Underage drinking topic of meeting

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Recently, a few of our high school students attended the Kansas Family Partnerships Youth Leadership Summit on the prevention of underage drinking.

The training took place at the Rock Springs 4-H camp in Junction City, and there were over 100 youth and sponsors participating. Teams were divided into each of their communities, ours was Team

After a number of planning sessions, our youth decided to focus on challenging the lack of alternative activities for youth. They feel that not all kids enjoy community or school sports, clubs or other extra curricular activities.

They feel that a place kids could call their own, a place to hang out that is "kid-friendly" would help many kids. Teens were asked to think big and plan what they would do if they had all the support needed to complete their project.

Students attended and participated in workshops that helped them understand the affects that underage drinking has on a person, especially the dangers and conse-



quences that come along with making the decision to use alcohol. They were also trained to use their leadership skills for leading their peers and community in stopping or decreasing underage drinking in their community.

Coincidentally, days before this training I had a visit from a couple of other high school students who are working on a school project addressing the need for a teen crisis center, a place where kids can count and depend on people who can help them deal with the tough issues our young people are facing these days. Some adults may wonder "what

do kids have to stress about?" However, reality is that kids really do have a lot to stress about, in "their world" they have to deal with

cris lovington prevention center

> need to keep up with what is expected of them from their parents, teachers, coaches, friends and oth-These challenges may not seem

to be real issues that would cause stress. But because of these reasons many teens opt to use alcohol, tobacco or other drugs and in some cases, attempt suicide.

One of the greatest concerns our youth have is not being taken seriously by the adults in their lives and in their community. According to an anonymous survey completed at one of our youth alternative activities, youth felt that adults in their community were quick to judge them before taking the opportunity to get to know them.

They also commented "if you are

whether or not in sports or in a well-known times in their whole lives, but how they are being school club, you're seen as lazy, can we be for sure that one time isn't accepted by peer burgers as a career."

> One very important thing we must remember is that all of our youth are dealing with issues; they're young and inexperienced and at times feel there is no other way out.

> How important are the kids in our community? Very important! So... what can we do to support these youths in these important positive projects?

Because this is also their community, we should encourage and support them in wanting to make improvements. These services won't only help "troubled kids" but all kids.

My experience in working with youths tell me that all kids can be involved in sports and other activities, come from the best families and so on. But they aren't 100 percent exempt from experimenting with and abusing alcohol, tobacco and other drugs.

Some kids may use once or a few ricular activities.

Most people would take golf or

uninterested in a good education the time they become "hooked." and probably will be flipping For example methamphetamine can be addictive the very first time of use.

> Sports and activities help in decreasing the chances of using or not but it won't eliminate it totally. It is not a matter of if, but when.

Substance abuse and addiction is an equal opportunity employer. It does not discriminate against gender, race, income level, shoe size or hair color, all of our children are at risk

A Goodland High School student said, "I'm not saying we're innocent. but I think adults should be fair and take a closer look at ALL kids in school. It would surprise many adults to know who really is out there using alcohol and other drugs.'

Is a teen 'hangout' a guarantee that kids will not use? Of course not, but it can help decrease the chances. It can be the "something" that helps deter those kids who aren't interested in sports or other extra cur- me at crisl@st-tel.net.

Preparation for marriage helpful

prefer reading a good book, watch-

ing television, or playing golf? Are

you able to spend recreational time

apart, or will you expect your

spouse to always be involved?

The "anti-drug" commercials are announced daily encouraging "something" that takes the place of what could possibly be drug or alcohol use. How do we help our kids find their anti-drug?

Much time has been spent on community improvement, more businesses, tourist attractions and the list goes on. This is all great, and it's well supported.

However, if we can take the same energy into helping these kids with a solution, this is another way we can strengthen the future of Goodland for its future leaders.

I can honestly say it would be great to put me out of business along with other agencies that deal with alcohol, tobacco and other drug use among youth because then our efforts paid off.

Please be on the look-out for these kids in the next few months of planning and meetings.

Let's help them make this project a reality.

If you would like to know more please call me at 899-3848 or e-mail

matters of record

Marriage Licenses

were issued by the Sherman County District Court:

Eric Ray Lalicker and Destiny Emma Wing, both of Goodland. Frank Wilson Harrington Jr. and

Cathryn Ann Gronbeck, both of Rifle, Colo.

Jesus Martinez and Anna Louisa Medrano, both of Goodland.

Thomas Lee Roeder and Julie Ann Christians, both of Goodland. Andrew Ray Albers and Sara Diane Graham, both of Goodland. Kyle Ray Johnson of Atlanta and Sarah Suzanne Franklin of Goodland.

Divorces Granted

The following divorces were granted by the Sherman County District Court:

Louis Gomez of unknown location and Cindy Gomez of Colby. Kenneth D. Austin and Sheryl L. Austin, both of Goodland.

District Traffic

The following traffic fines were paid in the Sherman County District Court:

Aug. 22 — Pablo R. Enriquez, 35, of Burlington was fined \$20 for no child restraint.

Aug. 25 — Jennifer L. Romero, 22, of Wichita was fined \$204 for speeding, 96/70.

The following marriage licenses ver was fined \$285 for speeding, 103/70.

> Aug. 28 — Joe Lynn Miller, 47, of Calera, Okla., was fined \$320 for 6,100 over on tandem.

> Aug. 29 — Juan D. Benitez, 42, Garden City was fined \$209 for operating a commercial vehicle without Kansas Corporation Commission authority.

> Shirley L. Lamb, 33, of Goodland was fined \$168 for speeding, 77/55.

Sept. 2 — Joshua M. Hatfield, 18, of Goodland was fined \$60 for belt. minor in consumption.

James S. Carver, 39, of Goodland was fined \$126 for speeding, 71/55, and \$10 for no seat belt.

Sept. 3 — Kevin C. Fitzgerald, 22, of Air Force Academy, Colo., was fined \$315 for speeding, 105/ 70.

Las Vegas was fined \$300 for speeding, 104/70.

lyn, N.Y., was fined \$222 for speeding, 98/70.

Kamal R. Sinha, 25, of Arlington, Texas, was fined \$213 for speeding, 97/70.

Kenneth M. Pottorff, 46, of child restraint. Goodland was fined \$138 for belt.

\$314 for 5,700 over on tandem.

Goodland was fined \$102 for

The South

shall rise

again

Corey D. Norwood, 33, of Den- Downers Grove, Ill., was fined \$255 for speeding, 101/70.

> Alfonso Hernandez, 24, of Detroit was fined \$433 for speeding in a construction zone, 84/60.

Sept. 15 — Johana K. Eddleman, 18, of Goodland was fined \$80 for no seat belt and \$10 for no child restraint.

Cortney R. Russell, 23, of Gladstone, Mo., was fined \$285 for speeding, 103/70.

Michelle L. Schierberg, 17, of Edson was fined \$10 for no seat

Teresa M. Stadther, 41, of Laquinta, Calif., was fined \$213 for speeding, 97/70.

Cornell Williams, 35, of Aurora, Colo., was fined \$360 for driving while suspended and \$99 for speeding, 91/70.

Arthur E. Adams, 60, of Sept. 5 - Kaaveh Akbari, 20, of Loveland, Colo., was fined \$240 for failure to yield.

Sept. 16—Aspen Younge, 29, of Daniel W. Marcus, 28, of Brook- San Diego, Calif., was fined \$360 for driving while suspended and \$117 for speeding, 93/70.

Yehuda M. Clark, 20, of Tallahassee, Fla., was fined \$360 for driving while suspended and \$20 for no

Abby M. Murray, 16, of speeding, 88/70, and \$10 for no seat Goodland was fined \$80 for no child restraint and \$10 for no seat

ski lessons before actually tackling IGH the sport on the course or mountainside. Yet many will plunge into a serious relationship and marriage

without good preparation. In the mental health field, marriage counseling too often becomes divorce counseling. That is, couples have allowed problems to become so advanced before seeking help that often it is too late to mend the marriage.

Over 50 percent of marriages end in divorce, and that number is even higher for remarriages, especially where children are involved.

It would be wise for couples to take some time to understand the couple relationship better, as well as the challenges that accompany marriage. Poor communication, financial issues and the challenges of raising children are the biggest contributors to conflict in marriage.

Premarital counseling can help mismatched couples to recognize and be prepared for the pitfalls ahead, or to even reconsider the wisdom of making that permanent commitment.

The following are areas that any couple needs to talk about before taking that walk down the aisle:

• Financial issues: How do your spending habits compare? How do you manage money? How will expenditures be decided? • Communication: Are you the quiet type or very vocal? How do you handle anger? Do you understand "fair fighting?" • Leisure time: Who are your friends, and how much time do you want to spend with them? Do you



Counseling can help open communication and teach couples how to fight fairly and compromise when conflicts arise.

reer goals.

Couples who know more about these challenging issues will be better prepared to enjoy their new life together and less likely to be spending time repairing the marriage, or going through a divorce.

Contributed Karen Beery, Manager, Consultation and Education Department.

The views expressed here are • Other topics of importance in- those of the individual writer and clude sexual attraction and needs, should not be considered a replacereligious beliefs, education and ca- ment for seeking professional help.



• Family: How many children do you want? Do you agree on methods of discipline? How will the extended family of in-laws and relatives fit into your life?

Carol S. Unkenholz, 46, of Grandview, Mo., was fined \$213 for speeding, 97/70.

Alexander J. Svoboda, 17, of Overland Park was fined \$222 for speeding, 98/70.

Christopher McQuigg, 23, of St. Francis was fined \$100 for driving while suspended, fourth offense.

Aug. 26 — Ronald L. Smith, 45, of St. Francis was fined \$150 for speeding, 85/65.

Aug. 27 — Sean Perez, 24, of Westminster, Colo., was fined \$359 for driving while suspended and \$72 for speeding, 87/70.

Jill L. Eberhart, 42, of Burlington was fined \$195 for speeding, 80/55.

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Lazy K Coach Co. LLC, Burlington, Colorado

belt. Sept. 8 — Donnie L. Edmond-

son, 51, of Dennis, Mass., was fined Alisha J. Barbero, 18, of Wheatridge, Colo., was fined \$213 Sept. 9 — Jack R. Walker, 63, of for speeding, 97/70.

Sept. 17—Nathalie S. Wade, 21, speeding, 67/55, and \$10 for no seat of Los Altos, Calif., was fined \$315 for speeding, 105/70, and \$60 for Sept. 11 --- Jenny L. Gay, 19, of following too close.

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NEXT VISIT Hem Wednesday, Oct. 15

Dr. John D. Ferris, M.D. Burlington, Colorado 1-800-593-0009

Saturday, October 18



&

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