

Community Calendar

SATURDAY, AUGUST 3

Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.
Bingo, Jaycees Center, 7 p.m.
Sixth Street Alcoholics Anonymous, 1275 West 6th, 8:30 p.m.
Senior Citizens potluck, Meadowlark Manor, noon

SUNDAY, AUGUST 4

Sunday Morning Alcoholics Anonymous, Ramada Inn, 9 a.m.
Wings Upon the Prairie drop-in center, 485 N. Franklin, 2-8 p.m.
Higher Ground, High School Youth Group, Berean Church, 6 p.m.
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

Elderly risk depression

Despite the increased likelihood of losing a loved one, or of experiencing a serious physical illness or disability, old age is not necessarily a time of sadness and depression.

Most elderly people are as satisfied with life in their later years as at any other age. They find enjoyment in retirement, personal and social interests, family and friends.

Unfortunately, there are elderly people who do suffer from depression severe enough to interfere with their daily lives.

Depression in the elderly is usually the result of a combination of physical, psychological and social factors, along with a number of predisposing factors including: a family history of depression; a negative or pessimistic personality; major life changes such as retirement, serious reduction in income, loss of a spouse, or entering a long-term care facility; physical illness such as severe arthritis and cardiac disease; neurological problems such as stroke, dementia, Parkinson's or other disorders that affect thinking and emotions; and worrying about basic needs such as housing, finances, and employment; continuing concerns about adult children, grandchildren and friends.

Depression in the elderly is a treatable condition. A thorough physical exam along with a mental health evaluation can help determine methods of treatment.

There are several safe, effective medications available to help relieve the signs and symptoms of late-life depression.

Talk to your medical doctor or a mental health professional for more information.

Contributed by Cora Lee Pfannenstiel, RN, BSN, Community Outreach Consultant/Nurse Educator
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

Clubs

Winner for last week's bridge game at Colby Country Club were Lyle Worthy (1st), Marg Roulier (2nd), and Thelma Shalz (3rd).

Golf winners for the one-lady scramble were Audrey Hines (1st) and Mert Strecker and JoAnne Dumler (tie for 2nd) in the championship flight; Mary Lou Jones and Julia Williams (1st) in the first flight; and Christy Kern and Karen Molstad (1st) in the second flight.

County Red Cross chapter hires new manager at July meeting

The Thomas County American Red Cross Chapter board approved the hiring of Mary L. (Mrs. Mike) Smith as chapter manager at the July 29 meeting. She will assume her duties Aug. 1. Chapter Chair Molly Oliver said Mrs. Smith has retired from the telephone company and wants to contribute to the community.

Board member Fawna McFee said the chapter still had two fan to give away to needy people.

Oliver said the chapter had received a donation from Abilene Hustlers 4-H Club to purchase two cots. She said the recent blood drive had been successful.

Happenings

The Colby Community College swimming pool will be closed Aug. 8-17 for painting.

The Colby Wesleyan Church will be hosting a Vacation Bible School from Aug. 5 to Aug. 9. All children from the age of five to those in the fourth grade are welcome to attend the *Bug Safari*. Each day sessions will start at 9 a.m. and will end at 11:45 a.m. For information call 462-8391.

The Thomas County Fair Annual Pioneer Day will be Aug. 3 at the Colby V.F.W. Registration begins at 11:30 a.m.
Lunch will be served at noon. A short



Mental Health

• Plain Sense

ment, 208 East 7th, Hays, Kan 67601.
(Questions will be formatted and answered in a manner that insures confidentiality)

Internet site:
www.highplainsmentalhealth.com

Girl Scouts seeking volunteers for leadership

Girl Scouting needs volunteers in a variety of areas say organizers from the state headquarters.

People in our area are being asked to share their skills with other adults who are already involved in Girl Scouting. Girl Scout officials say there are numerous volunteer opportunities with in the scouts to fit interests and talents of all people.

Organizers say there are more girls who want to be in the Girl Scout program than there are adults to support the girls.

These girls may be your niece, your grandchild, your cousin, your daughter, your friend's daughter or maybe the girl down the street. Each troop or group must be supported by at least two adult volunteers.

Girl Scouting has a ratio of one adult for every six to eight girls involved.

Pipers celebrate 50 years

Bill and Nancy Piper, Colby, are celebrating their golden wedding anniversary on Aug. 4, 2002.

Bill Piper met the former Nancy Kesler in 1951 when both were working at FBI headquarters in Washington, D.C.

She grew up in the rural mountainous area of Lowell, W. Va., while he was raised in the small town of Corydon, Iowa.

They were married in a small, wooden-steeple church along the Greenbrier River in Nancy's hometown on Aug. 4, 1952.

The couple moved to Colby in 1963 where he was assigned to open a new FBI office.

Previous assignments had been in Syracuse, N.Y., Philadelphia, Pa., New York City and Kansas City.

Their children are Dave Piper of Austin, Texas; Jane Mahoney of Al-

Senior Progress Center to be closed on Monday

The following activities have been scheduled at the Senior Progress Center for the week of August 6 through August 9. All area residents and visitors, 60 or older are invited to participate.

The center will be closed Monday, August 5, for cook's training. The noon meal will not be served and the transportation van will not be running. Normal activities will resume on Tuesday August 6.

Monday: Closed
Tuesday: low impact exercise class at 9:30 a.m., shuffleboard at 10 a.m., cards at 1 p.m.

Wednesday: line dance class at 10 a.m., Monthly blood-pressure clinic at 10:30 a.m., cards at 1 p.m.

Remember the flea market in the Rexford Park on Saturday, Aug. 3, and also some garage sales will be going on around town.

The Boy Scouts will be selling lunch and also will be having a bake sale that day.

Irma Hibbs recently moved to Salina to be near her daughter, Jan Holmes. Irma's address is 2251 East Crawford,



Lois Myers

• Correspondent

Thursday: low impact exercise class at 9:30 a.m., shuffleboard at 10 a.m., senior bridge at 1 p.m.

Friday: share-a-memory/coffee time at 9:30 a.m., shuffleboard at 10 a.m.

Indoor walking, exercise bikes, Cablevision, VCR, snooker, pool, puzzles and cards are available whenever the center is open...and the coffee pot is always on!

Rexford to hold flea market and garage sale



Lula Thieler

• Rexford Correspondent

Room 133, Salina, Kan. 67401.
Jeremy Salter of Hays visited his

Planning a family reunion? You do not need to be a senior to rent the center. Call Deb at 462-2901 for information.

The fall session for "paint class" will begin in October. Instructor for the class is Fritz Ostmeyer. Please contact her at 462-6221 for information on this class.

Homestead Nutrition Menus for Aug 6-9

Monday - Closed.

Tuesday - Ham, parslid potatoes, winter mix vegetables, bread, rosy pears.

Wednesday - Oven fried chicken, mashed potatoes w/gravy, carrots, cornbread, peach cup.

Thursday - BBQ'd beef, bun, baked

grandparents, Rex and Betty Carswell last Saturday.

A group of 12 young people spent from Friday to Sunday, July 19-21 at the Merritt Youth Retreat in Nebraska. This retreat is sponsored by the Dean Ostrander Ministries of Broken Bow, Neb.

Nancy Rundel of Colby, Darrel Dible and Lane Purcell accompanied the group.

Louis Bastin of Ft. Smith, Ark. is visiting his parents, Dean and Glendora Bastin this week. Their daughter Louise and children from Arizona are also here.

Kenneth Bastin, Evan and Regina Barnum, Christopher and David all of Colby have visited several times and all had a cookout supper one evening. Dean and Glendora are both feeling better at the present time.

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat	\$3.47
Corn	\$2.34
Milo	\$3.74
Soybeans	\$5.22

beans, tossed salad, pineapple.

Friday - Porcupine meatballs, au gratin potatoes, pea salad, bread. Cook's fruit choice.

Meal reservations need to be made before noon, 24 hours in advance at 462-2901. Cancellations should be called in as soon as possible. Menus are subject to change.

ANYWAY: The Paradoxical Commandments, by Kent M. Keith (continued from last week.)

"We all know people who are frustrating to be around. They have lots of needs and they are very demanding. They often don't make sense and are unreasonable and self-centered in their attitudes. Yet, if we can love them...they may feel our love, and it just might bring out the best in them."

Take time to enjoy the personal satisfaction that comes from giving and receiving the gift of love. Don't miss out on giving this gift...just because others are difficult. Most times they aren't any more "difficult" than you or I!

Verna Wiens is 80!!



To celebrate Verna's 80th birthday, you are invited to join her at the Ramada Inn, Sunday, August 4th from 2:00-4:00 p.m.

No gifts, please. Your presence is the greatest gift of all.



Entire Stock Suits	REDUCED 25%
Sportcoats (One group - Values to \$189.50)	NOW - ea. \$79.99
Sportcoats (One group)	NOW - 1/2 Price
Short Sleeve Sport Shirts	NOW 1/2 Price
One Group Knit Shirts (Values to \$59.99)	NOW ea. \$19.99
One Group Knit Shirts	NOW 1/2 Price
Banded Bottom Knit Shirts (Values to \$42.50)	NOW \$16.99
Big & Tall Men's Shorts	NOW 1/2 Price
Men's Casual Shorts (Values to \$45.00)	NOW ea. \$19.99
Young Men's T-Shirts	NOW 1/2 Price
Denim Shorts	REDUCED 25%

•• ALL SALES FINAL ON SALE MERCHANDISE ••

HIS SHOP

475 N. FRANKLIN
462-6361



STORE HOURS:

9:00-7:00 Monday,
Tues., Wed. Thurs.
9:00-5:30, Fri. & Sat.

Professionals You Can Have Confidence In....

Our Consultant Staff is available for your specialized healthcare needs. You may wish to consult with your family physician before seeking an appointment with one of our consultants. For an appointment, please call Scheduling, Monday through Friday: 8:00 a.m.-5:00 p.m., 462-1223.

ALLERGY

Kathryn Black, D.O. (August 13 & 23)

ALLERGY/IMMUNOLOGY
BOARD CERTIFIED

Michael Volz, M.D. (August 21)

CARDIOLOGY

Christina Fisher, M.D. (August 20)
Joseph O. Rainwater, M.D. (August 28)

COUNSELING SERVICES

NewLife Clinic - Angie Witman
(August 8, 15, 22 & 29)

DERMATOLOGY

Wallace Weber, M.D. (August 1)

FAMILY PRACTICE

Victor Hildyard, M.D.
Jeff Kasselmann, M.D.
LaDonna Regier, M.D.

FOOT CLINIC

(August 19)

GASTROENTEROLOGY

Jeffrey D. Huston, M.D. (August 5 & 26)

GYNECOLOGY

David Forschner, M.D. (August 21)

HEMATOLOGY/ONCOLOGY

Martin Rubinowitz, M.D. (August 26 & 27)

NEUROLOGY

Brad Miller, M.D. (August 14)
Khoi D. Pham, M.D. (August 14 & 28)

OPHTHALMOLOGY-ADULT

William Clifford, M.D. (August 28)
William K. Keats, M.D. (August 8, 9, 22, 23)

ORTHOPAEDICS

Timothy J. Birney, M.D. (August 15)
Theodore Clark, M.D. (August 8, 9, 22 & 23)
Stuart Kennedy, M.D. (August 13)
Ted Parks, M.D. (August 27)
Howard Wilcox, M.D. (August 22)

OTOLARYNGOLOGY (Ear, Nose, Throat)

Gary Whitesell, M.D. (August 20)

PEDIATRICS

Raymond Ketting, M.D.

PEDIATRIC CARDIOLOGY

Warren Toews, M.D. (August 7)

PLASTIC SURGERY

Conrad Tirre, M.D. (August 2, 23)

PODIATRY

Steven B. Larsen, D.P.M. (August 2 & 16)
James Reeves, D.P.M. (August 8)
Donald Yoder, D.P.M. (August 9)

PSYCHIATRY

Donald Curran, D.O. (August 5 & 19)

PULMONARY (Chest)

Timothy Kennedy, M.D. (August 14)

RHEUMATOLOGY

David Korman, M.D. (August 28)

SURGERY

W. Duncan Davis, M.D.

UROLOGY

Kevin McDonald, M.D. (August 15)
Carl Newman, M.D. (August 7)

VASCULAR STUDIES

Stephen Annest, M.D. (August 14)



CITIZENS MEDICAL CENTER

100 E. College Drive • Colby, Kansas