

# about our friends

## calendar

**Congressman Jerry Moran** will discuss the State of the Union Address and his priorities for the second half of the 107th Congress during a **live television appearance from 8:30-9:30 p.m. today** on Smoky Hills Public Television.

The **Goodland Lions Pancake Feed** will be from **6 a.m. to 1 p.m. Saturday** at the Veterans of Foreign Wars. There is a charge for the food.

**Annual CYF Groundhog Dinner** will be from **11 a.m.-2 p.m. Saturday** at the First Christian Church at Eighth and Arcade. Biscuits, Sausage, Gravy and pie will be served. Proceeds go toward the youth mission trip and projects.

**SHARE** pick up will be from **9 to 10 a.m. Saturday, Feb. 23**, at 824 Main for the February distribution of low-cost food.

**Project Graduation 2002** will meet at **7 p.m. Monday** in the high school cafeteria. Parents of seniors are invited to attend.

**Life Line Screening** will check for vascular disease and osteoporosis **Tuesday** at the Veterans of Foreign Wars. Pre-registration is required. **Call (800) 404-4557**. For more information, visit their web site at [www.lifelinescreening.com](http://www.lifelinescreening.com).

**Goodland Women of Faith** invite all ladies to their monthly celebration from **9:30 a.m.-noon Saturday, Feb. 9**, at the rock house at Fifth and Caldwell. Bring a salad and a friend. Speaker will be Mary Thompson from Colorado Springs. A love offering for our speaker will be taken. Bring your registration fees for the upcoming conference in Denver. Baby-sitting is always provided.

**"Sew Bee It"** — What will be the name of the new needle club? Bring your name ideas to the next meeting from **7-9 p.m. Thursday, Feb. 14**, at Wheat Ridge Acres. The name contest will end on **March 14**.

The **Goodland Chapter of the Eastern Star** is holding an all-you-can-eat pancake and sausage feed from **7 a.m. to 2 p.m. Saturday, Feb. 16**, at the Masonic Lodge at 519 Center.

## activities

**Born to Read** — The **Goodland Public Library** offers **Story Time** for children under 3 from **5-5:30 p.m.** on the **second and fourth Tuesday evening**, and **10-10:30 a.m. every Friday**.

**Emotions Anonymous** — meets at **7:30 p.m. every Wednesday** at the Goodland Regional Medical Center board room.

**Century Families**, for people whose family came to Sherman County more than 100 years ago, meets at **7 p.m. the second Monday** of the month at the Senior Center. For information, call 899-2835.

The **Goodland Development Corp.** meets at **6:30 p.m. every Tuesday** at 910 Main. Call 899-2342 or 899-6200 for information.

**Aerobics Classes** — **7:45 a.m. morning aerobics classes** are offered daily at the Goodland Activities Center. Tena Tompkins leads a **step aerobic class at 5:30 a.m.** Monday, Wednesday and Friday. On Tuesday and Thursday, a less intense class is offered. Call 899-7242.

**Goodland Activities Center** will have third-sixth grade boys **basketball at 6-8 p.m. Thursdays** now through March 7. The third-fifth grade girls will play from **6:30-7:30 p.m. Mondays** from Feb. 4-March 11.

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

**Family, Career, and Community Leaders** of Goodland High School holds **Little Brothers and Little Sisters the third Thursday** of every month. High school students will play games, create crafts, and share snacks with pre-school children at 3:30 p.m. in the home economics room or cafeteria.

**House Tours** — Tours of the 1907 Victorian "Handy House" at 202 W. 13th are from **1-5 p.m. Wednesdays through Sundays**.

**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. To schedule an evaluation or discuss environmental concerns, call the Sherman County Health Department at 899-4888.

The **Carnegie Arts Center** will be back to regular hours **Sunday**. The arts center will be open **10 a.m.-5 p.m. Tuesday through Friday** and from **1-4 p.m. Saturday, Sunday and Monday**. The center will have a display of Elementary School art **Feb. 3-28**.

## school calendar

**Saturday:** Regional Piano Festival. Junior varsity and varsity basketball 5 p.m. vs. Hays here. 9-10 Wrestling tournament 8 a.m. here. "C" team girls basketball 9 a.m. at Atwood. Snoball Dance 9 p.m. to midnight. high school gym. **Sunday:** Open gym 1:30 to 3:30 p.m. Max Jones Fieldhouse. Junior Olympics volleyball 1:30 to 3:30 p.m. junior high gym. Dana Murray's team 2-4 p.m. high school gym. **Monday:** JV Basketball tournament 3 p.m. at the Max Jones Fieldhouse. Project Graduation 2002 meeting 7 p.m. in the cafeteria. **Tuesday:** Gold Day. Seminar — Stuco. NHS induction. City/County Recreation sports 7:30 p.m. in the high school gym. **Wednesday:** Black Day. Seminar — Science olympiad. FCCLA Elections or Star Events. First grade practice in the auditorium 9:30 a.m.-11 a.m. City/County Recreation sports 7:30 p.m. Max Jones Fieldhouse and junior high gym. **Thursday:** Gold Day. Seminar — DECA/FCA. First grade music program 7 p.m. in auditorium, practice 9:30-11 a.m. City/County Recreation sports 7:30 p.m. in the high school gym. **Friday, Feb. 8:** Black Day. C-JV-V basketball 3:45 p.m. with Oakley here. JV-V Wrestling at Oakley 4:30 p.m., dismissal 2:30, depart 2:45. **Saturday, Feb. 9:** Novice wrestling tournament 7:30 a.m. in Colby. Depart at 6 a.m. State Scholar Bowl. Fifth grade basketball 10-11 a.m. in the Max Jones Fieldhouse. **Sunday, Feb. 10:** Open gym 1:30-3:30 p.m. at the Max Jones Fieldhouse. Dana Murray's team 2-4 p.m. in the high school gym.

## school lunch menu

**Monday:** Burrito with chili & cheese, tri-taters, lettuce salad, ice

cream and milk. **Tuesday:** Fried chicken, mashed potatoes, gravy, corn, strawberries & bananas and milk. **Wednesday:** Bar-B-Que beef on a bun, french fries, baked beans, brownie and milk. **Thursday, Feb. 7:** Pizza, lettuce salad, Jell-o with fruit and milk. **Friday, Feb. 8:** Hamburger gravy, mashed potatoes, cooked carrots, choice of dessert and milk.

## senior center menu

**Monday:** Tater tot casserole, herbed tomato bake, bread and cinnamon apples. **Tuesday:** Sloppy joes, California blend vegetables, beets, bun and fruit cocktail. **Wednesday:** Baked chicken, mashed potatoes and gravy, corn, bread and peach upside down cake. **Thursday:** Salisbury steak, baked potato, peaches, bread and ice cream. **Friday:** Pasta, beef and tomato casserole, peas and carrots, tossed salad, ambrosia fruit salad and oatmeal/raisin cookie.

## hospital report

**Goodland Regional Medical Center**

**Admitted on Thursday:** Letha Patten, Brewster.

**Dismissed on Thursday:** Floyd Smith of Goodland.

**Specialists for Monday:** Theodore J. Clarke, orthopedist.

**Hospital Volunteer Schedule:** **Monday:** Mary Schippert, a.m., Mazie Sutton, courtesy and Arabelle Isernhagen, p.m. **Tuesday:** Beulah McClung, p.m. **Wednesday:** Carmelita Clark, courtesy, and Margie Richards, p.m. **Thursday:** Mary Lou Franklin, a.m., and Patty Gensil, courtesy. **Friday:** Fern Heckman, a.m., Carmelita Clark, courtesy and Jan Lambert, p.m.

## today in history

**Feb. 1, 1902:** A raging blizzard held sway for 24 hours. Snow was blown away and the coldest spell of winter took the thermometer to 16 below.

From *The Goodland News*; provided by the Sherman County Historical Society.

## crimestoppers

If you have information about any crime, call the Goodland Area Crime Stoppers "Look Line" at 899-5665.

# Inhalants' cheap high popular among youths

Why are inhalants so popular among youth and other addicts? Maybe because they're a cheap high, they're easily accessible and most inhalants are used everyday around home, school and work so there is less suspicion. The National Institute on Drug Abuse (NIDA) researchers have studied inhalant abuse to bring the facts to light and make parents and other people aware of what I consider the "silent drug."

Maybe you haven't heard of inhalants, but you probably come across them pretty often. Hair spray, gasoline, spray paint — they are all inhalants, and so are lots of other everyday products. Many inhalants have a strong smell. That's why they're called inhalants: Some people inhale the vapors on purpose. Why would anyone do this? Because the chemicals in the vapors can change the way the brain works, and those changes can make people very happy for a short time. But inhalants can also do harm.

Inhalant vapors often contain more than one chemical. Some leave the body quickly, but others are absorbed by fatty tissues in the brain and nervous system. They can stay there for a long time.

One of these fatty tissues is myelin — a protective cover that surrounds many of the body's nerve cells (neurons). Nerve cells in your brain and spinal cord are sort of like "Command Central" for your body. They send and receive messages that control just about everything you think and do.

If you picture nerve cells as your body's electrical wiring, then think of myelin as the rubber installation that



## cris lovington

• prevention center

protects an electrical cord.

One problem with long term inhalant is that the chemicals break down myelin, and if myelin breaks down, nerve cells may not be able to transmit messages. One reason scientists are so interested in inhalants is that these chemicals affect the body in lots of ways. While some effects are due to changes in the brain, others are direct actions on other parts of the body, such as the circulatory system.

Did you know that some inhalants directly increase the size of blood vessels, allowing more blood to flow through? And some inhalants can make the heart beat faster. This can be a serious problem, especially if someone inhales butane gas.

Butane, found in cigarette lighters and refills, makes the heart extra sensitive to a chemical that carries messages from the nervous system to the heart. This chemical, noradrenalin, tells the heart to beat faster when you're in a stressful situation — like something suddenly scares you.

If the heart becomes too sensitive to noradrenalin, a normal jolt of it may cause the heart to temporarily lose its rhythm and stop pumping blood through the body. Some inhalant users die this way.

Inhalants can also cause death by

suffocation. This occurs when the inhaled fumes take the place of oxygen in the lungs and the brain.

Damage from long-term use can slow or stop nerve cell activity in some parts of the brain. This might happen in the frontal cortex, the part of the brain that solves complex problems and plans ahead. Or if inhalants get into the brain's cerebellum, which controls movement and coordination, they can make someone move slowly or clumsily.

Studies show that neurons in a part of the brain called hippocampus can also be damaged by inhalants. The damage occurs because the cells don't

get enough oxygen. Since the hippocampus helps control memory, someone who repeatedly uses inhalants may lose the ability to learn new things, may not recognize familiar things, or may have a hard time keeping track of simple conversation.

The truth is, there's still a lot that scientists do not know about the effects of inhalants on the brain.

Retailers have done a great job of decreasing the amount of inhalable items from their stores by educating their employees and increasing their awareness.

Inhalant abuse will continue to be a danger if we allow it to be considered a "silent drug." If you would like more information about inhalants or other drugs please contact the RPC at 899-3848.

## Treasurer joins state race

TOPEKA (AP) — Johnson County treasurer Dennis Wilson announced Thursday he will seek the Republican nomination for state treasurer, an office in which he previously held administrative positions.

Wilson, 51, who also served two terms in the House, said at a news conference that voters should elect him to provide continuity in the state treasurer's office. Incumbent Tim Shallenburger is seeking the GOP

nomination for governor.

"I have hired or trained or promoted most people in positions in the treasurer's office," Wilson said. "Consistency and continuity is important in that office."

Two other Republicans — state Sen. Lynn Jenkins and Shawnee County treasurer Rita Cline, both of Topeka — also plan to run for treasurer in the Aug. 6 primary.

Both welcomed Wilson to the race.

## LAND SALE!!

Seven quarters Sherman County Cropland

Seller: Norma Lampe Estate

Tract 1: North Half (N2) 14-8-42
Dryland: 78 acres
Irrigated: 122 acres
Off-season irrigated: 122 acres
Tract 2: East Half (E2) 24-6-42
Dryland: 314.5 acres
Tract 3: Southwest Quarter (SW4) 17-7-41
Dryland: 156 acres
Tract 4: West Half (W2) 1-6-40
Dryland: 119.5 acres
CRP: 194 acres

**Complete Brochure Available at:**

Vignery & Mason  
214 East 10th Street  
Goodland, Kansas (785-899-6588)

**Or Call:**  
Les Lampe: 913-219-3933  
Scott Lampe: 866-829-1031 (toll-free)

- Sealed bids accepted at Vignery & Mason until 2:00 p.m. (MST), Friday, March 8th, 2002.
- 5% earnest deposit required with bids (certified funds)
- Sellers retain right to reject any or all bids.

## February Parts Sale

Winter Fix is drawing to a close soon. Get your parts and service scheduled now and save!

**WINTERFIX**  
NEW HOLLAND

**YFS**

### Goodland Yost Farm Supply

328 W. Highway 24 - Goodland, Kan. 67735  
Bus. (785) 899-6565 - Fax (785) 899-6568  
800-783-7343

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 involved, you could be eligible for a reward of up to \$1,000. The Goodland Area Crime Stoppers is a nonprofit organization formed by citizens against crime.

## child care issues

If you have questions, concerns or complaints about child care in Sherman County, call the county health department office at (785) 899-4888.

## family shelter

The Northwest Kansas Family Shelter provides services day or night to victims of domestic violence and sexual assault. Weekly support groups are available for women and children in the northwest Kansas area. For information or assistance, call toll-free (800) 794-4624.

## tree donations

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

## animal shelter

Lost a pet? Call the Goodland Police Department at 899-4570. Interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 899-6464.

## wheelchairs

The **Senior Wheels USA Program** offers electric wheelchairs to senior citizens (65 and up) and the permanently disabled at no cost. 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.

The **Independent Seniors Program** makes electric wheelchairs available to senior citizens (65 and up) and others permanently disabled at no cost if they qualify. If your need is for

in the home, call Jay Hetzel at (800) 383-8435 for more information.

## water wells

The Northwest Local Environmental Protection Group (NWLEPG) provides environmental health services to Sherman County. There will be a representative in the county at least once a month. Services include: Free well evaluations and testing for nitrates and bacteria, free private sewer system layout, sizing and general trouble shooting, sanitary code requirements and assistance with other environmental concerns. Contact your local health department, conservation district or the NWLEPG office at (785) 462-8636.

## asthma medication

**Breathing medications and nebulizers** are available to people with severe breathing conditions at **no cost** if they qualify. Call the LifeStyle Medical Program at (800) 519-4480 to find out if you qualify.

## scholarships

The following scholarships are available to students enrolling at the **Northwest Kansas Technical College**: Kansas PTA scholarship, \$200; Kansas Vocational Technical scholarship, \$500; Martin Tractor Company scholarship for diesel mechanics students, \$100; the Warren Bottenberg Memorial scholarship for students from a Jackson County High School; the Bud Ward Memorial scholarship for a student from Oakley-Monument, Winona or Brewster; and the GAAS scholarship for automotive students. Anyone interested in applying for a scholarship should contact Paul Chaffin or Jacquelyn Beal at (785) 899-3641.

## reunion

The **USS Springfield Bluejackets**, Inc., CL66/CLG7/SSN761 will be holding its 12th annual reunion **Aug. 14-18** at the Nashville Marriott Hotel, Nashville, Tenn. Contact John W. Adams, 420 Elk Run Rd., Hudson, N.H. 03051-3542, phone (603) 598-2806.

## birthday

Bill Finley will celebrate his 75th birthday Tuesday at the Good Samaritan home, where he is now a resident. His family would like to have him showered with cards. Send cards to him at Room #105, Good Samaritan Center, 208 W. Second, Goodland, Kan. 67735.

**ORANGE COUNTY**

PG-13: Drug content, language & sexuality.

[www.goodlandnet.com/movies](http://www.goodlandnet.com/movies)

Fri. & Sat.: 7:00 and 9:00 p.m.  
Sun. 1:30 & 7:00  
Mon. - Thurs. 7:00 p.m.  
Movie Bucks Make Great Gifts!

**Sherman**  
1203 Main - Phone 899-6103

*17th Street*

# Barber Shop

## Grand Opening

Saturday, Feb. 2nd, 2002

8 a.m. - 4 p.m. Cynthia Bohl, Master Barber & Stylist  
212 E. 17th, Goodland • 899-6544  
Hot Dogs and Refreshments ~ Come be with us.

*Jones Land Company*

Let us light your way...

**Residential Real Estate**  
**Farm and Ranch**

**301 Center**

This home has been updated, very clean, 3 bedrooms on main floor and one in basement, central heat and air. Attached Garage has been converted into family room. Seller is allowing \$1,000 towards carpet. This home sets on a corner lot and has a detached 20x26 garage. Property has well manicured lawn and established landscaping. Call Joyce for your showing.

**Other fine listings:**

Lots-Westmoor Acres	222 W. 9th	524 E. Hwy 24 (Com.)	318 Broadway
1528 Colorado	605 E. 5th	7005 Cty. Rd. 5 (pending)	817 Eustis
1023 Caldwell	1019 Caldwell	412 & 412 1/2 Center	17th & Montana lots
1323 Caldwell	815 Harrison	1501 Caldwell	1104 Cherry
241 Cherry	Lots Toelkes	1312 Harrison	408 W. 11th
301 Center	Lots Broadway	1003 E. Hwy 24 (Com.)	1108 Caldwell
802 E. 5th	1506 Center	217 N Kennedy	126 N Clark
403 & 411 Cherry	1016 Sherman	(Sharon Springs)	
1311 Arcade			

**Call Joyce to look at any of these fine houses.**

115 E. 9th • Goodland, Kansas  
jbboe@www.webservice.net  
[www.joneslandco.com](http://www.joneslandco.com) • (785) 899-0500  
Robert Jones/owner/broker • (785) 899-6135  
Joyce Boehme/residential agent • (785) 899-3548