

Classifieds

Classifieds

Deadline for advertising:
Monday at 5 p.m.
Call us at 785-332-3162
or 785-734-2659

Classified ads — Printed in *The St. Francis Herald & The Bird City Times*.

Cards of Thanks first ten words free, 20¢ for each additional word. **Poetry** is charged at the rate of \$1.30 per line. **\$3.00 service charge** is billed monthly for open accounts.

Notices

REMODELING or tearing down buildings? Don't throw out "that old stuff" until you learn what you can sell as architectural salvage. Free consultation. Call 785-332-3531. 11-12*

WE CAN OFFER a low cost vacation to many resorts. Call 785-475-2658. 10-13*

OPENINGS AT Gram's Rocking Chair Daycare- all ages. 785-332-2670 9-12*

P-4 MONITOR, loaded- free on site, \$999.99. For Christmas, order now!! Business leases, TNT Graphics Plus, 1-866-386-4210, since 1989. 49tfn*

CAKES, PIES, COOKIES, BREADS, for all your baking needs call Dee at The DONUT HOLE 785-332-2838 or 888-310-2838, 109 N. Quincy, St. Francis. 36tfn

HELP FOR ABUSED women and children. Open 24 hours a day, seven days a week. Call Northwest Kansas Shelter, 800-794-4624. 3tfn*

SHARE YOUR NEWS of house guests or vacations with *The St. Francis Herald and Bird City Times* readers. Call 785-332-3162 or 785-734-2619 with news items.



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Our Business Is Exhausting!

St. Francis Tire & Service
785-332-3366

Services

NEED LAWN MOWERS, riding mowers or auger motors worked on before spring? Call Bob Klie at 785-332-2417 12-36*

NEED YOUR TABLE LAMPS, floor lamps or light fixtures repaired? Will make house calls or pick up and deliver. Jack Lampe 785-332-2377. 11-12*

ARE YOU FACING a crisis pregnancy? Free pregnancy testing, counseling and financial aid are available at Emergency Pregnancy Services in Colby. Call toll-free 888-462-3022. 17tfn

TRUCK LETTERING, Call 1-800-886-2423, pin stripping, signs of all kinds including magnetic, vinyl, over 25 years of experience. Hot Brush, 800-886-2423, fax 785-734-2459 204 W. 4th, Bird City, KS 67731. 31tfn

Wanted

LAWNS TO power rake. Call Ted Crabtree at 785-332-2476. 12-13c

CROOKED CREEK ANGUS needs summer pasture, can use smaller acreage's- rent or buy. Daniel Jones 785-332-3908. 11-26c

Help Wanted

THE CHEYLIN RECREATION Commission is in need of coaches and assistants for the summer recreation program. Applications will be accepted for T-ball, baseball and softball coaches and assistants, full-time and part-time lifeguards as well as a head swim team coach and

assistant swim team coach. Please send letter of application to Cheylin Recreation, P.O. Box 187, Bird City, Ks., by April 4. 11-12c

THE RAWLINS COUNTY HEALTH Center is now accepting applications for a part-time R.N. and a part-time L.P.N. of C.N.A. Applications may be picked up at the Health Center, 707 Grant, Atwood or for more information call Karla Heble at 785-626-3211. EOE 11-12c

Livestock for Sale

CROOKED CREEK ANGUS, registered Angus bulls and heifers, best bloodlines of the breed at affordable prices. Daniel Jones 785-332-3908 11-26c

For Rent

ONE BEDROOM house with garage, St. Francis, 785-332-2263 Mike or Shirley. 12c

TWO BEDROOM apartment with utilities included. 785-332-2838 2tfn

ONE BEDROOM Apartment, utilities and laundry facilities, no pets, non-smoking. 785-332-2186. 7tfn

FOR RENT OR SALE, small 3 bedroom house with basement. 785-332-2872 10-13*

For Sale

FARM RAISED USDA all natural fryer chickens, \$7, will be ready in March. Taking turkey orders. 970-774-7492, jcwisdom@schoilnet.com 12-13*

FULL-BLOODED ROTTWEILER puppies, 3 males, 3 females. \$200 each. Call 785-332-2875. 12c

TREES FOR SALE: The Cheyenne County Conservation District is taking orders for trees and shrubs until March, 28. Come see us for your fabric weed barrier and drip supplies for windbreaks, gardens or landscaping projects. West Highway 36, St. Francis or call 785-332-2341 ext. 101 12-13c

SW 1/4 of 18-4-38 Cheyenne County and the NW 1/4 of 3-6-39 in Sherman County. 785-332-2740. 11-12c

FARM FRESH EGGS, R.L. Walz 785-332-2012. 11-14*

SMALL SQUARE straw bales, large round straw bales, will deliver. 785-332-3656. 11-14*

JERRY OATS SEED, bulk or bag. Also certified Wrangler, certified Ranger and common alfalfa seed. Olsen Livestock and Seed Inc. Call 308-297-3283 or 308-297-3689. 4-13c

FIREWOOD FOR SALE, Angle Road RV Park. 785-332-2313. 4tfn

Garage Sales

SATURDAY, March 22, 9 a.m. - 2 p.m., Fifth and Curry, Bird City. Antiques, collectibles and more. 12c

CLOTHES GALORE and more! Saturday, March 22. 8 am- 12 p.m. In alley behind Video Connection, (use back door). Includes Many clothes- women's, maternity, baby, children's, some ball caps. Plus: baby stroller, toys, bikes, used videos, waterbed, kitchen items, knick knacks, bedspreads.....All reasonably priced! 12c

Something To SMILE About...

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NOTICE

AD RATES

For Line Classified Ads are as follows:
1-Wk. 10 words - \$5.50
20¢ ea. additional word
2-Wks. 10 words - \$10.50
40¢ ea. additional word
3 to 4 Wks. 10 words - \$11.95
45¢ ea. additional word
(10 word minimum. Line Classified must be in our office no later than 5 p.m. on Monday)

Country Advocate
\$6.00/per week - 10 words
25¢ ea. additional word
Ads must be in the office by 12:00 noon on Friday.

Display (box) Ads

Display (box) Ads for St. Francis and Bird City deadline is 5 p.m. on Monday.
St. Francis Herald \$5.10 per column in.
Bird City Times \$4.30 per column in.
Both Papers \$8.14 per column in.
Classified Display \$8.30 per col. in.

The St. Francis Herald
Bird City Times
785-332-3162 or 785-734-2659

MARCH MANIA
March 24 through the 31st
with coupon **25% OFF STOREWIDE** with coupon
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MISTAKES • We Know We Make Mistakes
Please remember that we attempt to include something for everyone within the pages of our newspaper. We realize that some folks enjoy finding fault and for those readers we thoughtfully include a socially acceptable number of errors within our publication!

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James E. Rolhouse practices law only in Minnesota, but associates with experienced lawyers throughout the U.S. to help people across the country.

511 E. Whittier, St. Francis - JUST LISTED! Spacious living in a great location! This 1600+ sq. ft. 3-4 bedroom home w/2 full baths on one level offers new carpeting throughout, new custom kitchen w/appliances, new central heat & a/c, 2 car detached garage, and private backyard. Additional extras include new steel siding and landscaping with sprinklers.
AUCTION SCHEDULE
Sat., March 22 - Spring Equipment Consignment Auction
Sat., April 19 - City of McDonald Consignment Auction
Sun., April 27 - Dennis Merklin Construction, Selling Carpentry Tools & Equipment
Sat., May 10 - Rell Barnhart Estate, Atwood, KS
www.westernauktionandrealstate.com

Western Auction & Real Estate, LLC
Betty L. Petersen, Broker & Appraiser
Skip Petersen, Sales Agent & Auctioneer
Robin A. Petersen, Sales Agent,
Appraiser & Auctioneer
785.332.8990 office - 785.332.8993 fax
P.O. Box 928 - 301 W. Jackson St. - St. Francis, KS 67756
From Concept to Completion

Thank You

A big thank you for my family for the open house for my 80th birthday and serving cookies, brownies and drinks. Thanks every one of you that came. Thanks for the flowers, plants, gifts, cards and phone calls. It was a special day. Elsie Cook

We would like to express our sincere gratitude for the many acts of sympathy that were done for us, at the time of the tragic accident that took the life of our sister and brother-in-law. Bruce and Rose Mary Bierig

To the good samaritan that cleaned my driveway and walks, during the last snow storm. A big thank you. Rose Mary Bierig

It has been a year since my cancer diagnosis and I have just finished my check-ups. Everything is okay. I couldn't have gotten through it without all the prayers and support of my family, friends, co-workers and community. I want to say thank you and how grateful I am for all of the flowers, food and visits I received. Gloria Cassidy

Thank you for all the nice cards and birthday wishes I received for my 85th birthday. Your thoughtfulness is very much appreciated. Henry Schirmer

Thank you dear friends and family for the beautiful cards, gifts and acts of kindness that have given me a birthday with memories to be cherished. May God bless each of you. Marlene Johnson

The family of Betty Gleason would like to express their deepest thank you to the Dundy County Hospital and staff, the Cheyenne County Hospital and staff, the Bird City ambulance and EMTs, the neighbors, friends and family for all the wonderful help received during her illness and after her passing, Betty (mom) was always so grateful for everything someone did for her and her family, wishing she was able to do it herself. She will be greatly missed. Claude Gleason and family.

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Annual Farm Machinery Consignment Auction
Saturday, March 22, 2003—11:00 am CT
Auction Location: St. Francis Sale Barn, East HWY 36, St. Francis, Kansas

Tractors-Combine-Farm Equipment-Vehicles-Cattle Equipment

1998 F150 Ford 50th Anniversary Pickup, 4x4 Off Road, extended cab, 17" wheels, custom dual exhaust, leather interior, bed liner, good tires, LOADED! 62,000 mi., red, very clean! S# IFT2X18W6WKB39225; 1976 Diamond Rio Truck w/ 335 Cummins motor, 13 speed Fuller transmission, 22' Reiten aluminum box w/ cargo doors, roll over tarp, double ram Harsh hoist, rear air & hydraulics for pup; 1948 Ford Truck w/ 13 1/2' Box & Hoist, V8, 8x25 tires, 4 speed 2 speed. Completely Restored, in great condition; 1973 F700 Ford Truck w/ 391 Gas engine, 16' metal box w/ Harsh twin cylinder power up & power down hoist, rollover tarp, good rubber, white w/ red box; 1994 Freightliner Tractor w/ Detroit Diesel Series 60 motor, Rockwell Transmission, 9 speed, 370 gears, 484,623 miles; 1988 Merritt Fat Cattle Pot, 48", aluminum; 1973 John Deere 4430, dual hydraulics, 8 speed quad range transmission, diesel, 3 point, cab w/ air, 8002 hours, S# 020019R; 1976 IHC 915 Combine, diesel engine, bin extensions, good tires, 3659 hours. Repairs 2 years ago: new hydrostats, new straw walkers, cranks & bearings, new grain cleaner chain & sprockets. Repairs 1 year ago: new concave & cylinder bars, new feeder house chain & sprockets. S#1570161V021305; 1976 IHC 810 24' Header. S# 1480117U030104; 1/4 mile Side Roll, 6', 42-30' pipes, 1260' - 2 hoses, 15' & 20' - 2 heads for hoses. Location: 5 miles South of Wheeler on HWY 27, East 2 miles on Road I to Road 21, South 3/4 mile; John Deere Drills LZ, 2-8' on hydraulics, 10" spacing, rubber press wheels, S# 066082M; 6 row IHC 500 Cyclo Air planter; 45' Flat bed trailer; 6 row Squeeze Pump; 400 gal. Field Sprayer w/ hydraulic pump & 30' booms; 1-30' Spray Boom; 1/4 mile Side Roll; IHC 915 parts; IHC 915 Corn sieve; New DD openers w/ insecticide boxes; Lilliston 284, 3-10' Drills w/ Hydraulic Transports, 10" spacing; Flex King 15' Sweeps; Flex King 3x5' Sweeps w/ pickers; 14' Miller Disc; 28' Bush hog Tandem Disc; 21' Miller Rod Weeder; John Deere 400 Rotary Hoe, 30", 3 point; 12' Packer on hydraulics; Big Ox 5 shank Ripper; 5x5 Wheel Rake, 3 point; New idea rake; 10' Speed Mover; Ro-Cut Rotary Mower, 10', 3 point; Hesston Stakmover 10W; Shop built Header Trailer; Cisco PMC Wedge-wik; 1976 800 John Deere Snowmobile, runs; 1987 440 Kawasaki Jet Ski w/ new engine, starter needs work; 400 Kawasaki Motorcycle, for parts; 1981 Ford F150 pickup, 302 motor, single seat, high mileage; Motorcycle Trailer; W-W Squeeze Chute w/ For-Most A25 Self catch head gate; Big Valley Palpation Cage; 16' Neckover gooseneck stock trailer; 14' Hale bumper pull stock trailer, open top; 100 bushel Powder River calf creep feeder; HyQual calving pen; Pearson Squeeze Chute; 2-10' Hastings water tanks; John Deere 3 point bale unroller; Phiber bale grab, model # 304, S# KA99229; Windmill tower; 500 square straw bales; Cattle Panels: 5-WW 10', 8-10'; Gates; Slide in Pickup Stock Racks; Metal feed bunks; 100 gal. pickup fuel tank; 300 gal. fuel tank on stand; 100 wooden Fence posts; 75 T-steel Fence posts; 2 rolls-300'x4' Landscape Cloth, NEW; 1 roll-4' square Landscape Cloth, NEW; 200,000 BTU Jamuol natural gas overhead furnace; Blacksmith Disc Roller; 3-8x8 Alfalfa valves; 2 Swamp Coolers; Portable air compressor; Portable seed cleaner; Cement Trowels; Spades; Briggs & Stratton 8 hp motor, used 20 hours; 460 irrigation motor, needs overhauled; 3 hp transfer pump; Gas auger motors; 1 HP electric motor; Pump jacks; Hydraulic cylinders; 10" pipe turner; Used 16" tires; 2 bumper pull flat bed trailers; Ozwalt 180 feed box; Ozwalt 320 feed box on junk truck; Assorted tool bars, shanks & shovels.

PHOTOS OF MANY CONSIGNMENTS ARE POSTED ON OUR WEBSITE UNDER THE "AUCTIONS" TAB. PLEASE VISIT ON THE WORLD WIDE WEB: WWW.WESTERNAUCTIONANDREALESTATE.COM

Announcements made day of sale shall take precedence over printed material. Western Auction & Real Estate, LLC is not responsible for accidents, injury, or theft. Terms day of sale are cash, no credit cards. All items to be settled for before being removed. Lunch will be served. Plan to be on time, very few small items. Western Auction & Real Estate, LLC, clerks.

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From Concept to Completion

Letters to the Editor

To the editor:

In observance of the ninth annual Spay Day USA campaign, taking place nationwide on Tuesday, Feb. 25, we call upon the residents of western Kansas to reflect upon the urgent need to control pet overpopulation and the importance of spaying and neutering companion animals.

An estimated five million cats and dogs are euthanized in animal shelters nationally each year, as crowded shelters face no other alternatives in managing vast numbers of animals for which no homes can be found. Though there are many reasons people give up their pets, many animals simply face the misfortune of being part of unwanted litters, born to parents who were not spayed or neutered. The effects of not altering animals are staggering - two unaltered dogs and all of their descendants can theoretically number 67,000 dogs in just six years, while two unaltered cats can potentially yield 420,000 in seven years!

The Humane Society of the High Plains is a non-profit organization that promotes the humane treatment of animals, performs animal control services in Hays and Ellis county, and operates the state-licensed Virginia Miller Animal Shelter serving our entire region. Though locally we achieve a 40 percent adoption rate on average in any given month and reunite 30 percent of the stray animals we house with their owners, the remaining 30 percent must be euthanized. Though innocent animals suffer the most from this situation, the fiscal burden on local taxpayers is high and the emotional toll on our caring shelter staff and on concerned visitors to our facility is beyond comprehension.

Stated simply, spay/neuter is a proven means of successfully addressing pet overpopulation problems. Spay/neuter prevents the births of unwanted litters and eliminates the risk of many serious pet

health and behavior problems that are burdensome to pet owners. The long-term costs of not altering a pet far outweigh the initial cost of this simple surgical procedure; there is no good reason not to have a pet altered.

For more information about the benefits of spaying and neutering please contact the Humane Society of the High Plains at (785) 625-5252 or any veterinarian. We appreciate your help in ensuring that all companion animals are happy, healthy and in loving homes.

Robin Tropper
Executive Director
Karen Hickman
President, Board of Directors

To the editor:

Too many Kansans live with pain. Eighty-six percent of terminally ill Kansans experience moderate-to-severe pain during the last three months of their lives, according to a survey of their family members and friends collected through the Kansas 2000 Behavioral Risk Factor Surveillance System. More than 45 percent of Kansans in long-term facilities experience persistent pain. And 80 percent of healthcare provider visits are because of pain.

Hospice Services working with the Kansas LIFE Project *Caring Communities* coalition wants our citizens to know that we are working to support quality care so that everyone may live with dignity, comfort and peace as they near the end of life. The LIFE Project is a collaborative effort of over 70 Kansas organizations, agencies and associations working together to improve life for Kansans nearing the end of life. For the past few years, healthcare professionals, consumer advocates, and community leaders have been working together to improve care for those near the end of life.

The LIFE Project Partners, who share a strong commitment to improving pain management, recently

announced the "Joint Policy Statement of the Kansas State Board of Healing Arts, Board of Nursing and Board of Pharmacy on the Use of Controlled Substances for the Treatment of Pain." This is the nation's first joint policy statement on the use of controlled substances for the treatment of chronic, acute and terminal pain. The statement was developed as an important step to ensure that Kansans with pain receive the treatment they deserve.

Everyone should know that they should expect good pain management! The new guidelines are an important and visible sign to all Kansans that their health care community, their patient and family support groups, and their professional licensing boards are committed to ensuring that they receive the best possible pain management. Talk with healthcare providers

about pain, ask for and receive information to make good decisions, seek additional help if needed and don't give up until pain is managed to an acceptable level!

The Kansas LIFE Project *Caring Communities* and Hospice Services are here to help. Additional resources are available through the LIFE Project website, www.lifeproject.org and its toll-free Consumer HelpLine, 1-888-202-5433.

We know that there are still many issues to be addressed to improve end-of-life care for all Kansans, and we are committed to continuing this work with the Kansas LIFE Project. For now, we hope everyone will join us in expecting good pain management!

Sandy Kuhlman
Hospice Services, Inc
Donna Bales, Kansas LIFE Project

Years Ago

15 years ago - March 1988

The Lady Cougar basketball team win the regional championships. Team members include Rachelle Voorhies, Sheila Elijah, Nicole Seymour, Denise Nelsen, Joan Antholz, Jennifer Ratzlaff, Kami Wilkens, Becky Frisbie, Ami Banister and Tish Sabatka. Coaches are Dale Henderson and Bob Myers.

PRIDE and the American Legion are spearheading a drive to purchase new tables for the Legion hall, which is used by many organizations in the community.

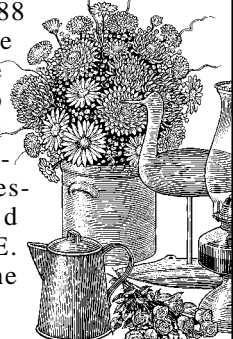
A 1947 McCormick-Farmall Model F 12 tractor owned by Richard Pierce and restored by Tom Sawyer will be a new addition to the Tri-Show Antique Engine and Thresher Show along with a 1944 McCormick Farmall Model H Tractor owned and restored by

Nor Dorsch.

Girl Scout Week is being celebrated. Members of Junior Troop 135 include Lindsey Haack, Erika Deeds, Lyn Hertel, Cely Glasco and Chanda Sabatka.

Shane Antholz, Cheylin, won the championship round of the Cheyenne County Spelling Bee. Stacy Merklin, Cheylin, placed second and Jason Gardner, St. Francis, placed third.

Cheylin graduates beginning in May 1988 will receive Greene Scholarship funds from the scholarship fund established by Garnette D. and Ethlyne R. Greene.



Public Notices

Published in The St. Francis Herald, St. Francis, Kansas, and The Bird City Times, Bird City, Kansas, Thursdays March 13 and March 20, 2003. (11-12)

GENERAL NOTICE TO CONTROL NOXIOUS WEEDS
The Kansas Noxious Weed Law K.S.A. 2-1314 et seq requires all persons who own or supervise land in Kansas to control and eradicate all weeds declared noxious by legislative action. The weeds declared noxious are: field bindweed, musk thistle, sericea lespedeza, johnson grass, bur ragweed, Canada thistle, leafy spurge, hoary cress, quack grass, Russian knapweed, kudzu and pigweed. Bull thistle is County Option Noxious Weed/Weeds declared noxious by the Board of County Commissioners of Cheyenne County. Notice is hereby given pursuant to the Kansas Noxious Weed Law to every person who owns or supervised land in Cheyenne County that noxious weeds growing or found on such land shall be controlled and eradicated. Control is defined as preventing the production of viable seed and the vegetative spread of the plant.

Failure to observe this notice may result in the County:

1. Serving a legal notice requiring control of the noxious weeds within a minimum of five days. Failure to control the noxious weeds within the time period allowed may result in the county treating the noxious weeds at the landowners expense and placing a lien on the property if the bill is not paid within 30 days or,
2. Filing criminal charges for non compliance. Conviction for non compliance may result in a fine of \$100 per day of non-compliance with a maximum fine of \$1500.

The public is also hereby notified that it is a violation of the Kansas Noxious Weed Law to barter, sell or give away infested nursery stock or livestock feed unless the feed is fed on the farm where grown or sold to a commercial processor that will destroy the viability of the noxious weed seed. Custom harvesting machines must be labeled with a label provided by the Kansas Dept. of Agriculture and must be free of all weed seed and litter when entering the State and when leaving a field infested with noxious weeds. Additional information may be obtained from the Cheyenne County Noxious Weed Department or by contacting the Kansas Dept. of Agriculture, 109 S.W. 9th, Topeka, KS 66612.

Herbert Benedict, deceased, praying Petitioners' acts be approved; their account be settled and allowed; the heirs be determined; the Will be construed and the Estate be assigned to the persons entitled thereto; the Court find the allowances requested for attorneys, fees and expenses are reasonable and should be allowed; the costs be determined and ordered paid; the administration of the Estate be closed; upon the filing of receipts the Petitioners be finally discharged as the Co-Executors of the Estate of Jack Herbert Benedict, deceased, and the Petitioners be released from further liability.

You are required to file your written defenses thereto on or before March 28, 2003, at 10:00 A.M. in the District Court, St. Francis, Cheyenne County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.

Barbara Benedict and Julia L. Scott, Petitioners

JAMES M. MILLIKEN, CHAR-TERED
Kari Milliken #17386
101 W. Washington Street, P.O. Box 627
St. Francis, Kansas 67756
(785) 332-2101
Attorney for Executors

Published in The St. Francis Herald, St. Francis, Kansas, Thursdays, March 20, March 27 and April 3, 2003. (12-14)

IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS In the Matter of the Estate of RAYMOND E. HILT, Deceased

Case NO. 02-P-12
NOTICE OF HEARING PURSUANT TO K.S.A. CHAPTER 59

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a Petition has been filed in this Court by Martha Sletto and Elmer Hilt, the duly appointed, qualified and acting Co-Administrators of the Estate of Raymond E. Hilt, deceased, praying that their acts be approved; that their accounts be settled and allowed; that the Estate be assigned to the persons entitled thereto; that fees and expenses be allowed; that costs be determined and ordered paid; that the administration of the Estate be closed; that the administrators be discharged and that they be released from further liability.

You are required to file your written defenses thereto on or before the 11th day of April, 2003, at 10:00 o'clock A.M. of said day, in said Court in the City of St. Francis, in Cheyenne County, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the Petition.

Martha Sletto & Elmer Hilt, Petitioners

KITE & DAY, L.L.P.
112 West Washington
P.O. Box 575
St. Francis, Kansas 67756
785/332-3323
Attorneys for Petitioner

Plain Sense

Time Out

Effective parenting includes understanding child behavior at different stages of development and using appropriate discipline, including choices and consequences. "Time-out" is a useful tool as long as the child is old enough to understand and talk about the problem. The use of time-out should be explained to the child before a problem occurs so everyone involved understands the procedure. Together, decide on a location, and demonstrate the use of the timer. A wind-up kitchen timer works great, but the microwave or oven timer can be used as well.

When misbehavior occurs, describe the problem to the child and remind them, once, about previously discussed choices and consequences. If the negative behavior continues, the result is a time-out. "Time-out" should take place in a location where there are no distractions, such as the television, toys for entertainment, or other family members to speak to. Sitting on a chair in a corner of a room or on the floor facing a hallway wall works well.

Tell the child to sit in time-out and think about what they did

wrong, and what they should have done instead. The length of time depends on the child's maturity; about one minute for each year of age for children under age 12. Start the timer when they are sitting quiet, and restart it if they make noise or continue with problem behavior in time-out.

At the end of the time period, talk with the child about what they did wrong and what they could do instead. If they do not agree, then reset the timer for a continuing time-out. Younger children may need some help in coming up with an answer. After the time-out is completed, go back to the original situation and have them try again in the correct manner.

While a time-out can be useful for all ages (including adults!), discipline that includes realistic choices and consequences works better with older children. "Grounding" is a long-term form of time-out, but is too often over-used and becomes ineffective.

When a child's misbehavior does not improve or gets worse, there may be more serious issues present. It may be necessary to visit with school staff or talk to a mental health professional about solution

of the problems.

Contributed by Karen D. Beery, LCPC, Consultation and Education Department

Personality Clashes

One source of friction between children is the differences in individual personality characteristics. According to Mary Kurcinka in her book "Kids, Parents and Power Struggles" (2001), some children tend to be extroverts. That is, they seek activity and interactions, and get bored easily. In comparison, introverts need more time on their own for quiet and relaxation. Neither is a negative characteristic, but when mixed together in a family or group, can result in conflicts. Parents need to learn the differences in their children's personalities and needs and use this knowledge to the advantage of all involved. Parents should also help their children understand these differences. The more socially involved child needs to allow their quieter sibling some time and space of their own, and parents will need to encourage this. Parents should try to plan family times that vary, allowing for the extrovert's social needs, and the introverts more relaxing activities.

Both of these personality types can be sociable and benefit from playing in groups. But the extrovert will probably enjoy group activities more.

These same personality types carry over into adulthood, and similar clashes can occur when partners are of opposite types. Once again, it is important to understand and recognize those differences and plan accordingly. The introvert will require some quiet time, relaxing with a book or working on a home project alone. The extrovert will want to be more involved with others, serving on committees or attending sporting events. As in any successful relationship, compromise becomes important, along with a willingness to allow each other their time and space. In addition, joining with the other in their preferred activity is an important component of those efforts to compromise.

Contributed by Karen D. Beery, LCPC, 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.

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IN THE DISTRICT COURT OF CHEYENNE COUNTY, KANSAS In The Matter of The Estate of

Case No. 02-PR-13
Jack Herbert Benedict, deceased

Pursuant to K.S.A. Chapter 59

NOTICE OF HEARING

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a petition was filed in this Court by Barbara Benedict and Julia L. Scott, duly appointed, qualified and acting Co-Executors of the Estate of Jack

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