

Economic stress result of rising cost fuel, food

There are a lot of reports emerging in recent months on the topic of economic stress as a result of the rising cost of fuel, groceries and many other items and services. Finances are a major source of stress for many Americans, and when groceries become expensive, fuel is the highest price ever, and jobs are also cut back, family stress increases for everyone.

Not only do parents worry about taking care of their children, but many are also concerned about their own parents who are aging



high plains mental health

• plain sense

and elderly. More and more adult children worry about what the future holds for their aging parents and feel responsible for their well-being. As life expectancy increases and people live longer, there will be

a need for additional health care including medications, appropriate housing and eventually long-term care. Many adult children worry that the assets and pensions of their elderly relatives will not be sufficient for them to remain independent for as long as they are able. This on-going concern can eventually impact their own physical and emotional

health, especially when they do not recognize and take steps to reduce the resulting stress.

Experts who research and study aging and elderly issues in the United Kingdom have labeled this worry about what the future holds as Elderly Parent Responsibility Stress Syndrome or EPRSS. Along with the worry and responsibility, is also the dependency that many aging parents have on their adult children, and their need for reassurance and active participation of their children on everything from a simple purchase to major investment choices.

Adults with EPRSS are described as feeling very responsible for their elderly relatives, worrying about their loved one's health and general well-being, and feeling guilty if they do not see or keep in touch with their relative as much as they think they should. In addition, they often find it difficult to talk with their parents or relatives about these issues.

Suggestions for dealing with this kind of stress including taking control of the situation by talking with parents; making plans for the

future in regards to finances, living arrangements, health care, and so on; discussing wills and funeral arrangements; letting go of the guilt and seeking professional advice when needed.

Contributed by Karen Schueler, MS, LCPC, Manager PEO - Prevention, Education and Outreach Department of High Plains Mental Health Center. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Small business loans can help, have strings

If you're of starting or expanding a business, a federal Small Business Administration loan can make the difference between your dream coming true or hitting a brick wall. However, here are five things you should be aware of:

1. The SBA doesn't loan you the money. Banks and other lending institutions make the loan, and the SBA guarantees it.
2. It could take more time and paperwork than a conventional loan.
3. You probably won't get the



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• business tips

money all at once.

4. The loan may have a higher interest rate than a conventional loan.
5. You'll probably have fees to pay. The SBA charges lenders a

guaranty fee and an annual servicing fee which can be passed on to you.

The SBA may be able to help you get the money you need, but it does come with strings attached. For information, go to www.sba.gov.

This tip was brought to you by Western Kansas Business Consulting. We offer free and confidential business consulting to Kearny, Scott, Sherman, and Wichita counties. For information or an appointment, contact Jamie Morphew at (620) 874-0771 or e-mail wkbc@wbsnet.org. Sponsored in part by Sherman County

Boy attends camp

Aaron White, son of Byron and Danielle White of Shawnee and grandson of Roy and Elaine Freiburger of Goodland and Van and Shirley White of Sadelia, Mo., attended Missouri Military Academy's Summer Confidence Camp of Mexico, Mo., from Sunday to Saturday, July 13 to 19.

White was one of 105 to attend the seventh annual camp. Campers came from 16 states and Mexico. Activities included hiking, boating, horseback riding, cookouts, swimming, campfires, archery, as well as paintball competitions and rifle target sessions

Sale of season tickets starts in Oberlin

Oberlin Arts and Humanities Commission began its season ticket sales on Monday for the 2008-2009 program year.

Programs include the Last Indian Raid Tour followed by a talk by Richard Little Bear, president of Dull Knife College, at the museum about the Indian's point of view; the Koshare Indian Dancers who will entertain during the day at the museum and give a full program in the evening; "The Rainmaker" presented by the Southwest Nebraska Community Theater Association; Highway 385 Band, which includes bluegrass and country; Oberlin Area Concert Band Christmas Concert following the opening act of Joel Shaw and Lonnie McEvoy; Come-

dian Sam Greisbaum; Double D Wranglers three-piece band; Festhaus-Musikanten (German Band) who will entertain during dinner and play for a dance to follow, and "Twenty Flying Fingers," a piano/organ recital with Joy Russell and Gary Fredrickson.

Membership also supports the High Plains Artfest, Senior Recitals and the Anna Seeber Shaw's beginning watercolor workshop series.

For program information, call Ella Betts, (785) 475-3557, or Mary Henzel (785) 470-0218. Season tickets are \$60 each; \$65 for a single adult family, or \$135 for a two-adult family. Corporate Benefactor and Patron tickets are also available.

matters of record

District Traffic
The following fines have been paid in the Sherman County District Court:
June 14: Michelle L. Wright, 32, U.S. Air Force Academy, Colo., \$138 for speeding, 87/70.

June 15: Derek A. Casebolt, 35, Loveland, Colo., \$132 for speeding, 86/70.
Gregory C. Elder, 44, Seneca, \$126 for failing to yield at a stop sign.

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Worship warms the heart

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 through out the week.
www.calvarygospel.net

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

**Word of Life
A Joursquare Church**
10th & Clark • 899-5250
Pastor: John Coumerilh
Associate Pastor: Ben Coumerilh
Sunday: Worship Celebration
and Kids' Church: 10:30 am
Life Groups - call for times and locations
www.wordoflifegoodland.org

Pleasant Home Church
Serving the rural community
for over 100 years
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Perry Baird
890-3375
Sunday: Worship Service: 9 a.m.
Sunday School: 10 a.m.
Evening Service: 6 p.m.

Bible Baptist Church
Pastor: Clifford Middlebrooks
Fifth & Broadway
890-7368
Sunday: Sunday School: 9 a.m.
Morning Service: 10 a.m.
Evening Service: 6:30 p.m.
Wednesday: Evening Bible Study: 7 p.m.

**Church of Jesus Christ
of Latter-Day Saints**
1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 a.m.
Sunday School: 11:15 a.m.
Priesthood/Relief Society: 12 a.m.

Iglesia Del Dios Vivo
La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5a.m. & 6 p.m.
Sunday: Sunday School: 10 a.m.

**United Methodist Church
Brewster:**
Pastor: Dorine Chambers
Worship Service: 10:45 a.m. CST
Sunday School: 9:45 a.m. CST
Winona:
Minister: Sheryl Johnson
Worship Service: 9 a.m. CST
Sunday School: 10:15 am CST

**First Christian Church
(Disciples of Christ)**
Pastor: Rev. Ted Amos
Eighth & Arcade • 890-5233
Sunday: Worship Service: 10:30 a.m.
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

**Kanorado
United Methodist
Church**
Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 a.m.
Worship Service: 10:15 a.m.

Church of the Nazarene
Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 a.m.
Worship Service: 10:50 a.m.
Evening Service: 6 p.m.
Wednesday: Evening Service: 7 p.m.

First United Methodist Church
1116 Sherman 899-3631
Pastor: Rev. Kasey Crosby
Saturday: Worship: 5:30 p.m.
Sunday: Adult Classes: 9:15 a.m.
Worship: 10:30 a.m.
Wednesday: Wednesday Nite Live
5:45 - 6:45 p.m. Simple Supper "Free will Offering
6:30 - 7:30 p.m. Classes for all ages

Goodland Bible Church
109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 a.m.
Morning Worship: 10:45 a.m.
Evening Worship: 6 p.m.
Wednesday: AWANA (Winter)
and prayer: 7 p.m.

First Baptist Church
Pastor: Travis Blake
Bateman's Funeral Home, 211 E. 11th
890-3450
Sunday: Sunday School for all ages:
9:30 a.m. (Child care provided)
Morning Worship: 10:30 a.m.
Thursday: Bible study 9:30 a.m.
Wheatridge Center

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: Daily, 8 a.m. Thursday and
Sunday
For emergencies 890-6969

**Harvest Evangelical
Free Church**
104 E. Hwy. 24 • 890-7918
Pastor: Brian Fugleberg
Sunday: Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday: Junior high 6:30 p.m.
at Fugleberg's, 708 Washington
Senior high 6:30 p.m. at church

Seventh Day Adventist Church
1160 Cattletrail
Pastor: Mike Larson
Saturday: Sabbath School: 9:30 a.m.
Worship Service: 11 a.m.

Emmanuel Lutheran Church
13th & Sherman • 890-6161
Sunday: Christian education/fellowship:
10:15 a.m.
Worship Service: 9 a.m.

Church of Christ
401 Caldwell
890-6185
Sunday: Bible Study: 9:45 a.m.
Worship Service: 10:45 a.m.
Wednesday: Bible Study: 7 p.m.

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

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Good Samaritan Center
208 W. 2nd