

Violence taught through circle of society, family

The process by which violence is taught is circular: It begins in the family, expanding through the culture of the larger society in which a child grows and matures and then again is reinforced or discouraged in the family.

The search for ways to help children learn more appropriate behaviors (i.e., nonviolent responses to life stressors) requires a close look at institutional practices, public policies and media programming that perpetuate violent attitudes, images and behaviors.

When parents demean and strike each other or their children, when children are encouraged to be bullies or fight back on the playground, and when they have easy access to



cris lovington

• prevention center

real or toy guns and other weapons, violence is being taught.

When stereotypes and prejudice frame interactions with people who are different from ourselves, the scene is being set for violence.

Glorifying war and relishing violence in competitive sports may reinforce violent behavior.

When violence and sexual aggression are combined in the media,

in song lyrics, in multimedia computer games and in the vernacular, the message of violence (including sexual as-

sault) is reinforced.

"Rather than waiting until violence has been learned and practiced and then devoting increased resources to hiring policemen, building more prisons, and sentencing three-time offenders to life imprisonment," a report from the American Psychological Association Commission on Violence and Youth said, "it would be more effective to

redirect the resources to early violence prevention programs, particularly for young children and preadolescents."

By contrast, we reduce the chance of violence in our youths when we give them the ability to arrive at non-violent solutions to problems by teaching them skills such as:

- Problem-solving.
- Stress management.
- Assertiveness.
- Anger control.
- Impulse control.

Parent training and support, Head Start and school-based programs, peer mentoring and support programs, individual and family counseling and therapy and community-based programs appear to work

best.

In summary, to be effective, youth violence prevention and intervention programs must:

- Start as early as possible.
- Educate parents and other caregivers in prevention strategies. Teaching parents effective, nonviolent coping skills is critical in any intervention program.
- Address aggression as part of a constellation of antisocial behavior in a child.
- Include numerous components of the child's environment.

A generation of Americans is at risk. We must make a legislative and social commitment to the reduction of aggression and violence in society.

Everyone who comes into contact with a youth — parents, educators, child care providers and health care providers — has the potential, one way or another, to mitigate a child's involvement with violent behavior.

Every institution that touches that child can contribute positively to a child's sense of safety by teaching and demonstrating peaceful, effective coping alternatives to violence.

Resources spent on positive learning and social opportunities in the lives of young children add up to dollars that we don't have to spend, sooner or later, on public safety and punishment programs.

No end in sight for heat, but end is near for summer wheat harvest

The heat is in its third week, and there's no future forecast of a cooling off period.

The harvest is almost over, just

a few fields for one reason or other that haven't been cut. One farmer was telling me he has one that still is under water, but for now, the wheat seems to be holding up.

He sure hopes it dries out shortly, so they can finish the cutting. So far the yield is better than he had hoped for. If the price would just get better.

A belated birthday greeting to Leila Sturrock who noted 93 years of living on Monday, July 14. I had a nice conversation with her, and she said her sister Eva Briney is adjusting to her new surroundings, the Good Samaritan Center.

If I'm not mistaken, that lady will be 97 or 98 in September. I hope you had a great day, Leila, and have many more.

Birthdays on my calendar are Thurl Demaree on the 18th, Matt Mentzer on the 19th, Pat Perrey on the 20th and Gennifer House on the 21st. Greetings to these folks and any others having a birthday.

I've been delivering meals on wheels from the hospital the last two

jan zwetzig

• goodland gazette

weekends. Some of those people seem so appreciative of the service, but others, I don't know how they feel.

This must be a relief to most to receive one hot meal each day. I hope when my time comes, there will still be such a service around and volunteers to do the work.

There have been several deaths, mostly of ones I didn't know. Micki (Dane) Scherling lost her father recently.

The family of Gregory Baxter and Dorothy Finley are mourning the loss of these people.

To these and any others so suffering a loss, my sincere condolences to each of these families. May they be aware of the Almighty during these upcoming troublesome times.

I still get the paper from Colorado. The latest issue had some obituaries of people that I didn't have a clue who they were. Boy, that's tough when you can't even relate to those people.

It just means I've been gone long enough that a new group of people

are being named in the paper. I guess I keep getting it as there are several items of interest to me.

Boy, time flies, good, bad or indifferent. I hope to get back one of these days to see my sister and brother-in-law and some of the others.

July is half over, and I'm not sure

when I'll get back. I hate to travel when the temperature is three figures or close to it. One of my friends said they've been having 90-plus in the canyon. Boy, heat like that feels like 190-plus at that altitude. I'll just play it by ear.

Maybe when I get back to Colo-

rado, the fruit will be available. There was a fruit stand that I always stopped at on the way home for peaches, cherries, etc., and hope it will be there again. The fruit certainly tastes different when vine or tree ripened.

My neighbor Christie Schiefen

got home on the first of the week and is still having some problems. I guess time will tell where we go from here.

I don't see anything else on the desk, so I will close and get this to the paper. Take care, and I'll see you next time, God willing.

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: 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

'Retro Happy Hour' provides '50s-style recipes

People have begun collecting things from the fifties. It's hard to believe that "stuff" from then is making a comeback. Linda Everett in her cookbook "Retro Happy Hour" has everything



pat schiefen

• postscript

needed to plan a cocktail party in 1950s style.

Poor Man's Caviar

1/4 cup (1/2 stick) butter or margarine
1 cup (10 to 12) green onions, coarsely chopped
2 cups (about 1/2 pound) mushrooms, coarsely chopped
1/2 teaspoon salt
dash of coarsely ground black pepper
1 tablespoon lemon juice
dash of cayenne pepper
1/2 cup fresh dill, chopped
1/2 cup sour cream
In a large skillet over medium heat melt butter and gently cook onions until they become slightly transparent but not browned about 2 minutes.

Add mushrooms, salt, pepper, lemon juice and cayenne. Cook 5 or 6 minutes until mushroom juices have cooked away. Cool.

In a bowl combine dill and sour cream. Stir in mushroom mixture. If you want to use it as a dip, add a little sour cream to thin. Makes 3 cups.

Creole Clementine's Ham Balls

1 pound smoked ham
1 pound lean pork (not sausage)
1/2 pound lean ground beef
2 eggs, slightly beaten
1 cup milk
1 cup soda cracker crumbs
dash of coarsely ground black pepper
1 cup brown sugar
1 teaspoon prepared mustard
1/2 water
1/2 cup apple cider vinegar (white is okay)
Preheat oven to 350 degrees. Run ham, pork and ground beef in your food processor until well mixed. Beat eggs with milk just enough to blend. Add egg mixture, cracker crumbs and pepper to meat. Mix well. Form into 1 to 2 inch balls and place in a shallow baking pan. In a medium pan heat brown sugar, mustard, water and vinegar. Bring to a boil and pour over meat balls. Bake 1 hour. Serves 8 to 12.

Boracho (Drunken) Bananas

2 cups water
1/2 cup brown sugar
1/2 cup white sugar
2 slices lemon with rind
4 slices orange with rind
1 teaspoon rum extract
6 large ripe bananas
1/4 cup butter (no margarine!)
3 ounce (6 tablespoons) Jamaican rum
In a pan boil water, brown sugar, white sugar, and lemon and orange slices until mixture comes to a light candy stage (245 degrees or forms a sheet if you dribble a little off a spoon). Add rum extract. Split bananas lengthwise. In a skillet melt butter and add bananas. Sauté until lightly browned. Serve with sauce spooned over bananas and sprinkle a teaspoon of rum over each half. Serves 6-8.

Red Dawn

2 1/2 cups tomato juice
2 tablespoons lemon juice
2 teaspoons Worcestershire sauce
3 teaspoons sweet onion, grated
1/2 cup cucumber, grated
1/2 teaspoon celery salt
dash of cayenne pepper
ice
Combine tomato juice, lemon juice, Worcestershire sauce, onion, cucumber, celery salt and cayenne in your blender and whirl 30 seconds. Place in a glass container and refrigerate at least 2 hours. Add 6 ice cubes and shake well just before serving. Serves 4-6.

Ya Coulda Fooled Me

Champagne Punch
8 cups pineapple juice (chilled almost to freezing)
1 32 ounce bottles nonalcoholic white wine
1 32 ounce bottle nonalcoholic champagne
1 6 ounce can frozen lemonade concentrate, thawed
maraschino cherries
crushed ice
In a punch bowl mix pineapple juice, white wine, champagne and lemonade well. Add crushed ice and garnish with maraschino cherries. Makes 36 servings.

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: 8:00 am and 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: 890-0134
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