

Spring rains have prevented need to water gardens

We got a nice rain Tuesday. I don't know how much, but it's been nice not to have to bring out the garden hoses yet.

The City Wide clean-up day was a success, kept them busy all day. Seems like they picked up quite a bit of junk, and our little town looks so much nicer. We thank those that did all the hard work.

The last day of school is just around the corner, Wednesday, May



betty jo baird

• brewster news

16. Where did the year go? I'm sure the kids are glad summer vacation is almost here. High school gradu-

ation is May 12, eighth grade graduation is May 13 and kindergarten graduation is May 14.

Happy Mothers Day to all the mothers, grandmothers and great-grandmothers on May 13.

Marjorie Westover had weekend guests. On Friday, her daughter Cheryl Kohler of Greeley, Colo., along with granddaughter Mindy

and great-grandson Diego of Aurora, Colo., came.

It was Marjorie's birthday on Monday, so they took over the kitchen and did all the cooking and baking.

Sunday afternoon Marjorie's daughter Twila and husband Larry of Fleming, Colo., and daughter Judy and Ivan Samuelson of LaSalle, Colo., all came to help her celebrate. Happy Birthday, Marjorie.

On Wednesday, May 16, at 1 p.m. someone from S & T Telephone will

come to the senior center and speak to us about their different programs to assist us.

Don't forget to plan on having a garage sale or attending them at the City-Wide Sale set for Saturday, June 2. You can sign up to have one at Gloria's Beauty Shop or at the Senior Center.

Spirit never fails. While it may seem as if you can call out and get no answer, spirit never fails to answer a sincere call.

We will call a friend 10 or 20 times until we get an answer. Yet,

we call out to spirit once and only half expect an answer.

Unfortunately, many of our calls to spirit are filled with doubt, fear, unreasonable demands and unworthy requests. These calls will receive a busy signal.

Only when we open our hearts, bring forth the pure unadulterated truth and rely on spirit to show up will we receive the divine response in the divine way in the divine time. Spirit never fails. We, however, often fail to make the proper connections.

Brewster graduate on duty in Alaska

Warrant Officer 1 Barry Michael, a 1989 Brewster High School graduate, reported for duty at Fort Richardson, Alaska, on April 13.

He is the son of Sally Michael of Hays, formerly of Brewster, and the late Roger Michael. His wife Kimberly and children, Rebekah and Andrew, will continue to live in Salina until he is permanently stationed at Fort Richardson.

He has been assigned to the 4th Brigade, 25th Division, now deployed in Iraq, and he will join the unit after training.

In September, after 18 years in the

National Guard, where Mr. Michael was a master sergeant, along with



B. Michael

his wife, who had 20 years of service, he applied for Warrant Officer Candidate School.

His training began in Fort Rucker, Ala., and in November, he received his commission. From Alabama, he reported to Aberdeen Naval Station, where he completed technical training, finishing at the top of his class.

His assignment at Fort Richardson is as an allied trades technician. The unit is scheduled to return to the United States in January.

Former columnist glad Brewster in good hands

It seems a long time since I wrote the Brewster news for you. I thank everyone who still tells me they enjoyed my column. I miss Brewster very much but realize the move was a wise one for me.

I am feeling very well and getting more active as time goes by. I am hoping to make a few more trips to

Brewster this year, but it seems like the weeks fly by.

I'm very glad the Brewster News and the Brewster Senior Center have such a capable person at the helm in Betty Jo. God's blessing to all of you!

Sally Michael
Hays

Personality disorders hard to diagnose

Sometimes people are described as being difficult, stubborn, rigid, obsessive, anti-social or paranoid. But are those character traits or a personality disorder?

All of these traits can be a part of someone's personality, and as with most everything, a continuum exists between what is considered normal and what is considered problematic.

Understanding the difference between a healthy personality and one that qualifies as a disorder can be difficult. A "normal" or healthy personality allows people to learn from their mistakes, be flexible and to interact effectively with their environment.

For example, when someone is completing their income taxes, it may be appropriate to be a little obsessive or paranoid and to think, "If I make a mistake, the



high plains mental health

• plain sense

government will penalize me."

This type of worry might encourage a person to fill out the forms more accurately. But a person with a persistent pattern of paranoia, no matter the situation, tends to see problems where none exist or thinks that people are deliberately trying to hurt or embarrass them. Such behaviors then lead to further problems for them in relationships with family, friends and coworkers.

Personality disorders include paranoid, antisocial, narcissistic, dependent and obsessive-compul-

sive and can be difficult to treat in therapy. A personality disorder is diagnosed when an individual responds to a variety of situations in the same rigid and maladaptive way.

They do not associate their behavior with other problems in life and tend to put all the blame on others. In contrast, a person experiencing anxiety or depression usually recognizes that something is wrong and seeks help to alleviate the problem.

Individuals with personality disorders fail to see how their negative behavior affects others, which then results in more difficulties for their loved ones or others in the community. They rarely recognize that

they need professional help and often come in for mental health services only when a spouse, family member or employer insists.

Improvement is possible only if the person is willing to explore alternative ways of approaching and solving problems and discover new ways to perceive the world and act accordingly.

Contributed by Ken Loos, 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 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

matters of record

Accidents

The following accidents were investigated by the Goodland Police Department.

April 16 — 6:09 p.m., 700 E. 4th, Beulah F. McClung, driving a 1995 Oldsmobile was back out of a parking lot and struck a pedestrian that

walked in back of the car. **April 17** — 9:36 a.m., 1600 Broadway, a 1979 Chevrolet driven by Anthony A. Daise was stopped

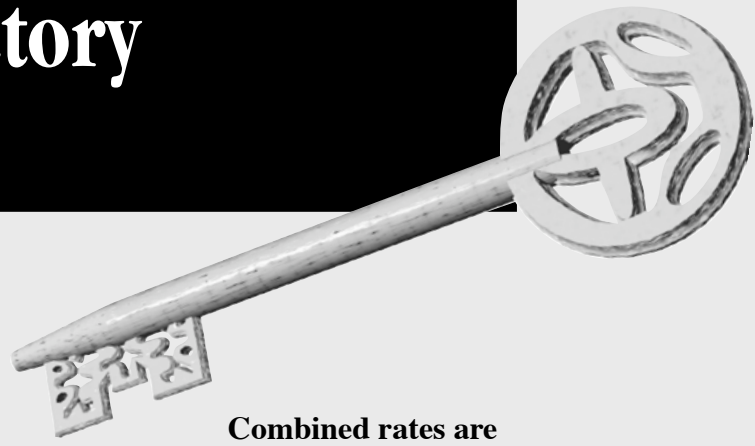
at the stop sign and was backing up to make room for a semi-truck to get buy and struck a 2005 GMC owned by Melvin D. Shoell.

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