

On the Plains

Idalia News

St. John's United Church of Christ News
Men's Bible study is weekly from 7 to 7:30 a.m. on Thursdays at St. John Church. All men are welcome.

News Items
If anyone has a news item to include in the Idalia news, please give Angela De Leon a call at (970) 354-7204, or e-mail jadd_delmire2006@yahoo.com

Idalia Days
Residents need to keep calendars cleared for Idalia Days June 13-14. There are 13 events or booths planned so far, with room for more, so it is possible to add food, craft, a fun booth or other event. Among current plans are bed races, old-timers football, vintage baseball team from Denver, laser-tag games, a 5K run-walk, lots of food, a historical

melodrama Saturday evening and Sunday afternoon. A street dance will be held Saturday night and a Cowboy church service Sunday. Contact Kristi Minor 354-7775, Chuck Wright, 354-7522 with suggestions or entries.
People are needed to join in the melodrama or in the Melodrama Singers chorus. All that is needed is wanting to enjoy entertaining the community. Call Kristi Minor

354-7775 or director Joye Devlin 354-7284.
Idalia Youth and Community Service
The Idalia Youth and Community Service organization is still collecting Wray Super's receipts as a fundraiser. If you have any, please drop them off at the school's office or to Jim or Jordan Rittenhouse.
Swimming lessons



By Angela DeLeon

ditional information.
Nature Center
The Millie Brandon Nature Center at the Idalia School will be open May 6, at 8 a.m. to 4 p.m. Students have grown all the vegetables and annual flowers from seed. They have a nice selection of tomatoes, peppers, eggplant, annual flowers, melon varieties, cucumbers, and pampas grass.

Beecher Island News

There were 45 at Sunday school. Howard Peaker gave the special number.

Mr. and Mrs. Rowe Shively spent Monday to Thursday in Tulsa, Okla., at the Mark Bowman home helping Zack celebrate his 16th birthday.

Mr. and Mrs. Bob Simmons, Mr. and Mrs. Quentin Simmons and Taya, Mr. and Mrs. Randy Perila and family, Mr. and Mrs. Ken Neirgaard, Mr. and Mrs. Josh Daniels and family and Robin Neirgaard were in Loveland Saturday morning attending a birthday party in honor of Amber Simmons' 10th birthday hosted by Shea Daniels.

Mr. and Mrs. Pete Osmus were Thursday to Sunday guests of Mr. and Mrs. Tempy Bowman in Windsor. Andy Osmus joined them for lunch Saturday and Sunday and dinner Thursday and Friday.

Harry Ekberg visited Beulah Ekberg Thursday. Betty Greene and

Carol Chapman visited her Friday. Mr. and Mrs. John Osmus and Jacob, Nettie Jane Sheldon and Gracie Trast were Sunday dinner guests of Mr. and Mrs. Phil Osmus.

Mr. and Mrs. David Schaffner and family were Sunday supper guests of Mr. and Mrs. Jeff Hurlburt and family.

Rowe Shively visited Charlie Shively in Burlington Sunday afternoon.

Mr. and Mrs. Roger Wieser and Katie met Mr. and Mrs. Bill Strangways for pizza Saturday in Yuma.

Chynna Rose went to the Stratton prom Saturday.

Taya Simmons spent Tuesday with Mr. and Mrs. Bob Simmons. Laura Pearl Wall was a visitor in the afternoon. Mr. and Mrs. Quentin Simmons brought pizza for all in the evening.

Saturday, Mr. and Mrs. Doyle Kier visited Violet Brown.

Bessie Dent had lunch Friday with Joyce Brown at the LaFamilla.

Mr. and Mrs. Bob Simmons were Saturday overnight guests of Mr. and Mrs. Randy Perila and family.

Ellen Mansfield had lunch with Ida Connley Sunday.

Mr. and Mrs. Dillon Rose were Friday supper guests of Mr. and Mrs. Kenny Rose.

Wayne and June Yost were Wednesday visitors of Mr. and Mrs. Bill Mansfield. Beulah Soehner visited Friday and Mr. and Mrs. Monte Mansfield and Mr. and Mrs. Gary Mansfield during the week.

Violet Brown and Fran Crites made a trip to Goodland Thursday morning.

Norma Jean Merritt and Gail Coonts visited Bessie Dent Wednesday morning.



By Bessie Dent

Plain Sense

May is Mental Health Month

Mental Health America has designated this year's Mental Health Month theme as "Live Your Life Well", with the goal of promoting strategies for good physical and mental health. With the nation's economic troubles adding to the stress of work and family demands, more and more Americans are struggling. Too much stress, or unrecognized and untreated stress, can damage a person's physical health, mental well-being, and relationships. The association offers the following 10 tools to help people handle challenges and protect their overall health and well-being, to be able to "Live Your Life Well":

- Connect with others: people tend to do much better when they feel supported, valued and understood.
- Stay positive: negative thinking can drag down your mood and health. Be realistic, don't assume the worse. And pat yourself on the back for your own accomplishments.
- Get physically active: when the body is moving, stress-induced hormones are being pumped out.
- Help others: it's good for them, and good for you.
- Get enough rest: learn relaxation techniques if necessary.
- Create joy and satisfaction: feeling good is good for you, and positive emotions can boost the ability to bounce back from stress.
- Eat well: the body and the brain need good fuel in order to

function well.
• Take care of your spirit: connect to whatever you consider meaningful and spiritual.
• Deal better with hard times: tough times are a part of life. Tackle those problems instead of only worrying, use effective problem solving, and ask for help from others.
• Get professional help if you need it: if the problems in your life are stopping you from functioning well or feeling good, professional help can make a big difference.

Mental Health America states that these 10 tools don't demand huge changes; that setting aside a manageable amount of time each

day for one or more can strengthen one of your greatest assets, your mental health. Good mental health keeps you productive, energetic, happy and hopeful - even in the face of life's challenges.

Contributed by Karen Schueler, MS, LCPC, Director, PEO-Prevention, Education and Outreach. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Send questions or comments to: High Plains Mental Health Center, PEO Department; 208 East 7th, Hays, KS 6760. Internet site: www.highplainsmentalhealth.com

Students Graduate

Sterling College

Ashley Dowgwillo of St. Francis was one of 110 students who graduated at the 117th Sterling College Commencement ceremony on Saturday, April 25.
She received a bachelor of arts

degree in communications/theatre arts, with an emphasis in communications.
Dowgwillo is the daughter of Craig and Nadja Button.

University of Kansas

Robert Taylor Voorhies, a former St. Francis Community High School graduate, and Crystal Mears Thompson, a former Cheylin High School graduate, are among the candidates for degrees at the University of Kansas.
The class of 2009 numbers about 8,000, including 2,500 who completed degree work in sum-

mer and fall 2008. Kansas University conducts only one formal commencement ceremony each year and it will be held on Sunday, May 17. The program begins at 3:30 p.m., at Memorial Stadium.
Voorhies will receive a bachelor of science in education.
Thompson will received a doctor of pharmacy degree.



THE WEEK OF MAY 11 THROUGH 15 is National Peace Officer's Week. The VFW Post 1528 and its auxiliary presented the Cheyenne County Sheriff's Department and the St. Francis Police Department with floral arrangements decorated with poppies and a "poppy puppy" to show appreciation for their service to country and community. Sam Miller (l) and Wanda Dowdy (r) presented Norvin Anderson, Craig VanAllen and Carol Gamblin with flowers.

Funding available through quality incentive program

Speaking on May 5 to the U.S. Department of Agriculture's National Organic Standards Board, Kathleen Merrigan, agriculture deputy secretary, announced \$50 million for a new initiative to meet the Obama Administration's promise to encourage more organic agriculture production. Funding for the initiative is being made available as part of the Environmental Quality Incentives Program.

"Assisting organic producers is a priority of the 2008 Farm Bill as well as for Secretary Vilsack and the Obama Administration," said Ms. Merrigan. "The objective of this initiative is to make organic food producers eligible to compete for Environmental Quality Incentives Program financial assistance."

According to Eric B. Banks, Kansas Natural Resources Conservation Service State Conservationist, Kansas received over \$1.5 million for the initiative. Applications received from organic producers or producers in transition to organic farming will be accepted under this initiative from May 11 through May 29. Producers may still sign up for the Organic Initiative after May 29. However, applications received through May 29 will be ranked at that time and considered for funding.

The 2009 Organic Initiative is a nationwide special initiative to provide financial assistance to National Organic Program certified organic producers as well as producers in the process of transitioning to organic production.

Organic producers may also apply for assistance under general Environmental Quality Incentives Program.

"The Kansas Natural Resources Conservation Service continues to support the Environmental Quality Incentives Program, Organic Initiatives," said Mr. Banks. "The Kansas Natural Resources Conservation Service is working with our conservation partners to provide training to field office employees to improve the conservation service technical assistance related to organic production systems."

Under the Organic Initiative required minimum core conservation practices will be determined by specific resource concerns. The practices are: Conservation Crop

Rotation; Cover Crop; Nutrient Management; Pest Management; Prescribed Grazing; and Forage Harvest Management. States must consider using any appropriate practice that meets the resource concern on a particular operation.

Ranking criteria has been established based on resource concerns that link to the National Organic Program objectives and the core conservation practices.

Visit your local Natural Resources Conservation Service office for more details about conservation planning and programs to help you protect your farm. For more information go to <http://www.ks.nrcs.usda.gov/programs/eqip> and click on Kansas 2009 EQIP Information.

St. Francis News

Milton and Betty Lampe drove to Hays on Saturday to celebrate Milton's 80th birthday, Travis Grizzell's 30th and Mother's Day with family.

Joining them in Hays were Kirk and Debbie Grizzell of Macksville, Kyle Grizzell of Pratt, and Tiffany and Mara DeWitt of Hays.

They all enjoyed dinner at Applebee's and then returned to Travis's apartment for cake and ice cream and to open gifts. The Lampe's returned home Saturday evening.

Guests of Milton and Betty Lampe on Friday evening, honoring Milton's 80th birthday were

Elmer and Dorothy Kellner and Deloy Rogers. Cake and ice cream were served.

Mr. and Mrs. Randall Raile, Mr. and Mrs. Eric Harper of Benkelman; and Mr. and Mrs. Norvin Northrup were Mother's Day dinner guests of Mr. and Mrs. George Harper and also celebrated Donna's birthday.

Floris Raile, Mavern Gienger, Wanda Gienger, Marilyn Holzwarth and Donna Northrup were Monday luncheon guests of Virginia Cooper, celebrating Donna's birthday.

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