

Snow removal continues

Taking matters into his own hands, Jerry Spresser, Hoxie resident, moved snow on a county road one mile east of Hoxie Monday afternoon. Temperatures during the day are again climbing after single digits last week.



JAN KATZ ACKERMAN/Colby Free Press

Logan County Hospital elects officers for the year

By Jan Katz Ackerman
Colby Free Press

Logan County Hospital board members on Wednesday conducted their annual organizational meeting and elected officers for 2007.

According to Darcy Draper, chief financial officer, board officers will remain the same as last year, with the exception of two changes.

John Moorhous attended his first board meeting, replacing Frank Munk who retired from the board. And Warren Park has moved into the position of secretary.

The other board members are Dr. Richard Loftus who will serve as chairman; Randy Sangster, vice chairman; Jim Robben Jr., treasurer; and members Johnny Daniels and Donita Sparks.

Draper also said until the board hires a new administrator, Doris

Reed, manager of New Frontiers Health Services, will serve as interim hospital administrator.

Kyle Hahn resigned from that position in December to accept a position as lab director for the hospital in Ness City.

Having left laboratory technology to become administrator of Hoxie's hospital, Hahn served as Logan County Hospital administrator in Oakley from February of 2005 until leaving last month.

Logan County Hospital board meetings are the third Wednesday of each month at 7 p.m. in the conference room.

A special meeting will be held at 7 p.m., Wednesday, so the board can talk with Darlene Bainbridge, a consultant hired as part of a grant to assist with compliance issues.

Bainbridge is paid \$1,200 monthly by the hospital for her services as part of a one-year contract which will end in September.

Test topic focuses on month of January

The month of January often brings with it some new feelings — some good, some not so good. How much does time have to do with this? Here's an opportunity to get some answers.



Dr. Joyce Brothers

● Ask
Dr. Brothers

1. Because of all the celebrations that precede the new year, psychologically the month of January is apt to be one of the happiest months in the calendar.

True () False ()

2. A person's bank account is totally unrelated to his or her attitude toward time itself.

True () False ()

3. If you're frustrated and thinking of asking your boss for a raise this month, the best time to do it is just before lunch or late in the day, when he or she is less likely to be caught up in work.

True () False ()

4. People generally are better at estimating how much time they have than estimating how much money they have or need.

True () False ()

5. Age has a lot to do with our overall concept of time.

True () False ()

6. Our concept of time has little effect on our future, what we do or how we live our lives.

True () False ()

7. Those who are insecure, struggling with identity or having an identity crisis are more likely to see themselves in the future than in the past.

True () False ()

8. The best and perhaps healthiest way to see time is to view it as a continuous moving line.

True () False ()

ANSWERS:

1. **False.** Actually, this is one of the least happy months for most, partly because there's less daylight. Unless you're a lover of cold and winter, that might bring depression, fatigue and letdown after the holidays, and it also makes for a gloomy mood.

2. **False.** That's not usually the case, and a major reason is that whether or how much money one saves is closely related to one's view of time. Those who live only in the moment are less apt to think of the future, so they lack any concept of saving for it.

3. **False.** It's the worst time, because the boss is apt to be hungry and is more likely to be impatient and bad-tempered.

4. **False.** Recent studies have shown that people usually are much better about estimating their dollars than their time. They overestimate the amount of time they have and underestimate the amount of time tasks will take.

5. **True.** When young, most people live in the moment only, and it takes age and time to make them project into the future enough to think of and anticipate consequences.

6. **False.** Because time and the grasp of it are so important and such a fundamental part of our mind, it affects much of what we do and what we become.

7. **False.** When people are in doubt about themselves and their identity, they're better able to see themselves in the past than in the future. Those who are most confident and have a clearer knowledge of who they are place greater emphasis on the future than on the past.

8. **True.** Those who can do this have been referred to as the "thinking type," and because they can view life as a combination of all

three — the past, the present and the future — their decisions and their judgment are often wiser and better.

If you answered six of these eight questions correctly, you're better informed than most on this subject.

Dear Dr. Brothers: I'm furious because my ex-husband had pleaded to have our two youngsters, ages 10 and 13, spend the holidays with him and his wife. But then at the last minute, he suddenly decided to bring them back three days early, partly because I guess they gave him a tough time, and partly because he'd made other plans and it wasn't convenient anymore. What about my plans? What was I supposed to do? It was too late to make any other arrangements for them. — B.C.

Dear B.C.: I think in your heart you probably know the only answer, and that's to put your children's well-being first. Above all, you should NOT make them feel more rejected or unwanted. I hope you welcomed them back and tried to arrange some special treats for them in a period that was, after all, their holiday time too.

This is one of those situations where your ability to empathize with them was probably tested. If this happens again, try to imagine how they must feel. Try to make the time as pleasant and fun as possible for all of you, under the circumstances. Ask the two of them what they'd most like to do. Find out if there are any films or other activities that would be fun for them. If they don't come up with any ideas, don't assume it's because they have none or they're not interested. It's much more apt to be because they're feeling depressed and as if they're a burden to everyone. Children are little geniuses at reading the feelings of others.

Dear Dr. Brothers: As a single mom and a teacher of 8- and 9-year-old youngsters, I've noticed a tremendous increase in their attitudes and fears. This is also true of my own children, who are somewhat younger. My two have been using the once-rare privilege of asking if they can come share my bed if and when they can't sleep, or when they've have bad dreams. I've talked with them separately and individually, and it doesn't seem to be due to any particular thing, but more like an overall insecurity — what we adults might describe as global fears and anxiety. — F.R.

Dear F.R.: It isn't surprising because of what children see and hear in the world around them. They react to what they may sense in their parents and hear from other children whose mothers or fathers might be serving in the military. In almost all homes today, there are TV sets, and youngsters are constantly exposed to daily news. If parents listen to news during the dinner hour or when they're in the kitchen preparing meals, little ones are bound to see and hear many frightening, depressing reports.

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