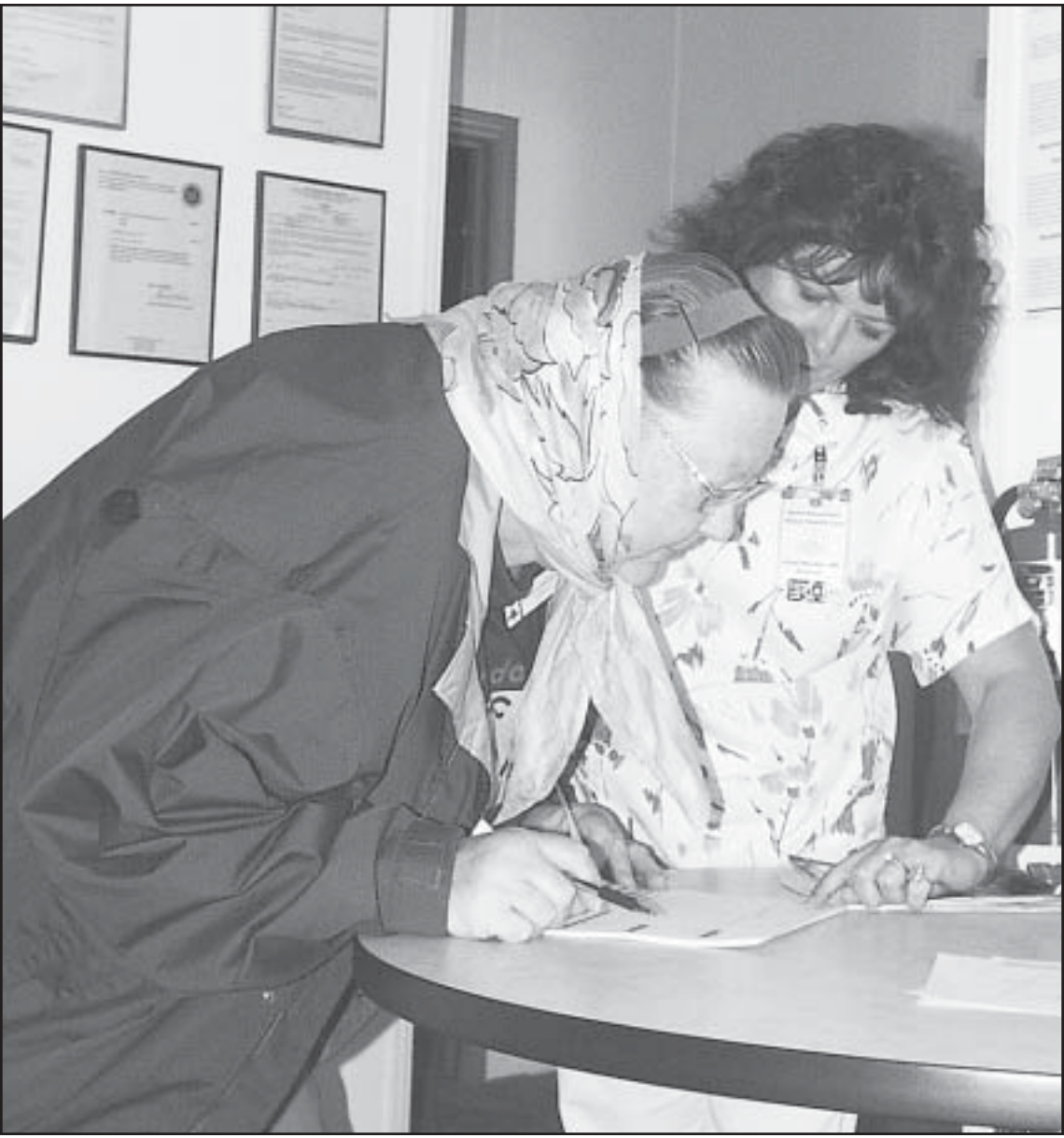


# At Home



**FILLING OUT FORMS** — Maxine Crawford, homemaker, and Vicki Reuber, Home Health director, work on forms after being recognized. *Herald staff photo by Karen Krien*

## County homemakers earn awards at annual meeting

Three Home Health Homemakers from St. Francis were honored at the annual Northwest Kansas Area Agency on Aging meeting held in Hays.

The homemakers were Belinda Boyson, Maxine Crawford and Bonnie Doggett. They were given the awards from providing excellent service for their clients.

"Our homemakers go above and beyond the call of duty," Vicki Reuber, Home Health director said.

The homemakers were nominated by Mrs. Reuber, Home Health director. All three have worked as homemakers and personal care assistants in Cheyenne County.

The homemakers do a little bit of everything from housekeeping, bathing, personal care, errands, buy groceries and meal preparation.

For more information on how to get homemaker services, call Home Health at 785-332-3588.



Boyson



Doggett



## Plain Sense

### From High Plains Mental Health Center "Something's Missing"

The holiday season often renews feelings of grief related to the loss of a loved one. Television shows and commercials, magazines, and department store sales are just a few things that bring memories of sentimental occasions and touching family scenes. All are reminders of that "someone" who is missing and a void that cannot be filled. Often the loss of a loved one such as a parent or spouse also means the loss of traditional holiday occasions such as the Thanksgiving dinner made by mom, helping dad put up those special decorations on the house, or attending the company party with a spouse.

How do you get through these difficult days? Here are a few suggestions:

Acknowledge the feelings and try to share those with family and friends. They may not know how to ask you how you're doing, and they may be experiencing much the same, but unsure of how much to share with others.

Do not isolate yourself. Attending each and every special event can be very hard to do, but staying home alone increases the feelings of sadness and depression.

Have a family meeting to come to an agreement about holiday activities that will change due to the loss. Some may continue with few alterations; some may end; and it will also provide the opportunity for something new.

Establish a time or family ritual that honors the loved one. This might be visiting a grave, planting a favorite flower or tree, or setting aside a day or evening for remembering.

Remember to include children and young family members in discussions and allow them a voice in the decisions that will one day become special events and memories for them.

*Contributed by Karen D. Beery, LCPC, Consultation and Education Department*

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

## Couple honored on 50th

Jim and Marj Kramer of Phillipsburg will celebrate their 50th wedding anniversary with an open house/reception from 2 to 5 p.m. Sat., April 19. The festivities will be held at the Huck Boyd Center, 860 Park, Phillipsburg. The couple requests no gifts.

Jim Kramer and Marjorie Bartlett were married April 19, 1953 in Bird City. They have four daughters, who will be hosting the event: Nancy Larcade and husband Gene of Wellington; Kathy Abbe and husband Chris of Englewood, Colo.; Lori Nafie and husband Dave of Parker, Colo.; and Jennifer



Mr. and Mrs. Jim Kramer

Lee and husband Brad of Cedar Falls, IA.

Jim is a retired Agency Manager of Kansas Farm Bureau Insurance for Phillips County and is currently an adjuster for Farm Bureau. Marj is a private piano instructor. The couple has 12 grandchildren: Jared and Justin Poole; Jordan and Aaron



Larcade; Heather and Kristin Abbe; Brandon and Caitlin Brundrett, Allison Nafie; James, Elijah and Krista Lee. A grandson, Jeremy Brundrett died in infancy.

Friends and family are invited to attend the reception. Cards may be sent to 1409th St., Phillipsburg, KS 67661.

## St. Francis News

Elaine Wiseman of Fremont, Neb., planned a birthday dinner Sunday for LaVera Beringer and Jim Wiseman. Also attending were Alice Raile of Hasting, Neb., (Stan Raile was unable to attend), Larry and Brenda Beringer of Sharon Springs, Allen and Karen Wright of Kingman; Victor and Darlene Zwegardt, Amelia Meyer, Jerry and Alma, Clara Myer and Dorothy Myer of Bethune, Colo.

Visitors this past week of LaVera Beringer were Victor and Darlene Zwegardt, Sylvia Queen, Alice Raile of Hastings, Neb., granddaughter Barbara Crouse and great-grandson Ridge Crouse of Hastings.

Michelle Kwan, won the gold. Thursday afternoon, some time was spent watching practice sessions.

While a Wednesday through Sunday guest of a college friend who now lives in Silver Springs, Md., Betty Jean also visited the Holocaust Memorial Museum in Washington D.C., ate in the dining room at the Smithsonian, and traveled to Annapolis, Md., where the Maryland State House, the United

States Naval Academy and the Bay Bridge were viewed.

Weekend visitors of Billy and Karen Krien and Bill and Leone Krien were Troy and Jan Krien, Jessie and Jamie of Eagle, Neb., Kelly Allen, Bridgette and Kyle of Clay Center and Tyler Krien of Salina. On Saturday evening, they celebrated Bill's 90th birthday with a supper, cake and ice cream.

## From the Library

Book review from the St. Francis Public Library **Standing in the Rainbow** *By Fannie Flagg*

Good news! Fannie's back in town - and the town is among the leading characters in her new novel.

Along with Neighbor Dorothy, whose daily radio broadcasts keep us delightfully informed on all the local news, we also meet Bobby, her 10-year-old son, destined to live a thousand lives, mostly in his imagination; Norma and Macky Warren and their 98-year-old Aunt Elnor; the charismatic Hamm Sparks who starts off as a tractor salesman and ends up selling himself to the whole state; and the two women who love him as differently as night and day.

Then there is Tot Whoooten, the beautician whose luck is as bad as her hairdressing skills; Beatrice Woods, the "little blind songbird;" Cecil Figgs, the "funeral king;" and the fabulous Minnie Oatman, lead vocalist of the Oatman Family Gospel Singers.

The time is 1946 until the present. The town is Elmwood Springs, Mo., in the midst of the mostly joyous transition from war to peace, aiming toward a dizzily bright future.

Once again, Fannie Flagg gives us a story of richly human characters, small town life, and the daily contest between laughter and tears. Fannie truly writes from the heartland, and her storytelling is, to quote Time, "utterly irresistible."

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