

Family

Community Calendar

FRIDAY, APRIL 6

A Diamond Trip to Antwerp by Jeff Horlacher, Pioneer Memorial Library, noon

Brown bag Al Anon (non-smoking), 775 E. College Drive, noon
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

SATURDAY, APRIL 7

Senior Citizens potluck, Meadowlark Manor, noon
Tumbleweed Chorus, *Songs of the 40's*, CHS Auditorium, 4 and 8 p.m.
Sixth Street Alcoholics Anonymous, 1275 West 6th, 8:30 p.m.

Grandson wins awards in wrestling

Larry and Judy Dunlap aren't bragging about their grandson, Brett Dunlap, but they are very proud of him. Brett is a third grader at Highland and is the son of Mike and Kim Dunlap. Brett was entered in the Kansas Kids State Wrestling Competition, held in Topeka March 24. He placed FIRST, in the 8 and under at 88 pounds. He is undefeated and will be wrestling in National Competition March 31. This is also to be held at Topeka. His matches were scored as follows: 1st-pin; 2nd-pin; 3rd, (semi-final) 5-0; and final match was 6-4. Congratulations to you, Brett! Mike is an '81 graduate of Brewster High School, and we know he and Kim, along with Larry and Judy, were probably just as tired as Brett was, Saturday night. Judy said she didn't think she and Larry would be able to attend the meet this week, but they are enjoying keeping Brett's little brother, Garrett, for a while. It is good to have a nice report like this to write about, and I am looking forward to the follow-up next week. Goooo, Brett!!!

Frances Jones was able to spend time with family. She went to Olathe, Wetmore and Topeka for visits with her daughters and grandkids. She says she also enjoyed playing with her great grandchildren, and I'll bet the kids had fun, too.

Ruth and Duane Jones had their daughter, Monna Rose and Mike Blank, here from New Caney, Texas, for a few days. The Blank's sons and families were also here, and Ruth said the boys, Caleb and Aaron, helped her with some tasks that needed doing. It sure is nice for these young folks to be able to lend a hand for the chores that



Sally Michael

• Brewster Correspondent

are just a little too difficult for us to do as we get older, isn't it?

We were sorry to hear that Margaret McBride has died, as she had many friends in the Brewster Community. We would see her at the Living Center when her sister, Violet Browne, was there. Our condolences to her family members.

Everything seems to be settling down to routine with the basketball tournaments over, and track hasn't started with the meets yet. We see the kids run by in the afternoon with their track uniforms on. Sometimes we wonder whether they are dressed warm enough, because the weather has been so hard to deterring ahead of time, lately.

George and Roberta Luckert took a little trip to South Dakota with the tour group, that goes to Rosebud Reservation, so we hope to hear about a fun time from them when they get back.

Roger and I went to Hays on Thursday, for his VA appointment. We enjoyed the time with Beth and David, and the kids, but we were home by Friday evening. This week, we are leaving on Thursday again, and won't be home until Monday afternoon, so this trip is a little longer. We will be at Beth's on Thursday, a motel in Lansing on Friday, at Brian and Michele's on Saturday, and at Barry and Kim's on

Successful time management brings many rewards

Successful time management allows for more control over personal accomplishments, more productivity at home and work, and results in more quality time to relax and enjoy life. In addition, good time management skills help reduce stress!

Understanding better how your time is used on a day to day basis can provide a start in implementing better time management skills. Survey your time by breaking down a one week span of time, adding up how much time is spent



Mental Health

• Plain Sense

sleeping, grooming, preparing and eating meals and snacks, working or going to school, traveling to and from work or school, socializing, and other regularly scheduled times such as homework, meetings, and church activities. Subtract this weekly total from 168-hours-in-a-week to determine the number of remaining flexible hours. Efficient use of time can be mastered through the following time management tips published by the Self-Development Center at the George Mason University of Virginia.

- Schedule each day and stick to that schedule. Be cautious in allowing "emergencies" to get you off-track.
- Learn to politely say "no" when requests for time do not fit into your

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schedule. Ask for a rain check if the activity is one that you would like to participate in, but at a later date. This way you can take part in the activity, but not at the expense of your schedule.

Learning to say "no" may require some practice in the mirror if it is difficult to turn down requests for your time. "No, not at this time" may be an option that works well if it is difficult to say no.

- Decide in advance which tasks do not need to be done perfectly, so that perfectionism does not consume too much of your time. Difficult tasks are often the ones that are avoided. Procrastination can rob you of precious time, if allowed.

- Learn to prioritize tasks and responsibilities. Develop a system that works within your schedule. For example, label tasks as "A, B, or C", then focus on the A's until those are completed before moving on to the B's.

- Figure out a way to combine several activities at the same time. Iron, fold clothes or pump weights during a favorite TV show, or listen to audio books during travel time.

In the beginning, the process of scheduling the use of time will also take up some of your time. But once it becomes a routine, your time will be more efficiently organized.

Contributed by Jamie Malone, RN, MN, MHA, CPHQ, Director, Quality and Risk Management The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to: Plain Sense, Consultation and Education Department, High Plains Mental Health Center, 208 East 7th, Hays, Kan. 67601. Questions will be formatted and answered in a manner that insures confidentiality.

Hospital

CITIZENS MEDICAL CENTER
Tuesday, April 3, 2001
Admissions

Debra Brackett and infant female, Colby
Tammy Albers and infant female, Oakley

Norma Eicher, Colby
Dismissals
Kimberly Shirley and infant male, Oakley.

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From the Nursery

Ryan Nicholas Volk

Leon and Mary Volk, Goodland, announce the birth of Ryan Nicholas on March 21, 2001, at Citizens Medical Center, Colby. He weighed 8 lbs., 1 oz.

Grandparents are Alvin and Neva Volk of Colby, Rita Antholz of McDonald, and the late Carl H.J. Antholz.

Sister Kinsey Madison welcomes the baby home.

Alesyn Bea Erpelding

Brenda Erpelding announces the birth of Alesyn Bea on March 20, 2001, at Citizens Medical Center, Colby. She weighed 6 lbs., 4 ozs.

Grandparents are Donna McGuire, Oakley, Larry and Donna Erpelding, Manhattan.

Brother Alic Erpelding and sister Taranie McGuire welcome the baby home.

Malea Nicole Franklin

Ben and Lynette Franklin, 2000 Fort, Hays, announce the birth of Malea Nicole on March 25, 2001. She weighed 8 lbs., 7 ozs. Lavesta Binder of Colby is the maternal grandmother, and Bruce and Karen Franklin, Utica, are paternal grandparents. Great-grandparents are Helen Binder of Wichita, and Irene Rush and Alice Franklin of Utica.

Brother Tom and sister Kathe welcome the baby home.

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