

United States has highest rate of teen pregnancy

Despite a recent decline in adolescent pregnancy rates, approximately one million teens become pregnant each year in the United States. This alarming rate is the highest among all industrialized nations.

While most pregnant adolescents are 18 or 19 years of age, 40 percent of them are 17 or younger. Among adolescent mothers 15-17 years of age, 50 percent of the babies' fathers are 20 years old or older.

Moreover, approximately 85 percent of adolescent pregnancies are unintended, and 80 percent of pregnant adolescents are unmarried.

The majority of pregnant teens, especially those from lower socioeconomic backgrounds, decide to give birth to and raise their children. Unfortunately, this decision can result in a number of negative outcomes for the young mother and



cris lovington

- prevention center

father, the teen's family, the child and society.

Foreexample, adolescent mothers and their children are at greater risk of experiencing health problems due to inadequate prenatal care, poor nutrition and other factors associated with the lifestyles of teenagers.

Adolescent mothers are also at greater risk for socioeconomic disadvantage due to consequences such as lost education and lost job opportunities. In fact, adolescent mothers are more likely to live in

poverty, be dependent on welfare, be single parents and have more children. Adolescent fathers are also at greater risk for socioeconomic disadvantage. When compared to men who delay parenting, they are more likely to complete fewer years of education and to hold blue-collar or low-prestige jobs.

Additionally, adolescent mothers and fathers experience an interruption in their development. Adolescent parents may have difficulty coping with and accomplishing their developmental tasks, such as identity formation and autonomy.

The responsibilities of parenthood can prevent adolescents from

exploring a variety of other roles, and premature parenthood usually forces an adolescent to be dependent on his or her family of origin or extended family for financial, material and social support.

Moreover, the parents of the adolescents experience life course disruption as they face the transition to grandparenthood prematurely. They find themselves sharing in many of the child care responsibilities with the adolescent, ranging from providing money or residence to full-time help with child care.

Sharing such caregiving responsibilities can lead to increased conflict in the home as family boundaries become blurred and role confusion occurs over who is the primary caregiver of the child.

For the children of adolescent parents, the negative outcomes are equally distressing. As mentioned

above, these children are at risk for multiple health problems associated with poor nutrition and inadequate prenatal care.

Teenage mothers are more likely to have premature and low birth weight babies (less than 5.5 pounds) than mothers in their twenties. Also, when compared to children of older mothers, children of adolescent mothers are at greater risk for social behavior problems and problems of self-control.

Furthermore, these children tend to face adverse outcomes identical to those of their adolescent mothers, such as lower educational achievement, limited employment opportunities, single parenthood, adolescent pregnancy and poverty.

Finally, adolescent parenting impacts society as a whole. The cost to U.S. taxpayers is estimated to be \$6.9 billion each year due to an in-

crease in welfare, food stamps and medical care expenses.

When all the adverse consequences are taken into account, the gross annual cost of adolescent pregnancy and parenting is estimated to be \$34 billion.

However, this price tag does not reflect the potential costs to society in terms of wasted human resources and the far-reaching intergenerational effects of adolescent parenting.

For more information:

- <http://www.cfoc.org/factsheet.html>.
- http://www.agi-usa.org/pubs/fb_teensex1.html#tp.
- <http://www.cfoc.org/factsheet.html>.
- <http://www.cfoc.org/factsheet.html>.
- <http://www.cfoc.org/factsheet.html>.

South American cuisine reflects influences of natives and immigrants

The South American continent like the North American continent encompasses sea coasts, mountains, deserts, plains and swamps.

Maria Baez Kijac in "The South American Table" celebrates the various influences of indigenous peoples and immigrants.

Sopa Juliana Chicken soup with Julienne vegetables)

2 tablespoons olive oil
2 medium sized carrots, cut into match sticks
1 small turnip, peeled and cut into match sticks
1 celery stalk, cut into match sticks
1 small onion, thinly sliced (about 1/2 cup)
2 leeks (white part only) washed and thinly sliced



pat schiefen

- postscript

1/2 boneless, skinless chicken breast (6 ounces), cut in 1/3 inch cubes
6 cups chicken broth
1/4 cup long grain rice
1/4 cup frozen peas
2 tablespoons dry sherry (optional)
2 tablespoons minced fresh parsley leaves for garnish
freshly grated parmesan cheese for garnish
Heat the oil in a 4 quart saucepan

over medium heat. Add carrots, turnip, celery, onion and leeks. Cook until soft, stirring occasionally about 10 minutes. Add chicken. Cook stirring constantly for a couple of minutes. 1/4 cup canola oil 1 tablespoon Manteca de Color or sweet paprika Cuy or guinea pig can be prepared whole or cut into pieces. The author preferred cut into pieces.

Put beer, onion, garlic, salt, cumin and pepper in a blender and process until smooth. Place cuy and beer mixture into a sealed plastic bag. Turn to coat meat. Marinate in a refrigerator for at least 4 hours or overnight.

Preheat oven to 350 degrees. Coat with oil a shallow baking pan.

Place cuy and marinade in pan, cover with aluminum foil and bake for 1 hour.

Uncover brush with paprika and bake about 30 minutes more brushing with oil every 15 minutes. The skin should be crisp.

Serves 1 to 2. Serve with rice and fried potato wedges and perhaps a peanut sauce.

One 12 ounce can or bottle beer
1/2 small onion, chopped about 1/4 cup
4 cloves garlic, chopped
1 teaspoon salt
1 teaspoon ground cumin
1 teaspoon freshly ground black pepper
1/4 cup canola oil
1 tablespoon Manteca de Color or sweet paprika
Cuy or guinea pig can be prepared whole or cut into pieces. The author preferred cut into pieces.

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Salsa de Mani (Ecuadorian Peanut Sauce)
2 tablespoons canola oil
1 teaspoon Manteca de Color or sweet paprika
1/2 cup finely chopped scallions (white part and 1 inch of green)
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon ground cumin
1 cup unsalted dry roasted peanuts pureed with 1 1/2 cups milk
2 tablespoons minced fresh cilantro leaves
Hot pepper sauce
2 scallions (white part and 1 inch of green, minced) or 1 hard cooked egg, peeled and chopped for garnish
In a small heavy skillet heat the oil over low heat. Add paprika and chopped scallions and cook, stirring for a couple of minutes. Add salt, pepper, and cumin. Cook for 15 seconds stirring constantly. Stir in peanut puree and cilantro. Bring to a boil and cook for 3 minutes stirring constantly so it doesn't stick to the pan. If mixture is too thick, add a little more milk or water. The consistency should be of thick cream. Season with salt and hot pepper sauce to taste. Serve with garnish.

Makes about 2 cups.
Salsa de Pepas de Zambo (Pumpkin seed sauce)
This is good substitute for Salsa de Mani for people who are allergic to peanuts.
2 tablespoons canola oil
1 teaspoon Manteca de Color or sweet paprika
1/2 cup finely chopped scallions (white part and 1 inch of the green)
1 small clove garlic, mashed into a paste with 1/4 teaspoon salt
1 cup pumpkin seeds, toasted
1 cup milk
salt
Hot pepper sauce
Heat oil in small heavy skillet over low heat, Add the paprika, scallions, garlic paste and cook for 15 seconds stirring.
Process pumpkin seeds and milk in a blender until smooth. Add to saucepan and cook for about 5 minutes stirring frequently. If too thick add up to 1/2 cup water. Consistency should be that of thick cream. Season with salt and hot pepper sauce to taste.
If sauce is not smooth, return to blender and process for a few seconds. Serve warm. Makes about 2 cups.

matters of record

Goodland Police

The following crimes have been reported to the Goodland Police Department:

December 14 — Levey Swartz was arrested at 1525 Texas Ave. on a warrant from Cheyenne County.

December 15 — Shannon D. Butler was arrested at Center Ave. and 7th St. for driving with a suspended license, no liability insurance and no license plates. She was charged in municipal court.

December 17 — Levey E. Swartz was arrested at 523 W. 13th St. on a bench warrant from Pratt County.

December 18 — Timothy E. Scheck, of Wallace, was arrested at Colorado Ave. and 8th St. for criminal possession of a firearm, possession of marijuana and possession of drug paraphernalia. Charges are pending in district court.

December 22 — Danielle M. Hellerud reported a burglary at 1409 Cherry Ave. and the theft of a handbag taken, valued at \$20. Also reported was an estimated \$300 in criminal damage to a rear window.

Ryan A. Weeks reported a burglary at 1533 Cattletrail Ave. at the theft of coins and hand tools taken, valued at \$200. Also reported was an estimated \$ 25 in criminal damage to a window on a back door.

David L. Johnson reported a burglary at 1615 Center Ave. and the theft of an industrial fan taken. Also reported was an estimated \$100 in damage to a door.

Jara L. McKee reported a burglary at 323 Harrison Ave. and the theft of a wallet and its contents, valued at \$15. Also reported was an estimated \$200 in criminal damage to a vehicle window.

Janae L. McKee reported a burglary at 323 Harrison Ave. and the theft of a purse and its contents, valued at \$15. Also reported was an estimated \$300 in criminal damage to a vehicle window.

December 23 — Best Western Motel, 824 W. Hwy 24, reported a burglary and the theft of \$110 taken from a candy machine and an estimated \$25 worth of gas taken from a van.

Darin S. Wiley reported an estimated \$250 in criminal damage at 100 E. 12th St. to a window on a vehicle.

December 24 — Blake L. Townsend reported a burglary at 1615 Texas Ave. along with an estimated \$25 in criminal damage to a door.

Vicki L. Geeseka reported an estimated \$15 in criminal damage at 820 W. 13th St. to Christmas lights.

December 25 — Tyler A. Pelton was arrested at 1534 Syracuse Ave. for interference with parental custody. Charges are pending in district court.

December 26 — Frank W. Hand

was arrested for theft of two tires, valued at \$225, from Frontier Equity Exchange, 1202 W. Hwy 24. He was charged in municipal court.

December 27 — Jesus R. Martinez was the victim of battery at Center Ave. and 13th St.

December 28 — Anthony R. Rosane reported a burglary at 1623 Texas Ave. along with an estimated \$175 in criminal damage for a broken window and holes in a wall.

Daniel T. Rigel and Wesley A. Rand reported a burglary at 1506 Center Ave. with \$55 in change taken. Also reported was an estimated \$50 in criminal damage to a door.

December 29 — Cheryl W. Morrell, of St. Francis, was arrested

at Wyoming Ave. and 16th St. for driving with a suspended license, obstructing legal process and speeding. Frankie Hayes was the victim of the obstruction charge. Morrell was charged in municipal court.

December 30 — Alexander D. West reported the theft of services from Alex's Radiator & Repair, 531 W. 17th St., for a \$70 tow bill and service fee not paid for.

Mathew A. Windell, a 19-year-old, was arrested at 1700 Cattletrail Ave. for being a minor in possession of alcohol.

December 31 — An incident of possession of marijuana and possession of drug paraphernalia was reported at 616 E. Hwy 24.

Weekend sports television schedule

SATURDAY MORNING

10:00 22/56 ESPN College Basketball Michigan State at Wisconsin. (Subject to Blackout) (Live) (CC)
11:00 4/6 ABC NHL Hockey Regional Coverage — Colorado at Dallas, Detroit at Boston or N.Y. Rangers at N.Y. Islanders. (Live)
54/57 ESPN2 College Basketball Temple at Dayton. (Live) (CC)
11:30 30/55 FXSP Women's College Basketball Kansas State at Colorado. (Live)

AFTERNOON

12:00 22/56 ESPN College Football East/West Shrine Game. From San Francisco. (Live) (CC)
1:00 54/57 ESPN2 NFL Live (Live) (CC)
1:30 30/55 FXSP Women's College Basketball Baylor at Texas A&M. (Live)
2:00 4/6 ABC Figure Skating State Farm U.S. Championships — Men's Final. From Philips Arena in Atlanta. (Live) (CC)
54/57 ESPN2 Women's College Basketball St. Joseph's at George Washington. (Live) (CC)
2:30 13/7 FOX NFL Football NFC Divisional Playoff — Carolina Panthers at St. Louis Rams. From Edward Jones Dome in St. Louis, Mo. (Live) (CC)
3:00 22/56 ESPN College Basketball Memphis at Southern Mississippi. (Subject to Blackout) (Live) (CC)
4:30 30/55 FXSP College Basketball Stanford at Ari-

zona. (Live)

5:00 22/56 ESPN PGA Golf Mercedes Championships — Third Round. From the Plantation Course at Kapalua in Kapalua, Hawaii. (Live) (CC)

SUNDAY MORNING

11:00 7/11 CBS NFL Football AFC Divisional Playoff — Indianapolis Colts at Kansas City Chiefs. From Arrowhead Stadium in Kansas City, Mo. (Live) (CC)
22/56 ESPN PBA Bowling Earl Anthony Classic. From Tacoma, Wash. (Live) (CC)

AFTERNOON

12:00 54/57 ESPN2 Women's College Basketball North Carolina at Duke. (Live) (CC)
1:00 30/55 FXSP College Basketball Wichita State at Southern Illinois. (Live)
2:00 54/57 ESPN2 Women's College Basketball Cincinnati at DePaul. (Live) (CC)
2:30 7/11 CBS College Basketball Oklahoma at Connecticut. (Live) (CC)
13/7 FOX NFL Football NFC Divisional Playoff — Green Bay Packers at Philadelphia Eagles. From Lincoln Financial Field in Philadelphia. (Live) (CC)
3:00 30/55 FXSP College Basketball Tipoff (Live)
3:30 30/55 FXSP College Basketball Duke at Virginia. (Live)
5:00 22/56 ESPN PGA Golf Mercedes Championships — Final Round. From the Plantation Course at Kapalua in Kapalua, Hawaii. (Live) (CC)



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“Learniung how to respond to and master the process of change - and even to excel at it - is a critical leadership skill for the 21st century. Constant, rapid change will be a fact of life for all of us.”

Jennifer James

The Goodland Star-News

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