

# Becoming a teen can be hard adjustment for kids

The clothes you wear. The food you eat. The color of your bedroom walls. Where you go and how you get there. Who you hang with. What time you go to bed.

What do these things have in common? They are just a few examples of the many hundreds of things that your parents controlled for you when you were a child.

As a kid, you didn't have a say in very much that went on; your parents made decisions about everything from the cereal you ate in the morning to the pajamas you wore at night.

And it's a good thing too — kids need this kind of protection and assistance because they aren't mature



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enough to take care of themselves and make careful decisions on their own.

But eventually kids grow up and become teens. And part of being a teen is developing your own identity, one that is separate from the identities of your parents. It's totally normal for teens to create their own opinions, thoughts and values about life; it's what prepares them for

adulthood. But as you change and grow into this new person who makes his own decisions, your parents may have a difficult time adjusting. They aren't used to the new you yet — they only know you as the kid who had everything decided for him and didn't mind.

In most families, it's this adjustment that can cause a lot of fighting between teens and parents. You want to cover your walls with posters; they don't understand why you

don't like your Sesame Street wallpaper anymore.

You think it's OK to hang at the mall every day after school; they would rather that you play a sport.

Clashes like these are very common between teens and parents — teens get angry because they feel parents don't respect them and aren't giving them space to do what they like, and parents get angry because they aren't used to not being in control.

It's easy for feelings to get very hurt when there are conflicts like these. And more complicated issues — like the types of friends you have

or your attitudes about sex and partying — can cause even bigger arguments because your parents will always be intent on protecting you and keeping you safe, no matter how old you are.

The good news about fighting with your parents is that in many families the arguing will lessen as parents get more comfortable with the idea that their teen has a right to certain opinions and an identity that may be different from theirs.

It can take several years for parents and teens to adjust to their new roles; in the meantime, concentrate on communicating with your par-

ents as best you can.

Sometimes this can feel impossible — like they just don't see your point of view and never will. But talking and expressing your opinions can help you gain more respect from your parents, and you may be able to reach compromises that make everyone happy.

For example, if you are willing to clean your room in order to stay out an hour later, both you and your parents walk away with a good deal. Keep in mind, too, that your parents were teens once and that in most cases, they can relate to what you're going through.

## Goodland hospital wins community service award

Goodland Regional Medical Center received an award of merit from the Kansas Department of Commerce last month.

The award was in the community service category and was presented at an award ceremony Friday, June 18, at Fort Hays State University.

Dale Shields, human resources director for the hospital, received the award from Lt. Gov. John

Moore, who commended the hospital on being recognized as one of the top businesses in northwest Kansas.

"To be recognized by the Kansas Department of Commerce speaks extremely well of the efforts of our staff," Shields said.

Carolyn Applegate, Sherman County economic development director, nominated the hospital for the award.

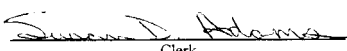
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NOTICE OF BUDGET HEARING							
The governing body of City of Kanorado							
will meet on the 2nd day of August, 2004 at 7:30 p.m. at City Hall for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds and the amount of ad valorem tax.							
Detailed budget information is available at and will be available at this hearing.							
<b>BUDGET SUMMARY</b>							
Proposed Budget 2005 Expenditures and Amount of 2004 Ad Valorem Tax establish the maximum limits of the 2005 budget. Estimated Tax Rate is subject to change depending on the final assessed valuation.							
	2003		2004		Proposed Budget 2005		
FUND	Prior Year Actual Expenditures	Actual Tax Rate*	Current Year Est. of Expenditures	Actual Tax Rate*	Expenditures	Amount of 2004 Ad Valorem Tax	Est. Tax Rate*
General	55,157	44.656	57,400	50.715	69,765	28,453	56.336
Employee Benefit	6,272	14.770	6,275	15.432	19,534	5,397	10.686
Special Highway	5,000		2,600		13,004		
Capital Improvement	6,056		1,900		11,424		
Utility	84,539		63,450		90,933		
Totals	157,024	59.426	130,725	66.147	204,660	33,850	67.022
Less: Transfers	5,000		5,000		5,000		
Net Expenditure	152,024		125,725		199,660		
Total Tax Levied	31,700		33,850				
Assessed Valuation	533,849		511,744		505,057		
Outstanding Indebtedness, January 1,							
G.O. Bonds						01	
Revenue Bonds						01	
Other						01	
Lease Purchase Principal	17,801		12,250		6,325		
Total	17,801		12,250		6,325		
*Tax rates are expressed in mills							
 Clerk							
Published in The Goodland Star-News on Friday, July 16, 2004.							

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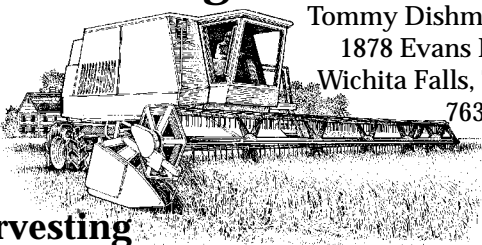
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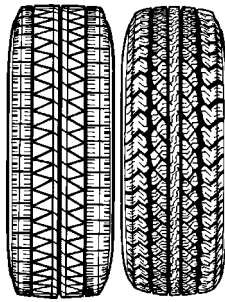
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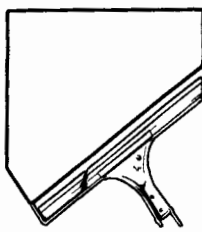
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