



College still must

Free Press

Viewpoint

By John Van Nostrand

Colby Community College's proposal to build a new gymnasium was defeated by voters Tuesday and the college will continue under some new direction.

roll out the carpet

One-term board member Larry McDonald was not re-elected and Bill Biel and Arlen Leiker are new, replacing McDonald and longtime member and current president Don Kready who resigned this week. Incumbent Mark Winger was also re-elected.

Even though the proposal lost, the board still needs to address its facilities and ways to attract more students.

The board and new president Dr. Lynn Kreider, who has kept his word based on his question-and-answer session with the public during the interviews a year ago, will go back to the drawing board. The college needs to bring more attention to itself to attract more students.

Colby Community College has excelled in some areas, like the veterinarian technician program. That kind of momentum needs to spread throughout the college.

The college can only afford X amount so that is why it needs the help of the public to get better, hence asking for a property tax increase to build the wellness center.

But the people didn't want to do that. Does the public want to do anything for the college?

After the election, Leiker said he wants to find out what the people think would make the college better. Constructing a new dormitory, which complemented the wellness center proposal, must be priority.

Critics have said it's the college's fault for the condition the current dorms are in. That's not fair. There are students who respect their dorm room because they know they have to live in it from August to May. Dorm-room carpet, plumbing and windows not abused wear out just like in traditional residential homes in Colby.

No matter if it is a student here for two years, or a family getting one of our hotel rooms for a night, we need to make our visitors comfortable and appreciated while in our town. Hearing people say "Colby feels like home" must be the goal.

– John Van Nostrand is publisher of the Colby Free Press

Comments to any opinions expressed on this page are encouraged. Mail them to the Colby Free Press, 155 W. 5th St., Colby, Kan., 67701. Or e-mail jvannostrand@nwkansas.com or pdecker@nw kansas.com. Opinions do not necessarily reflect the *Free Press*.

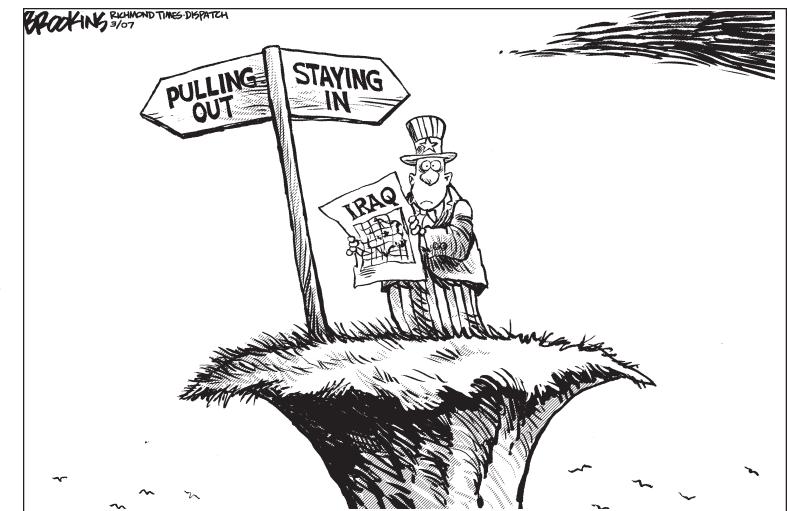
Where to write, call

U.S. Sen. Pat Roberts, 109 Hart Senate Office Building, Washington, D.C. 20510. 202/224-4774

U.S. Sen. Sam Brownback, 303 Hart Senate Office Building, Washington, D.C. 20510. 202/224-6521

U.S. Rep. Jerry Moran, 2443 Rayburn House Office Building, Washington, D.C. 20515. 202/225-2715 or Fax 202/225-5124

State Rep. Jim Morrison, State Capitol Building, 300 SW 10th St. Rm. 143-N, Topeka, Kan. 66612. 785/296-7676 e mail: jmorriso@ink.org web:



Important week, important day

I love Easter week.

The seven, in my case eight, days before Easter Sunday, my most favorite day of the year, the day those of us who are Christian celebrate the resurrection of our savior, Jesus Christ.

This year's Easter week was particularly exciting because it was the first time in 10 years my daughter and I took off together for a weekend away from home.

We went to Colorado Springs to a live production of "The Thorn," a melodrama with a cast of hundreds depicting Jesus' life from birth to his ascension.

It was fantastic. Central to the production was the character calling himself John, the last living disciple of Jesus Christ. John told the story of Jesus' life, complete with characterized flashbacks which included angels performing trapeze acts from overhead catwalks and demons slithering down the aisles toward a circular stage which rotated 360 degrees in front of the audience.

As I watched the performance, I had reactions of both goose bumps and tears of joy. I also reacted with both joy and sorrow how Jesus Christ took it upon himself to be beaten to an unrecog-

Your turn



nizable state for my, and your, sins. Yes, each and every one of us is a sinner, but Jesus' death and resurrection freed us from otherwise doomed lives.

While many people try to make being a Christian difficult, it's not. Some go so far as to say a Christian has to work his way to salvation. That's not the case. Jesus took care of that for us.

Salvation is a gift God gives us in his son, Jesus, through his death and resurrection. We don't deserve salvation, and there's certainly nothing we can do to earn it or our way to heaven.

I once heard it explained like this. Say someone leaves a wrapped gift on your kitchen table. You didn't do anything to earn the gift, the person just placed it on your table. You don't have to, as some people say about Christianity, make a conscious effort to accept Jesus into your life. He's already there.

Like it or not, Jesus is alive and well and living in heaven.Like the gift placed on your table, God's will for us was that since we needed a savior Jesus died for our sins and took our place so we could have eternal life. We don't have to accept God's gift, and there's only one thing we can do with the gift - reject it.

Yes, we can reject Jesus' death and resurrection, but why?

Why would anyone want to reject salvation? Especially, since we don't have to do anything to earn it. If we don't reject God's gift, we are to love others as we love ourselves and take steps to share God's gift with others. That's the message of Easter.

So, as you lay down this paper and go about your business the next few days, please don't reject the gift you've been given. Find a Biblebased church Sunday and share the joy those of us who have not rejected the gift share daily. Happy Easter.

- Jan Katz Ackerman is a reporter for the Colby Free Press.

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John W. Powell Atwood

I'm a member of AARP and am proud of the fact that AARP fought for and was successful in persuading Congress to add a prescription drug benefit to Medicare.

Tens of millions of Americans are benefiting from this program.

However, there are ways, such as granting Medicare the power to bargain for lower drug

prices, in which we can improve upon this benefit. We believe Medicare can achieve additional savings for beneficiaries, improve the long-term sustainability of the Medicare drug program and reduce cost for taxpayers.

We all know that allowing Medicare to negotiate with drug companies for lower prices will not solve all of the problems relating to prescription drug affordability.

But we believe granting Medicare negotiat-

ing authority will, over time, help lead to lower drug costs for Medicare.

The U.S. Senate has an opportunity to join the House of Representatives and lift the ban prohibiting Medicare from negotiating with drug companies.

I join with AARP members all across the country in urging the Senate, and in particular Kansas Senators Pat Roberts and Sam Brownback, to vote in favor of lifting the ban.

Aging, grief and depression

By Ken Loos

High Plains Mental Health Center

As people grow older, they face major issues in dealing with change and loss, particularly in regard to the death of loved ones such as a spouse, close friends or family members. Grief is part of the process of dealing with such losses, and is a normal, time-limited progression that a person goes through as they adapt to new situations.

Senior citizens and their loved ones should expect to go through the grieving process more than once, because it is a normal part of life. However, there is a difference between grieving these losses and becoming depressed.

Grieving involves the need to talk about the loss and the inherent fear of the unknown. After the death of a spouse, a person may not know "what they are going to do next" or "how they can even go on" without that loved one. They

may also worry about other factors related to that loss such as the loss of mobility (not being able to drive), and the loss of independence (not being able to care for themselves). When a person grieves any kind of a loss, the need to talk and receive support from loved ones is an important part of their recovery.

Depression, on the other hand, is an intense on-going condition that can result in a high degree of hopelessness and helplessness, and may only get worse if not recognized and treated effectively. Both grieving and depression can cause physical problems including insomnia, loss of weight or appetite, and stomach or back pain. However, with depression, these types of problems are often more intense and long-lasting. As mentioned earlier, the person who is grieving needs to be able to talk about their feelings; when depression is present, talking is often insufficient.

A person can look at grieving as being a nor-

mal response to changes in life in which their abilities to cope are "pushed to the limit," but still are basically functional. In depression, a person's ability to cope is overwhelmed and the negative thoughts that are an inherent part of the condition often prevent them from identifying possible solutions.

Depression, no matter the person's age, should not be considered a normal phase (such as grieving) but instead as a potentially serious condition that requires professional help and treatment.

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to:

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On the Internet: www.highplainsmentalhealth.com

About those letters . . .

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