

about our friends

calendar

Singles Group — The Thursday Night Together Christian singles group will meet at **6 p.m. Thursday** at Marie Edwards' hall in the Armstrong addition. From there, they will leave for treats in the country. For questions, call 899-2733.

Summer Classes — Colby Community College is offering summer classes over the interactive television network to northwest Kansas. **Topics in Applied Psychology** will be offered at **5:30 p.m. Friday and Saturday** in Goodland.

Theater Performance — A theater production for children called "Frizby's Reading Road Trip" will be held from **11 a.m.-noon Saturday** at the Goodland Public Library. The program is geared for children ages 4-12 and will be presented by the Timestep Players, a children's theater group from Chicago. The performance is partly funded by the Kiwanis Club, Peoples Natural Gas and the Northwest Kansas Library System.

Education Class — An adult education class, "Computer Basics, will be offered from **6-9:30 p.m. Tuesdays and Thursdays starting Tuesday, July 3**, at the Northwest Kansas Technical College. The 30-hour course will cover the basics of word processing, data bases, Internet and electronic mail and will be taught by Tina Perry, technical college instructor. To enroll, contact Richard Hoffman, technical college vice president, at 899-3641 (weekdays).

Benefit Barbecue — S&T Telephone will host a benefit barbecue to begin at **5 p.m. on Wednesday, July 4**, at the Sherman County fairgrounds during the Fourth of July celebration. The company will serve hamburgers, hot dogs and baked beans to the first 3,000 people. A free will offering will be taken with the proceeds to benefit the Handy House and Pioneer Park projects.

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-in is 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 Ac-

tivities 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.

House Tours — Tours of a 1907 Victorian house at 202 W. 13th will be held from **1-5 p.m. Wednesdays through Sundays**. The cost of admission will be used to support the Sherman County Historical Society.

Carnegie Arts Center — Karen Robben of Salina will have her paintings of farm machinery and scenes on display through **Saturday** at the Carnegie Arts Center in Goodland. The exhibit called "Reflections from the Farm" is sponsored by Jim Alcorn Shelter Insurance. 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**.

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.

senior center menu

Tuesday — Mexican chicken casserole, glazed carrots, bread, tapioca and peaches.

Wednesday — Lasagna, spinach salad, 1/2 orange, garlic bread and cookies.

Thursday — Swedish meatballs, parslid potatoes, green beans, bread and tropical fruit.

Friday — Chef salad, pears, crackers and cherry cobbler.

medical fund

A fund has been established to help pay medical expenses for **Teagan Raile**, who was injured in a car accident. Contributions can be sent to or left at Western State Bank, 815 Center, Goodland, Kan. 67735.

society donations

The Sherman County Historical Society has purchased the Edythe Handy house. Tax-free pledges or donations may be made to the historical society at P.O. Box 684, Goodland, Kan. 67735 or by calling 899-6773.

child care questions

If you have questions, concerns or complaints about child care in Sherman County, call the health department

office at (785) 899-4888.

uniforms needed

The Sherman County High School Alumni Association is needing old Goodland pep club uniforms from the 50s and early 70s for the school reunion assembly on Aug. 4. If you have any to loan, call Kathy Melia at 899-2309 (days).

tree fund donations

Many of the trees at the Goodland Cemetery have died and the cemetery board is trying to replace them. If you would like to help out, contributions for the Goodland Cemetery Memorial Tree Fund can be left at Koons or Bateman funeral homes or sent to the Goodland Cemetery Board, P.O. Box 59, Goodland, Kan. 67735. Donations may be made in memory of a loved one.

wheelchairs for use

The Senior Wheels USA Program offers electric wheelchairs to senior citizens (65 and up) and the permanently disabled at no cost to them if they qualify. The wheelchairs are for those who can't walk or use a manual wheelchair. If your need is for home use and you want to find out if you qualify, call Leon Johnson at (800) 246-6010.

student news

Darin Coash of Goodland has earned a place on the School of Pharmacy Dean's Honor Roll for the spring semester at the University of Kansas. Coash is the son of Duane and Alberta Coash of Goodland.

hospital report

Goodland Regional Medical Center
Admitted on Friday: Hannah Delp, Goodland. **Saturday:** Dominga Benavides and Eleanor Peter, both of Goodland; and Connie Shasteen, Kanorado. **Sunday:** Opal Cogdill and Esther Redlin, both of Goodland.

Dismissed on Friday: none. **Saturday:** Hannah Delp and Wendy Hunter, both of Goodland; and Melba Winter, Kanorado. **Sunday:** Dominga Benavides, Goodland; and Connie Shasteen, Kanorado.

Transferred: none.
Specialists for Tuesday: Dr. Raymond Ketting, pediatrician; Dr. Kevin McDonald, urologist; Dr. Martin Rubinowitz, oncology/hematology.

Hospital weekly volunteer schedule — **Tuesday** — Martha Gunderson, courtesy; Beulah McClung, p.m. **Wednesday** — Carmelita Clark, cour-

tesy; Helen Armstrong, a.m.; Roger Collins, p.m. **Thursday** — Dorocile Reynolds, a.m.; Fern Heckman, p.m. **Friday** — none.

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

June 25, 1901 — Mort Justus borrowed my duplicate whist set; return to me; has score cards of F.A. Alben, Frank Robinson, H.S. Percival, Jewell, Usher, Montgomery and others on them. — J. Bainbridge

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

area events

Tobacco Support Group — A tobacco quitters support group meets from **7-8 p.m., Central Time, every Wednesday** in the cafeteria of Citizen's Medical Center in Colby. Anyone who has a desire to stop smoking is urged to attend. For information, call (785) 462-8152.

Boys Basketball Tournament — A basketball team tournament for fifth through twelfth grade boys will be held **Saturday, July 7, and Sunday, July 8**, at Bethany College in Lindsborg. Grade divisions are fifth and sixth, seventh and eighth, ninth and tenth, and eleventh and twelfth. **Sign-up deadline is Sunday.** To find out the cost or to register, call Coach Clair Oleen at (785) 227-3380, ext. 8176 or (785) 227-3279.

Youth Basketball Tournament — Boys and girls in fourth through twelfth grades are invited to a Mid America Youth Basketball Tournament to be held **July 27-29** in Hays. Five game guarantee. **Sign-up deadline is Friday, July 6.** For information, call the national office at (316) 284-0354 or the local director at (785) 628-6318 or send an e-mail message to busy@southwind.net.

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. 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.

Methamphetamine known as powerfully addictive drug

Editor's note: This is the first of two columns on the popular, yet dangerous, drug methamphetamine.

What is methamphetamine? Methamphetamine or meth is a powerfully addictive stimulant that dramatically affects the central nervous system.

The drug is made easily in clandestine laboratories with relatively inexpensive over-the-counter ingredients. These factors combined have made methamphetamine a widely abused drug.

Methamphetamine is commonly known as "speed," "meth" and "chalk." In its smoked form it is often referred to as "ice," "crystal," "crank" and "glass." It is a white, odorless, bitter-tasting crystalline powder that is easily dissolved in water or alcohol. The drug was developed early in the century from its parent drug, amphetamine, and was used originally in nasal decongestants and bronchial inhalers.

Methamphetamine's chemical structure is similar to that of amphetamine, but it has more pronounced effects on the central nervous system. Like amphetamine, it causes increased activity, decreased appetite and a general sense of well-being. The effects of meth can last six to eight hours.

After the initial "rush," there is typically a state of high agitation that in some individuals can lead to violent behavior. Methamphetamine is a Schedule II stimulant, which means it has a high potential for abuse and is available only through a prescription that cannot be refilled. There are a few accepted medical reasons for its use, such as the treatment of narcolepsy, attention deficit disorder, and obesity for short-term use, but



cris lovington

- prevention center

these are limited.

Methamphetamine comes in many forms and can be smoked, snorted, swallowed or injected. The drug alters moods in different ways, depending on how it is taken. Immediately after smoking the drug or injecting it intravenously, the user experiences an intense rush or "flash" that lasts only a few minutes and is described as extremely pleasurable.

Snorting or oral ingestion produces euphoria — a high but not an intense rush. Snorting produces effects within three to five minutes and oral ingestion within 15 to 20 minutes.

As with similar stimulants, methamphetamine most often is used in a "binge and crash" pattern. Because tolerance for methamphetamine occurs within minutes, which means that the pleasurable effects disappear even before the drug concentration in the blood falls significantly, users try to maintain the high by bingeing on the drug.

In the 1980s, "ice," a smokable form of methamphetamine, came into use. Ice is a large, usually clear crystal of

high purity that is smoked in a glass pipe like crack cocaine. The smoke is odorless, leaves a residue that can be resmoked, and produces effects that may continue

tion and hyperthermia.

Long-term methamphetamine abuse results in many damaging effects, including addiction. Addiction is a chronic, relapsing disease characterized by compulsive drug-seeking and drug use which is accompanied by functional and molecular changes in the brain.

In addition to being addicted to meth, chronic abusers exhibit symptoms that can include violent behavior, anxiety, confusion, and insomnia. They can also display a number of psychotic features, including paranoia, auditory hallucinations, mood disturbances and delusions, for example, the sensation of insects creeping on the skin, called "formication." The paranoia can result in homicidal as well as suicidal thoughts.

With chronic use, tolerance for meth can develop. In an effort to intensify the desired effect, users may take higher doses of the drug, take it more frequently, or change their method of drug intake. In some cases, abusers forego food and sleep while indulging in a form of bingeing known as a "run," where they inject as much as a gram of the drug every two to three hours over several days until the user runs out of the drug or is too disorganized to continue. The long-term effects can include dependence and addition psychosis (paranoia, hallucinations, mood disturbances and repetitive activity) stroke and weight loss.



Evelyn Tedford



Lawrence Tedford

Couple to celebrate 50th

Lawrence and Evelyn Tedford of Goodland will mark their 50th wedding anniversary on Friday and are taking a trip by Amtrak to the Seattle area to celebrate.

Lawrence Tedford married the former Evelyn Macy on June 29, 1951, at the First Baptist Church in Hanston.

The Tedfords have three children

and six grandchildren. Their children are Jolien Tarvin of Overland Park, Dr. Terry Tedford of Castle Rock, Colo., and Don Tedford of Denver.

The couple's children have requested a card shower to help their parents celebrate this special occasion. Cards may be sent to the Tedfords at 507 Caldwell, Goodland, Kan. 67735.

obituary

Pauline J. Havice

Pauline Josephine Havice, 74, Herington, a former Goodland resident, died Saturday, June 23, 2001, at the Herington Municipal Hospital.

She was born Jan. 21, 1927, at Selden, the daughter of Antonette (Simpson) and John J. Sulzman.

She and Otis L. Havice were married April 16, 1952, at Selden.

She was a homemaker.

In 1980, she moved from Goodland to Herington.

She was a member of St. John's Catholic Church and Altar Society at Herington.

Her funeral services will be at 10:30 a.m., Central Time, Wednesday at St. John's Catholic Church in Herington with the Rev. Mark Wesely officiating. Burial will be in St. John's Catholic Cemetery at Herington.

A wake service will be held at 7 p.m., Central Time, Tuesday at Brockmeier

Funeral Chapel in Herington.

Friends may call from 2 to 7 p.m., Central Time, Tuesday at the funeral chapel.

Survivors include four sons, Mark Havice of Elkhart, George Havice of Abilene, Edward Havice of Biloxi, Miss., and William Havice of Clemson, S.C.; six daughters, Ramona Kashka of Goodland, Paula Bowers of McPherson, Peggy Kleiber of Ramona, Christina Callender of Wamego, Mary Schulte of Stratton, Colo., and Connie Todd of Alexandria, Va.; two brothers, Norbert Sulzman of Oberlin and Norris Sulzman of Selden; two sisters, Apalona Rohrs of Denver and Bernita Aumiller of Selden; and 21 grandchildren.

She was preceded in death by her husband on Aug. 4, 1987.

Memorials may be made to St. John's Catholic Church and sent to Brockmeier Funeral Chapel, 112 S. Broadway, Herington, Kan. 67449.

Area students graduate from Fort Hays State

Several area students completed requirements for bachelor and associate degrees during the spring semester at Fort Hays State University, including:

Crissy A. Livengood of Edson — bachelor's degree in justice studies.

Beth A. Shelledy of Goodland — bachelor's degree in speech-language pathology.

Kandis D. Lovelace of Goodland — bachelor of business administration degree in marketing.

Nadine L. Brazda of Goodland — bachelor of fine arts degree in art.

Shawn L. Colby of Goodland — bachelor's degree in physical education.

Tanner R. Heble of Goodland — bachelor's degree in political science.

Angela L. Moore of Brewster — bachelor's degree in elementary education.

Eric W. Starns of Brewster — bachelor's degree in communication.

Vicki L. Beiser of Brewster — bachelor of social work degree.

Candace R. Miller of Sharon Springs — bachelor's degree in psychology.

Rebecca M. Charles of Sharon Springs — bachelor's degree in physical science.

Derek Wright of Wallace — bachelor's degree in agribusiness.

Brynn M. Cox of Weskan — bachelor's degree in elementary education.

Veteran finally gets Purple Heart

TONGANOXIE (AP) — Through a prolonged letter writing campaign and the help of three Kansas lawmakers, a World War II veteran has finally received something he earned decades ago — the Purple Heart.

The award comes more than 50 years after Richard Rasdall, now 76, received shrapnel wounds as his plane was shot down over Europe.

At the time, Rasdall was a gunner for the 407th Bomb Squad, whose 92nd Bomb Group flew B-17F bombers over Europe. The crew was captured and sent to Nazi prison camps.

Applying for the Purple Heart, which

honors soldiers injured in combat, was the last thing on Richard Rasdall's mind when tanks led by General George Patton freed the prisoners in 1945.

It wasn't until he retired in 1988 that he began applying for the medal. However, Rasdall soon learned that most his military records had been destroyed in a St. Louis fire, making it difficult to prove his record of service.

What ensued was a letter writing campaign that ended with the Valley Falls man receiving the Purple Heart Sunday from Kansas Sen. Sam Brownback at a family reunion in Tonganoxie.



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A man wakes up in the morning after sleeping on an advertised bed, in advertised pajamas. He will bathe in an advertised tub, wash with advertised soap, shave with an advertised shaving cream, eat a breakfast of advertised juice, cereal and toast (toasted in an advertised toaster), put on advertised clothes, and glance at his advertised watch. He will ride to work in an advertised car, sit at an advertised desk and write with an advertised pen. Yet this man hesitates to advertise, saying that advertising doesn't pay. Finally, when his *unadvertised* business fails, he will advertise it for sale.

For your advertising needs, call Doug, Judy or Eric at 899-2338.

The Goodland Daily News

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