



COLBY FREE PRESS

Meth A L E R T

Colby workshop looks at all sides of the drug

By **PATTY DECKER**

Free Press Editor

Everyone can play a role in stopping the spread of methamphetamine use and production, said Dr. Lynn C. (Currie) Myers, sheriff of Johnson County, speaking at two workshops held in the Colby Community Building on Monday.



C. Myers

"I believe any county, regardless of size, can socially profit from an infusion of community awareness," he said. "Community coalitions, made up of concerned citizens working together at a grassroots level, can have a great impact on the growing meth problem as well as other crime problems."

Myers said that about 98 percent of all people who use meth will become addicted and of those seeking treatment options, 93 percent will relapse back to the drug.

In discussing the meth problem, Myers said that the biggest reason "why" it has reached epidemic proportions is because people are their own source of supply.

All the products needed to manufacture meth can be purchased at most stores, unlike cocaine in which the ingredients are not readily available.

Another reason the addiction rate is so much higher among meth users is because of the near 100 percent purity when compared to cocaine, which by the

time it reaches most users has been cut to 20 to 25 percent pure, since dealers are looking at their own profit margins, he said.

Cristi Cain, project coordinator for the Kansas Meth Prevention Project, also spoke at the workshops offering a history of the drug, reasons for its use, signs of meth usage and the short and long term effects.

"Meth is a synthetic nervous system stimulant," she said, "and can produce a high lasting anywhere 2 to 16 hours."

The drug can be smoked, snorted, injected or taken orally," she said.

Some of the reasons for taking meth include use are by women who want to lose weight, blue collar workers who work extra shifts, students who want heightened physical and mental performance, as a recreational drug to stay energized at parties and other social activities, or as a less expensive and more available alternative to other drugs.

There are many signs associated with people using meth, she said. Those include: euphoria, hyperactivity, relaxed inhibitions, misrepresentation of time and distance, inability to concentrate, restlessness and agitation, tendency to compulsively clean and groom, rigid muscle tone (jerky movements), dilated pupils (slow to respond), talkativeness, and teeth grinding.

Short term effects of methamphetamine use include paranoia, hallucinations, insomnia/exhaustion, false sense of well-being, increased heart rate, aggressive or violent behavior, loss of appetite, extreme rise in body temperature,

acne and sores, impaired speech, bad teeth, and body odor.

Long term effects, she said, range from malnutrition, liver and brain damage, and nasal damage to severe weight loss, insomnia, stroke, coma, abuse and addiction, and death.

The drug will also effect the brain and user's personality, Cain said, by disturbing sleep, memory loss, giving a false sense of confidence and power, delusions of grandeur, increased sexual cravings, uninterested in family and friends or food, severe depression, excessive talking and excitement, and more.

Along with harming the user, there are social implications associated with the drug as well, she said.

Based on the effects of the drug, users are more likely to be involved in thefts and burglaries, domestic violence, auto accidents, emergency medical treatment, HIV/AIDS, fires, murders, suicides, hazardous waste, workplace violence, lost productivity, and neglect and abuse of children.

In recent years and because of the rising concern about children being exposed to meth labs, many states have started "Drug Endangered Children" programs to get young people out of harm's way, Cain said.

This is why it is so important for school nurses, counselors, neighbors, and others to become more aware of the meth problem, she said.

"Children in labs suffer neglect, physical abuse, sexual abuse in addition to harm from the chemicals," she said.

Getting into the swing of things



PATTY DECKER/Colby Free Press

Members of the Colby Middle School Jazz Band rehearsed Tuesday night in preparation for the Flatland Big Band Concert on Saturday at 7:30 p.m. in the Colby High School auditorium. In addition to the middle school band, the Colby High School Jazz Band and the Goodland High School Jazz Band will also be featured. The event is in conjunction with Brier and Hale Music Co. and the Colby Days Inn. There is no admission charge "and everyone is welcome," said Julie Groom, high school band instructor.

At special meeting...

Colby Council decides project needs to be rebid

By **PATTY DECKER**

Free Press Editor

The Colby City Council, at Tuesday morning's special meeting, approved a recommendation by its attorney Joel Kriss, to rescind the contract it had entered into with Stephens Construction for a new law enforcement building.

Although the council had approved the Stephens bid at its regular meeting last week, the decision to rescind the contract was based on the fact the bid process was tainted.

Kriss said Tuesday that following last week's meeting, he again looked at the process and after he, Mayor Warren Hixson and Carolyn Armstrong, city manager, spoke with the attorney general's office and the Kansas League of Municipalities about an item added verbally after the process was completed, both entities recommended rescinding the contract.

Kriss further recommended and the council agreed to then reject the other bid submitted by Woofter Construction in an effort to be fair to all parties, adding that it was "the only proper thing to do."

The bid from Stephens Construction with additional costs added for site work and a one-half brick front was initially accepted over the bid by Woofter Construction during the

regular meeting last week. Prior to that meeting and after reviewing the bids, Armstrong said it came to her attention that the brick and site work were not included. She said she called Curt Stephens to verbally add those costs, which she now explained was not the correct thing to do.

Mike Woofter, owner of Woofter Construction, and Curt Stephens, owner of Stephens Construction, were present at the meeting and Armstrong offered a public apology to both contractors.

"I want to apologize to Curt and Mike," Armstrong said. "This should not have happened."

She said that in trying to save money on the bid process, it ended up being time-consuming and causing unnecessary problems for the contractors, the council and others.

Hixson said that in the future the city will be doing their bidding process differently and all bid specs will be in writing. With respect to the current situation, Armstrong said that a new bid request will come from Glen Strait, the architect with Strait and Associates of Colby.

Prior to the council's decision to reject all the bids and re-bid, Stephens and Woofter spoke to the council.

Stephens said he wanted his side

of the story on record in that he met the specifications as outlined in the bid request from Randy Jones, Colby police chief, and that he was asked by Armstrong the day of the council meeting (April 22) to add the site work and concrete.

"We did this correctly as we did not change our base bid, but submitted it as an alternate on a separate proposal," Stephens told the council.

While the council believed the only fair thing was to reject both bids, Stephens said the process cannot be considered fair as the base proposal for both firms is already public record. He further asked that a retraction of statements from Armstrong and those published in the *Free Press* on Monday, April 28, insinuating any wrong doing in the bid process, be corrected.

Woofter said he agreed with Stephens that re-bidding on the building would be difficult to do a second time now that the costs have been made public.

He also said he had spent time on the telephone making sure that Woofter Construction had everything on the bid that was needed.

After hearing from both contractors, the council went with the city attorney's recommendation to re-bid the building.

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Showers

Tonight...mostly cloudy. Scattered rain showers and thunderstorms. Lows in the 40s. Northeast wind 10 to 15 mph. Chance of rain 40 percent. Thursday...mostly cloudy. Highs in the 60s. North wind 10 to 15 mph becoming east late. Thursday night...mostly cloudy. Lows in the 40s. Friday...mostly cloudy. A chance of showers and thunderstorms in the afternoon. Highs in the 60s. Chance of rain 30 percent. Friday night...mostly cloudy with a chance of showers and thunderstorms. Lows in the 40s. Chance of rain 30 percent. Saturday...mostly cloudy and breezy. Highs in the mid 60s.

The numbers

Tuesday's high, 77
Low this morning, 45
Year ago today, 65 and 37
Records, 89 in 1967, 51 in 1907
24-hour precipitation, 0.00
Month's precipitation 2.24
Water Usage/Colby
April 28=1.245 million gallons
April 29=1.515 million gallons

'Bike Rodeo' is May 7 Enrollment is limited, event is for kids 6 to 12 years of age

The rodeo is coming to town. Bike Rodeo, that is.

The Thomas County Health Department, in conjunction with Thomas County Law Enforcement, Burger King and McDonald's, will conduct a Bike Rodeo for children of Thomas County on Wednesday, May 7.

The event will be held from 4-6 p.m. at the Thomas County Office Complex on South Range Ave. The

rodeo is for children ages 6 through 12, and participants need to bring their own bicycle, and also a helmet, if they have one. Meals will be provided, according to organizers.

Enrollment is limited and that can be handled by calling the health department at 462-4596.

Anyone needing additional information, or have questions can address those matters at the same phone number.

Briefly

Musical treat scheduled

The James King Band, a nationally known Bluegrass group, will perform at the Comfort Inn Convention Center in Colby on Friday. Doors will open at 6 p.m. and admission is \$10 at the door. Children 12 and under are free. Opening acts start at 6:45 p.m. and will include The Pearce Family from Wallace and Colby's own Larry Booth and The McLemore Family. The James King Band will perform at 7:45 p.m. There will be a jam session following the concert, so people are encouraged to bring their instruments and join in — or just sit in and enjoy.

This is a benefit for the "Pickin on the Plains" festival this coming summer.

Mother/daughter brunch Saturday

The High Plains After 5 Club is sponsoring a Mother/Daughter Brunch from 11 a.m. to 12:30 p.m., Saturday, at the Quality Inn in Colby. The event entitled, *The Great Pup-*

pet Caper, will feature Martha Bishop from the puppet factory in Goodland. Other guests include Jeannie Cox and her two daughters singing *Me and My Shadow*, along with Sandi King of Colorado Springs the guest speaker who will talk about *Pulling Strings*. King is a former "Outstanding Young Woman of America," and the wife of a state representative. Reservations can be made by calling Melinda Enfield, (785) 462-6046; Gail Eberle, (785) 672-4729; or e-mail Lori Haberer at lorihaberer@hotmail.com.

The reservation deadline is Friday, May 2.

Piano recital planned Saturday

Piano students of Shirley Malcolm will present their spring recital beginning at 2 p.m., Saturday, at the Colby United Methodist Church. Those performing solos and ensembles are: Amanda Barnum, Dryden Lucas, Tess Baumfalk, Bryan Brewer, Cade Carter, Shane Carter, Melissa Crumrine, Mandy Edmundsen, Curtis Fulwider, Alexa Haas, Ryley Haas, Nate Horinek, Bailey Koerperich, Troy Koon,

Cameron McLaughlin, Kelsey Shields, Andrew Toth, Brock Wagoner and Kaid Wark. In addition, Rick Carter will provide percussion accompaniment. Following the recital, Malcolm said, there will be a reception honoring the musicians.

Prairie Senior to honor volunteers

A tea and recognition for volunteers of Prairie Senior Living Complex in Colby has been planned for Friday at 2:30 p.m. Anyone who has volunteered or is interested is welcome to attend.

Brewster Beta Club plans potato bar

The Brewster Beta Club will be serving a potato bar, dessert, and drink before the Brewster Spring Concert on Monday, from 5:30 to 7 p.m. Donations will go to the Fine Arts Scholarships given annually. For questions, call (785) 694-2452.

