

Family

Management can help alleviate farmers' stress

Farming is considered to be one of the top ten most stressful occupations in the United States. Many stressors in farming are obvious: financial pressures, heavy debt load, dependence on good weather and markets, working in extreme weather conditions, and fatigue. In addition, farm family members often do not have enough personal time for each other, time to talk together, and relax.

Stress is a necessary part of life, a helpful motivator. However, too much stress can damage one's physical health, compromise personal safety on the farm, and ruin relationships with others. Unrelieved stress is a known risk factor in many of the leading causes of premature death among adults including heart disease and stroke. Stress is also a risk factor for depression and suicide. It is not possible to totally eliminate all stress in our lives, but effective management can help reduce stress and build "hope". Here are a few suggestions:

- Eat right! Most farmers would not head out to the field in a high-cost tractor with a tank of low-grade quality fuel. Yet when busy, will often skip meals or load up on fast food.
- Exercise! Especially during the "off-season" — physical activity helps eliminate stress-induced chemicals that build up in the body. A brisk walk or simple

exercises can help relieve stress and leave a person feeling less worn out at the end of the day.

- Talk, talk, talk! Rural folk tend to keep problems to themselves. However, openly discussing and venting problems, concerns, fears and frustrations can be helpful and healthy. Families and farm couples who handle stress well seem to have the ability to communicate freely.
- Plan ahead! Keep good records, examine current resources, and determine future goals. Good planning helps reduce confusion and makes the future less unclear, all of which help reduce stress.
- Plan for personal time! Planting, harvesting and general work around the farm often result in missing out on special times with family and friends. Personal time is necessary to build and maintain relationships, as well as a time for relaxation, friendship and laughter.

Contributed by Karen Beery, 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, Kan., 67601. Web site at: www.highplainsmentalhealth.com.

Beautiful bouquets on display in May

May is the month for flaunting and displaying beautiful bouquets, vase arrangements, or single stem flowers. There are proms, Mother's Day celebrations, graduation events and family reunions that are festooned with the beauty and fragrance of flowers to make a celebration special. The red rose continues to be the dominant flower in the celebrations.

Doc and Joan Dingwerth attended the graduation ceremony of their granddaughter, Kelly Donnelly who graduated as Cum Laude from Letourneau University in Longview, Texas, May 6. Kelly is pursuing the field of psychology.

Amanda Rall and Jami Wark were dates of Jacob Unger and Andy Leitner to the Oberlin Prom Saturday night. The girls said it was lots of fun and enjoyed Swing Dancing.

Saturday evening, Dennis and Vicki Allison attended a college graduation reception at the home of Rick and Kathy Vaughn for Beverly Vaughn who graduated from Fort Hays State University with an accounting degree.

Thirty mothers were recognized and each given a rose in honor of Mother's Day during the church service Sunday morning. Also Scott Johnston and Josiah Allen received a personalized Bible in recognition of their high school graduation.

A Happy Birthday to Bill Arasmith who will celebrate May 16 and to Berneda Zoberst on May 18.

Gail Williams spent several days



Vicki Allison

• Rexford Correspondent

last week in Mt. Vernon, Wash. with college friends for an annual reunion. On the return trip she stayed with friends, Sharon and Joe Heim in Overland Park. (Dave and Gail were married March 18.)

Last weekend, Sondra Barnett went to Hays for an area Aglow board meeting and then on to Holcomb to visit her son, Scott and Linda Barnett, Michael, Tiffany, Lacey and Megan. The next day, she went on to Liberal to visit Cory and Tessy Barnett, Tabitha, Corban and Obadiah and Lori Barnett, Elijah and Joshua. While there, Sondra visited several other friends.

The Colby Country Club was the scene of a surprise birthday party for Cleda Moeder, hosted by her children Robert and Marsha Moeder, Hutchinson and Tim and Shelly Moeder, Colby. Her son Greg Moeder, Houston, was unable to come for the event. More than 100 friends and relatives from Wichita, Hays, Dodge City, Garden City, Oakley, Hutchinson, Hoxie, Colby, Rexford, Pratt, Brewster and Colorado gathered before the guest of honor arrived. To say that Cleda was surprised, is a vast understatement.

Seventeen-year-old Nathan Sultze of Bakersfield, Calif., the

grandson of Doc and Joan Dingwerth, received his Boy Scout Eagle Award. Nathan is Doc and Joan's second grandson to receive this highest award.

Patty Purcell spent a week in Faribault, Minnesota, visiting her parents.

Ron and Janette Dible spent several days at the 3-1 show held in Great Bend.

Friday, May 5, Cleda Moeder and Buck Harper went to LaCrosse to attend the funeral of William Bill Moeder, a cousin of Cleda's.

Steve and Teri Allen received word last week from their son, Steven Allen, a Med-Tech for his division in Iraq, that his leg was injured in an explosion. We are all thankful that his injuries were not severe and for his safety.

C.P. and Alma Tarkington will be in Rexford for a brief visit the weekend of May 27-28.

Berneda Zoberst and Opal Moss would like to announce that a Barnett get together will be held at the Community Hall May 29. Coffee and tea will be furnished. Everyone is welcome to join and visit with the family. Dinner will be served at noon. It will be potluck and bring you own service.

At the Red Barn on Friday for Koffee Klatch were Grace Cheney, Hulda Wark, Berneda Zoberst, Cleda Moeder, Eunice Sanford, Sondra Barnett, Velma Barnett, Darla Dible, Delores Dible, Doris Jean Shaw, Jean Hawkins, Vesta Roth and Margaret Arasmith.

Golden Plains happenings: Wednesday evening the seniors returned from their senior trip to San Antonio, Texas. They had an excellent time and discovered that Texas would be a great place to live.

Thursday evening was the first Golden Plains Talent Show. Students shared in song, dance, instrumental and comedy. There was a good response and Janell Antholz, music instructor, hopes to make the talent show an annual event.

The graduation ceremony for 15 seniors was held Sunday afternoon at 2 p.m. The students graduating were Ashley Albers, Valerie Broeckelman, co-valedictorian; Jennifer Eatherly, Daniel Johnson, Scott Johnston, salutatorian; Mark Juenemann, Joshua Lahnanen, Sean McCurdy, Jessica Shaw, co-valedictorian, Christopher Springer, Linda Trevino, Joshua Vahling, Sabrina Wallersheim, foreign exchange student from Germany, John Michael Wilson and Aaron Woods. Kenneth Kinkade, high school science teacher, delivered the address. The honor guards were Katelyn Spresser and Brett Spresser, Stephanie Juenemann and Cody Bieker.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat	\$4.51
Corn	\$2.30
Milo	\$3.66
Soybeans	No bid

Community Calendar

TUESDAY, MAY 16

Middle School activities, Pioneer Memorial Library, 3:45 p.m.
CHS spring band concert, high school auditorium, 7:30 p.m.

WEDNESDAY, MAY 17

Middle school incentive party, Colby Bowl, 11:30 a.m.

THURSDAY, MAY 18

Fifth grade bowling party, Colby Bowl,
School dismisses for the summer, 1:30 p.m.
Middle school activities, Pioneer Memorial Library, 3:45 p.m.

David Knowles Fundraiser

Tuesday, May 9th ~ All Day

Order from Colby Pizza Hut and 20% of your order will benefit David Knowles who is battling Cancer!



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