



Laura and John Nickel

Couple ties knot in Wheaton

Laura Lucinda Falk and John Trampis Nickel were married Nov. 29, 2003, at St. Luke Lutheran Church in Wheaton.

Pastor Joe Davis officiated. Parents of the couple are Milton and Cindy Falk of Onaga, and John Michael and Karen Nickel of Johnson City.

The groom's grandmother, Rosie Lindsten of Goodland, attended.

The bride wore a Milano satin, mock two-piece gown. The bodice featured a neckline extending off the shoulder, detailed with embroidery and beads. Her gown had a removable overskirt with chapel-length train that opened over the asymmetrically beaded and embroidered A-line skirt. She wore a fingertip veil and tiara, both accented with rhinestones and pearls. Laura carried a bouquet of white roses.

The groom's brother, Danzey Nickel, Syracuse, was best man.

Groomsmen Brian Peterson, Johnson City; John Madsen, Spring Hill; Wylie Martin, Johnson City; and Kevin Fowler, Arkansas City wore black tuxedos with buttercup yellow vests and ties.

Andrea Falk, sister of the bride, Manhattan, was maid of honor. Bridesmaids Amy Horgan, Manhattan; Diane Owens, Wheaton; Stephanie Bronston, Cheney; and sister of the groom, Kally Nickel, Great Bend, wore two-piece periwinkle dresses. They featured an overlay with lightly beaded lace and trimmed with a satin band at the waist that flowed over an A-line skirt. The attendants carried periwinkle hydrangeas.

Paul Hartwich, Onaga, carried the rings on a pillow made by the bride featuring, an overlay of hydrangea petals. Erica Falk, Maple Hill, and Madison Martin, Valley Center, were flower girls; they wore white satin tea-length dresses with

flowered organza overlay.

Ushers were the brides' brothers, Dustin Falk, Lansing, Mich., and Derek Falk, Manhattan. August Hartwich, Onaga, and Will Hartwich, Wamego, cousins of the bride, were ushers.

Angie Ruyle, Arkansas City, and Kim Fisher, Topeka, as candle lighters wore long yellow dresses. Amy Abitz, Denver, was the bride's personal attendant.

Lisa Janssen, Havensville, provided organ and keyboard music. Jessica Ensley, Iowa City, Iowa, attended the photo guest book.

Nick Hartwich, Wamego, and Taylor Falk, Maple Hill, handed out programs designed by the bride. Following the ceremony, Nicole Falk gave guests yellow, blue and white balloons to launch as the couple left the church for a white limousine.

A buffet reception and dance followed at the Wareham Opera House

in Manhattan. During the reception, guests viewed the wedding video, a gift from Mr. and Mrs. Robert Johnson, Manhattan.

Kaci Adams, Kristy Reynolds and Tracie Vincent, Olathe, and Shana Smith, Atchison, served the wedding cake, which was embellished with white chocolate seashells. German chocolate groom's cakes, made by the bride's mother, were garnished with white chocolate golf balls and tees. Valerie Burt, Lawrence, and Jessica Ensley served guests piña colada punch.

Regan Martin, cousin of the groom, Johnson City, attended the gifts. Gloria Falk, aunt of the bride, Julie Owens, Kathy Walsten and the mothers of the couple designed the flowers for the reception and ceremony.

After a honeymoon in Cancun, Mexico, the couple is living in Lebanon, Mo.

Marijuana smoked or used in foods, tea; drug has many effects

Marijuana is usually smoked as a cigarette, or joint, or in a pipe or bong.

Marijuana has appeared in "blunts" in recent years. These are cigars that have been emptied of tobacco and re-filled with marijuana, sometimes in combination with another drug, such as crack. Some users also mix marijuana into foods or use it to brew tea.

The main active chemical in marijuana is THC (delta-9-tetrahydrocannabinol). Short-term effects of marijuana use include problems with memory and learning; distorted perception; difficulty in thinking and problem-solving; loss of coordination; and increased heart rate, anxiety, and panic attacks.

Researchers have found that THC changes the way in which sen-



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sory information gets into and is acted on by the hippocampus. This is a component of the brain's limbic system that is crucial for learning, memory, and the integration of sensory experiences with emotions and motivations. Investigations have shown THC suppresses neurons in the information-processing system of the hippocampus. In addition, researchers have discovered that learned behaviors, which depend on the hippocampus, also de-

teriorate.

Someone who smokes marijuana regularly may have many of the same respiratory problems that tobacco smokers have. These individuals may have daily cough and phlegm, symptoms of chronic bronchitis, and more frequent chest colds. Continuing to smoke marijuana can lead to abnormal functioning of lung tissue injured or destroyed by marijuana smoke.

Regardless of the THC content, the amount of tar inhaled by marijuana smokers and the level of carbon monoxide absorbed are three to

five times greater than among tobacco smokers. This may be due to marijuana users inhaling more deeply and holding the smoke in the lungs.

Research has shown that babies born to women who used marijuana during their pregnancies display altered responses to visual stimuli, increased tremulousness, and a high-pitched cry, which may indicate problems with neurological development. During infancy and preschool years, marijuana-exposed children have been observed to have more behavioral problems and to perform tasks of visual perception, language comprehension, sustained attention, and memory more poorly than nonexposed children. In school, these children are more likely to exhibit deficits in

decision-making skills, memory, and the ability to remain attentive.

A study of college students has shown critical skills related to attention, memory, and learning are impaired among people who use marijuana heavily, even after discontinuing its use for at least 24 hours. Researchers compared 65 "heavy users," who had smoked marijuana a median of 29 of the past 30 days, and 64 "light users," who had smoked a median of 1 of the past 30 days. After a closely monitored 19- to 24-hour period of abstinence from marijuana and other illicit drugs and alcohol, the undergraduates were given several standard tests measuring aspects of attention, memory, and learning. Compared to the light users, heavy marijuana users made more errors and had

more difficulty sustaining attention, shifting attention to meet the demands of changes in the environment, and in registering, processing, and using information. The findings suggest that the greater impairment among heavy users is likely due to an alteration of brain activity produced by marijuana.

Longitudinal research on marijuana use among young people below college age indicates those who used have lower achievement than the non-users, more acceptance of deviant behavior, more delinquent behavior and aggression, greater rebelliousness, poorer relationships with parents, and more associations with delinquent and drug-using friends.

Information provided by the National Institute on Drug Abuse.

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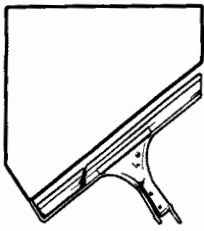
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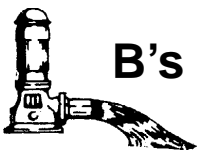
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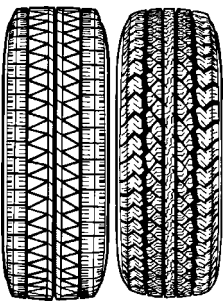
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