

about our friends

calendar

Project Graduation 2003 will meet at 7:30 p.m. tonight in the high school cafeteria. Parents of seniors are encouraged to attend.

North and Central Elementary Schools will be having a book fair from 7:30 a.m.-4 p.m. Tuesday and Wednesday, from 7:30 a.m.-8 p.m. next Thursday and from 7:30-10 a.m. Friday, Nov. 8. The book fair provides money and books for the library.

Certified nurse aide classes will be offered beginning Wednesday at the Goodland Good Samaritan Center. Colby Community College is offering the classes, and Shirley Pearson, registered nurse, will teach the classes which are worth five college credits.

Certified Nurses Aide I classes will be Nov. 6, 7, 12, 14, 19, 21, 25, 26 and 29. Certified Nurses Aide II classes will be Dec. 4, 5, 10, 12, 17, 19, 27 and 30 and Jan. 2, 23 and 25. Call Mary Herbel at 785-462-3984, ext. 286.

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.

SHARE sign up for the November distribution of food will be until Friday at the Sherman County Health

Department, Harvest America, the Regional Prevention Center or the Kanorado Senior Center. **Pick up** will be **Saturday, Nov. 23**, for the November distribution.

Good-Land Daughters of American Revolution will meet at 11:30 a.m. **Saturday** at Sugar Hills Golf Club.

The **Sunflower Quilt Show Committee** is planning its 2003 annual quilt show. Call the chamber of commerce at 899-7130 with ideas or to help plan the show. The first organizational meeting will be at 4 p.m. **Wednesday, Nov. 13**, in the chamber boardroom.

A **free pre-school screening** will be from 8 a.m.-noon and 1-3 p.m. **Thursday and Friday, Nov. 14 and 15**, at the Catholic Church, 307 W. 13th, for children birth to school age.

The screening includes a hearing exam, vision test, speech assessment and development screening and will be used to fill the openings in the school district's pre-school classes and the Head Start program.

Each child must be accompanied by an adult. The screening and registration will take 60-90 minutes. Enrollment is by appointment only. **Call Biff Young**, special services secretary, at 899-6558.

"How to Get More Customers Who Will Pay You More Money, More Often" seminar will be from 6:30-9:30 p.m. **Tuesday, Nov. 19**, in the Murray Center at the Northwest

Kansas Technical College. **Register** at the Goodland Area Chamber of Commerce by **Thursday, Nov. 14**.

The Goodland High School Vocal music department will perform the musical **"Pirates of Penzance"** at 7 p.m. **Friday, Nov. 15**, and **Saturday, Nov. 16**, and at 2 p.m. **Sunday, Nov. 17**, in the high school auditorium. Tickets go on sale Monday, Nov. 4.

activities

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

"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 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**. Anna Seeber Shaw's watercolors, gouache and pastels will be on display from Sunday until Nov. 30.

Born to Read will be at 10 a.m. **Fridays and Story time** will be at 10 and 11 a.m. on **Wednesdays and Thursdays** at the Goodland Public Library. Call 899-5461.

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. 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-in is at 5 p.m.

Hanging by a Thread will meet from 7-9 p.m. the **second Thursday of the month** at Wheat Ridge Acres.

Goodland Women of Faith monthly celebrations will be from 9:30-11 a.m. the **second Saturday of the month** at Wheat Ridge Acres. Baby-sitting provided.

area events

Admission to the **Prairie Museum of Art and History** will be free from 1-5 p.m. **Central Time Sundays** at 1905 S. Franklin in Colby. The museum is also open from 9 a.m.-5 p.m. **Central Time Monday-Friday and 1-5 p.m. Saturday**.

The Eller House displays furniture, clothing and objects representing farm life in the "Dirty Thirties," the Cooper

Barn, one of the largest barns in Kansas, houses an exhibit of machinery, tools and photographs telling over 100 years of agricultural and settlement history; and the Kuska Collection includes glass, ceramics, dolls, silver, toys, textiles, furniture, clothing, stamps, clocks, lamps, coins and jewelry.

Training for new Client Assessment, Referral and Evaluation assessors in northwest Kansas will be held from 8:30 a.m.-4 p.m. **Central Time Wednesday, Nov. 6**, in the board room on the second floor of the Sunflower Electric Building, 301 W. 13th, in Hays.

Dr. Don Udell will be the instructor at a **foundation workshop Tuesday-Thursday, Nov. 12-14**, in the conference room at the Thomas County Office Complex, 350 S. Range, Colby. The workshop is to help groups start their own foundation to seek grant money. Call the Western Prairie RC&D at 785-462-2602.

school activities

Tuesday: Black day. Seminar — FCCLA. Bi-district football. PLAN Test 8 a.m. for sophomores. School picture retakes 8 a.m. Musical practice evening in the auditorium. **Wednesday:** Gold day. Seminar — STUCO. Group picture retakes 2:30 p.m. City/county recreation 7:30 p.m. in the Max Jones Fieldhouse and junior high gym. **Thursday:** Black day. Seminar — GAA and G-Club. Parent/teacher conferences 4-8 p.m. in the high school gym. **Friday, Nov. 8:** No school — parent/teacher conferences 8 a.m.-noon. Musical practice evening in the auditorium. **Saturday, Nov. 9:** All-Star Volleyball matches all day in the Max Jones Fieldhouse. Regional football.

school lunch menu

Tuesday: Corn dog, curly fries, relishes, whipped Jell-o and milk. **Wednesday:** Tacos, lettuce, cheese, tri-tator, brownie and milk. **Thursday:** Cooks' choice. **Friday:** No school — parent/teacher conference.

senior center menu

Tuesday: Hamburger, winter mix vegetables, macaroni salad, bun and cinnamon apple slices. **Wednesday:** Ham, scalloped potatoes, cole slaw

with carrots, roll and pineapple. **Thursday:** Beef stew, Jell-o with bananas and mandarin oranges, crackers and bread pudding. **Friday:** Baked fish, baked corn, asparagus, bread and plums.

health department

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

Tuesday: Flu shots 9-10:30 a.m. at technical college. **Wednesday:** WIC in Goodland. Scheduled appointments. **Thursday:** Staff meeting 8-9 a.m., office closed. WIC in Goodland 9 a.m.-4:30 p.m. Voucher pickup and scheduled appointments. Blood pressures 9-10:30 a.m. at Wheat Ridge Acres. **Friday:** Scheduled appointments.

Flu shots for the general public. Appointments recommended. Children's physicals, immunizations, fasting blood sugar and hemoglobin, family planning and toenail clipping available by appointment. Sharps containers are available free of charge. Call 899-4888.

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

Nov. 3, 1902: Brannon gave bond, but Dickenson went to jail until the hearing. The affair is to be regretted as both men have heretofore been considered peaceable, law-abiding citizens.

Nov. 4, 1902: Sherman County no longer doubtful but safely placed under Republican head. Representative only important loss.

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

Sometimes addiction is evident in behavior

It is possible that we could figure out that someone has an addiction by their behavior, however, we may not see the effects of this addiction.

What are the effects of intoxication from sedatives? There are always behavioral differences, and there are inappropriate sexual or aggressive behavior, mood changes, impaired judgment, impaired dysfunctional social behavior that occurs shortly after the sedative usage.

We may see one or more of the following signs: slurred speech, uncoordination, unsteady gait, impairment in attention or memory, stupor or even coma in severe cases and an inability to perform or cope with daily living.

What are the effects of withdrawal from alcohol? It usually develops after the cessation of or reduction in heavy and prolonged use of alcohol.

The syndrome includes two or more of the following symptoms: automatic hyperactivity; sweating or pulse greater than 100; increased hand tremor; insomnia; nausea or vomiting; transient visual, tactile or auditory hallucinations or illusions anxiety; and grand mal seizures.

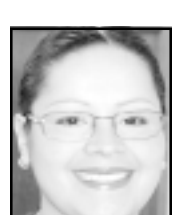
What are the effects of withdrawal from narcotics? There is a dysphoric mood and two or more of the following physiological changes: fatigue, vivid unpleasant dreams, insomnia or hypersomnia, increased appetite, psychomotor retardation or agitation within a few hours or several days after the cessation of use that may have been prolonged.

Withdrawal can also result in a significant distress or impairment in social, occupational or other important functioning.

What are the effects of withdrawal from stimulants? Craving for the stimulant is an important element and may account for the user's individual anxiety.

It may occur within 6-24 hours after the last dose. Symptoms may take 2-4 days to emerge in the case of longer acting stimulants.

Three or more of the following will develop within several days after the cessation or reduction of the use: dysphoric mood, nausea or vomiting,



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● prevention center

muscle aches, abnormal weeping or excessively runny nose, diarrhea, fever or insomnia.

What are the effects of withdrawal from marijuana? A dysphoric mood and two or more of the following physiological changes developing within a few hours to several days: fatigue, vivid unpleasant dreams, insomnia or hypersomnia. Intense and unpleasant feelings of listlessness and depression may also result, generally requiring several days of rest and recuperation.

What are the long term effects of alcohol dependency? Alcohol may be used to alleviate the unwanted effects of withdrawal or another substance may be substituted.

Blackouts often occur during intoxication. This phenomena may be related to the presence of a high blood alcohol level and to the rapidity with which this level is reached.

Alcohol is associated with a significant increase in the risk of accidents, violence and suicide. It is estimated that approximately one half of all highway accidents and suicide involves ei-

ther a driver or a pedestrian who has been drinking.

Severe alcohol intoxication, especially in individuals with antisocial personality disorder, is associated with the

commission of criminal acts. Cirrhosis of the liver and pancreas can also be results of excessive drinking.

What are the long term effects of drug abuse? The habit of snorting or sniffing cocaine eventually causes a perforation of the nasal septum. When the nasal membrane is beginning to be damaged, the user will appear to have either a stuffy or runny nose, and the mucous will be watery.

As the condition becomes, more severe, the user will have difficulty breathing. Eventually, breathing through the nose becomes impossible, and the wall dividing the halves of the nose will disintegrate.

There are many risks associated with any type of intravenous drug use such as hepatitis or HIV infection. In the beginning, the new user may begin by scrupulously maintain everything sterile such as the needles and syringes. However, chronic users seldom take such care.

Finally, there is the problem of cocaine babies. A much greater incidence of miscarriages, low birth weight in-

fants, premature deliveries and birth defects have been found to be associated with cocaine use.

By now one may ask: why should I care when it hasn't happened in Goodland? Hopefully, it continues to remain that way. In order to prevent this from becoming a nightmare in our community, become aware of the dangers and choose not to take the risks.

During the coming months, there will be many holiday parties, family gatherings and weddings. Let us all enjoy those events with a healthy lifestyle.

By all means, let's enjoy life without harming those whom we love or ourselves!

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Goodland All-Star Booster Club

Best wishes Cowboy football team!

Tuesday, Nov. 5 - "Black Day"; Seminar - FCCLA; Bi-District Football at Kingman, 6 p.m. MST; PLAN Test for Sophomores 8 a.m.; School Picture Retakes 8 a.m.; Musical Practice, auditorium, evening; North & Central Elementary Book Fair; Grant Junior High School Picture Retakes.

Wednesday, Nov. 6 - "Gold Day" - SEMINAR - STUCO; Group picture retakes 2:30 p.m.; City Recreation, Max Jones Field House & Junior High Gym 7:30 p.m.; North & Central Elementary Book Fair; Elementary Bank Day; PDC Meeting 3:45 p.m.; Elementary Picture Retakes.

Thursday, Nov. 7 - "Black Day" - Seminar - Girls Athletic Association & G-Club; Parent/Teacher Conferences 4-8 p.m. High School Gym; School Picture Retakes; PLAN Test 8 a.m.; North & Central Elementary Book Fair; Grant Junior High annual candy sales begin.

Friday, Nov. 8 - NO SCHOOL - Parent Teacher Conferences 8-12; Musical practice, auditorium, evening; North & Central Elementary Book Fair.

Saturday, Nov. 9 - All-Star Volleyball Match, Max Jones Field House all day, public event starts at 4 p.m., adults \$4, children \$3; Regional Football.

Monday, Nov. 11 - Buffer Week; FCCLA Whiffle Ball Tournament at Max Jones Field House, all week after school; Musical practice, auditorium, evening.

Tuesday, Nov. 12 - "Gold Day"; SEMINAR-STUCO; Scholar's Bowl at Oberlin 3 p.m.; Musical practice, auditorium, evening.

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