

In tight times, kids' camp still a plus



In a changing economic climate, one summery perennial - summer camp - can still be a bargain, a Kansas State University Research and Extension youth development specialist said.

Summer camps typically provide personal growth and development opportunities - and plenty of fun, said Pam Van Horn, a former Franklin County 4-H member, veteran camper and, currently, state coordinator for Kansas' 4-H camps.

Camp costs vary with the length of the camp and the opportunities offered, she said. This year, for example, the per-child cost for 4-H camp sessions ranges from \$145 to \$180. Each includes meals, lodging, and camp activities.

Inclusive camp pricing helps to hold down overall costs, Ms. Van Horn said.

A younger child attending camp for the first time may benefit from a shorter session that will allow him or her to become more self-confident in managing on their own, she said. A well-planned and supervised camp can provide opportunities

for children to meet new people, make new friends, develop new interests, and try a greater variety of games and activities that may become lifelong interests.

At camp, children also learn to enjoy an environment that is different from the norm, and, in doing so, many will leave camp feeling more comfortable with the larger world, she said.

And, as children nurture self-confidence and self-esteem, parents may note that, once home, their camper may also have learned to be more responsible for his or her stuff - and to be on time for meals or other activities, Ms. Van Horn said.

Kansas' 4-H camps are primarily based at the Rock Springs 4-H Center south of Junction City. Sessions are open to 4-H members ages 8 to 12 and planned as an extension of skill-building 4-H youth development programs.

More information on Kansas 4-H camps is available from county and district K-State Research and Extension offices and on the 4-H Web site: www.Kansas4-H.org

Plain Sense

Plain Sense from High Plains Mental Health Center

"Mom's Mental Health"

Dear Plain Sense: My 83 year old mother will soon be moving from her house to a retirement center. She has been very lonely since my dad died last year, and she seems to be looking forward to living where there are others around, as well as living closer to two of her sons. What do we need to be aware of in regards to her mental health?

In regards to aging, each person is unique and individual. The onset of dementia or Alzheimer's is always a concern, thus it is important for her to continue to see her family physician on a regular basis, and to take good care of her physical health. Feeling lonely can certainly lead to depression. The fact that she is looking forward to this change is a good sign. Someone who is depressed often loses hope for the future, isolates themselves, and has a difficult time moving on.

Some people adapt to changes, including moving into a different residence, better than others. It can be difficult to move from a house where one has raised a

family, and to leave behind those memories. However, having familiar furniture, pictures and mementos in the new location will help a great deal. The staff of retirement homes are usually very observant of the residents, and should let family members know of something to be concerned about, so make an effort to get to know them and to stay in regular contact.

Elderly people do best when extended family can be involved on a regular basis. However, some aging parents can be so difficult to get along with, that they have alienated their children, and often end up very isolated from family members, as well as others in the community. It sounds like your mother has the support and involvement of her children, which will be to the benefit of everyone.

Contributed by Karen D. Schueler, MS, LCPC, Director, PEO - Prevention, Education and Outreach Department Mail questions to: High Plains Mental Health Center, Plain Sense, PEO-Prevention, Education and Outreach Department, 208 East 7th, Hays, KS 67601



OVER 300 PEOPLE attended the Cheyenne County Wildlife Banquet on Friday evening. Look for more information and photos in next week's issue.

Herald staff photo by Casey McCormick

COUNCIL

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could inform owners and buyers of rules or ordinances regarding these vehicles. One way would be that registration would be required and when registering their vehicle, the rules or ordinance would be given to them. They would probably have to show proof of insurance at that time.

At the next meeting, city attorney, Mike Day, will present an amended ordinance for their consideration and approval. The council did feel that there should be an exemption of these vehicles being on Washington during parade days.

Police report

Shane Guggenous, police chief, said he and another employee have completed their computer training with the National Crime Information Center. The police department does need a new computer which would be used strictly for state use.

E-waste

Councilman, Roger Jenson, said that the E-waste stop in St. Francis was very successful. There were 43 customers and 217 items dropped off. The next visit from E-waste will be on June 2.

Swimming pool

At the Swim Board meeting, Lauren Ross was hired as manager. There have been several people applying for other positions but they have made no decisions yet.

In other business

In other business
• Travis Milne, St. Francis, told the council that he hopes to have the property at 215 N. Adams in rentable condition by summer. He is going to tear down the garage and has done considerable work on the inside of the house. The property tax has been paid. There are still special assessments the

city has put on the property and will stay on it until it is brought into compliance. The council asked Mr. Milne to come back before the council when the property was ready to rent and they would discuss the assessments at that time.

• Ron Wilson, owner of the

building known as the old pool hall on West Washington, contacted J.R. Landenberger, city superintendent, and asked to meet with him and some of the councilmen to look over the property and see if they could decide what needs to be done. Councilmen Dale Weeks, Mr. Jenson, Mayor Scott Schultz

and Mr. Landenberger will meet with him in the near future and report back to the council.

Executive session

An executive session was requested by Dale Weeks to discuss personnel but after returning to normal session, no decisions were made.

TRAIN

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and emotional and spiritual support expressly tailored to the person's needs and wishes. Support is provided to the person's loved ones as well.

A common misconception people have is that hospice means you're "giving up" or "that there's nothing left for the doctor to do," and that's absolutely wrong. Hospice is not about giving up but is about maximizing the quality of life, no matter how long that might be.

When cure is no longer possible, hospice provides the type of care most people say they want at the end of life - comfort and quality of life. The most common statement made by families who chose hospice for their loved one is, "we wish we had known about

hospice sooner."

For more information, contact Mrs. Walters, 785-332-2280, or Amanada McKenzie, director of volunteers, 800-315-5122.

The Hospice Services is a not-

for-profit community-based Medicare certified and Kansas licensed hospice serving 13 counties in northwest and north central Kansas.

WIND

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There was enough snow on Thursday to cancel several meetings and school started two hours late. People were out shoveling off their walks and drives and the city crew was putting down sand in different areas. By that evening, much of the snow was melted and by Friday, the street were dry. The wind has been a problem. That coupled with some chilly

temperatures has made being outside miserable. Even with highs in the 50s and 60s over the weekend, it still seemed to be cold.

Date	High	Low	Prec.
March 24	49	28	
March 25	53	28	.02
March 26	33	19	.21
March 27	37	12	T
March 28	53	17	
March 29	62	28	
March 30	40	25	T

Upcoming Promotions

For more information contact Casey McCormick at:

The Saint Francis Herald

P.O. Box 1050, St. Francis, KS 67756 • 785-332-3162

Spring School Section

Featuring students involved in sports, vocal, band, drama, honor society and journalism



Coming Soon: SENIOR PARENTS!!!

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Congratulate Your Graduate

The Saint Francis Herald and Bird City Times are now planning the Senior Graduation Supplement and will be giving parents a chance to put a baby picture in along with a short message from the family for \$20 extra. This feature is optional. Senior pictures will be sponsored by parents, grandparents, individuals and/or businesses for \$39.00 each or three for \$99.

David Guthmiller

I plan on attending Sterling College on a football scholarship and major in Biology.

Congratulations, you made it! We are so proud of you and everything you have accomplished. Good luck next year, we will be behind you all the way! Love Mom, Dad, Sarah and Adam



Parents: John and Kristi Guthmiller

Rural Health Section

This section is packed full of information on hospitals, physicians and medical services available in the area

