



Shelly and Fred Klie

Wedding anniversary celebration planned

The family of Fred and Shelly Klie will be hosting an open house/reception to celebrate their 50th wedding anniversary. It is being held at the Barn in Old Town in Burlington, Colo., on Sept. 5 at

7:30 p.m. mountain time. The family requests no gifts but cards are appreciated. The address is P.O. Box 843, St. Francis, KS 67756.

Plain Sense

"Parenting During Tough Economic Times"

Plain Sense from High Plains Mental Health Center

Parenting is a difficult task, and even more so when finances are limited. Most parents work hard to provide for their children and family, and worry about the future, but might not realize that their kids are also worried. Young children may not understand the underlying issues, but they are very aware of their parent's mood and behaviors. Kids will need attention and communication, even when parents are tired and stressed. Here are some suggestions from Mental Health America that may help:

Limit kids' exposure to worries; try not to talk too much about your own fears when the kids are listening, and consider turning off the television news. You may think your 5-year-old tunes out adult topics, but he/she may hear just enough to spark his/her active imagination.

Share honestly but appropriately; secrets can be scary. You don't want to overwhelm a child with information, but it's okay to share some of the family's financial situation at a level they can understand.

Economize in a way that is clear and fair; if you need to scale back on some activities, let your children share in the decisions, and give them some options.

Keep predictability high; children are more comfortable with

routine. Include some special time with mom or dad as well.

Let kids contribute; even little kids can help around the house to ease your load. Helping out builds self-esteem and a child's sense of effectiveness in the world.

Take a breather; if stress is affecting your ability to be kind and gentle, take a "time out". Don't blame the kids when you are having a bad moment.

Set aside "me" time; get enough rest, have a little fun when possible, and take some time to connect with friends.

Get professional help if you need it; if you are having trouble parenting, or feeling overwhelmed with any of your other day-to-day responsibilities, talk with your family physician, clergy, or a mental health professional. A school psychologist or counselor can be of assistance if you have concerns about your child.

Contributed by Karen D. Schueler, MS, LCPC, Director, 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, PEO-Prevention, Education and Outreach Department, 208 East 7th, Hays, KS 67601

Paul and Edna Roesener were supper guests of Roy and Karen Shrader Friday. Colleen Shrader and Jared Cox returned to Arizona where they will be attending college. Grant Shrader joined them to Arizona for a vacation before school starts.

Paul and Edna Roesener attended the St. Francis Parade on Saturday.

Paul and Edna Roesener enjoyed supper Thursday evening at Big Ed's with the Quilting Ladies.

Colleen Shrader and Grant Shrader attended the Scott City Junior High Methodist Church Camp at Camp Lakeside, a weekago. Colleen was one of the church counselors. The camp had over 100 people on site. They returned home to Bird City Friday evening.

Colleen will be home a few days visiting her family and friends before returning to Tempe, Ariz., where she will be attending college.

Colleen and Grant Shrader joined grandparents, Paul and Edna Roesener Friday evening, July 31, at the entertainment by The Heart City Heart Warmers at the Legion Hall.

Colleen, while home, helped her grandparents at the Thresher Show.

Mike and Danelle Rush, with children, Michael and Maely from Oklahoma City, Okla., were guests of Paul and Edna Roesener, on Wednesday and Thursday. On July 16, guests of Paul and Edna Roesener were, Roy and Karen Shrader and Grant of Bird City, Jaylene Shrader, Lynn Swayne of Goodland, Keith and Bethany Stoney, children, Tierra and Kaitlyn of Great Bend, Michelle Stasser, children, Oriona and Aryia of Oklahoma City, and Danelle Rush, children, Michael and Maely of Oklahoma City. The Rush, Stoney and Stasser families were heading to Hot Springs, S.D., to spend a vacation with Larry and Cathy Atkins. Larry and Cathy are Danelle, Michelle and Bethany parents.

Thursday evening, Edna's daughter, Sandra Fair and great-grandson Justin Williams, Tulsa, Okla., stopped for a short visit.

Mike, Danelle Rush and children were guests of Grandpa and Grandma Roesener on their way home from Larry and Cathy Atkins in Hot Springs. Paul and Edna Roesener, Mike, Danelle and children were supper guests of Roy and Karen Shrader, and grandson Grant of Bird City.

Guests of Bonnie Jones for the Cheyenne County Fair Parade were Lynne and Chuck Ferguson of Ho-

lyoke, Colo.; Lindsey Goddard, Cassidy Rae and Chase of Haxtun, Colo.; Leslie and Randy Carlholm of Imperial, Neb.; Matt Carlholm of Imperial; Cecilia Dearth of North Platte, Neb.; A.J., Sherry, Talon and Echo Jones of St. Francis; Jason and Amanda Barnhart, J.R., Nicholas and Jesse of Brighton, Colo.; Lacy and Mike Reed, Trevor and Dallas of Kanorado; Bill and Michelle Stokes of Colby; Caryn and Trent Fugitt of Fort Collins, Colo.; and Fred and Shelly Klie of St. Francis.

After the parade a picnic was held at the Jones' home before taking in the activities at the fairgrounds.

Fair visitors at the Rita Schmid home were four grandchildren and a daughter from Colorado Springs. They had a grand time with their cousins who live here, also.

Recent visitors of Meta Dankenbring were her nephew Gerald Baney of Benkelman, Neb., and his daughter, Debby (Baney) White of Garland, Texas, Mil Dankenbring of Hutchinson, Keith and Cinda Dankenbring, Victor Dankenbring, Jen and Mahra Padgett of St. Francis, Gerald and Phyllis Wright, Canda Orten, Wil, Adam and Maryanne of Bird City. Also visiting was Bethel Golt of McDonald.

Thursday through Saturday morning house guests of Meta Dankenbring were Paul and Rita Bader of Valentine, Neb., and their daughter, Rhonda (Bader) Klassus of Edmonton, Alberta, Canada.

Paul and Rhonda are part of "Heart City Heart Warmers" who were Friday night, July 31, entertainers at the Bird City Legion Hall.

Meta Dankenbring and Phyllis Wright were among a group of ladies who attended a farewell lunch for Daphne Roberts, held in the home of Louanne Isernhagen of St. Francis.

Meta Dankenbring and Phyllis Wright attended a baby shower for Meta's two granddaughters and Phyllis' nieces, Teresa (Dankenbring) Lipsey of Denver, Colo., and Chelsi (Dankenbring)

Kabureck of Wellington.

Betty Jean Winston traveled to Topeka on Wednesday to spend two days with family members. Leigh Legere and Miles, who arrived from Overland Park, and Betty Jean joined Dan Winston for lunch on Wednesday. Dan was spending the week in Topeka attending an advancement training program. Later in the afternoon, Chase Legere, who was on his way to Overland Park from Manhattan, joined Betty Jean, Leigh and Miles. Dan, Leigh and Betty Jean had dinner at the Brick Oven after the boys returned to Overland Park. Later that evening Leigh returned home.

Thursday on her return trip to St. Francis, Betty Jean stopped in Ellsworth and had a meal with Cindy Winston and J.J.

Introducing

Brockton Richard Condray

Rick and Rena Condray, Kansas City, announce the birth of their first child, Brockton Richard born on June 26, 2009. He weighed 7 pounds, 9 1/2-ounces and was 19 1/2-inches long.

His grandparents are Scott and Mindy Condray of Concordia,

Kathy and Kevin Shoemaker and Gary Wallert of Ellsworth.

Great-grandparents are Henry and Billie Hilt, Judy Condray, Bob Condray, Judy and Lester Voeltz and the late Betty and Albert Wallert.

Moments With Mila

By **Mila Bandel**



County Health Nurse

The month of August is National Immunization Awareness Month. The goals are to increase awareness about immunizations across the life span, from infants to the elderly. August is the time when children return to school and students are entering college.

The upcoming flu season is just around the corner. Now is the perfect time to remind family, friends, co-workers and those in the community to get their immunizations up to date. Individuals can protect themselves, their families and their friends and even communities from serious, life-threatening infections just by keeping their recommended vaccines current.

Vaccinations begin soon after birth and continue throughout life. This is a lifelong, life protecting community effort regardless of age, sex, race, ethnic background or country or origin. Because children are particularly vulnerable to infection, most vaccines are given during the first 5 to 6 years of life. Other immunizations are recommended during adolescent

or adult years and some booster immunizations are recommended throughout life. Additional vaccines are recommended for travelers when traveling outside the United States.

For more information regarding specific vaccines and to check on your child's or your own latest

vaccine record contact the Cheyenne County Health Department at 332-2381 or the Cheyenne County Clinic at 332-2682.

Club Clip

Red Hat Mamas

Two performances pleased onlookers on July 31 and Aug. 1 when the Red Hat Mamas performed to the tune of "Side by Side." The programs were presented at 11 a.m. each day in the Eggers Historical Memorabilia Building on the Tri-State Antique Engine and Threshers grounds at Bird City. Gwen Boswell, choreographer and pianist, assisted vocally by Brad Rambat, arranged for pleasing entertainment. The Red Hat Mamas appreciate Gwen and Brad for a job well done! And they also were pleased to have the

audience watch the revue. Lunch was enjoyed both days from the cooks of the Country Kitchen.

Red hatters attending were Ana Antholz, Frieda Black (Friday), Gwen Boswell, Bonnie Burr, Linda Carroll (Friday), Bethel Golt, Vernetta Haack, Bev Higgins, Diane Kribs, Betty Lewis, Iris McIntosh, Carol Mears (Saturday), Edna Roesener, Connie Rooney (Friday), Joan Tongish, Margaret Voorhies, Phyllis Wingfield and Marlene Young.

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Health Fair

August 21, 2009
2 - 6 p.m. MST

Free meal
Served from
4 - 6 p.m.

General Health Panel

Is being offered for a discounted price of \$30

PSA is an extra \$10

Valued at more than \$200

Lab personnel will be available in your community as follows:

Benkelman: July 23rd & 30; Aug. 6 at DCH lab (starting at 6 a.m.)

Haigler: Aug. 4th at the Haigler Ambulance Barn (6 - 10 a.m.)

Stratton: July 22nd & 29th at the Stratton Clinic (6 - 10 a.m.)

All times are local times.

If you are unable to make the dates above, please call for an appointment.

For the accuracy of the test, you will need to be fasting (nothing to eat or drink) for 12 hours. Payment is due at the time of service. This may not and will not be billed to your insurance, Medicare or wellness plan and may not be applied to your deductible.

Please call Dundy County Hospital at 308-423-2204 ext 229 if you have questions.

Dundy County Hospital

"Caring For Our Community"
1313 North Cheyenne Street
Benkelman, Nebraska



Website: bwtelcom.net/dch