

Five protective factors to reduce child abuse

April is Child Abuse Prevention Month, dedicated to recognizing and reducing the occurrence of child abuse and neglect in the United States. According to the latest date (Federal Fiscal Year 2005) 899,000 children were victims of abuse or neglect and an estimated 1,460 children died.

Experts agree that most child abuse and neglect is the result of parents and adults who are not necessarily bad people, but who are isolated, overwhelmed, uninformed or distressed.

Five protective factors have been identified as necessary in reduc-



high plains mental health

- plain sense

ing child abuse and are critical for strengthening all families, not just those that are at risk for neglecting or abusing a child. Those factors are:

Nurturing and attachment: For a child, being loved and nurtured is necessary when creating a bond with

a caregiver. A healthy bond affects all aspects of behavior and development. Safe, secure and predictable interactions with a caregiver helps the brain and nervous system develop in a healthy way and creates the foundation for such traits as impulse control, empathy and compassion.

Knowledge of parenting and of child/youth development: Interactions with a child, including

discipline, will go smoother when parents have a good understanding of child development including specific behaviors associated with specific ages and the limits of the child's abilities. A great deal of frustration occurs for a child when a parent expects too much and then withdraws attention or affection when the child does not respond as the parent wants.

Parental resilience: Resilience is the ability to successfully handle everyday stressors, as well as recovery from occasional crises. A parent with a positive attitude, flexible problem solving skills and

an appropriate sense of humor will find it easier to cope with problems and challenges and be less likely to respond in an abusive manner.

Social connections: Connections to other people provide needed encouragement and assistance when difficulties occur. Research has found that social isolation and perceived lack of support frequently leads to child maltreatment. Some of the best support comes from other parents and adults "who have already been there."

Concrete support for parents: For some parents, just providing basic necessities such as food, clothing

and shelter is difficult. Since all of these factors affect a family's ability to care for their children, contacting such agencies as Social and Rehabilitation Services, local ministerial alliance or the Salvation Army for assistance can be an important step in being a good parent.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education and Outreach Department of High Plains Mental Health Center.

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Couple to marry in North Platte

Amanda Albrecht of North Platte, Neb., and Cash Schilling of rural Edson plan to marry on Saturday, April 19, 2008, at the First United Methodist Church in North Platte.

The bride to be's parents are Jack and Trish Albrecht of North Platte and grandparents are Darlene and the late Frank Albrecht of North Platte and Mary and the late Lew Waldron of Wyoming.

The prospective groom's parents are Ron and Marsha Schilling of rural Edson, and his grandparents are Jesse and Doris Craft and Dale and Darlene Schilling Goodland.

She is a 2001 graduate of North Platte High School and a 2003 Colby Community Junior College graduate, and is working on a bachelor's degree at Kansas State University.

He graduated from Goodland High School in 1999 and from



Albrecht and Schilling

Oklahoma Panhandle University in 2003. He works on the family farm and ranch.

Colby to hold wind energy summit

Reservations due today for a wind energy summit planned for the City Limits Convention Center in Colby at 10 a.m. on Monday, April 14.

The summit is designed to inform and educate public officials, businessmen and farmers and the public about wind energy opportunities in Kansas, said Gerry Fulwider, executive director of the Thomas County Economic Development Alliance.

The cost is \$10 per person, and lunch will be served he said. Reservations are due today by calling (785) 460-4511 or e-mailing gerry@thomascounty.com.

Opening speaker will be Lt. Gov. Mark Parkinson, who will talk about "Wind Policy in Kansas."

Dan Nagengast of the Kansas Rural Center will talk about "Community Wind" projects, locally owned, commercial-scale wind projects that optimize local benefits.

Wind energy projects are be-

coming a reality in Kansas and interest in community wind energy is increasing among farmers and communities across the country, Nagengast said. Locally owned and community based wind projects can generate energy, keep dollars local and protect the environment, he said.

After lunch, Cory Macquart of the West Central Research and Demonstration Center at the University of Minnesota will talk about "From Wind to NH3."

The final session will be a presentation on "Leasing: County and Individual Considerations," by Jennifer O'Hare, county attorney for Lincoln County.

The summit was organized by the National Renewable Energy Laboratory, the Kansas Rural Center, the Northwest Kansas Planning and Development Commission and the Thomas County alliance.

Goodland artist donates to auction

Goodland artist Elwyn Vatcher, who works at McClure Plumbing, has donated a watercolor painting entitled "Dried Sunflowers" to the Smoky Hills Public Television Signature Auction, said Tricia Flax, auction coordinator.

"We are extremely grateful to Elwyn and to all those who have contributed to this year's Signature Auction, and for their continued support over the years," Flax said. "The revenue generated from our auctions helps Smoky Hills continue to provide a valuable service to Kansas."

The auction will be held April 18-20 at The Mall in Hays, with all of the festivities broadcast live from 7 to 10 p.m. on Friday, April

18, and 5 to 10 p.m. both Saturday and Sunday, April 19 and 20.

Nearly 300 items, including art, antiques, furniture, jewelry and travel packages, will be up for sale - including 230 in the exclusively on-air portion of the event, and some 60 items in the station's first online auction.

The entire auction collection can be viewed on the the station's newly redesigned Web site, www.shptv.org.

All proceeds go to the station. The Signature Auction collection will be on display at The Mall through Sunday, April 13, during regular hours, 10 a.m. to 9 p.m. Monday through Saturday and noon to 6 p.m. on Sunday.

Open house features car show

Northwest Kansas Technical College invites people of all ages to spend a day on campus, taking in a classic car show, a high-voltage demonstration, a robotics display or a poster-design contest.

The "Get Out 2 Get In" open house is planned for 8 a.m. to 3 p.m. on Wednesday, April 16. A free barbecue lunch will be served from 11 a.m. to 1 p.m. at the campus, 900 East 13th St.

"The open house lets (people from) the community roam the campus and explore any one of our 18 technical career programs," said Ramona Sanders, college publication and events coordinator. "We will have drawings and contests -

including a basketball free-throw shoot-out - for scholarships.

"We invite people to get out of the house on April 16 to get into a future and a career through education and training from our college."

The open house will include events at each career program:

Auto Body: Classic Car Show, 10 a.m. to 1 p.m. on Eustis St.

Auto Tech: High-tech alignment and wheel balancing demonstration; DYNO Transmission demo; and Scan Tool display.

Business: Keyboarding online, America's Most Misspelled Words contest and a voice recognition demonstration.

Carpentry: Tour the carpentry

house and see a computer controlled three-dimensional router demonstration.

Communications Technology: Displays by the departments, Eagle Cable TV and Union Telephone Sprint display.

Computer Graphics Technology: Poster design competition.

Cosmetology: Hair show with four guest artists, 8:30 a.m. to 4 p.m.; \$500 scholarship drawing; and "My Dream Salon" display.

Diesel Tech: Electronic Caterpillar display and fuel demonstration

Engineering: Drafting exhibit in Engineering Building and at 11:15 a.m., award ceremony.

Electrical: Hands-on lab dem-

onstration, robotics display, motor speed control, high-voltage demonstration at 12:30 p.m.

Fitness Center: Free-throw contest, 10 a.m.

Heating and Cooling: Sheet metal design and layout demonstration, future career options in HVAC, and Experience the Physics Involved in Refrigeration.

Medical Assistant: Hand-washing and inoculation techniques demonstration.

Respiratory Therapy: Real lung demonstration and Sim Jim interactive session.

Welding: Welding and cutting equipment display.

matters of record

Accidents

The following accidents were investigated by the Goodland Police Department.

March 28 - 6:43 p.m., East Business U.S. 24 at Caldwell Ave, a 2005 Chevrolet driven by M'Lynn E. Hinger was stopped and waiting to make a left turn when it was hit in the back by a 1997 Ford driven by Bryan Hatcher.

Goodland Police

The following incidents have been reported to the Goodland Police Department:

March 23 - 1:15 a.m., 709 Cherry Ave., Maxine Rauscher reported criminal damage to property.

1:44 a.m., 1409 Montana Ave., three people questioned for impeding lawful activities. Case referred to city attorney.

8:47 a.m., 504 Washington Ave., Juanita Whelan reported criminal damage.

3:36 p.m., 705 Cherry Ave., Susan Hall reported criminal damage to property.

March 24 - 7:28 a.m., 510 N. Main Ave., report of criminal damage to city property.

9:11 a.m., 409 Grand Ave., Lavona Rand reported criminal damage to property.

9:24 a.m., 1209 Cherry Ave., Brandon Neal Cowan reported a

theft.

March 25 - 10:43 a.m., 304 W. Fifth, Jose Alfaro reported criminal damage to property.

11:55 a.m., 409 Main Ave., arrested a juvenile for driving under influence and failure to report striking property of Walter Yarbrough and the State of Kansas. Case referred to city attorney.

March 27 - 12:36 p.m., 802 1/2 Washington Ave. Apt. 2, Teri Batchelder reported sexual battery and rape. Case referred to county attorney.

March 28 - 2:19 a.m., 2218 Commerce Rd., Glesby Marks, LTD reported criminal damage to property.

9:16 a.m., 118 N. Caldwell Ave., arrested Sylvio Juergen Kernal for battery, criminal trespass and disorderly conduct against David Sharon. Case referred to city attorney

11:38 p.m., 208 Grand Ave., Mary Dehoyos reported a theft.

March 29 - 5:24 p.m., 320 E. Eighth, arrested Anadelia Ledesma on a warrant. Case referred to county attorney.

Sherman
www.goodlandnet.com/movies
Tonight 7:00 • Ends Thursday
Fool's Gold (PG-13)
Starts Friday 7:00
10,000 B.C. (PG-13)

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13	
14			15					16					
17		18						19					
20				21				22		23			
24			25		26					27			
	28			29	30			31	32				
33	34		35				36		37		38	39	40
41			42					43			44		
45		46			47						48		
		49	50		51				52				
53	54	55		56	57				58			59	60
61				62			63	64		65			
66			67		68				69				
70					71						72		
73					74							75	

CLUES ACROSS

- Cambodian leader Pot
- Animal skins
- Rumanian river
- Doctors' group
- Czech spelling of their capital city
- "Silas Marner" author George
- Heartbeat controller
- Tragelaphus angasii
- Polite interruption sound
- Doctor __, children's book author
- Mix a sauce
- Aquatic bird of the gull family
- Wedge shaped machine fastener
- Bag
- Unkeyed
- Fed
- American time
- Broadway awards
- S S S
- Woman (French)
- Badmouth
- Point midway between E and SE
- Old-hat
- Indian seaport
- What part of (abbr.)
- Tokyo
- Et-__
- Forearm bone
- Large northern deer
- More scarce
- Ancient kingdom by Dead Sea
- Indigo bush
- A strong wind
- Hawk genus
- Influenced
- Looney Toons cat Sylv __
- Madagascar lemur
- Large flightless bird

CLUES DOWN

- About pope
- Largest Nebraska city
- Cuts
- Printing speed measurement
- Periods of time
- Large body of fresh water
- H.C. Andersen story
- Paxilloidea: Luidiidae
- Manpower
- A mythical Greek hero
- Lasso
- Ancient Greek dialect spoken in Thessaly
- Austere
- Utter sounds
- Helps little firms
- Sign on the ____ line
- Neither
- Type genus of the Anatidae
- Seesaw motion
- Baseball referee (abbr.)
- Sergeant major of the army
- Certain
- Divides
- Cape Verde monetary unit (abbr.)
- A unit of play in tennis
- Feline
- Members of U.S. Navy
- English dictionary (abbr.)
- Traditional Hindu music
- Type of inflorescence
- A mean or despicable person
- 1963 Nobel chemist Giulio
- Vampire
- Gum obtained from Burseraceae
- Rabbit ____, Updike novel
- H. Hopper's birth name
- Redirect
- Mineral valuable enough to be mined
- Bind

Brewster All-Star Booster Club

Calendar for April 8 to April 14

Tuesday: 10:30 a.m., high school track at Colby for Triplains meet.

Friday: 3 p.m., junior varsity golf at Hill City

Saturday: 9:30 a.m., high school golf at Oberlin Invitational

The Goodland Star-News
1205 Main
Goodland, Kan. 67735
(785) 899-2338

Check our On-Line Site at
star-news@nwkansas.com

Gambino's Pizza
402 E. 17th
Goodland, Kan. 67735
785-890-5988

102.5 FM KKCI
Best of the 70s, 80s, & 90s

KWGB 97.9

KLOE 730 am
Full Service Radio

The crossword puzzle brought to you by:

The Goodland Star-News
1205 Main, Goodland, Kan. 67735
(785) 899-2338

Classifieds work! 899-2338

Bank Repo
Bank Foreclosed 3 Bed, 2 Bath home built 1996 on 100x130 lot to be sold by sealed bid Auction. Auction closes Wednesday, April 30th, 2008. Call for bidders packet. View Terms & Conditions online at: littlebullauction.ypgs.net

SEALED BID AUCTION
707 Pearl, Atwood KS

Little Bull Auction & Sales Co.
316-683-2855 or 1-800-508-2855