

# Drug abuse and addiction tough to distinguish

Telling the difference between abuse and addiction is hard. Addiction begins as abuse, or usage, of a substance like marijuana or cocaine. A person can abuse a drug without having an addiction.

For example, if a person smoked marijuana a few times, that doesn't mean he or she has an addiction, but it does mean that person is abusing a drug, and that could lead to an addiction.

Addiction means having no control over whether to use a drug. A person who is addicted to a drug has grown so used to the drug that he has to have it. Addiction can be physical, psychological or both.

Physical addiction is when a person's body actually becomes dependent on a drug. It also means that a person builds tolerance to a drug, which means he needs a larger dose of that drug to get the same effects.

When a person who is physically addicted stops using drugs, he may experience withdrawal symptoms. Withdrawal can be like having the flu; common symptoms are diarrhea, shaking and generally feeling awful.

Psychological addiction may



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happen along with physical addiction or on its own. In this case, the cravings for a drug are mental. People who are psychologically addicted feel overcome by the desire to have a drug. They may lie or steal to get it. An addicted person, whether it's a physical or psychological addiction, no longer has a choice.

An addiction is not just measured by how many times a person uses a drug. Some drugs, like meth or heroin, are so addictive that they may only be used once or twice before the user loses control.

A person crosses the line between abuse and addiction when he's no longer trying the drug to have fun or get high, but because he's come to depend on it. His whole life centers around the need for the drug. The basic sign of an addiction is a

need to have the drug or substance. However, there are many other symptoms that can suggest a possible addiction. The important thing to remember is that drastic physical or mental changes in someone represent a big problem.

Common signs and symptoms of addiction may be helpful if you are concerned about yourself or a loved one, but similar signs and symptoms may actually be caused by other conditions, such as depression or eating disorders. That's why it's so important not to draw conclusions but to get help, no matter what the problem is.

Warning signs for yourself or a loved one are needed because recognizing that there maybe a problem with drugs or alcohol is the first step in getting help.

Psychological symptoms:  
 • Do you see drugs as the solution to problems?  
 • Do you spend a lot of time fig-

uring out how you can get drugs?

- Do you steal money or sell belongings to be able to afford drugs?
  - Have you been withdrawing from your relationships with your friends or family?
  - Have you lost interest in work, school, sports, or hobbies that used to be important to you?
  - Have your grades slipped?
  - Are you experiencing anxiety or depression?
  - Are you keeping secrets from your friends or family?
  - Do you only hang out with people who use drugs?
  - Have you tried to stop using drugs but can't?
  - Do you feel like you can't control your moods? Have friends or family members expressed concern about your mood swings?
- Physical symptoms:  
 • Have your sleeping habits changed?  
 • Has your physical health been affected by drugs?  
 • Do you feel shaky or sick when you try to stop using drugs?  
 • Do you keep needing to take more of the drug to get the same effect?

• Have your eating habits changed?

• Have you lost or gained weight for no apparent reason?

It may be hard to answer some of these questions. You may not be able to witness some of your loved one's behaviors if he or she pulled away from your relationship. But if you think someone is using drugs, that person needs help.

Recognizing that you have a problem is the first step in getting help. In the case of an addiction, it's important to get help right away.

Maybe you think you can kick the problem on your own or that you don't need help. That doesn't work for most people. Getting some help from your spouse, parents, friends or doctor may make quitting drugs a little easier to do.

Getting clean is not going to be easy. What works for one person or one drug may not work as well for another. Quitting drugs is probably going to be the hardest thing you've

ever done. Just remember that you'll feel much better both physically and mentally, and you'll know that you have the kind of power it takes to overcome any problems that come your way.

Recovering from a drug addiction doesn't end with a six-week treatment program. It's a lifelong process.

If you do have a relapse, recognizing the problem as soon as possible is critical. Get help right away so that you don't undo all the hard work you put into your initial recovery. And don't ever be afraid to ask for help!

## obituary

### Norma Berry

Norma Berry of St. Francis, formerly of Goodland, died Thursday night, Jan. 23, 2003, at Hays Medical Center. Funeral services are pending.

## Cutbacks to reduce 4-H exhibits at state fair

WICHITA (AP) — Cutbacks at the state Extension Service will reduce the number of youth 4-H exhibits displayed at this year's Kansas State Fair.

Typically, 4-H youth display about 11,000 exhibits at the fair. That number is expected to drop to about 9,100 this year, said Gray Gerhard, state director of the 4-H Youth Development program at Kansas State University.

Because some 4-H youth display more than one exhibit, it's not clear if the cutbacks will result in a similar drop in the number of youth exhibiting at the fair. Each 4-H exhibitor typically brings three other people to the fair.

"We value our partnership with the Kansas State Fair," Gerhard said. "It is not done with any antagonism to harm their event, but just as last year many state agen-

cies weren't able to have their regular exhibit space at the state fair, this year it finally impacted us also."

Denny Stoecklein, the interim general manager of the state fair, said the Extension Service has asked to use just one of the three buildings it has filled in the past.

But Stoecklein isn't as worried about filling the space as he is about the impact on attendance at this

year's fair and those in the future. Visiting the fair is a habit many youth develop while exhibiting at the fair with 4-H, he said. Last year, Kansas 4-H served more than 153,000 youths.

Direct savings from the cutbacks range anywhere from \$5,000 to \$8,000, but the far greater savings will be realized from a reduction in employee hours spent preparing the state fair exhibits.

## matters of record

### Goodland Police

The following crimes were reported to the Goodland Police Department:

**Jan. 19** — Jerry B. Buchanan was arrested at 2710 Commerce Rd. on a warrant from Delaware County, Ind.

Derek D. Moreland was arrested for battery and disorderly conduct against Gregory Wheeler, Larry Cheney and Richard Haight at 1517 Center.

**Jan. 20** — Jonathan M. Barker reported a burglary and the theft of a \$232 CD player from a vehicle at 513 Sherman.

Derrick L. Bailey reported a burglary and the theft of a \$180 stereo from a vehicle at 222 W. Sixth.

**Jan. 21** — Safari Steakhouse and the Elks Lodge reported a burglary, theft of \$800 cash and \$20 postage stamps and \$2,000 criminal damage to an antique cash register and \$90 criminal damage to three doors

at 1523 Arcade.

Mastec reported a burglary and the theft of a \$1,200 Skill concrete saw at 298 E. Hwy. 24.

### Accidents

The following accidents were reported to the Goodland Police Department:

**Jan. 13** — Douglas L. Whitson was southbound on Clark in a 2001 GMC truck, when he collided with Brandon C. Redlin who was eastbound on Sixth in a 1995 Asve

truck. Redlin said he did not see the GMC because of the sun's glare.

**Jan. 16** — Jerry D. Mangus was stopped at a red light at Hwy. 27 and Hwy. 24 in a 1997 GMC truck. Shelly Angelos was stopped behind him in a 2001 Chevy, when her foot slipped off the brake, and she hit the GMC, causing it to catch on the ball hitch.

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