

Tips can help cut holiday stress

The holiday season can be a challenging emotional roller coaster and often leaves a person feeling tired and grumpy.

The pressures and influence of advertising in the media and in the stores, along with the additional work, debt and stress, can result in holidays that are not very happy for many families.

To help reduce the hustle and bustle of the season, consider the following:

- Set priorities — decide what would be enjoyed the most by family members and focus on that.
- Plan ahead — make a list of things to do, set aside some time each day for those, and avoid last minute shopping and preparations.
- Stay in budget — learn to say “no” to expensive holiday ideas. Choose simple, thoughtful or useful gifts.
- Keep it simple — people tend to overextend themselves during this time of year. Traditional meals and simple gifts are just as appreciated.
- Start new traditions — be willing to let go of old traditions if they no longer work, and find new ones that do.
- Take care of yourself — counter the holiday pressures by taking



high plains mental health

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some time for rest and renewal each day.

Because people expect everything to be perfect, the holidays often end up disappointing. Family gatherings and long visits become stressful and don't live up to the happy, smiling groups portrayed in the media.

Reducing personal expectations can help reduce the stress. Accept that not everything will work out as planned. Keep a sense of humor — often the biggest snafus of the season become the fondest memories in years to come!

Contributed by Karen 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 Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com

Radio personality honored for reliability

A Goodland radio personality received an award for his reliability in providing information on the weather, news and area events and for assisting the Sherman County Extension in spreading educational information and extension programming.

Curtis Duncan, announcer for KLOE/KKCI/KWGB radio, received the K-State Research and Extension/Sherman County 2004 Appreciation Award.

April Hall, extension board chair, presented the award at the annual meeting of the extension council Monday, Nov. 15. Duncan was com-

mended for keeping the public informed on 4-H activities, his assistance in helping 4-H members with their first radio talks and his easy-



Duncan

going conversational style with older members, which the group says makes them feel comfortable in getting their messages out.

The new 2005 extension executive board was elected and installed at the meeting as well. Members are Marsha Schilling, chair; Josh Dechant, vice chair; Laura McClung, secretary;

April Hall, treasurer; and Karen Gillihan, Rhonda Sieck, Scott Jarrett, Mike Briney and Diane Krayca.

Area high school students listed on national honor roll

Thirteen area high school students qualified for induction into the Spring 2004 National Honor Roll:

From **Goodland**: May Davis, Tanae Garrett, Michael Hall, Grace Langness, Julie Leiker, Kelsey Leiker, Melissa Swager and Janelle Wolak.

Colby: Joshua S. Cox and Alisha Jo Talsma.

Burlington: Cedar D. Davis, Kirra Jean Knox and Cynthia Smith.

Students on the roll are eligible to compete for \$100,000 in scholarships to be shared among 100 inductees. The honor roll's college admissions notification service no-

tifies the admissions offices of as many schools as the inductees designate that they have been accepted into the honor roll and that they are interested in obtaining information about those colleges.

Only students with a B or better average are eligible for the honor roll.

On the spring honor roll, 62 percent averaged A- or better, 38 percent averaged B through B+. Seventeen percent were seniors (class of 2004); 36.6 percent were juniors; 25.7 percent were sophomores; 18.4 percent were freshmen; and 2.2 percent were eighth graders.

Seal and gasket company's lease on agenda

The Aircraft Seal and Gasket Corp. lease is on the city commission agenda for a meeting at 5 p.m. Monday.

Questions about the operation of the company were brought to the commission in October. At that time, the commission decided to give the company until December to comply with its lease and show they were actually producing at the plant, in a building which the city remodeled last year at a cost of over \$500,000.

City Manager Ron Pickman brought the question to the com-

mission in October after the city had been told that the company's insurance has lapsed.

Since then, Aircraft Seal and Gasket has hired at least two people and has been producing seal parts which are being delivered to its plant in Wichita.

The commission is expected to agree to continue the current lease, which grants the company free rent for the next year.

The arbitration of the problems at Steever Water Park is moving ahead, and the commission will discuss a resolution allowing Pickman

to negotiate and settle the case.

A hearing on the case, which stems from a broken water line under the youth pool which became obvious when the water park opened in May 2000, will be held in January. Pickman will attend, along with engineering and architectural experts the city hired to provide technical testimony.

Improving the south-end safety area for Runway 12 at the Goodland Municipal Airport is the object of an engineering contract to be considered with Evans, Bierly and Hutchison Associates of Hays.

The contract is similar to one that was done for the north end of the same runway. Most of the cost will be reimbursed by the Federal Aviation Administration.

The commission will consider reappointment of Marsha Schilling to the City-County Recreation Board. She is a county representative, and was recently reappointed by the county commissioners to a three-year term. The commission meets on the second floor of the City Administration Building, 204 W. 11th. If the door is locked, push the buzzer and talk to the dispatcher.

County will pay for some prairie dog bait

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designed especially to drop the bait into the prairie dog holes.

The commissioners agreed to make the cost share program retroactive to Oct. 1, and it would continue through March 15. West said the bait season for prairie dogs is from October through the middle of March.

“If we get nice weather this

month, we need to be doing something about the dogs,” Tiede said.

Tiede said the commissioners would review the program next year, but there is nothing in the general fund budget for buying more bait.

“The landowners need to understand that we agreed to help when the problem was out of hand,” Rasure said, “but with them under control, the landowners will need to

keep them under control without county money.”

“I agree,” Tiede said, “I think we will look at it again next year. We might do a cost share at a lower level, but eventually the landowners have to handle it themselves.”

Thomas agreed it was really up to the landowners and that the cooperation the county has seen over the last year should help keep the prai-

rie dog numbers in check.

“We will never get rid of all of them,” Thomas said. “They are already coming back this year. It is something that needs to be taken care of each year.

“It will be easier for the landowners if the drought ends and they are able to get some income from the land. It is easier to cover the cost of the bait when there is money coming in.”

Worship warms the heart

Calvary Gospel Church

Pastor: Rev. Steve Rains
Fourth & College • 899-3605
Sunday: Sunday School: 9:15 am
Morning Service: 10:30 am
Small Group Ministries
Wednesday: Prayer and Worship: 7:00 p.m.
Youth @ the Rock House: 7:00 p.m.

Our Lady of Perpetual Help

Pastor: Father Norbert Dlabal
307 W. 13th • 899-7205
Sacrament of Reconciliation:
4:30-5 pm Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, **Sunday:** 10:30 am
Spanish Mass:
1st & 3rd Sunday: 4 pm



Sonrise Christian Church

Ninth & Caldwell • 899-5398
Minister:
Youth Minister: Doug Bean
Sunday: Worship Service: 9:30 am
Sunday School: 10:45 am
Wednesday:
Junior/Senior High Meeting: 7 pm
Adult & Children's Classes: 7 pm

Word of Life

Joursquare Church
10th & Clark • 899-5250
Pastor: John Coumerilh
Service Schedule:
Sunday: Worship Celebration
and Kids' Church: 10:30 am
First Wednesday: K.W.A.M.!
Grades 1 through 5: 7 p.m.

Pleasant Home Church

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Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Charlie Busch
694-2242
Sunday: Worship Service: 9 am
Sunday School: 10 am
Evening Service: 6 pm

Bible Baptist Church

Pastor: Glenn Hermanson
Fifth & Broadway
899-7368
Sunday: Sunday School: 9 am
Morning Service: 10 am
Evening Service: 6:30 pm
Wednesday: Evening Bible Study: 7 pm

Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 am
Sunday School: 11:15 am
Priesthood/Relief Society: 12 am

Iglesia Del Dios Vivo

La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5 am & 6 pm
Sunday: Sunday School: 10 am

United Methodist Church

Brewster:
Pastor:
Worship Service: 10:45 am CST
Sunday School: 9:45 am CST
Winona:
Minister: Rev. Bob Winters
Worship Service: 9 am CST
Sunday School: 10:15 am CST

First Christian Church

(Disciples of Christ)
Pastor: John Park Winkler
Eighth & Arcade • 890-5233
Sunday: Worship Service: 10:30 am
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups,
Adult Bible Study, Choir, Men's and Women's Groups,
Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing
Assistance Equipment and Infant and Toddler
Nurseries Available

Kanorado United Methodist Church

Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 am
Worship Service: 10:15 am

Church of the Nazarene

Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 am
Worship Service: 10:50 am
Evening Service: 6 pm
Wednesday: Evening Service: 7 pm

First United Methodist Church

1116 Sherman
899-3631
Pastor: Rev. Janet Hernandez
Saturday: Informal Worship: 5:30 pm
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

Goodland Bible Church

109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 am
Morning Worship: 10:45 am
Evening Worship: 6 pm
Wednesday: AWANA (Winter)
and prayer: 7 p.m.

First Baptist Church

Pastor: John Meckling
Fifth & Center • 899-3450
Sunday: Sunday School for all ages:
9:15 am (Child care provided)
Morning Worship: 10:30 am
Wednesday: Bible study 7 p.m.
Call church for information
Thursday: Bible study 9:30 a.m.
Wheatridge Center

St. Paul's Episcopal Church

13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Morning Prayer: 8:00 a.m. Wed. - Sun.
For emergencies Wed. - Sun. 890-6969
Sr. Warden for emergencies
Mon. and Tues. 890-3320

Grace Fellowship Church

104 E. Hwy 24 • 899-6423
Pastor:
Sunday: Sunday School: 10 am
Worship Service: 11 am

Seventh Day Adventist Church

1160 Cattletrail
Pastor: Jim Martin
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Emmanuel Lutheran Church

13th & Sherman • 890-6161
Pastor: Scott Grimshaw
Sunday: Christian education/fellowship:
10:15 a.m.
Worship Service: 9 am
Wednesday: Confirmation: 6 pm

Church of Christ

401 Caldwell
899-6185
Sunday: Bible Study: 9:45 am
Worship Service: 10:45 am
Wednesday: Bible Study: 7 pm

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3023 W. 31

Bateman Funeral Home
211 E. 11th

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