their numbers are very low, but it does happen. We ask that you and your family join us and find out how you can reduce the risk of being a victim.

Graves’ new proposals would expand the gap between state spending and expected revenues to \$221.6 million from the \$206 million that legislators have been working to close.

“It makes it even more difficult to get through this process,” said Senate Ways and Means Chairman Steve Morris, R-Hugoton.

On Wednesday, Graves said he would support a wide array of tax increases to cover the difference. But the budget amendments he presented Thursday did not include specific suggestions.

That led some legislators to suspect that Graves was trying to force the issue of tax increases. House Republican leaders and many GOP senators have said the Legislature will not raise taxes.

“It’s pretty clear he doesn’t want to participate in a close look at the budget,” said Sen. Tim Huelskamp, R-Fowler, a member of the Senate Ways and Means Committee. “It’s pretty clear he wants to force a tax increase.”



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