# Center to spread message: 'It's OK to say No Way'

are under 21.

The Regional Prevention Center and community leaders intend to spread the news "It's Okay To Say No Way!" to alcohol, drugs and tobacco to youths and families.

The new ongoing media campaign was funded by a grant from the Office of Juvenile Justice and Delinquency Prevention. Kids today face many challenges. Being able to say "No Way!" to alcohol, drugs and tobacco is definitely one of them.

We are ready to give kids the facts and the words to help them fight unhealthy choices in their community. The project will continue in Sherman County for the next four years to help reach our youth and

## Baby girl arrived last week

Peyton Janae Finley was born Tuesday, Sept. 14, 2004, at 8 a.m. Central Time at Citizen's Medical Center in Colby. She weighed 5 pounds, 11 ounces.

Marci and Jason Finley of Goodland are her parents. Mike and Belinda Boyson of Bird City and and Dolly Boyson and Darlene Burr, Bill and Jackie Finley of Goodland are her grandparents.



encourage healthy choices.

The National Commission a sibling or a teacher. Against Drunk Driving suggests the following tips (for a complete list tivities. please call the Regional Prevention Center at 899-3848 or e-mail crisl@st-tel.net): **Tips for youths:** 

• It is illegal in all 50 states to drink



**Peyton Janae Finley** 

all of Bird City; Brenda Moss and Nyla Finley of Goodland; and Mr. Her great-grandparents are Bill and Mrs. Lewis Rueb of Kingman.



#### •Alcohol is lovington just a temporary solution to your probprevention center lems. If you have a prob-

find lem, someone to talk to, such as a friend,

• Involve yourself in positive ac-

• Not everyone drinks.

• Encourage your school/community organizations to host alcoholand-drug-free activities.

• Be a leader, not a follower.

• Work with groups in your area to spread the message that it is cool to be sober.

• Remember, alcohol lessens inhibitions. You could do something you do not want to do which could ruin a bright and promising future. **Tips for Parents:** 

drinking. In reality, parents can do sary. a great deal to shape their children's beliefs and behavior.

• Don't wait until your children are teenagers to start talking with them about alcohol. Begin shaping their attitudes early, especially because alcohol use often starts in middle school.

• Establish and enforce rules against underage drinking. Be clear and consistent in the rules and the consequences for violating the rules.

• Be a positive role model. Make sure that your behavior is appropriate and that you are a responsible host. Remember, what you do counts far more than what you say.

· Encourage and praise your children for the good things they do. Participate in their lives and know what they are doing and with whom.

• If you suspect that your child is drinking, don't stick your head in the

alcohol if you their role in preventing underage qualified professional help if neces- ties. Enforce the policy with no ex-

• If you are going out of town, have a responsible adult stay at your sium to host non-alcohol parties for house

• Call the police if you witness underage drinking.

#### **Tips for Communities:**

• Use community centers/halls to host non-alcohol parties for under-21 youths.

· Work with parents and community groups to share information and coordinate activities.

• Volunteer to work with youths to help them develop peer leadership and peer pressure resistance skills.

• Write letters to the editor on the need for more attention to the issue of underage drinking.

• Send letters congratulating the local police department on their done an outstanding job in underage underage drinking enforcement efforts.

#### **Tips for Schools:**

• Parents often underestimate sand. Talk to your child and secure for participation in all team activi- bility.

ceptions.

 Use school cafeteria/gymnahigh school students.

• Host "open gym" or "lock-ins" for area youths at your high school.

· Work with your local law enforcement officials to educate youths on the legal consequences of underage drinking.

· Offer media literacy training in your school to educate young people about the effects of alcohol advertising.

 Coordinate education programs aimed at parents and/or guardians regarding underage drinking issues.

 Produce a calendar which lists positive alternatives for students.

 Recognize students who have drinking prevention and education.

 Develop and promote programs which increase self-esteem, leader-• Establish a firm "no use" policy ship skills and individual responsi-

Worship worms 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.

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:

Iunior/Senior High Meeting: 7 pm

Adult & Children's Classes: 7 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

#### **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: 4 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.

## **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



**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

## Iglisia 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

#### Jirst Christian Church **United Methodist Church** (Disciples of Christ) Brewster: Pastor: John Park Winkler Kanorado Pastor: Eighth & Arcade • 890-52 **United Methodist** Worship Service: 10:45 am CST Sunday: Worship Service: 10:30 am Sunday School: 9:15 a.m. Church Sunday School: 9:45 am CST Activities: Junior High & High School Youth Groups, **Pastor**: Leonard Cox Winona: Adult Bible Study, Choir, Men's and Women's Groups, Minister: Rev. Bob Winters Devotions Study, Monthly Fellowship 399-2468 **Special Notice:** Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available **Sunday**: Sunday School: 9 am Worship Service: 9 am CST Sunday School: 10:15 am CST Worship Service: 10:15 am **Goodland Bible Church** Church of the Nazarene Pastor: Bob Willis **First United Methodist Church** 109 Willow Road • 899-6400 Third & Caldwell **Pastor**: Chad DeJong 1116 Sherman 899-2080 or 899-3797 **Sunday**: Sunday School: 9:30 am 899-3631 Sunday: Sunday School: 9:45 am Morning Worship: 10:45 am **Pastor**: Rev. Janet Hernandez Worship Service: 10:50 am Saturday: Informal Worship: 5:30 pm Evening Worship: 6 pm Evening Service: 6 pm Wednesday: AWANA (Winter) Sunday: Sunday School: 9:15 am Wednesday: Evening Service: 7 pm and prayer: 7 p.m. Worship Service: 10:30 am **First Baptist Church** St. Paul's Episcopal Church Grace Jellowship Church **Pastor**: John Meckling 13th & Center 104 E. Hwy 24 • 899-6423 *Fifth & Center* • *899-3450* Church 890-2115 or Rectory 890-6969 **Pastor:** Bob Snyder Sunday: Sunday School for all ages: **Priest:** Father Hal Lycett *Residence:* 890-0134 9:15 am (Child care provided) Holy Eucharist: 10:00 a.m. Sunday Sunday: Sunday School: 10 am Morning Worship: 10:30 am 10:00 a.m. Thursday Worship Service: 11 am Wednesday: Bible study 7 p.m. Morning Prayer: 8:00 a.m. Wed. - Sun. Wednesday: Bible Study: 7 pm Call church for information For emergencies Wed. - Sun. 890-6969 Sunday: Bible Study: 7 pm Sr. Warden for emergencies **Thursday:** Bible study 9:30 a.m. Mon. and Tues. 890-3320 Wheatridge Center Emmanuel Lutheran Church **Church of Christ** 13th & Sherman • 890-6161 Seventh Day Adventist Church 401 Caldwell **Pastor**: Scott Grimshaw 1160 Cattletrail 899-6185 **Sunday:** Christian eduction/fellowship: **Pastor:** Jim Martin Sunday: Bible Study: 9:45 am 10:15 a.m. Saturday: Sabbath School: 9:30 am Worship Service: 9 am Worship Service: 10:45 am Wednesday: Confirmation: 6 pm Worship Service: 11 am Wednesday: Bible Study: 7 pm The following sponsors urge YOU to attend your chosen House of Worship this Sabbath: Short & Son Trucking Koons Juneral Chapel Atens Department Store Hwy.24 North Main 1103 Main **Good Samaritan Center** KLOE/KKCJ/KWGB **Bateman Juneral Home** 208 W. 2nd 3023 W. 31 211 E. 11th

Internet tonight! Call 899-2338.