

about our friends

calendar

A lecture series, "How Does Your Garden Grow?" by Master Gardeners will be at **7 p.m. Thursdays**. Historical Cutting Garden will be **this Thursday** at the Handy House. Roses will be **June 6**, at the Sandy Whitby home. Vegetables will be **June 13** at the Kay Melia home. Lectures are free to Goodland Arts Center members, but there is a charge for non-members. **Pre-register by calling 899-6442.**

The Goodland Arts Council and the school district are holding the **Summer Art Institute**. Enrollment forms are available at Carnegie Arts Center and must be turned in at least a week before the class begins. Classes are available for grades kindergarten through sixth, and adult classes are offered in the evening.

SHARE sign up for the June distribution of food will be **until Friday, June 7**, at the Sherman County Health Department, Harvest America, Regional Prevention Center and the Kanorado Senior Center. **Pick up** for June will be from **9 to 10 a.m. Saturday, June 22**, at 824 Main for the June distribution of low-cost food.

The **Smoky Garden Archery Club** will have a shoot at **10 a.m. Sunday**. Registration begins at 9 a.m. Call 899-5174 or 899-5358.

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1-2:15 p.m. Thurs-**

day, June 6, 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.

Constance Morgan, author of "Stand, Walk, Run Free," will have a **book signing starting at 10 a.m. Saturday, June 8**, at the Goodland Public Library. She grew up in Goodland during the early '40s after the Depression and during World War II.

The **Goodland After-5 Club** will hold the "Let's Have a Talk Show" dinner party from **7-8:30 p.m. Monday, June 10**, at the Butterfly Cafe at Renner Field. Maxine Sieleman, host of Breakfast at KWKY in DeMoines, Iowa, will be the speaker. Call Barb at 899-5580 or Lori at 899-3828 for reservations.

The **American Cancer Society Sherman County Relay for Life** will be at **7 p.m. Friday, Aug. 23**, at the Sherman County Fairgrounds. Call **Michelle Shoff at 899-3676** to register a team. Help fight cancer and be involved in a fun community event.

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.

Hanging by a Thread will not meet during the summer. The next meeting will be from **7-9 p.m. the second Thursday of September** at Wheat Ridge Acres.

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**. May's exhibit will be "Table Scapes," setting a table and standard for entertaining in Goodland. Community organizations will be setting tables.

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.

Aerobics Classes - 7:45 a.m. morning aerobics classes are offered **daily** at the Goodland Activities Center. Tena Tompkins leads a step aerobics 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-ins at 5 p.m.**

Tours of the **1907 Victorian House** at 202 W. 13th are from **8 a.m.-6 p.m. Monday through Saturday** and from **1-6 p.m. Sunday**.

Tours of the **Union One Room School, District 51**, north of the High Plains Museum on Cherry are from **8 a.m.-12:30 p.m. Monday through Saturday** and **noon-3 p.m. Sunday**.

area events

Kansas Square Dance Callers and Dancers Association will have their 51st annual **convention Friday and Saturday** at the Bicentennial Center in Salina. Call (785) 272-4332 or e-mail Jjrothrock@aolcom.

school calendar

Thursday: High school boys basketball camp 7:30-9:30 p.m. at Max Jones Fieldhouse. **Sunday, June 2**: Junior olympic volleyball 10 a.m.-4 p.m. in the junior high gym.

senior center menu

Thursday: Lasagna, green beans, tossed salad, bread and watermelon. **Friday**: Chicken salad, vegetable soup, Jell-o with mandarin oranges and pineapple, bread and peach cups.

hospital report

Goodland Regional Medical Center

Admitted on Tuesday: Nyla Finley, Goodland.

Specialists for Thursday: Gerald Poticha, endocrinologist.

health department

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

Thursday: Scheduled appointments. **Friday**: Blood pressure and blood sugar screening 8 a.m.-noon. Walk-in clinic. Immunizations 1-4:30 p.m.

Children's physicals and family planning available by appointment. Sharps containers are available free of charge.

If you have questions, concerns or complaints about child care, call the health department.

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 **Health Department at 899-4888**.

today in history

May 29, 1902: A very noticeable gain in milk cows and cattle indicates farmers intend to raise stock. 14,496 in 1901 and now 21,250 in 1902.

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. Your call will be confidential and you will not be asked your name. If the information results in the arrest and/or conviction of those involved, you could be eligible for a reward of up to \$1,000. Goodland Area Crime Stoppers is a nonprofit organization formed by citizens against crime.

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.

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.

Teens use alcohol, tobacco and drugs for many reasons

There are many reasons teens use alcohol, tobacco and other drugs. The use of alcohol, tobacco and other drugs may be a part of a general pattern of behavior and can sometimes be predicted by observing other patterns of their behavior.

Peer group acceptance is very important to teens. Alcohol, tobacco and drug use is sometimes a prerequisite for acceptance into and participation in a group.

Alcohol and other drugs may sometimes be used by adolescents in the "weaning process," to assert their independence from their parents. Drug use in this case may be an act of defiance, nonconformity, or rebellion and is seen by teens as positive adult behavior.

Early use of cigarettes, snuff, alcohol and other drugs is often seen in western society as a symbolic rite of



cris lovington

• prevention center

passage into adulthood.

Many teens may use alcohol and other drugs out of curiosity at first.

Teens who drink alcoholic beverages (usually beer) often exhibit other antisocial behavior, skip classes, have a low sense of self worth, and suffer from a sense of alienation from the mainstream, even though they may be accepted by their smaller group of friends.

Alcohol and other drugs are sometimes used by teens in an attempt to cope with their frustration and anger

and to relieve their anxieties. This is not surprising, as media messages bombard them each day with reinforcement for this concept.

The earlier the age of initiation into drug use, the greater the probability of extensive and persistent involvement in it.

Teen alcohol users lack a strong sense of positive involvement and attachment in their family relationships.

Effective family functioning and parental family management can often discourage youths' induction into alcohol and other drug use, but youth from high-risk family environments (abusive or neglectful) must receive support from other resources.

Beginning to drink greatly increases

the probability that adolescents will become involved in problem behaviors, including the use of other drugs and uninhibited sexual behavior that may result in pregnancy and increase risk for acquired immune deficiency syndrome (AIDS).

Most teenagers will not be persuaded to abstain from using alcohol on the basis of information about the associated risk. However, we may all wish to review these risks.

Compared with non-drinking youth, teenage alcohol users:

- have a greater chance of becoming involved with other drugs and engaging in problematic behavior such as truancy, vandalism, petty theft, and property damage;
- have a greater chance of not learning many of the emotional and social skills necessary for a safe and productive life;

• have a greater chance of causing an accident or injury to themselves or others;

• begin experimenting with alcohol at an early age and have a greater chance of becoming heavy drinkers during their middle and late teens;

• have a greater chance of getting into trouble with parents, friends, and teachers;

• have a greater chance of using other drugs, such as marijuana;

• have a greater chance of engaging in sexual behavior that can put them at risk for developing AIDS.

Lack of knowledge about the social and legal risks associated with drug abuse is one obvious reason why adolescents use alcohol and other drugs.

Frequently, more knowledge about risks will lead to a change in the attitudes and structure used in interpersonal communication techniques to

help teens say no to alcohol or other drugs and yes to more healthy and safe choices.

Behavior change may, of course, be motivated by other methods, such as raising the price of alcoholic beverages, changing the minimum purchase age for alcohol, or swiftly and fairly enforcing the penalties for alcohol-impaired drinking.

Most adolescent alcohol, tobacco and drug users are unaware of or unconcerned about the dependency that may result from their frequent use of tobacco, alcohol, and certain other drugs.

They tend to overestimate their ability to avoid personally destructive patterns of use.

They need to learn to respect their bodies and those of others; we must somehow give them hope for a positive future.

club news

The Ladies Auxiliary to the Veterans of Foreign Wars met on May 23, 2002, at the post home.

The following chairmen gave committee reports. Americanism: a flag was donated to the foreign exchange student at Goodland High School for graduation. Two flags were donated to the music program for display during the program. Flags are available for purchase from Mary Harper.

The Post will also properly dispose of any that are in need of repair. They may be dropped off at the post home. Several members were honored or helped with the W.W.II Veterans ceremony sponsored by the Sherman County Historical Society.

Youth: Rolls were furnished for the achievement breakfast at the high school, \$500.00

Local scholarship winners were David Russell, Brandon Sparks, Brandon Nemechek, Lisa Bennetts and

4-H news

This month's meeting was held on March 20, 2002, and was called to order by Vice President, Jason Krayea.

Roll Call was "What is your Shoe Size?" and was answered by 18 members, 2 leaders, 11 parents and 1 guest. Kendra P. led the group in a song called "Crocodile."

The business meeting consisted of donating \$25 to the Kansas Foundation Memorial Fund.

LaDonna Frerichs talked about the record books, when County 4-H camp was, Cookie Jar Contest and setting

Mark Carmichael.

Students from a Kansas City school are again doing a "Run Across Kansas" for hospitalized veterans. The girls started in St. Francis on May 24th, and the boys in Tribune. They will end up in Topeka on May 27th for a ceremony on the capital steps.

Buddy Poppy: Poppies will be used on Memorial Day. Disabled veterans make poppies, and the proceeds from any donations go to the relief fund, which is again only used for veterans. The historical society will be hosting a barbecue on Flag Day at the Handy House.

Several members furnished sandwiches and helped served a lunch in Oakley for the "Run for the Wall" group. Around 500 people ate lunch as part of this bike group whose purpose is to promote awareness of POW/MIA's.

Items for the good of the order: De-

partment Convention will be held in Dodge City on June 6-9; The National Convention will be held in Nashville, TN August 25 through 30.

One of our members has received a \$400 cancer grant from the money that we donate to cancer aid and research.

The Veterans of Foreign Wars Washington office has set up a Tactical Assessment Center to help veterans having problems with care through the Veterans Administration system.

The phone number to call if you wish to get help is 1-800-VFW-1899. Memorial Day services were planned at 9:30 a.m. at Brewster, at 10 a.m. at

Goodland and at 11:30 a.m. at Kanorado.

The annual Memorial Service was held for Elsie Baker, Hazel Tracy, Dolores Carver, Alice Tipton and Thelma Kraft.

The following officers were installed for the upcoming year. President, Marilyn Colby; Senior Vice-President, Brenda Frankenfeld; Junior Vice-President, Mary Zimbleman; Treasurer, Mary Harper; Secretary Iris Bennetts; Guard, Rita Deane; Conductor, Rita Erickson; Chaplain, Floriene Whisnant; and Three-year trustee, Barb Whisler.

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Monday-Friday

SPECIALTY CLINIC CALENDAR

Specialty	Physician	Date	Time
Allergy	Dr. Rumblyrt	June 20	8:30 - 2:00
	Anesthesiology		
	Gary Kliever, CRNA	June 18	9:00
Audiology	L. Young, CCC-A	June 12	8:30 - 12:00
	Cardiology		
	Dr. Godfrey	June 5	8:30 - 4:30
		June 20	2:00 - 4:30
Dermatology	Dr. Kornfeld		No Clinic in June
	Ear/Nose/Throat		
	Dr. Barron	June 12	8:30 - 12:00
Gastroenterology	Dr. Jones	June 20	8:45 - 4:00
	Dr. Roller	June 4	8:30 - 3:00
General Surgery	Dr. Robinson	June 12	8:30 - 12:00
	Dr. Frankum	June 18	9:00 - 4:00
Neurology	Dr. Mazowiecki	June 5	9:00 - 3:00
		June 19	9:00 - 3:00
OB/GYN	Dr. Womack	June 26	8:30 - 2:00
	Oncology		
	Dr. Rubinowitz	June 26	11:30 - 5:30
Orthopedic	Bob Allen PA-C	June 12	8:30 - 12:00
	Dr. Leo		No Clinic in June
	Dr. Reiss	June 20	1:00 - 4:30
	Dr. Friermood	June 26	8:30 - 2:00
Pathologist		monthly	
Podiatry	Dr. Ouderkirck	June 27	8:30 - 2:00
Pulmonary Medicine	Dr. Weisiger	June 4	8:30 - 2:00
		June 13	8:30 - 2:00
		June 26	8:30 - 2:00
Radiologist		weekly	
Urologist	Dr. Abernathy	June 27	8:30 - 2:00

ACTIVE MEDICAL STAFF

Dr. Wayne Hoppe	(719) 346-5301
Dr. Zach Pimentel	(719) 346-9481
Dr. James Perez	(719) 346-9481

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will be closed for VACATION

June 3 - June 7

Regular business hours resume June 10th.

Thank You.