



Joshua and Tisha Tubbs

Couple wed in gazebo

Joshua Tubbs and Tisha Masoner, both of Oberlin, were married at the Gazebo in Heritage Park in downtown Oberlin, Sunday, July 5, 2003. Honored guests were Joshua's grandparents, James and Ruby Tubbs of Goodland and Martin and Betty McDowell of Luka. His great-grandparents are the late Wilbur and Vera Tubbs of Goodland and the late Melvin and Viola Runge of Burlington. Joshua is the son of Wilbur and Janet Tubbs of Bentonville, Ark., and Kendra and Dave Hicker of Hill City. Tisha is the daughter of Brad and

Gloria Masoner of McCook and Donna Masoner of Oberlin. The bride wore a white A-line dress with a sweetheart neckline. The dress was adorned with cultured pearls. She carried a corsage of orchids and wore a necklace given to her by Joshua's grandmother, Ruby Tubbs. Her brothers, Mark and Shannon Masoner, escorted her to her father, who gave her away. The couple hosted a barbecue at their home following the ceremony. The couple, along with their children Karlissa and Jacob, are at home in Oberlin.

Tragedy can make hope hard to find

When a person experiences overwhelming tragedy or catastrophe such as the unexpected loss of a loved one, or a major life change such as losing a home to a tornado, it is often very difficult to make sense of what has occurred or to feel hopeful about the future.

It is also difficult for friends, family members and even counselors to help the victims to feel better, especially when confronted with such intense emotions.

A recent article in *Psychotherapy Networker* (January/February 2003) indicates that focusing on immediate needs and day-to-day plans helps victims to begin to combat the feelings of hopelessness that accompany such losses.

Often the first few days following a tragedy are occupied with the



high plains
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• plain sense

immediate needs of rebuilding, contacting family and friends and many of the other small details important at that time.

But it is these basic activities that can help those in despair to maintain a feeling of control in an otherwise uncontrollable situation. Actions and activity can be the first step toward rebuilding that sense of control.

Taking care of the practical details of everyday living reminds people of the realities of life, of what

they need to be actively doing, and even why they need to continue on with their lives.

Often those activities are related to the needs of children and other family members: the laundry, a meal to be prepared or a ballgame to attend.

Those are part of the process of living and of being able to continue on when overwhelmed by despair and loss. Such activities help people get through the next hour, the rest of the day and the coming week.

The distraction of living fully in the present in this way can help people deal with that loss of hope that accompanies traumatic events in life. Moving beyond life's trag-

edies takes doing things, as we hear so often, "one step at a time".

Those steps might be something as simple as making a cup of coffee or walking down to the mailbox. But each step can bring a person further along in their road to recovery.

Contributed by Paul Karlin, Hays Screening and Referral Therapist.

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.

Internet site: www.highplains-mentalhealth.com.

Youngsters can enter poster contest to 'Put the Brakes on Fatalities'

Kids age 1 to 14 are being encouraged to enter a special statewide poster contest as part of a nationwide effort to urge motorists to take extra precautions on Put the Brakes on Fatalities Day on Oct. 10 across the U.S.

There will be three regional winners in northwest Kansas with one from each age group, 1-4, 5-9 and 10-14. The regional winners will receive a bicycle donated by Wal-Mart and a helmet

donated by Kansas Safe Kids Coalition.

There will be one statewide winner in each age group selected from the 18 regional winners, and the statewide winners will receive a family package donated by the Great Wolf Lodge in Kansas City.

All entries must be postmarked by Friday, Aug. 29, and should be mailed to: AAA Kansas, Safety Department, 3545 SW 6th Street,

Topeka, Kan. 66606.

On the back of the 8 1/2 by 11 inch paper entry must be the child's full name, age at time of entry, mailing address, county, a parent's name and contact phone number.

Traffic crashes are the leading cause of death in the U.S. for people ages 6-33.

Many have lost parents, siblings, children, friends and relatives on the nation's highways. It's time to put the brake on fatalities

on Oct. 10.

Numerous transportation-related organizations are sponsoring Kansas' Put the Brakes on Fatalities Day celebrations.

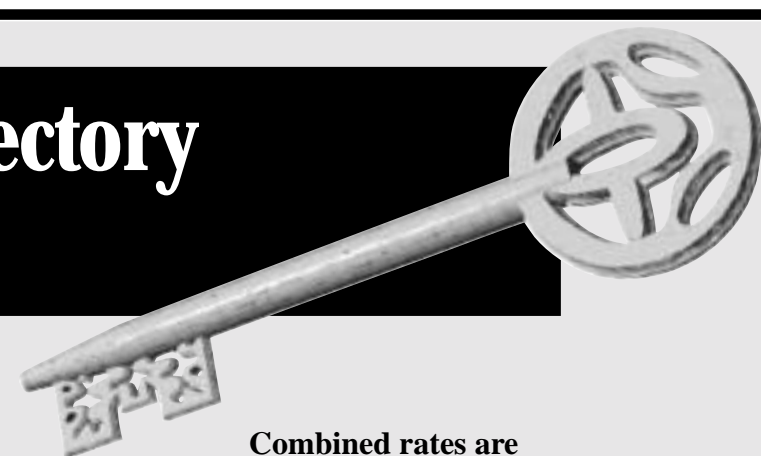
The regional even in northwest Kansas will be on Friday, Oct. 10, at the Hays Wal-Mart, 4301 Vine, where the poster contest winners will receive their prizes. The statewide event will be at Kansas Speedway in Wyandotte County on Oct. 6.

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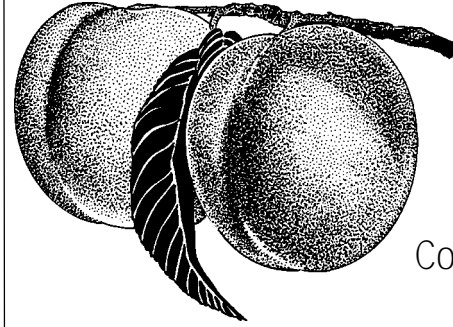
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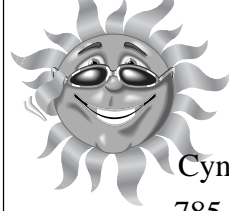
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