

# Photos on display

Cheyenne County will have the Kansas 4-H Photography Traveling Display at the St. Francis Public Library for a limited time. The display arrived last week and is scheduled to be in the county until Feb. 15.

After that, it travels to Topeka to be displayed at the Citizenship In Action youth event in February, then on to Wichita to the Garden Show.

It will also be available for any county 4-H program that would like to display it and it will be used for various photography judging contests.

At the Kansas State Fair, one 4-H photo from each county is chosen to represent his or her county. Ribbon placement is not used. Cheyenne County's representative is Allison Grice.



ST. FRANCIS LIBRARIAN, Pat Leibbrandt, hangs up one of Allison Grice's photograph to be on display.

## — Odd Facts —

- The name Jeep came from the abbreviation used in the army for the "General Purpose" vehicle, G.P.
- The highest point in Pennsylvania is lower than the lowest point in Colorado.
- The only two days of the year in which there are no professional sports games (MLB, NBA, NHL, or NFL), are the day before and the day after the Major League All-Star Game.
- Only one person in two billion will live to be 116 or older.
- The mask used by Michael Myers in the original "Halloween" was actually a Captain Kirk mask painted white.
- If you put a raisin in a glass of champagne, it will keep floating to the top and sinking to the bottom.

## Plain Sense

### "Feeling Lonely"

Plain Sense from High Plains Mental Health Center

Most people feel lonely at some time in their life. It may be short term, such as returning home alone at the end of the day, or it may be of a longer duration due to a major life change or crisis. Feeling lonely may increase for some people during the holiday season, especially if family and loved ones are far away and not able to be together. For most people, feeling lonely passes quickly because they soon become involved with daily activities, and with other family members, co-workers or friends.

However for many people, loneliness becomes an emotional state in which they experience strong feelings of emptiness and isolation. They may become overwhelmed with feelings of unworthiness, hopelessness, and insecurity, which can then contribute to further isolation. Chronic loneliness can be a serious, life-threatening condition, contributing to increased risk of stroke and heart disease, poor sleep quality, and depression, a risk factor for suicide. Loneliness can also play a part in alcoholism and antisocial behaviors, and can have a devastating effect on the ability to function in everyday life.

The feelings associated with loneliness, including low self-esteem, make it difficult for some people to take the steps needed to move on. A personal commitment to make behavior changes is required, particularly in regards to an effort to become more involved with others. During the holiday season many community

groups, churches, and clubs have planned activities that provide a comfortable setting and a good opportunity for social contacts.

Feeling lonely is a common human emotion experienced by everyone at various times throughout a lifetime. But when those feelings result in isolation or depression, it is time to seek additional help from a medical doctor, pastor or priest, or mental health professional.

Contributed by Karen D. Schueler, MS, LCPC, PEO - Prevention, Education and Outreach 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, KS 67601

### "Sharing Success"

Plain Sense from High Plains Mental Health Center

Scientists who study relationships tend to focus on how couples deal with the difficulties in life such as financial problems, childcare issues, job stress, household chores and dealing with extended family. As a result, a great deal of information has been written about conflict management and "fair fighting."

For example, it is widely accepted that when people argue they should follow certain guidelines: stick to the subject of disagreement and deal with one issue at a time, treat the other person with respect (no name calling or

sarcasm), and work toward an acceptable compromise or solution.

In contrast to the research regarding conflict, research studies completed in the last year suggest that the way partners respond to each other's successes may be even more important for the long-term health of the relationship than the way they deal with arguments.

In these studies, when a person responded to a partner's good fortune with excitement and shared pride, the relationship was described as more satisfying than if the person responded passively or showed indifference.

In other words, constructive support comes across much better than an attitude of competition, jealousy or disinterest.

These findings were consistent for both large victories such as a raise or promotion and small successes such as receiving a compliment from a coworker or friend.

Therefore, if partners and couples want their relationship to be happier and more satisfying, they should be not only "a shoulder to cry on" when problems come up, but should also be quick to "pat their partner on the back" when good things happen.

It is noteworthy that in most relationships, positive events outnumber negative events by at least four to one, thus the opportunities to celebrate success are frequent and readily available.

Contributed by Ken Loos, MS, LMLP, LCP, Prevention, Education, and Outreach Department.

Mail questions to High Plains Mental Health Center, 208 East 7th, Hays, KS 67601

## Many topics were talked about at the Lions Club meeting

The regular meeting of the St. Francis Lions Club was held Jan. 14 at the Windmill Restaurant with president Dennis Merklin calling the meeting to order. There were 24 members and five guests present. Following the Pledge of Allegiance to the flag, Elmer Kellner gave a prayer.

Lion Rueben Schultz introduced his guest John Finley, Dennis Merklin introduced his guests Randy and Dorothy Smestad and Dennis Singer, the speaker for the evening, and Clarence Iliff introduced his guest Willow Cook.

Laura Reeser, secretary, read two thank-you cards from the family of Wayne Goodell for the memorial contribution of \$25 to the Hospice of Salina.

Ms. Singer of the Smart Start Organization explained the program helps fund family advocate programs using grant money from the tobacco settlement. She is one of the grant writers and she encouraged members to help fellow citizens with young families to take advantage of the many groups available to assist them in receiving education on childcare and early education opportunities.

Reports were given by Secre-

tary Reeser and Dorothy Kellner, treasurer.

Dick Rohweder reported that the Sight First II campaign was a success bringing in \$451.80. Milton Lampe reported that he and Mr. Rohweder had taken 45 bicycles to Norton for repair and brought back two repaired bicycles to give to persons in town who had expressed a need for a bike. Mr. Lampe and Betty Lampe took 90 pair of glasses, 68 glass cases, two hearing aides and four cell phones to be reused by people in need. Gratitude was expressed for people giving the items. Mr. and Mrs. Lampe also took many bags of used clothing to the Goodwill in Hays.

The president presented past-Lions president Clarence Iliff a pin for service and a Lions Key pin to Mr. Kellner for his work in recruiting new members.

Four new members were being inducted during the same evening, a number which had never happened in St. Francis before. The new members were Randy and Dorothy Smestad, John Finley and Willow Cook, being sponsored by Mr. Merklin, Mr. Schultz and Mr. Iliff.

Francis O'Leary reported that he will take the two wheelchairs donated by Atwood to Burlington

to be conditioned and will bring them back to the courthouse to be used by persons in town who need them. In answer to a question, it was stated that there are hospital beds available on a loan basis. If one is needed call Mr. O'Leary or contact Terry Miller, County Clerk, at the courthouse.

Mrs. Kellner said that Lions members should be aware of an opportunity to be trained as a member of the Disaster Response Team by calling Gary Rogers.

Mr. O'Leary made a motion that the meals for the widows of former St. Francis Lions be paid for by fund from the administrative account. It was approved. Mr. Lampe explained the dues structures in relation to single membership and family membership.

Mr. Kellner moved that the club use the funds allocated in the budget for band and scout uniforms as allocated. Norman Morrow said he appreciated being informed that the funds are being spent as budgeted. Mr. Kellner moved that the Lions make "Joining Hands" a yearly club project. After being seconded by Dale Patton and positive discussion it was agreed.

President Merklin expressed an interest in attending the Delegates meeting in Dighton on April 12.



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**Brooks Hobrock**  
Grade: freshman  
Parents: Brian & Susan Hobrock  
**Student of the Month**

Brooks, a freshman at St. Francis Community High School, is the January Student of the Month.

Brooks is involved in Football, Basketball and FFA.

After St. Francis Community High School, Brooks plans to go to college and pursue a career in agriculture.

Ten years from now Brooks plans to be working and looking to get married and starting a family.

Brooks' favorite saying is: "I'm your Huckleberry." — Val Kilmer

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## Coming Soon:

**Sweetheart Deals**

"Don't Gamble with Love" promotion coming for Valentines Day



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

BANKER'S AWARD DINNER  
FEB. 28TH



## WORKING WOMEN'S SECTION

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THIS SECTION

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Bird City Times  
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