

# Family

## Deaths

### Ethel M. Burger

Ethel M. Burger, 93, of Colby, died Friday, Aug. 26, 2005 at Prairie Senior Living Complex in Colby.

She was born April 17, 1912 in Thomas County. She was a homemaker.

Mrs. Burger is survived by a son, Stephen Burger of Hays; two daughters, Loretta Weeks and Sharon Stupka of Colby; seven grandchildren; nine great-grandchildren and three great-great-grandchildren.

She was preceded in death by her

husband, Leslie on Jan. 8, 1994.

Services will be at 10:30 a.m. Wednesday at Kersenbrock Funeral Chapel in Colby with Pastor Jeremy Grundling officiating. A family graveside service will be held prior to the funeral service at Menlo Cemetery in Menlo.

Visitation will be from 9 a.m. to 8 p.m. Tuesday at Kersenbrock Funeral Chapel.

Memorials are suggested to Prairie Senior Living Complex and may be left at Kersenbrock Funeral Chapel.

### JoAnn Waldman

JoAnn Waldman, 63, of Quinter, died Saturday, Aug. 27, 2005 at Salina Regional Health Center in Salina. She was the mother of Connie Menges of Colby.

She was born Aug. 26, 1942 in Quinter to Peter Anton "Tony" and Susanna (Brungardt) Kinderknecht. She was a housewife and homemaker.

She graduated from Park High School in 1960.

On April 8, 1961 she married Alfred Waldman in Park. She was a member of Sacred Heart Catholic Church and Altar Society of Park.

Mrs. Waldman is survived by her husband, Alfred Waldman of the home; son Kenny Waldman of Salina; three daughters, Sharee Perez of Littleton, Colo., Connie Menges of Colby and Jackie

Waldman of Hoxie; a brother, Tom Kinderknecht of Park; sister Marietta Schippers Lies of Wichita and three grandchildren.

She was preceded in death by her parents and one sister, Cora Wildeman.

Services will be at 10 a.m. Tuesday at Sacred Heart Catholic Church in Park with Father Mark Berland officiating. Burial will be at Sacred Heart Church Cemetery in Park.

Visitation will be from 4-7 p.m. today at Schmitt Funeral Home in Quinter. A vigil service will be at 7 p.m. today at the funeral home in Quinter.

Memorials are suggested to Gove County Home Health and can be sent c/o Schmitt Funeral Home, 901 S. Main, Quinter, 67752.

## Card Shower

**Thieler to celebrate 100 years**  
Lula Thieler will be 100 years old on Thursday, Sept. 1, and her family is requesting a card shower.

For those wanting to send greetings on this milestone can write her at: 1630 Sewell Ave., B3, Colby, Kan. 67701

## Corrections

The Thomas County Health Department blood pressure check will be at 10:30 a.m. Thursday at the

Senior Progress Center.

It was incorrectly stated as Wednesday in the "Senior Progress" column in Thursday's Colby Free Press. This was a reporting error.

The *Colby Free Press* wants to maintain an accurate record of our town.

Please report any error or lack of clarity in a news story to us at 462-3963.

## Markets

| Quotes as of close of previous business day<br>Hi-Plains Co-op |        |
|--|--------|
| Wheat  | \$3.16 |
| Corn   | \$1.76 |
| Milo   | \$2.75 |

# Suicide prevention week coming up

## Plain Sense

Suicide is the 11th leading cause of death in the United States. In young people ages 15-24, suicide rates have increased 200 percent over the last 50 years, and in the elderly, the rate of suicide of people age 65 and older is higher than any other age group. The week of Sept. 4-10 is National Suicide Prevention Week, designed to call attention to this national and worldwide problem.

Suicide prevention efforts do work. Most suicidal individuals really don't want to die.

They want to live but are unable to deal with the emotional pain they

are feeling and are unable to see alternatives or solutions to their problems. Warning signs may be present, but family and friends are often unaware of the significance of these warnings, or are unsure of what to do. These signs include:

- Depression, hopelessness.
- Feelings of worthlessness and guilt.
- Feeling trapped, like there's no way out.
- Withdrawal from friends, family and usual social activities.

## Rexford students head back to school

Niki Spresser, daughter of Dan and Annette Spresser, Gem, is attending Colby Community College in Colby.

Ryan Gould, son of David and Terri Gould is going to Great Bend for school this fall.

Scoop on the School:  
School starts on Thursday. It will be good to hear the sounds of the children again.

Practice for the football and volleyball teams has resumed.

The high school football team



**Sondra Barnett**

- Rexford Correspondent

had its soap scrimmage on the evening of Friday, Aug. 26.

The Sports Booster Club and Rexford Lions Club joined efforts to serve food beginning at 5:30 p.m.

It's a great time to get together, eat

• Dramatic mood changes.  
Someone who is thinking about suicide may also experience symptoms associated with depression including sleep disturbance, appetite changes, increased anxiety or irritability, indecisiveness, an inability to think or concentrate. The use of alcohol or drugs will contribute to the problem.

Recurrent thoughts of death, suicidal ideation or a plan for completing suicide need to be taken seriously by those in contact with the person.

The American Association of Suicidology emphasizes that most

suicidal crises tend to be brief, and that when suicidal behaviors are detected early, lives can be saved. Talking openly and directly about suicide is important and will not cause someone to become suicidal. Encourage people to seek help from a mental health professional, their family physician or family clergy.

*Editor's note: The preceding article was contributed by Karen Beery, Consultation and Education Department with High Plains Mental Health in Hays.*

*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 ensures confidentiality. Internet site: www.highplainsmentalhealth.com*

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