

Knowing drugs helps understand potential abuse

Understanding what drugs are is important to understanding their potential abuse.

A psychoactive substance is something that people take to change the way they feel, think or behave.

Some of these substances are called drugs, and others, like alcohol and tobacco, are considered dangerous but are not usually called drugs. The term drugs also covers a number of substances that must be used under medical supervision to treat illnesses.

For this purpose, drugs are those man-made or naturally occurring substances used without medical



cris lovington
● prevention center

supervision basically to change the way a person feels, thinks or behaves so that they can “have fun.”

In the past, most drugs were made from plants, meaning plants were grown and then converted into drugs such as coca paste, opium and marijuana.

Over the years, these crude prod-

ucts were further processed to yield drugs like cocaine and heroin, and finally, in the 20th century, people found out how to make drugs from chemicals.

These are called man-made, or synthetic, drugs and include speed, ecstasy, LSD, etc. These were initially manufactured for largely experimental reasons and only later were used for recreational purposes. Now, however, with the increased

size and scope of the drug trade, people set out to invent drugs especially for recreational human consumption.

Substance abuse has many negative physiological health effects, ranging from minor issues like digestion problems or respiratory infections, to potentially fatal diseases, like AIDS and hepatitis C.

Of course, the effects depend on the drug and on the amount, method and frequency of use. Some drugs are very addictive, like heroin, while others are less so.

But the upshot is that regular drug abuse or sustained exposure to a drug — even for a short period of

time — can cause physiological dependence, which means that when the person stops taking drugs, he experiences physical withdrawal symptoms and a craving for the drug.

Drug abuse also causes brain damage. Again, depending on the drug, the strength and character of this damage varies. But one thing is clear, drug abuse affects the way the brain functions and alters its responses to the world. That is what psychoactive means, after all, something that acts on your brain.

How drug abuse will affect your behavior, actions, feelings and motivations is unpredictable. By med-

dling in the natural ways the brain functions, abusers expose themselves to risks they may not even have imagined.

Finally, drug abuse damages the ability of people to act as free and conscious beings, capable of taking action to fulfill their needs. How free drug abusers are when they have no control over their actions or reactions is debatable. What is unarguable is that by giving in to biochemical processes that are deviant, a drug abuser loses what makes humans admirable and unique.

If you would like information on drug abuse call us at 785-899-3848 or e-mail me cris@st-tel.net.

Children anticipating the holidays can be excited to the point of stress

Dear Plain Sense: My 3-year old is driving me crazy! She is so excited about Halloween that her bad behavior just overwhelms me. What should be fun for both of us has become a lot of frustration for me. And now I am dreading how she will be acting through the remainder of the holidays.

The holidays have become a stressful time of the year for most people and even more so for parents of young children.

Adults feel the added stress of holiday planning, gift giving, extra baking and house cleaning and the additional work involved in getting together with family and friends. But they don't always recognize that children feel a great deal of stress too.

Nowadays the “season” already begins in September, with newspapers, magazines and television advertising holiday items and events, as well as conversations within families regarding upcoming plans.

Young children in particular,



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while they may not fully understand the meaning of all this, certainly do sense a difference in the behavior of the adults and older children around them.

This can create a feeling of anxiety, not because they are worried, but rather because they are feeling “anticipatory anxiety.” That is, they experience constant thoughts about something that is going to happen, which in this case, is considered to be a positive, fun event.

And when young children feel anxious, they often show it through their behavior and most often with an increase in behaviors that can be challenging to parents.

So what can a parent do? There is a lot of information available on

handling holiday stress, including the basics of time management, eating healthy, exercise and getting enough rest.

As for the children, they learn from what they ob-

serve with the adults in their life. If you stay calm and collected, it will help your child to do the same.

A few practical solutions:

- Limit your child's exposure to television, other events and even family conversations that emphasize the holidays.
- Put up holiday decorations

closer to the actual event, rather than a month or more ahead of time.

- Keep to your child's regular daily routine as much as possible.

Contributed by Karen Beery, Manager, Consultation and Education Department. The views expressed here are those of the individual writer and should not be con-

sidered 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

Another FUN

BANE AUCTION

by Bane Auction/Homestead Realty

Saturday, November 6, starting at 10 a.m. CST

Location: 4 miles west of Selden, Kansas on Hwy 83 to Road 110, then 1/4 mile north. Signs will be posted.

NOTE: Very few small items. We will sell the refurbished tractors shortly after the start of the auction. BE ON TIME.

JOHN DEERE UNITS

A - GP, steel wheels, restored, new tires, SN 446957; B, steel wheels, restored, no SN; H, restored, new tires, SN 53494; D, restored, new tires, SN 139720

MINNEAPOLIS MOLINE UNITS

UTC high crop, restored, new tires, SN UTC0154800195; U, restored, new tires, SN 01203644; U, restored, new tires, SN 329885; UI, restored, new tires, SN 336236H; U, restored, new tires, SN UTS315712; Z, restored, new tires, SN ZAS0675000023; R, restored, new tires, SN RTU4093; GB, restored, SN 08901303; Universal U, restored, SN 01203644; GTB, original, SN 0164900292; U restored, SN 00604941

INTERNATIONAL UNITS

M-Farmall, restored, good tires, SN 36417; 650-L, restored, new tires, propane, SN 2501J; C-Farmall, restored, new tires, SN 20716; Farmall Cub, restored, SN 69919; Cub LoBoy, original, dozer blade, plow, SN 13430; 560, LP, restored, new tires, SN 4384; 560 diesel, original condition, fair; WD 9, original, SN WCR50662W12R; WD 9, original, SN WCDB54579W12H; W 6 Standard, original, SN 42512W1; W 4 Standard, restored, SN 9548; W-4 Standard, original, SN BH9548; Farmall B, Culti-Vision, restored, SN 111309; Farmall A, Culti-Vision, restored, no SN; Farmall C, W/belly mount mower; M-Farmall W/loader SN FBK210622

MASSEY HARRIS UNITS

22, restored, SN GR2203; 30, restored, no SN; D-33, restored, SN 124132; 44 Special, restored, no SN; 44 Diesel, restored, SN 5887; 44 DR, original, no SN; 55, original, SN 17637; 555 LP, original, needs rear end, SN 20748; Pony model, restored, no SN; Ferguson Super 90, restored, new tires, SN N885666

CASE UNITS

VAC restored, new tires, SN 5162035; LAI, original, SN 5223557; LA, original, SN 5620465; 600, original, no SN; 500, original, SN 8032741

ALLIS CHALMMERS UNITS

B, restored, new tires, SN B37938; WC, restored, SN 53250; D-17, diesel, W/5' Case mower; WD, restored, new tires, no SN; CA, original W/2 bottom plow, SN CA3431

Oliver 66 row crop, restored, new tires, SN E425386 C66C; 1947 Empire 90, restored, new tires, SN 5824; B F Avery, restored, no SN; Caterpillar 44 crawler W/cable loader, original, pony motor needs work

35 PARTS TRACTORS INCLUDING

IH 650 D, SN 2284J; IH 600 D, SN 525J; IH W-6, SN 3293J; IH, W-30, M, H/W/loader; JD-D; Massey Harris 44's, 55D; Case, VA1, 930, LA; 2 McCormick-Deering; M&M - U, RTU, UTU, UT; AC - C

STATIONARY MOTORS

Witte, model 98RC, SN 7381, runs; 1925 Superior, 20 hp, on trailer, runs; Fairbanks Morris W/generator, runs

ANTIQUE EQUIPMENT

2 JD horse drawn plows; IH & MM 2 bottom plows; JD 5 row horse drawn disc drill W/wood box; Horse drawn cultivators, planters; Tumble bug; Parts for David Bradley; Goble Disc; 1 & 2 row planters; Several other pieces

ALSO SELLING

1976 Cadillac Eldorado, 2 dr, hardtop, auto, loaded, only 77,000 miles; 1973 Chevy C-60 truck, 4&2, 350, no box; JD model L manure spreader; 30 KVA generator W/4 cyl motor; Tires of all sizes, 9 x 24, 9.5 x 24, 10 X 28, 13.6 x 28 on rims, 600 x 16; Rear fenders for Allis, M&M, IH

TERMS AND CONDITIONS: Cash or check with proper ID day of sale. For more information contact Maynard 785-899-2078 or 899-4385 or Terry at 785-899-2328 or 899-3093, 800-974-2426 www.goodlandksrealestate.com. Bane Auction/Homestead Realty, 1023 Main, Goodland, Kan.

Worship warms the heart

Calvary Gospel Church
Pastor: Rev. Steve Rains
Fourth & College • 899-3605
Sunday: Sunday School: 9:15 am
Morning Service: 10:30 am
Small Group Ministries
Wednesday: Prayer and Worship: 7:00 p.m.
Youth @ the Rock House: 7:00 p.m.

Our Lady of Perpetual Help
Pastor: Father Norbert Dlabal
307 W. 13th • 899-7205
Sacrament of Reconciliation:
4:30-5 pm Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, Sunday: 10:30 am
Spanish Mass:
1st & 3rd Sunday: 4 pm

Sonrise Christian Church
Ninth & Caldwell • 899-5398
Minister:
Youth Minister: Doug Bean
Sunday: Worship Service: 9:30 am
Sunday School: 10:45 am
Wednesday:
Junior/Senior High Meeting: 7 pm
Adult & Children's Classes: 7 pm

Word of Life
Foursquare Church
10th & Clark • 899-5250
Pastor: John Coumerilh
Service Schedule:
Sunday: Worship Celebration
and Kids' Church: 10:30 am
First Wednesday: K.W.A.M.!
Grades 1 through 5: 7 p.m.

Pleasant Home Church
Serving the rural community
for over 100 years
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Charlie Busch
694-2242
Sunday: Worship Service: 9 am
Sunday School: 10 am
Evening Service: 6 pm

Bible Baptist Church
Pastor: Glenn Hermanson
Fifth & Broadway
899-7368
Sunday: Sunday School: 9 am
Morning Service: 10 am
Evening Service: 6:30 pm
Wednesday: Evening Bible Study: 7 pm

Church of Jesus Christ of Latter-Day Saints
1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 am
Sunday School: 11:15 am
Priesthood/Relief Society: 12 am

Iglesia Del Dios Vivo
La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5 am & 6 pm
Sunday: Sunday School: 10 am

United Methodist Church
Brewster:
Pastor:
Worship Service: 10:45 am CST
Sunday School: 9:45 am CST
Winona:
Minister: Rev. Bob Winters
Worship Service: 9 am CST
Sunday School: 10:15 am CST

First Christian Church
(Disciples of Christ)
Pastor: John Park Winkler
Eighth & Arcade • 890-5233
Sunday: Worship Service: 10:30 am
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups,
Adult Bible Study, Choir, Men's and Women's Groups,
Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing
Assistance Equipment and Infant and Toddler
Nurseries Available

Kanorado
United Methodist Church
Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 am
Worship Service: 10:15 am

Church of the Nazarene
Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 am
Worship Service: 10:50 am
Evening Service: 6 pm
Wednesday: Evening Service: 7 pm

First United Methodist Church
1116 Sherman
899-3631
Pastor: Rev. Janet Hernandez
Saturday: Informal Worship: 5:30 pm
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

Goodland Bible Church
109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 am
Morning Worship: 10:45 am
Evening Worship: 6 pm
Wednesday: AWANA (Winter)
and prayer: 7 p.m.

First Baptist Church
Pastor: John Meckling
Fifth & Center • 899-3450
Sunday: Sunday School for all ages:
9:15 am (Child care provided)
Morning Worship: 10:30 am
Wednesday: Bible study 7 p.m.
Call church for information
Thursday: Bible study 9:30 a.m.
Wheatridge Center

St. Paul's Episcopal Church
13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Morning Prayer: 8:00 a.m. Wed. - Sun.
For emergencies Wed. - Sun. 890-6969
Sr. Warden for emergencies
Mon. and Tues. 890-3320

Grace Fellowship Church
104 E. Hwy 24 • 899-6423
Pastor: Bob Snyder
Residence: 890-0134
Sunday: Sunday School: 10 am
Worship Service: 11 am
Wednesday: Bible Study: 7 pm
Sunday: Bible Study: 7 pm

Seventh Day Adventist Church
1160 Cattletrail
Pastor: Jim Martin
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Emmanuel Lutheran Church
13th & Sherman • 890-6161
Pastor: Scott Grimshaw
Sunday: Christian eduction/fellowship:
10:15 a.m.
Worship Service: 9 am
Wednesday: Confirmation: 6 pm

Church of Christ
401 Caldwell
899-6185
Sunday: Bible Study: 9:45 am
Worship Service: 10:45 am
Wednesday: Bible Study: 7 pm

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

Short & Son Trucking
Hwy. 24

Koons Funeral Chapel
North Main

Atens Department Store
1103 Main

Good Samaritan Center
208 W. 2nd

KLOE/KKCS/KWGB
3023 W. 31

Bateman Funeral Home
211 E. 11th