

Engagements



Shayne Stupka and Marissa Urban

Wichita wedding set

Janice Stupka and the late Tab Stupka of Colby and Stephanie Urban and Forrest and Lisa Urban of Wichita announce the engagement of their children, Shayne Stupka, to Marissa Urban of Wichita.

Stupka is a graduate of Colby High School and attended Colby Community College.

He is a service tech at HCS Petroleum of Wichita.

Urban graduated from Heights High School in Wichita and graduated from Colby Community College and Butler County Community College.

She is a registered vet tech at East Center Vet Hospital in Wichita.

A Sept. 16, 2006, wedding is planned at University Congregational Church in Wichita with a reception at Olive Tree Banquet Hall. The couple will reside in Wichita.

Mental health important need

A child's physical needs are obvious: healthy meals, adequate shelter and clothing, play and physical activity, rest and relaxation, and appropriate medical care. Children have mental and emotional needs as well. Good mental health allows children to think clearly, develop socially, learn new skills, build self-esteem, and develop a positive mental outlook.

Here are some suggestions to parents and other adults on what children need for good mental health:

- Unconditional love: children need to know their parents love them for who they are, not only for what they accomplish.
 - Praise and encouragement to nurture their confidence and self-esteem.
 - Encouragement to play, which helps children be creative, develop problem-solving skills and self control, and learn how to get along with others.
 - Good adult role models who will talk about their own feelings, apologize when needed, express anger constructively, and use active problem-solving skills.
 - Appropriate guidance and discipline: be firm, but also realistic.
 - Good communication; listen and talk together about what is happening in their lives.
 - Strong family relationships based on trust and close connections.
- When a child's behavior becomes of concern, parents should

consult with teachers, counselors, psychologists and other professionals.

Early identification and treatment can help children with mental health problems to build up their strengths, protect them from risks, and succeed in life.

Contributed by Karen Beery, LCPC, Manager, Consultation and Education Department.

Mail questions to: High Plains Mental Health Center, PLAIN SENSE, Consultation and Education Department, 208 East 7th, Hays, Kan., 67601.



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—5/11 & 5/12—

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