

## Snoball royalty



Matt Hall and Amanda Hoffman were crowned Snoball king and queen late last month at the varsity basketball games against Oberlin. Hall, Dan Bagnell and Taylor Brack were chosen by a vote of the students earlier that week as king finalists. Hoffman, Kendra Billinger and Britany Pettibone were queen finalists.

# Time-out a useful discipline tool

Effective parenting includes understanding child behavior at different stages of development and using appropriate discipline, including choices and consequences.

Time-out is a useful tool as long as the child is old enough to understand and talk about the problem. The use of time-out should be explained to the child before a problem occurs, so everyone involved understands the procedure.

Together, decide on a location, and demonstrate the use of the timer. A wind-up kitchen timer works great, but the microwave or oven timer can be used as well.

When misbehavior occurs, describe the problem to the child and remind him, once, about previously discussed choices and consequences.

If the negative behavior continues, the result is a time-out. Time-



## high plains mental health

- plain sense

out should take place in a location where there are no distractions, such as the TV, toys for entertainment or other family members to speak to.

Sitting on a chair in a corner of a room or on the floor facing a hallway wall works well. Tell the child to sit in time-out and think about what he did wrong and what he should have done instead.

The length of time depends on the child's maturity; about one minute for each year of age for children under age 12. Start the timer when

they are sitting quiet, and restart it if they make noise or continue with problem behavior in time-out.

At the end of the time period, talk with the child about what they did wrong and what they could do instead. If they do not agree, then reset the timer for a continuing time-out.

Younger children may need some help in coming up with an answer. After the time-out is completed, go back to the original situation and have them try again in the correct manner.

While a time-out can be useful for all ages (including adults), discipline that includes realistic choices and consequences works better with older children. "Grounding" is

a long-term form of time-out but is too often over-used and becomes ineffective.

When a child's misbehavior does not improve or gets worse, there may be more serious issues present. It may be necessary to visit with school staff or talk to a mental health professional about a solution for the problems.

*Contributed by Karen D. Beery, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.*

Mail questions to High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601.

Internet site: [www.highplains-mentalhealth.com](http://www.highplains-mentalhealth.com).

# Anhydrous ammonia often stolen from farmers by meth 'cooks'

What do you need to know about anhydrous ammonia theft and methamphetamine, "meth?"

Most meth "cooks" in this area use anhydrous ammonia in their recipe. To obtain this ingredient, they will steal it from farmers and suppliers at any cost. Often the thieves will even make meth where they find the ammonia.

Anhydrous ammonia and by-products of meth labs must be handled carefully to protect the safety of people and the environment.

The cleanup of meth labs needs to be handled by professional law enforcement officers, and farmers need to take steps to protect themselves from the theft of anhydrous ammonia.

Meth production in rural Kansas has affected farmers. Most farmers



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have had anhydrous ammonia stolen and many have had other ingredients stolen as well.

What is anhydrous ammonia? It's a pungent, colorless gas that, when pressurized or refrigerated in a storage or nurse tank, is a colorless liquid. When released from its container, it may form an expanding white cloud which is usually lighter than air and easily follows air currents.

Anhydrous ammonia is the most important component in the manu-

facture of most nitrogen fertilizers. It is used by farmers as the primary source of nitrogen fertilizer.

Anhydrous ammonia mainly affects three areas of the body:

- The lungs, causing destruction of delicate respiratory tissue.
- The eyes, causing everything from a mild irritation to eye destruction.
- The skin — Depending on the length of exposure it can cause irritation, a darkened freeze-dry burn and tissue destruction.

Anhydrous ammonia is usually stolen in new picnic coolers with propane cylinders with brass fittings

attached to fit to hoses and using a combination of a hose and a bicycle tire tube.

The most common myths about preventing anhydrous ammonia theft are:

- To hide tanks in the farthest corners of a field away from any roads.
- To lock the tanks in a barn.
- Put the anhydrous ammonia tanks in the yard near your window so they can be monitored at night.

Currently the best way for farmers to prevent theft of anhydrous ammonia is to leave the nurse tanks in their fields along the side the road, remove the hoses from the applicator to the tank, inspect each tank upon delivery and return for signs of tampering and deliver tanks as close to the time of use as possible.

Future solutions may be locks

for anhydrous ammonia transport tanks, changing the formula for anhydrous ammonia to make it not usable in meth production and/or secure anhydrous ammonia tanks with tamper tags or locking devices.

We must remember meth producers are desperate and will go to any lengths to make their profit.

Meth labs have the potential to contaminate drinking water supplies, soil and air, causing a great danger to nearby residences. Meth labs are highly explosive and can cause health problems including respiratory illness, skin and eye irritation, headaches, nausea and dizziness.

Kansas Department of Health and Environment's cleanup of meth labs is conducted to ensure the safety of the citizens of Kansas and

our natural resources. Do not approach a suspected meth lab. If you suspect a methamphetamine lab in your field or neighborhood, call your local law enforcement agency or the Kansas Bureau of Investigation at 1-800-KS-CRIME (1-800-572-7463).

The waste of meth labs are often dumped on the sides of roads, in fields and in wooded areas. These dumping grounds may contain propane tanks, empty two-liter pop bottles, empty starting fluid cans, rock salt, stained materials (red and brown), empty acetone or camping fuel containers and miscellaneous glassware.

Be very careful if you discover a meth lab "dump," and call your local law enforcement agency immediately. For more information call 899-5117.

## matters of record

**District Traffic**

The following traffic cases were handled in the Sherman County district court:

**Jan. 24** — Jay T. Gormley, 25, of Goodland was fined \$10 for no seat belt as a passenger.

**Jan. 27** — Christopher Narvowicz, 19, of Racine, Wis., was fined \$299 for speeding, 104/70, and \$60 for expired drivers' license.

**Jan. 28** — Kristen A. Weir, 19, of Flower Mound, Texas, was fined \$254 for speeding, 101/70.

Lee M. Torres, 26, of Burlington was fined \$143 for speeding, 74/55.

**Jan. 29** — Heath R. Paxson, 19, of Goodland was fined \$119 for speeding, 80/65, and \$10 for no seat belt.

Ahmed AA Alshoualkhat, 32, of Olathe was fined \$137 for speeding, 88/70, and \$300 for no liability insurance.

Keith L. Snethen, 40, of Good-

land was fined \$113 for speeding, 79/65.

Casey L. Talamantez, 21, of Burlington was fined \$176 for speeding, 78/55.

**Jan. 30** — Fernando Castillo-Chavez, 19, of Salt Lake City, Utah, was fined \$359 for driving while suspended and \$90 for speeding,

90/70.

**Jan. 31** — Rodney D. Noel, 54, of Jefferson, Colo., was fined \$212 for speeding, 97/70.

Jesus F. Moreno, 31, of Goodland was fined \$185 for speeding, 79/55.

**Feb. 3** — Elizabeth A. Ruiz, 34, of Burlington was fined \$137 for speeding, 88/70.

Daniel S. Rhoades, 24, of Bend, Ore., was fined \$359 for driving while suspended and \$84 for speeding, 89/70.

Bryan S. Smith, 35, of Goodland was fined \$79 for no child restraint.

William D. Taylor, 43, of Sharon Springs was fined \$184 for 3,400 over on axles.

Jamar I. Washington, 20, of Cheyenne, Wyo., was fined \$203 for speeding, 96/70.

Dwight W. Briney, 57, of Edson was fined \$119 for speeding, 70/55.

**Feb. 4** — Michael L. Muniz, 17, of Burlington was fined \$159 for driving while suspended and \$90 for speeding, 90/70.

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