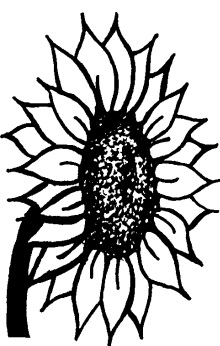


At the Game



Golfers participate in 24th annual Rendezvous

By Betty Jean Winston

The 24th annual Riverside Rendezvous Golf Tournament was held Aug. 9 through Aug. 11 at the St. Francis golf course.

St. Francis golfer Christopher Bracelin had an exciting day Saturday when he had an excellent drive on number two and ended up with a hole in one. Number two is 165 yards and this is the first ever hole in one for Bracelin, who has been golfing at Riverside since he was young enough to use short clubs. At one time he was part of the Junior Golf program, which was under the director of Bob Zimbelman at that time.

The two-man scramble consisted of a club member and an out-of-county guest, with 50 teams participating this year.

Tournament winners are as follows: Championship flight: (1) G. Wolters, M. Willey; (2nd and 3rd tie) D. Sager, K. Finley; B. Leiker, K. Largent; (4th tie) G. Lauer, G. Lauer; M. Smull, D. Hayden.

First flight: (1) R. Lauer, J. Sanderson; (2) J. Shanks, D. Shaub; (3rd and 4th tie) K. Frewen, M. Frewen; G. Kincheloe, K. Mlinek and L. McKain, B. Myers.

Second flight: (1) D. Crabtree, D. Romer; (2) R. Bracelin, K. Bracelin; (3rd and 4th) M. Callicrate, G. Dacus; T. Quiggle, L. Cope.

Third flight: (1) D. Dinkel, H. Dinkel; (2) S. Danielski, J. Danielski; (3rd and 4th tie) T. Hilt, K. Schorzman; M. Roesener, K. James.

Hole prize winners:

Saturday and Sunday hole prize winners are as follows with the Saturday

winner listed first, followed by the Sunday winner:

Hole number one: Long putt: Tom Alderson, Gerald Lauer

Hole number one: Closest to pin on second shot: Kevin Finley, Dax Hayden

Hole number two: Closest to pin: Chris Bracelin (hole in one), Frosty Crum

Hole number three: Long putt: Kirk Mlinek, Tom Roelfs

Hole number three: Long drive in fairway: Kevin Finley, Kevin Finley

Hole number four: Closest to pin: Kevin Finley, Larry Ihrig

Hole number five: Long putt: Tyler Lampe, Doug Sager

Hole number six: Closest to out-house: Art Atchison, Kerry Armstrong

Hole number six: Long drive in fairway: David Kohls, Billy Gabel

Hole number seven: Closest to pin: Kelly Frewen, Roger Lauer

Hole number eight: Closest to pin on second shot: Frosty Crum, Kenny Bracelin

Hole number eight: Long putt: Gene Kincheloe, Bob Brenner

Hole number nine: 50 years and over, long drive in fairway: Kerry Armstrong, Keith Bracelin

Hole number nine: Long putt: Marvin Confer, Chad Kincheloe

Friday Night Shoot-Out

Winners of the Friday Night Shoot-Out include: (1) F. Crum, D. Rice; (2) J. Shanks, D. Kohls; (3) C. Bracelin; L. Ihrig; (4) B. Leiker, K. Largent.

Skins games winners

Saturday skin game winners include: Lauer, Lauer; Bracelin, Ihrig; Crum, Rice; Bracelin, Armstrong;



SATURDAY was a good day for St. Francis golfer Christopher Bracelin. Fifty teams composed of a club member and an out-of-county guest hit the links.

Herald staff photo by Betty Jean Winston

Crabtree, Romer; Dodd, Deines; Callicrate, Dacus; Bracelin, Bracelin; Rogers, Johnson (2); Kriegh, Kriegh; Hilt, Schorzman; Wahrman, Wahrman; Roelfs, Roelfs.

Sunday winners were: Wolters,

Willey; Leiker, Largent (2); Shanks, Shaub; Lauer, Sanderson; Frewen, Frewen; Lampe, Rieger; Burris, Kohls, Crabtree, Romer, Callicrate, Dacus; Bracelin, Bracelin; Rogers, Johnson; Brenner, Larsen; Kriegh, Kriegh; Hilt, Schorzman, D. Dinkel, Dinkel; Confer, Confer; Roelfs, Roelfs; Carpenter, Moser.

Team from Sainty competes Sunday in Classic Tourney

Cheyenne County golfers Brad Leiker, Larry Gabel, Ward Cassidy, Rich Grace, Dale Crabtree, Roger Lauer, Chris Bracelin, Randy Andrist, Devin Dinkel, Bob Lippert and Derrick Tice will form the county team to play in the 13th annual KLOE-KKCI-KWGB Classic Golf Tournament to be played on Sunday, Aug. 18 at Sugar Hills Golf Club in Goodland.

Tournament director Kay Melia reports that there will be 12 teams participating this year, the most since the tournament began in 1990.

The tournament, one of the most unique in Kansas, features a team concept, whereby the 11-man teams from the 12 golf clubs in the area compete against each other for nearly \$5,000 in prizes. The team from the Colby County Club is the four-time defending champion of the event, and likely

will be favored again this year.

Returning to the tournament this year will be a team from Prairie Pines Golf Club in Burlington. Also participating again this year will be teams from Goodland, Atwood, St. Francis, Sharon Springs, Norton, Hoxie, Tribune, Oakley Benkelman and Oakley.

Individuals returning will be defending champion co-medalists Jim Stanley of Colby, Kevin Finley of Atwood and Dick Ahlberg of Oberlin, all of whom shot par rounds of 71 on the 18 layout at Sugar Hills last year.

The classic features the best golfers in the tri-state area as the individual players play for their respective teams.

All prize money is awarded to the clubs rather than the individual golfers.

The public is always welcome to attend at no charge.

—Chatting With Casey—

By Casey Johnson



With county fairs coming to an end, agricultural programming is beginning to pick up speed across the area.

There are field days and meetings where producers can pick the minds of our specialists concerning a wide range of topics. Our goal concerning program planning is to offer as much information to producers as possible to help them make their production decisions.

If anyone has suggestions for program topics or any questions, please feel free to contact the extension office.

Upcoming activities include:

- Sunflower Celebration: 7 p.m. mountain time, Friday, Aug. 16, Goodland Industrial Park

- 2002 Kansas Livestock Association-Kansas State University Ranch Management Field Day, 2:30 p.m. mountain time, Monday, Aug. 19, Pleasant Valley Ranch, Wallace

- Rangeland Management School, Aug. 27 to Aug. 29, Ramada Inn, Colby; registration is due Aug. 16.

- Management, Analysis and Strategic Thinking: First On-Campus Session held Nov. 5 and Nov. 6; registration is due Oct. 1.

For more information on these or any other programs, contact the extension office.

Two wrestlers compete in Wray

Two St. Francis wrestlers competed in Wray, in the first annual "Show down at sundown" takedown tournament on Saturday evening. The tournament was held under the stars on the Wray football field.

Four mats were lined up on the football field in front of the stands, and the weather was perfect.

There were approximately 250 wrestlers from Kansas, Colorado, Nebraska and Wyoming.

Gabe Smull finished first in the 14-and-under age division at 154 pounds, and second place in the 16-and-under age division also at 154 pounds.

Matt Brown also competed in the

tournament in the 14-and-under division at 119 pounds.

USA Wrestling magazine

Gabe Smull was mentioned in *USA Wrestling* magazine for his third place finish in the USA Kids Folk Style Nationals last April held in Topeka. Gabe placed third in the 14-and-under division at 150 pounds.

Plain Sense

Allowance

Dear Plain Sense: My husband and I disagree on the subject of an allowance for our two children. He says they should have to earn any money they receive, and I feel they should be allowed a certain amount each week for personal needs.

Parents often ask if they should give their child an allowance, and often disagree on the purpose and use of an allowance, as well as on how money is handled. The adults' experiences with money in their family of origin will greatly influence their approach to giving children money, and how they teach them about earning, spending, sharing, saving and borrowing money. Parents need to first discuss their own attitudes about money; what did it mean as a child, how did that influence the way you use money as an adult, and what values regarding money do you want to instill in your children.

Children receive money in a variety of ways. An allowance usually means

giving a child a specific amount of money on a regular basis. Earned money involves being paid for completing a task. Some parents "dole" out money, meaning they give money when children ask. And cash gifts are often received on special occasions such as birthdays or holidays. Each has advantages and disadvantages.

The "dole" can become risky as children become older and their needs increase. Earned money opportunities may not be readily available, especially for younger children. And children may end up thinking that they only will do a chore if they get paid. Cash gifts are an added bonus, when offered for the right reasons. A regular allowance helps teach basic money management and helps children understand what it means to live on a fixed income. Thus children learn to plan and save toward a specific goal, and have a feeling of accomplishment when that goal is attained. A combination of all of

these, along with parental agreement and good communication would be the best.

Parents need to determine together the amount of money a child can manage. Paying an allowance also should not be used as a control issue or be tied in with rewards and punishment. For instance, "You don't get your allowance this week because you didn't get home on time" is not appropriate. And it does not work if parents forget or don't follow through on the agreement. Consistency and guidance are needed to make such family financial arrangements work out well for everyone involved.

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

High Plains Mental Health Center
Contributed by Karen D. Beery,
LCPC, Consultation and
Education Department

Self Control

emotional responses that let you know you are about to lose control. For some people it is an increase in heart rate, tensing of muscles, clenching of the jaws, or a "knotted up" stomach. For others it may be becoming very quiet, just before exploding. Second, look at what happens that makes you feel this way. It may be just being in the presence of a certain person, or it may be a certain type of comment, or tone of voice.

Think back to a time when you lost control, to what triggered the event, and to the physical and emotional reactions that occurred. Imagine yourself in the same circumstance and practice doing something that helps you stay in control. It may be saying to the person "I need to come back to you in a few minutes", and then taking some time to cool down. For some people it helps to think of being in a different place that is relaxing and

peaceful, and picture that when the trigger occurs. Imaging a more appropriate response, over and over, will help to have the alternative behavior imbedded in your mind. Then the next time you begin to feel rage, your will automatically think about the other response or situation, thus being able to better stay in control.

If anger and loss of control seriously affect a job or relationships, professional help may be needed. There can be underlying issues that contribute to those intense feelings, and talking to a counselor can help to better understand why you react, as well as exploring techniques to help with self-control and anger management.

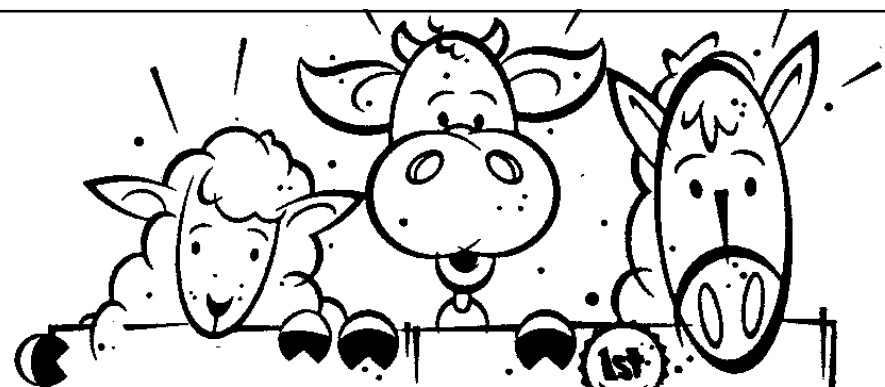
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The Saint Francis Herald



For more details, contact Jennifer Boyles at 785-332-3162



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