

# about our friends

## calendar

**SHARE** — The last day to register for the next pick-up is **Monday**.  
**activities**

**Veterans' Affairs**—On **Thursday, Aug. 16, 2001**, Jody Tubbs, of Kansas Commission on Veterans' Affairs, will be in Goodland from 1:00 until 2:15 p.m. Mountain Time, in the Assembly Room, on the third floor of the Court-house, to assist veterans and their de-pendents with VA claims. If you are unable to contact Ms. Tubbs in Goodland, you may contact the office in Colby any Monday, Wednesday, or Friday. That phone number is (785) 462-3572.

**Neighborhood Improvement Youth Employment Act program**—Harvest America Corporation (HAC) is offering an opportunity for local non-profit and public agencies to get a bright and energetic assistant at no cost. Youths work 10 hours per week during the school year and 32 hours per week during the summer. NIYEApays for the wages. Agencies that would like a youthful assistant and youths wish-ing to participate may call Barbara Fernandez-Ayala, area director, Mon-day, Tuesday, Thursday, or Friday at 899-3878.

**TOPS Meetings** — Take Off Pounds Sensibly meets at **5:30 p.m. Mondays** in the small board room at the Goodland Regional Medical Cen-ter. 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, Wednes-day, 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 ques-tions, 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 admis-sion will be used to support the Sherman County Historical Society.

**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 Mon-day**.

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

**senior center menu**  
**Wednesday**—Chef salad, cataloupe, bread sticks, brownies. **Thursday**—BBQ Beef, baked beans, macaroni

salad, bun, mandarin oranges. **Fri-day**—Roast pork, parslied potatoes, winter mix veg, rolls, pistachio pine-apple delight.

## alumni reunion

The 1966 class will be having a get together, at Gulick Park, Friday and Saturday at 6 p.m. for more infor-mation call 899-3045.

The Sherman County High School Alumni show is Aug. 2, through 5, and Cally Krallman's work will be show-ing through Aug. 31. Opening recep-tion is Aug. 5 from 1:00 p.m. to 3:00 p.m. Mountain Time at the Goodland Carnegie Arts Center and is open to the public. All August events are spon-sored by Vignery and Mason LLC At-torneys at Law.

The class of 1942 will meet at Sugar Hills Country Club Golf Club, **Satur-day** 3:30 p.m. and class picture will be taken at 4:00 p.m. Please try to be there.

## Edson alumni

On Saturday a potluck dinner and short program for Edson Alumni, and community, will be held at the Edson School Gymnasium. The school will open at 9:30 a.m. Mountain Time for registration and visiting. The dinner will begin at 12:30 p.m. Mountain Time. Drinks and table service will be furnished by the Alumni Association. Also people may visit the Brewster Heritage Center, 401 Kansas, in Brewster from 8 a.m. to 10 p.m. and 1 p.m. to 4 p.m. Mountain Time to see the Edson Room with memorabilia from the school and individuals.

## society donations

The Sherman County Historical Society has purchased the Edythe Handy house. Tax-free pledges or do-nations 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 de-partment office at (785) 899-4888.

## senior care provided

Jill's Helping Hands Inc. is now pro-viding home care and attendant care to seniors in northwest Kansas. Services include housecleaning, meal prepa-ration and cleanup, shopping, laundry, bill paying, paperwork, bathing and grooming and mobility help. Seniors may qualify for funded programs or pay privately. For information, call Jill Edgett at (785) 622-4254 or Tami Sanderson at (785) 899-5623.

## wheelchairs for use

The Senior Wheels USA Program offers electric wheelchairs to senior citizens (65 and up) and the perma-nently 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.

## hospital report

**Goodland Regional Medical Center Admitted on Tuesday:** Alexis Franklin, Goodland

**Dismissed on Tuesday:** Tina Hickson and Tanya Carter

**Transferred:** none.

**Specialists for Thursday:** Dr. War-ren, Cardiologist and Dr. Ruggles, Der-matologist

**Hospital weekly volunteer sched-ule: Wednesday**—Carmelita Clark courtesy, Margie Richards p.m. **Thursday**—Mary Lou Franklin a.m., Patty Gensil **Friday**—Carmelita Clark courtesy, Harriette Smith p.m.

## animal shelter

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

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

## today in history

**August 1, 1901** — Told In a Line: Farmers all over the state object to the sun popping corn on their premises.

It has come to pass in Kansas that the short grass shall be long and the long grass short.

Kansas is somewhat humiliated by the fact that it may have to import corn from New England for 'husking bees'.

Kansas will contribute its full quota, and more, of hand press newspaper in the new Oklahoma district.

The Iola Register says that it seems probable that those good souls who have been saving money for a rainy day will all die rich.

Atchison has given up the idea of a corn carnival this year. It was that or use canned corn to decorate with.

A man by the name of Cool has been arrested in southern Kansas for run-ning a joint. The sheriff there is in luck - he can probably keep Cool. From *The Goodland Republic/Information provided by The Sherman County Histori-cal Society*

## area events

**Tobacco Support Group** — A to-bacco 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 smok-ing is urged to attend. For information, call (785) 462-8152.

## 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.*

# obituary

## Norma M. Lampe

Memorial services for former Goodland resident Norma M. Lampe will be at 3 p.m. Thursday at the Porter Funeral Home, 8535 Monrovia, Lenexa.

Lampe, 77, Lenexa, died Tuesday, July 31, at the Lakeview Village Health Center. She was born February 15, 1924, in St. Francis, to Mary and Au-gust Rueb.

She attended St. Francis High School and the University of Colorado, where she received her Bachelor of

Science degree in medical technology.

She married Raymond Lampe on March 17, 1946, in Denver and they lived most of their life in Goodland, where they farmed and raised their children.

She was a member of Atonement Lutheran Church and the PEO, and an avid bridge player.

She is survived by two daughters, Karen Reibstein and husband David of Bryn Mawr, Pa., and Kay Lampe of Kansas City, Mo.; two sons, Les Lampe and wife Karen of Shawnee, and Scott Lampe and wife Ellen of

Bellevue, Wash.; six brother and sis-ters, Gertrude Baker of Goodland; Alfred Rueb of Shawnee Mission, Lewis Rueb of Kingman, Manette Thornburg of Williamsburg, Va., and Marlin Rueb and Phyllis Rueb both of St. Francis; and seven grandchildren.

Her husband died in January 1989.

Graveside services will be 1 p.m. Mountain Time Saturday at the Goodland Cemetery.

The family suggests memorial con-tributions to the American Cancer So-ciety or Lakeview Village.

# Parents' habits have lasting effects on kids

How does a parent's alcohol or other drug problem affect children? Children of alcoholics are more likely than chil-dren in the general population to suf-fer a variety of physical, mental and emotional health problems.

Similar to maltreatment victims, who believe that the abuse is their fault, children of alcoholics feel guilty and responsible for their parent's drinking problem.

Both groups of children often have feelings of low self-esteem and failure and suffer depression and anxiety. It is thought that exposure to violence in both alcohol abusing and child mal-treating households increases the like-lihood that the children will commit and be recipients of acts of violence.

Additionally, the effects of child maltreatment and parental alcohol abuse don't end when the children reach adulthood. Both groups of chil-dren are likely to have difficulty with coping and establishing healthy rela-tionships as adults.

In addition to suffering from all the effects in living in a household where alcohol or child maltreatment prob-lems exist, children whose parents abuse illicit drugs live with the knowl-edge that their parents' actions are il-legal.

While research is in its infancy, clini-cal evidence shows that the children of parents who have problems with illicit drug use may suffer from an inability to trust legitimate authority. This is because of the fear of discovery of a parent's illegal habits.

Some individuals can and do break the cycle of abuse. These resilient chil-dren share some characteristics that led to their successful coping skills such as ability to obtain positive attention from other people, adequate communication skills, average intelligence, a caring attitude, a desire to achieve and a be-lief in self-help. Additionally, the in-volvement of a caring adult can help children develop resiliency and break the cycle of abuse.

However, a significant number of individuals fall victim to the same pat-



## cris lovington

- prevention center

terns exhibited by their parents. Those who have been severely physically abused often have symptoms of post-traumatic disorder and dissociation.

Individuals suffering from mental health disorders may use alcohol and illicit drugs to decrease or mitigate their psychological distress. Research suggests that adults who were abused as children may be more likely to abuse their own children than adults who were not abused as children.

Why are these patterns so hard to break? One explanation for the con-tinuing cycle is the secrecy, denial and stigma involving both problems. Many child maltreatment cases do not get reported and many children of alcohol-ics go unidentified. Within both popu-lations, victims often are afraid to speak up because they do not think any-one will believe them.

Often they do not realize that what seems to be a normal behavior is indeed maltreatment, and learn to repeat the behaviors unconsciously. The lack of positive parental role modeling and lack of development of coping skills increases the difficulty of establishing healthy relationships as an adult. It may not be until they seek help as disturbed adults that they are made cognizant of the root of their emotional problems.

Research has shown that when fami-lies exhibit both of these behaviors, the problems must be treated simulta-neously in order to ensure a child's safety. Although ending the drug de-pendency does not automatically end child maltreatment, very little can be done to improve parenting skills until this step is taken.

It should be noted the withdrawal experience by parents who cease using alcohol or other drugs presents specific risks. The effects of withdrawal often

it is especially important that resources be available to the family.

Aside from promoting awareness of the link between parental alcohol or other drug problem and child maltreat-ment and cross-training professionals in the recognition and treatment of both problems, prevention services need to be available for all. Among the preven-tive efforts Prevent Child Abuse America to be most effective are:

- Prevention education for all chil-dren, adolescents, and young adults.
- Direct access to supportive ser-vices for all children of parents with alcohol or other drug problems before child maltreatment occurs, with an em-phasis on validation of feelings, sup-porting self-esteem, and intensive parenting and prevention education and support for all new parents.
- Access to self-help groups and other supportive services for all par-ents under stress and all victims and survivors of abuse.
- Education of all who work with children and families, including teach-ers, service providers, obstetricians, pediatricians, and emergency room personnel, regarding the interplay be-tween a parent's alcohol of other drug problems and child maltreatment.

# Classified ads work!

To place yours  
call 899-2338

# Extended power outage spices up lives in Brewster

Sounds like an old-age excuse, but I misplaced my news from last week, so I'm just a little late with a column. Of course, most of it dealt with wishing we'd get some rain. As the old saying goes, be careful what you wish for. We got some rain last night, and we also got some wind. Brewster looks a little like a disaster area. We also had a little taste of how it used to be when the lights went out.

This was the first time in many years that the electricity was off for more than a few minutes. I surely didn't envy the line men having to get out in such horrible lightning and wind. A big "Thanks" to all the folks that do their best to help us get through the storms and such without losing the creature comforts we have grown so used to.

There are lots of coming and goings, with new faces coming to and fro. I cordially invite any of you new folks, regardless of age, to stop in the Senior Center and get acquainted. It's a sure way to become a member of the com-munity and maybe learn something about the town you have chosen to live in. Hope to see you soon!

Dreaded words- "school is just around the corner." The kids are all so busy getting ready for fair, they prob-ably aren't thinking about school



## sally michael

- brewster beacon

books. We had a style review here, Fri-day, and there was certainly an abun-dance of talent on hand.

Such pretty outfits and the matching of accessories shows that these young people are learning about matching and colors. They also brought some very tasty treats. The Senior Center comes to life every time the kids come in, for a project, and we look forward to each one.

Bonnie Reid reports that former resi-dent, Violet Brown, of Pauls Valley, Oklahoma, is attending a family re-union in Wisconsin this month. It is good to know Violet is feeling good and able to travel like that.

Mariam Allison, of Oberlin, has re-turned to her home after spending sev-eral weeks in a convalescence home. Mariam is a former resident and it is always good to hear that our friends are doing good even when they move to other areas.

Just got word this morning that

former resident, Hazel Tracy, had some major surgery last week. We hope she is doing fine, and I'm sure she would appreciate hearing from her friends.

I remember Hazel fixing the 50th anniversary cake for LaVelle and Marie, and when Roger and I went to pay for it, she said that they had been such good neighbors to her, she wanted to furnish it for them. Just one of those nice memories we gather about people over the years. So, Hazel, we hope you have a speedy re-cov-ery.

The Levant Reunion is just around the corner, on August 5, at the Ramada Inn from 10 a.m. to 4 p.m. Inace said she heard from her brother, Elmer Johnson, and he is planning on coming from California to enjoy the gathering, and also to go to Ft. Hays, to remem-ber all the good times there.

Edson and Goodland are also having reunions the first weekend of August. The fair will be winding down, so there should be lots of people on hand at the

different gatherings.

Bill Medford enjoyed an evening at the Doug Jackson home, for his birth-day.

On August 12, there will be a gather-ing of family, friend and neighbors at the new water park in goodland, east of the power plant. Swimming and pool activities, volleyball, croquet and horseshoes will be enjoyed until 6:00 p.m. Central Time, when a potluck will be held. These activities are sponsored by the Brewster Methodist church. Bring table service and chairs. For more information, contact Colleen Rall, at 694-2791.

Several families have moved in the last few weeks. Matt and Sharon Pounds, and family have moved to Kiowa. The Garner family has moved to Kinsley. The O'Connor family will be moving to Sharon Springs. We wish the families well. The Paul Bange fam-ily has moved to Colby, but Paul is still at the bank, here. As I said earlier, we are interested in meeting the new fami-lies, so hope you will come in.

That's it for this week. See you all next time.

## Flavor Burst Ice Cream



Chocolate Swirl  
Butter Pecan  
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