

Teen-agers abusing alcohol don't think about future

Teen-agers may be involved with alcohol and legal or illegal drugs in various ways. Experimentation with alcohol and drugs during adolescence is common.

Unfortunately, teen-agers often don't see the link between their actions today and the consequences tomorrow. They also have a tendency to feel indestructible and immune to the problems that others experience.

Using alcohol and tobacco at a young age increases the risk of using other drugs later. Some teens will experiment and stop, or continue to use occasionally, without significant problems.

Others will develop a dependency, moving on to more dangerous drugs and causing significant harm to themselves and possibly



cris lovington

• prevention center

others.

Adolescence is a time for trying new things. Teens use alcohol and other drugs for many reasons, including: curiosity, because it feels good, to reduce stress, to feel grown up or to fit in.

It is difficult to know which teens will experiment and stop and which will develop serious problems. Teen-agers at risk for developing serious alcohol and drug problems include those:

- With a family history of substance abuse.
- Who are depressed.
- Who have low self-esteem.
- Who feel like they don't fit in or are out of the mainstream.
- Teen-agers abuse a variety of drugs, both legal and illegal. Legally available drugs include alcohol, prescribed medications, inhalants (fumes from glues, aerosols and solvents) and over-the-counter cough, cold, sleep and diet medications.
- The most commonly used illegal drugs are marijuana (pot), stimulants (cocaine, crack and speed), LSD, PCP, opiates, heroin and designer or club drugs (Ecstasy).
- The use of illegal drugs is increasing, especially among young teens. First marijuana use occurs in middle school, and alcohol use can start before age 12. The use of marijuana and alcohol in high school has become common.
- Drug and alcohol use is associated with a variety of negative consequences, including increased risk of serious drug use later in life and school failure, and poor judgment puts teens at risk for accidents, violence, unplanned and unsafe sex and suicide.
- Warning signs of teenage alcohol and drug abuse may include:
 - Physical: Fatigue, sleep problems, repeated health complaints, red and glazed eyes and a lasting

- cough.
- Emotional: Personality change, sudden mood changes, irritability, irresponsible behavior, low self-esteem, poor judgment, depression, withdrawal and a general lack of interest.
- Family: Starting arguments, breaking rules or withdrawing from the family.
- School: Decreased interest, negative attitude, drop in grades, many absences, truancy and discipline problems.
- Social/behavioral: Peer group involved with drugs and alcohol, problems with the law, dramatic change in dress and appearance.
- Some of the warning signs can also be signs of other emotional problems. When parents are concerned, they should consult their

teen's family physician as a first step.

If drug or alcohol use/abuse is suspected, then the teen should have a comprehensive evaluation by a child and adolescent psychiatrist or other qualified mental health professional.

Parents can help their child by providing early education about drugs and alcohol, open communication, positive role modeling and early recognition and treatment of emerging problems.

This information is provided by the American Academy of Child and Adolescent Psychiatry. Parents can log onto this web site at www.aacap.org as an informational awareness tool. However, always remember to consult your family doctor for consultation and treatment.

Thanks extended to all who helped in wake of husband's death

As the saying goes, I'm back. But I really don't know how much of me is on the scene. The last few weeks seem more like a fog, and I surely don't always see an end to the cloudiness yet. But things do seem to become a little less dark with each day.

In case you didn't know, my husband Roger passed away on Wednesday, Nov. 3, after a long battle with heart problems, diabetes and other complications we didn't realize were quite as serious as they were.

There are many people I would like to thank during this time. The newspaper is one of the areas I appreciate, and not only for the beautiful plant they sent. They have given me the time to collect myself a little so I can work on this article again.

Of course, my family has been a



sally michael

• brewster beacon

blessing to me; I don't know what I would have done without them, and I hope I was able to help them in facing the loss of their father, grandfather and brother.

The church family was the same, as well as all the friends who have sent cards, memorials, flowers and food and worked to make this time a little easier.

There are so many that have been going through trials, it seems, and it is hard to feel sorry for oneself when there are others who are losing their loved ones also.

I appreciate all the help I received from Don and Kathy Harrison and the extra work they have done to help my family have time to see

their dad one last time.

What do people do when they don't have all the caring people around at a time like this? It would be so much harder.

I appreciate Pastor Steve Dinkel and his wife Kathy from Liberty Fellowship Church in Hays and Pastor Chuck Baker of Four Square Church in McPherson for their help in Roger's service.

I also want to thank Juanita Aschenbrenner for her beautiful music and the National Guard's Sgt. Don Morton for the flag ceremony

at the service.

I also want to extend a heartfelt sympathy to the family of Dennis Horney who had his service exactly one week after Roger's, on Nov. 13. Keith and Brian both live here in Brewster, and I know they are going to miss their father, as are the other family members.

Dennis and Roger were often seeing each other at the clinic and shared stories about going fishing with their boys this fall.

Things have been a little quiet the last few nights. Our son Barry stayed more than a week and helped get things in order. Brad, our oldest, was able to come down and spend a day or so after a long drive from Bonner, Mont.

It was good to get the call that said he made it home all right. Beth was here to help any time I needed her, and Brian and family were here

from Bennington.

There will be more visits, as there are many more things to get settled. Roger's brother Greg is going to be around for a while longer at the farm, so we lean on one another.

There isn't much actual news in this article, but I am sure you can understand that right now, the gist of my coming and going and doing has much to do with this event that changed so much about my life.

We would have celebrated 48 years together in a few weeks, and that is a big chunk of time to be with someone. I kind of hoped there would be 48 more but knew that it wasn't going to be.

Say, there were a lot of folks in town on Saturday and Sunday for the sales and open houses and all the special events going on. It was hard to find a parking space anywhere in the area, and that was good to see.

The Craft Peddler was wall to wall shoppers and craft makers, along with Carolyn's daughter, daughters-in-law, granddaughters

and grandson, and all were having a good time visiting and shopping.

The senior center looked like a different place with all the merchandise and goodies on hand, and everyone seemed to be in the beginning of the holiday spirit.

I hope all were happy with the way the day turned out. I haven't heard how the hunting turned out, but it seemed there were plenty of birds on hand a few days ago.

Among those attending the Brewster regional football game Saturday, Nov. 6, in Brewster were Jessica Ruffalo of Lewisburg; Barbara Hoover of Hays; Tim and Pam Gilley of Broomfield, Colo.; Carmelita Clark of Goodland; and Rod and Susan Gilley of Brewster. Branson Gilley was on the team.

I will close this for now, and I appreciate your patience with me. Once I get past this first month or so, I hope it gets a little easier. I thank you all for the comfort and help you have extended to me and my family. God bless each and every one of you.

Hospice Foundation chair gives tips on helping friend

One of life's more difficult moments is when you find yourself talking to a friend who informs you that he or she is seriously, or even terminally ill.

When you find yourself in these situations, Jack D. Gordon, chairman of the Hospice Foundation of America, said, it's common to be overwhelmed with self-consciousness.

You don't know what to say or how to respond, he said; the fear of "not knowing" can prevent you from giving the love and support that your friend needs most.

Here are some suggestions that may help, taken from the experiences of hospice patients:

- Be honest with me. I can tell when your feelings or actions are insincere.
- Laugh with me; cry with me. Allow me to express intense emotions.
- Don't feel sorry for me. Your understanding helps preserve my dignity and pride.
- Touch me. I want to be accepted despite the way I may look. Inside,

I'm still the same person you always knew.

• Let me talk about my illness if I want to. Talking helps me work through my feelings.

• Let me be silent if I want to. Sometimes I don't have much energy and I just may want your silent companionship. Your presence alone can be comforting.

• Space your visits and calls. Consistent support is very helpful.

• Offer to baby-sit. The children need a break from my illness, and private times with my spouse are treasured.

• Support my family. I may be very sick, but they too are suffering. Let them express their grief.

• Offer to help me with the simple

chores. Routine jobs are often difficult to accomplish.

• Continue to be my friend. Don't let my illness overshadow all the good times we've shared together. I know this is hard for you too.

This may be of help to you in dealing with illness, loss and grief, Gordon said. Much of what Hospice passes on is learned from the terminally ill themselves, he said, a source of wisdom and inspiration.

If you're not sure if what you

want to do is appropriate, he said, contact Hospice Services Inc. at 899-5788.

Additional sources of information:

Hospice Foundation of America at <http://www.hospicefoundation.org>, www.hospicefoundation.org or 800-854-3402.

National Hospice and Palliative Care Organization at <http://www.hospiceinfo.org>, www.hospiceinfo.org or 800-658-8898.

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310 Broadway...Cute, cozy family home! This ranch style home would make a great starter home or perfect for the retired couple! Main floor offers large living room, eat-in kitchen with appliances, 2 bedrooms and bath. The basement is finished with a family room, bedroom, laundry and storage area. Some of the extras include central heat and air, fenced back yard, deck, nice carpets plus lots more! \$37,000. Please call Donna Moore to view this home.

There's a wide price range, size and style of homes available for purchase right now. Here's just a few of my other listings.

402 Spruce	1360 First St. Annex #15, Colby
529 Walnut	6965 County Rd. 20
817 Harrison	814 Walnut
908 E. 5th	117 E. 5th
613 W. 9th	1522 Caldwell
416 W. 7th	409 W. 5th
1209 Caldwell	202 W. 9th
1504 Grand	313 W. 12th
206 Kansas, Brewster	1528 Sherman

As an active member of the Goodland Multiple Listing System, I'd be happy to show you any homes offered for sale in Goodland. Put me to work as your realtor and let's find the home you've been dreaming about! Thank you, Donna Moore, dmoore@eaglecom.net

Cynthia Butts, 899-3944; Donna Moore 899-6159.

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