

# Extension Notes

Consider plastic for storm windows

By  
Tye  
Faulkender



Popular opinion can view sealing windows with plastic to keep out the cold as a stop-gap measure — literally and figuratively.

If properly applied, however, a plastic covering can make a window almost air-tight. It's one of the most effective ways to seal a leaky window.

Storm window design is more for convenience and appearance than for air tightness. Typically, storm windows reduce air leakage through primary windows by about half. But, even the highest quality

storm windows will allow air to leak in around the edges.

The major difference between installing plastic on the inside or outside window surface is that maintaining a seal outdoors is more difficult.

Cold temperatures make the plastic brittle. So, when winds also whip the plastic in and out, that often ends up compromising the seal and sometimes tearing the covering.

Except for that, the most important thing to remember when installing a plastic covering is to ad-

here it to the frame surrounding the window, rather than the sash (frame holding the window pane).

Fortunately, the newer plastics are also very clear when stretched tight. So, you don't have to worry about coverings' reducing your home's appearance. You can heat the special shrink-film types with a blow dryer to shrink the plastic and eliminate all wrinkles — actually making the plastic almost invisible.

## Chat with Rosalie

Refunds on Phone Taxes Available

By Rosalie Seemann

A recent newspaper article, "Refunds on Phone Taxes Available," dealt with a surcharge on our phone bills that was started to help pay for the Spanish American War that ended August 1898.

For those that file a federal income tax, it will be very simple to apply for the refund. A person will receive \$30, and \$10 for each additional person, up to a \$60 refund. For those not required to file a federal return, there will be an application to complete and file.

Also concerning telephones, the December 2006 AARP bulletin discussed "Dialing Away Dollars." If you happen to still be using a rotary telephone, you are probably leasing it from AT&T.

The article reported one person paid over \$6,400 for three princess-style telephones over a period of 22 years. I helped one person apply to get back, or stop, the \$5 per quarter she was paying for a lease on the rotary phone.

We were on the telephone most of an afternoon being transferred

from one person to another to get this done. AT&T reported it would continue to lease as long as there is a demand. The article also noted that customers always have the option of opting out of the lease agreement.

*Editor's note: Rosalie Seemann, is the secretary of the Northwest Kansas Area Agency on Aging and will answer questions by writing her at: Chat with Rosalie c/o Rosalie Seemann, 426 Hale, Levent, KS 67743 or by emailing: rseemann@st-tel.net*

Jury Duty Scams

By Rosalie Seemann

Most of us take those summonses for jury duty seriously, but enough people skip out on their civic duty, that a new and ominous kind of scam has surfaced. Fall for it and your identity could be stolen, reports CBS.

In this con, someone calls pretending to be a court official who threateningly says a warrant has been issued for your arrest because you didn't show up for jury duty. The caller claims to be a jury coordinator.

If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. Sometimes they even ask for credit card numbers. Give out any of this information and bingo, your identity just got stolen.

The scam has been reported so far in 11 states. This scam is particu-

larly insidious because they sue intimidatiOn over the phone to rry to bully eople into giving information b ypretending they're with the court system. The FBI and the federal court system have issued nationwide alerts on their web sties, warning consumers about the fraud.

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## Book Review

Book review from  
St. Francis Public Library  
**He Chose The Nails**  
By Max Lucado

Much has been said about the gift of the cross itself, but what of the other gifts? What of the nails, the crown of thorns? What about the garment taken? What about the garments given? Have you taken the time to open these gifts.

He didn't have to give them. You know. The only required act for our salvation was the shedding of blood. Yet He did much more.

So much more. Search the cross, and what do you find?

A wine-soaked sponge. A sign. Two crosses beside Christ.

Let's examine them, shall we? Let's unwrap these gifts of grace as if...or perhaps, indeed...for the first time. And as you touch them...as you feel the timber of the cross and trace the braid of the crown and finger the point of the spike...pause and listen. Perchance you will hear Him whisper.

I did it just for you.



GARRETT SUNDSTROM is busy removing some of the leftover snow from the grade school sidewalks.  
Herald Staff photo by Karen Krien

## Plain Sense

Fears and Phobias

Most people have something they are afraid of, such as a fear of snakes or a fear of heights. Other common fears involve thunder storms, flying in airplanes, or feeling extremely uncomfortable when in enclosed places. When a fear becomes persistent, unreasonable and prevents someone from completing important activities or responsibilities, it has become a phobia, which the dictionary defines as a compulsive fear of a specified situation or object.

For people with phobias, the intensity of their fear is much stronger than others can imagine; even just thinking about the object or situation is frightening. For example, some people who suffer from arachnophobia (the fear of spiders) can not even look at photographs of spiders or watch television shows where scenes of spiders are presented without becoming extremely frightened.

How such intense fear develops is still a matter of some debate. One suggestion is that when a young child has a negative experience with an animal or situation, the fear develops as a result. For example, a child becomes frightened while swimming for the first time and then

this fear develops into hydrophobia (fear of water). Or perhaps a child is bitten by a neighbor's dog and this develops into cynophobia (fear of all dogs). Other theories suggest that if a child sees something bad happen to another person (perhaps a parent or sibling), the fear develops, not from direct experience, but from simply watching what happens to someone else.

Obviously not every one develops a phobia after experiencing or observing a negative event. Researchers suggest that if a person has had a positive experience before the negative event occurs, this acts as a kind of mental buffer. For example, when a young child is bitten by the neighbor's dog, but is familiar with dogs as a family pet, the chances that a phobia will develop are decreased. Scientists also refer

to the concept of "preparedness", meaning that the human brain is "prepared" to develop a fear of dangerous animals or insects. For example, people are more likely to develop a fear of snakes and spiders than of flowers or trees.

Everyone experiences fear of some kind and people often avoid certain objects or situations. However, when a fear becomes a phobia and significantly interferes with participation in personal or social events and activities, it is time to seek professional help and treatment.

*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.



# Coming Soon:

## WORKING WOMEN'S SECTION



THIS SECTION IS PACKED WITH ADS FEATURING WOMEN.

Coming the First of February!

## Conservation Section



This section will feature the Conservation Award Winners in Cheyenne County.

For more details, contact Casey McCormick at the Saint Francis Herald at 785-332-3162

Bird City Times

The Saint Francis Herald.. 785-332-3162