

Those grieving during the holidays need support

The holidays, especially the first ones after a loved one's death, can be especially difficult for a person who is grieving. Friends and family members may be unsure how to act or what to say to support their grieving loved one during the holidays.

In general, the best way to help those who are grieving during the holidays is to let them know you care. They need to be remembered, and they need to know their loved ones are remembered, too.

Friends and family members should never be afraid of saying or doing the wrong thing, because making an effort and showing con-



sandy kuhlman

• hospice services

cern will be appreciated.

Here are some tips that grieving people have shared:

1. Be supportive of the way your friend chooses to celebrate the holidays. Some may wish to follow traditions; others may choose to change their rituals.

2. Offer to help with tangible tasks such as baking, cleaning or

decorating. Seemingly simple tasks can be overwhelming while dealing with grief.

3. Invite the person to attend a religious service with you and your family.

4. Offer to help with holiday shopping or share your favorite catalogs or on-line shopping sites.

5. Invite your friend to your home for the holidays.

6. Inquire if your friend is interested in volunteering with you during the holiday season. Doing something for someone else, such

as helping at a soup kitchen or working with children, may help him or her feel better about the holidays.

7. Make a donation in memory of your friend's loved one, as a reminder that his or her special person is not forgotten.

8. Remember to avoid telling your friend that he or she should be "over it;" grief is an individual process and there are no right or wrong ways to grieve.

9. If your friend wants to talk about the deceased loved one or feelings associated with the loss, listen. Don't worry about being conversational — just listen.

10. Remind the person you are

thinking of him or her and the loved one who died. Cards, phone calls and visits are great ways to stay in touch.

Many people are not aware that their Hospice Services is a valuable resource that can help people who are struggling with grief and loss.

Hospices provide bereavement support to the families hospice serves and offers services to other members of the community as well.

Hospice Services offers an educational program "Handling the Holidays" each year during the holiday season.

This program is presented by the Hospice social worker and lasts about one hour. It is free and the public is invited. Area programs are planned for the November 19, 20 and 21. Call the hospice office (785) 543-2900 or (800) 315-5122 for information about "Handling the Holidays."

Sandy Kuhlman is the executive director of Hospice Services Inc., Box 116, Phillipsburg, Kan. 67661. Contact her, Julia Schemper or Jennifer Kibbee at (800) 315-5122. Hospice serves northwest and north-central Kansas and has been providing end-of-life care for more than 23 years.

It's time to put nitrogen on lawn

November is the time to give cool-season lawns their last nitrogen application of the year.

Why fertilize in November? Because while top growth slows in response to cool temperatures, grass plants are still making food (carbohydrates) by photosynthesis. A November nitrogen application helps boost the photosynthesis rate.

Carbohydrates that are not used in growth are stored in the crown and other storage tissues in the plant. These reserves help the grass green up earlier in the spring and sustain growth into May without the need for early-spring (March or April) nitrogen.

Those early-spring nitrogen applications are less desirable because they can lead to excessive shoot growth and reduced



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• ag notebook

able) nitrogen carrier such as urea or ammonium sulfate.

root growth. Other benefits of November-applied nitrogen for cool-season grasses include improved winter hardiness, root growth and shoot density.

How much should you apply? One to 1 1/2 pounds actual nitrogen per 1,000 square foot of lawn area is sufficient. In order for this application to be effective, the nitrogen must be readily available to the plant because the growing season is nearly over.

Therefore, for a November application, use a soluble (quickly avail-

Many turfgrass fertilizers sold in garden centers and other retail outlets contain soluble nitrogen.

Avoid products that contain water-insoluble nitrogen (slow-release) for this application. As always, sweep up any fertilizer that gets on driveways, sidewalks or streets and reapply it to the lawn.

Dana Belshe is agricultural agent for Kansas State University Research and Extension and the Sunflower Extension District, covering Sherman and Wallace counties.

matters of record

Real Estate

The following real estate transactions were reported by the Sherman County Register of Deeds:

Jack Mitchek and Becky L. Mitchek quit claim to Jackson A. Mitchek and Becky L. Mitchek, as trustees of Jack A. Mitchek trust no. 1, a tract of land in SE/2 Sec. 21, T9S R41W containing 5 acres more or less.

Jacob W. Wilkening and Gladys D. Wilkening to Jacob and Gladys Wilkening Trust, NE/4 and N/2 SW/4 of Sec. 5, T7S R41W and N/2 NE/4 Sec. 8, NE/4 and N/2SE/4 of Sec. 6, T7S R41W.

Colleen Rall, as trustee of Brooks present interest trust to Darci Schamberger, SW/4 Sec. 35, T8S R37W.

Ronald W. Skinner quit claim to Allegra C. Adolf, Lots 12, 13 and 14, Block 36, Second Addition to the City of Goodland.

Edward Cibolski quit claim to Gale W. Young, E/2 NE/4 Sec. 9, T9S R39W.

District Traffic

The following fines were paid in the Sherman County District Court: **Nov. 18, 2002** — Rebecca L. McDonald, \$123 reinstated for speeding.

Feb. 24, 2005 — Brian J. Farrell, \$126 reinstated for speeding.

April 17, 2005 — Ulysyss Steven Kocker, dismissed for first conviction for driving while suspended and dismissed for no liability insurance.

April 5, 2006 — Clyde W. Ransom, \$210 reinstated for motor carrier safety rules and regulations.

April 14 — Joseph F. Keppler, \$108 reinstated for speeding and \$10 for no seat belt.

June 21 — Austen J. Braud, \$120 reinstated for speeding.

June 27 — Michel K. Bowman-Amuah, \$132 reinstated for speeding.

July 11 — Stephanie Urbigkit, \$166 for first conviction of driving while suspended and \$10 for no seat belt.

July 14 — Sarah A. Skoog, \$144

for speeding.

July 16 — James P. Tippit, \$132 for speeding.

July 19 — Sherrelle M. Miller, \$126 for speeding.

July 24 — Stephen E. Carter, \$131 for overweight load.

July 25 — Keriann M. Kohler, \$183 for speeding.

Kimberly A. Percifield, \$183 for speeding.

July 28 — Deborah D. Tuttle, \$246 for failure to yield to emergency vehicle.

Aug. 9 — Frances E. Van Hooser, \$126 for speeding.

Aug. 14 — Matthew R. Prihoda, \$132 for speeding.

Aug. 19 — Elizabeth M. Loye, \$144 for speeding.

Aug. 29 — Jose D. Barrera, \$132 for speeding and dismissed for no liability insurance.

Aug. 30 — David J. Radford, \$126 for speeding.

Carmen R. Rosenzweig, \$150 for speeding.

Aug. 31 — Kenneth J. Dinger, \$140 for overweight load.

Gurcharan S. Thind, \$166 for motor carrier safety rules and regulations.

Sept. 1 — Robin R. Legg, \$132 for speeding.

Sept. 2 — Charles E. Williams, \$188 for not following the regulations of the motor carrier act.

Sept. 4 — Shawn E. James, \$138 for speeding.

Sept. 7 — Katherine C. O'Brien, \$126 for improper parking.

Sept. 9 — Richard L. Lloyd, \$192 for speeding.

Sept. 11 — Mario F. Cardenas, \$126 for speeding.

Sept. 12 — Franscesca A. Newbold, \$165 for speeding.

Robert F. Valle, \$276 for speeding.

Sept. 13 — Glenda J. Humphrey, \$150 for speeding.

Ana L. Martinex-Bald, \$102 for speeding.

Melanie A. Maslo, \$201 for speeding.

Sept. 14 — Danny L. Ochoa 2nd, \$144 for speeding and \$60 for no driver's license.

Bart E. Starr, \$98 for speeding.

Sept. 16 — Richard E. Oswalt, \$138 for improper parking.

William C. Young, \$126 for speeding.

Sept. 17 — Gerald D. Clapper, \$144 for speeding and \$300 for no liability insurance.

Gerardo J. Micsles, \$138 for speeding.

Sept. 18 — Erin N. Tripp, \$126 for improper parking.

Sept. 20 — Paul R. Darrough III, \$139 for speeding.

Donald L. MacLennan, \$126 for speeding.

Sept. 21 — William C. Grant, \$165 for speeding.

Jonathan M. Zzulka, \$126 for speeding.

Sept. 22 — Channelle J. Black, \$126 for failure to yield right-of-way at uncontrolled intersection and \$10 for no seat belt.

Cecil L. Hayden, \$196 for overweight load.

Sept. 23 — Kristyn L. Brooks, \$126 for speeding.

Sept. 24 — Terrill Nez, \$156 for

speeding.

Darren S. Starrs, \$120 for improper parking.

Sept. 25 — Gregorio Guzman-Calvo, \$138 for speeding.

Nick E. Howard, \$191 for gross weight limits for vehicles.

Marie L. Johnson, \$96 for speeding.

Sept. 26 — Jerry E. Brunson, \$144 for improper parking.

Julian A. Castillo, \$132 for speeding.

Kevin K. Cumesty, \$120 for speeding.

Jeremiah M. Curtis, \$132 for speeding.

Anthony T. McGaugh, \$132 for speeding.

Korey D. Schulte, \$96 for speeding.

Jazzal J. Sisson, dismissed for no liability insurance.

Sept. 27 — Hector J. Contreras, \$144 for speeding and \$10 for no seat belt.

Judith A. Doran, \$132 for speeding.

Terrones M. Fernandez, \$366 for no liability insurance, \$54 for speeding and \$60 for transfer of ownership of vehicles.

Sept. 28 — Omar S. Diaz, \$126 for overweight load.

Richard J. Janosek, \$126 for failure to yield at stop or yield sign.

Lyndon D. Lamm, \$96 for speeding.

Penny S. Sheldon, \$157 for improper parking.

Richard A. Valentic II, \$156 for improper parking.

Mark P. Verity, \$144 for speeding.

Sept. 29 — Janet L. Gilling, \$150 for speeding.

Rowena E. Longcob-Cooke, \$138 for speeding.

Russell A. Schneider, \$188 for no motor carrier liability insurance.

Marie Grace Thompson, \$126 for improper parking.

Sept. 30 — Daric R. Gutzwiller, \$192 for speeding.

Kelsey Herl, \$126 for speeding.

Larry E. Kruskamp, \$126 for speeding.

Alfredo Ruiz-Hernandez, \$366 for no liability insurance and \$80 for unlawful use of driver's license.

Carrie E. Smith, \$138 for speeding.

Steven H. Weneck, \$126 for speeding.

Oct. 1 — Douglas C. Caskey Jr., \$120 for speeding.

Seth A. Estrada, \$126 for speeding.

Oct. 2 — Thomas G. Hufstедler, \$246 for speeding.

Thomas W. Mahon, \$246 for failure to yield to emergency vehicle and \$10 for no seat belt.

Woodrow D. Pengelly, \$396 for speeding.

Oct. 3 — Timothy W. Austin,

\$120 for improper parking.

David B. Heavener, \$150 for speeding.

Christopher Lee, \$120 for speeding.

Oct. 4 — Joseph M. Rosiere, \$126 for speeding.

Oct. 5 — Kelly G. Cruise, dismissed for no liability insurance.

Oct. 6 — John H. Admas, \$132 for speeding.

Brian M. Deters, \$132 for improper parking.

Thomas N. Green, \$116 for motor carrier safety rules and regulations.

Clifton H. McMillan IV, \$138 for speeding.

Sara B. Miller, \$237 for speeding.

Sydney M. Smelkinson, \$120 for speeding.

Mikel A. Stick, \$166 for motor carrier safety rules and regulations.

Oct. 7 — Jimmy D. Logue, \$117 for overweight load.

John B. Meredith, dismissed with unlawful acts with vehicle and dismissed for no liability insurance.

Oct. 8 — Elizabeth A. Avella, \$144 for speeding.

Eldon S. Billington, \$126 for speeding.

Justin T. Boyd, \$138 for speeding.

Gerardo Gamez Jr., \$128 for speeding.

William G. Lacher, \$126 for speeding.

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