

# Ladies participate in golf tournament held in St. Francis

By Betty Jean Winston

Nine four-lady teams participated in a golf tournament at Riverside Recreation on Saturday, July 16. The teams were divided into two flights with the following results.

The hot weather which has been in the area for a number of days was also noticeable on Saturday.

First flight: the Livengood team from Goodland placed first; the Fries team from Benkelman, Neb., placed second and the Faulkender team from St. Francis placed third. Members of the Faulkender team were Leigh Ann Faulkender, Lori Beth Faulkender, Donna Nelson and Glenda Rieger.

Second flight: the Gilliland team of St. Francis placed first (Kari Gilliland, Susan Dinkel, Sondra Bracelin and Robin Witzel), the Huddleston team placed second and the Milne team of St. Francis placed third (Amanda Milne, Natalie Rogers, Iva Krien and Marla Rice).

Several pin prizes were also awarded;  
 Longest drive, number one: tie - Livengood and Nelson  
 Longest drive, number nine: Fries  
 Chip shot, number five: Martin  
 Chip shot, number seven: Beckman

# Mud-volleyball is a fun fair activity for men, women

By Karen Krien

One of the highlights of the Cheyenne County Fair is the co-ed mud volleyball games held on Saturday following the parade.

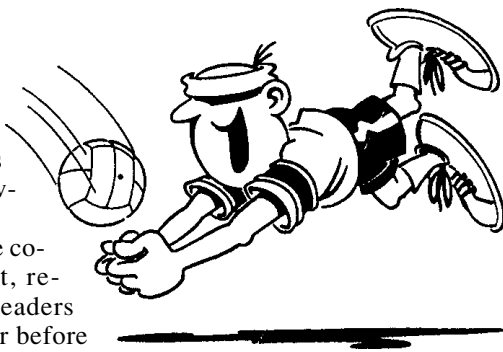
Tina Elliott, one of the coordinators of the event, reminds teams and their leaders that they need to register before Saturday, Aug. 6.

"We will have 16 teams and once the roster is full, we won't be accepting any more," she said.

She also stressed that people will not be able to register a team the day of the games. However, the fee for registration must be paid before they can play.

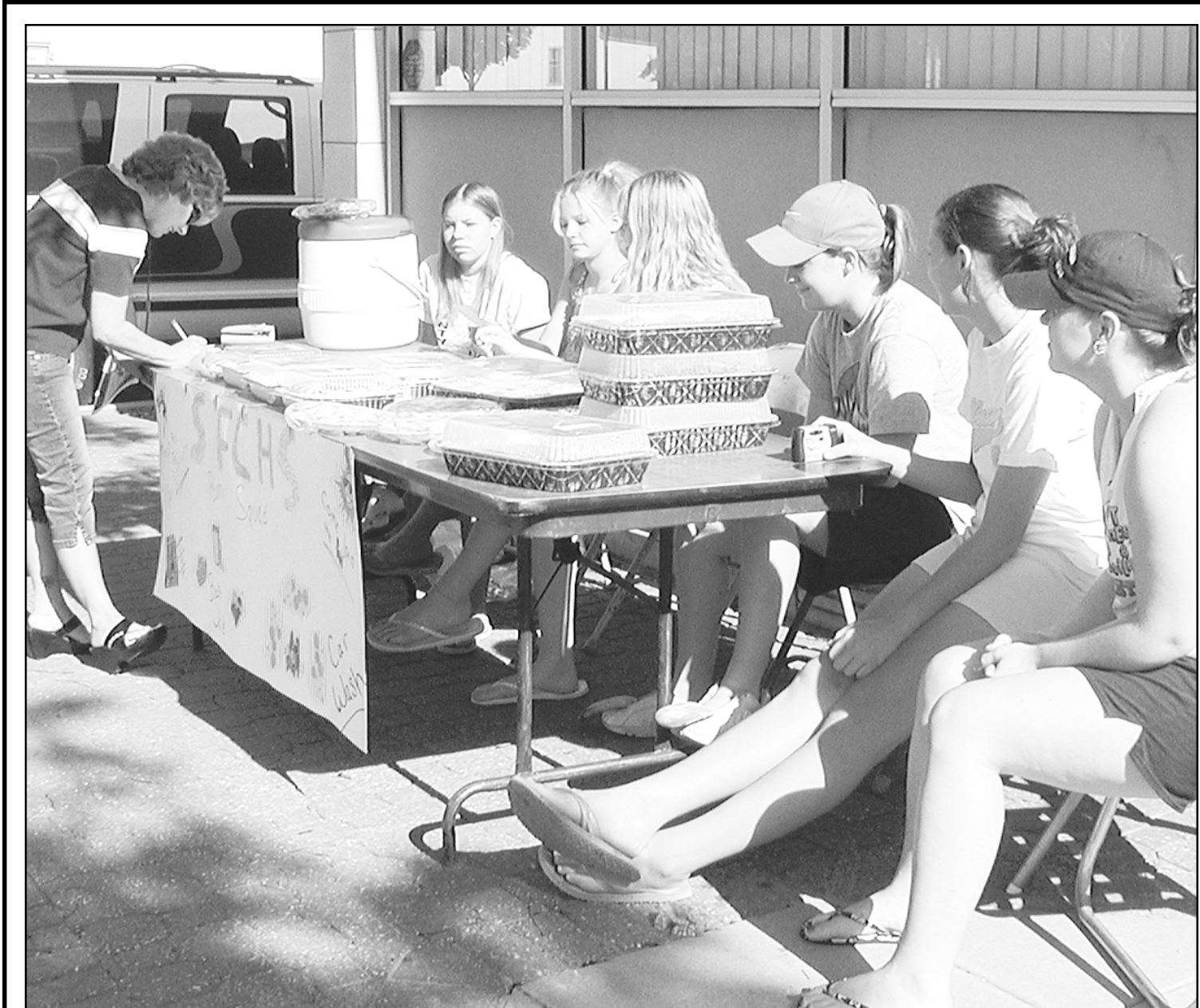
Each team must have at least three males and three females, ages 13 years and up. The games are double elimination.

Prizes will be awarded but most of the fun is just cooling off after the parade and competing in the



mud. The mud volleyball pits are located on the east side of the fairgrounds just west of the baseball diamond. Spectators are welcome — bring a lawn chair and a cool drink — there is no admission fee. There will be refreshments sold by the St. Francis High School junior class.

For more information, call Tina or Kirby Elliott at 785-332-3476 (home) or 785-332-2104 (ask for Tina).



ST. FRANCIS POM PON SQUAD were holding a bake sale in front of the post office to earn money. Deonn Wiese was purchasing some tickets for the quilt raffle. Squad members, left to right, are Lacey Kibel, Candice Wiese, Mindy Cooper, Sidnee Crabtree, Andrea Holzwarth and Janelle Zweygardt.

Herald staff photo by Karen Krien

## Plain Sense

### Returning Home

High Plains Mental Health Center

There are many families who will go through the experience of a family member being absent for several months as a result of a military commitment, whether they be a reservist or full-time soldier. After the re-joining of a safe return, getting back to "normal" becomes the next task. There is some level of stress for everyone involved due to the changes that have taken place and concerns for how life will be now. Such stress is normal, and adjustment takes some time.

For couples, especially those

who have been married only a short time, getting back together may feel a little awkward at first. Both have spent those past months on their own and less dependent on each other. There are little things that may need some "fine-tuning" for the relationship to run smoothly again. So don't rush things; take time to get to know each other once more. Communication is vital, about both the military experience as well as what went on at home. If the relationship becomes strained, help is available through professional coun-

selors.

Very young children may not appear as welcoming as their dad or mom is expecting, but this is normal. A few months can seem like a lifetime to a child. They adjust to their parent's absence, and will also quickly adjust to having them around again. Don't expect the same behaviors because this is not the same child of a few months ago. They grow not only physically, but also emotionally and socially. Be patient and take it slowly during the readjustment time.

Most people experience some letdown after the initial celebration of homecoming, but soon life settles back to normal. For some the letdown continues and can include long periods of depression, feelings of anxiety, mood swings, strong feelings of anger or guilt and other difficulties. Professional help is then needed, and can be accessed through the military as well as the local ministry, family physician, and mental health services.

Contributed by Karen Beery, LCPC, Manager, Consultation and Education Department



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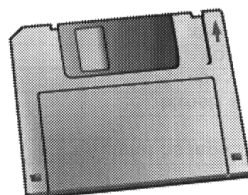
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## Upcoming Promotion

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# Cheyenne County Fair

Featuring 4-H'ers, fair and carnival activities, schedule of events and other interesting happenings at fair time.



**August 3rd - 6th, 2005**