

Continued from Page 1A

Payment landowners receive is based on the historic amount of water a farm has consumed, the irrigation area's proximity to a stream and the price the landowner wants, Frost said.

"The state wants to buy water rights at the most affordable price," he added.

Frost said low bids are not the only element that the commission would consider when it decides who gets grants. For example, he said, a person who wants to retire a well that is near a stream would be given preference over a person who wants to sell a well that is located far away from a stream, even if that person will accept less money.

"We want to evaluate all the variables and decide what gives us the best bang for our buck," Frost said.

There is only so much money, he added, and some people who want to retire their rights will not be able to sell.

He said the people who retire their water rights would be able to practice dryland farming. Some might sell only part of their rights, not all, and continue some irrigation.

The project will last five years. The fall sign-up period will go through Nov. 15. If money is still available, the commission will have a spring sign-up period Feb. 15 through March 31.

For information, contact Frost at (785) 296-8964 or the Groundwater Management District in Colby at (785) 462-3915.



FIREMAN DAN BLAIR helped Cotter Neitzel try on the fireman's hat. The ABC Preschool children visited the firehouse on Tuesday. When asked what to do when your clothes are on fire, one little girl practically said, "take them off." *Herald staff photo by Karen Krien*

Holiday program set for Oct. 28

"Hope for the Holidays" is a program sponsored by Hospice Services, Inc. to help make the holidays a little less stressful. The program is open to the public, free of charge. It will take place from 7 to 8 p.m. on Tuesday, Oct. 28, at the St. Francis Methodist Church.

When someone is grieving a loved one they are not sure what the holidays will hold in store for them. The extra expectations that are part of the holiday whirl often leave one with intensified emo-

tions of grief and feeling overwhelmed.

For more information, call Hospice Services, Inc. main office in Phillipsburg at 1-800-315-5122 or 1-785-462-6710.

The mission of Hospice Services, Inc. is to provide care for the dying and bereavement support to communities. More information about the bereavement services offered may be obtained by calling the number listed above.

Plain Sense

Economic Stress and the Elderly

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 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 (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 this syndrome 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 include taking control of the situation by talking with parents; making plans for the future in regards to finances, living arrangements, health care, etc; 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 Dept.

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, Prevention, Education, and Outreach Department (PEO), 208 East 7th, Hays, KS 67601

Junior high volleyball teams win

By Betty Jean Winston
betty.w@nwkansas.com

The junior high A-team and C-team were successful in volleyball action on Monday evening. Results of the B-team match will be published next week. The A-team defeated Colby by scores of 13-25, 25-14 and 25-18 while the C-team won by scores of 25-14 and 25-17.

The junior high teams are now preparing for the Northwest Kansas League tournament which will

be held on Thursday, Oct. 23. The A-team will play at Hoxie and the B-team will hold their tournament in Oberlin.

A-team 13-25, 25-14, 25-18

"In the first set we started out sluggish and I was afraid we weren't going to get it together," Coach Tina Elliott said. "But we came alive in the second and third sets and we came up with the win."

"The girls worked well together

and hustled for the ball. It was very exciting to win at home and have a win for the final match of the season before tournament."

Having good serves were Jandy Dunn 13, Ally Northrup 12, Laura Brunk 8, Krissy Harris 7, Clarice Neitzel 5, Aubrey Mills 3.

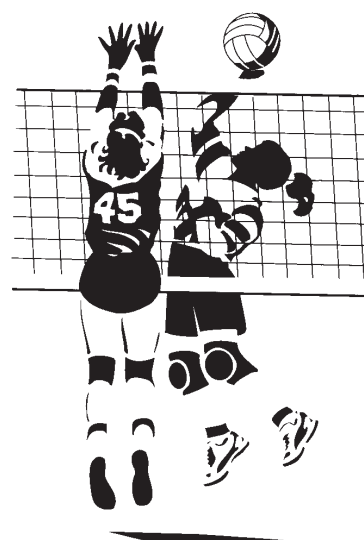
C-team 25-14, 25-17

Eleven players had at least one good serve in the C-team match.

"This was a C-team match and we didn't have enough for a C-team so the first set we played B-team and second set we played A-team."

"They did a good job and came up with a win."

Having good serves were Brunk 10, Sarah Whitmore 5, Nariah Hamilton 4, Randee Grover 4,



Neitzel 3, Bailey Merklin 3, Taylor Archibald 3, Mills 2, Dunn 2, Northrup 1, Katie Lambert 1.

Critters play role in weather tales

A change in seasons always brings questions, said climatologist Mary Knapp.

"In the fall, people ask, 'What do the woolly bear caterpillars say about the coming winter?' and 'What about the squirrels and the nuts they bury?'" she said.

Humans have always looked for signs and portents of what the weather will be like in the coming season, said Knapp, who as the state climatologist for Kansas. She runs the Kansas Weather Data Library, based at Kansas State University.

"Folklore has it that when the brown band on the woolly bear is wide, the winter will be mild. But, research shows this just isn't the

case," Ms. Knapp said. "While we may have a mild winter when the woolly bears have a wide brown band, it's just as likely to be harsh. That is because the caterpillars reflect what's happening right now in fall or what happened when they hatched."

As for the other old "reliable" - if the squirrels are burying a lot of nuts this year, that's because they're benefiting from a really good crop of nuts, she said.

Information about the Kansas Weather Data Library is available on the K-State Research and Extension Web site: <http://www.oznet.ksu.edu/wdl> or contact the Cheyenne County Extension Office at 785-332-3171

Club Clip

Cheyenne County Hospital Guild

The Cheyenne County Hospital Guild met on Oct. 6 at the Senior Center with 18 members present.

Carol Gamblin gave an informative report about the 911 program.

The president, Helen Burnham,



conducted the business meeting. Secretary and treasurer reports were given. There was a discussion about ways to give the Guild's support to the hospital. More suggestions will be taken at next month's meeting.

The meeting adjourned. The hostesses were Betty Loudon and Anita Miller.

The next meeting will be on Nov. 3 with Dr. Allard presenting the program. The hostesses will be Eileen Nolan and Sherry Schultz.

BUSINESS CARD DIRECTORY

To list your business drop us a card!
Call 785-332-3162 today.

At "Tax Time"

Lane Hatcher

"Over 20 Years Experience"


Tax Accountant

Saint Francis, Ks.

Phone/fax: 785-332-3232

lanehatcher@gmail.com





Bison

Rx compounding & Therapy

James E. Hampton, RPh, PCCA Member

416 State Street, Suite A
Atwood, Kansas 67730
(785) 626-3237
(800) 696-3214
Bison Rxcompounding@atwoodtv.net

Customized prescriptions for patients with unique medical situations requiring unique medical solutions.

Western Kansas Center for Comprehensive Dental Diagnosis & Rehabilitation
1690 W. 4th • Colby, KS
460-3999 or toll free 1-866-305-3999

Jeffrey M. Rayl, D.D.S.

- Comprehensive bite analysis
- TMJ/TMD diagnosis and rehabilitation
- I.V. Sedation for all dental procedures including surgical removal of wisdom teeth
- Dental Implants: surgical placement and restoration
- Complete endodontic services (root canal) molar and anterior teeth
- Extensive cosmetic procedures
- Laser periodontal (gum disease) therapy
- Esthetic crown and bridge restorations: all ceramic (no metal)
- General dental procedures: cleanings, tooth colored fillings, partial dentures, biologic dentures



BECKMAN CARPET & UPHOLSTERY CLEANING
(785) 626-4548

1-866-500-6210

UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)		
1. Publication Title	2. Publication Number	3. Filing Date
The Saint Francis Herald	4 7 5 - 9 6 0	Oct. 14, 2008
4. Issue Frequency	5. Number of Issues Published Annually	6. Annual Subscription Price
Weekly	52	\$38
7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®)		Contact Person
310 W. Washington, P.O. Box 1050, St. Francis, Cheyenne, KS 67756		Karen Krien
8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer)		Telephone (include area code)
310 W. Washington, P.O. Box 1050, St. Francis, Cheyenne, KS 67756		785-332-3162
9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)		
Publisher (Name and complete mailing address)		
Karen I. Krien 310 W. Washington, P.O. Box 1050, St. Francis, KS 67756		
Editor (Name and complete mailing address)		
Karen I. Krien 310 W. Washington, P.O. Box 1050, St. Francis, KS 67756		
Managing Editor (Name and complete mailing address)		
10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)		
Full Name	Complete Mailing Address	
Haynes Publishing Company	170 South Penn, Oberlin, KS 67749	
Stephen C. and Cynthia A. Haynes	170 South Penn, Oberlin, KS 67749	
11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box <input type="checkbox"/> None		
Full Name	Complete Mailing Address	
First National Bank	P.O. Box 570, Goodland, KS 67735	
12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one)		
The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes:		
<input type="checkbox"/> Has Not Changed During Preceding 12 Months		
<input type="checkbox"/> Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)		
PS Form 3526, September 2007 (Page 1 of 3 (Instructions Page 3)) PSN 7530-01-000-9931 PRIVACY NOTICE: See our privacy policy on www.usps.com		
13. Publication Title	14. Issue Date for Circulation Data Below	
The Saint Francis Herald	October 9, 2008	
15. Extent and Nature of Circulation		
	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)	1750	1750
b. Paid Circulation (By Mail and Outside the Mail)		
(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	567	570
(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	447	441
(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	219	180
(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g. First-Class Mail®)	0	0
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))	1233	1191
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)		
(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541	4	4
(2) Free or Nominal Rate In-County Copies included on PS Form 3541	0	0
(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g. First-Class Mail)	0	0
(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	0	0
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))	4	4
f. Total Distribution (Sum of 15c and 15e)	1237	1195
g. Copies not Distributed (See Instructions to Publishers #4 (page #3))	513	555
h. Total (Sum of 15f and g)	1750	1750
i. Percent Paid (15c divided by 15f times 100)	99.8	99.8
16. Publication of Statement of Ownership		
<input checked="" type="checkbox"/> If the publication is a general publication, publication of this statement is required. Will be printed in the Oct. 16, 2008 issue of this publication. <input type="checkbox"/> Publication not required.		
17. Signature and Title of Editor, Publisher, Business Manager, or Owner		
Karen I. Krien, Publisher	Date	Oct. 14, 2008
I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).		
PS Form 3526, September 2007 (Page 2 of 3)		