# **Family**

#### About Town

#### Neighborhood party held

The Wight Sims annual neighborhood party was held at the Sims residence on April 30.

It was also an 80th birthday party for Wight Sims. His five children were in attendance along with four grandchildren and two great-grandchildren. They came from Texas, Iowa, Nebraska, Colorado, Arizona, Missouri and Kansas.

Also attending were numerous other relatives and the people in the neighborhood and people who had lived their in years gone by. More than 90 people were in attendance and a great time was had by all. They came from Oakley, Colby, Monument, St. Francis and Bird City. Next year's is tentatively set for the first Saturday in May, 2006.

#### Babies

#### **Gianna Alisa Mares**

of Tucson, Ariz. announce the birth of their daughter, Gianna Alisa Mares on Sunday, April 17, 2005. She weighted 6 lbs. 14 oz. and was 19 1/2 inches long. She has one brother Tristan Mares, age 9.

Happenings

Greg and Valerie (Brown) Mares Debbie Brown of Hays; Greg Mares Sr., of Phoenix, Ariz. and Dina Mistretta of Tucson, Ariz.

Great-grandparents are Robert and Pansy Barton and Jim and Marj Brown of Colby; Mary Estrada and Gilbert and Eva Davila of Tucson, Grandparents are Allen and Ariz.

Reva Eicher of Colby is currently preciate cards, letters and get well in the intensive care unit at Wesley Medical Center in Wichita. Her Medical Center, 550 N. Hillside St., mother, Irma, said Reva would ap- Wichita, Kan. 67214, ICU 419.

Veterans Recognition Week.

More than 3,403,000 American

military personnel served in Viet-

nam and Southeast Asia during the

reflected the true dedication they

held to America, to freedom and to

The Kansas Veterans of Foreign

Wars and its Ladies Auxiliary will

he holding their annual state con-

State Commander Larry Graham

of Tribune and Ladies Auxiliary

State President Roberta Perue of

Topeka, state officers and members

from around Kansas will meet at the

Topeka Capitol Plaza Hotel, 1717

S.W. Topeka Blvd., to conduct

meetings about their many civic and

patriotic programs.

vention June 2-5 in Topeka.

human rights.

wishes. They may be sent to Wesley

Vietnam veterans recognized for service and sacrifice

The Veterans of Foreign Wars they fought for one reason: free- cause was a just one. designated May 1-7 as Vietnam

war. The service of armed forces Vietnam veterans will tell you fought the good fight and their Kansas Veterans of Foreign Wars

Some became teachers or social

Vietnam veterans often bore the their legacy, especially the vow they

brunt of a nation angry and divided by the war. Despite being treated with disrespect and derision upon returning home, and slighted by a nation that appreciated victory more than honorable service, Vietnam veterans proudly knew they

Some chose to run for political

1992

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State committee meetings begin Thursday evening. The regular business meetings begin at 9 a.m. June 3. The awards ceremony is scheduled for 3 p.m. Saturday, June 4. Business meetings will continue all day on June 4 and the annual banquet will be at 7 p.m. at the ho-

Meetings will conclude on Sunday with the nomination, election and installation of the 2005-2005 state officers.

## May is 'Mental Health Month' For more than 50 years the Na- **Plain Sense**

tional Mental Health Association has called attention to people's emotional well-being through May as Mental Health Month.

This year, High Plains Mental Health Center wants to remind people that caring for their minds as well as their bodies is good for overall health and a key to their success at home, at work, at school and at play. The theme for this year's observance is "Mind Your Health," which focuses on the mind-body

Revolution met at Quinter at the Q

Judith Watkins, regent, opened

the meeting in ritualistic form and

Kay Weber read the President

General's message. Sharee

Fromholtz gave the National De-

fense concerning "Education — A

Vietnam veterans can be proud of

made to ensure that future genera-

tions of veterans will always re-

ceive the assistance and apprecia-

Notwithstanding the stereotypes

sometimes depicted in Hollywood

and the media, the majority of those

who served in Vietnam returned home and put the war behind them.

Some became doctors or lawyers.

tion they earned.

Inn at 11:30 a.m. April 27.

connection and highlights the link between our mental and physical

· People with higher rates of medical service use have four times the prevalence of depression and anxiety disorders.

Effective treatment of mental illnesses, especially depression, is associated with improved outcomes for chronic physical disor-

The Daughters of the American ence with charitable giving" by the distributed by Gina Cressler, grand-

Minutes of the last meeting were

read by Eva Lee Wheeler and ap-

proved as read. Irene Cressler gave

the treasurer's report and bills were

office. All in all, they made a deci-

sion to make a difference, to do what

they could to make the world bet-

ans have made to America and to

society are endless.

The contributions Vietnam veter-

Judith reported that 83 flag

members and guests Judy Cressler

and Alma Maud McWilliams.

allowed.

Cornerstone."Roll call was an- squares were made by Kay Weber

swered with "a memorable experiand sent to Fort Huston, Texas to be

mental health issues use more genseek mental health care when they

• More than three out of four employees who seek care for workplace issues or mental health problems see substantial improvement in work performance after treat-

• About one-third of college students report that stress or anxiety and depression impedes their aca-John Athey Chapter meets in Quinter

daughter of Irene Cressler.

She also announced that the Kan-

sas conference will be held Sept. 10,

2005 at the Holiday Inn in Salina.

The dates for the national confer-

ence next year were announced.

Judith said it will be held March 30-

Judith said that the John Athey

American Heritage was given by

Irene Cressler and information on

the American flag by Florine Hurst.

A card was signed to be sent to

Meeting was adjourned with

prayer by Irene Cressler. The

chapter's next meeting will be Sept.

28, 2006, meeting place to be an-

Chapter was awarded for its maga-

April 1, 2006 in Junction City.

zine subscriptions.

Ada Mae Schruben.

nounced later.

• People who have untreated demic performance.

• Older adults who are caregivers eral health services than those who to spouses or other relatives may be at an increased risk for developing heart disease, arthritis, osteoporosis and some cancers due to longterm stress.

For more information on "Mind Your Health," go to the National Mental Health Association Web site at http://www.nmha.org or contact the Consultation and Education Department at High Plains Mental Health Center, (785) 628-2871.

#### **Markets**

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

\$1.83

\$2.82

Corn

Donate your garage sale items for a

### HUGE GARAGE SALE

to benefit Heartland Rural Counseling

Services, a local non-profit counseling service. Donations can be dropped

off at 990 S. Range on May 9th & 12th from 5-7 p.m. and on May 7th from 10 a.m. - 12 p.m. Garage sale to be held on

May 20-21st.

For more information call 460-7588.

#### They deserve nothing but respect The program, "Quilts For Misand admiration for their dedication sions" was presented by Judy to service and country. Cressler of Hoxie.

#### No Sunday Evening Service this Sunday due to Mother's Day! See you next week!!

#### ARE YOU MISSING OUT?

----- Live Band

----- Relevant-to-Life Teachings and Discussions

----- Fun, Informal Atmosphere

WHEN: Every Sunday, 6:30 P.M. WHERE: Levant Community Church (7 miles west of Colby) Children's entertainment and babysitting provided onsite.

**COME SEE WHAT YOU ARE MISSING!** 

Lynn Bandy & Josh Eisenbart Saturday, May 14, 2005

Inlow Interiors 455 N. Franklin ~ 462-6000

## SUMMER YOUTH PROGRAM

WHAT: The Summer Youth Program is a unique mixture of mini-classes designed to entertain, creatively occupy, and stretch the minds and hearts of all involved

WHO: Youth Ages 8-13

WHERE: United Methodist Church of Colby.

announces state convention

Classes are limited to 15-20 children. Cost is \$5.00 a week per class.

### **Classes June 5-11**

Chess Club: Tuesday 1:00-2:00

Photography: Monday-Thursday 1:00-2:00

Beginning Sppanish, Language, countries, & People: Monday-Thursday 2:30-3:30

Yoga for Youth: Monday-Thursday 2:30-3:30 (June 5-16) Funcky Flip Flops: Monday-Thurdsay 4:00-5:00

#### Classes June 12-18

Chess Club: Tuesday 1:00-2:00

Scrapbooking: Monday-Thursday 1:00-2:00

Beginning Spanish, Language, Countries, & People: Monday-Thurdsay 2:30-3:30

Yoga for Youth: Monday-Thursday 2:30-3:30

Cooking with Oreo Cookies: Monday-Thrusday 4:00-5:00

#### Classes June 19-25

Chess Club: Tuesday 1:00-2:00

Custom Frames: Monday-Thursday 1:00-2:00

Beginning Spanish, Language, Countries, & People: Monday-Thursday 2:30-3:30 Body Ball Rolling: Monday-Thursday 2:30-3:30

Custom Matte Design: Monday-Thursday 4:00-5:00

#### Classes June 26-July 2

Chess Club: Tuesday 1:00-2:00 Percussion and Rhythm: Monday-Thursday 4:00-5:00

Beginning Spanish, Language, Countries, & People: Monday-Thurdsay 2:30-3:30 Boday Ball Rolling: Monday-Thusday 2:30-3:30

Simply Super Summer Science: Monday-Thursday 4:00-5:00

#### Classes July 3-9 Chess Club: Tuesday 1:00-2:00

Percussion and Rhythm Monday-Thursday 4:00-5:00 Kite Construction: Monday-Thursday 4:00-5:00

## <u>July 10-16</u>

Chess Club: Tuesday 1:00-2:00 Building and Launching Rockets: Monday-Thursday 2:30-3:30

Digital Photography: Monday-Thursday 4:00-5:00

#### Classes July 17-23

Chess Club: Tuesday 1:00-2:00 Building and Launching Rockets: Monday-Thursday 1:00-2:00 Beginning Spanich, Language, Countries, & People: Monday-Thursday 2:30-3:30

Web Page Design: Monday-Thursday 4:00-5:00

#### Classes July 24-30

Chess Club: Tuesday 1:00-2:00 Web Page Design: Monday-Thursday 1:00-2:00

Beginning Spanish, Language, Countries, & People: Monday-Thursday 2:30-3:30

For More Information Contact: Kim~460-2761 or Clara~460-8267

<u>July 31<sup>st</sup></u> **Open House from 2:00-4:00**  **UNICEL USE #46** 

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