

Older people can be alcoholics, too

obituaries

April is alcohol awareness month. The Regional Prevention Center usually focuses on youth and alcohol, but this time we will discuss older people. Why? Relatives and friends of elderly drinkers may have thoughts like, "Why not let them drink?"



cris lovington

• prevention center

Yes, it may be true that alcohol is one of their few pleasures left, but let's look at this — does alcohol cause more pain than pleasure?

We have all heard remarks like this: "My husband or wife can't be an alcoholic." "Alcoholics are poor, don't have jobs, can't handle it or are just plain losers."

That is the perception many people have of alcoholics or people who might develop alcoholism. Many are totally unaware that alcoholism is an equal opportunity disease which affects rich as well as poor, the successful as well as the unsuccessful.

It is estimated that as many as two million people over the age of 60 may have alcohol problems. Even at this

age, there are many people who are affected by the older person's drinking.

Family and friends are hurt but sometimes react by saying, "Why get help? He will never stop drinking anyway."

The truth is that family and friends can play an important role in helping older drinkers by motivating them to get the help they need.

Yes, alcoholism is preventable and treatable. The first step is to become educated ourselves. The more we understand alcoholism and its stages, the more we will be able to help.

Early detection of an alcohol problem can lead to a quicker recovery.

However, the prevention of drinking problems among older people is possible with help from family and friends, the community and older people themselves.

Elderly people are highly susceptible to alcohol's effect. As people get older, their bodies take longer to process alcohol. A 30-year-old may feel little effect from two drinks. At age 60, the same amount of alcohol will have a much more intoxicating effect.

Serious damage to health may also occur quickly in elderly drinkers. Older people are frequent users of prescription and non-prescription medications. Combining alcohol and certain drugs can dangerously and tragically multiply the effects of these substances.

Alcoholism is a disease, a condition in which a person becomes physically

and psychologically dependent on alcohol.

- Alcoholism is a threat to:
 - health — excessive drinking can seriously damage vital organs (heart, kidneys, liver, brain) and can lead to malnutrition.
 - safety — drinking makes falls, car accidents and drowning more likely.
 - personal relationships — alcohol can create conflicts between drinkers and their families, friends, employers and others.

Elderly drinkers may be:

- early-onset alcoholics — people who begin drinking early in life and survive beyond middle age despite any medical problems caused by alcohol.

- late-onset alcoholics — people who begin drinking heavily later in life usually because of a dramatic change such as retirement or the loss of a loved one.

Most elderly drinkers are not alcoholics, but, if alcohol interferes with daily life or relationships, it is time to get help.

Larry Nicholson

Lawrence E. Nicholson, 56, of Sharon Springs, died Wednesday, April 4, 2002, at the Greeley County Hospital in Tribune.

Services will be at 10:30 a.m. Saturday, April 6, 2002, at the Wesleyan Church in Sharon Springs with Pastor Bill Ball officiating. Burial will be in the Sharon Springs Cemetery.

A full obituary will be printed when it becomes available. Bateman Funeral Home is in charge of the arrangements.

Joy Denton Shores

Joy Denton Shores, 72, a 1947 Sherman County High School Graduate, died Sunday, March 17, 2002, from complications from a stroke.

He was born April 19, 1929, at Ruleton, the son of Varo and Reba Denton Shores.

He was inducted into the Army at Fort Riley. He served in the infantry in the Korean War, then as American food administrator.

He later returned to Fort Riley and then was sent to Washington, where he worked eight years in the Pentagon as a bookkeeper for Army Chief of Staff and played in the Army band. He retired after 20 years of service.

He moved to Denver and worked as a security guard in the Federal Reserve Bank.

Survivors include his wife, Justina; two sisters, Corona Kinney of Redwood City, Calif., and Rosemary Haws of Vernal, Utah; a daughter, Linda; a son, Alan; and two aunts, Ethel Chesnutt and Helen Denton of Goodland.

He was buried at the Fort Logan Military Cemetery in Denver.



Dye and Oppenheim

Couple to marry Saturday

Mary Elizabeth Oppenheim of Kingwood, Texas, and Denton Lincoln Dye of Colorado Springs plan to marry Saturday, April 13, at the St. Mary Magdalene Catholic Church in Humble, Texas.

His grandparents are Edith and the late Raymond Dye and Enid and the late Ned Whitmer of Goodland. His parents are the retired Lt. Col. and Mrs. Raymond Leslie Dye of Colorado Springs.

Her parents are the retired Col. and Mrs. James Peter Oppenheim of Kingwood.

He is a 1994 graduate of Papillion-LaVista High School in Omaha and a 1998 graduate of the University of Nebraska with a degree in business administration.

She is a 1994 graduate of Duchesne Academy in Houston and a 1998 graduate of Southern Methodist University in Dallas with degrees in electrical engineering and mathematics.

Both are lieutenants in the Army stationed at Fort Hood, Texas.

about our friends

calendar

SHARE sign up will be until **Friday** at the Sherman County Health Department, Harvest America, Regional Prevention Center and the Kanorado Senior Center. Pick up will be from **9 to 10 a.m. Saturday, April 20**, at 824 Main for the April distribution of low-cost food.

The **Northwest Kansas Animal Shelter** will have a **garage sale and bake sale** at **9 a.m. Saturday** at the **Veterans of Foreign Wars Hall**. If you have something to donate, bring it to the hall **after 6 p.m. Friday** or call 899-6464 for pick up.

Emmanuel Lutheran Church will have its annual **soup and pie supper and craft and bake sale** from **4-7 p.m. Saturday** at 13th and Sherman. Proceeds will go to mission projects.

The **Smoky Garden Archery Club** will have its first shoot at **10 a.m. Sunday**. Registration will be at **9:30 a.m.**

Harvest America will distribute **commodities** from **8 a.m.-noon Monday** at 212 E. 17th. Potato flakes, peanut butter, cran-apple juice, beans, apricots, cranberry juice, canned potatoes, dried cherries and dried plums will be available.

The **Goodland After-5 Club**, affiliated with Christian Business and Professional Women, will meet for dinner from **7-8:30 p.m. Monday** at the Butterfly Cafe at Renner Field. Mary Bohl of Colorado Springs will share her experiences as a military wife and talk about decorating with garage-sale finds. Call Barb at 899-5580 or Lori at 899-3828 for reservations.

The **Goodland Promenade Square Dancers** will have a biscuit, sausage and gravy **breakfast from 7 a.m.-1 p.m. Saturday, April 13**, at Marie Edwards Dance Hall, 2431 Walnut.

Retired and Senior Volunteer Program (RSVP) will have their annual recognition night from **7-9 p.m. Wednesday, April 17**, at the American Legion in Colby. Ramblin' Andy Family Band will perform for the dance. Tickets are available by calling (785) 462-6744.

The **Goodland Kindergarten Roundup** will be held from **8 a.m.-noon and from 1-3 p.m. Thursday, April 18**, and **Friday, April 19**, at the Emmanuel Lutheran Church at 220 W. 13th. Children who will be 5 on or before Aug. 31 are eligible. Call Carol Stewart at 899-3912 to make an appointment.

City-County Recreation is accepting registration for boys baseball and girls softball for grades 1-6. Forms need to be returned to the city office by

Friday, April 19.

The **Goodland Arts Council** dinner theater "Don't Say No ... to the U.S.O." will be at **6 p.m. Friday and Saturday, April 19-20**. A dessert matinee will be at **2:30 p.m. Sunday, April 21**. Tickets are available at the Carnegie Arts Center.

activities

"**Prairie Past Times**," a photographic history of entertainment in Sherman County, is on display at the High Plains Museum, 1717 Cherry Ave.

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 from **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.** will meet at **6:30 p.m. the first and third Tuesday each month** at Bowladium Lanes. 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.

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. Students will play games, create crafts and share snacks with preschool children at 3:30 p.m. in the home economics room or cafeteria.

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

Water Testing — The Northwest Local Environmental Protection Group does free well evaluations, including testing 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** is open

from **10 a.m.-5 p.m. Tuesday through Friday** and from **1-4 p.m. Saturday, Sunday and Monday**. Paintings by Phyllis Liljegren Newson will be on display **through Friday**.

school calendar

Friday: Gold Day. Varsity golf at 8 a.m. in Norton, depart 4 a.m. Science Olympiads depart for state. **Saturday:** State Science Olympiad at Wichita. McLean's 5-on-5 basketball tournament in the Max Jones Fieldhouse, junior high gym and high school gym all day. **Sunday:** FCCLA state meeting and STAR events in Wichita April 7-9. McLean's 5-on-5 basketball tournament in the Max Jones Fieldhouse, junior high gym and high school gym all day.

school lunch menu

Friday: Lasagna, lettuce salad, bread stick, shape-ups and milk.

senior center menu

Friday: Bierock casserole, asparagus, apricots, bread and cranberry juice.

hospital report

Goodland Regional Medical Center Admitted on Wednesday: none.

Dismissed on Wednesday: Lisa Stummeier and Tara Goodwin, Goodland.

Specialists for Friday: Alfred Carr,

ears, nose, throat; John Faul, psychiatrist; and David Pfoff, ophthalmologist.

Hospital Volunteer Schedule: Friday: Fern Heckman, a.m.; Carmelita Clark, courtesy; Jan Lambertz, p.m.

health department

The Sherman County Health Department at 1622 Broadway is open from **8 a.m.-noon and 1-5 p.m. Monday-Friday**.

Friday: Blood pressure and blood sugar screening 9 a.m.-noon. Walk-in clinic.

Cholesterol screening April 11 and 12. Call for an appointment. Kindergarten roundup **April 18 and 19**.

Through Friday, May 10, **Walk Kansas**.

today in history

April 4, 1902: The prisoner having been searched again, Justice R. gave a legal decision which was against Schell.

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

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. For information or help, call (800) 794-4624.



Back: Laurie Redin; Preston Lambrecht, Abby Scheopner, Bill Linin, Rachael Hagerman, Allan Briney, Megan McCall, Josh Topliff. Middle Colleen Koehler, Cody Lofland, Amanda Jolly, Randy Berls, Timothy Kafka, Jessica Vignery, Mike Zimmerman. Front: Tammy Weeter, Ian Scherling, Amanda Hoffman, Darin Richardson, Alyssa Mason, Josef Felver.

The X-Pressos wish to thank the community for its support for our Branson trip and all our endeavors.

Thank you, Mr. Berls & the X-Pressos.

It's my **40th birthday April 6, 2002**



but you're getting the presents!

Here's the deal:

You get **\$40**

off any NEW order of \$500 or more within the next **40 days**.

Contact **Roxie Yonkey**

785-899-5500 • 1203 Caldwell • Goodland, KS 67735

Red Brick Road Promotions

Representing L.W. Barrett Company's complete line of promotional products, gifts and awards.

This ad must accompany any qualifying order. Offer is good through May 16, 2002.