

Parents don't realize why children choose to use drugs

Why does a child use drugs? According to the National Clearing House for Alcohol and Drug Information some parents of drug users think that their child might have been pressured into taking drugs by peers or drug dealers.

But children say they choose to use drugs because they want to relieve boredom, feel good, forget their troubles and relax, have fun, satisfy their curiosity, take risks, ease their pain, feel grown-up, show their independence, belong to a specific group and look cool.

Rather than being influenced by new friends whose habits they adopt, children and teens often switch peer groups so they can hang around with others who have made the same lifestyle choices.

Parents know their children best and are therefore in the best position



cris lovington

• prevention center

to suggest healthy alternatives to doing drugs. Sports, clubs, music lessons, community service projects and after-school activities not only keep children and teens active and interested but also bring them closer to parents who can attend games and performances.

To develop a positive sense of independence, you could encourage babysitting or tutoring. For a taste of risk-taking, suggest rock-climbing, karate or camping.

Think Your Kid Won't Try

taking a hit of Ecstasy.

Only 20 percent of parents think their kids may have been offered illicit drugs; 53 percent of teens report having been offered an illicit substance. Since kids today may not turn to their parents for help after being offered drugs, this gap isn't likely to close soon.

Parents can miss some of the warning signs that their kids are at risk. For example, cigarette smoking by teens has been linked with an increased chance that they'll try il-

legal drugs. One in five 12th graders is a daily smoker.

Drug use by kids is high. In 2000, 54 percent of 12th-graders reported having tried an illegal drug — up from 43 percent in 1993. But less than 1/3 of teenagers name their parents as a source of information about drugs. Is there a connection? You decide.

Inhalants are among the most dangerous substances kids abuse today. Almost one in five kids report having used inhalants by the eighth grade. One half of all eighth graders can name at least three inhalants.

And inhalants are also the easiest substance for kids to get, since they can find them right in the garage or under the kitchen sink. Many kids sniff, snort, "bag" or "huff" ordinary household products like nail polish remover, cleaning fluid, gasoline

and spray paint.

Kids may not realize the enormous risk they are taking. Inhalants starve the body of oxygen and can cause severe brain damage and even sudden death.

Prescription drugs, such as Ritalin, can be sold and abused as street drugs. Be sure to monitor the medications taken by everyone in your household. Warn your children of the dangers of taking even legal drugs that have not been prescribed for them by a doctor.

Teens live every day with the reality of easily available drugs. Peer pressure and positive images of drug use in the media can push them toward drug abuse.

Parents need to deal with that reality. They need to offer hope and help. Let your kids know it's okay to act independently. Teach them to

say no. Experts often recommend role playing as a teaching tool.

Listen to your kids. Student surveys reveal that when parents listen to kids' concerns and feelings, kids feel more comfortable and are more likely to stay drug-free.

Kids who receive a lot of love and attention from parents feel more secure and have a higher sense of self-esteem. When they confront new or stressful situations, they are less likely to turn to drugs and alcohol.

The average age at which teens start using tobacco is 12. The average age at which they start drinking is almost 13. And the average age at which they start smoking pot is 14.

Are you interested in increasing your awareness about alcohol and drugs, call us at the Regional Prevention Center 785-899-3848 or come by 109 W. 11th.

'After Hours' reception at arts center to open stained glass show

Stained glass creations by Twila Large of Ellis will fill the Carnegie Arts Center in July.

Large loves antiques and incorporates old chipped pieces of glassware into her stained glass for a one-of-a-kind look.

The July show will open today with an "After Hours" gallery reception for the artist beginning at 5 p.m. Friday. Due to the holiday weekend, the arts council rescheduled the usual Sunday gallery reception and joined forces with the Goodland Chamber of Commerce to host a

Business After Hours.

The artist was born and raised 20 miles northeast of Ellis along the Saline River. She attended and graduated from the same one-room schoolhouse that her mother and grandfather attended.

In 1969, Large moved to Phoenix, where she married and started her family. She tired of the big city and in 1992 "clicked her heels" and returned to Ellis. Today she works for Cash-Wa food distributors.

Large says she has always been a crafter and loves to create.

"In my earlier days, sewing was a great part of my life," she said, "then came quilting and embroidery. But stained glass has been the best."

She has been doing stained glass since 1986 after a friend taught her how. She took solder sculpture classes under the direction of Shantidevi of Kaimana Art Glass of


Hawaii while in Phoenix.

She was the featured artist of the month at the Dane G. Hansen Museum. Her show will include kaleidoscopes, stained glass pieces and

other sparkling glass creations.

Arts center hours are 10 a.m. to 5 p.m. Tuesday through Friday and 1 to 4 p.m. Saturday, Sunday and Monday. Admission is free.

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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
Foursquare 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
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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

**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: Bob Willis
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
Saturday: Informal Worship: 5:30 pm
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

Goodland Bible Church
109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 am
Morning Worship: 10:45 am
Evening Worship: 6 pm
Wednesday: AWANA (Winter)
and prayer: 7 p.m.

First Baptist Church
Pastor: John Meckling
Fifth & Center • 899-3450
Sunday: Sunday School for all ages:
9:15 am (Child care provided)
Morning Worship: 10:30 am
Wednesday: Bible study 7 p.m.
Call church for information
Thursday: Bible study 9:30 a.m.
Wheatridge Center

St. Paul's Episcopal Church
13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Morning Prayer: 8:00 a.m. Wed. - Sun.
For emergencies Wed. - Sun. 890-6969
Sr. Warden for emergencies
Mon. and Tues. 890-3320

Grace Fellowship Church
104 E. Hwy 24 • 899-6423
Pastor: Bob Snyder •
Residence: 890-0134
Sunday: Sunday School: 10 am
Worship Service: 11 am
Wednesday: Bible Study: 7 pm
Sunday: Bible Study: 7 pm

Seventh Day Adventist Church
1160 Cattletrail
Pastor: Jim Martin
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Emmanuel Lutheran Church
13th & Sherman • 890-6161
Pastor: Scott Grimshaw
Sunday: Christian eduction/fellowship:
10:15 a.m.
Worship Service: 9 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:

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Atens Department Store
1103 Main

Good Samaritan Center
208 W. 2nd

KLOE/KKCS/KWGB
3023 W. 31

Bateman Funeral Home
211 E. 11th

Sunflower Contest

RULES

- Write down as many words (at least 3 letters) that you can think of using the word "Fertilizer"
- Do not use proper names
- Bring your completed list to The Goodland Star- News office at 1205 Main or at our booth at the Fair by 12:00 p.m. by Monday, August 9th

Winners will be announced in the Friday, August 13th edition

1. _____	26. _____
2. _____	27. _____
3. _____	28. _____
4. _____	29. _____
5. _____	30. _____
6. _____	31. _____
7. _____	32. _____
8. _____	33. _____
9. _____	34. _____
10. _____	35. _____
11. _____	36. _____
12. _____	37. _____
13. _____	38. _____
14. _____	39. _____
15. _____	40. _____
16. _____	41. _____
17. _____	42. _____
18. _____	43. _____
19. _____	44. _____
20. _____	45. _____
21. _____	46. _____
22. _____	47. _____
23. _____	48. _____
24. _____	49. _____
25. _____	50. _____

(If you have more than 50, please attach an additional sheet)

Name _____

Address _____

Phone _____ Age _____

Winner of the Sunflower Contest will receive a FREE 1 year subscription to:

The Goodland Star-News