

Holiday season is starting; stress levels up

The holiday season is once again upon us, and people are feeling the pressures that are inevitable a part of it. This year may be more stressful because of the financial problems that are currently affecting the United States and world economy. Many families are feeling the need to be more conservative in regards to their money, as well as their time. That doesn't mean that the holidays have to end up as a disappointment. But it does mean that people will need to communicate



high plains mental health

• plain sense

with family and friends and do some additional planning. This may be the year that some families come to realize that "simple is better." Expensive gifts and lavish parties are not

always necessary to make the holiday season enjoyable and memorable. To help keep the stress under control, begin by making an effort to talk with other family members about holiday plans. Most families will want to reduce travel expenses this year, so this is a very important topic to discuss early

in the season. Be open to change, because this year people will be feeling the need to scale back on plans that may have been made several months earlier. Be honest about financial issues, recognize both your own limitations and that of others and be realistic about gift giving. Keep it simple and within a budget. Overspending for the holidays will result in increased debt and more financial stress into the New Year. It is also important to practice

personal stress management in order to maintain both mental and physical well-being. Watch your time commitments and make sure there is opportunity to rest and relax. Eat healthy, especially when there is the temptation of all the good food and desserts that are available this time of year. Get plenty of exercise, participate in a favorite sport and take time for some fresh air and sunshine. Keep your expectations from getting too high; accept that not everything will work out as planned.

And when things don't happen as desired, keep a sense of humor. The unexpected quite often becomes the best memory of the season! *Contributed by Karen D. Schueler, MS, LCPC, Manager, Prevention, Education and Outreach Department of High Plains Mental Health Center.* *The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.*

matters of record

District Traffic

The following fines have been paid in the Sherman County District Court. All ages are at the time of the ticket.

Sept. 22: Jason Mockelmann, 22, Cheyenne Wells, Colo., \$135 for speeding, 70/55.

Sept. 23: Roberto Torres, 46, Springfield, Mass., \$135 for being over weight limits on wheels and axles.

Sept. 25: James N. Martin, 38, Tigard, Okla., \$175 for violating motor carrier safety rules and regulations, not registering with Unified Carrier.

Izabela M. Paszek-Crayton, 29, New Haven, Conn., \$141 for speeding, 86/70.

Peter Penlington, 65, Brewster, Mass., \$175 for violating motor carrier safety rules and regulations, no Unified Carrier registration.

Juan M. Ugarte, 51, Hooker, Okla., \$117 for speeding, 77/65.

Sept. 26: Ricardo Marquez, 28, St. Francis, \$575 for driving under the influence of alcohol or drugs, first conviction, \$200 for transporting an open container, \$60 for operating a motor vehicle without a valid license and \$100 for disobeying a police officer or fire marshal.

Rebecca A. Ponce-Boyd, 32, Denver, \$210 for speeding, 95/70. James H. Porter, 62, Glasco, \$175 for violating motor carrier safety rules and regulations, no Unified Carrier registration.

Accidents
The following accidents were investigated by the Goodland Police Department.

Oct. 28 — 2:05 p.m., 1200 Kansas Ave., a 1975 Chevrolet driven by Noe Musquiz was driving south on Kansas and failed to yield at 12th Street and hit a 2001 Chevrolet driven by Monica Gail Ford driving west on 12th.

Oct. 31 — 4:30 p.m., 2160 Com-

merci Rd., a 2007 Ford driven by James L. Pfaff was driving about 15 mph and said before he knew it he hit a stop sign pole. He said he was not hurt and had a tow truck enroute to pick up the company truck.

Nov. 4 — 1:36 p.m., K-27 and I-70, 2003 Kenworth driven by Jesus Delcampo-Marquez, was driving under I-70 when a tank platform for oil wells struck the overpass, tearing the railing off the tank.

Marriage Licenses
The following marriage licenses have been issued in the Sherman County District Court:

Adam Rodney Taylor and Lindsay Sue Ohlemeier, both of Goodland.

Eddie Allen Lewis and Areli Bacca Segrava Hernandez, both of Goodland.

Cesar A. Arbola and Maria A. Jurado, both of Wray, Colo.

Municipal Court
These are cases decided by the Goodland Municipal Court:

Sept. 26: Christopher Porterfield, obstructing legal duty, minor consuming alcohol and criminal trespass, diversion, \$360.

Joan Y. Reid, failure to stop or field at stop or yield sign, fined \$100.

Sept. 30: Anna Huffington, no kennel license, fined \$80.

Eduardo A. Romero, failed to yield from private road or driveway, fined \$100.

Oct. 1: William A. Beaumont, battery - domestic violence and disorderly conduct, diversion, \$360.

Josey Dan Larimore, disorderly conduct, fined \$160.

Oct. 6: Annette E. Bratrsovsky, dog license required, fined \$80.

Oct. 8: Timothy A. Claytor, disorderly conduct, fined \$160.

ami, \$225 for violating motor carrier safety rules and regulations, false log.

Sept. 28: Juan Ortiz-Torres, 42, Denver, \$175 for violating motor carrier safety rules and regulations, not paying Unified Carrier registration.

Sept. 29: Luellen Myers, 72, Lavern, Utah., \$147 for speeding, 87/70.

Robert F. Peck, 44, Wethersfield, Conn., \$175 for violating motor carrier safety rules and regulations, no Unified Carrier registration.

William A. Rohr, 62, Wiley, Colo., \$225 for violating motor carrier safety rules and regulations, log not consistent.

George E. Sanborn, 83, Littleton, Colo., \$135 for unlawful parking.

Wayne C. Thornton, 61, St. Thomas, Ontario, Canada, \$201 for unlawful parking.

Oct. 1: Roger A. Sedjo, 69, Oro Valley, Ariz., \$135 for speeding, 85/70.

Dennis E. Stroh, 44, Pueblo, Colo., \$135 for speeding, 85/70.

Oct. 2: Roger K. Otto, 74, Colorado Springs, \$165 for speeding, 90/70.

Pate R. Shumaker, 18, Golden, Mo., \$153 for speeding, 88/70.

Oct. 6: Patrick L. McCracken, 52, Pleasantville, Iowa, \$175 for violating motor carrier safety rules and regulations, not paying Unified Carrier registration.

Word of Life
A Joursquare Church
10th & Clark • 899-5250
Pastor: John Coumerilh
Associate Pastor: Ben Coumerilh
Sunday: Worship Celebration and Kids' Church: 10:30 am
Life Groups - call for times and locations
www.wordoflifegoodland.org

Calvary Gospel Church
Pastor: Ben Coats, youth pastor Fourth & College • 890-3605
Sunday: Kid's Church: 10:30 am
Morning Service: 10:30 am
Evening Service: 5:00 p.m.
Wednesday: Royal Rangers Missionettes 6:30 p.m.
Adult mid-week service: 7:00 p.m.
Youth @ the Rock House: 7:00 p.m.
Small Group Ministries meets through out the week.
www.calvarygospel.net

Our Lady of Perpetual Help
Pastor: Father Norbert Diabal
307 W. 13th • 890-7205
Sacrament of Reconciliation:
4:30-5 pm Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, **Sunday:** 10:30 am
Spanish Mass:
Sunday: 12:30 pm

Pleasant Home Church
Serving the rural community
for over 100 years
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Perry Baird
890-3375
Sunday: Worship Service: 9 a.m.
Sunday School: 10 a.m.

Bible Baptist Church
Pastor: Clifford Middlebrooks
Fifth & Broadway
890-7368
Sunday: Sunday School: 9 a.m.
Morning Service: 10 a.m.
Evening Service: 6:30 p.m.
Wednesday: Evening Bible Study: 7 p.m.

Church of Jesus Christ of Latter-Day Saints
1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 a.m.
Sunday School: 11:15 a.m.
Priesthood/Relief Society: 12 a.m.

United Methodist Church
Brewster:
Pastor: Dorine Chambers
Worship Service: 10:45 a.m. CST
Sunday School: 9:45 a.m. CST
Winona:
Minister: Sheryl Johnson
Worship Service: 9 a.m. CST
Sunday School: 10:15 am CST

Church of the Nazarene
Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 a.m.
Worship Service: 10:50 a.m.
Evening Service: 6 p.m.
Wednesday: Evening Service: 7 p.m.

First Baptist Church
Pastor: Travis Blake
Bateman's Funeral Home, 211 E. 11th
890-3450
Sunday: Sunday School for all ages: 11 a.m. (Child care provided)
Morning Worship: 10 a.m.
Thursday: Bible study 9:30 a.m.
Wheatridge Center

St. Paul's Episcopal Church
13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Morning Prayer: Daily, 8 a.m. Thursday and Sunday
For emergencies 890-6969

Seventh Day Adventist Church
1160 Cattletrail
Pastor: Jerry Nowak
Saturday: Sabbath School: 9:30 a.m.
Worship Service: 11 a.m.

Emmanuel Lutheran Church
13th & Sherman • 890-6161
Sunday: Christian education/fellowship: 10:15 a.m.
Worship Service: 9 a.m.

Church of Christ
401 Caldwell
890-6185
Sunday: Bible Study: 9:45 a.m.
Worship Service: 10:45 a.m.
Wednesday: Bible Study: 7 p.m.

Goodland Bible Church
109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 a.m.
Morning Worship: 10:45 a.m.
Evening Worship: 6 p.m.
Wednesday: AWANA (Winter) and prayer: 7 p.m.

Harvest Evangelical Free Church
104 E. Hwy. 24 • 890-7918
Pastor: Brian Fugleberg
Sunday: Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday: Junior high 6:30 p.m. at Fugleberg's, 708 Washington Senior high 6:30 p.m. at church

First Christian Church (Disciples of Christ)
Pastor: Rev. Carol Edling Jolly
Eighth & Arcade • 890-5233
Sunday: Worship Service: 10:30 a.m.
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available

Kanorado United Methodist Church
Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 a.m.
Worship Service: 10:15 a.m.

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First United Methodist Church
1116 Sherman 899-3631
Pastor:
Saturday: Worship: 5:30 p.m.
Sunday: Adult Classes: 9:15 a.m.
Worship: 10:30 a.m.
Wednesday: Wednesday Nite Live 5:45 - 6:45 p.m. Simple Supper "Free will Offering 6:30 - 7:30 p.m. Classes for all ages

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Worship warms the heart

RICHARDSON'S HOMESTEAD REALTY AND AUCTION

ANNUAL FALL CONSIGNMENT SALE

Saturday, December 6th, at the Homestead Realty Auction Lot, East Highway 24, Goodland, Kan.

Call early with consignments as we will start advertising on the internet immediately for great exposure. The lot will be full again. **Consignments needed by Nov. 15th to be on sale bill.**

To consign, contact Terry Richardson, Broker/Auctioneer
(785) 899-2328 (785) 899-8094 (800) 974-2426

Homestead Realty & Auction
1023 Main, Goodland, Kan.

Take the Open House Tour

Sunday, November 16
Here is the schedule!

1521 Clark-1:30 PM to 2:30 PM.
3 bedroom, 1 3/4 bath, elegant home, move-in condition!

808 Washington-2 PM to 3 PM. 3 bedroom, 1 bath. Nice ranch with garage.

247 Cherry-3 PM to 4 PM.
5 bedroom, 2 bath. Lots of updates!

818 Eustis-3:30 PM to 4:30 PM. 3 bedroom, 1 3/4 bath. Nice starter home!

If you are ready to buy, come take a look! Interest rates are low. Financing is available. Let us help you buy the home you want!

Cole Real Estate
www.goodlandksmls.com

112 West 13th, Goodland, KS 67735 785-899-2683
Charlene Cole-Broker Diana Spinney-Salesperson

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

Short & Son Trucking Hwy. 24
Koons Funeral Chapel North Main
Good Samaritan Center 208 W. 2nd

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3023 W. 31