

Man finishes three-part letter of horrors of hepatitis

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, and Part Two was in the Thursday, Jan. 2, 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 re-print 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.



cris lovington

- prevention center

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 Three:

Note from Lovington: I would once more like to thank my reader for sharing his story to help others. Those of us who study and get trained may be "book smart" about these issues. But it's the people who have been there, done that who really make the difference in educating others.

November 2002: For four

months I've been telling myself that I was not going to let this get me down, and I was not going to believe what the label

just gave myself a double whammy and have been for the last four months for the achy muscles.

At 8 a.m., I wake up with a nosebleed, not your ordinary nosebleed; it's gushing out and continues for 35 minutes. The whole time I'm thinking I might have to go to the doctor to have my nose cauterized to stop the bleeding.

I'm very careful about not getting blood on anything, as cleaning up after someone with hepatitis C is not just a soap and water clean up; it's three parts Clorox to one part water. Use a white towel and wash in hot water with Clorox.

You can use paper towels, but now you have hazardous waste that needs to be disposed of. You can't just throw it in the trash. You have to put it in a plastic zipper bag and take it to the hospital for proper disposal.

I'm very careful with my body around sharp objects, probably more so now than I've ever been. You can't get hepatitis C from hugging, kissing, shaking hands or sex. It has to be blood to blood contact.

However, I want to mention there are other types of hepatitis, A, B, D, E and G which can be sexually transmitted. Know your partner!!!

I made it through Monday, but it wasn't fun. You see, I've been telling myself that I wasn't going to let it get me down; I feel all right; keep

the humor. Laughter is good medicine; everyone needs a dose!

Well, after four months of telling myself that, my body decided to let me know that today it was taking a turn, and mind over matter is not an option. I was going to feel terrible, and I did.

I guess I really needed that day off because the next day I felt fine, and my co-workers mentioned that I even looked better and my color was better. Wow, I didn't think anyone was paying much attention, but they were and still are, the ones who know.

I could go another four months like that, so far so good, but eventually I may experience another day just like this one. Oh well, I still have the same attitude; I continue to tell myself I feel fine. I'm not going to let it get me down, and I'm keeping the humor. Treatment lasts for a year, so I have about seven more months to go.

For the young adults in the community as well as the mature adults, I don't wish this on anyone, not even my worst enemy. I don't want the children of my friends or even the children of parents I don't know to have to experience this. My mom and dad have supported me through this whole ordeal, and I really appreciate it. I've kind of turned into a mommy's boy at the age of 41; I have dinner with my mom and dad

every night.

I just want you to know that I'm not trying to scare anyone; I just want the young adults to think about everything I just said and make an informed decision. Just because your buddy got a tattoo does not mean you have to get one. Maybe you should ask your buddy if he's been to the doctor's office to get checked for hepatitis C.

If I could give these tattoos back, I would in a heartbeat, starting with the first one. I'm asking the young adults in the community to please think about what I've said before you rush off and do something you may regret later in life.

So far, it's been a long five months, and I have seven more to go. Again, I don't wish this on anyone. Think carefully before you act, and one more question to those two girls. "Do you still want to save \$10, ladies?"

The manufacturer of the drugs I'm taking has yet to send me a \$10 savings coupon for my next shipment. Better yet, anyone have a coupon for \$42,836?

Sincerely,
Timothy C. Pacello
"Stupid is as stupid does."
Forest Gump.

If anyone would like a copy of this letter in its entirety, they can send a blank e-mail to kansas@leadlightning.com.

Time flies as fast in new year as old

This new month is traveling at a speed like the months of last year. It's hard to understand how this time slips away.

Belated birthday greetings to friend Sheri Mull and Jimmy Schiefen who had theirs on the second and third.

I felt up to going to a couple of celebrations over the weekend. Ray and Erma Chubbuk had their 30th wedding anniversary that was hosted by family and friends at the senior center.

I really didn't know the people but did know some of their immediate relatives. Anniversary wishes to these people who have lived around Goodland for some years and just a couple of years or so ago moved to Goodland. It was a lovely reception and I hope you have many more.

The other celebration was the 90th birthday of Vida Young. I've known this lady for a good number of years, mainly from the office. It never ceases to amaze me how people associate me with dentistry and friendships formed during these years. To Mrs. Young, happy birthday and many more.

Best wishes to Avonell Spomer



jan zwetzig

- goodland gazette

who is having serious medical problems that required her transfer to a larger hospital. My last report was one of better news; she is doing much better and might be coming home soon.

I can't write a column without having to express my condolences on the loss of a loved one, the latest being Bill Finley. He and his wife, Nyla, are dental patients, and I enjoyed their visits to the office. We discussed our dogs; they had poodles, as I did, and we were always comparing what they could and couldn't do.

The Finleys were a fun couple to have known. To Nyla and her family, my sincere sympathy during this difficult time. May they know and feel the healing hand of the Almighty during these next few weeks.

I'm still keeping a low profile since I have been sick, so I haven't

gotten around in public too much. It is difficult to pick up news unless you readers give me a call. I guess there will be a group leaving for the performance in Denver on Saturday. I got a call but declined as I didn't think it was in my best interest or the best interest of the others. Maybe next time.

The kids got the outdoor display done but still have the house lights to get down. There's no hurry, as we unplugged them from the timers.

I would like to thank all of you who brought me a meal during the time I was down. It sure makes you feel good to know your friends and neighbors care enough to help you through some rough days. Thanks a bunch to all.

As I said, the news is down, so I will close for now. Until next week, take care.

Lawyers, state in court over budget cuts

TOPEKA (AP) — Kansas already spends too little to help disabled citizens and should not be allowed to cut programs further, a lawyer for an advocacy group and five service providers argued in court Thursday.

But a top state official said fairness dictated that all agencies be required to reduce spending by the same proportion in the current budget crisis. The testimony came in a Shawnee County District Court hearing on an effort to block Gov. Bill Graves' November order cut-

ting \$26.6 million from the Department of Social and Rehabilitation Services. The agency's total budget for the current fiscal year is \$2.1 billion.

"A lack of money does not relieve the state of its obligations," Rodney Murrow, attorney for the plaintiffs,


told Judge Frank Theis.

Murrow's clients — five groups that serve the developmentally disabled and a statewide association called InterHab — seek a temporary restraining order blocking the state from reducing reimbursements to service providers Jan. 17.

**The Lord of the Rings: The Two Towers**
PG-13: Epic battle sequences; scary images.
www.goodlandnet.com/movies

Bring this AD to the theatre for \$1 OFF on a large popcorn & 2 med. drinks
EXP. 12/31/03

Nightly 7:00 No Sunday Matinee
Movie Bucks Make Great Gifts!
Sherman
1203 Main - Phone 899-6103

**OLE GURN'S**
BOOT & SHOE REPAIR
OF COLBY, KANSAS
is in Goodland Every Monday.
9:30 to 4:???
North side of Cowboy Loop.

Cole Real Estate
Affordable country living for you in this 4 bedroom, 2 story home. Also includes barn, shop, storage shed, and garage on 4 1/2 acres of land on good road 12 miles from Goodland. Call to take a look today.



Cole Real Estate
Charlene Cole, Broker Diana Spinney, Salesperson
Roger Kisner, Auctioneer
112 West 13th Goodland, KS 67735
785-899-2683





it's all inside.™

stores catalog .com

RED TAG CLEARANCE!
55-70% OFF
ORIGINAL PRICES WHEN YOU TAKE AN EXTRA 33% OFF
ALREADY-REDUCED RED-TICKETED PRICES!

EXAMPLE OF YOUR RED TAG SAVINGS

| | |
|---------------------------|----------------|
| ORIGINAL PRICE | \$20.00 |
| RED-TICKETED PRICE | \$12.99 |
| EXTRA 33% OFF | \$-4.29 |
| YOUR FINAL PRICE | \$8.70 |

EXTRA SAVINGS TAKEN AT THE REGISTER.



Extra 33% off applies to Red Ticket Clearance prices only and does not apply to Furniture, Fine Jewelry, Catalog/Internet & Outlet Stores or to Portrait, Optical or Salon Services and Products, Gift Cards, prior purchases or in combination with any other offer. Savings off original prices. Intermediate markdowns may have been taken on original prices. While quantities last. Selection may vary by store. Valid through 1/28/03.

Downtown Goodland
1104 Main,
Goodland
(785) 899-3602

Store hours:
Monday- Friday
9:00-5:30

Saturday
9:00-5:00