

# about our friends

## calendar

The Elks Lodge is hosting its annual **hoopshoot at 9 a.m. Saturday**. Youth from 8-13 years of age from the tri-state area will shoot free throws.

**Adult Basic Education and GED classes** resume Monday at the Murray Center at the technical college. The classes are free and are on **Monday and Wednesday evenings**. Call 785-694-2275 or call Colby Community College at 785-462-3984.

**SHARE sign up** for the January distribution of food will be until **Monday, Jan. 13**, at the Sherman County Health Department, Harvest America, the Regional Prevention Center or the Kanorado Senior Center. **Pick up** will be **Saturday, Jan. 25**, for the January distribution.

The Gamma Rho Chapter of Beta Sigma Phi is holding a **fund-raiser** with the proceeds going to the **Topside Tots Daycare** and will hold a **drawing Tuesday** to give away two baby afghans to two winners. The afghans are on display at Rural Health Ventures until Friday.

## 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**. **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** 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 Thurs-**

**day of the month** at Wheat Ridge Acres. There will be **no December meeting**.

**Goodland Women of Faith** will not meet in December. Resuming in January, the monthly celebrations will be from 9:30-11 a.m. **the second Saturday of the month** at Wheat Ridge Acres. Baby-sitting provided.

**Big Brothers/Big Sisters** of Sherman County is seeking mentors and children to mentor. Call 899-3665.

## area events

A **workshop, "Ethanol: Fueling Opportunities in Kansas"** will be from **8 a.m.-4:30 p.m. Central Time Thursday, Jan. 23**, at the Capital Plaza Hotel in **Topeka**. There will be a reception from 6:30-8 p.m. Wednesday. **Reservations must be made before Jan. 1** at the Capitol Plaza Hotel, 1717 SW Topeka Blvd., Topeka, Kan. 66612. Call (785) 431-7200.

The **McCook Optimist Club's** 11th annual **MAC Attack Youth Basketball Tournament** will be **Saturday and Sunday, March 29 and 30**, for fourth, seventh and eighth grade boys and girls and **Saturday and Sunday, April 5 and 6**, for fifth and sixth grade boys and girls. **Entries must be received by Monday, March 10**. Call event chairman Bob Elder at 308-345-4296 or the club president Craig

Olsen at 308-345-1575.

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.

## school activities

**Friday:** No school. **Saturday:** Elks Hoop Shoot 8 a.m. in the Max Jones Fieldhouse. **Sunday:** Open gym and junior olympics volleyball.

## school lunch menu

**Friday:** No school.

## senior center menu

**Friday:** Chicken pot pie, mandarin oranges, biscuit and cookie.

## health department

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

Children's physicals, immunizations, fasting blood sugar, cholesterol and hemoglobin, family planning and toenail clipping available by appointment. Sharps containers are available free of charge. It's not too late to get a flu shot. 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

**Jan. 2, 2003:** W.F. McCue, auditor and chief inspector of the Foster Lumber Co., was inspecting the Goodland yard yesterday. He says if the cold weather continues much longer, it will be hard to supply the coal needed.

"This comes from the fact that the Rock Island appropriated about 100 cars designed for us," he said.

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

## food drive

Harvest America Corp., 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.

## 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.

# Tattoo veteran relates battle with hepatitis C, side effects of medicine

I would like to share an e-mail letter I received from a reader regarding my Nov. 7 column "Teenagers Getting Tattoos Risk Infection If Sharing Needles." This person felt so strongly about the risks kids take, he felt that maybe sharing his own personal ordeal might help others. Part One was in the Friday, Dec. 27, issue of *The Goodland Daily News*.

The letter began:

Dear Cris:

This letter has taken some time to write and a lot of courage. As you read on you will understand. I wanted to commend you on your column.

I remember your article stated that a local Mom asked you to reprint this article. What really got my attention was that her daughter and a friend wanted to save \$10 on their tattoos by sharing the same needle. I will save them both the price of those tattoos and both of their parents enough money for two years of college. With all that being said, here goes.

Now for Part Two:

Note from Lovington: This continued letter from a reader shares just how "cool" body piercing or body art really is.

About a week after seeing the gastroenterologist, his office contacted me, and he wanted to see me.



## cris lovington

- prevention center

When I went up to see him, he told me what I had already figured; I tested positive for the hepatitis C virus.

That blood test cost almost \$600, but, hey, I met my deductible and then some. It gets better; I have to have a blood test done every month until I complete the treatment at a cost of \$480 to \$550 a month, depending on the type of test. My cost is \$28 to \$48 per month, better but not cheap.

I'm not a physician, but they measure this virus by the millions, and I had a few million of whatever they were measuring.

At the time, treatment for this virus was Rebetrone and Interferon, but the doctor didn't want to put me on Interferon because they were testing a new drug called Peg-Intron, a much better, more potent drug, and it was going to be available by the first of the year. I always told the doctor to "Give me the good stuff," but this wasn't what I had in mind.

January 2002. I receive a call from the doctor's office telling me the Peg-Intron was approved by the Food and Drug Administration, and now I have to make some phone calls to get put on a list, like an organ donor list.

This may take six months to a year for approval. In June of 2002, my cell phone rang while I was at work with the news I'd been waiting six months for: I was approved for the treatment.

The manufacturer of the drug gave me an identification number and told me I needed to make a few more phone calls to get the medication shipped to a local pharmacy. The cost, I hope your sitting down, for Peg-Intron, which I inject into one of my legs every Wednesday night, for a one month supply, or 4 doses of 0.5 milliliters, is \$1,121. I inject a \$280 dose into one of my legs every Wednesday, like clock work.

Rebetol capsules for a 30-day supply of 6 a day, 180 capsules, is

The waiting game began in August of 2001. Well, the holidays have come and gone, and it's the middle of

\$1,861. That's \$62 a day for the next year. I need to ask this again of the kids, "Do you have good health insurance? Do your Moms and Dads have good health insurance?" Even with my deductible, it would cost \$561 out of my pocket every month. Do you still want to save \$10, ladies?

Let's figure what this is going to cost for 12 months of treatment, and this is just an average:

- The first 2 blood tests were \$1,050.
- Then there were 12 more at \$500 each for a total of \$6,000.
- For 12 months of Peg-Intron it's \$13,449.
- For 12 months of Rebetol it's \$22,338.

This adds up to a 12 month total cost of \$42,836.

Young lady, do you and your friend still want to save \$10? How about I save you both the cost of those tattoos, and your parents \$42,836?

Ready for the side effects? On July 3, I began the treatment. My personal nurse called, yes I have a personal nurse, and we talk once a month, she called and wanted to make sure I was doing OK with the treatment.

She wanted to make sure I received my first shipment. "Yes," I tell her, and then she says she'll call

me in the morning.

I have the medications shipped directly to my home every month at the same time. Federal Express delivers it, and there's a big red sticker on the side of the cooler that says "Refrigerate Upon Arrival." I have my own little pharmacy in the refrigerator. It usually arrives on Wednesday, the day I finish up with my last order.

I started the pills that morning and then took three more when I returned home from work. I mixed up the Peg-Intron and drew it into the syringe. I was shaking at that point. No one likes shots, let alone giving one to yourself.

Everything goes OK, and the nurse told me to do it prior to going to bed in an attempt to sleep through the side effects, yeah right! At 5 a.m., I woke up shaking uncontrollably. It must have been 95 degrees outside and 75 in the house. But, I felt like I was in the Yukon. I got up, put on my sweats and a flannel shirt, threw two heavy blankets on the bed and get back into bed. I felt like a human vibrator, still shaking and can't get warm.

This went on for almost two hours. I'm a smoker, and the nurse did say this was the only time she ever told anyone to smoke, something about the nicotine.

I finally broke down and smoked the first one; the shaking seemed to slow down. I smoked another, then another, and finally the shaking subsided, and I tried to go back to sleep.

Talk about being worn out, I felt like I just ran the 10K. It was almost 7 a.m. I dozed on and off for an hour. At 8 a.m. the phone rang, and it was my nurse checking up on me to see how the first night went.

I told her about the shaking, and

she said it may happen a couple of more times until my body gets used to the drugs. This is like chemotherapy. The side effects include flu-like symptoms, upset stomach, fever, achy muscles, loss of appetite, hair falling out. Thankfully, I have thick hair because no one can tell it's falling out. The lady who cuts my hair can tell, but it's really not that noticeable.

Suicide is a side effect in 1 percent of the people who use these drugs. Don't worry—life isn't that bad, and if I ever get to feeling like that, I have family and friends I can talk to.

So far, the only real side effects I'm experiencing are that I don't do Thursdays any more; I pretty much sleep the day away, and I don't have much of an appetite; my muscles ache; I have a fever and hot and cold spells, but not the shaking anymore. I've lost 10-15 pounds, and people can tell.

I have days when I just can't get enough to eat and it makes up for the days I really don't feel like eating. I'm drinking lots of water and fruit juices but am dehydrated most of the time. I carry a pocket full of candy to suck on just to keep my mouth moist and a tube of Chap Stick for the lips.

Lovington's note: I have had the pleasure of meeting this reader/writer in person, and I have to say that it takes a lot of courage to share such a personal ordeal with all of us, and I really appreciate the efforts in educating the public.

# matters of record

## Accidents

The following accidents were reported to the Goodland Police Department:

**Dec. 18** — Lance A. Siruta was backing from a parking stall at 12th and Walnut in a 1971 Chevy and hit a 1987 Chevy owned by Thomas A. Rohr which was parked in the adjacent stall.

**Dec. 19** — Andrew Scheopner was attempting to turn a 1995 International school bus around in the middle of the street at 11th and Wyoming, misjudged the distance and hit a parked 1993 GMC owned by Sandra L. Jamison.

**Dec. 20** — James D. Hickert, driving a 1991 Chevy pickup, hit a 1988 Ford owned by Anita K.

Michael at the end of a row in the Wal-Mart parking lot.

## Goodland Police

The following crimes were reported to the Goodland Police Department:

**Dec. 26** — Mary V. Harper reported \$75 criminal damage to Christmas decorations at 527 W. 12th.

**Dec. 27** — Jason D. Austin was arrested on a state warrant for possession of simulated drug paraphernalia and for obstruction against Brandon Terry.

Wal-Mart reported shoplifting. A juvenile has been charged in district court.

**Dec. 28** — Arthur D. Hurst re-

ported \$50 criminal damage to a Christmas tree and lights 1005 Arcade.

Warren Baum reported \$40 criminal damage to a Christmas decoration at 506 Caldwell.

Robert Kip Armstrong Jr. reported \$500 criminal damage to a yard lamp at 910 Kansas.

**Dec. 29** — Dina D. Mejia was arrested for battery, disorderly conduct and criminal damage against Heath D. Eby at 516 W. Hwy. 24. Mejia also reported Eby for battery.

Audrey Engel reported phone harassment, disorderly conduct and assault at 817 Harrison. Brandon Terry reported violation of a protective order.

George Aldren reported \$100

criminal damage to a window at 715 E. 13th.

The Northwest Kansas Technical College reported \$100 criminal damage to a window at 1200 E. 13th.

Jeremy E. Holm reported \$250 criminal damage to a tail light at 1200 E. 13th.

Nancy J. Kear reported \$400 criminal damage to Christmas lights at 331 Cottonwood, and Cole Auction and Real Estate reported \$150 criminal damage to realtor sign.

Jeffery A. Mason reported \$150 criminal damage to Christmas lights at 206 Spruce.

Dennis L. Malsom reported \$150 criminal damage to Christmas lights at 329 Willow Rd.

**You are cordially invited to a Seminar on Angelic Beings**

**With Ed Myers, Director of the Harding University School of Biblical Studies, Searcy, Ark.**

**January 3 - 5, 2003**

Friday, January 3, Colby Community Building Little Theatre, 7 - 9 pm.

Saturday, January 4, Colby Community Building Little Theatre, 9 a.m. - 12:30 p.m.

Sunday, January 5, Church of Christ, 9:30 a.m. Bible Class and 10:30 a.m. Worship Service.

*There will be a fellowship dinner after the services on Sunday. All visitors are encouraged to stay.*

**For more information call the church building at 462-6322.**

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**New Listing**

**324 W. 13th**

All New! You've got to take a look at this totally remodeled home! All new in 2002 includes shingles, central heat & air, kitchen cabinets, flooring, counter top, sink, faucet, disposal; bath with new tub & surround, vanity, flooring; all new carpet & paint throughout; new front porch, new 200 amp electricity. Service, new garage doors, fence plus so much more. Main floor has 3 bedrooms, bath, kitchen, living room, formal dining room and laundry; the basement has family room, bath, 2 bedrooms & den plus lots of storage. \$64,500. Contact Donna Moore for your showing.

**923 Caldwell**

Old world charm with modern updates. Large front porch, double car garage, 3 bedrooms, 1 1/2 baths, large living room, eat-in kitchen, laundry room on main floor. Basement has family room, bath & 2 bedrooms. Double car detached garage, fenced yard with fish ponds, central heat & air, new carpet, original wide wood-work. \$82,000. Please call Donna Moore to look at this beautiful home.

Cynthia Butts, 899-3944; Donna Moore 899-6159.

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