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# Extension Notes

By Ty Faulkender  
Director



## Tis the season to trim stress

"Prioritizing your to-do list can reduce holiday stress and free up time for what matters most," said Charlotte Shoup Olsen, Kansas State University Research and Extension family systems specialist.

"Ask yourself, will Aunt Mabel care if every room in the house sparkles?" Ms. Olsen said.

If the truth be told, Aunt Mabel will be happy to be included and children more likely to remember an afternoon baking cookies rather than the time their mother spent polishing furniture, she said.

"Skip unnecessary obligations and focus on what is most important to you and your family," she said.

The holidays offer opportunities that families and friends can enjoy together. A one-on-one shopping trip, during which a child is invited to pick a gift for a family member or holiday toy drive for other children can create a special holiday memory. So can helping a grandparent with shopping or baking, she said.



Working together to rake leaves in your yard or that of a neighbor or friend no longer able to do it and then enjoying a cup of hot chocolate together also can create lasting memories. Such efforts often become holiday rituals or traditions, Ms. Olsen said.

"Flexibility and a willingness to compromise are key, particularly as ages and stages in life change," she said, who offered this example: Adult children can be pushed and pulled between two or more families, forced to eat two holiday dinners and stressed to the max.

"Consider which is more important: Getting together on a certain day or getting together when everyone can relax and enjoy each other's company?" Ms. Olsen said.

"Take the pressure off and choose a day to create a family holiday. Doing so can reduce stress and make the holiday season more enjoyable. It also provides opportunities for families at any age to create new rituals and traditions that will be meaningful to them," she said.

"Compromise typically builds community."

## Singer/song writer on the road again

St. Francis singer and songwriter "Tumbleweed" Phil Crawford is on the road again. He said he got a surprise while on a side trip from the Tucson Cowboy Music Roundup.



Crawford

"In Big Nose Kate's Saloon (the favorite hangout of Doc Holiday and Wyatt Erp), the local entertainer there introduced me and handed me a guitar, telling me to do a few numbers while he took a

break," Mr. Crawford said.

The Tucson Cowboy Music Roundup was three days long and Mr. Crawford said he made several new contacts and friends in the music business. He also performed four sessions and showcased two new songs.

He and his wife Maxine also spent four days touring Apache country in southeast Arizona; Ft. Bowie, Geronimo's surrendery memorial, Cochise's stronghold, Saguaro Cactus National Park, Apache Pass, Butterfield Stage Route and Stations and numerous other points of interest along the way.

## Nursing home residents would enjoy 'Red Hats'

By Penny Shafer  
Director of Geriatric Ed.  
Johnson Co. Nursing Center

"The Red Hat Society began as a result of a few women deciding to greet middle age with verve, humor and élan. We believe silliness is the comedy relief of life, and since we are all in it together, we might as well join red-gloved hands and go for the gusto together. Underneath the frivolity, we share a bond of affection, forged by common life experiences and a genuine enthusiasm for wherever life takes us next," said Sue Ellen Cooper, Queen Mother.

While visiting a friend several years ago in Tucson, Sue Ellen Cooper gave in to an impulse to buy a bright red fedora at a thrift shop for no other reason than it was cheap and very dashing. The hat served no purpose for a couple of years until she read the poem "Warning" by Jenny Joseph, which describes an older woman in purple clothing with a red hat. From this event she decided that the red fedora, along with a copy of the poem would make a great birthday gift to one of her dear friends. The friend loved it and enjoyed it so much that Sue Ellen gave the same gift to another friend, then another, then another. From this came the idea that all of these friends had informally developed a Red Hat Society and that they should come together at a public tea dressed in full regalia. The rest, as the say, is history.

Across the country in nearly every gift shop in every mall as well as hospital gift shops and beauty salons are items ranging from hats, feather boas, pins, handbags, suitcases, scarves, and books promoting the joys of being a woman over 50 years old. Red Hat Societies have formed across our nation and are taking to the streets to prove that aging can be fun, flashy, and yes, silly. The group has even extended its membership to younger sisters who aspire to such elevation of rank by allowing them to join and wear pink hats with violet dresses. However, they must sustain from the wearing of the crimson red and deep purple until they have crossed that venerable half century mark.

The societies are more than wearing bright clothes and getting on tour buses together. The glue that bonds them together is the shared experiences of being a woman. Histories of being war brides, mothers, grandmothers, widows, caregivers, and career women forge relationships that leap across individual age, educa-

tional background, and socioeconomic groups. As any onlooker knows, it takes women in nearly any age group, or culture, only a few moments to find common ground and shared experience. It is the willingness of most women to share these experiences and provide and receive support from their "sisters" that sustains them throughout what is quite often a very long life. The Red Hat Society simply, but boldly, punctuates what has been going on among women for probably centuries and in most cultures around the world.

The Red Hat Society has now entered through the doors of the Johnson County Nursing Center where women reside who have long passed that half-century mark. Here the population is predominantly women in their seventh, eighth, ninth and frequently tenth decade of life. The fabric of these women's lives is woven with the warp of strength, perseverance and tragedy, and the weft of victory, birth, and death. Wisdom flows effortlessly from each of them and it must not be forgotten. So ladies — don your red hats and purple feather boas — age is being celebrated in the nursing home. What better place to do so?

On a regular basis the landscape turns crimson and purple at the Johnson County Nursing Center. Every lady who resides here owns and proudly decorates her own red hat and at our monthly tea the fun, the fellowship, and yes, the silliness permeates the walls, the floors and the ceilings. Topics are put forth for discussion, cake is served, and punch and tea are provided. For a time, the residents and staff join together in a celebration of age and womanhood that transcends illness, disability, frailty and anything that remotely resembles institutional living. We are sisters. We are family. And this is how it should be.

Across our country those who work in the long-term care profession are creatively and proactively seeking ways to bring "home" into the nursing home. In the past, few professional or lay people would use the words fun and nursing home in the same sentence. The mental images these words evoke seem diametrically opposed, but they are not. Credit it, if you want, to the Baby Boomers refusing to go into middle and old ages without a fight, but the outcomes are the same — life for the residents and the staffs that work in nursing home is changing. It is becoming far more than caring for the human body. The human spirit, regardless of physical or mental disability always sports a bright red hat and perhaps a purple feather boa too! The philosophy of the Red Hat Society has just entered into the lives of the women who deserve it most.

—Kansas Senior Press Service

## Plain Sense

### Kids feel stress during holidays

Dear Plain Sense: My 3-year old is driving me crazy! She is so excited about the holidays that her bad behavior just overwhelms me. What should be fun for both of us has become a lot of frustration for me. And now I am dreading how she will be acting through the remainder of the holidays.

A. The holidays have become a stressful time of year for most people, and even more so as a parent of young children. Adults feel the added stress of holiday planning, gift giving, extra baking and house cleaning and the additional work involved in getting together with family and friends. But they don't always recognize that children feel a great deal of stress too.

Now days the "season" already begins in September with newspapers, magazines and television advertising holiday items and events, as well as conversations within families regarding upcoming plans.

Young children in particular, while they may not fully understand the meaning of all this, certainly do sense a difference in the behavior of the adults and older children around them. This can create a feeling of anxiety, not because they are wor-

ried, but rather because they are feeling "anticipatory anxiety."

That is constant thoughts about something that is going to happen which, in this case, is considered to be a positive, fun event. And when young children feel anxious, they often show it through their behavior and most often with an increase in behaviors that can be challenging to parents.

So what can a parent do?

There is a lot of information available on handling holiday stress, including the basics of time management, eating healthy, exercise and getting enough rest. As for the children, they learn from what they observe with the adults in their life. If you stay calm and collected, it will help your child to do the same.

A few practical solutions: limit your child's exposure to television, other events, and even family conversations that emphasize the holidays; put up holiday decorations closer to the actual event, rather than a month or more ahead of time; and keep to your child's regular daily routine as much as possible.

Contributed by Karen Beery,  
High Plains Mental Health

## Bowling News

### Wednesday Afternoon Coffee 11/10

Team standings: Krien Steel Buildings 29-15, Paul's Grocery 28-16, Cheyenne Bowl 27.5-16.5, Haigler Babes 25-19, Windmill Restaurant 23-21, Flower Magic 23-21, Dairy King 18.5-25.5

High game (scratch): Donna Hall 202, Linda Query 158, Linda Yonkey 157  
High series (scratch): Hall 520, Pat Rose 451, Shirley Adkinson 419

### Wednesday Night Mens 11/10

Team standings: Haigler 27-17, Krien Steel Buildings 26-18, Grace Flying Service 25.5-18.5, Post Plumbing 22-22, 2001 Electronics 21-23, First National Bank 19.5-24.5, DJ's 18-26, The Wet Shoes 17-27  
High game (scratch): Pete Montoya 210, Mike McCarthy (Wray) 207, Rod Heaton (Wray) 201

High series (scratch): Kale Zimbelman 524, Bill Smith 518, Kelley Faylor 505  
**Ladies Nite Out 11/11**  
Team standings: Jersey Maids 27-20, Wright Carpet 27-21, Mels Gal's 27-21, BW Alley Cats 25-22, Dundy Ag 25-23, Stockmen's Strikers 23-25, Cheyenne Bowl 20-28, M&M's 17-31

High game (scratch): Nancy Vernon 196, Boots Peterson 193, Marsha Kechter 193  
High series (scratch): Vernon 533, Kechter 522, Peterson 460  
**Ladies Nite Out 11/18**  
Team standings: Mels Gal's 30-22, Jersey Maids 28-23, BW Alley Cats 28-23, Wright Carpet 28-24, Stockmen's Strikers 27-25, Dundy Ag 25-27, Cheyenne Bowl 21-31, M&M's 20-32.

High game (scratch): Marsha

Kechter 184, Ilene O'Leary 181, Boots Peteson 181

High series (scratch): Vicky Harford 504, Jeanne Dunn 491, Kechter 484.

### Monday Night Mixed 11/15

Team standings: Neitzel Insurance 25.5-14.5, Frewen Insurance 24-16, Let's Bowl 24-16, Krien Pharmacy 21.5-18.5, Captain Hooks Fine Dining 17.5-22.5, Twiss & Wilson Drilling 17-23, Johnson Body Shop 16-24, Fearless 4 some 14.5-25.5

High game (handicap): Chuck Ferguson 243, Judy Gienger 234, Glorianne Milne 221, Randy Johnson 216, Mat Moberly 215, Lynne Ferguson 212

High series (handicap): Gienger 669, L. Ferguson 596, C. Ferguson 591, Moberly 591, Lee Zimbelman 583, Tammy Zimbelman 581

### Wednesday Afternoon Coffee 11/17

Team standings: Krien Steel Buildings 33-15; Paul's Grocery 32-16; Cheyenne Bowl 27.5-20.5; Flower Magic 27-21; Windmill Restaurant 26-22; Haigler Babes 25-23; Dairy King 19.5-28.5

High game (scratch): Shirley Adkinson 189, Barb Cobb 171, Linda Query 170

High series (scratch): Adkinson 503, Cobb 485, Janice Krien 457

### Wednesday Night Mens 11/17

Team standings: Krien Steel Buildings 29-19, Haigler 27-21, Grace Flying 26.5-21.5, Post Plumbing 26-22, 2001 Electronics 25-23, DJ's 21-27, First National Bank 19.5-28.5, Wet Shoes 18-30

High game (scratch): Bob Lippert 221, Rod Heaton 220, Spencer Schlepp 202

High series (scratch): Heaton 584, Lippert 579, Eddie Zuege 564

