Goodland man's grandson brings stories of Nepal

By Pat Schiefen

The Goodland Star-News

school, you're not sure about college, so you decide to go to tiny Nepal, nestled among the Himalayan mountains between India and China, for two years as a missionary.

Of course, the country, poor and isolated, is predominantly Hindu and takes a dim view of Christian

the people live in poverty.

Ryan Tedford, 21, just returned You've graduated from high from this adventure, full of stories about the south Asian life," he said of the trip.

> Ryan, a grandson of Lawrence Tedford of Goodland, said that when he graduated from added. high school in Castle Rock, Colo., he didn't know what he wanted to

Demonstrations, conflict and to Nepal as a missionary since he erated.

Maoist rebels threaten the peace. likes to hike. Parts of Nepal are rugfamily, the CIA says, and a third of Everest, is a big attraction for climb- and other missionaries was stopped

Church in Castle Rock.

"It changed every aspect of my

Since his return, Ryan said, he is planning to go to college and major in community development.

"I want to go back someday," he

In Nepal, he said, it is against the law for missionaries to evangelize or pass out religious materials. The official religion is Hinduism and A friend suggested he only in the last 50 or so years have might think about going other religions been somewhat tol-

Most of the time, he added, they Average income is just \$1,500 per ged, and the tallest peak, Mount had no problems. The few times he

their own home.

It is also a good

idea to talk about

funeral arrange-

ments long before

the service is actu-

ally needed. Al-

ers. He went to the Evangelical Free and taken to jail. He said his group Buddhist, he said, while the other 10 water, he said. always managed to talk their way out of trouble.

Tedford said he had a student visa for one year and a tourist visa for another. During his student year, he took language classes to learn the trade language, Napali.

He said Napali is similar to Hindi. The country has 120 languages and tribes, and the climate varies from tropical to mountain. The main immigrants from India in the lowlands, Tibetan immigrants in between and native tribes in the moun-

A majority, about 75 percent, of the people are Hindu and 15 percent television, telephone or filtered

percent are Moslem, Christian and

The country has around 27 million people with 3 million in the capital of Katmandu. The country has a caste system, Brahman, Kshatriya, Napali and low caste.

Tedford said they would hike into remote villages for three weeks at a

The people are very open and groups that live in the country are friendly," he said. "When you needed a place to stop and food, you would ask people and they would help. Their diet consists mainly of lentils, rice and vegetables."

In the villages, they have no

Tedford said they carried religious tracts which they would sell for a rupee, about five cents.

The tracts meant more if people had to buy them, he said. When they would return, people would ask about the tracts and possibly con-

The country has Marxist rebels called Maoists, who have caused instability, he said.

Tedford said he helped start the Samaritan's Children Home outside of Katmandu for kids whose families are not able to take care of them. He is raising money to support the home. He said it takes \$30 a month to support one child.

Aging population increasing

Today there are more than 35 million Americans who are 65 or older. By the year 2030, that age group is expected to increase to about 71.5

Over the next 20 years, as the "Baby Boomers" age, the challenges facing senior citizens and their families will increase. Dealing with life losses and grief will be primary issues, but along with that is the need for good communication among family members in regard to the wishes and desires of their eld-

erly members. Many people have said that change is a constant and the price we pay the longer we live. As people age, some of the changes they deal with are physical in nature, such as a decrease in energy and loss of physical strength, and some changes are cognitive, such as difficulty remembering certain events and a decrease in the ability to concentrate.

Inevitable and unavoidable changes as people age have to do with losses, particularly the deaths of family members, friends, neighbors or a spouse.

As parents age, good communi-



high plains mental health

plain sense

though it is hard to face the mortality cation among family members is of loved ones, when family memvital, especially as a means of pre- bers take the time early on to conparing for new circumstances be- sider different ideas and opinions, fore changes become major prob- this final loss can be dealt with bet-

When major decisions are made ahead of time, those involved can then focus more on feelings and the but it can be much more difficult if emotional support needed when the changes actually occur.

Contributed by Ken Loos, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replaceabout finances, prized belongings ment for seeking professional help.

Mail questions to High Plains Mental Health Center, Plain Sense, Other issues to cover include Consultation and Education Department, 208 E. Seventh, Hays, nursing home care while the other Kan. 67601. Internet site: is still able to live independently in www.highplainsmentalhealth.com.

Sherman County Sheriff

matters of record

The following accidents have been reported to the Sherman

County Sheriff: Nov. 16 — Richard J. Collier, 34, of Hereford, Texas, was driving north on Hwy. 27 at 159.7 at 6:05 a.m. when he fell asleep. The vehicle drifted right, entered east ditch and rolled on the passenger side. Driver and passenger Le Ann Breadley, 35, of Dumas, Tx., were checked by EMS and both refused treatment. Neither were wearing seat belts.

Nov. 22 — Melissa Leann Schritter, 19, was driving north .6 mile from County Road 77 on County Road 5 at 1:30 p.m. when she overcorrected her gray 2005 Mazda af-

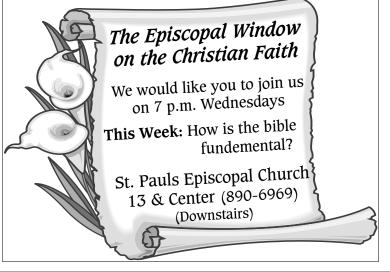
ditch and rolled once. She was wearing a seat belt and was transported to Goodland Regional Medical Center. Car was owned by Neil

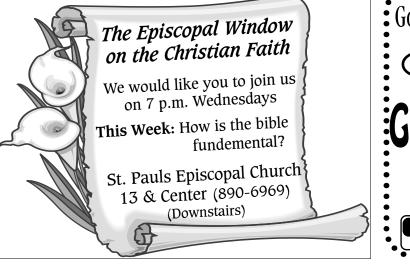
Nov. 27 — Kathryn A. Gustafson, 25, of Fort Collins, Colo., in her red 2000 Jetta was westbound on I-70 by the Ruleton exit when a deer appeared in the median, ran into the roadway, was struck and killed. Gustafson was using her seatbelt and was uninjured but her vehicle sustained major damage.

Dec. 8 — Ian J. Talbot, 22, of Edson was traveling west at 4 p.m. on Hwy. 24 in 98 Ford SUV when to the right to avoid to being hit by he hit Michael Johnson, !4, who an unidentified vehicle. Both were ter going off the road, returned to the pulled out into the lane of traffic in

road, lost control, went into the a yellow 2000 Dodge. Talbot's passengers Daniel Munford, 21, and Brian Toohey, 21, both of Edson were uninjured and wearing seat belts. The SUV is owned by Farris Brothers Inc. Johnson had stopped at a stop sign at Hwy. 24 on Coutny Rd. 21 and did not see Talbot's ve-

hicle when he pulled out. **Dec. 18** — Sandy Vasquex, 25 was driving his white 2004 Pontiac Grand Am and was stopped in traffic at 16st Street waiting to turn on K-27 at 6:05 p.m. when she was struck in the rear by Michelle Bryce, 23 in a gray 1993 Mercury Topaz. Bryce said she had to swerve wearing seat belts.





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For example, a discussion with

aging parents about living arrange-

ments is a difficult conversation,

family members wait for a health

Some aging parents reach a deci-

sion to downsize or simplify their

lives, which brings a good opportu-

nity to talk with their adult children

and how to disperse or divide prop-

what to do if one parent requires

crisis to force such a discussion.

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