

Don't just say 'I love you;' show it in actions

The young woman was married and had two beautiful children, but one day as she was standing over the sink washing dishes, she thought, "There must be more to life than this."

When her husband came home, he found a note she'd written and began to weep. She would call him once every week to check on the children, and he would always tell her of his great love for her and beg her to come home. She would always say "no" and hang up.

Finally, he hired a private investigator to find her, and he went to the apartment where she was staying, nervously holding flowers in his hand as he stood at the door.



steve rains

● moments from calvary

He had rehearsed over and over what he would say, and he finally got up the nerve to knock on the door. She opened the door, and he started to speak, but she suddenly began to weep and fell into his arms. Through her tears, she said, "Let's go home."

Months after, when things were starting to heal, he finally asked her something that had been bothering

him: "All those times I talked to you on the phone; I asked you to come back and you refused. Why did you come back now?"

"Before," she said, "you were just telling me that you loved me. When you came, you showed me."

We have all heard similar stories. Perhaps you have been on the receiving end of the note, or maybe you wrote on?

In life, there are a lot of situations that do not have easy fixes, but love can be a powerful catalyst to change

and rekindle relationships. Love at its core is action! It is truly patient, it protects, trusts, hopes and perseveres. It isn't concerned about self or wrongs done (1 Corinthians 13:4-8).

The Bible tells us of God's love, but Jesus came and showed God's love.

Is the love in your home displayed? Does your spouse know it? What about your kids? Perhaps you tell them, but you need to show them.

Sometimes I wonder if we assume they know of our love. It kind of reminds me of the story of a couple who had been married for 50 years.

They finally had a falling out, and they went to see the preacher. They sat down in front of his desk, and the preacher asked what the problem was.

The wife said, "We've been married for 50 years and he has never told me that he loves me."

The preacher looked astonished and looked at the older man and said, "I find that hard to believe. Is that true that you haven't told your wife that you loved her for 50 years?"

He said, "Yes, it's true."

The preacher asked, "Can you explain to me why you don't do that?"

The man looked at him and ex-

plained, "When we stood at the altar 50 years ago, I looked her straight in the eye and said, 'I love you; if it ever changes, I'll let you know!'"

Friend, don't let that be your approach. Tell your loved ones and your friends of your love for them, but also show them. Do things that will add wood to the fire if it is burning bright. If the coals look like they are about out, get busy and fan the flame. Love is more than a feeling — it is a commitment!

Steve Rains is the pastor at the Calvary Gospel Church, Fourth and College. Go to the church's web site at calvarygospel.net or e-mail Rains at calvarycolumn@st-tel.net.

Severe storms have long-term effects on health, economics

Recently Mother Nature provided a number of additional challenges for those who live in north-west Kansas, eastern Colorado and western Nebraska.

According to a report by the Federal Emergency Management Agency, the storm that came through Kansas Dec. 28 through Jan. 1 left between 15 and 36 inches of snow, drifts as high as 13 feet and almost three inches of ice on power lines. At least 20,000 customers were left without power, and the governor declared a state of emergency for 40 counties.

This kind of severe storm potentially has long-term implications regarding a person's health, economics and livelihood and often challenges their resolve and ability to cope or adapt. The term "resiliency" applies at these times, referring to the process of adapting well to significant adversity and stress.

During the natural disaster, dealing with the loss and grief is assumed to be the primary challenge. In reality, those emotions tend to be on the "back burner" until the immediate crisis has passed.

When people find themselves without adequate food, water, shelter or transportation, they devote their energies to meeting the vital needs of their family. Many also reach out to others, such as in the rural areas where neighbors check on each other, as well as help care for livestock.

When the immediate need for ac-



high plains mental health

● plain sense

tion has passed and life slowly returns to normal, people then must face the reality of the loss of property, income and, for some, family members. Most people are able to adjust and cope with these changes, but others may not be as resilient, resulting in feelings of helplessness and hopelessness.

Sometimes people in need are too proud to ask for assistance, but in order to reduce the pain of potential grief or depression, it is important to reach out and allow others to help. A positive result of this winter storm was the way people came together to help each other in their communities. There are numerous stories about how local and regional government agencies, church congregations and individuals reached out to help those in need. Making such connections is vital to improving resilience.

It is also important for people to take good care of themselves: eating nutritious food, getting adequate rest and maintaining a hopeful outlook help people to deal with stress. Do not try to accomplish everything yourself. Look into what resources are available, and do not be afraid to

ask questions. People who push themselves too hard are likely to face physical or emotional exhaustion and potential health

problems. Know your limits and be realistic in what you can accomplish, both short and long-term.

We all know that Mother Nature will not be controlled, and adversity will always be a part of life. However, we can become more resilient if we reach out to others when we

need assistance, make an effort to take better care of ourselves and try to maintain serenity in regards to things we cannot change.

Contributed by Ken Loos, 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 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

matters of record

Accidents

The following accidents were investigated by the Goodland Police Department.

Jan. 15 — 6:05 a.m., 300 Clark, a 1994 Ford driven by Peggy A. Bagley was driving south on Clark and slid into the back of a 2002 Ford owned by Glenda G. White.

5:02 p.m., 1200 Harrison, a 1999 Ford driven by Marilyn G. Hefner was backing out of a parking stall and hit a 1982 Chevrolet driven by Randy Spitzer.

Jan. 16 — 12:22, 400 Clark, a 2004 Chevrolet driven by Casey T. House was driving south on Clark and a 1996 Oldsmobile driven by Russell L. Mikessell was driving west on Fourth. The two driver did not see each other due to the snow piled in the street and House's Chevrolet hit Mikessell's Oldsmobile.

Jan. 18 — 8:39 a.m., 2160 Commerce, a 1997 Saturn driven by Josephine D. Mann was blinded by the sun and hit a yellow protection pole in the Wal-Mart parking lot.

Jan. 19 — 9:03 a.m., 200 Willow, a 2006 Ford was backing from a parking stall hitting a 2002 Ford driven by Earlene F. Brenner who was driving east looking for a parking stall.

8:07 p.m., 220 W. 2, a 2001 Dodge was backing from a south facing parking stall and hit the rear of a 2002 Oldsmobile owned by Dawn Stasser.

Real Estate

The following real estate transac-

tions were reported by the Sherman County Register of Deeds:

Leo Townsend and Eunice Townsend to Darol E. Peter and Carrie A. Peter, an undivided 32 percent interest in all of Lot 2, Townsend Estates Subdivision, City of Goodland.

Harry E. Nelson to Jerry J. Nelson of Marion County, Kan., a tract of land in SW/4 Sec. 2, T8S R41W; a tract of land in SW/4 Sec. 34, T7S R41W; a tract of land in NE/4 Sec. 11, T8S R41W; and a tract of land in NW/4 Sec. 11, T8S R41W.

Goodland Police

The following crimes have been reported to the Goodland Police Department:

Jan. 11 — 3:26 p.m., 500 W. 8, arrested Joey Findley for driving while license suspended. Case referred to city attorney.

District Traffic

The following fines were paid in the Sherman County District Court:

Sept. 12, 1991 — Nathaniel D. Green Jr., \$48 reinstated for speeding.

Aug. 23, 2004 — Regina A. Sharon, \$132 reinstated for speeding and \$10 reinstated for no seat belt.

Jan. 14, 2005 — Cristin G. Bullard, \$90 reinstated for speeding.

March 18, 2006 — Ian E. Bertram, \$126 reinstated for speeding and \$300 reinstated for first conviction for driving while suspended.

March 23 — Alisha D. Finnesy, \$410 reinstated for first conviction of driving while suspended.

Worship warms the heart

<p>Calvary Gospel Church Pastor: Steve Rains, Ben Coats, youth pastor Fourth & College • 890-3605 Sunday: Kid's Church: 10:30 am Morning Service: 10:30 am Evening Service: 5:00 p.m. Wednesday: Royal Rangers Missionettes 6:30 p.m. Adult mid-week service: 7:00 p.m. Youth @ the Rock House: 7:00 p.m. Small Group Ministries meets throughout the week. www.calvarygospel.net</p>	<p>Our Lady of Perpetual Help Pastor: Father Norbert Diabal 307 W. 13th • 890-7205 Sacrament of Reconciliation: 4:30-5 pm Saturday or by appointment Mass Schedule: Saturday: 6 pm, Sunday: 10:30 am Spanish Mass: Sunday: 12:30 pm</p>	
<p>Sonrise Christian Church Ninth & Caldwell • 899-5398 Minister: Charles E. Kerr, Jr. Sunday: Worship Service: 9:30 am Sunday School: 10:45 am Team Puppeteers: 6 pm Wednesday: Junior/Senior High Meeting: 7 pm Adult & Children's Classes: 7 pm Jets, 4th grade and under: 3:30 - 4:30</p>	<p>Word of Life Foursquare Church 10th & Clark • 899-5250 Pastor: John Coumerilh Sunday: Worship Celebration and Kids' Church: 10:30 am Wednesday: K.W.A.M.! Age 3 through grade 6, 6:30 p.m. (during school year)</p>	
<p>Bible Baptist Church Pastor: Michael Estep Fifth & Broadway 890-7368 Sunday: Sunday School: 9 am Morning Service: 10 am Evening Service: 6:30 pm Wednesday: Evening Bible Study: 7 pm</p>	<p>Church of Jesus Christ of Latter-Day Saints 1200 15th Street • Burlington, CO (719) 346-7984 Sacrament Meeting: 10 am Sunday School: 11:15 am Priesthood/Relief Society: 12 am</p>	
<p>United Methodist Church Brewster: Pastor: Dorine Chambers Worship Service: 10:45 am CST Sunday School: 9:45 am CST Winona: Minister: Sheryl Johnson Worship Service: 9 am CST Sunday School: 10:15 am CST</p>	<p>First Christian Church (Disciples of Christ) Pastor: Rev. Ted Amos Eighth & Arcade • 890-5233 Sunday: Worship Service: 10:30 am Sunday School: 9:15 a.m. Activities: Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship Special Notice: Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available</p>	
<p>Church of the Nazarene Pastor: Bob Willis Third & Caldwell 899-2080 or 899-3797 Sunday: Sunday School: 9:45 am Worship Service: 10:50 am Evening Service: 6 pm Wednesday: Evening Service: 7 pm</p>	<p>First United Methodist Church 1116 Sherman 899-3631 Pastor: Rev. Janet Hernandez Saturday: Worship: 5:30 pm Sunday: Adult Classes: 9:15 am Worship: 10:30 am Wednesday: Wednesday Nite Live 5:45 - 6:45 Simple Supper "Free will Offering 6:30 - 7:30 p.m. Classes for all ages</p>	
<p>First Baptist Church Pastor: Travis Blake Fifth & Center • 890-3450 Sunday: Sunday School for all ages: 9:15 am (Child care provided) Morning Worship: 10:30 am Wednesday: Bible study 7 p.m. Call church for information Thursday: Bible study 9:30 a.m. Wheatridge Center</p>	<p>St. Paul's Episcopal Church 13th & Center Church 890-2115 or Rectory 890-6969 Priest: Father Hal Lycett Holy Eucharist: 10:00 a.m. Sunday 10:00 a.m. Thursday Morning Prayer: 8:00 a.m. Wed. - Sun. For emergencies 890-6969</p>	
<p>Seventh Day Adventist Church 1160 Cattletrail Pastor: Jim Martin Saturday: Sabbath School: 9:30 am Worship Service: 11 am</p>	<p>Emmanuel Lutheran Church 13th & Sherman • 890-6161 Sunday: Christian education/fellowship: 10:15 a.m. Worship Service: 9 am Wednesday: Confirmation: 6 pm</p>	
<p>Church of Christ 401 Caldwell 890-6185 Sunday: Bible Study: 9:45 am Worship Service: 10:45 am Wednesday: Bible Study: 7 pm</p>	<p>Harvest Evangelical Free Church 104 E. Hwy. 24 • 890-7918 Pastor: Brian Fugleberg Sunday: Worship: 10:30 am Sunday School: 9:30 a.m. Wednesday: Youth group meets at 7 p.m. at Scherlings', 827 Caldwell.</p>	
<p>The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:</p>		
<p>Short & Son Trucking Hwy. 24</p>	<p>Koons Funeral Chapel North Main</p>	<p>Good Samaritan Center 208 W. 2nd</p>
<p>KLOEIKKQJIKWGB 3023 W. 31</p>		

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