

Parents watch kids divorce matters of record

Nowadays it is not uncommon for older parents to watch their adult children struggle in marital relationships with the result of those struggles being a separation or divorce.

Some adult children go through the process and keep their parents at a distance, while others pull their parents and other family members into the middle of the controversy.

It's hard to be sure sometimes just how much parents want or need to be involved in their adult children's struggles. Parents' reactions can vary from concern, to being upset and angry with the child and/or the spouse.

Parents often experience guilt themselves, feeling they may have been in some way responsible for the problems.

It's important for parents to remember that this is a problem that the adult child must handle. Parents love and worry about their children but must allow them to work through such issues in their lives, no matter how painful.

After all, the parent has most



high plains mental health

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likely been through similar difficulties through the years. Remember that experience is a growth and learning opportunity. Parents still cannot protect their children from the hurt, anger and fear that go along with life.

Being a good listener is important, and involves the following:

- Let your child know you are available when he wants to talk. Even if you don't agree with his methods, validate his feelings. You can say, for example, "This must be difficult."

- Keep your comments and opinions to yourself until he has had the chance to share his story.

- Don't give advice unless asked. Encourage him to be responsible for his decisions, rather than getting

yourself in the middle.

- Be non judgmental, even if you would do things differently.
- Be careful about negative comments; if the

couple gets back together, such comments could return to you.

- Suggest your child talk with a counselor or therapist.

- Stay in touch with grandchildren. They will need reassurance through these times.

- Be honest with your children as to your limits of helping, whether it is emotional support or financial.

Contributed by Karen D. Beery, 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 Seventh, Hays, Kan. 67601.

Technical college announces honor roll

Northwest Kansas Technical College has announced the names of students on the Winter 2002 semester honor roll. Students need to achieve a 3.5 or higher grade point average to be on the honor roll.

This semester's honor roll includes students in seven departments, said President Ken Clouse said, auto body repair, electronics-computer technology, carpentry, communications technology, communications networking, medical assistant and diesel technology.

Auto body: Robert Dinkel, Hays; Eric Lobmeyer, Tribune, son of Steve and Jo Lobmeyer; Todd

Nieman, Hays; Jason Cooper, Burlington; Jake Shellito, Dodge City; Brandon Fenner, Hoxie.

Carpentry: Brett Bittel, Hays; Luke Parke, Collyer.

Communications networking: Stacy Area, Norton; Tyson Lange, WaKeeney.

Communications technology: Landon Tucker, Scott City; Adam Miller, Cambridge Neb.

Diesel technology: Justin McCall, WaKeeney.

Electronics-computer technology: Derek Hadley, Hays; Chris Biel, Marienthal; Heath Dinkel, Hays; Dwayne Dickinson, Oberlin;

Russ Kahle, Monument; Chris Norez, Lyons; Bryan Smith, Hays; Chad Wark, Rexford.

Medical assistant program: Melissa Brooks, Tribune, granddaughter of Russell and Vivian Engel; Misty Milke, Goodland; Randlyn Ramos, Burlington; Elizabeth Rice, Eads, Colo.; Amanda Shumate, Garden City; Sherry Smith, Smith Center; Bethany Stasser, Edgemont, S.D.; Stephanie Yarbrough, Goodland.

Real Estate

The following real estate transfers were reported by the Sherman County Register of Deeds:

Alissa Ann Schields and Ronald D. and Kimberly Schields quit claims to Ronald D. and Kimberly Schields interest in the SW/4 and the NW/4 of Sec. 31, T6S, R39W.

Harold F. Johannes and Ricky D. Johannes, trustees of the Harold F. Johannes Revocable Trust, to Louis B. and Diana D. Spinney Lots 23 and 24, Block 22, Third or College Addition to the City of Goodland.

Mary Jo Errington, Amie Jo Errington, Nancy J. Rudy and Trina J. Rudy to Vernon L. and Karen J. Isaac the S/2 and NE/4 of Sec. 8 and all of Sec. 18, T8S, R41W and the N/2 of Sec. 17, T8S, R41W, less a tract.

The Lyons State Bank to Fredrick J. Jr. and Rachel V. Stasser Lot 19 and the S/2 of Lots 20, 21, 22, 23 and 24 in Block 30, First Addition to the City of Goodland.

Karl C. and Wendy A. Charron to Nancy J. Kear Lot 8, Block 6, Westmoor Acres Addition to the City of Goodland.

James S. and Romona L. Carver to James S. and Romona L. Carver as joint tenants with full rights of survivorship Lots 5, 6, 7 and 8 in Block 12, Sharp's Addition to the City of Goodland.

Brian K. Scott and Johanna M. Knuth to Brian K. Scott and Johanna M. Knuth as joint tenants with the right of survivorship Lots 8, 9, 10, 11 and 12 in Block 22, Third Addition to the City of Goodland.

Classifieds work!
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Mike L. and Marla K. Harrison warrant and convey to Herndon Insurance Agency Inc. of Rawlins County the NW/4 of Sec. 9, T6S, R38W.

Michael L. and Marla K. Harrison, conservators of the estate of Bradley M. Harrison, to Herndon Insurance Agency Inc. the NE/4 of Sec. 8, T6S, R38W.

Steve Schmidt of Longmont, Colo., quit claim to Guillermo and Linda Medina of Wichita Lot 11, Block 1, Sharp's Addition to the City of Goodland, minus a tract.

Federal National Mortgage Association to Kenneth D. Daniels Lots 1, 2 and 3, Block 28, Third or College Addition to the City of Goodland.

Cinda Hatcher, successor trustee of the Norma D. Toppliff Trust, to J. Brady Philbrick, trustee, and David B. Wicks, disinterested trustee, and any successor trustees of the June L. Philbrick Trust the S/2 of Sec. 10, T9S, R40W, minus a tract and excluding the rights to Toppliff #1-10 Well.

Cinda Hatcher, successor trustee of the Norma D. Toppliff Trust, to Richard A. Stefan the NE/4 of Sec. 10, T9S, R40W.

Dana J. and Laural R. Belshe convey and warrant to Dana J. and Laural R. Belshe as joint tenants with full rights of survivorship Lots 6, 7 and 8, Block 23, Third Addition to the City of Goodland.

William R. and Sharon Klippenstein to Cornerstone Bank of York, Neb., trustee of the Klippenstein Heirs Farm Trust #2, 1/5 interest in and to the W/2 of the NW/4 of Sec. 8, T7S, R40W.

Robert R. and Berta Anderson to the Cornerstone Bank, trustee of the Klippenstein Heirs Farm Trust #2, 1/5 interest in and to the W/2 of the NW/4 of Sec. 8, T7S, R40W.

Carol R. and Robin Wisner, to Cornerstone Bank, trustee of the Klippenstein Heirs Farm Trust #2, 1/5 interest in and to the W/2 of the NW/4 of Sec. 8, T7S, R40W.

Dorthea Jane Klippenstein to Cornerstone Bank, trustee of the Klippenstein Heirs Farm Trust #2, 1/5 interest in and to the W/2 of the NW/4, Sec. 8, T7S, R40W.

George R. and Cynthia Klippenstein to Cornerstone Bank, trustee of the Klippenstein Heirs Farm Trust #2, 1/5 interest in and to the W/2 of the NW/4 of Sec. 8, T7S, R40W.

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