

Family

Community Calendar

WEDNESDAY, JUNE 4

Genesis Thomas County pickup, 350 S. Range, 10 a.m.-noon & 1-4 p.m.
Caregiver Support Group, Colby College Student Union, 7 to 9 p.m.) - Jennifer Anderson, coordinator, (800) 432-7422.
Pinochle, American Legion, 7:30 p.m.
Sixth Street Alcoholics Anonymous & Al Anon (non-smoking), 1275 West 6th, 8:30 p.m.
Blood pressures, Meadowlark Manor, 9:30-10:30 a.m.; Senior Progress Center, 10:30 a.m.-noon

Shyness can overcome adults as well as children

Shyness is a behavior that is most often used to describe children, but there are also a lot of adults who are shy. Shyness is a sense of feeling nervous when in a new situation or when meeting new people. Shyness is not necessarily a bad thing, unless it is so intense that a person becomes afraid of simple everyday situations, or isolates themselves from social contacts. Serious shyness can develop into what is called social phobia, the avoidance of being in public situations.

Shyness is usually most apparent in young children, and is a normal part of growing up. Some babies are born with personality traits characterized by shyness and sensitivity, while others are obviously outgoing and sociable from a very young age. These are traits that will probably continue into adulthood, though can be altered by experiences within the family, and during school years. Name-calling and teasing can increase shy behaviors, and make a person even more afraid to be around others.

For most children, shyness decreases as they mature. They learn to be comfortable in new situations, particularly when they enter day care and then elementary school. Both children and adults become more sociable through practice, such as reading reports in school or on the job, and becoming more involved in social activities. A shy child should be encouraged to talk

Plain Sense

• High Plains Mental Health

about their feelings of nervousness with parents, teachers and understanding friends. Often they find out that other children, as well as adults, have experienced the same feelings.

Shy adults usually are more comfortable in jobs where they work by themselves, rather than in a large office full of people. Many of the world's top research scientists have characteristics related to shyness. They prefer to work on their own, away from the attention of others, in their pursuit of making useful discoveries that benefit mankind.

Contributed by Karen Beery, LCPC, 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 East Seventh, Hays, Kan. 67601.

(Questions will be formatted and answered in a manner that insures confidentiality.) Internet site: www.highplainsmentalhealth.com

Time to prepare children for school with vaccinations

Parents, now is the time to schedule your child's physical and immunizations. Beat the summer rush and call today. If your child had a preschool physical and is in the same building that they will attend kindergarten, they won't need a physical. They do need their school vaccinations if they haven't had these. Their record should show that they have had 5 DTAPs, 4 IPVs, and 2 MMRs to meet the school requirements. Physicals are required if they have never been in the building they will be attending kindergarten or are new to the state of Kansas. Please call 462-4596 to schedule your child's appointment today.

About half of Americans who die from a heart attack do so in the first hour after the attack without receiving any medical attention. Of course, not all those live could have been saved, but many might have been. Often people don't recognize heart attack symptoms so they don't seek help soon enough. Recent research has underscored another problem, even if they do get help, many don't call for an ambulance when they should. According to a study in December of 2002, in *Circulation*, only about half of the heart attack victims cared for in hospitals got there by ambulance, the rest were driven, drove themselves, or arrived by some other means. Young men are least likely to call 911 and older women are most likely.

So is the mortality rate lower for people who come by ambulance? Well, no — it is considerably higher. People who call 911 are indeed sicker. The study found though, that ambulance transport makes an important difference in how soon heart attack victims receive clot-busting drugs and emergency angioplasty once they get to the hospital.

Even a few minutes can make a big difference for someone who is having a full-blown heart attack. Here's how you might save time.

Step 1: Be familiar with the symptoms of a heart attack. Chest pain is the classic symptom, but you may feel pain in the left arm, shoulder, back, jaw, throat or upper abdomen. In women, older people and people with diabetes, the pain may be less severe, spreading out over the chest and the back between the shoulder blades. Some people don't have pain, instead, they experience shortness of breath, dizziness or a

Colby Comets hear variety of presentations

Colby Comets 4-H Club

The Colby Comets met for their April meeting on the 3rd, with President Jeremy Harter presiding. There were 15 members present and Katie Zerr was recognized as a guest.

Kaylee Keck led the group in the song, "Three Blind Mice." The members named a mountain for roll call.

The members all agreed to pay \$10 for any member who was going to camp.

Jeremy demonstrated how to make a Kansas Dirt Cake and it was enjoyed by the group at the end of the meeting. Kayla and Jordan Hockersmith and Kaylee all gave photography project talks.

The Keck family were the hosts for the evening.

In their meeting on May 1, vice-president Jordan Hockersmith called the meeting to order. Roll call was answered by 15 members who named their favorite candy.

Day Camp and 4-H Camp enroll-

Clubs

ment dates were announced by the leaders.

Matt Lindberg gave a project talk on the steps of building a rocket. Katera Harter made a "Rocket Fire" drink for a demonstration. Brady and Marcus Colson have been working on their rabbit project and brought their new rabbits to show the members.

The Curry family were the hosts for the evening.

Order of the Eastern Star

Colby Chapter #442, Order of the Eastern met on May 19, at the Masonic Hall. The meeting opened in form with Martha Hullet, Worthy Matron, and Roy Searls, Worthy Patron, presiding in the East.

Sister Martha welcomed everyone present with a poem. The minutes of the previous meeting were read and approved. The Worthy Matron presented Roy Searls, Jr.

Past Patron and Mary Molstad, Jr. Past Matron, with gifts from the chapter, thanking them for serving in the East this past year. A gift was also presented to Brother Roy Searls from Martha Hullet and Marjorie Lea for all the help he has given to them and the chapter. A gift was presented to Sister Martha from Sister Mary and also a gift from Sister Jeanne.

Sister Susan Orr, District Aid from Oberlin, will make her official visit to St. Francis on May 22. Several members plan to attend. Reports were given by Mary Molstad and Martha Hullet on their visit to Nebraska Grand Chapter in Lincoln last week. Reports were given by Dee Ross, Marjorie Leh, and Mary Molstad on their visit to the Oberlin Chapter on June 7, for the District Aid's visit there.

The meeting closed in form with everyone singing the closing ode.

Cake, ice cream, coffee and tea was served after the meeting to thank Sister Mary and Brother Roy for all they have done this past year.

The next meeting will be June 2, at 8 p.m. Every Star member is invited to attend. A covered dish dinner will proceed the meeting at 7 p.m.

Solomon Valley 4-H Club

The Solomon Valley 4-H club meeting was called to order by President Amy Wilson on May 12, at 7 p.m. in the grand stands of the fairgrounds. The flag salute was led by Julia Hufles and Jackie Splattstoesser led the group in singing, "Yankee Doodle."

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Lisa Bice, Administrator

Birthdays

Mathilda Dellere

The family of Mathilda Dellere are requesting a card shower in honor of her 95th birthday on June 12.

Cards may be sent to her at 1060 Villa Vista Drive, Colby, Kan. 67701.

Lorene C. Poland

Lorene C. Poland will celebrate her 100th birthday with family and friends on June 14 to 16.

Her six living children and their families will be hosting a birthday reception at 1:45 p.m. on Sunday June 15, at the Maple Hill Senior Center in Maple Hill.

Her children include Kenneth of Gem; Betty Horrell of Denver; James of Maple Hill; Bernard of Webster City, Iowa; Ilene Meyers of

Baby

Peyton Campbell Wahlmeier

Mark and Amanda Wahlmeier, Colby, announce the birth of their son, Peyton Campbell Wahlmeier, on Monday, April 21, 2003, at Hays Medical Center in Hays. Peyton weighed 8 lbs., 15 oz., and was 21 inches.

Peyton was welcomed home by his sister, Kellyn, and brother, Jordan.

Markets

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

Wheat	\$3.12
Corn	\$2.44
Milo	\$3.75
Soybeans	\$5.80



NATHAN DAVID MATHEWS



A graduate of the class of 1999 Colby High School graduated from **Oklahoma Wesleyan University**

on May 10th, 2003.

Nathan graduated with a **Bachelor of Science degree in pastoral ministries.**

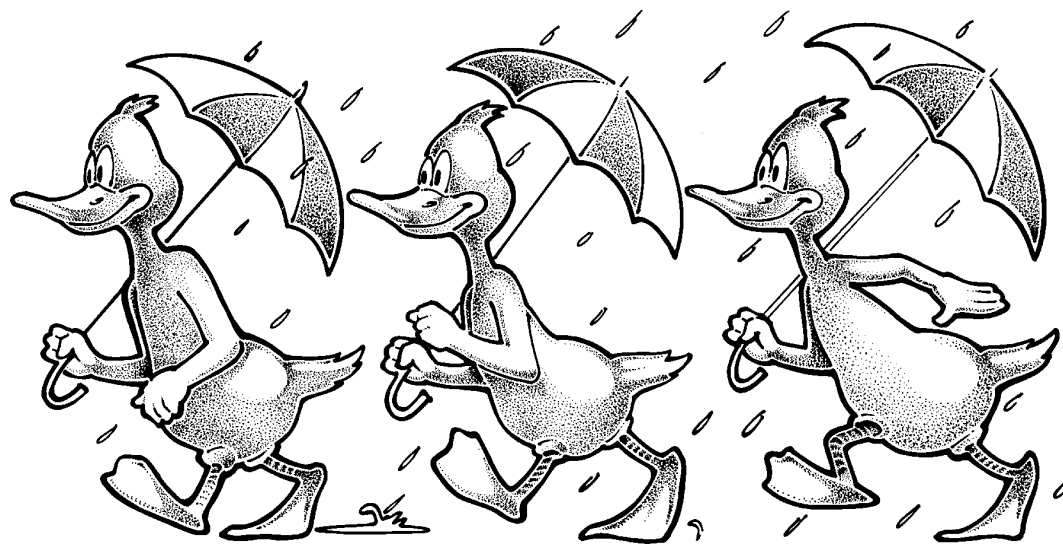
Son of Tom Mathews;
Grandson of Lew Mathews of
Springfield, Colo.

Son of Marvin & Maryann Boyd of
Colby, KS; Grandson of Max & Pat
Pflughoft of Montana, Norman &
Velma Boyd of Monument, KS

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