

about our friends

calendar

Goodland Kindergarten Round-up enrollment days will be from **8 a.m.-noon and 1-3 p.m. Thursday and Friday** at Emmanuel Lutheran Church, 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.

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1-2:15 p.m. Thursday** in the Assembly Room on the third floor of the courthouse to help veterans and dependents with claims. Call the office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

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**.

SHARE sign up for the May distribution of food will be **until Friday, May 3**, 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.

Confirmation will be held at the **6 p.m. Mass Saturday** at the Our Lady of Perpetual Help Catholic Church. The Most Rev. George K. Fitzsimmons, bishop of Salina, will be the celebrant.

A **garage/bake sale** will be held from **9 a.m.-5 p.m. Saturday** in the high school gym to **raise money for the band** to go to the Alamo Bowl in December. Call Deandra Wirth at 899-5656 or 899-2678 if you would like to contribute items to sell.

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

The **Kansas Commission on Veterans' Affairs** will award honorary high school diplomas to World War II and Korean War veterans through the "Operation Recognition" program. Any honorably discharged living or dead Kansas residents or former residents who served between Sept. 16, 1940, and Dec. 31, 1946, or between June 27, 1950, and Jan. 31, 1955, are eligible. **Call Jo Ann Wahrman at (785) 899-5656** for an application. Applications must be returned by May 1.

activities

"Prairie Past Times," a photographic history of entertainment in Sherman County, is on display from **9 a.m.-5 p.m. Monday-Friday** and from **9 a.m.-4 p.m. Saturday** at the High Plains Museum, 1717 Cherry Ave.

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**. April's exhibits will be "Junior High Art Exhibition" done by students at Grant Junior High and "Raku Pottery" by Dustin Bentley until May 3.

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. Wednesdays** 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. the first and third Tuesday each month at Bowladium Lanes. Call 899-2342 or 899-6200.

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**.

area events

Retired and Senior Volunteer Program (RSVP) will have their annual recognition night from **7-9 p.m. Wednesday** at the American Legion Hall in Colby. The Ramblin' Andy Family Band will play for a dance. For

tickets, call (785) 462-6744.

The **Head Injury Support Group** will meet at **7 p.m. Thursday** at the Fort Hays State University Bowling Alley. All head/brain injury survivors, family members and supporters are welcome to attend. **Call Gia at LINK (800) 569-5926**.

Dodge City Community College will have **tryouts for the dance and cheer squads at 3 p.m. Saturday, April 27**, in the health and physical education building on campus. Students unable to attend the tryouts may submit a video for review. **Call Sheila Howard at (800) 367-3222 ext. 257** to register by **Thursday, April 25**. There is no fee to register or try out, and those who make the squad will receive scholarships for books and tuition.

school calendar

Wednesday: Gold Day. **Thursday:** Black Day. Seminar - GAA and G-Club. Large group music contest at Colby. **Friday:** Gold Day. Track 2 p.m. at Holcomb, dismiss at 10 a.m., depart at 10:15. National DECA Conference at Salt Lake City. **Saturday:** Varsity tennis 8 a.m. at Scott City, depart 5:30 a.m. National DECA Conference at Salt Lake City. **Sunday:** National DECA Conference at Salt Lake City.

school lunch menu

Wednesday: Ham and cheese sandwich, lettuce, pickle, onion, oven browned potatoes, peaches and milk. **Thursday:** Burrito, tri-tator, lettuce and cheese, cake and milk. **Friday:** Cooks' choice.

senior center menu

Wednesday: Ground beef stew, citrus slices, biscuit or crackers and peach cobbler. **Thursday:** Roast pork, steamed cabbage, carrots and onions, five-cup salad, bread and birthday cake. **Friday:** Chili dog, spinach salad, bun and cinnamon apple slices.

hospital report

Goodland Regional Medical Center **Admitted on Monday:** Natasha Mueller, Goodland.

Expired on Monday: Laura Riley, Goodland.

Specialists for Wednesday: none. **Hospital Volunteer Schedule:** **Wednesday:** Chet Ross, p.m. **Thursday:** Betty Saint, a.m.; Velma Holste, p.m. **Friday:** Fern Hawks, a.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**. **Wednesday:** WIC in St. Francis. Voucher pickup 11 a.m.-1 p.m. Scheduled appointments. **Thursday:** WIC in Goodland. Scheduled appointments only. Blood pressure at Sparks and Handy Towers 9-10:30 a.m. Kindergarten Screening at the Lutheran Church 8 a.m.-noon and 1-3 p.m. **Friday:** Blood pressure and blood sugar screening 8 a.m.-noon. Walk-in clinic. Immunizations 1-4:30 p.m. Kindergarten screening at the Lutheran Church 8 a.m.-noon and 1-3 p.m.

Kindergarten roundup April 18 and 19.

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

Children's physicals and family planning available by appointment.

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 county Health Department at 899-4888**.

today in history

April 16, 1902: An agreement was reached. After court costs, the balance of the \$260 will be divided equally. The Rev. Bess and Mrs. Jacoby left for the farm.

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

Goodland native chosen by Graves for advisory group on justice

Erlinda K. DeLaRosa, a native of Goodland now living in Lawrence, has been appointed by Gov. Bill Graves as a youth member to the Kansas Advisory Group on Juvenile Justice and Delinquency Prevention.

She will attend the 12th Annual Training Conference, "A Tool Box for the 21st Century," in Washington this weekend.

This meeting allows members of the advisory group to meet members of Congress and learn ways to implement community and state programs. Topics will include changes in federal law, including the Juvenile Justice and Delinquency Prevention Act of 1974. There will be a reception for Sen. Patrick Leahy, a visit to the Reagan Building and events at the U.S. Cap-



DeLaRosa

Meth a highly addictive stimulant

obituaries



cris lovington

• prevention center

Methamphetamine is a synthetic nervous stimulant. It can be snorted, injected or swallowed. It can produce a high that can last up to 16 hours, is highly addictive and can produce severe withdrawals.

Meth was first discovered in Japan in 1919, and amphetamine was synthesized in Germany in 1887. In the 1940s, it was given to soldiers and factory workers in World War II for heightened physical and mental performance.

In the '50s, it was legally manufactured and taken by college students, truck drivers and athletes who also used it for physical and mental performance.

In the '60s, it was prescribed for weight loss. In the '70s, it was distributed by motorcycle gangs in California. In the '90s, there was an epidemic of use due in part to availability of the recipe on the Internet.

In Fiscal Year 2000, Kansas Meth Treatment Facts:

- Out of all people seeking drug treatment, meth accounted for 7 percent.
- 55.1 percent of meth addicts were male, 44 percent female.
- 95 percent of meth addicts were caucasian.
- 48.5 percent of treatment was outpatient.
- Meth treatment facts in general:**
 - 93 percent of meth addicts relapse after treatment.
 - Treatment costs a tenth of what prison does.
 - Treatment for meth addicts focuses on cognitive behavioral interventions.
 - A "wall" period lasts 6-8 months during which the brain recovers from changes.

There are three methods of meth manufacturing:

1. Phenyl-2-propanone, which is not used anymore due the need for more time, space, materials and heat. It requires 3-4 "cooking" days.
2. Red phosphorous method, in which heat is not needed, is common in the southwest and Mexico. Requires 4-6 "cooking" hours.
3. "Nazi" method, is more common in Kansas; it produces 100 percent meth and requires only 2 hours of cook-

ing time. Lithium batteries, anhydrous ammonia and sodium are most often used in this method. A hundred dollars worth of supplies can make about \$1,000 worth of meth. One person who cooks meth can train 10 cooks.

The cost of a meth lab cleanup are very costly — \$1,265,807 was spent by federal agencies alone in 2000 to clean up 238 meth labs in Kansas (approximately \$5,318 per lab). This does not include local law enforcement expenses.

Meth makers will dig holes in the ground to throw away waste, making it flammable. Every pound of methamphetamine produced in a clandestine laboratory leaves behind 5-6 pounds of toxic waste, and must be cleaned up properly.

Meth labs can be set up in homes, apartments, rental properties, hotels/motels, vacant buildings, farm fields, wooded areas, barns, garages, cars, trailers or storage units. Landlords and property owners are responsible for clean up costs and possibly for any damages to other tenants and neighbors. There are three meth cleanup waste sites in Kansas.

The Midwest High Intensity Drug Trafficking Area, which targets anything that has to do with meth, was founded in 1996 due the increase of meth use and cooking. What can we do to help?

- Spot a meth lab:
 - Unusual strong odors.
 - Unusual numbers of chemical containers.
 - Windows blacked out or covered.
 - Secretive or protected area.
 - Little or no mail, furniture, visible trash or newspaper delivery.
 - Smaller trailer or building with running generator.
 - Excessive water usage.

Girl's skating competition to be televised

Alicia Towns, daughter of Billy and Arlene Towns of Colorado Springs and sister of Cristi Walls of Goodland, competed in an international synchronized skating competition in Rouen, France, over the weekend.

Alicia is part of the skating team the Haydenettes from Lexington, Mass., which finished fourth out of 24 teams.

The team had to place in the top two



Towns

at a national competition held in Lake Placid, N.Y., to qualify for the international event. They won the competition and were Team U.S.A. 1 in France.

The Haydenettes also went to Italy a few months back.

Alicia has been part of the Haydenettes since July 2001.

She is planning to attend the University of Massachusetts in the fall of

2002. She is the granddaughter of Harry and Doris Newell of Goodland and has many friends and relatives around the area.

The national synchronized skating competition will be televised on the Lifetime Network (channel 18) at 5 a.m. Friday. The world synchronized skating competition will be televised at 5 a.m. Friday, April 26, also on Lifetime.

There will be an interview with Alicia during the international competition.

Q - County landfill employees deal with many diabetic needles on a daily basis, because these needles do not get disposed of in the same manner as other needles. Can diabetic needles be used to inject meth or other drugs and pose a risk?

A - Any needle can pose a risk of many things, but it's a bit more difficult to use a diabetic needle for meth because the needle is smaller and the contents are usually already pre-measured. According to a few former drug users these needles work best to hide "track marks" made clearly visible by a "regular" needle.

Q - County Employees were also concerned about coming in contact with some of this toxic waste and what kind of symptoms should they be aware of to know if they have?

A - Because working in a landfill opens the doors to many germs, symptoms can be similar to common ailments such as the flu and may be difficult to tell. The best advice is to use universal precautions (hand washing, gloves, remove shoes and, if possible, clothing in the garage before going into your home, and do not touch anyone or anything in the home until after showering).

Q - Where are the three waste sites which were mentioned earlier?

A - Great Bend, Wichita and Olathe.

4-H news

The Sunflower 4-H Club meeting for the month of April brought out parents of the members to conduct the meeting and participate. Parents night was called to order on April 15 by President Randy Gausman. Roll Call: "What Do You Do in Your Spare Time?" was answered by 21 members, 13 parents, and 2 leaders.

Jeanne Irvin as song leader led the group in an entertaining tune of "God Bless Our Underwear," sung to the ever popular "God Bless America" song.

Leaders Cris and Diane reminded us of the Spring Livestock Show to be held on May 10, County Camp on June 29 through July 2, Radio Talk days for April 15 through April 30 and the Hays Judging Contest scheduled for April 27.

The business meeting consisted of donating money to the cabinets at the 4-H Building and paying several bills.

The meeting was then turned over to Vice-President Diane Krayca to introduce the program for the evening.

Gordon Pettibone threw papers, magazines, glass jars and aluminum cans while at the same time sending a very important message about recycling and how important it is that we all take part in using the various recycling bins located throughout Goodland.

Nona Mason was up next and certainly showed us how NOT to make sugar cookies. By the time she got done beating the egg with a whip, measur-

ing flower into a cup, throwing in a teaspoon of van. (a small vehicle), rolling the cookies out on a flowered cloth and baking them in a "quick oven", she appeared with, believe it or not, actual yummy sugar cookies with a message to read your recipe carefully!! They were enjoyed by all.

Former Black Belt Taekwondo Instructor, Kim Holloway used her daughter, Melissa, to show us, for a safety tip, a trick on getting away from a stranger should they grab you by the hand, and Dana Fulcher ended the program with an inspiring poem entitled

"Follow Your Dreams."

Deb Raymer's recreation game of egg toss (real eggs) challenged us in catching the egg so as not to have scrambled eggs.

The meeting adjourned with the club motto and the Irvin family furnishing refreshments.

The Goodland Daily News

and the Goodland Area Chamber of Commerce welcomes

Snappy Snack Vending & Coffee Service

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Leave a message at 899-7279. The owners, formerly from Washington State, purchased Snappy Snack from Harry Bishop more than a year ago. They serve businesses in a 100 mile radius of Goodland.

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TONIGHT AT THE MOVIES

AT THE MOVIES

The Goodland Daily News

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