

Plain Sense

Grandparents as Parents

From High Plains Mental Health Center

An increasing number of children live in households headed by grandparents, most commonly due to teenage pregnancies, the high rate of divorce, and the increase in single parent families. Other reasons include the death or disability of parents, parental abuse or neglect, substance abuse by parents, or the incarceration of parents. These grandparents range in ages from the thirties to the seventies, and their situations vary. Most are ready and eager to take on the role of nurturer and caretaker. Many have already simplified their lives, are making plans for retirement, or have retired. For them, giving up those plans and taking on the responsibilities of being a parent can bring up many feelings including loss, grief, anger, resentment, and also guilt. In addition, their financial burdens will

most likely increase. Many children moving in to live with grandparents arrive with risk factors such as abuse, neglect, prenatal exposure to drugs and alcohol, and the loss of their parents due to death, incarceration, or abandonment. Many are in need of, not only love and caring, but also structure, clear expectations and effective discipline. The transition for both children and grandparents can be very stressful. Infants and preschoolers require a great deal of time and energy, and dealing with adolescents of a different generation can be particularly challenging. Many grandparents underestimate or are unaware of the added burdens of taking on the role of parent. The role of nurturer comes easy, but they must also become, once again, the adults who establish control and set limits.

It is very important for these

grandparents to receive support and assistance from other family members, support groups, the faith community, and social service agencies. In some situations, financial aid may be available. Teachers, counselors, and mental health professionals are also available to serve as resources. Grandparents must be able to take care of themselves and their own lives in order to also be successful as a parent to their grandchildren.

Contributed Karen Schueler, LCPC, Manager, Consultation and Education Department

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

Mail questions to: High Plains Mental Health Center, Plain Sense Consultation and Education Department, 208 East 7th, Hays, KS 67601 Internet site: www.highplainsmentalhealth.com

AFTER PURCHASING linens at a recent auction, Donna Stevens found a treasure of a hand-embroidered table cloth from an area club.

Auction table cloth reveals St. Francis women's club

Donna Stevens recently purchased a small table cloth along with other linens at an auction. When she unfolded the cloth, it was embroidered with the names of "Good Will Club - 1948" members.

Names embroidered on the cloth are: Blanch Kanel, Rose Walters, Lucile Kanel, Pearl DeGood, I.L.W., Dora Neitzel, Maude Stothard, Fern Mace and Inez Keller.

Mrs. Stevens thought maybe the club might have been in the Wheeler area but wasn't sure. She has asked a number of people about the club but no one seems to know about it.

She has the cloth at Donna's Gift Palace for those who would like to see it. She would also appreciate more information about the club and its members.

Life's Instructions

- Give people more than they expect and do it cheerfully.
- Memorize your favorite poem.
- Don't believe all you hear, spend all you have or sleep all you want.
- When you say, "I love you", mean it.
- When you say, "I'm sorry", look the person in the eye.
- Be engaged at least six months before you get married.
- Believe in love at first sight.
- Never laugh at anyone's dreams.
- Love deeply and passionately. You might get hurt but it's the only way to live life completely.
- In disagreements, fight fairly. No name calling.
- Don't judge people by their relatives.
- Talk slowly but think quickly.
- When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
- Remember that great love and great achievements involve great risk.
- Call your mom.
- Say "bless you" when you hear someone sneeze.

Book review from St. Francis Public Library

Dead Aim

By Iris Johansen

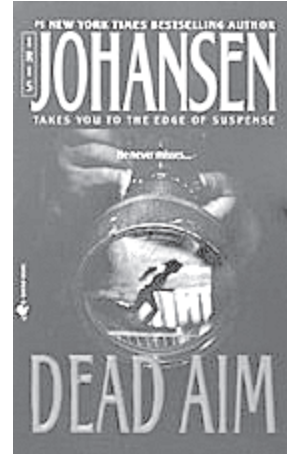
She witnesses death through the eye of her camera. Now a relentless killer is focused on her. A celebrated photo-journalist, Alex Graham has seen it all — but her latest assignment has forced her across a dangerous line.

When a dam breaks in Arapahoe Junction, Colo., Alex is once more at the site doing more than just snapping pictures — she is in the mud with a shovel digging for survivors. But Alex finds more than she bargained for. In one terrible instant, she is witness to a conspiracy that will stun a nation. The official story is a cover-up for a truth so frightening, so unthinkable, anyone who threatens to reveal it must be silenced. Forever.

Book Review

And now that someone is Alex Graham. The first attempt on her life is swift and brutal. Barely escaping, she finds an ally in an improbable source. Billionaire financier John Logan has his own reasons for protecting Alex, and these reasons alone are likely to get her killed. Using his vast connections and influences, Logan assigns a bodyguard to protect her. Judd Morgan is the best covert commando in the business, and if anyone can keep Alex safe, it's this quietly dangerous man. The problem is, Alex doesn't want to be kept safe by Judd, whose checkered past has made him the target of an unseen assassin who dogs his every step.

Iris Johansen, who has more than



eight million copies of her books in print, has won many awards for her achievements in writing. The best-selling author lives near Atlanta, Georgia, where she is currently at work on a new novel.

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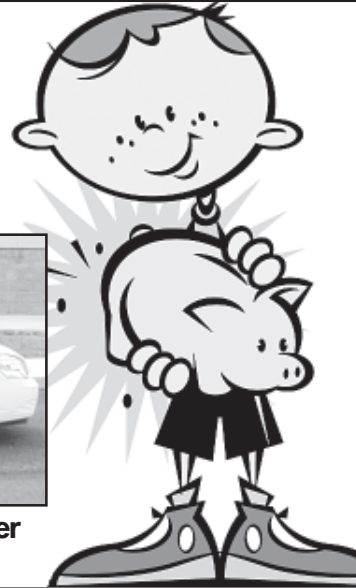
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JULY CONSULTANT SCHEDULE

Allergist	Jeffrey S. Rumblyrt, M.C.	July 16
Audiologist	Sherri M. Beck, MA, CCC-A	
Cardiologist	Barry R. Smith, M.D.	July 11, 25
Cardiologist	Vijay D. Subbarao, M.D.	July 12
Counseling Services		Thursdays by Appt.
Dermatologist	Charles W. Ruggles	July 19
Dietitian	Sarah Linfon, RD, LD	Mon. thru Fri.
Ear, Nose, Throat	Alfred N. Carr, M.D.	July 6, 13, 20, 27
Endocrinologist	Gerald S. Poticha, M.D.	July 12, 13, 19, 20
Gastroenterologist	Jeffrey D. Huston, M.D.	July 16, 17
General Surgeon	David D. Beck, M.D.	July 12, 26
General Surgeon	Brigitta Robinson, M.D.	TBA
General Surgeon	Jeffrey S. Cross, M.D.	July 5, 19
Gynecology	Laura A. Rokosz, M.D.	July 11, 25
Neurologist	Steven J. Gulevich, M.D.	July 11, 25, 26
Obstetrics/Gynecology	David Forschner, M.D.	July 18
Oncology/Hematology	Martin J. Rubinitz, M.D.	July 31
Ophthalmologist	David S. Pfoff, M.D.	July 3, 10, 17, 24, 30
Ophthalmologist	Brian C. Joondeph, M.D.	July 18
Orthopedics	Dr. Armodios Hatzidakis, M.D.	July 23
Orthopedics	Timothy Birney, M.E.	July 16
Orthopedics	Rajesh Bazaz, M.D.	July 9
Orthopedics	John M. Gargar, M.D.	July 26
Orthopedics	James C. Holmes, M.D.	July 16
Orthopedics	Kevin Nagamani, M.D.	July 11
Orthopedics	Edward H. Parks, M.D.	July 30
Podiatry	David E. Ouderirk, D.P.M.	July 11
Psychiatrist	John C. Faul, M.D.	July 1, 13, 27
Pulmonologist	Kenneth H. Weisiger, M.D.	
Radiologists	Professional Radiology	Weekdays
Rheumatologist	Karl T. Chambers, M.D.	
Speech Therapy	Lisa Paxton	By Appt. Only
Substance Abuse Dir.	Fred Waters, CADC III	Mondays
General Surgeon	Jeffrey S. Cross, M.D.	July 5 19
Urologist	Darrell D. Werth, M.D.	July 10
Urologist	Dr. Wallace Curry, M.D.	

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