

Coping with Loss and Grief During the Holidays

Plain Sense from High Plains Mental Health Center

The holiday season can be especially difficult for those who have lost a loved one during the previous year. They still need time to grieve and adjust, yet also feel the pressure to get into the spirit of the season. Friends and family will be expecting them to be involved as always. So it is important for the bereaved to recognize their own feelings and needs, as well as others, and learn how to handle the holidays in a way that is helpful.

For those who have lost a loved one, it is sometimes helpful to write a letter to that person, expressing your feelings and thoughts. This can be placed in a book, photo album, or at a memorial site, or even thrown away or burned.

As a personal reminder, select a candle with a color or scent that has significance, place it in a special area of the home, and light it at a significant time throughout the holidays. Some family and friends choose to donate the money that would have been spent on gifts to a charity, local agency, public library, or other such locations. Or to give a present to someone who might not otherwise receive a gift, such as a resident of a long-term center.

Many people who are grieving prefer to avoid holiday events

and family get-togethers because the memories are just too painful. However, isolating one's self can lead to deeper feelings of loneliness and even depression. It is better to stay involved, but it is also all right to scale back on some activities. Planning ahead and communicating with others about your feelings can help in being better prepared, and less worried about the outcome.

Life losses result in changes in holiday and family traditions that can be difficult, but also provide the opportunity for older family members to pass on the responsibilities of holiday traditions to the younger generation, where new traditions can become just as special. Those people who are grieving a loss and looking with dread or anxiety upon the coming holiday festivities usually find that the anticipation is greater than the actual events themselves.

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, 208 East 7th, Hays, KS 67601



CHEYLIN FIRST GRADERS performing at the Senior Citizens' Christmas Dinner. What do they want for Christmas? Anything but underwear!

Times staff photo by Linda Schneider

Public Notices

Cheylin school board to appoint member

Published in the Bird City Times, Bird City, Kansas, Thursday, December 18, 2008. (51)

PUBLIC NOTICE

Notice is hereby given pursuant to the provisions of K.S.A. 25-2022 of vacancies in the membership of the Board of Education of USD 103, Cheyenne and Rawlins Counties, Kansas, and that such vacancies shall be filled, not sooner than fifteen (15) days following publication of this

Notice, by appointment of the Board of Education for the remainder of the unexpired terms or until the next general election.

Such vacancies exist by reason of the resignation of Anita Pochop, who represented District 1, Position 3

Jane Young
Clerk of the Board
Unified School District No 103
Cheyenne/Rawlins Counties, Kansas

Cheylin board seeks bids for remodel job

Published in the Bird City Times, Bird City, Kansas, Thursdays, December 18, and December 25, 2008, and January 1, 2009. (51-1)

ADVERTISEMENT FOR BIDS

The School Board for USD 103 Cheylin Public Schools, Bird City, Kansas, will receive bids for the remodeling of the Concession and Commons in McDonald, Kansas.

Sealed bids will be received until 1:00 P.M. CST at the Office of the Superintendent, USD 103 Cheylin Public Schools, 605 Bird Avenue, Bird City, Kansas on January 12, 2009 at which time and place all bids will be publicly opened and read aloud.

All bids must be on the forms provided with the Specifications as prepared by W Design Associates, Architects and Engineers, Box 99, McCook, Nebraska, and bids received after closing will be returned unopened and shall not be considered.

For the purposes of preparing and submitting a bid, Contractors may obtain Plans and Specifications from W Design Associates, 214 East 1st Street, McCook, Nebraska 69001 upon payment of \$30.00 for each set requested. One half of the deposit shall be refunded if a bid is submitted and the Plans and Specifications are returned within ten days after the bid opening. Electronic copies of plans and specifications are available via a web address at

NO COST to the Contractor by contacting Irene Johnson at 308-345-2370.

Each proposal shall be accompanied by a Certified Check or Bid Bond in an amount of not less than 5 percent of the total bid amount, and shall be made payable to USD 103 Cheylin Public Schools as security that the bidder to whom the contract may be awarded will enter into contract to construct the project and give bond in the sum as herein stated for the construction of the project. Checks accompanying proposals not accepted shall be returned to the bidders.

No proposal shall be withdrawn after opening without the consent of the School Board for a period of 30 days after the scheduled time of closing.

The successful bidder will be required to furnish a satisfactory Performance and Labor and Material Payment Bond in the sum of the full amount of the contract.

The School Board reserves the right to accept, reject or negotiate any or all bids and to waive any informalities in the bidding.

Dated at Bird City, Kansas this 11th day of August, 2008.

School Board
USD 103 Cheylin Public Schools

By: Bill Porter, Superintendent

The Cheylin Booster Club meeting was held on Nov. 18. Laurie Leonard was commended for getting the Federal tax identification number for the club as well as the Kansas sales tax exemption number, under the Parent Teacher Organization exemption classification. Copies of these forms and numbers were provided to each of the officers and to Jane Young to keep on file at the school administrative office.

The flag to the entrance to Bird City is already shredding. Options were discussed. Mrs. Leonard will get with Wade Carmichael, Bird City Parks and Recreation Committee, and get the current flag down, will see if Babs Antholz's sewing classes might be able to re-inforce it to prevent further damage. Mrs. Leonard had received a duplicate flag except it came without grommets. She discussed hanging it in the McDonald gym.

Mike Boyson, Hot Brush, has installed the new sign to the northeast entrance to the football field. Mr. Boyson did a nice job and Wendy White will contact him about the bill. The senior class of 2008 will be paying for part of it with their leftover funds.

Charlene Kramer gave the Booster Club a 30-percent off discount on the fireworks for the football games; the cost totaled \$75. There is enough to keep for next year. Jan Busse will check to see if Loren and Wendy White will store the fireworks until the 2009 football season.

Mrs. Busse will have the extra window vinyl clings from last year at the basketball concessions stand for purchase by the patrons. The booster club membership flyers were made available at the last home football/volleyball games. The left over flyers can be distributed at the upcoming basketball games and there will be signup sheet for Booster Club there. Booster club is open to anyone who would like to support the Cheylin students in their extra curricular activities.

Mrs. Busse reported a balance of \$2,778.86 as of Nov. 17, not including deposits of approximately \$260 and an outstanding bill for an estimate of \$450 for the cost of the coaches' shirts. A total of \$74 was received from Darci Schields from the football buttons sold.

Mrs. Young reported that the booster's shirts will be ordered this week. She noted that over 70 shirts have been pre-ordered and the final order will be submitted once the embroidery/artwork is approved. The student practice jerseys have also been distributed.

Rod Klepper updated members on the school calendar. Century II Development Foundation has purchased the mailing permit for bulk rates. Canda Orten has consented to get him a master of the next month calendar by the 25th of each month for him to make copies for the postal patrons of the Bird City and McDonald communities. He will then solicit help to get these mailings ready for delivery. There will be 543 copies to be sent out.

Thank you notes were read from Tia Sager and Mrs. Schields. Mrs. Schields made a donation to the booster club from her button sales. She intends to provide basketball buttons this winter. Mrs. Busse had prepared a thank you

to be given to Brenda Johnson for her to deliver to the persons(s) who paid the remainder of the club's bill at the grocery store for the Homecoming meals supplies. Appreciation was shown to those who had helped Booster Club to provide for the Homecoming, fifth quarter parties, etc.

The clothing account fund that was set up earlier this year is now ready to be utilized. Anita Burton will pick the students with the needs. Mrs. White will be the shopper coordinator. Mrs. White will need to stop by the First National Bank and complete the signature cards.

Booster Club served the students when Cheylin hosts the vocal clinic, they were fed free and a nominal fee was asked from the other towns if they wanted to participate. Mrs. Busse coordinated the meal of burgers, chips, salad, and cookies and tea. Helpers met at the school cafeteria on Friday.

The Rawlins County Square Deal graciously donated a photo CD to the Booster Club after this

month's high school musical - "Lil Abner". Mrs. Busse will see that copies are distributed at cost plus \$2. See her for orders. Mrs. Leonard agreed to send a thank you note to Tara Fields at the paper.

Mrs. Busse has contacted The Sports Shoppe in McCook and they will give a discount on orders of letter jackets if six people order. Mrs. Young will post a sign up sheet and information at the high school and Mrs. Leonard agreed to make Lance Leonard's jacket available at the basketball games as an advertisement.

There are only two home basketball games on Friday this year. Fifth quarter parties are scheduled for Jan. 9 and Feb. 6. Mrs. White agreed to find parents to prepare the meals for these dates.

Next meeting was set for Dec 1, after the Winter Concert at the Cheylin/Bird City high school gymnasium. Jolene Reeh agreed to post flyers to notify members of meeting date/time.

***** NOTICE *****

THE FIRST HALF OF TAXES ARE DUE BY MONDAY DECEMBER 22ND WITHOUT PENALTY

Please be sure to bring your bar code slip(s) to pay your taxes. (We are not responsible for missed taxes.)

or pay online by e-check or credit card at www.cheyennecounty.org - Treasurer's page (fees will be charged by the service provider)

***** SIGN UP NOW TO PREPAY YOUR TAXES *****

Tax Prepay Program for Taxes and/or Motor Vehicle

For more information visit our website or drop by or call our office for forms and/or information! 212 E Washington, PO Box 687, St Francis, KS 67756 ~ 785-332-8810

Dolores Jenik
Cheyenne County Treasurer

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Notice of Budget Hearing for Amending the 2008 Budget

The governing body of Cheyenne County will meet on the day of December 31, 2008, at 9:00 A.M. at the Commissioner Room for the purpose of hearing and answering objections of taxpayers relating to the proposed amended use of funds.

Detailed budget information is available at the Cheyenne County Clerk's Office and will be available at this hearing.

Summary of Amendments

Fund	2008 Adopted Budget			2008 Proposed Amended Expenditures
	Actual Tax Rate	Amount of Tax that was Levied	Expenditures	
General	30.938	1,222,894	1,955,048	2,800,000
Road & Bridge	9.379	370,717	922,880	982,175
Hospital	5.645	223,109	525,000	644,539
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Terry Miller, Clerk
Signature