

Family

Deaths

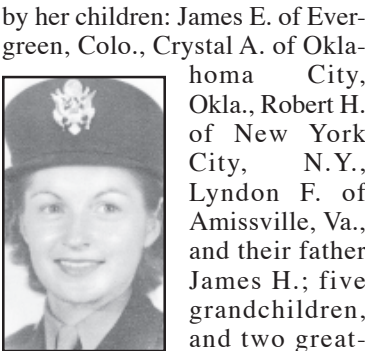
Viola Jean Pittinger

Viola Jean (Nickel) Pittinger, 82, of Notre Dame Long Term Care Center, recently of Boylston, Mass. and formerly of Oklahoma City, Houston, and Evergreen, passed away Saturday, Sept. 24, 2005 at The University of Massachusetts Hospital.

Mrs. Pittinger was born in Levant to Amanda C. (Louis) and John F. Nickel. She earned her degree in nursing from St. Luke's School of Nursing in Denver and attended the University of Denver.

During World War II, she served on Saipan and Guam in the South Pacific as a Second Lt. Nurse in the U.S. Army. Following the war, before raising a family, she was a camp nurse at the Evergreen Church (presently Church of the Transfiguration Camp, a chemist at the Coors facility in Golden, and a nurse at St. Josephine's Hospital in Denver. She worked as a registered nurse for the Deaconess Hospital in Oklahoma City before retiring in 1998.

Mrs. Pittinger Viola is survived



V. Pittinger

by her children: James E. of Evergreen, Colo., Crystal A. of Oklahoma City, Okla., Robert H. of New York City, N.Y., Lyndon F. of Amissville, Va., and their father James H.; five grandchildren, and two great-grandchildren.

She was preceded in death by her siblings Frank Nickel, John Nickel, Edna Wilson, Ella Marrs, all of Levant, and Twila Moerbe of Golden, Colo.

A private memorial service was held Thursday, Sept. 29 and burial was near Evergreen, Colo. Mercadante Funeral Home and Chapel in Worcester, Mass. was in charge of arrangements.

Memorial contributions are suggested in her name and may be made to the Worcester County Horticultural Society, P.O. Box 589, Boylston, Mass. 01505.

Awareness week helps fight stigma of mental illness

Mental illnesses are physical brain disorders that profoundly disrupt a person's ability to think, feel and relate to others and their environment. According to NAMI (National Alliance for the Mentally Ill), such severe disorders are more common than cancer, diabetes or heart disease. One in every five families is affected at some time in their life by a severe mental illness such as bipolar disorder, schizophrenia and major depression. One in 10 children and adolescents have mental illnesses severe enough to cause some level of impairment.

Mental illness has traditionally been surrounded by community misunderstanding and even fear. Stigma emerges when people feel uneasy or embarrassed to talk about behavior they perceive as different. The stigma surrounding mental illness is often so strong that it places a wall of silence around this issue, and results in a significant barrier to people asking for and getting the help they need. The misunderstanding and rejection of people with mental illness even spills over to the caregiver, family members and community.

The first week in October is Mental Illness Awareness Week and reminds us that great strides have been made in recent years in the fight against mental illness. A wide array of effective new medications

Happenings

Space available for craft fair

The 33rd annual Zeta Mu Christmas Craft and Selected Gift Show will be held Sunday, Nov. 20 at the 4-H Building and Russell National Guard Armory in Russell.

There are some spaces available. If interested, please call Melissa, Brenda or Janice at Stoppel Supply at (785) 483-5351; Connie at (785) 483-2900; Tricia at (785) 483-7388 or write P.O. Box 205, Russell, Kan. 67665.

'Tablescaping' on Sunday

"Stroll Through the Seasons" is the theme chosen by the American Association of University Women for the 2005 Tablescaping Event. Sunday, Oct. 2, everyone is invited to join the viewing of a variety of tables decorated by community individuals and businesses. Join in the fun anytime between 1 and 4 at the Colby Community Building. You can also enjoy dipping dessert treats in the chocolate fountain. The American Association of University Women will use the \$6 admission to provide scholarships for local women. Tickets may be purchased in advance from any AAUW member or by calling 460-2800 or 462-6604.

Early childhood screening scheduled

An early childhood screening will be held Tuesday, Oct. 11 and Wednesday, Oct. 12 at the United Methodist Church in Colby.

Appointments can be made by contacting school nurse Emily Strange at 460-5111.

Markets

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

| | |
|-------|--------|
| Wheat | \$3.40 |
| Corn | \$1.79 |
| Milo | \$2.76 |

Winona holds Homecoming



Jean Lowe

Winona Correspondent

and Jean Lowe.

Ray and Juanita Repshire attended a wedding in Oakley Saturday evening at the Christian Church. The nuptials united Kris Felker and Lori Parke in wedlock. They also attended the reception and dance which was held in the 4-H building.

Work is no burden to Logan County farmers in the fall. The busyness of the season seems to generate those blithe souls. The focus is all on reaping fall crops and sowing wheat seed. Trucks of every

description have kept up a steady stream of traffic with loads of clean seed wheat. They head for fields of fertile soil dreaming of next year's crop.

Cynthia Seideman of Farmington, Ark. has been a guest of her mother, Jean Lowe, this week. A friend, Cindy McNulty, of Newton, accompanied her to Winona. She returned to Newton with Tonya Lamb Thursday. Tonya returned to her home with a special dog to add to her aggregation of farm animals.

ESSAY OF A THIRD GRADER
CONTINUED:

Grandmothers don't have to do anything but be there. They're old, so they shouldn't play hard or run. It is enough if they drive us to the store where pretend horse is and have lots of dimes ready.

Cholesterol can be good or bad

Healthy Haps

your heart, brain and other body parts.

If the blockage is significant, you may have a heart attack or stroke, need a procedure performed on your heart to improve the supply of blood to your heart muscle (bypass surgery, angioplasty or stent placement), or die prematurely from cardiovascular disease.

One of the best ways to decrease your risk of having a heart attack or stroke is to control the amount of cholesterol in your blood. Everyone age 20 years and older should have their cholesterol measured at least once every five years. The best way to measure cholesterol is with a blood test called a lipid profile or panel.

You will need to fast (not eat) for 9-12 hours before your lipid panel. The test will determine the amounts of total cholesterol, LDL, HDL and triglycerides in your blood, measured in milligrams or per deciliter

of blood. (mg/dL).

Total cholesterol is made up of LDL, HDL and VLDL. A desirable level of total cholesterol is less than 200. LDL cholesterol is the so-called bad cholesterol because it deposits on the inside of your vessels to make plaques.

Elevated levels of LDL increase your risk of heart disease and stroke. Your doctor will determine your LDL goal based on your number of risk factors and medical history. An optimal level of LDL is less than 100. Your non-HDL cholesterol should not be more than 40 above your LDL goal. You can have a lipid panel run at the Thomas County Health Department along with all the other lab tests at a very low fee.

Please call 460-4596 for an appointment today.

Thanks

We would like to express our thanks and gratitude to everyone who provided us with sympathy and support in our time of sorrow. We have been comforted by the many acts of kindness and outpouring of support that can only be found in a small town. Thank you to all who sent donations to Karen's Memorial, flowers, food, telephone calls, and visits. We cannot imagine going through this without the love of you all.

We especially want to thank: Father Don Martin, The Episcopal Churchwomen, The Methodist Church, The Order of the Eastern Star, The High Plains Shrine Club and Cindy & Jay Black.

Sincerely,
The Family of
Karen Molstad

Steve & Kyle
Ann & Bill Ooton
Kris & Mary Ooton
Mary Molstad &
the Molstad
Family.



OCTOBER IS...

national
BREAST
CANCER
AWARENESS
month

We are offering a reduced rate on Screening Mammography for the month of October.

\$50 Mammogram

The best protection is early detection!

THRU OCTOBER ONLY!

Call 462-3332 for an appointment.

COLBY MEDICAL & SURGICAL CENTER

Thank You

The family of D.J. Bugbee thank all of you for the food, cards and many act of love and kindness shown to us during a most difficult time and how comforting it was just to know you were there and to be remembered in your prayers.

We also want to thank the first response officer, and the ambulance crew who so quickly reached our home and were so very kind to our family. Thank you to the Hospital Staff and Dr. T. who were very caring and helpful to us. A special thanks to Pastor Jim Mardock who gave us Spiritual reassurance and prayers which sustained our family.

DJ had wanted to be a donor and it was determined that his eyes could be used for research for eye disease. He was very active in the Lions Club Sight Foundation. We hope a cure is found one day to alleviate blindness and eye diseases and that his contribution has helped in that cause.

God Bless you all:

The D.J. Bugbee Family



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is available
'round the clock!!

If you need extra copies of the *Free Press* after hours, they may be obtained from outdoor racks or inside dealers at any of the following locations:

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Red's -1641 Oak - Hoxie

Enjoy the *Free Press* - each day, Monday, Wednesday, Thursday and Friday. We're Thomas County's only daily NEWSpaper.

Karen Lynn Ooton Molstad

Karen, 51 years of age, unexpectedly passed away on August 31, 2005, in Littleton, Colorado. She was born October 13, 1953, in Chicago, Illinois. With her parents, she moved to Kansas, living in Colby for 2 1/2 years, then Denver, Colorado for several years. They later settled in Oberlin, Kansas where Karen graduated with the class of 1971.

Karen attended Brown-Mackie Business College in Salina. After graduation she accepted a job with Social Security Administration in Colby. She worked for the Federal Government for 32 years in several different positions. At the time of her passing, she was an administrative clerk for Rural Development of the U.S. Department of Agriculture.

In 1981 she was united in marriage to J. Steven Molstad. On October 15, 1990, Kyle Steven arrived to bless their lives. He was the apple of his mother's eye. Karen had her own golf clubs, fishing pole, and bicycle so she could participate in all the boy activities with Steve and Kyle. Karen was a loving mother, wife, and homemaker. She loved working in her yard, growing flowers, and vegetables that she shared with friends. She loved every person and animal, especially flamingos. She spent time with her dog everyday, even the day she died. Karen was organized - office and church files, kitchen cabinets, closets, and sock drawers - nothing was out of place. She had a wonderful sense of humor and she always took time to help and visit with friends and family. Karen was a shopper and loved finding a bargain. She loved to shop with her sisters-in-law and nieces, especially during Prom time. Karen loved her sister-in-law Christin and she felt a huge loss when Christin passed away this past February.

Karen was a member of the Ascension-on-the-Prairie Episcopal Church, Episcopal Churchwomen Guild, Colby Chapter Order of the Eastern Star, Christian Women's After Five Club, Epsilon Chi Chapter of Epsilon Sigma Alpha, and the Colby Country Club Women's Association. She tap-danced with the Cheryl Schwarz Dance class with special friends.

She will be missed by her husband and son, Steve and Kyle of the home; her parents Ann and Bill Ooton of Franklin, North Carolina; one brother, Kris and his wife Mary and two nieces of Gainesville, Florida. Her husband's family, Mary Molstad, David, Jerry and Stan Molstad all of Colby; Susan Wilson of Dallas, Texas; Ruth Henderson of Olathe, Kansas; their wives, husbands, 12 nieces and nephews; aunts, uncles, and cousins.

Services were held Tuesday, September 6, 2005, at the United Methodist Church in Colby, with the Reverend Don Martin officiating. A private inurnment was held at Beulah Cemetery in Colby.

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October 2005

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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 Dr. Miller Cardiology Clinic | 19 | 20 | 21 | 22 |
| 23 / 30 | 24 Dr. Rubinowitz Hematology/ Oncology 31 | 25 | 26 Dr. Frankum General Surgeon | 27 Dr. Reeves Podiatry | 28 Dr. Reeves Podiatry | 29 |

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Cheryl Banister, RN - Specialty Clinic Director
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