

Parents often overschedule kids

Many parents comment, even complain, about how busy they are trying to keep up with all the activities in which their children are involved. This can include dance class, music lessons, sports, school activities, scouts and church youth groups.

But often it is the parents who have overscheduled the kids. And as a result, many children and young people are also feeling overwhelmed, over anxious, and over tired.

Dr. Alvin Rosenfeld, a child psychiatrist and author of "The Over-Scheduled Child: Avoiding the Hyper-Parenting Trap," believes that enrolling children in too many activities is a nationwide problem.

Parents seem to feel they are not being good parents if their kids aren't involved in all kinds of activities. Along with this, children feel pressured to achieve and to compete.

While kids enjoy these many activities with friends and peers, they also need down-time. They need the opportunity for unstructured time with friends in the neighborhood, for riding bikes and having pretend



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adventures.

Playtime is a valuable learning opportunity for children, a chance to determine rules for getting along with each other or to pursue their own individual interests.

They need time to read, draw pictures, be creative and get to know who they are and what they like to do.

Families need the same time to hang out together, talk and relax. When members are constantly going from one extracurricular activity to another, there is little opportunity for personal sharing.

Eliminating all extracurricular activities is not the answer, but reducing the number is suggested. Most children do well with no more than two or three but often feel pressured by peers and parents to par-

ticipate in everything or even feel left out if they are not involved. Parents need to help their children understand that it's okay not to be in everything and

put more emphasis on unstructured time with friends and family. There is now a National Family Night, for which American families are encouraged to cancel all extracurricular activities for an evening and spend the time together working on relationships.

Contributed by Karen D. Beery, 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.

Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East 7th, Hays, Kan. 67601. Internet site: www.high-plainsmentalhealth.com.

obituaries

William Neitzel

William Carl Neitzel, 60, a St. Francis farmer, died Sunday, March 2, 2003, at the Methodist Hospital in Houston, following a six-week battle to recover from heart surgery.

He was born July 30, 1942, in St. Francis, the son of Alice (Walter) and Glen Neitzel. He was baptized Aug. 30, 1942, at the Cheyenne Valley Lutheran Church and was confirmed March 25, 1956, at the Zion Lutheran Church.

Mr. Neitzel attended Prairie View country school No. 23 and graduated from St. Francis High School in 1960. After a short time at Kansas State University, he returned to his beloved farm. He was in the Army Reserve and did his basic training at Fort Leonard Wood, Mo.

He raised his children to be self-sufficient, honest, independent and hard working. If they wrecked a car, not a word was said, but if they forgot an oil change or damaged equipment, the wrath was great.

Mr. Neitzel enjoyed visiting with people and telling stories. His laugh was infectious. He spent hours working on his computer studying the weather and farm issues and doing book work.

He never wanted to be anything but a farmer. As a youngster, he followed his dad around the farm learning as he went.

His least favorite memory was riding an old John Deere tractor when he was not big enough to work the clutch.

Mr. Neitzel enjoyed innovative farming practices. He was a skilled mechanic and welder and taught his boys these skills. He was a hard worker and expected the same from his family.

Family trips usually involved looking at a piece of equipment or attending a farm show or sale.

Mr. Neitzel taught his children to drive early, first in the field and then on the road, so they could drive while he snoozed.

He enjoyed shopping at farm sales, flea markets and shopping malls. He studied his selections and enjoyed getting a good deal. He loved giving gifts and spent hours hunting for just the right toy for his grandchildren.

Mr. Neitzel was proud of his 1969 Dodge Charger and had hoped to restore a 1961 Chevy. He was a caring boss to his hired man, Blake Krien.

Survivors include his wife; his father; three sons, Todd (Tracy) Neitzel, Tadd Neitzel and Tim Neitzel; two daughters, Tricia (Brad) Ramsey and Tara Neitzel; two sisters, Barbara Atha and Karen (Walt) Sutter; and three grandchildren.

Services were Thursday, March 6, 2003, at the Lutheran Church, St. Francis. Burial was in the St. Francis Cemetery. Knodel Funeral Home handled the arrangements.

Robert Ellison

Robert Ellison, 78, a retired engineer, formerly of Goodland, died Monday, March 3, 2003, in Loveland, Colo.

He was born in 1924 at Superior, Neb., the son of Ernest and Mabel (Corman) Ellison. He moved to Sherman County in 1930 with his family, and they lived on a farm south of Edson.

Mr. Ellison attended a rural school near the farm and then graduated from the Goodland High School in 1943.

He participated in a number of sports, was a state champion wrestler and a softball pitcher in the city league.

Mr. Ellison served in the Army Air Corps in China and India in World War II and attended Colorado State College in Fort Collins after the war.

He was an engineer with Hewlett Packard Corp. in Loveland before he retired..

He was a member of the Methodist Church and the Veterans of Foreign Wars.

Preceding him in death were his parents; three brothers, Harold, George and Dean; and three nephews.

Survivors include his wife, Gwen-dolyn; a son, Ronald; two sisters, Mary Hayden of Goodland and Laura Curry of Loveland; and a brother, Dale Ellison of Goodland.

A private funeral service will be held in Loveland.

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Ruth Ann Felzien

Lifelong Kanorado resident Ruth Ann Felzien, 77, died Saturday, March 8, 2003, at Saint Anthony Central Hospital in Denver, Colorado.

She was born on September 5, 1925, in Prophetstown, Ill., the daughter of Mabel (Munter) and Glenn Hines. In 1943, she graduated from high school in Kanorado.

On November 14, 1943, she and Martin L. Felzien were married in Colby. Her memberships included the United Methodist Church in Kanorado.

Preceding her in death were her parents; her brother Ray Hines; and her husband Martin L. Felzien, who died March 17, 2002.

Surviving family members include her daughter Karen Walters and her husband Lee of Canon City, Colorado; her son Mark Felzien and his wife Bobbi of Kanorado; five grandsons Conrad Walters and his wife Tracey of Canon City, Colorado; Curtis Walters and his fiancée Carrie of Canon City, Colorado; Clint Felzien and his wife Lana of Brewster; Brent Felzien and his wife Brandy of Salina; Trent Felzien and friend Angie of Manhattan; and four great-grandchildren C.J. Felzien, J.B. Felzien, and Kacey Felzien of Brewster; Kayla Walters of Canon City, Colorado;

The funeral will be on Tuesday, March 11, at 10:00AM MT, at the United Methodist Church in Kanorado, with Pastor Leonard Cox officiating. Burial will follow in the Kanorado Cemetery.

Friends may share their respects on Monday, from 3:00 until 7:00 PM MT, at Koons Chapel in Goodland, and Tuesday before the service at the church.

Memorials may designated to the Kanorado Senior Center, and may be left at or mailed to Koons Funeral Home, 211 North Main, Goodland, KS 67735-1555.

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