

Family

Coping with change

Plain Sense

Change is a constant part of life, from the death of a loved one, to job and career moves, to financial setbacks, to divorce or remarriage. Sometimes life changes are a choice, but many times change is unexpected and uncontrollable. The six major kinds of change are:

- Loss of anything that is important such as a loved one, job, even loss of hope.
- Separation and being physically or emotionally apart from anyone or anything that is important such as your loved ones, home, job, friends.
- Relocation from a house, job, city, or your office down the hall.
- Change in a relationship that is important such as family members, close friends, or people at work.
- Change in direction, goals or focus such as a new career, marriage, returning to school, or retirement.
- Change in health due to illness, or a change toward improved health.

People who deal effectively with change know they have little or no control over the situation, but recognize they do have control over how they react to change.

When dealing with change, a person needs to recognize and

understand as much as possible. What is the worst thing that can happen? Can the negative effects be minimized?

What result is desired? It is necessary to review the possibilities and determine what the next step should be.

As progress is gained, review the strategies that are working and those that are not, and try something different if needed.

A major change that results in loss or disappointment can bring about feelings of hopelessness, confusion and anger.

These emotions don't feel good, but are a normal reaction and necessary to work through in order to heal and move on. If left unresolved, such feelings can undermine personal and professional relationships, leave one vulnerable to physical illness, and can trigger long-term depression.

Contributed by Karen Schueler, 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.

Correction

Due to an error in acquiring Associated Press stories, articles from The Associated Press in Thursday's *Free Press* edition were from June 29, 2005, rather than June 29, 2006. Steps have been taken to correct the prob-

lem; however, we apologize to our readers for this error.

The *Colby Free Press* wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Weather a favorite topic in Winona

Talking about the weather is a favorite pastime in western Kansas. That is about the only subject that has crossed my desk this week. Even though it's nearly July and the wheat is ripe enough to harvest many were commenting about how hot it was — and those were the people who have lived here most of their lives.

The recent showers took some of the crunch out of the pastures and left the hillsides looking green.

The wind, rain, and some hail which covered most of Kansas sent



Jean Lowe

• Winona Correspondent

cutters scurrying out of the fields. Close to an inch was reported from the Oren Dirks farm. To the north, Russell Springs had only .20.

This has been an unusual wheat harvest. Art Koster said, "This is the earliest date we have taken a load of

wheat at Winona Feed and Grain since I've been here." Art has been manager of WFG for 25 years! He added, "It's a mediocre and below average harvest due to the drought and distress the plants have endured. Test weights were high until the recent rain then it dropped dramatically."

Wes Ausmus helped Roger Ausmus with harvest for several days. Roger and Marge Ausmus' grandson, Wyatt, is spending the summer helping Roger.

Deb Beougher of Wellington is

spending a few days in Winona visiting friends and is a house guest of Mark and Pam Lewallen. Before returning to Wellington she will go to Denver to meet a girl from Germany who will spend a month with her. The girl is a sister of Julia, an exchange student whom Miss Beougher hosted when she was teaching in Winona.

Caren Lowe of Lawrence was a Saturday overnight guest of Jean Lowe enroute to an educational seminar in Breckenridge, Colo.

The Gary, Marilyn, and Lane Ochs household becomes a hub of activity during harvest. Marilyn's parents, Richard and Laura Ausmus of Colorado Springs are here. Others helping are their daughters, Tracie and Stephanie, their husbands and families, Kevin Ochs, and Chris Selenke.

If proverbial weather predictions mean anything, the magnificent western sunset after Thursday's nature frolic, Friday will be a delight.

Auxiliary planning for activities

Veterans of Foreign Wars Auxiliary 6882 met June 9 with the secretary opening the meeting and requesting nomination for presiding officer in the absence of president and senior vice president. Marybelle Grabenstein was duly elected to preside.

Roll call was read and opening prayer offered followed by patriotic instructions and flag salute.

Minutes were read and treasurer's report heard. Bills were presented and allowed for payment.

Thank-yous from hospice and Big Brothers Big Sisters for donations were read.

Poppy chairman reported a very successful poppy campaign with the help of the Boy Scouts. Auxiliary is very grateful for the Scouts' help and extends a "thank you" for

their help. Note was made of personal items collected and taken to domestic abuse center.

Funeral dinners were reported served for the Cox and Elling families.

Community service chairman initiated plans for all members to bring a non-perishable food item for Genesis to each meeting. Decision was made to plan to have a float for fair parade.

With the disbanding of the

Herndon VFW Auxiliary, a duly processed motion and second allowed the transfer of membership for their members to Colby 6882 Auxiliary. National home prayer was offered and meeting closed with ritual prayer.

Next meeting will be July 11 at the Post home at 2 p.m. New officers for the coming year will be assuming their elected offices. Members please note change to Tuesday meetings instead of Friday.

Community Calendar

SUNDAY, JULY 2

Sunday Morning Sixth Street Alcoholics Anonymous, 9:30 a.m.
Wings Upon the Prairie drop-in center, 485 N. Franklin, 2-8 p.m.
New Hope Narcotics Anonymous, City Hall basement, 8 p.m.

MONDAY, JULY 3

Thomas County Courthouse closed for holiday

TUESDAY, JULY 4

Independence Day

Thomas County Courthouse closed for holiday
Lions Club hotdog feed, fairgrounds, 6 p.m.
Kiwanis Club fireworks display, fairgrounds, at approximately 10:15 p.m.

Markets

Quotes as of close of previous business day Hi-Plains Co-op

Wheat	\$4.64
Corn	\$2.00
Milo	\$3.12

Thank You

To family and friends for cards and well wishes received in honor of our 60th Wedding Anniversary.

Rex & Betty Carswell

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We Bring Our Cardiology Team To You.

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Citizens Medical Center - Colby

For more information, call Toll Free 1-888-625-4699, or ask your primary care physician.



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