

Plain Sense

Personality Clashes

High Plains Mental Health Center

One source of friction between children is the differences in individual personality characteristics. According to Mary Kurcinka in her book "Kids, Parents and Power Struggles" (2001), some children tend to be extroverts. That is, they seek activity and interactions, and get bored easily. In comparison, introverts need more time on their own for quiet and relaxation. Neither is a negative characteristic, but when mixed together in a family or group, can result in conflicts. Parents need to learn the differences in their children's personalities and needs and use this knowledge to the advantage of all involved. Parents should also help their children un-

derstand these differences. The more socially involved child needs to allow their quieter sibling some time and space of their own, and parents will need to encourage this. Parents should try to plan family times that vary, allowing for the extrovert's social needs, and the introverts more relaxing activities. Both of these personality types can be sociable and benefit from playing in groups. But the extrovert will probably enjoy group activities more.

These same personality types carry over into adulthood, and similar clashes can occur when partners are of opposite types. Once again, it is important to understand and recognize those differences and plan accordingly. The introvert will require some quiet time, relaxing

Resolutions 2003

Another new year and most people are planning to make changes for the better in regards to their health, and/or financial spending habits. Most will start out with the intentions of stopping smoking, dieting, or putting more money into savings. But in spite of these great resolutions, most people will fall back into their old, less desirable habits by the first of February.

Why is it that people abandon those New Year's resolutions? One reason is that it is very easy to make those plans following the holidays, after having indulged in food, wine and gifts. But within a couple weeks, the real work begins; that of commitment and change. Too many people want results quickly and soon become discouraged. Here are some suggestions for sticking to those resolutions:

Be realistic, not only in what to

change, but in the fact that permanent change takes time and self-discipline. Thus it is necessary to set goals that are reasonable.

Don't procrastinate; now is as good a time as any to begin to make changes.

Focus on changing behavior rather than the attainment of a goal. For instance, rather than looking at the pounds lost on the scale, look instead at the number of days the diet and exercise plan have been followed.

Accept that you are not perfect. You are going to give in to temptation now and then, just don't let transgressions result in giving up on the long-term goal.

Remember, changes in habits and behavior require a lot of work and effort! So give yourself a break now and then; relax with a good book or movie, a soothing bath, or take a walk just to enjoy nature. Allow time and opportunity for the appropriate expression of feelings and emotions; when feeling discouraged, it usually helps to talk to others. Take good care of yourself; eat nutritiously; get plenty of rest and sleep. A little personal stress reduction will help in continuing the work of meeting those resolutions of the new year.

Contributed by Karen D. Beery, LCPC, 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.

Paperless title program to begin on Jan. 1

Kansas vehicle owners who borrow money for their cars, trucks, motorcycles, trailers and other motor vehicles will not get printed paper titles for these vehicles starting Jan. 1. If there is a lien on a vehicle, the Kansas Department of Revenue's Division of Vehicles will hold the title electronically, until the loan is paid in full or the vehicle is sold.

Sheila Walker, director of vehicles, says there are many advantages to holding titles electronically.

"First, financial institutions appreciate the added security of paperless titles. Second, vehicle owners won't have to keep track of their titles and obtain duplicates when titles are lost. Finally, the state will be able to issue titles more efficiently, with fewer data entry errors, improving quality assurance,"

she said.

Until the lien is released, Walker said vehicle owners should rely on their vehicle registration receipt as their ownership document.

"It's going to be a big adjustment for some vehicle owners," she said. "With a paperless title, the vehicle is still in their name, but without the expensive title paper and security features."

The 2002 Kansas Legislature authorized electronic lien and title by passing Senate Bill 449, making Kansas the ninth state to become paperless.



Make the Right Connection . . .

and get on line for less.

- ➔ Tech help Available
- ➔ Hookup Same Day as Signup

INTERNET Access as low as \$14.92/month

Receive three months free!

\$179

Price based on prepayment for one year. Normal monthly rates are \$19.95 per month plus one time hook-up fee.

UNLIMITED ACCESS INTERNET

features Fast Modems & Superior Service

nwkansas.com

E-mail • World Wide Web • Full Access

The Saint Francis Herald

P.O. Box 1050 • St. Francis, Kan. 67756 • 785-332-3162
sfherald@nwkansas.com



We're celebrating the first special delivery of the Year 2003!
The winning baby and parents will receive these bundles of gifts, courtesy of these businesses.

\$15 Gift Certificate

KM
Clothing

116 W. Washington • St. Francis, KS
785-332-3434

FREE Full Car Wash!

St. Francis Equity

105 S. River • St. Francis, KS
785-332-2421

\$50 SAVINGS BOND

BANKWEST OF KANSAS

121 Washington • St. Francis • 785-332-3333
Colby Other Locations FDIC
LENDER Goodland Idalia, CO

\$15 Gift Certificate for Baby Food or Formula — and — New Born Diapers

Sainty Super Foods

120 E. Washington • St. Francis, KS
785-332-2064

FREE TOY!

Van Allen Inc.

Wheeler, KS • 785-332-2124

\$50 Savings Bond

FIRST NATIONAL BANK

"Where The Employees Are The Owners"

Bird City, Colby, Goodland, Kirk, Oberlin, Quinter, Sharon Springs & ST. FRANCIS

www.fnb.com

FREE Subscription to the:

The Saint Francis Herald or The Bird City Times

310 W. Washington • St. Francis, KS
785-332-3162

Parents Rules:

1. The parents must have lived in Cheyenne County for at least one month.
2. The St. Francis Herald office must be notified as quickly as possible. The Herald's number is 785-332-3162.
3. A 60-day limit following the baby's birth is required for taking advantage of these outstanding gifts & services.

