# Family **Returning home takes adjustment**

**Plain Sense** 

dent on each other.

months on their own and less depen-

lationship to run smoothly again. So

don't rush things, take time to get to

both the military experience as well

If the relationship becomes

strained, help is available through

know each other once more.

as what went on at home.

professional counselors.

There are many families who will go through the experience of a family member being absent for several months as a result of a military commitment, whether they be a reservist or full-time soldier.

After the rejoicing of a safe return, getting back to "normal" becomes the next task.

There is some level of stress for everyone involved due to the changes that have taken place and concerns for how life will be now. Such stress is normal and adjustment takes some time.

Four couples, especially those who have been married only a short time, getting back together may feel a little awkward at first.

to a child. They adjust to their parent's absence, and will also quickly adjust to having them around again.

Don't expect the same behaviors There are little things that may because this is not the same child of need some "fine tuning" for the re- a few months ago.

They grow not only physically but also emotionally and socially. Be patient and take it slowly during Communication is vital, about the readjustment time.

Most people experience some letdown after the initial celebration of homecoming but soon life settles back to normal.

For some the letdown continues Very young children may appear and can include long periods of deas welcoming as their dad or mom pression, feelings of anxiety, mood is expecting, but this is normal. A swings, strong feelings of anger or Both have spent those past few months can seem like a lifetime guilt and other difficulties. Profes-

sional help is then needed and can be accessed through the military as well as the local ministry, family physician and mental health services.

Editor's note: The preceding article was contributed by Karen Beery, Consultation and Education Department with High Plains Mental Health in Hays.

The views expressed here are those of the individual writer and should not be considered a replace*ment for seeking professional help.* Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601. Visit on the Internet at www.highplainsmentalhealth.com.

## Tiptoeing on the edge



### TISHA COX/Colby Free Press

Madison Mayer and Quinlen Withington of Brewster practiced their balance at Fike Park this morning. They and other Brewster kids were playing at the park while waiting for their swimming lessons to begin at the Colby Swimming Pool.



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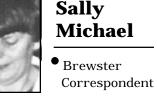
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Dr. Reeves

Podiatry

## Recent rains sprucing up crop's appearance

With the great rains we had a few days ago, we are looking a little healthier in the crop department and it is good to see the fields looking so green. There are lots of weeds, too, but it is going to take more rain to keep things in the green. The cemetery looked very nice over Memorial Day. Have you ever seen such a cold, damp day though? My mom always said Memorial Day could be the coldest seeming day of



the year and she seems to have hit it homilies our ancestors leave us with will miss many of you folks very prove to be based on wisdom, doesn't it?

I'll be doing the news column until the first of July and that will be the last of my time at the Senior Center. After that, I will be going to Hays frequently to get established and hopefully will be moved there before the first of September. It seems strange, but I know it is the on the head. Seems like a lot of the right thing to be doing although I much. For now though, I'll be back in the paper next week so I'll see you

then!

There were a few that attended family reunions over the weekend and everyone seems to have enjoyed themselves. George and Roberta Luckert, along with Don and Becky Luckert attended the Luckert family in Wichita, and all had a good time.

Leonard and Zelma Kinkade attended the Kinkade reunion in Colorado and the report is the weather was good and so was the group.

Ceci Allen was in for coffee this morning so she and Junior made it back from Chicago, Ill. and the wedding of their grandson, Clinton Horinek to Sarah Moore in Chicago. Tony and Anita Horinek and

### Retreat to help individuals with loss HAYS — Rachel's Vineyard ness over the death. They will often David Reardon and psychologist

Ministry announces their next retreat to take place Aug. 5-7.

The location of the retreat is kept

experience great emotional pain Philip Ney indicate that individuals and a prominent longing for the suffering from an abortion decision person that died — their baby. Yet often endure life in confusion and

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