

Teens start smoking despite health warnings

For the majority of people, smoking is far from a foreign concept; we all have encountered the issue of smoking at one time in our lives or another, and we probably will run into it many times in the future as well.

Discouraging smoking is not to bash smokers, however, for many longtime smokers, if they could go back and change things, they would by not starting! These are the facts on smoking and what it really is about:

Teens continue to smoke despite all the warnings of the hazards of smoking and the numerous deaths that have resulted from smoking. Many feel that just one smoke couldn't hurt — after all, it is only one smoke — no big thing, when in reality that one puff often leads to more puffs and well, to be frank,



cris lovington

• prevention center

that all will eventually lead to addiction.

There may be people out there who tried smoking and did not continue on with it, but still there are countless folks who have gone from that first puff to many more.

Cigarettes contain nicotine, a harmful chemical that is addictive, meaning once your body has grown accustomed to the nicotine it will want and need more.

True, too much of something can be addictive for the body and that

the many harmful chemicals contained in cigarettes — the cigarette companies did not tell the general public about this when people first began to smoke.

Had we the technology and knowledge of today back then, cigarettes would probably be a thing we would look back on and say to ourselves, "How could we have been so stupid to do such a thing to ourselves. All those chemicals we inhaled, all those deaths that could have been prevented ... what

applies to pretty much everything. But, nicotine is a dangerous thing to be trying or doing; it is only one of

a waste."

One puff of a cigarette contains 4,000 chemicals, all of which are sent to your blood, lungs and brain. Smoking decreases the amount of the brain enzyme monoamine oxidase B (MAOB).

It is a brain enzyme that helps to break down dopamine (a chemical messenger that is associated with feelings of pleasure), and a lack of it could mean a lack of motivation or a sense of depression and so forth. Nicotine, like other addictive substances, increases dopamine levels in the brain.

Sure you may not inhale, but what about the smoke you are getting from people around you? Yes, you are still at risk. Even though a person does not smoke, he is at risk for lung cancer, asthma and other serious lung diseases. Exposure to sec-

ondhand smoke can do just as much damage as the act of smoking itself.

Nope, sorry to say, children won't be able to recover from exposure to smoke at a young age. Children and teens are still growing, and that means that their lungs are growing as well. We are all at risk when it comes to smoking.

One must wonder why people light up every day — something must be going on here. Why do people smoke?

Fitting in seems to be a big factor for a large number of teens. It is hard to turn down a friend who has just offered you a puff. You don't want your friend to think that you are some sort of wuss, and you are kind of curious to see what the big deal is about smoking.

Curiosity to find out what the sensation of smoking is like can also

motivate a person to light up and try it out. Smokers report that the reason they still are smoking is that smoking gives a feeling of pleasure.

Take your first puff on the cigarette, and your body gets a blast of 4,000 chemicals that fill your lungs, blood and brain. Each cigarette has about 2 milligrams of nicotine, an addictive drug.

But guess what? It's not only the nicotine that sends you craving another cigarette; your brain also gets effected. Research has shown that smokers had 40 percent less of monoamine oxidase B. The nicotine may leave an imprint in the brain, so that the next drug becomes more pleasurable. So now, do you still want to light up your first cigarette?

For more information, call us at 785-899-3848 or e-mail at crisl@st-tel.net.

Coalition to consider kids' views

The Sherman County Community Partners Coalition will hear what risks kids here see at the group's next meeting.

Directors of area organizations working to help youths and families will meet with community leaders from 11:30 a.m.-1 p.m. Friday, Aug. 27, at Gambino's to define issues to address in the coming year.

The Goodland schools participated in the Kansas Communities That Care Survey, and the information from the survey will be presented at the meeting.

At the last meeting, July 28, Cris Riebel from Judy's Pre-School, Dennis Daise of Big Brothers Big Sisters; Vickie Bieser from Prevention of Child Abuse and Neglect, Nathalie Higerd of Smart Start, Lisa Herbal of Colby Community College Child Care Resource and Re-

ferral Agency, and Art Lovington of Harvest America Corp. discussed their organizations' recent and upcoming projects.

Daise said the Big for a Day event July 12 had gone well. It was held at the Rural Fire Department, which put on a safety meeting with 20 to 25 adults and about 30 kids attending. Everyone got soaked except for a few who ran the first time.

Before the Big for a Day, Daise said, Counselor Paul Chaffin with the Northwest Kansas College spoke to Big Brothers Big Sisters volunteers about strengthening speaking and listening skills to help their littles. The end of July brought three matches, Daise said, and one of the youngsters had been waiting for about 14 months.

Beiser said Prevention of Child Abuse and Neglect has emphasized

sexual abuse prevention with a program recommended for kindergarten through third grade, but the organization is starting at preschool.

The group welcomed Herbal, representing the Colby Community College Child Care Resource and Referral Agency. The agency, financed by the Kansas Department of Social and Rehabilitation Services, serves a nine-county area with child development training.

Lovington reported that Harvest America has had to cut down on driving due to a budget squeeze. He said he had been traveling into the surrounding counties, but the organization wants him to focus on case management in Sherman County.

The corporation will still provide services to northwest Kansas, he said, but people will either have to call or come into the office.

Youths attend leadership conference

Kansas District 5670 of Rotary International sponsored its annual Youth Leadership Conference at Barton County Community College's Camp Aldrich Friday-Sunday, Aug. 6-8, with 27 high school juniors and seniors repre-

senting 17 towns.

Attending from northwest Kansas were Brett Lalicker and Kaitlin Lee of Goodland and Clarissa Unger of Colby.

Rotary Youth Leadership is a worldwide program that provides

teens an opportunity to expand and hone their leadership skills.

Participants were nominated by their area Rotary Clubs last spring. Rotary District 5670 comprises 31 clubs in the northwest quarter of the state.

Hawks family reunion held in July

The Hawks Family Reunion was held Saturday, July 24, at the Goodland Elks Lodge, with games, pictures, supper and, of course, visiting.

The reunion started with the late Vincent and Dessa (Linnell) Hawks, who had 10 children, 34 grandchildren, 95 great-grandchildren, 141 great-great-grandchildren and 39 great-great-great-grandchildren.

Violet's family attending were Ron Roeder Sr. and David and Michele Roeder and children, Tim, Jim, Ashlee and Ben, all of Goodland.

Henry's family attending were Henry Hawks, Curtis and Beverly Hurd, Sheryl Davis and daughter Jenny, all of Goodland; and Warren and Marjorie Bevier from Prairie Grove, Ariz., and children Kathy Alumbaugh from Mound City and Michelle Bevier from Prescott, Wis.

None of Orville's family: was able to attend.

Cloyd's family attending were Fern Hawks and Dale and Bonnie Hawks, all of Goodland; Dallas Hawks of Rydal, Ga.; Kenneth and Meredith Farr from Leoti; and Stacy and Jaida Butler of Wichita.

Lowell's family attending were Rita Hawks and son Brad Hawks from Omaha.

Beulah's family attending included Beulah McClung, Larry and Vivian and Jason McClung, Gary and Laura McClung and children Ana, Jonathan, Jonah and Astin McClung, all of Goodland; Patrick and Denise Fitzgibbons and children Shandi and Zane Gilmer from Widefield, Colo.; Darwin and Nita McClung from Goodland.

Justin, Blake and Bryce McClung from Hays; Janice Duell from Overland Park; Robin Wheat from Shawnee; Mickey McClung from Houston; Ron and Patsy VanVleet, Jessica Lake, Terry and Kara Smith and daughter Emily, all from Goodland; and

Britney and Nichole Smith from Gardner.

Lelah's family attending included Jay and Lelah Schweitzer of Greeley, Colo.; Connie and Harvey Korbelik of Burlington; Susan Corliss and Sandy, Dusty, Clay, Flint and Brooke from Stratton, Colo.; Dave and Yvette Korbelik and Sarena and Kolbran of Burlington.

Ina's family attending included Ina and Glen Gwin and David Carton, all of Longmont, Colo.; and Melody and Lann Dorman of Loveland, Colo.

Zona's family attending included Zona and Dale Price, Traci and Scott Waugh and children Ben, Dayelle and Trace, all of Goodland.

Linnell family attending included Sonny and Beckie Linnell, Jody, Harley, Haley, Sebastian, Calvin and Gavin Linnell and Samantha Lamb, all of Goodland; Donna Lister of Hoyt; and Eva Spurlin of Minola, Texas.

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