

High expectations can lead to procrastination

Webster's Dictionary defines procrastination as "to defer or put off until a later time." All of us procrastinate at some time or the other, and the reasons for doing so are many. One of the most common reasons is the worry that the task will not be completed to the satisfaction of others or, even more so, to our own high standards.

Perfectionists, in particular, will become absorbed in the details, often ignoring the need to move a project along until the very last minute. And there are those who will not even finish a project for fear it is not good enough.

Some people can fantasize the project and describe their ideas very well, but too often find it difficult to turn their ideas into clear plans of action. But their lack of results usually produces disappointment and discouragement from others later on. Sometimes non-completion is associated with fear, particularly when the project involves working with or talking to others who may be in disagreement.

There are people who just can't get started until time becomes critical. They rely on the crisis of needing to get a project completed to get them started, and frequently look like they have accomplished a great deal in the process. Some people do not start a project because they are angry at having been asked to do it,



high plains mental health
 • plain sense

task by taking on other tasks. Their excuse of why the job is not completed is that they have too many other things to do. And then there are others who delay just because there are too many other fun things to do. When they finally finish the

project it is usually obvious that their best effort was not made. Putting things off is a habit that can be changed. Allowing extra time to complete the project well before it is due might be one solution, especially for perfectionists and being realistic about what can be accomplished. Breaking the project down into smaller, more manageable tasks might be beneficial. Sometimes a person needs to

"just do it," particularly when the element of fear is present. It usually doesn't turn out as bad as anticipated anyway. Looking at the personal worth, enjoyment and reward in the project may help overcome feelings of anger or resentment. Sometimes saying "no" to all the busy work and prioritizing what is really important is the only way to get the job started. And for those who prefer fun over finishing, consider a "reward" for

yourself at the end and how good it will feel to have the job done.
 Contributed by Karen D. Beery, LCPC, Consultation and Education 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. 23: Gladys L. Jones, 70, Leawood, \$153 for unlawful parking.

Tony D. Kennedy, 46, Murphysville, Ill., \$225 for violating motor carrier safety rules and regulations.

Sept. 24: William D. Cannon, 51, Greenville, N.C., \$153 for unlawful parking.

Scott Edwards, 28, Watauga, Texas, \$135 for speeding, 85/70.

Joseph Y. Garcia, 51, Colorado Springs, \$153 for speeding, 88/70.

Bobby J. Kinder, 73, Westminster, Colo., \$175 for violating motor carrier safety rules and regulations, no Unified Carrier registration.

Sept. 25: Jeremy W. Durr, 36, Lincoln, Neb., \$175, \$100 and \$100 for violating motor carrier safety rules and regulations, no Unified Carrier registration, no medical card and no log.

Marie L. Johnson, 49, Goodland, \$111 for speeding, 76/65, and \$30 for not wearing a seat belt.

Jeffrey L. McCall, 46, Denver, \$123 for speeding, 78/65.

Dale B. Ryba, 42, Colorado Springs, \$147 for speeding, 87/70.

David P. Sharlow, 40, Winthrop, N.Y., \$175 for violating motor carrier safety rules and regulations, no Unified Carrier registration.

Gregory W. Thrall, 31, Boulder, Colo., \$165 for speeding, 90/70.

Sept. 26: Jose M. Alvarez-Lopez, 24, Carbondale, Colo., \$174 for speeding, 91/70.

Nathan C. Galvan, 18, Apache Junction, Ariz., \$147 for speeding, 87/70.

Cyenne S. Hamill, 36, Searcy, Ark., \$192 for speeding, 93/70.

Santo D. Jenison, 47, Quakertown, Pa., \$153 for speeding, 88/70, and \$30 for not wearing a seat belt.

Robert J. McCall, 22, Winona, \$183 for speeding, 87/65, and \$27 for driving a motorcycle without a motorcycle endorsement.

Damon W. Rickard, 26, Goodland, \$135 for unlawful acts with vehicles, expired registration.

Dean W. Staubs, 49, Hoxie, \$159 for unlawful parking and \$30 for not wearing a seat belt.

Toney J. Willis, 29, Dallas, N.C., \$136 for speeding, 85/70.

Sept. 27: Rafael Acosta-Yanez, 28, Fort Worth, Texas, \$375 for not having liability insurance.

Jay P. Cotter, 17, Goodland, \$60 for not wearing a seat belt.

Lorenzo T. Delgado, 16, Goodland, \$60 for not wearing a seat belt as a passenger.

Christopher J. George, 25, Taunton, Mass., \$135 for speeding, 85/70.

Shane A. Rehm, 31, Vallejo, Calif., \$165 for speeding, 90/70.

Sept. 28: Otilid Gonzalez-Santos, 38, Denver, \$135 for speeding, 85/70.

Sept. 29: Matthew L. Heiter, 23, Goodland, \$135 for not having a child in safety restraint and \$30 for not wearing a seat belt.

Sept. 30: Earl Thomas Boeckermann, 44, International Falls, Minn., \$175 for violating motor carrier safety rules and regulations, not paying Unified Carrier registration.

Coming to Goodland Dec. 4th to Dec. 7th

TRI - STATES LARGEST INDOOR VEHICLE SALE!!

Thursday * Friday * Saturday 8 a.m. to 5 p.m.
 Sunday 12 to 3 p.m.

FREE PIZZA Saturday 11 a.m. to 2 p.m.

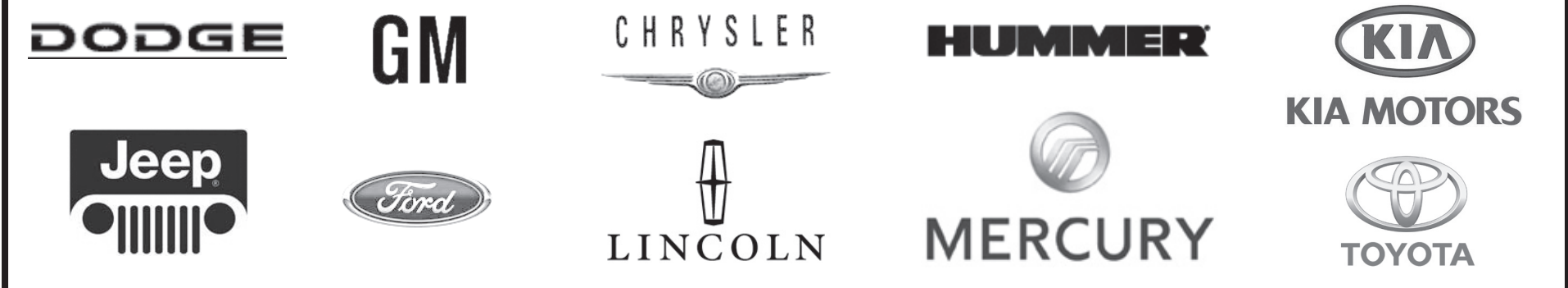
This is a sale unique from any other in the automotive market. These vehicles have been specially selected for this liquidation sale due to dealer overstock, bank repossessions, lease or rental returns and other liquidation sources. Those business concerns must immediately cut inventory stocking costs by releasing these vehicles regardless of loss of profit which means an unusual saving opportunity for potential buyers. These vehicles will be offered at the lowest prices possible for a limited time only. After this sale, any remaining inventory will be subject to auction, wholesale purchase, or liquidation through alternate investment interests.

FREE Donuts, Coffee, Pop, Popcorn, Hot Dogs Daily

Over \$3 Million Worth of Total Inventory to Choose From!

Including GM supplier pricing on new 2008 or 2009 Chevrolets & Buicks!

Over "80" pre-owned quality used Pickups, Cars & SUVs



* Take advantage of our **down payment assistance** program. We will **match your cash down payment** up to **\$1000** on purchases during the sale. Excluding new units.
 ** On the spot financing available through local banks and national financial institutions.
 *** A \$500 rebate on all transactions not receiving down payment match assistance. Excluding new units.

EVENT HEADQUARTERS
 Junction of Highways 24 & 27 Goodland, KS 67735

CUSTOMER DOWN PAYMENT BONUS Valid Only Dec. 4 to Dec. 7, 2008

ONE THOUSAND DOLLARS & NO/100 DOLLARS \$1,000.00

MATCHING DOWN PAYMENT _____ AUTHORIZED SIGNATURE _____
 001004 1523492 098544971 965472716

All eligible 2004-2008 preowned GM vehicles have balance of 5 year/100,000 mile power train warranty.

Sale located at the all new Herl Chevrolet Buick Co. Inc. at the junction of Highway 24 and 27, East of Wal-Mart
(785) 890-0000 OR 1-800-874-8281