

# Oprah Winfrey's cross-country trip nets Kansas woman new car

WICHITA (AP) — The red sports car that Oprah Winfrey drove during a cross-country trip this summer was given to a Wichita woman at the end of a television show documenting the trek.

Reola Collier was joined by co-workers at Via Christi Regional Medical Center's Good Shepherd Campus for a viewing party of "The Oprah Winfrey Show" that aired Tuesday. The program, taped last week, had Collier as its surprise guest of honor.

On the show, Winfrey told Collier that her friend and co-worker, Becky Walker, had nominated her to win the 2006 Chevy Impala Super Sport.

"I started crying," Collier said. "I couldn't even believe it. I couldn't speak. ... It was like the

"Twilight Zone" from that point on."

Walker read from her nominating letter:

"She is the most generous, caring woman I've ever met. She lives her life every day for the sake of others."

Collier, 53, is a licensed mental health technician and mother of four grown children. She has a son with cerebral palsy who lives in an independent facility for disabled people.

Because Collier doesn't have a car, Walker said, she has had to rely on friends and family to take her to visit her son and to her job, where she often works double shifts.

"Not having a car has made Reola's life extremely difficult," Walker wrote.

"Everyone here considers Reola a real-life angel. We would like nothing more than to make her life

a little easier."

Winfrey then told Collier: "You are what makes America great. ... So I wanted you to have the keys to our Chevy!"

On the show, Winfrey and her friend, Gayle King, concluded a series documenting their cross-country driving trip this summer. Among the places they stopped were Wichita and Dodge City.

Walker received word on Oct. 6 that Collier had been chosen to win the car.

Her job was to get Collier to Chicago for the taping of the show without telling her she would be featured.

The segment ended with Collier driving off in her new car. "It's the best car I've ever owned, ever," Collier said. "By far. Only new one I've ever owned."

# Help available for busy families

By John Van Nostrand  
Colby Free Press

There are families out there that wish there were 25 hours in a day so they could get that much more done, or they didn't have that many things to do in a day in the first place.

Now there's help. Melissa Regier of Monument has recently been named a Certified Family Manager Coach through Family Manager. It is an organization created to help mothers, and families, streamline their daily activities.

Married and a mother of three, Regier said how she related to the objective inspired her to become a coach.

"I stayed at home and did daycare when all my kids were younger," she said. "Now I have worked part of the year for three years and I still need to do those little things," she said.

Regier, 37, has been trained how to review families' lifestyles and routines to find customized solu-

tions to help mothers and families become better organized, scheduled and productive.

Interested families initially meet with Regier. Those families complete a survey related to a variety of issues. Regier processes the answers to assess the family's situation. Regier prefers to review the assessment with the entire family.

"I even encourage the teenagers to attend," she said.

Using assessment results, coaches work with families to create individualized plans which identify areas of greatest need and recommend stress-relieving strategies and realistic solutions for creating a smoothly running, happy home and a balanced personal life.

The family's routines are broken down into seven categories: friends and family; special events, like weddings, family reunions; meals; home and property management; finances; self health and scheduling. Regier said an eighth category is to blend in the other categories for families that have a business within

the home. Not every solution will apply to every family, Regier said.

"I am less confident with special events than I am with food," she said.

With three teenagers and their interests and a husband who farms, Regier has learned how to make meals in advance, so when dinner time comes the hassle is minimal, if there at all.

"For most it's about efficiency," she said. "Some have six kids involved in everything."

Regier said she is aware some families may have an overscheduled life and lose time management tips. Making time management more efficient begins as soon as possible. During Regier's training she learned mothers should take that literally.

"When you become a mom, you better be a morning person," she said.

For more information and to contact Regier, e-mail her at mregier@ruralnet.net.

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