

Officers set date for alumni banquet

The Bird City alumni officers met on Jan. 21 to make preparations for the upcoming alumni banquet. The date of May 29 was decided on and the location will be the American Legion Hall.

At the meeting the officers discussed the theme, program, publicity, caterers as well as other items which will make the 2004 Alumni

Banquet a success. The next meeting of the organization will be on Feb. 6. In the meantime any ideas or suggestions can be given to John Hendricks, Barbara Beougher, Steve Carpenter, Ned and Donna Johnson or Sherrie Krien at any time. Mrs. Krien is serving in place of her mother, Olga Applegate.

St. Francis News

Guests of LaVera Beringer this past week were Sylvia Queen on Tuesday afternoon, Gertie Zwegardt on Wednesday afternoon and on Saturday morning Larry Beringer of Sharon Springs arrived.

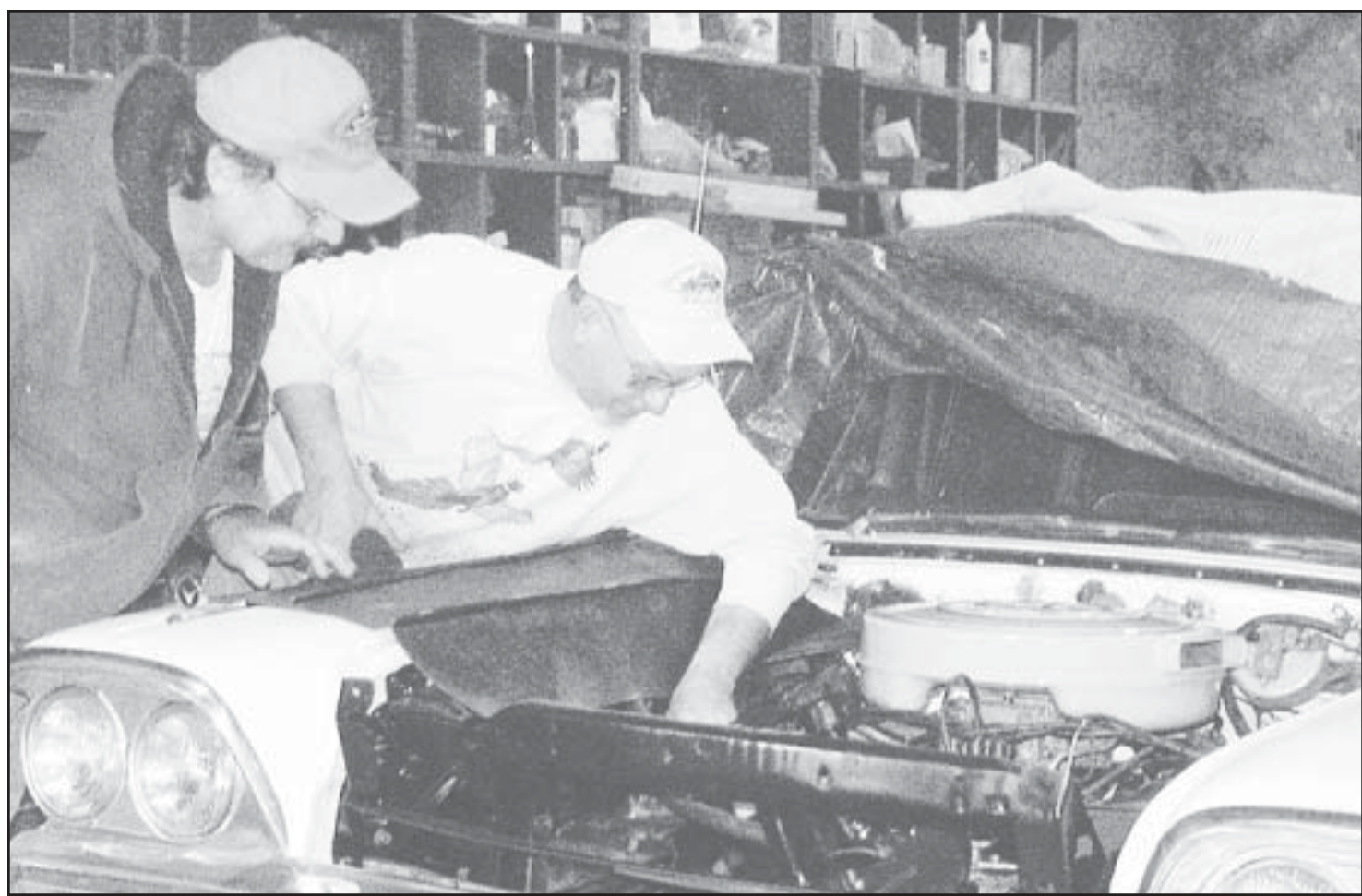
Larry and LaVera went to visit Amelia Meyer, Jerry and Alma, Clara Meyer and Dorothy Meyer in Bethune, Colo.

Larry also visited Victor and Darlene Zwegardt on Saturday morning.

Mr. and Mrs. Raymond Armknecht were Sunday dinner

guests of Donna and Norvin Northrup.

Marilyn Krien, Aurora, Colo., was a Tuesday through Sunday house guest of Billy and Karen Krien and enjoyed visiting with her parents Bill and Leone Krien.



LOOKING LIKE NEW — Pete Jensen and Scott Schultz, members of the Cruiser Car Club, check out a vehicle that is being restored. The ole beauty belongs to Jerry Bier and will be shown at the May 'Saturday in the Park' car show.

Herald staff photo by Karen Krien

Book Review

St. Francis Public Library
Daughter of the Queen of Sheba
By Jacki Lyden

"I am the Queen of Sheba" my mother announced to me in a regal voice... You could say that my life as her daughter, the life of my imagination, began with my mother's visions...

As a foreign correspondent for National Public Radio, Jacki Lyden has spent her adult life on the frontlines in some of the most dangerous war zones in the world. Her childhood was a war zone of a different kind. Her mother suffered from what we now call manic-depression; when Jacki was a child in a small midwestern town, her mother was simply called crazy. Jacki would return home from grade school to find her mother wrapped in a toga of bedsheets, with eyeliner hieroglyphics drawn on her arms and a tiara on her head. In her manic phases, she became a woman with power, Marie Antoinette or the Queen of Sheba; in real life, she was trapped in a destructive marriage

to the villainous local doctor. With their mother beyond reach, her children turned to their hardscrabble grandmother, a woman who had her first child at age 14 and lost her husband in a barroom brawl.

Jacki eventually set out on her own impassioned journeys - if her mother could escape to exotic places, so would she. In her 20s she joined a low-rent rodeo. Later, as a radio journalist, she interviewed Yasir Arafat and maneuvered his way through Baghdad at the height of the Persian Gulf War, her reports from faraway lands strangely echoing her mother's travels of the mind.

Heartbreaking, hilarious, lyrical, this memoir is a mother-daughter story of the most deeply moving kind, a testimony to obstinate devotion in the face of bewildering illness. Jacki Lyden recalls her calamitous childhood with a child's aching regret and an adult's keen wisdom. Daughter of the Queen of Sheba is an irresistibly compelling tale of two women with a scrappy genius for survival.

Plain Sense

Rewarding Children

How to discipline their child effectively is something that most parents struggle with. Much is said and written about the use of rewards, praise, and positive reinforcement. According to Stephen Bavolke, PhD, author of the "Nurturing Program for Parents and Children", using objects, gifts or money as rewards for good behavior can have various results. Some parents like to reward their children for good behavior, and some even give children money. In moderation, there is nothing terrible about giving your child a gift or having him/her earn money to buy something they want. In fact, earning money for completing chores can be a good way to teach older children about money management.

Often though, this reward technique is misused. According to Bavolke, when the great percentage of rewards children receive are "things", there is a risk that children will learn that behaving leads to the acquisition of materials goods, rather than learning to behave because it is the right or appropriate thing to do. The result can be a child who responds based on the attitude of "What

am I going to get if I behave?" Parents also need to be careful about rewards that become bribes; such as "If you behave at the store today, you will get an ice cream cone." Cooperation should not be something that a parent has to purchase from their child.

Bavolke suggests that rather than using material objects or money as reward, parents would benefit greatly from learning techniques that include the use of praise and nurturing touch. Misbehavior is obvious, and parents readily respond. But they also need to let their child know when they are doing good in the little everyday matters, such as playing well with a sibling or friends, keeping their voice calm in a difficult situation, or getting ready for bed without being told. Kids need hugs from parents, too. Not only when they've done something special, but on a regular basis, just because they are special.

Plain Sense from High Plains Mental Health Center

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

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