



**EASTER FUN—** (Top) Dodge Fromholt picks up candy that the Easter Bunny left during the hunt held at the grade school. (left) Matilynn Smull is not sure she wants the candy that bad.

Herald staff photo by Karen Krien

**Tripp Alan Raile**  
Travis and Valisha Raile of Oberlin are the parents of a son, Tripp Alan, born April 3, 2009, at the Community Hospital in McCook. He weighed 8 pounds, 6 ounces and was 21-inches long. He has two sisters, Kariah 12, and Alana 6; and a brother, Trenton 15 1/2-months old.  
Grandparents are Bob and Deanna Castle, Oberlin; and Pete and Kay Raile, St. Francis. Great-grandparents are Doris Fringer, Oberlin; Bob and Gertie Zwegardt, St. Francis, and Ed and Wanda Raile, Ozark, Mo.



Tripp Alan Raile



**FIVE GENERATIONS -** Annabelle Nelsen had a house full of visitors on Saturday. Among her visitors were her son, Doyle Nelsen of Concordia, Doyle's daughter, Rhona of Norton, Rhona's daughter, Tera, and Tera's 5-day-old daughter, Shaylene, also of Norton.

## Moments with Mila

By Mila Bandel



County Health Nurse

Spring is here! It's that time of year when boots and closed-toed shoes go into hibernation and the feet get their first peek at the new season. To some, unveiling the feet after a long cold winter stuck inside of heavy socks and shoes, is a little daunting. Whether it's dry, flaky skin from lack of moisture, discolored toenails or pesky corns and calluses, the feet can suffer from being cooped up during the winter months. Luckily, a little pre-debut pampering can go a long way and may be just what the doctor ordered. Pampering the feet promotes good hygiene and will alert you to any problem areas that may need treatment from a po-

diatrist before slipping into sandals this spring.

To get the season started off on the right foot, the American Podiatric Medical Association recommends the following 10 steps to do it yourself tips that will help you confidently slip your feet into the hottest sandal styles of the season.

- Soak the feet with warm water for at least 10 minutes.

- Remove thickened, dead skin build up (also known as calluses) around the presoaked heels, balls and sides of the feet with a pumice stone or foot file. The American Podiatric Medical Association advises not using a razor because it removes too much skin and can

easily cause infection or permanent damage to the skin if used incorrectly.

- Use an exfoliating scrub on the soles, sides and tops of the feet to eliminate dry, flaky winter skin.

- Apply and massage a healthy amount of emollient enriched skin lotion all over your feet to hydrate the skin and increase circulation.

- Clip toenails with a straight edge toenail clipper to just above the top of each toe to ensure nails do not become curved or rounded in the corners.

- Before bed, very lightly wrap cellophane around your entire foot. The cellophane will act as a makeshift sauna by locking in moisture.

- Apply nail polish to the toenails only if the nail is healthy. Remove polish regularly to let the nail bed breathe.

- Practice good foot hygiene, including daily washing of the feet with soap and water, drying feet carefully, particularly between the toes.

- If any skin or nail conditions exist, see a podiatrist for a medical diagnosis.

- Inspect your sandals or flip flops from the previous year. Discard any that appear too worn.

If you are a diabetic, please do not attempt your own foot care without medical consent. You need to see your medical provider and have medical staff assist you with your foot care needs/concerns and give instructions on how to properly care for your feet.

The Diabetes Support group will be hosting a meeting on diabetic foot care on May 20.

## Plain Sense

"Shopaholics"

"Shop till you drop" is a phrase we often hear, or even use to describe our own behavior. Unfortunately for some people, compulsive, all-consuming shopping can become a major problem that affects not only their finances, but also relationships with a partner or spouse, and with family and friends. A problem shopaholic will purchase unneeded items on a frequent basis, regardless of how it affects their finances, with the result that they live paycheck to paycheck, have little or no money in savings, and pay only the minimum amount due on charge accounts.

Addicted shoppers experience a "rush" when making a purchase and find spending provides an exciting sensation. As with other addictions, the "high" that is experienced while absorbed in the satisfaction of the shopping is followed by a corresponding "low".

Shopaholics often feel guilt following such purchases, and may even become depressed. Yet, they will soon repeat the behavior. Some compulsive shoppers are harboring pent-up emotions such as anger or loneliness, and rather than deal with the situation, they go shopping in order to experience a release for those feelings.

Overcoming being a shopaholic is not easy. The person must look at what motivates this behavior, and what they need to do to change. If underlying feelings such as anger are part of the reason, they will need to deal with the person or situation that is a contributing factor, rather than using shopping as an escape. Shopaholics also need to ask themselves if the purchase is truly a "need" or just a "want". The use of credit cards can contribute to the problem, so should be limited or eliminated. And it will be diffi-

cult to avoid a good sale!

Getting help and support to overcome a problem is always a good idea. Consumer Credit Counseling Services are available nationwide, and in some areas there are self-help groups for compulsive spenders. Low self-esteem or depression can also be factors, as well as impulsivity. Mental health professionals can provide assistance in examining the problem, determining underlying factors, and developing resources and skills needed to overcome the behavior.

Contributed by Karen D. Schueler, MS, LCPC, Director, PEO - Prevention, Education and Outreach Dept

Mail questions to: High Plains Mental Health Center, PLAIN SENSE, PEO-Prevention, Education and Outreach Department, 208 East 7th, Hays, KS 67601

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### 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

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

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