

# Running away more serious than child packing a bag

When you were little, did you ever run away? Maybe you packed up your backpack and made it down the driveway or to the shed in your friend's backyard around the corner. But after a little while you forgot why you were running away, and it was getting dark out, so you went home.

Hopefully that was the last time you ever thought about running away because there's a big difference between thinking about running away (or walking a few blocks down the street) and actually running away.

Running away is a very serious problem. According to the National Runaway Switchboard, an organization that takes calls and helps kids who have run away or who are thinking of running away, one in seven kids between the ages of 10 and 18 will run away.

There are 1.3 million runaway and homeless kids living on the streets in the United States. As many as 100,000 of these runaways and homeless kids in the United States are preteens.

Why do kids run away? Remember



## cris lovington

• prevention center

how you felt the last time you got into a big fight with your parents or one of your brothers or sisters? That kind of anger and hurt can be what pushes someone to run away from home.

In fact, most kids run away due to problems with their families. Some kids even decide to leave without ever having a fight. They might have done something they're ashamed of, and they're afraid to tell their parents.

What are other reasons some may run away? Violence in the family, divorce or separation, death in the family, birth of a new family member, family financial worries, abuse of drugs or alcohol by the youth or parents, problems at school, peer pressure and or

failing or dropping out of school may be other reasons kids feel they have to run away.

These are problems faced by a lot of kids and teens, and there are ways to deal with all of these problems besides running away. Kids who think about running away might not know how to solve tough problems or don't have adults to help them.

Sometimes a really big problem can make it seem like running away is the only choice.

Unfortunately, the problems kids hope to escape by running away are replaced by other, sometimes even bigger, problems of life on the streets.

What is the reality of running away? When you think of running away, you probably imagine that there will be no more rules, no parent to tell you what to do, no more fights. Sounds great and exciting, right?

In your imagination maybe, but in reality running away is anything but fun. Kids and teens who run away face new problems that are very real, like not having any money, any food to eat or place to sleep, or anyone to look out for them.

People with no home and no money become desperate, doing anything just to meet their basic needs. Because of this, they often find themselves in risky situations that would be frightening, even for adults.

Runaway kids get involved in dangerous crimes much more often than kids who live at home.

Each year, more than 5,000 runaway and homeless kids die from assault, illness, or suicide.

Kids who live on the streets often have to steal to be able to live. Many take drugs or alcohol to get through the day because they become depressed and feel that no one cares about them.

Some are forced to do things they wouldn't normally do to make money. The number of kids with HIV/AIDS

and other diseases is higher on the streets, too, because these kids might use intravenous drugs or have unprotected sex (often for money).

Let's face it — stress is a part of life, even for kids, but being able to deal with problems with confidence, hope and practical solutions makes kids less likely to run away.

To build your problem-solving skills, practice these things:

- Know your emotions. Be able to know what you are feeling inside and have the words to describe it.

- Express your emotions. Don't be afraid to tell those close to you how you are feeling and why.

- Know how to calm yourself down after your upset (walking, jogging, listen to music).

- Think about different ways to solve your problem, and get some guidance from someone you trust.

If you're thinking of running away, talk to your parents. They need to know you're upset or even afraid. It may be possible to work together as a family

to find another solution to your problems.

Sometimes talking to a counselor as a family can help. If the problem is an abusive parent, talk to your school counselor, clergy or another trusted adult. Another option is calling the National Runaway Switchboard at 1-800-621-4000.

If your friend is thinking of running away, warn him about how tough it is to survive on his own. He's probably scared and confused. Try to be there for him, so he doesn't feel alone, and remind him there are other ways of dealing with problems.

Though it may take a lot of courage, the most important thing is to tell an adult you trust as soon as possible. Being a real friend doesn't mean keeping a secret when it can hurt someone.

It means doing the best thing possible for your friend. And running away isn't a solution for either of you. It only leads to more problems and danger.

## about our friends

### calendar

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1-2:15 p.m. Thursday** in the Assembly Room on the third floor of the courthouse to help veterans and dependents with claims. Call the office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

The **Business Advisory Council** will meet at **noon Thursday** at the Goodland Area Chamber of Commerce office, 104 W. 11th. Gary Youngman, benefits specialist for the Working Healthy Program will be the speaker. A light lunch will be served for employers or their representatives.

The **Goodland Regional Medical Center** auxiliary will have a **bake sale at 8 a.m. Friday** in the hospital lobby.

**SHARE sign up** for the December distribution of food will be until **Friday, Dec. 6**, at the Sherman County Health Department, Harvest America, the Regional Prevention Center or the Kanorado Senior Center. **Pick up** will be **Saturday** for the November distribution.

The **Sherman Theatre** is having **free holiday matinees at 1:30 p.m. Saturdays and Sundays**. "Big Fat Liar" will be Nov. 23 and 24; "Hey Arnold" will be Nov. 30 and Dec. 1; "Clockstoppers" will be Dec. 7 and 8; "Like Mike" will be Dec. 14 and 15; and "Ice Age" will be Dec. 21 and 22.

The Sherman County chapter of the **American Red Cross** will have a **bake sale from 10 a.m.-6:30 p.m. next Monday and Tuesday** at 214 E. 17th. Baked goods are still needed. Call 899-2011 or call Curtis Duncan at KLOE, 899-7300.

'Tis the Season Collection Club

will be having a **fund-raiser through Saturday, Nov. 30**, with the proceeds going to Sherman County Hospice. Have a holiday cookie and enter a drawing at Jacque's Hallmark.

The Gamma Rho Chapter of Beta Sigma Phi is holding a **fund-raiser** with the proceeds going to the **Topside Tot Daycare** and will hold a **drawing Tuesday, Jan. 7**, to give away two baby afghans to two winners. The afghans are on display at First National Bank until Monday, Dec. 2.

The **Goodland Elks Lodge, 1523 Arcade**, will have a **memorial in remembrance of members who have died** in the past year at **2 p.m. Sunday, Dec. 8**. The lodge will honor the families of men and women in active duty in all branches of the military at **3 p.m. A blue star banner will be presented** to the families who have submitted the names of their sons or daughters who are serving. The lodge has 26 families to honor so far.

### activities

**Tours of the 1907 Victorian House** at 202 W. 13th are from **1-5 p.m. Wednesday-Sunday**. "**Prairie Past Times**," a photographic history of entertainment in Sherman County, is on **display from 9 a.m.-5 p.m. Monday-Friday and from 9 a.m.-4 p.m. Saturday** at the museum, 1717 Cherry Ave.

The **Carnegie Arts Center** is open from **10 a.m.-5 p.m. Tuesday through Friday** and from **1-4 p.m. Saturday, Sunday and Monday**. Anna Seeber Shaw's watercolors, gauche and pastels will be on display from Sunday until Nov. 30.

**Born to Read** will be at **10 a.m. Fridays and Story time** will be at **10**

and **11 a.m. on Wednesdays and Thursdays** at the Goodland Public Library. Call 899-5461.

**Emotions Anonymous** meets at **7:30 p.m. Wednesdays** at the Goodland Regional Medical Center board room.

**Century Families**, for people whose family came to Sherman County more than 100 years ago, meets at **7 p.m. the second Monday** of the month at the Senior Center. For information, call 899-2835.

**Aerobics Classes - 7:45 a.m.** aerobics classes are offered daily at the Goodland Activities Center. Tena Tompkins leads a step aerobics class at **5:30 a.m. Monday, Wednesday and Friday**. On Tuesday and Thursday, a less intense class is offered. Call 899-7242.

**TOPS Meetings - Take Off Pounds Sensibly** meets at **5:30 p.m. Mondays** at the Good Samaritan Center. Enter the east door on Center Ave. Weigh-in is at 5 p.m.

**Hanging by a Thread** will meet from **7-9 p.m. the second Thursday of the month** at Wheat Ridge Acres.

**Goodland Women of Faith** monthly celebrations will be from **9:30-11 a.m. the second Saturday of the month** at Wheat Ridge Acres. Baby-sitting provided.

### area events

Admission to the **Prairie Museum of Art and History** will be free from **1-5 p.m. Central Time Sundays** at 1905 S. Franklin in Colby. The museum is also open from **9 a.m.-5 p.m. Central Time Monday-Friday** and **1-5 p.m. Saturday**.

The **Dresden United Methodist Church** is celebrating its **100th anniversary** beginning with **morning**

**worship at 11 a.m. Central Time Sunday**. An informal **buffet luncheon** will follow at **noon**. The celebration **program will begin at 1:30 p.m.** and will feature special guests and music. The church began in 1890 in the old rail depot, and the church building was built in 1902.

The **17th Annual Holiday Arts and Crafts Show** will be held from **9 a.m. to 4 p.m. Central Time on Saturday, Nov. 30**, at The Gateway in Oberlin. Exhibitors will display hand-crafted items in 80 booths from Colorado, Nebraska, North Dakota and Kansas. Lunch will be available and baby sitting services provided. The event is sponsored by the Oberlin Arts and Humanities Commission. There is no admission charge. Call Mary at (785) 475-3329.

### school activities

**Thursday:** Black day. Seminar — STUCO and GRACE. City/county recreation sports 7:30 p.m. in the high school gym. AFS 7:30 p.m. in the cafeteria. **Friday:** FCCLA dance 8 p.m.-midnight in the high school gym.

### school lunch menu

**Thursday:** Smothered hamburger, mashed potatoes and gravy, peas, dinner roll, apple salad and milk. **Friday:** Toasted cheese sandwich, tator tots, cooked carrots, spiced pears and milk.

### senior center menu

**Thursday:** Roast pork, au gratin potatoes, orange/pineapple salad, roll and cake with frosting. **Friday:** Spaghetti with meat sauce, spinach salad, apricot halves, bread and ice cream.

### health department

The Sherman County Health De-

partment at 1622 Broadway is open from 8 a.m.- noon and 1-5 p.m. Monday-Friday.

**Thursday:** WIC in Colby. Scheduled appointments. **Friday:** Scheduled appointments.

Children's physicals, immunizations, fasting blood sugar and hemoglobin, family planning and toenail clipping available by appointment. Call 899-4888.

**Water Testing** — The Northwest Local Environmental Protection Group does free well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the Health Department at 899-4888.

### today in history

**Nov. 20, 1902:** National Mutual Protective Insurance Association versus Commercial Hotel continues. Defendant claims fire was incendiary and was set by the plaintiff.

From *The Goodland News*, provided by the Sherman County Historical Society.

### birthday

**Barbara (Glasco) Lovelace** of Goodland will celebrate her 80th birthday with a reception from 2-4 p.m. Saturday, Nov. 23, at the Goodland Senior Center, 208 W. 15th.

She was born Nov. 28, 1922, in Bird City to John and Fern Glasco. She married Forrest "Frosty" Lovelace on May 12, 1941. Mr. Lovelace died July 28, 1973.

Mrs. Lovelace's children and their spouses are Judy and Terry Mann of Hutchinson, Carol and Kenton Ward of Garden City and Gary and Linda Lovelace of Goodland. She has eight grandchildren, including Teneile Lovelace who works for the Nor'west Press, and four great-grandchildren.

Cards may be sent to 603 W. 11th, Goodland, Kan. 67735.

# Goodland High senior named national scholar

Tamera Weeter, a Goodland High School senior and daughter of Jim and De Weeter, has been selected for membership in The National Society of High School Scholars. The Society inducts the most outstanding high school students and honors them for superior academic achievement.

Some of Tamera's achievements include the National Honor Roll; Who's Who Among American High School Students; Goodland High School Homecoming Queen; volleyball camper of the week; volleyball; fast pitch; a one rating at regional solo contest; peer counselor; drill team; X-Presso's Show Choir; honor roll; 2002 Branson Show Choir Competition; peer mediation; Girls Athletic Association; Family, Career and Community Leaders of America; school musical; youth group; 4-H member and sheep leader; Little League softball coach; meals on wheels volunteer; and performing country music at shows at several county fairs.

The mission of The National Society of High School Scholars is to recognize and encourage academic excel-

lence among the most exceptional high school seniors. The Society selects students nationally and awards this distinction on a very limited basis. Membership is by invitation only, extended by Claes Nobel, honorary chairman of the society.

"The hard work and success of today's youth provides the foundation for a future dedicated to community and world betterment," Nobel said.

Nobel extends his family's dedication to excellence to the youth of today. The Nobel family established the Nobel Prize in 1901 in order to note outstanding contributions in the field of peace, literature, medicine, chemistry and physics.

More than a century later, these internationally renowned awards continue to distinguish scientists, authors and leaders in the world forum.



Weeter

## 4-H news

### Glendale Livewires

The regular meeting of the Glendale Livewires 4-H Club was held Monday, Oct. 21, at the Sherman County 4-H Building.

President Amber Cowan called the meeting to order, and roll call was answered by "What I'll be for Halloween this Year." There were 11 members, 3 leaders and 1 guest present.

Kade Sheldon led the club in singing "The Adams Family Song", followed by the Flag Salute. Secretary Holly Kibel read the minutes of the previous meeting, and they were approved.

Treasurer Courtney Sheldon reported that there was an ending balance of \$872.43 with no outstanding bills. Last year's reporter, Amber Cowan, said the minutes were typed and taken to *The Goodland Daily News*. The members sang "Happy Birthday" to Amber Cowan.

Leader Penny Sheldon made the following announcements: enrollment was due to the extension office Friday, Nov. 1; achievement awards on, Sunday, Nov. 3; officers training was at 9:30 a.m. Friday, Nov. 8; and sign-up sheets for this year are displayed.

Kade Sheldon gave a demonstration on "How to Make a Lego Car." Then, Lacie Cowan gave a project talk on her dog, and Courtney Sheldon gave a project talk on Arts and Crafts.

Gage Owens gave a health/safety tip on "Don't Play with Guns." Jason Cowan led Recreation with a golf ball race, and the Owens family served refreshments.

The meeting was closed by saying the club motto and putting the chairs away.

### Sunflower 4-H Club

The Sunflower 4-H Club met Monday, Nov. 18, at the United Methodist Church. President Samantha Raymer

called the meeting to order.

Roll call was "What is your favorite car?" It was answered by 19 members, nine parents and one leader. There were no guests. Some interesting types of cars were mentioned.

Katlyn presented the song, and the group sang, "Um, Um Went the Little Green Frog." It was a good and silly song, and everyone stuck out their tongues to act out the song.

The business was taken care of, and the club decided to help with the Genesis Food Drive. The club program books were handed out to the families.

Kathy Wood gave a project talk on sewing. The Wood and Raymer families provided the refreshments.

The next meeting will be Saturday, Dec. 7, at the bowling alley.

## Farm service electing farmer for county committee

The Sherman County Farm Service Agency is holding its annual mail ballot election to select a farmer to represent southwest Sherman County on the county committee.

Ballots were mailed to eligible voters on Tuesday and must be post-marked or received in the county office, 210 W. 10th St., by 4:30 p.m. on Monday, Dec. 2.

Voters can only pick one candidate and must sign the label enclosed with the ballot.

Sherman County is divided into three "communities" for the election, and one person is elected in each area to sit on the county committee. Committee members serve three-year terms, and the No. 2 seat is up for election this year. The No. 2 committee member represents the southwest portion of the county.

Farmers receive a ballot for the community where they do most of their farming. If you feel you've been placed in the wrong area, call the agency at 899-3070.

Four candidates are running for the county committee position, but even

the losers will win positions on the community committee. Those receiving the second, third and fourth most votes will be named chairperson, vice-chairperson and member of the community committee.

Candidates include Max Linen, Brady Philbrick, Amy Sederstrom and Alan Townsend.

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Bruce Livengood  
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Discover the Benefits of

# SUNFLOWER PRODUCTION

• Presented by Triumph Seed & First National Bank of Goodland •

Monday, November 25th  
10:00 a.m. CST  
City Limits Convention Center

On the agenda.....

Ken Berndt, Norther Sun  
Insects & Marketing  
Mike Bretz, Sigco Aun  
Confections  
Lynn Holting, Mueller Grain  
Marketing

Roger Stockton, K-State  
Agronomy & Economics  
Lowell Moxter, BASF  
Clearfield Sunflowers  
Maurice Haas, Triumph Seed  
Triumph Sunflower Hybrids

LUNCH WILL BE SERVED, SO PLEASE LET US KNOW OF YOUR PLANS TO ATTEND BY CALLING 785-821-1620.

# EXTREME BBQ

Saturday, November 23 through  
Wednesday, Noon November 27

• Ribs • Briskets • Pork • Sausage Links • Sandwiches •  
Dinners • Family Packs • Smoked Turkeys or Ham with sides  
Place your order for Thanksgiving Smoked Turkey or Ham

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2510 Commerce Rd. • Goodland, Kan. • 899-7527

DOLBY DIGITAL Sherman  
1203 Main - Phone 899-6103  
www.goodlandnet.com/movies

Harry Potter & The Chamber of Secrets  
(PG): Scary moments; some creature violence; mild language  
Nightly 7:00