

# Marijuana is riskier for kids than people think

"Marijuana is riskier than you think, especially for kids. If you're not talking with your kids about the risks of marijuana, they might be getting the wrong message.



## cris lovington

• prevention center

Time and again, kids say their parents are the single most important influence when it comes to drugs. So this message needs to start with you. Kids need to hear how risky marijuana use can be.

Don't wait until your child has a problem. The earlier you talk with your kids about marijuana, the less likely they will be to use it. Find a time like driving your child to school or practice and use it as an opportunity to talk.

Tell your kids how marijuana interferes with concentrating on

schoolwork or their ability to play sports. Explain the legal trouble they can get into and let them know they could lose a job or a scholarship. Tell them how to stay away from risky situations and what words to use if someone offers them marijuana.

It's hard to imagine your child using marijuana. But chances are, kids today will be faces with, "Should I or shouldn't I?" Young people have many stresses and the

notion that "drugs will make you feel better" can have a lot of appeal. Also, youth might see drugs as something to experiment with or that can help them fit in.

Research has shown that many parents today are ambivalent about marijuana. Some consider it to be relatively risk-free and are more concerned with drugs such as cocaine or ecstasy.

The wake-up call for parents, however, is that marijuana is not a harmless drug. It's time to teach

your child that the answer to the marijuana question is, "I shouldn't, and I won't."

What can you do to keep you kids away from marijuana? Be involved in your kids' lives.

Ask who, what, when and where. Know who your child's friends, what your child is doing, when he/she will be home and where they are going.

Eat dinner together, listen to music, watch a ball game, do chores. Set a firm rule of no drug use in your family.

You are your kids' most important role model. They notice everything you do. Commit yourself to a drug-free lifestyle.

The hours after school, between

3 and 6 p.m., are when lots of kids get in trouble. During summer months, kids have even more free time on their hands.

Try to be with your kids, but if that's not possible, make sure your child is occupied with an adult around; sports, jobs, clubs, after-school programs or religious youth groups."

"Marijuana facts:

Many more kids use marijuana than any other illicit drug by far.

Young teens are trying marijuana at a time when their bodies and brains are still developing.

In the past decade, the number of 8th graders who have used marijuana has doubled.

Many people who use marijuana

have trouble quitting and experience withdrawal symptoms such as irritability, difficulty sleeping and anxiety.

Marijuana can lead to a host of health, social and behavioral problems at a crucial time in kids' lives.

Marijuana today is more potent and its effects can be more intense.

Adolescent marijuana users show lower academic achievement compared to non users.

Even short term marijuana use has been linked to memory loss and difficulty with problem solving."

Marijuana is a real risk, don't take it lightly. For a complete guide of this information provided by Parents. The Anti-Drug call 785-899-3848 or e-mail cris@st-tel.net

# Breaking up can be hard to do

Dear Plain Sense: I have been dating someone for several months, but it's just not working out. I want to break it off but hate to hurt his feelings and end up feeling guilty. Any suggestions?



## high plains mental health

• plain sense

professional help. Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601. Internet site: [www.highplainsmentalhealth.com](http://www.highplainsmentalhealth.com)

Ending a relationship is not simple and is not always quickly done, particularly when those who are involved see it differently.

Good communication is vital, even when your views may be something the other person doesn't really want to hear. Your differences need to be discussed and worked out if possible.

But it's also important that both people involved understand and accept when there is not enough on which to build a healthy relationship.

Some suggestions for breaking it off include:

- Let it be known that you have concerns; don't just end it without warning or by acting disinterested.
- Be honest and forthright, even though that can be hard to do. Say it with kindness, and accept responsibility for your decision — avoid blaming.

ability for your decision — avoid blaming.

• Be prepared for an angry reaction, and express your empathy. But don't let that keep you from continuing with your original intentions.

It is also possible that your friend agrees and has also been wondering how to let his feelings be known.

A breakup can be emotionally devastating for all involved but is usually the best decision in the long run. Both people need to look to the future and view the breakup as a new beginning for both.

Contributed by Karen Beery, Manager, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking

## public notice

IN THE DISTRICT COURT OF SHERMAN COUNTY, KANSAS FILED PURSUANT TO K.S.A. CHAPTER 60 (Pertains to Real Estate)

THE CITY OF GOODLAND, KANSAS, A MUNICIPAL CORPORATION, Plaintiff,

VS.

CHALKTALK OPERATING, LLC, SHERMAN COUNTY, KANSAS, and GOODINI CORPORATION Defendants.

Case No. 04CV60

### NOTICE OF SUIT


The State of Kansas to Goodini Corporation; and all other persons who are or may be concerned: You are hereby notified that a petition has been filed in

The District Court of Sherman County, Kansas by The City of Goodland, Kansas, a Municipal Corporation, praying for an injunction restraining defendant, Chalktalk Operating, LLC, from maintaining a common nuisance, and you are hereby required to plead to the petition on or before December 13, 2004, in the court at Goodland, Sherman County, Kansas. If you fail to plead, judgment and decree will be entered in due course upon the petition.

Perry Warren  
1015 Center, P.O. Box 718  
Goodland, KS 67735  
(785) 899-3142  
Attorney for Plaintiff

Published in The Goodland Star-News on Friday, October 29, November 5 and 12, 2004

## Worship warms the heart



<p><b>Calvary Gospel Church</b>  <b>Pastor:</b> Rev. Steve Rains                  Fourth &amp; College • 899-3605  <b>Sunday:</b> Sunday School: 9:15 am                  Morning Service: 10:30 am                  Small Group Ministries  <b>Wednesday:</b> Prayer and Worship: 7:00 p.m.                  Youth @ the Rock House: 7:00 p.m.</p>	<p><b>Our Lady of Perpetual Help</b>  <b>Pastor:</b> Father Norbert Dlabal                  307 W. 13th • 899-7205  <b>Sacrament of Reconciliation:</b>                  4:30-5 pm Saturday or by appointment  <b>Mass Schedule:</b>                  Saturday: 6 pm, Sunday: 10:30 am  <b>Spanish Mass:</b>                  1st &amp; 3rd Sunday: 4 pm</p>	<p><b>Pleasant Home Church</b>                  Serving the rural community                  for over 100 years                  Rt. 1, Box 180 • 694-2807 • 3190 Road 70  <b>Pastor:</b> Charlie Busch                  694-2242  <b>Sunday:</b> Worship Service: 9 am                  Sunday School: 10 am                  Evening Service: 6 pm</p>	
<p><b>Sonrise Christian Church</b>                  Ninth &amp; Caldwell • 899-5398  <b>Minister:</b>  <b>Youth Minister:</b> Doug Bean  <b>Sunday:</b> Worship Service: 9:30 am                  Sunday School: 10:45 am  <b>Wednesday:</b>                  Junior/Senior High Meeting: 7 pm                  Adult &amp; Children's Classes: 7 pm</p>	<p><b>Word of Life</b>  <b>Foursquare Church</b>                  10th &amp; Clark • 899-5250  <b>Pastor:</b> John Coumerilh  <b>Service Schedule:</b>  <b>Sunday:</b> Worship Celebration                  and Kids' Church: 10:30 am                  First Wednesday: K.W.A.M.!                  Grades 1 through 5: 7 p.m.</p>	<p><b>Iglesia Del Dios Vivo</b>                  La Luz Del Mundo                  Spanish Speaking Church  <b>Minister:</b> Esteban Ortiz B.                  1601 Texas • 899-5275  <b>Daily Prayer:</b> Sunday thru                  Saturday: 5 am &amp; 6 pm  <b>Sunday:</b> Sunday School: 10 am</p>	
<p><b>Bible Baptist Church</b>  <b>Pastor:</b> Glenn Hermanson                  Fifth &amp; Broadway                  899-7368  <b>Sunday:</b> Sunday School: 9 am                  Morning Service: 10 am                  Evening Service: 6:30 pm  <b>Wednesday:</b> Evening Bible Study: 7 pm</p>	<p><b>Church of Jesus Christ of Latter-Day Saints</b>                  1200 15th Street • Burlington, CO                  (719) 346-7984  <b>Sacrament Meeting:</b> 10 am  <b>Sunday School:</b> 11:15 am  <b>Priesthood/Relief Society:</b> 12 am</p>	<p><b>Kanorado United Methodist Church</b>  <b>Pastor:</b> Leonard Cox                  399-2468  <b>Sunday:</b> Sunday School: 9 am                  Worship Service: 10:15 am</p>	
<p><b>United Methodist Church</b>  <b>Brewster:</b>  <b>Pastor:</b>                  Worship Service: 10:45 am CST                  Sunday School: 9:45 am CST  <b>Winona:</b>  <b>Minister:</b> Rev. Bob Winters                  Worship Service: 9 am CST                  Sunday School: 10:15 am CST</p>	<p><b>First Christian Church (Disciples of Christ)</b>  <b>Pastor:</b> John Park Winkler                  Eighth &amp; Arcade • 890-5233  <b>Sunday:</b> Worship Service: 10:30 am  <b>Sunday School:</b> 9:15 a.m.  <b>Activities:</b> Junior High &amp; High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship  <b>Special Notice:</b> Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available</p>	<p><b>Goodland Bible Church</b>                  109 Willow Road • 899-6400  <b>Pastor:</b> Chad DeJong  <b>Sunday:</b> Sunday School: 9:30 am                  Morning Worship: 10:45 am                  Evening Worship: 6 pm  <b>Wednesday:</b> AWANA (Winter) and prayer: 7 p.m.</p>	
<p><b>Church of the Nazarene</b>  <b>Pastor:</b> Bob Willis                  Third &amp; Caldwell                  899-2080 or 899-3797  <b>Sunday:</b> Sunday School: 9:45 am                  Worship Service: 10:50 am                  Evening Service: 6 pm  <b>Wednesday:</b> Evening Service: 7 pm</p>	<p><b>First United Methodist Church</b>                  1116 Sherman                  899-3631  <b>Pastor:</b> Rev. Janet Hernandez  <b>Saturday:</b> Informal Worship: 5:30 pm  <b>Sunday:</b> Sunday School: 9:15 am                  Worship Service: 10:30 am</p>	<p><b>Grace Fellowship Church</b>                  104 E. Hwy 24 • 899-6423  <b>Pastor:</b> Bob Snyder                  Residence: 890-0134  <b>Sunday:</b> Sunday School: 10 am                  Worship Service: 11 am  <b>Wednesday:</b> Bible Study: 7 pm  <b>Sunday:</b> Bible Study: 7 pm</p>	
<p><b>First Baptist Church</b>  <b>Pastor:</b> John Meckling                  Fifth &amp; Center • 899-3450  <b>Sunday:</b> Sunday School for all ages:                  9:15 am (Child care provided)                  Morning Worship: 10:30 am  <b>Wednesday:</b> Bible study 7 p.m.                  Call church for information  <b>Thursday:</b> Bible study 9:30 a.m.                  Wheatridge Center</p>	<p><b>St. Paul's Episcopal Church</b>                  13th &amp; Center                  Church 890-2115 or Rectory 890-6969  <b>Priest:</b> Father Hal Lycett  <b>Holy Eucharist:</b> 10:00 a.m. Sunday                  10:00 a.m. Thursday  <b>Morning Prayer:</b> 8:00 a.m. Wed. - Sun.                  For emergencies Wed. - Sun. 890-6969                  Sr. Warden for emergencies                  Mon. and Tues. 890-3320</p>	<p><b>Church of Christ</b>                  401 Caldwell                  899-6185  <b>Sunday:</b> Bible Study: 9:45 am                  Worship Service: 10:45 am  <b>Wednesday:</b> Bible Study: 7 pm</p>	
<p><b>Seventh Day Adventist Church</b>                  1160 Cattletrail  <b>Pastor:</b> Jim Martin  <b>Saturday:</b> Sabbath School: 9:30 am                  Worship Service: 11 am</p>	<p><b>Emmanuel Lutheran Church</b>                  13th &amp; Sherman • 890-6161  <b>Pastor:</b> Scott Grimshaw  <b>Sunday:</b> Christian education/fellowship:                  10:15 a.m.                  Worship Service: 9 am  <b>Wednesday:</b> Confirmation: 6 pm</p>	<p><b>Short &amp; Son Trucking</b>                  Hwy. 24</p>	
<p><b>The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:</b></p>			<p><b>Koons Funeral Chapel</b>                  North Main</p>
<p><b>Good Samaritan Center</b>                  208 W. 2nd</p>	<p><b>KLOE/KKCS/KWGB</b>                  3023 W. 31</p>	<p><b>Atens Department Store</b>                  1103 Main</p>	
<p><b>Bateman Funeral Home</b>                  211 E. 11th</p>	<p><b>Atens Department Store</b>                  1103 Main</p>	<p><b>Bateman Funeral Home</b>                  211 E. 11th</p>	

## WE HAVE GOOD NEWS!

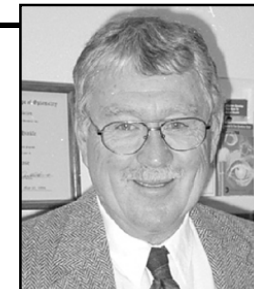
A QUICK PAINLESS METHOD TO ERADICATE HEMORRHOIDS USING MILD ELECTRICAL CURRENT IS NOW AVAILABLE. THIS TREATMENT REQUIRES SEVERAL BRIEF VISITS TO OUR OFFICE, AFTER WHICH PATIENTS GO BACK TO WORK IMMEDIATELY.

WHAT DO THE RESEARCH STUDIES SAY?  
 In Gastrointestinal Endoscopy, Vol. 33, #2, D.A. Norman R. Newton, and G.V. Nicholas reported the results of treatment of 42 patients with d.c. current therapy. They noted "All patients were successfully treated and symptom free at a mean duration of follow up of 18.2 months." They concluded "This painless outpatient treatment of all grades of hemorrhoids is effective and safe", and "warrants consideration as the treatment of choice of hemorrhoidal disease". In the American Journal of Gastroenterology, Vol. 83, #9, Dr. S. Zinberg reported the results of treatment of 193 patients with this method. "Good results were achieved in 95% of patients."

ADVANTAGES OF HEMCURE OVER OTHER TREATMENTS FOR HEMORRHOIDS:  
 HemCure is far less expensive than surgery, requires no recovery, avoids complications like scarring and infection, and is reported by most patients to cause only mild discomfort during the treatments, which resolves immediately after.

This treatment method is covered by Medicare and most insurance plans. A payment plan is available for patients not covered by insurance, and for patient deductibles and copayments.

We want you to be an informed health care consumer. Our office will be happy to provide further information explanation of fees, and estimate of your out of pocket expense. If hemorrhoids are interfering with the quality of your life, call today.



## HemCure

Dr. John D. Ferris, M.D.  
 Burlington, Colorado  
 1-800-593-0009  
 Wed., Nov. 24 & Fri., Nov. 26