

about our friends

calendar

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

The Sherman County Collection Club will be having a fund-raiser beginning Saturday and running through Saturday, Nov. 30, with the proceeds going to Sherman County Hospice. Have a holiday cookie and enter a drawing at Jacques's Hallmark.

The Sherman Theatre is having free holiday matinees at 1:30 p.m. Saturdays and Sundays starting Saturday and Sunday with "Jimmy Neutron." "Big Fat Liar" will be Nov. 23 and 24; "Hey Arnold" will be Nov. 30 and Dec. 1; "Clockstoppers" will be Dec. 7 and 8; "Like Mike" will be Dec. 14 and 15; and "Ice Age" will be Dec. 21 and 22.

The Sherman County Household Hazardous Waste will have a drop off from 9-11 a.m. Saturday at 1860 S. Cherry. Call Crystal Linsner at 899-4800.

The Business Advisory Council will meet at noon next Thursday at the Goodland Area Chamber of Commerce office, 104 W. 11th. Gary Youngman, benefits specialist for the Working Healthy Program will be the speaker. Light lunch will be served for employers or their representatives.

Jodi Tubbs of the Kansas Commission on Veterans Affairs will be in Goodland from 1-2:15 p.m. next 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 December distribution of food will be until Friday, Dec. 6, 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.

The Goodland Elks Lodge, 1523 Arcade, will have a memorial in remembrance of members who have died in the past year at 2 p.m. Sunday, Dec. 8. The lodge will honor the families of men and women in active duty in all branches of the military at 3 p.m. A blue star banner will be presented to the families who have submitted the names of their sons or daughters who are serving. The lodge has 26 families to honor so far.

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-

7424.

TOPS Meetings - Take Off Pounds Sensibly meets at 5:30 p.m. Mondays at the Good Samaritan Center. Enter the east door on Center Ave. 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. Babysitting 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.

The Dresden United Methodist Church is celebrating its 100th anniversary beginning with morning worship at 11 a.m. Central Time Sunday, Nov. 24. An informal buffet luncheon will follow at noon. The celebration program will begin at 1:30 p.m. and will feature special guests and music. The church began in 1890 in the old rail depot, and the church building was built in 1902.

The 17th Annual Holiday Arts and Crafts Show will be held from 9 a.m. to 4 p.m. Central Time on Saturday, Nov. 30, at The Gateway in Oberlin. Exhibitors will display hand-crafted items in 80 booths from Colorado, Nebraska, North Dakota and Kansas. Lunch will be available and baby sitting services provided. The event is

sponsored by the Oberlin Arts and Humanities Commission. There is no admission charge. Call Mary at (785) 475-3329.

school activities

Saturday: Musical 7 p.m. in the auditorium. Nu Phi Mu 6 a.m.-7 p.m. in the Max Jones Fieldhouse. Sunday: Musical 2 p.m. in the auditorium. Monday: First day of practice for wrestling and basketball. Third grade music practice 8-9 a.m. in the auditorium. Boys basketball meeting 7 p.m. in the cafeteria. Tuesday: Black day. Seminar — DECA. Third grade music program 7 p.m. in the auditorium, practice 8 a.m. Football pot-luck dinner 6:30 p.m. at the technical college. Wrestling Enthusiasts meeting 6:30 p.m. in the cafeteria. Wednesday: Gold day. Seminar — Football cheerleaders picture for the yearbook. City/county recreation sports 7:30 p.m. in the Max Jones Fieldhouse and junior high gym. Thursday: Black day. Seminar — STUCO and GRACE. City/county recreation sports 7:30 p.m. in the high school gym. Friday, Nov. 22: FCCLA dance 8 p.m.-midnight in the high school gym.

school lunch menu

Monday: Pizza, lettuce salad, corn, chocolate cake and milk. Tuesday: Pigs-in-a-blanket, french fries, pickle spear, choice of fruit and milk. Wednesday: Chili, crackers, cinnamon roll, peaches and milk. Thursday: Smothered hamburger, mashed potatoes and gravy, peas, dinner roll, apple salad and milk. Friday: Toasted cheese sandwich, tator tots, cooked carrots, spiced pears and milk.

senior center menu

Monday: Barbecue chicken sandwich, Italian blend vegetables, parslid potatoes, bun and pudding with fruit. Tuesday: Turkey with gravy, sweet potatoes, cranberry/orange relish, dressing and pumpkin dessert. Wed-

nesday: Meat loaf, creamed peas, fruit cocktail, bread and baked potato. Thursday: Roast pork, au gratin potatoes, orange/pineapple salad, roll and cake with frosting. Friday: Spaghetti with meat sauce, spinach salad, apricot halves, bread and ice cream.

health department

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

Monday: Family planning clinic. Scheduled appointments. Tuesday: Technical college 9-10:30 a.m. Blood pressures at Kanorado Senior Center 10-11:30 a.m. Wednesday: WIC in Sharon Springs. Scheduled appointments and voucher pickup. Thursday: WIC in Colby. Scheduled appointments. Friday: Scheduled appointments.

Children's physicals, immunizations, fasting blood sugar and hemoglobin, family planning and toenail clipping available by appointment. Call 899-4888.

today in history

Nov. 15, 1902: William Hargraves and his wife are rejoicing over the advent of a 10 pound girl born Nov. 10.

Nov. 16, 1902: Wilson, the motion man, was laid off Wednesday to mend his troubles.

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

birthday

Barbara (Glasco) Lovelace of Goodland will celebrate her 80th birthday with a reception from 2-4 p.m. Saturday, Nov. 23, at the Goodland Senior Center, 208 W. 15th.

She was born Nov. 28, 1922, in Bird City to John and Fern Glasco. She married Forrest "Frosty" Lovelace on May 12, 1941. Mr. Lovelace died July 28, 1973.

Mrs. Lovelace's children and their spouses are Judy and Terry Mann of

Hutchinson, Carol and Kenton Ward of Garden City and Gary and Linda Lovelace of Goodland. She has eight grandchildren, including Teneile Lovelace who works for the Nor' west Press, and four great-grandchildren.

Cards may be sent to 603 W. 11th, Goodland, Kan. 67735.

pet award

Any animal who has provided distinguished service or has performed in an extraordinary manner on behalf of an individual or a community during 2002 may be nominated for pet of the year.

The winning pet will be honored during ceremonies at the Kansas Veterinary Medical Association's annual convention Saturday, Jan. 11, at the Airport Hilton in Wichita.

Send nominations with a description of meritorious conduct in 100 words or less by Thursday, Nov. 21, to 2002 Pet of the Year; in care of Dr. Vern Otte, chairman; Kansas Veterinary Medical Association's Awards Committee; 816 SW. Tyler, Suite 200; Topeka, Kan. 66612-1635; or fax 785-233-2534.

food drive

Harvest America Corporation, 212 E. 17th, needs non-perishable food, personal hygiene items and household supplies to distribute to low income, elderly and disabled people in Sherman County. Harvest America is also looking for a freezer. Bring donations to the office on Mondays or call 899-3878 for pick up.

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.

Ecstasy use may cause Parkinson's Disease

Ecstasy, MDMA (3-4 methylenedioxyamphetamine), is a popular "club drug" among many young party-goers. Ecstasy has been shown to produce brain damage, and according to recent results published in Science magazine and reported by Reuters and the Associated Press, researchers claim to have demonstrated a possible link between ecstasy use and the early onset of Parkinson's Disease.

These findings suggest that use of this drug may result in long-term brain damage. According to the National Institute on Drug Abuse, past studies have shown ecstasy to have a damaging effect on serotonin-producing cells in the brain, the same cells that are damaged in Parkinson's Disease.

Serotonin is a neurotransmitter, or chemical messenger, allowing for communication between cells involved in mood, aggression, sleep, pain sensitivity, and sexual activity. Serotonin levels may drop by as much as 90 percent following the use of this drug, and the brain's ability to recover is uncertain.

This new study, which tested the effects of ecstasy on primates, showed the drug also had a powerful impact on dopamine-producing cells. Dopamine, another neurotransmitter, is involved in processes that control movement and emotions as well as pleasure and pain.

Results showed 60 percent to 80 percent of the nerve endings of these important cells in the brain were de-



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● prevention center

stroyed. Studies are currently underway to determine if this same damage occurs in humans. It is uncertain whether these cells will regenerate.

Damage and destruction of these same dopamine-producing cells occurs in Parkinson's disease. This disease begins with a mild shakiness and eventually progresses to paralysis. Parkinson's Disease is always fatal, and there is no cure.

Despite the results of the study linking ecstasy use to Parkinson's Disease, some scientists are criticizing the claims of this research. Critics point to the fact that one in five primates died from the administered dose of ecstasy, while in humans, ecstasy-related deaths are quite rare.

Critics suggest that either the dose given to the primates was too large or the bodily response is different for the tested primates than for humans.

In addition, critics also point out that, so far, there has been no observable increase in the number of early-onset Parkinson's Disease in human ecstasy users.

Although further research is needed to establish a solid link between ec-

stasy use and Parkinson's Disease, ecstasy, like any illegal drug, is accompanied by a number of dangerous health risks. Ecstasy is often seen as a harmless drug by users since there are often no visible and immediate damaging effects. However, ecstasy users may be in for a surprise.

In addition to the possibility of long-term brain damage leading to Parkinson's Disease, the National Institute on Drug Abuse lists a number of other health hazards induced by ecstasy's dramatic effects on the brain's serotonin levels and related neurons. These effects may occur during use and possibly continue for weeks after use.

Physiological problems include:

- confusion
 - depression
 - sleep problems
 - drug craving
 - paranoia
 - severe anxiety
- Physical problems include:
- teeth clenching
 - nausea
 - blurred vision
 - faintness
 - chills
 - sweating
 - rapid eye movement
 - increase in heart rate
 - increase in blood pressure

Regardless of whether ecstasy causes Parkinson's, there are many other risks involved with the use of this drug. Educate your children about these risks and consequences. Awareness is a key in the prevention of drug use. Contact the Regional Prevention Center for more information at 785-899-3848 or 109 W. 11th in Goodland.

Sixth-grader wins poster contest

Hannah Blake, a sixth grade student at North Elementary School, won the local Lions International Peace Poster Contest sponsored by the Topside Lions Club, giving her the opportunity for international recognition for her art.

Blake's poster now advances to the next level of judging, the K-4 district in Hays. Her entry will compete with entries from other local contest winners for the opportunity to move

closer to the international competition.

After the district competition and three more rounds of competition, one grand prize winner will be selected from 24 international finalists.

The grand prize includes \$2,500 cash, a trip for the winner and two family members to New York City for the awards ceremony at Lions Day with the United Nations.

Hannah is the daughter of Rodney and Peggy Blake of Goodland. She won a \$50 savings bond from the Goodland Topside Lions Club for her poster.

Blake's poster was among the more than 325,000 entries submitted worldwide in the 15th annual poster contest. The Lions Club is sponsoring the contest to emphasize the importance of world peace to young people.

correction

In the Thursday edition of The Goodland Daily News the date of Barbara (Glasco) Lovelace's birthday reception was omitted. It is from 2-4 p.m. Saturday, Nov. 23, at the Goodland Senior Center. This was a reporting error.

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The Goodland Daily News will correct any mistake or misunderstanding in a news story. Please call our office at (785) 899-2338 to report errors. We

believe that news should be fair and factual. We want to keep an accurate record and appreciate you calling to our attention any failure to live up to this standard.

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