



Willard and Maxine Moore 65 years ago

The Moores today

# Brewster couple together 65 years

Willard and Maxine Moore of Brewster celebrated grandchildren. their 65th wedding anniversary Sunday, Sept. 3, 2006. They were married in Oberlin on Sept. 3, 1941. They 67732. have two children, five grandchildren and four great-

Send greetings to them at Box 6, Brewster, Kan.

### matters of record

#### **District Traffic**

The following fines were paid in the Sherman County District Court:

July 18 — Mark R. Brooks \$144 for speeding.

Stanley R. Strecker dismissed for ing. no license plate

**July 19** – Eileen Curry \$144 for ing. speeding and \$60 for unlawful acts with vehicle.

Robert J. Hiller \$86 no child safety restraints.

Chan M. Park \$228 for speeding. July 20 — Joe T. Christian \$96 for speeding.

Jesse D. Shady \$126 for speeding speeding.

and \$60 for improper turn or approach.

July 21 — Martina C. Banuelos \$138 for speeding and \$20 for no child safety belts.

James C. Boain \$183 for speed-

Jerry A. Burum \$150 for speed-

Daniel D. Foster \$150 for speeding and \$10 for no seat belt. Evan T. Goldsmith \$120 for im-

proper parking. James D. Snead \$168 for speed-

Matthew J. Thompson \$174 for \$144 for speeding.

Learnard R. Vile \$126 for speeding.

Martin Zarate \$144 for speeding. David A. Zipperer \$144 for speeding.

July 22 — Casey R. Dickinson \$132 for speeding.

Chadwick B. Griffin \$132 for speeding. Brad Heidenreich \$132 for

speeding. and dismissed for no liability insurance.

Shawn P. Hoy \$126 for improper ing. parking.

July 24 — Andrea L. Heshmati speeding.

Matthew R. Jenson \$138 for speeding.

speeding.

Glenn P. Johnson \$126 for unlawful acts with a vehicle. Daniel W. Kraft \$174 for speed-

Over 20 years ago, in a book titled

'The Hurried Child," author David

His concern at that time was that

children were increasingly in-

volved in so many school and extra-

curricular activities that they no

longer had time just for themselves,

to just play on the block with the

neighbor kids or to set up a game of

Recently, Kimberly Chastain, a

licensed marriage and family thera-

pist, voiced concern that children no

longer seem to have time to "goof

off" and just be children; goof off

time is not on their schedule

Along with that, parents don't

seem to be able to find time to play

with their children or to sit down to

a meal together. Chastain suggests

number of children with anxiety

and depression is increasing and

many children and adolescents de-

scribe themselves as "stressed out."

ties and thrive. Others may be at risk

Some children can juggle activi-

(www.kimberlychastain.com).

Elkind noted the importance of al-

lowing kids to be kids.

backyard dodge ball.

ing July 25 — Karen S. Alexander \$138 for improper parking.

Sharon B. Blaine \$120 for speeding.

Donald E. Davis \$156 for speeding.

Mark J. Dunning \$114 for speed-Gustavo Lunaaranda \$126 for

Astolfo L. Najera \$132 for

WANTE CDL Required

ing

or

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July 27 — Theodore T. Conrad

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high plains mental health

overloaded schedule, and so may the whole family. Parents need to consider the following:

Kids need to just be kids

IGH

home they want to do?

interest or passion for these activities or is he participating because of your expectations?

taxi driver, shuttling your child from activity to activity?

• How often is there an afternoon that this may be one reason why the or evening when most of the family is home with no plans or scheduled activities?

• Are you and your children becoming increasingly irritable because of such a busy schedule?

plain sense of becoming burned out from an family from being over scheduled,

• Does your child complain that he never gets to do the things at

• Does your child have a genuine

• Have you become the family

Parents need to be aware of a *highplainsmentalhealth.com*.

der to keep your allow for "goof-off" time and encourage children to play outdoors or try a new hobby.

Learn to say "no" to additional activities, and do not say "yes" until the whole family determines the emotional costs of adding to their schedule.

child's need for

time to just be a

child, to entertain

themselves, to en-

joy quiet time on

their own and to

be creative. In or-

Contributed by Karen Schueler, manager, 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 E. Seventh, Hays, Kan. 67601. Internet site: www.-

Star-News and The Country Advocate.

