

Family

Personality disorders difficult to diagnose

Sometimes people are described as being difficult, stubborn, rigid, obsessive, anti-social, or paranoid. But are those character traits, or a personality disorder? All of these traits can be a part of a person's personality and, as with most everything, a continuum exists between what is considered normal and what is considered problematic.

Understanding the difference between a healthy personality and one that qualifies as a disorder can be difficult. A "normal" or healthy personality allows people to learn from their mistakes, be flexible, and to interact effectively with their environment.

For example, when someone is completing their income taxes, it may be appropriate to be a little obsessive or paranoid, and to think "if I make a mistake, the government will penalize me." This type of worry might encourage a person to fill out the forms more accurately. But a person with a persistent pattern of paranoia, no matter what the situation, tends to see problems where none exist, or thinks that people are deliberately trying to hurt or embarrass them. Such behaviors then lead to further problems for them in relationships with family, friends and coworkers.

Personality disorders include paranoid, antisocial, narcissistic, dependent, and obsessive-compulsive, and can be difficult to treat in therapy. A personality disorder is diagnosed when an individual responds to a variety of situations in the same rigid and

Plain Sense

maladaptive way.

They do not associate their behavior with other problems in their life and tend to put all the blame on others. In contrast, a person experiencing anxiety or depression usually recognizes that something is wrong and seeks help to alleviate the problem. Individuals with personality disorders fail to see how their negative behavior affects others, which then results in more difficulties for their loved ones or others in the community.

They rarely recognize that they need professional help, and often come in for mental health services only when a spouse, family member, or employer insists. Improvement is possible if the person is willing to explore alternative ways of approaching and solving problems, and discover new ways to perceive the world and act accordingly.

Contributed by Ken Loos, MS, LMLP, LCP, 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. Mail questions to: High Plains Mental Health Center, PLAIN SENSE, Consultation and Education Department, 208 East 7th, Hays, Kan., 67601. (Questions will be formatted and answered in a manner that insures confidentiality.) Visit on the Internet at www.highplainsmentalhealth.com.

Brewster writer appreciates rain

Got a nice rain this morning, Tuesday May 1. Don't know how much, but it's been nice not to have to bring out the garden hoses yet.

The city wide clean-up day was a success, kept them busy all day. Seems like they picked up quite a bit of junk, and our little town looks so much nicer. We thank those that did all the hard work.

The last day of school is just around the corner, May 16. Where did the year go. I'm sure the kids are glad summer vacation is almost here. High school graduation is May 12, eighth grade graduation is May 13, kindergarten graduation is May 14.

Happy Mothers Day to all the mothers, grandmothers, and great-grandmothers May 13.

Marjorie Westover had weekend guests. Friday, her daughter Cheryl Kohler of Greeley, Colo., and granddaughter Mindy and Diego her great-grandson of Aurora, Colo., came. It was Marjorie's birthday Monday, so they took over the kitchen, and did all the cooking and baking. Sunday afternoon Marjorie's daughter Twila and husband Larry of Fleming, Colo., and daughter Judy and Ivan Samuelson of LaSalle, Colo., all came to help her celebrate. Happy Birthday, Marjorie.

Wednesday, May 16, at 1 p.m.



Betty Jo Baird

Brewster Correspondent

someone from S&T Telephone will come to the Center and speak to us about their different programs to assist us.

Don't forget to plan on having a garage sale, or attending them at the city-wide sale Saturday, June 2. You can sign up to have one at Gloria's Beauty Shop or at the Senior Center.

Spirit never fails. While it may seem as if you can call out and get no answer, spirit never fails to answer a sincere call. We will call a friend ten or twenty times until we get an answer. Yet, we call out to spirit once and only half expect an answer. Unfortunately, many of our calls to spirit are filled with doubt, fear, unreasonable demands, and unworthy requests. These calls will receive a busy signal. Only when we open our hearts, bring forth the pure unadulterated truth, and rely on spirit to show up, will we receive the divine response, in the divine way, in the divine time. Spirit never fails. We, however, often fail to make the proper connections.

Babies

Emilie Nicole Stramel

Todd and Melissa Stramel of Colby announce the birth of their daughter, Emilie Nicole Stramel, Tuesday, May 1, 2007, at Citizens Medical Center in Colby. Emilie weighed 7 pounds, 5 1/2 ounces and was 19 1/2 inches long.

Grandparents are Ron and Sharon Stramel of Colby, Richard and Deborah Robinson of Hill City. Great-grandfather is John Cranston of Colby and great-grandmother is

Civilla Robinson of Bogue.

Emilie was welcomed home by brother Nathan, 3, and sister Anna, 22 months.

Thank You

We would like to thank all of the special people who helped us through the loss of our son-in-law, Greg. We really appreciate the prayers, the memorials for Kyle, the phone calls, cards, flowers, and food. To the Colby Medical and Surgical Center for their outpouring of love and support for Wendy and Kyle, to the Administrator, Dave Voss and his daughter, Megan for bringing us home from Wichita in the middle of the night. Thank you to our family, our friends and to the girls at the library for all your support this past year.

With our deepest appreciation,

Joyce, Charlie & Randy Homm

We want your local news e-mail to pdecker@nwkansas.com

New York wedding planned

Dennis and Mary Ratchuck of Buffalo, N.Y., announce the engagement of their daughter, Katie Ratchuck, to Jarrod W. Brown, the son of Jim and Molly Oliver of Colby and Gerry and Deb Brown of Grainfield.

Ratchuck is the granddaughter of Betty Ratchuck and the late Pete Ratchuck and Mardy Cummings and the late Harold Cummings, all of Buffalo, N.Y.

Brown is the grandson of Gene and Lillie Brown of Attica and Leonard (Stubby) Oliver of Colby.

The couple lives in Estes Park,



Jarrod Brown and Katie Ratchuck

Colo., where Ratchuck works in marketing and Brown works for the town of Estes Park.

The couple will marry June 23 at the Holy Name of Mary Catholic Church in Ellicottville, N.Y.

Correction

In a story on the front page of the Wednesday, May 2 edition of the Colby Free Press, about a motor carrier hitting a bull, it was incorrectly stated that Joyce Garcia of Colby was a carrier for the Denver Post. She is a carrier for the Salina Journal. Sheriff Mike Baughn said he was told she was a carrier for the

Post. The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

THIS WEEK'S SPECIAL OFFER! As Seen on TV! 100% Risk Free! The Greatest Vitamin in the World. The only vitamin you may ever need! SUPPORTS THE ENTIRE BODY 270 capsules \$39.95 = \$6.95 S&H 30 day \$ back guarantee for empty container 1-800-605-8482 (code 71685) Organic whole food nutrition n a bottle, for kids too!

Community Calendar

SATURDAY, MAY 5

Danae Dobson to speak at Heartland Christian School, 2 p.m. Ribbon cutting for The Last Horse Thief, 10 a.m. Forensics state festival at Overland Park Forensics state championship at Topeka Wings Upon the Prairie drop-in center, 485 N. Franklin, 1-6 p.m. Sixth Street Alcoholics Anonymous, 1275 W. Sixth St., 8:30 p.m.

Thank You...

to these people for their help in making the Ken Davis Comedy Concert a huge success, JOHN JONES and HARMONY!

E-Free Harvest Church, Goodland•Levant Community Church•Colby Wesleyan Church•College Drive Assembly, Colby•Colby Lutheran Church•Lund Covenant Church, Decatur County•Heartland Christian School•Barker Farms Services, Goodland•Rocking "Q" Farms, Brewster•Servicemaster Clean of Northwest Kansas•Commercial Sign, Colby•Orscheln's Farm & Home, Colby•Matsson Farms, Colby•KGCR Radio, Brewster•KXXX/KQLS, Colby•Colby Free Press•Colby High School•MC Auto Outlet•Comfort Inn Motel•F&M Bank•Dillons•First National Bank•all locations•People's State Bank•all locations•The Good Book Store, Hays•New Life Christian Books, McCook•Kody Epp•Kacy Griffin•TJ&Kristi Powell•George&Margie Kramer•Mike&Evelyn Johnson•Tim&Becky Morehart•Eugene Robert• Lee Nichols•Karen Merriman•Jeff&Becky Klippert•Andy Johnson• Especially our grandkids Kiana, Donte and Alexis. ~ J-R Marketing ~

Rawlins County Health Center

RAWLINS COUNTY HEALTH CENTER COMMUNITY CALENDAR

707 Grant Atwood, KS 67730 (785) 626-3211

Bringing Specialized Healthcare To Your Community

May 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 L Horchem to McDonald	2 Nuclear Stress Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab	3 Mammograms Dr. Reeves Podiatry	4 MRI Mobile Unit Vasc Ultrasounds Cardiac Rehab Dr. Reeves Podiatry	5
6	7 Cardiac Rehab	8 J Molstad to McDonald	9 Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab Dr. Frankum Surgery	10	11 MRI Mobile Unit Vasc Ultrasounds Cardiac Rehab	12
13 Mother's Day	14 Cardiac Rehab	15 L Horchem to McDonald	16 Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab	17	18 MRI Mobile Unit Vasc Ultrasounds Cardiac Rehab	19 Armed Forces Day
20	21 Cardiac Rehab	22 J Molstad to McDonald Dr. Miller Cardiology	23 Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab	24	25 MRI Mobile Unit Vasc Ultrasounds Cardiac Rehab	26
27	28 Memorial Day Cardiac Rehab	29 L Horchem to McDonald	30 Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab	Cardiac Rehab III Monday - Wednesday - Friday "Exercise for Life"		
TO SCHEDULE AN APPOINTMENT WITH A VISITING PHYSICIAN, PLEASE CALL (785)626-3211 Cheryl Banister, RN Specialty Clinic Director			In House Services - Available Daily CT Scan ** Bone Mineral Density ** EKG Electrocardiograms			

Spring Savings

'01 Pontiac Firebird  
Convertible, Locally Owned, Low Miles, V6 \$11,700

'05 Chevy Impl LS  
3.8L V8, Loaded, Sharp \$13,650

'04 Chrysler Pacifica  
Touring, AWD, V6, 6 Passenger, Clean \$16,995

'07 Ford Escape  
4WD XLT, V6, Leather, Sunroof \$20,650

'06 Ford 500 SE  
3.0L V6, Power Seats \$14,825

'97 Chevy 1500 Ext. Cab  
Silverado, Vortec V8, Local Trade \$4,950

SPRING INTO THESE GREAT DEALS AT Frenchman Auto 218 N. Tecumseh Wauneta, NE (308) 394-5854 or (308) 350-3458