

# Family

## Death

### Wilma C. (Reel) Heim

Wilma C. (Reel) Heim, 76, died Tuesday, May 20, 2003, in Yakima, Wash.

Graveside services will be at 2 p.m. on Tuesday at the Sacred Heart Cemetery. Father Galen Long will officiate.

Visitation will be from 9 a.m. to noon on Tuesday at Harrison Chapel.

Mrs. Heim is survived by her daughters, Lorraine Lillegard of Stevenson, Wash., Cloraine Muira of Selah, Wash., Linda Hahn of Yakima, Wash. and Loretta Potter of Sacramento, Calif.

She was born on Dec. 22, 1926 in Colby.

Memorials are suggested to the hospice of Thomas County and can be left at Harrison Chapel.

### Robert Lee "Bob" Saddler

Robert Lee "Bob" Saddler, 65, of Colby, died Saturday, May 10, 2003, in Denver.

Services were held on May 15, at 10:30 a.m. at Colby United Methodist Church, pastor James Mardock officiated. He was buried

at the Gem Cemetery.

He is survived by his wife, Evelyn; sons Darrell of Gem and Chuck of Halford; a daughter, Candace Swanda of Omaha, Neb.; brothers Gary of Denver and Jon of Agra; a sister Rita Green of De Witt, Neb.; six grandchildren; and two great-grandchildren

He was preceded in death by his infant brother, Delbert and his parents, Guy and Berta Saddler.

Mr. Saddler was born in a farm house near Halford on Oct. 20, 1937. He was a lifelong resident of the area and attended Gem Consolidated School, where he graduated in 1955. He was active in all sports, excelling at basketball.

On June 3, 1956, he married Evelyn Webb at the First Baptist Church in Gem. While beginning his family, he worked for KN Energy, but then discovered his love for farming and decided to pursue it full time.

Memorials are suggested to the Leukemia Foundation and may be left at any Colby bank or Harrison Chapel.

## Hamme and Siruta to wed

Deb Hamme and Dave Siruta announce their engagement and approaching marriage. She is the daughter of Shirley and the late John Shull of Goodland. He is the son of Ruth and Lenny Siruta of San Diego, Calif.

The bride-elect is a former Colby resident and currently lives in Plainsville, she is self-employed. The prospective groom is from El Dorado and is a registered nurse at the El Dorado Correctional Facility.

The wedding will be June 28, 2003, at El Dorado State Lake, with a reception following.

The couple will make their home in Towanda.



Siruta and Hamme

## Bingo is the name of the game

On Wednesday afternoon we played several games of bingo with prizes of items we all could use. A lady from the Farmers National Bank was in charge and called the numbers for the games.

On Thursday last week, Sharon Kriss reviewed the book, *By the Light of the Moon* by Dean Koontz for us. This is a story in which one of the characters is autistic and how the others reacted to him. Sharon used the recorded conversations in parts of the review which was really effective. These reviews are sponsored by the Friends of the Pioneer Memorial Library and we thank them and Sharon for sharing with us.

Guests of Pete Morrison for supper and overnight last Friday were his sister Maxine Curtis and friend, Ralph Gordon from Denver. They were on their way to Branson, Mo.

Ester Weiland was a guest of her nephew and family, Bob and Dixie Ehberg for Mother's Day.

Rev. James Mardock from the United Methodist Church was a dinner guest of the Fairview Estates on Monday. Several of the residents attended the Methodist Church.

Our administrator, Karen Hodson, helped at the plant tent of the Dillon's store on part of Friday and Monday. This is a project of the church ladies for their mission projects.

Dwight Williams of Rexford visited his grandmother, Eileen Dible on Sunday afternoon.

Jane Keck of Brewster was a dinner guest of her parents, Don and Dorothy Crumbaker last Sunday.

Many of the residents attended the commencement exercises and family gatherings in Colby and in neighboring towns where their grandchildren were graduating last week. I attended the Atwood High School Commencement Exercises where my grandson, Col. Dennis Barnett of the United States Air

## American Red Cross

1-800-GIVE-LIFE  
AMERICA'S BLOODLINE



# Depression isn't just a 'woman's' disease

By BETTY GIBB

*Kansas Senior Press Service*  
**For years my husband has been a steady, optimistic, cheerful guy. Now he's turned sort of morose and seems sad or blah most of the time. I can understand that we're living in hard times. Our retirement savings have taken a hit, of course, and there's the war with its uncertainty. But we've lived through hard financial times and several wars now. There have been about six months of gloominess. I would think his problem might be depression, but that's pretty much a woman's illness, isn't it?**

According to the National Institute of Mental Health, depression is a major public health problem affecting an estimated six million men each year. Research studies have found that depression affects twice as many women as men. However, the studies also reveal that women and men may talk differently, or in the case of men, not talk about the symptoms of depression.

Men may not recognize their irritability, sleep problems, loss of interest in work or hobbies, and withdrawal as signs of depression. Therefore, fewer men may recognize their depression and ask for help.

Instead of acknowledging their feelings, asking for help, or seeking appropriate treatment, men with depression may be more likely to turn to alcohol or drugs, or to become frustrated, discouraged, angry or irritable.

Symptoms of depression include:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pes-

## Markets

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

Wheat	\$3.23
Corn	\$2.44
Milo	\$3.76
Soybeans	\$5.82

We want your local news e-mail to  
[mhawkins@nwkansan.com](mailto:mhawkins@nwkansan.com)

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465-7444  
*Lisa Bice, Administrator*

## Rawlins County Health Center

Atwood, Kansas

### Physician and Outpatient Services June 2003

Rawlins County Health Center Clinic .....	Monday-Friday, 9:00-5:00
	Saturday, 9:00-12:00
Diabetic Clinic .....	Wednesdays, 9:00-5:00
McDonald Clinic, McDonald, KS .....	Every Tuesday, 1:30-4:30

#### FAMILY PRACTICE

<b>Baskar S. Duval, M.D.</b> Call for appt: 785-626-3241	<b>Jerry Molstad, PA</b> Call for appt: 785-626-3241	<b>Nadja Button, PA</b> 1st & 3rd Tuesday. Call for appt: 785-626-3241
<b>Terry Hadley, M.D.</b> Call for appt: 785-626-3241	<b>Jon Becker, PA</b> Call for appt: 785-626-3241	

EMERGENCY ROOM SERVICES ..... A provider is on call 24 hours on a rotating basis

**CARDIOLOGY:**  
**Fred Miller, M.D.** ..... Tuesday, June 24  
Denver, Colorado  
**Jeff Curtis, M.D.** ..... Thursday, June 12  
Hays, Kansas

**ONCOLOGY:**  
**Martin Rubinowitz, M.D.** ..... Monday, June 2  
Denver, Colorado  
Monday, June 30

**PODIATRY:**  
**James Reeves, D.P.M.** ..... Friday, June 20  
Lawrence, Kansas

**PULMONOLOGY:**  
**Robert Albers, M.D.** ..... Wednesday, June 25  
Hays, Kansas

**UROLOGY:**  
**Kevin McDonald, M.D.** ..... Thursday, June 19

**Carl Newman, M.D.** .....  
Hays, Kansas  
**Darrell Werth, M.D.** .....  
Hays, Kansas

**CARDIOPULMONARY  
REHABILITATION:**  
**Cardiac** ..... Tuesday/Friday  
**Pulmonary** ..... Monday/Thursday

**PATHOLOGY:**  
Pathology Services of North Platte  
3rd Wednesday/On Call

**PHYSICAL THERAPY:** ..... Daily

**HIGH PLAINS MENTAL HEALTH**  
Every Thursday/Call 462-6774 for appt.

**KEY ALCOHOL/DRUG ABUSE  
SERVICES:**  
**Sherry Leonard** .... Wednesday, 5:00-8:00 p.m.  
**DUI Evaluations** ..... Call for assessment  
Appointments prior to Wednesday, call  
1-800-875-2240 or 800-628-2240

**AVAILABLE AT ALL TIMES:**  
Electrocardiograms/Pulmonary  
Function Testing/Holler/Monitors

**AVAILABLE BY APPOINTMENT:**  
CT Scans/Echocardiography/Ultrasound/MRI  
Scans/Mammograms/Nuclear Medicine Scans

**CALL THE HOSPITAL: 785-626-3211 FOR NEEDED APPT.**

Full range of services available on a scheduled or emergency basis. General Diagnostic testing available at all times.

707 Grant, Atwood, KS **Rawlins County Health Center** 785-626-3211

Rawlins County Hospital is an Equal Opportunity Employer with non-discrimination of employees and patient services in regard to race, color, sex, national origin, disability, or age.

## Sense for Seniors

### • Kansas Senior Press Service

simism

- Feelings of guilt, worthlessness, helplessness

- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex

- Decreased energy, fatigue, being "slowed down"

- Difficulty concentrating, remembering, making decisions

- Insomnia, early-morning awakening, or oversleeping

- Appetite and/or weight changes

- Thoughts of death of suicide, or suicide attempts

- Restlessness, irritability

- Persistent physical symptoms, such as headaches, digestive disorders and chronic pain, which do not respond to routine treatment

So it is very possible that your husband is suffering from depression. The good news is that usually this condition is treatable and you can expect his optimistic, happy self back. The bad news is that men are hard to get to the doctor, which is the first step. Encourage him to seek help, to see his doctor for a physical examination, and then to talk about his feelings. Offer to make the appointment, to go with him.

While he is going through this experience, even after he begins to receive treatment, be patient. Give

him as much emotional support as possible. Encourage him to get out and do things.

There is an excellent internet site from the National Institute of Mental Health dealing specifically with men and depression. If you don't have internet access, it would be worth a trip to the library to check

it out. The site is:

[www.menanddepression.nimh.nih.gov](http://www.menanddepression.nimh.nih.gov)  
If you have a question or comment for "Sense for Seniors," write to Betty Gibb, Kansas Senior Press Service, 11875 S. Sunset, Suite 200, Olathe, Kan. 66061. Telephone: 913-477-8103; e-mail: [elizabeth.gibb@jocoks.com](mailto:elizabeth.gibb@jocoks.com).

## Community Calendar

### TUESDAY, MAY 27

Rebekahs, Betty Carney, 10 a.m.  
Rotary, Student Union, noon  
Alcoholics Anonymous, city hall basement, noon (non-smoking)  
Ladies cards and social, Country Club, 5:30 p.m.  
Weight Watchers, United Methodist Church, 6:30 p.m.  
Domestic Violence Support Group, 7 p.m. Call 462-2860  
CMC Auxiliary, CMC Board Room, 4 p.m.  
Sweet Adelines International, United Methodist Church, 7:30 p.m.  
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

### WEDNESDAY, MAY 28

Genesis Thomas County pickup, 350 S. Range, 10 a.m.-noon & 1-4 p.m.  
Gem Lions, Gem Community Building, 7 p.m.  
Pinochle, American Legion, 7:30 p.m.  
Brewster Lions  
Sixth Street Alcoholics Anonymous & Al Anon (non-smoking), 1275 West 6th, 8:30 p.m.

### THURSDAY, MAY 29

Kiwanis, Student Union, noon  
Family History Center, 1145 S. Franklin, 7-9 p.m.  
Tumbleweed Chorus, United Methodist Church, 8 p.m.  
Downtown Alcoholics Anonymous, City Hall basement, 8:30 p.m. (non-smoking)  
Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.

## Thomas County American Red Cross Chapter ANNUAL MEETING

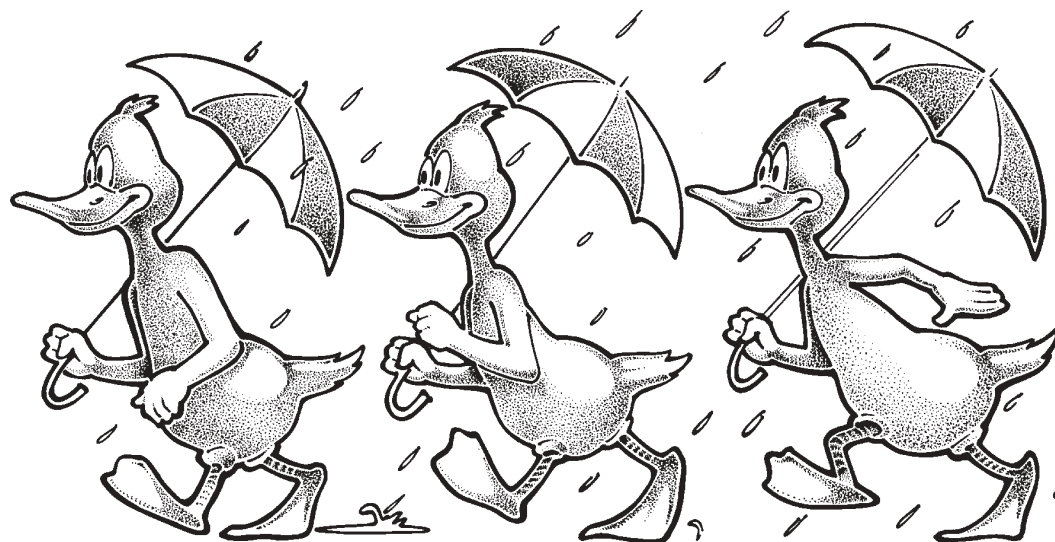
Thomas County Office Complex  
350 S. Range • Colby, Kansas  
Tuesday, May 27th • 7:30 p.m.

~ OPEN TO THE PUBLIC ~

Come by and visit with the board members of your local Red Cross Chapter, serving you.

**WE APPRECIATE YOUR SUPPORT AND GENEROSITY.  
WE COULD NOT DO WHAT WE DO WITHOUT YOU!!**

## The Drought is Out



To celebrate the end of the drought, we're getting downright wild. The Colby Free Press wants to give you a free ad. Just buy an ad at our already low price and we will run it again for you. Absolutely free. That's right, **FREE!!**

Put your ad in the Country Advocate and save even more!

The rains have turned everything around. And because those rains were free, we're going to follow up with a **FREE** ad.

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**462-3963**



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