

Loving your children helps keep them from drugs

Want to try and keep your child from drugs? This may sound simplistic, but it is essential and more helpful to your kids than you realize — through loving them, really LOVING them.

You will need to exercise more patience than you've ever known in your life. The most damaging experience for any family member is believing they are not loved.

Each child has his own trials to bear and perhaps will never be able to entirely overcome them, but he must know he is loved unconditionally and that you are there for him.



cris lovington

● prevention center

Sit quietly with your child and let him talk. Keep your eyes and ears open. Ask daily how your child is doing; ask if he has been using drugs.

If he's quit using, ask if he's had any "slipups" and if you need to help

him get professional help.

Open your hearts and your ears without being judgmental. It's the one aspect of the relationship between a parent and a child that cannot fail.

Know how your kid ticks. Realize that your child's strengths can sometimes be their weaknesses. It is the family's responsibility and duty to help guide children to use their

strengths toward the right direction in their lives.

If you find out that your child is using drugs or is around users, do not lose your temper even though you may want to. He needs your patience now and mostly your love.

Understand he is going through difficult times. Your child, like every child, desperately wants to feel included by his peers.

And young people often think the drug scene offers acceptance, fun, adventure and true friendships. This is, of course, a lie.

Continue to let your child know that using drugs is wrong and damaging to him.

Enforce rules in home and out. This includes setting and enforcing curfews. Be sure to insist that your child calls you at certain times to check in.

Know your child's friends and whom he'll be with and where he is going. Limit or eliminate sleep overs past age 12. The personal experience of many parents whose child used or uses say this was how their child began experimenting.

Make sure you are not so busy that you're unaware of what your child

is doing.

Set up a network with your neighbors and the parents of your child's friends. Check in with each other on what they are "supposed" to be doing at each other's homes.

If no one is at your house during the day, leave your work number with a neighbor who can keep an eye on the neighborhood. Many kids leave school to do drugs in the homes of parents who are at work. If a neighbor sees kids around your home, you may want him to contact you at work so you can further investigate.

A lot of people use drugs at clubs and parties. Not all kids who go to clubs and parties are users, but it is likely. If you notice that your child is receiving unmarked mail, be suspicious.

Many organizers send out flyers. If you see flyers promoting dances and concerts and advertising "No drugs," "No drinking" and "PLUR" (peace, love, unity, respect) with no contact person or from a well respected organization, realize that these mailings are from party promoters who are very aware of parents' skepticism and are often lying.

Do all you can to learn everything about the drug scene so that you can educate your kids correctly on the dangers of drugs. They will respect you for caring that much and that you took the time to find out about today's drugs and how harmful they are.

Sometimes you will just need to ride out the problem and continue to try to be there for your child. But remain firm and remind him of how harmful doing drugs is. If measures need to be more drastic, contact a counseling center and drug rehab to find out your options.

If necessary, get help for your child and for yourself too. You may need it for your own strength.

Go to your clergy person. And, if need be, get professional help for the rest of your family.

Don't allow embarrassment or scrutiny from neighbors to stop you from doing everything necessary to get your family back on a healthy course.

If you would like a parent information booklet regarding a variety of drugs to watch out for, call me at 785-899-3848, come by 109 W. 11th or e-mail me at cris1@st-tel.net

Over 300 graduate from Colby

Over 300 students graduated from Colby Community College Saturday, May 18, including several from Goodland, Brewster, Kanorado, Sharon Springs, Wallace, Weskan, Tribune, St. Francis, McDonald, Bird City and Burlington.

Earning associate in arts degrees were Kendra Brack, Stuart Campbell, Christina Ledesma, Kristina Nylander, Brandie Smith and Barbara Whisler of Goodland.

Sherrelle Miller of Brewster earned an associate in arts, as did Jamie Lightle of Burlington and Cynthia Howard and Brandee Mears of McDonald.

Also earning associate in arts degrees were Danele Benisch and Ashley Siebert of Sharon Springs; Nathan Fiala, Jody Gienger, Amy Rieger and Michael Wolters of St.

Francis; Cory Wang of Tribune; and Rachel Rains of Wallace.

Earning associate in science degrees were Jill Beiser and Travis Dixon of Brewster; Cody Pettibone of Kanorado; Michael Dobson, Heather Mitchell, Casey Rhea, Jerry Robben and Craig Schurr of Sharon Springs; Skylar Howell of Tribune; and Tracy Weeter of Weskan.

Earning associate in applied science degrees were Margaret Belshe, Bill Finley, Jasalyn Franz, Tara Janse, Michael Leonard, Raymond Schindler, Laurie Scott and Pamela Whitson of Goodland; Nicki Burmester of McDonald, formerly of Goodland; Debra Monroe of Burlington; Luke Linin and Jordan Sowers of Bird City; Karen Wilson of Brewster; Sarah Fixsen, Mark Kuhlman, Tamara Robben and

Teacher helpers get scholarships

Teachers for Tomorrow has awarded grant scholarships to six paraprofessionals in the Colby Community College region to further their education.

Sondra Smith of Goodland, Deborah Benisch and Colleen Waggoner of Sharon Springs, Danita Comfort of Gem, Dianne Vap of Ludell and Sharon Vap of Colby received the scholarships.

The scholarships are intended to help paraprofessionals in special education in northwest Kansas to become licensed teachers in special education.

Teachers for Tomorrow will work with four area colleges, including the one in Colby, to provide coursework at sites close to the paraprofessionals' homes.

The students will receive, financial, logistical, academic and emotional help and will have some of their work through interactive television, on-line, face-to-face and

weekend classes.

They will begin classes this fall with the goal of earning a degree and licensure in special education by Summer 2006 or before.

kans classifieds

Swimming Pools
AAA POOLS! WAREHOUSE CLEARANCE on 31'x19' Family-size pools w/sundeck, fence, filter only \$829! 100% financing! Installation arranged! Homeowners! Call now! Toll free! 24/7! 1-800-852-7946.

Homeowners Wanted!!!
Kayak Pools is looking for DEMO homesites to Display our PROVEN (70,000+ customers) "Maintenance Free" Kayak Pool. Save thousands \$\$\$ CALL NOW! 877-529-7625. www.kayakpoolsoftherockies.com.



2003 Kansas Senior Olympics
September 25-28 and October 2-5
Topeka, Kansas

Open to all seniors who will be 50 years old on or before December 31, 2003. There are 16 different sports to compete in.

Registration Packets available beginning July 8th.



For more information call (785) 368-3798

Dear Daddy,
We know you are very sad today
And you miss us really bad
But if you could see what we see
You would'nt be so sad

We have all kinds of playmates
And playgrounds everywhere
Grandpa Calvert and Papa Mills have been playing with us.
They piks us up and swings us through the air

We have ice cream, cake and candy
milky, cookies and punch
We never have to go to bed
And we choose what we want for lunch

There's even a river where we can fish
The water's as clear as a day in spring
And beautiful rainbow and fluffy white clouds
from which we can see everything!

So you see Daddy
Even though we're not with you
we're under our father's care
And when it's time for you to come
You'll find us waiting right here!

And we'll give you the biggest hug -
Gee, we can hardly wait
And when no one's looking
We'll even swing on heaven's gate

In loving memory of
James Tyler Lee McCurry
and
Amanda Lynne McCurry
May 28, 2001

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: 2 pm

Sonrise Christian Church

Ninth & Caldwell • 899-5398
Minister: Tony Kafka
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

Joursquare 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: Don Crutcher
Fifth & Broadway
899-7368
Sunday: Sunday School: 9 am
Worship 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: Loren Strait
Eighth & Arcade • 899-5233
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: Matthew Delp
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
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

Goodland Bible Church

109 Willow Road • 899-6400
Pastor:
Sunday: Sunday School: 9:45 am
Morning Worship: 11 am
Evening Worship: 6 pm
Wednesday: Call for location

First Baptist Church

Pastor: Bud Chester
Fifth & Center • 899-3450
Sunday: Sunday School: 9:15 am
Morning Worship: 10:30 am
Evening Worship: 6:30 pm
Tuesday: Mens' Prayer Group: 6:00 am
Thursday: Night Bible Study: 7:00 pm

St. Paul's Episcopal Church

13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Jerry Jones
Deacon: Sister Gretchen T. Good-Pankratz
Morning Prayer: 9:30 am, 4th & 5th Sundays
Holy Eucharist: 1st, 2nd and
3rd Sundays: 9:30 a.m.
Sr. Warden for emergencies during the week 899-3320

Grace Fellowship Church

104 E. Hwy 24 • 899-6423
Pastor: Bob Snyder •
Residence: 899-0134
Sunday: Sunday School: 10 am
Worship Service: 11 am
Youth Group at Gattshall's at 5:30 pm
Adult Bible Study 6 pm

Seventh Day Adventist Church

1160 Cattletrail
Pastor: Arlin Cochran • 785-332-2888
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Emmanuel Lutheran Church

13th & Sherman • 899-6161
Pastor: Scott Grimshaw
Sunday: Sunday School: 8:45 am
Worship Service: 10 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

Good Samaritan Center

208 W. 2nd

Goodland Star-News

1205 Main