

'We Never Outgrow the Need for Family'



MICHAEL YATES
 GUEST COLUMN

The late basketball player, coach, and broadcaster, Jimmy Valvano, famously coined, "My father gave me the greatest gift anyone could give another person, he believed in me." Valvano would die from cancer at 47, yet he captured an essential, timeless gift from parent to child — that of a parent's abiding, steadfast belief in a child, transcending distance, age, and circumstance.

For children growing up in the foster care system, the absence of a parent's belief in them can arrest a youth's positive self-concept and their resilient capacity to transcend the painful, traumatic circumstances that led to state custody.

November is National Adoption Month and this year's focus is on the adoption of older youth who are growing up in state custody. This year's theme, "We Never Outgrow the Need for Family," calls attention to the primary of need for all children, even older youth, to have safe, loving, permanent families. Indeed, we never outgrow the need for family. Nor do we ever outgrow the need for a parent's belief.

Compared to their peers, studies have shown many youth in foster care face higher rates of poor outcomes, such as dropping out of high school, unemployment, and homelessness.

"Despite these potential challenges," the Children's Bureau reports, "research on positive youth development confirms that children and youth have the ability to overcome traumatic experiences and thrive in adulthood when strong, permanent support system."

What does positive youth development look like? According to Valvano, it looks like a parent's belief in their child for starters. To be sure, other factors play a critical role, but the primacy of a parent's belief in their child is foundational.

Imagine the disadvantage youth have when they don't experience the messaging of belief from a parent?

Fortunately, today's public child well-being system has made significant strides in advancing targeted recruitment for older youth so that they, too, have a secure base from which to enter adulthood. It's not a perfect science, however, and older

without the anchor of permanency found in a forever family. We can do better.

Foster youth who are coping with the sad absence of a parent's essential belief in them need a safe place to untangle the complicated feelings connected with that emptiness. Ridgeview Behavioral Health Services provides therapy services in Anderson, Campbell, Morgan, Roane, and Scott counties. Their professional, compassionate staff is committed to meeting the many complex needs of children and youth with hope, support, and treatment (1-800-834-4178).

As it would happen, my son turns 17 this month, and as I see his life turn toward the doorway of adulthood, a shadow emerges as he leans toward a life's journey of his making. My wife and I hope we've equipped him with a deep well of assured parental belief, deep enough to nourish him through life's complexities and challenges as he walks through that door. During this National Adoption Month, let us remember that older youth in foster care are also pivoting toward the same door and will need connections to family and the knowledge that parents believe in them today, tomorrow, and for a lifetime.

Prospective adoptive families can learn more about the needs of older youth and opportunities to positively guide them toward successful outcomes by visiting www.parentchild.org to hear the voices of Tennessee's youth in their own words.

Michael Yates is director of Development for Ridgeview. Ridgeview is a private, not-for-profit community mental health center with locations in Anderson, Campbell, Morgan, Roane, and Scott counties.



DAVE RAMSEY
 GUEST COLUMN

Dear Lynn:

I guess the best way is to tell the truth. Honey, that question kind of makes you sound like a little princess. How do you have a wedding without debt? It's really simple. You have a wedding with the money you have. There's nothing wrong with small, inexpensive wed-



DAVE GRANLUND @ www.davegranlund.com

'Humans Are Underrated' at Library

SUSIE STOOKSBURY READERS GUIDE



Despite the fact that he is retired, Harry Bosch gets pulled back into a homicide investigation when his half-brother, hotshot defense attorney Mickey Haller, asks him to help on a case. The evidence against DaQuan "DQ" Foster is pretty solid — his DNA is all over the apartment of murder victim Lexi Parks. But DQ has been on the straight and narrow for a long time and has too much to lose by committing this crime. Harry reluctantly agrees to help Mickey only because he fears the real killer is still on the streets — and he is right. Michael Connelly unites these two very different men in "The Crossing" (M).

During the 1930s, the Soviet Union underwent a massive upheaval as millions of Russians — members of the intelligentsia, as well as ordinary workers — were imprisoned and murdered during Stalin's purge. The late historian Robert Conquest thoroughly researched and unearthed the truth about that episode, which went largely overlooked by the Allies as they wooed the Soviets to their side in the opening days of World War II. Published in 1968, Conquest's book, "The Great Terror" (947,084) still stands today as the definitive expose on those tragic years.

Stephen King proved himself as a short fiction writer 35 years ago with "Night Shift" and he hasn't slowed down since. "The Bazaar of Bad Dreams: Stories" (SS) is his latest collection, with 10 previously released (and re-tweaked) tales, and 10 brand new ones. As a special treat for readers, King introduces each piece by revealing how the story came about and why he wrote it.

We seem to be fast approaching a time when computers will be able to do pretty much any job a person can do — faster, cheaper, and probably more accurately. Geoff Colvin is here to report, however, on what computers can't do: qualities such as empathy, creativity, relationship building, valuing each other — all the things that make us human. He offers an uplifting view in the man vs computer debate, with advice on sharpening our unique skills, in "Humans Are Underrated: What High Achievers Know that Brilliant Machines Never Will" (658,312).

Award-winning screenwriter and producer Bonnie MacBird makes her fine fiction debut with a well-crafted mystery featuring Sherlock Holmes and John Watson. "Art in the Blood" (M) is set after Sherlock unsuccessfully investigated the murders committed by Jack the Ripper. The depressed Holmes has turned

once again to drugs when he receives a letter from Emmeline La Victoire, Paris' most popular chanteuse. Her young son, Emil, is missing and she implores Holmes to find him. The trail leads to the boy's father, the Earl of Pellingham, who coincidentally is being investigated by Mycroft Holmes. Complications arise when the quirky detective Jean Vidocq, who is Emmeline's current lover, insists on assisting with the case.

For many of us, food, dieting, and re-gaining weight are a constant issue in our lives to the extent that eating becomes our method for soothing away the many pressures we face daily. Psychotherapist and life coach Julie Simon has developed an effective "mind-body-spirit guide for putting an end to overeating and dieting." She clearly lays out her workable plan in "The Emotional Eater's Repair Manual" (616,852).

Other new titles:
 Fiction — "After You," by Jojo Moyes;
 "See Me," by Nicholas Sparks;
 "Career of Evil: a Cormoran Strike Novel" (M), by Robert Galbraith;
 "Marriage of Inconvenience," by Debbie Macomber;
 "Rogue Lawyer," by John Grisham.
 Non-fiction — "The Patient's Playbook: How to Save Your Life and the Lives of Those You Love" (610,696), by Leslie D. Michelson.

Want a debtless wedding? Think about your budget

DAVE RAMSEY GUEST COLUMN

Dear Lynn:

I guess the best way is to tell the truth. Honey, that question kind of makes you sound like a little princess. How do you have a wedding without debt? It's really simple. You have a wedding with the money you have. There's nothing wrong with small, inexpensive wed-

for a couple hundred dollars. Think that's tacky? Well, let me tell you what's even more tacky and dumb — going \$15,000 to \$20,000 in debt for one day!

To have a wedding without debt you have to be creative and think within your budget. That means growing up and not throwing a tantrum just because you can't have every little thing you want. Most people don't have lavish, expensive weddings, and guess what? Years down the road they're still married, madly in love and laughing and hugging when they remember the best day of their lives.

supposed to be a happy occasion into a financial mess that will take years to clean up! — Dave

Dear Dave,
 My husband works for a large company and receives restricted stock bonuses of approximately \$5,000 each year. We're not sure exactly how long they're restricted, and we both wonder if we're allowed to sell these options? — Patty

Dear Patty:
 You said your husband works for a large company, so my guess is they do this as an employee retention move.

stock. They're trying to get people to stay with the company, and you'll only be able to sell them after they are no longer restricted.

Usually, these kinds of things have a one- or two-year restriction. I doubt they'd put a five-year hold on it, but check with the company to find out the specifics. They can tell him when the stock is free to be sold. If it were me, I wouldn't hold on to too much of it. I don't own single stocks. They have too much risk for my taste. Keep a little bit, if you want, but don't put all or even most of your financial eggs into that one bas-