

Echoes Across the Plain

By Dorothy L. Mast

The Homestead Act of 1862 - It provided that any person who is the head of the family or has arrived at the age of 21 years, and is a citizen of the United States or who shall have filed his declaration of intent to become such and who has never borne arms against the United States government or given aid and comfort to the enemy, is entitled to 160 acres of land in certain areas or 80 acres if taken in more favorable areas.

Example: a Railroad Grant. In most areas, the application fee was \$14 and an additional \$4 when final proof was made. This varied sometimes depending on the area. From the date of application, usually called filing, 6 months was allowed for making improvements and on or before the expiration date,

the homesteader had to be on the land and begin improvements. He was further required to make this his permanent residence for 5 years from the date of application. Any time after that date the settler could take out his final papers provided that he did this within 7-1/2 years of filing.

The final papers consisted of giving evidence that the conditions had been fulfilled. If this evidence was satisfactory the patent was granted on the testimony of two witnesses. Sometimes, historians study only one aspect of history instead of the overall impact that it made. The Homestead Act of 1862 was one of these aspects among many others. The conquest and betrayal of the Indian tribes, the traders and trappers, the military pursuit of the Indian tribes, the building of forts to

protect the settlers - these are only a few of the aspects.

The problem some historians often have is that records that have been kept are from the different viewpoint of the record keepers, due to his or her understanding of the prior existing issues and possible environment or the environment at that particular time frame. The Plains area of Cheyenne County, Kansas was entirely different from Eastern Kansas. Many of the homesteaders who migrated from Missouri and other places were unprepared for the open plains without trees - only bushes along the river banks and live springs.

Sources: Government records, The Sod House Frontier, by Everett Dick, The Covered Wagon, by Emerson Hough, and True Sod by Barbara Oringdorf.

Next issue: The Indian Aspect

Moments With Mila

Balancing Time, Work and Family; Tips to Reduce Stress

The workforce and the needs of working families are at an all time high due to the demographic and economic changes we have seen. More women are employed outside the home, single parent families are on the rise, and demands from work and family roles are increasing. Both men and women are seeking balance to their work and personal lives. At the same time, many of us have high expectations of ourselves and our families, and feel guilty, frustrated and worn out. We cannot (or may not want to) eliminate all of our roles; therefore, the key may be in finding ways to balance those roles.

You must first take care of yourself by getting plenty of sleep, eat a healthy diet, be creative, spend time with adult friends, and exercise regularly. A healthy lifestyle can improve your focus and concentration, which will help improve your efficiency so that you can complete your task and help

to reduce your stress level. A good place to start is by identifying what causes your stress, how your body and mind respond to stress, and creating a plan to reduce it.

Here are some ideas for making changes and finding balance in your frantic life;

Prioritize: Eliminate some of the unimportant things that clutter your life. Make a list of things to do each week, then give high priority items an "A", low priority items a "C", and those in the middle a "B". Structure your activities around this list.

Let Go: you cannot do it all. You cannot be superwoman or super dad without paying a price. Look around your home or office to what produces valueless work... let it go! If you don't have time to bake goodies for a bake sale and can donate money instead...then donate the money. Don't stress over the small stuff.

Delegate: You are not the only one who is capable of doing tasks at

home and work. Make a list of jobs and activities that could be handled by someone else and let them help.

Communicate your needs: Don't assume others know how you feel or what you need done. If you want your family or co-workers to help out, then ask them nicely. You don't have to do everything yourself!

Stop procrastinating: If putting things off is affecting your personal or professional life and you feel guilty about it, you are a procrastinator. Determine why you put things off then think about how you could break down some tasks into smaller parts and tackle the smaller pieces one at a time.

Keep an open mind about managing your life through time, work and family and take care of yourself. Stressing over something is not healthy!

By Mila Bandel



County Health Nurse



GETTING THEIR INSTRUCTIONS — Matilynn Smull and Shane Todd listen to Coach Brock McAtee during a recent game. Herald photo by Danielle McAtee

Poetry Winners

Scott Warren was among the poetry winners in the freshman class. He will have this poem published.

Life of a Lineman
Scott Warren
Freshman

It's the end of the school day
As I make my way home
So I can get my homework done
Because our big game is today

Here I am in the locker room
Putting my pads on
When the coach comes over to me
And says that I am starting in the game

I became very excited and jittery
But I calmed myself down
Because I had to stay serious
So I could concentrate on the play

We head out onto the field
The crowd's cheers sound like sirens
As we get on the grass
To start our warm-ups

As the game progressed on
I started to get tired, but I didn't give up
I still played my hardest

It was the last play
We needed to score to win
And if we didn't, we would lose

The quarterback called the play
I got in my stance
The quarterback snapped the ball
And in a flash, we had won

Lenny Olivares was among the poetry winners in the freshman class. She will have this poem published.

Emotional Feelings
By Lenny Olivares
Freshman

Depression seems grayish black.

Like a dark and frightening cave giving me goose bumps.

I see a gray sky ready to become a storm.

I hear thunder and the hard rain hitting the ground.

I smell the water of rain and soil.

I touch the cold, hard, and wet ground.

I taste water running down my face.

Lane Hoffman was among the poetry winners in the freshman class. He will have this poem published.

Bear
Lane Hoffman
Freshman

Fear seems black.

Like the darkness that fills a cave.

I see the two glowing beads in the back of the cave.

I hear the breathing of the monster inside.

I smell the stench of muck on his fur.

I touch the slimy walls as I escape.

I taste the sweat as it runs down my face as I run from my fate.

Shelby Cassaw was among the poetry winners in the freshman class. She will have this poem published.

I am
Shelby Cassaw
Freshman

I am a girl who worries way too much

I wonder if things can ever go right

I hear people talk bad about me

I see the way they look at me

I want nothing more than to be happy

I am too worried about what others think

I pretend like everything is all right and I am happy

I feel my heartbreak like a lightning hitting a tree

I touch my skin as it turns to goose bumps

I worry like a little kid when they fall for the first time

I cry as I lie there thinking about my day and what went wrong

I am trying not to worry so much but it doesn't work

I understand people say things they don't mean

I say that I'm sorry but no one forgives me

I dream of a perfect life but I know that it can not come true

I try to hold back the tears in my eyes

I hope that my friends will come back to me

I am someone that worries like a new mother wondering if she has done everything right

Haigler News

Sophia Zuege visited Pat Bryan in Colorado Springs over the weekend.

Dale and Dode Faylor's grandson, Kelley Faylor and wife, Nikki, and their two children, Kelton Lane and Kelsie Shay visited for a while on Saturday night. They continued on

to Wyoming on Sunday to do some visiting there.

Laura Pearl Wall and Sophia Zuege visited Emma Brunswick Tuesday afternoon.

Stan and LaNeta Carlock's estate auction is scheduled for Saturday, July 23, 10 a.m. mountain daylight

time, at the Haigler American Legion Community Building. Check auction ad in this issue.

It was reported that Don Harford was taken to the emergency room and transferred to a hospital in Loveland, Colo., and Paul Freehling's surgery was postponed for a few days.

Floy Fisher drove to Shama and Richard Richardson's home the evening of the Fourth of July. Mel and Norma Fisher also met there and they all rode together to the Wray football field to watch the spectacular display of fireworks. The crowd seemed smaller than in some former years but on going out there were many private yard gatherings at homes in the vicinity.

Haigler also had an impressive display of it's own on downtown main street put on by Danny and Jo Brunswig and other community members.

By Floy Fisher



Idalia News

By Angela DeLeon

Men's Bible Study is weekly on Thursday mornings from 7-7:30 a.m. at St. John church. All men welcome.

Weather

Idalia weather for June, 2011 by Tom Mandis.

Average high, 81.1.

Average low, 52.7.

Warmest day, 101 June 30.

Coollest day, 47 June 1.

Precipitation for month, 1.61 inches.

Cornerstone movie

The Idalia Cornerstone Community Center will be showing a free family movie morning

matinee on Thursdays, 10 a.m., at the center. As of now "Snow White and the Seven Dwarfs" will be shown on July 14.

For further information on performances, to give suggestion for future movies, or to make suggestion on different showing times, please talk to Chuck Wright, 354-7522.

Blood Pressure visits

Denice Baucke, RN and the new Senior Services Coordinator, Rogene Gutshall will be in Idalia at the Prairie Vista Café on Tuesday July 19 from 9-10:30 a.m.. Come meet Rogene and Denice who will be doing free blood pressure checks.

RICHARDSON'S HOMESTEAD REALTY AND AUCTION

St. Francis, KS homes for sale

314 East Emerson....Charming remodeled 4 bedroom, 2 bath home. This home has had lots of recent remodeling. Main floor offers living room, dining room, kitchen, two bedrooms and bath. Basement has family room, two bedrooms, bath and laundry. Central heat and air, privacy fenced yard and detached garage. \$69,900. Please contact Donna Moore 785-899-2328 or cell 785-899-8089 to view this home.

213 West Webster...Great investment property. This two bedroom bungalow offers living room with fireplace, kitchen, bath, bedroom and family room on main floor. Basement is finished with small den, bedroom, 3/4 bath and utility room. There is central heat and air and detached garage. Only one block from downtown St. Francis. \$13,613. Please call Donna to show you this home 785-899-2328 or cell 785-899-8089

785-899-2328 800-974-2426
1023 Main Street ~ Goodland, KS

E-mails:
Terry or Donna@goodlandhomestead.com

Terry Richardson Donna Moore

www.GoodlandHomestead.com



I, Dalton Magnani, would like to send out a special thank you to all the individuals and all the businesses that made it possible for me to go to Canton, Ohio for the National Blue-Grey Super Combine on June 18!! It was an amazing opportunity for me to get to compete against 200 other athletes, some of the best athletes from the United States!!! It was a once in a lifetime opportunity that I will always remember, and never forget!!

The very first people I would like to thank are my parents for driving me all that way, and also making it possible for me to go to Canton!!

Once again I would like to thank the following people:

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|--|----------------------|
| Modern Woodmen Fraternal Financial (Garrett Dowling) | Craig White |
| Brian & Connie Sabatka | Neitzel Insurance |
| Hometown Market | Krien Pharmacy |
| Century II | Ted & Carol Partch |
| Monty's Beef Jerky | Agnes Sabatka |
| Big Ed's Steakhouse | Dennis & Dana Wright |
| Anthony Blair | Producers Seed |
| Chris & Dana Howard | (Dustin Gilliland) |
| Mark & Cathy Loop | Deanna Johnson |
| Brent & Stephanie Johnson | Terry & Tara Lesiak |
| Hendricks Farms | Ted & Dixie Bethell |
| Les & Trish Loker | |
| Melvin R. Dunn | |

REAL ESTATE, FARM MACHINERY & ANTIQUES

MULTI-PARCEL ABSOLUTE AUCTION

320 ACRES CHEYENNE COUNTY, KANSAS

Sellers: Paul & Edna Roesener

TUES., JULY 19, 2011 @ 10:30 AM, CDT

Auction Location: At the farmsite - from McDonald, KS on Hwy 36, go 3 mi West to Co Rd 34, 2 mi North and 1/4th mi East.

REAL ESTATE WILL SELL AT 10:30 AM, CDT IN 3 TRACTS & COMBOS

OPEN HOUSE DATES:
July 2nd 11am - 2pm &
July 18th 3 - 6pm

TRACT 1: Improvements in SW/4 of 12-3-37
TRACT 2: SW/4 of 12-3-37
TRACT 3: NE/4 of 12-3-37

FARM MACHINERY, HOUSEHOLD ITEMS & ANTIQUES WILL SELL FOLLOWING THE LAND

PARTIAL LIST OF ITEMS TO SELL: Ford TW-35, Ferguson 35& MM GB 403C-4 tractors*BJM 400 bu grain cart*55 Chevy 6400 b&h*75 Cadillac Coupe DeVille*Polaris TXL 350 snowmobile*99 Continental 6'x10' cargo tri*Dixon ZTR 42" 4516 riding mower *2,000W PTO generator*1,000 gal propane tank*36"x6" augers *anvil*handyman jack*propane heater*Lots of **HOUSEHOLD & ANTIQUES** including: dishes,dolls, trunks, furniture, crocks, glassware, stoves & much more!!

GUNS:12 ga dbl barrel Batavia Leader*22 Special Remington model 12-CS*Walther PP 7.65 mm & holster*Various knives, daggers, bayonets, etc. (WWII Germany)

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