Parents often overschedule kids

TIGH

LAINS

adventures.

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

4-H news

Ruleton Eager Beavers January Meeting

The regular monthly meeting of the Ruleton Eager Beavers was held at 3 p.m. Saturday, Jan. 4, at Howard Johnson's. Aaron Duell called the meeting to order.

Roll call was "If I Had a Wish, What Would It Be?" There were 10 members, two leaders and one guest present. Minutes of the November meeting were read and approved. The treasurer gave a report. The reporter was absent, but the minutes had been published. Council had not met. The parliament was absent.

Leader Colleen passed out new program books, handbooks to new members and calendars. There was no old business.

It was reported that Aaron, Adam, Sydney, Levi, Katelyn, Rebecca, Lea, Andrew, Devin, Cody, Sara and Holly were at the December meeting to fill Genesis boxes.

For new business, Megan moved and Adam seconded to donate money to the Ronald McDonald House in Wichita. It was announced that beef weigh-in would be Sunday, Feb. 23. Steve Duell and Kevin Winston planned to help with the event. The next meeting was scheduled for 2 p.m. Saturday, Feb. 8, at

the 4-H building. Devin moved and Megan seconded to adjourn the meeting by saying the club motto. Motion carried. The club enjoyed swimming and eating a party sub for the New

meeting to order by saying the flag salute. Roll call was "Favorite Television Program." There were 12 Tiffany Thomas gave a health/ members and three leaders present. safety presentation on fainting.

The treasurer gave a report. The reporter had turned in the minutes. Leaders said the 4-H Days sign-up sheets were out, and our club is in charge. Council members said that 1, and 4-H day is today. There was no old business.

For new business, the model meeting practice was planned for Sunday, Feb. 23, and Saturday, March 8. The club talked about the skit. Devon moved that the club do the presented skit and work on it at the next meeting. Adam seconded.

For the program, Devon and Adam gave a demonstration on hunters safety. Sydney led us in singing "Kansas." Katie led us in playing "Looney Tune Tag."

Announcements: model meeting practice was planned for Sunday, Feb. 23, and the model meeting will be at 6:15 p.m. Monday, March 17. Devon moved, and Katie seconded that the meeting be adjourned by saying the club motto.

Prairie Dale 4-H Club

The February monthly meeting of the Prairie Dale 4-H Club was held on Monday, Feb. 10, at the 4-H building. President Chance Schilling called the meeting to order. Roll call was "Name Your Sweetheart." New member Ren Scherling was introduced.

Hazen Deeds presented a project talk on the proper way to set a table.

> For music, Brooke Lockhart sang and led the club in the song, "Be My Valentine," to the tune of "Row, Row, Row Your Boat.'

Brock Wilkens led the club in a steer weigh-in was Saturday, March game of Four Corners for recreation. The meeting was adjourned by saying the club motto and putting away the chairs. Refreshments were served by the Titus and Lockhart families.

Sunflower 4-H Club

The regular monthly meeting of the Sunflower 4-H Club was held at 7 p.m. Monday, Feb. 17, at the United Methodist Church. The meeting was called to order by President Samantha Raymer.

The roll call was "What Kind of Exercise Do You Like?" and was answered by 18 members, nine parents, one leader and no guests.

The song was led by Kirsten Topliff, and the club sang the buffalo song. In the business meeting, Cris Reibel, the club leader talked about 4-H Day and the model meeting.

The project talk was by Jason Krayca, and he explained how to make a golf ball holder for the wood-working project. Another project talk was explained by Christopher Irvin; he explained how the reading project works.

Kendra led a poem. Recreation was led by Corbin Townsend, and The business part of the meeting the club had fun playing musical was concluded after officers' and chairs. The refreshments were provided by the Hendrich and Studer The meeting was turned over to families. The club's next meeting

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 selfsufficient, 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 grandchil-

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, Gwendolyn; 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.





With a variety of soil-applied herbicides available today that control grasses and weeds, it may seem there is little room for improvement. But applicators and growers continue to ask for products that handle easily and give consistent weed control year in and year out.

That's why new Keystone* herbicide from Dow AgroSciences has been developed. Keystone is a powerful combination of acetochlor and next generation atrazine that has been proven in field trials to control a wide variety of grasses and broadleaf weeds, including foxtail, barnyardgrass, crabgrass, waterhemp, lambsquarters, pigweed, nightshade, smartweed and more.

Keystone handles extremely well compared to other soil-applied herbicides due to the combination of next generation atrazine and a new, advanced surfactant/additive package that keeps the suspoemulsion formulation uniform and consistent within the tank.

As a result, Keystone is less viscous than other herbicides, so it handles easier and delivers an even spray distribution that provides superior control of grasses and broadleaf weeds. Keystone activates with only ¼ inch of rain, and has a wide application window – from 30 days early preplant all the way to 11-inch corn.

Keystone delivers 1½ pounds of atrazine when used at the standard 2.65 qt./acre application rate. If you require less atrazine, new Keystone LA herbicide delivers ¾ pound of atrazine at the standard use rate of 2.0 qt./acre. Both are perfect partners with Hornet*WDG herbicide for superior broad-

spectrum, one-pass preplant or preemergence weed control. For more information on new Keystone and Keystone LA herbicides, contact your local ag retailer.



Dow AgroSciences

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high plains mental health plain sense

help.

ticipate in every-

thing or even feel

left out if they are

Parents need to

help their children

understand that

it's okay not to be

in everything and

Contributed by Karen D. Beery,

Consultation and Education De-

partment. The views expressed here

are those of the individual writer

Mail questions to: High Plains

Mental Health Center, Plain Sense,

Consultation and Education De-

partment, 208 East 7th, Hays, Kan.

67601. Internet site: www.high-

not involved.

put more emphasis on unstructured Playtime is a valuable learning time with friends and family. There opportunity for children, a chance is now a National Family Night, for

to determine rules for getting along which American families are enwith each other or to pursue their couraged to cancel all extracurricuown individual interests. lar activities for an evening and They need time to read, draw picspend the time together working on relationships.

tures, 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 activand should not be considered a reity to another, there is little opporplacement for seeking professional tunity 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- *plainsmentalhealth.com*.

Year´s party.

February Meeting

The regular monthly meeting of the Ruleton Eager Beavers was held at 2 p.m. Saturday, Feb. 8, in the 4-H building. Aaron Duell called the

leaders' reports.

acting Vice President Michael Hall will be at 7 p.m. Monday, March 17, for the program. Brock Wilkens and at the 4-H building.

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.

Last Chance **Bargain Days at A-10's**

Starts Wednesday, March 12th-Ends Tuesday, March 18th

All Sale Tags

Reduced

from Sale Prices of 50% or less

30%

Men's, Women's, Children's Sportswear Coats Women's Shoes Men's and Women's Athletic Shoes

Super **Bargain Racks** Values to \$50.00 and more

\$4.99 \$9.99 \$14.99

ATEN 1103 Main, Goodland, Kan Department Store (785) 899-7101

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 fiancee 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 10:00 AM 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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