

Adolph Henry Weber
May 20, 1920 - April 2, 2009

Adolph Henry Weber was born the first child of 12 to Frank Adolph Weber and Applonia (Schaffer) Weber. Adolph was born on May 20, 1920, in Trego County, Kan., Ogallah Township.

He died on April 2, 2009, at the Good Samaritan Society, Alma, Neb. His age was 89 years, 10 months and 12 days. Adolph was baptized a Catholic in Ellis on May 25, 1920.

Adolph grew to manhood on a farm southeast of Orion. He attended Plum Creek School for two years, and Mosseydel country schools for four years.

Adolph met his future wife, Grace, at the dances they went to at Orion. He and Grace Turner were married in Boulder, Colo., on Feb. 17, 1940. To this union, 11 children were born, five sons and six daughters: Henry Adolph (deceased), Larry Eugene, Robert Ray, Lois Joan, Wilma Rose, Donald Leroy, Janet Marie, Linda Sue, Teddie Joe, Diana Florence and Sandra Kay.

Adolph and Grace lived in Boulder for their first year of marriage. They then moved to Gove County where Adolph worked for Roscoe Coberly for 12 years at the feedlot. They moved to Oakley where he worked for Keller Brothers Feedlot, and then to Burlington, Colo. They moved to Alma, Neb., where Adolph worked for Shaffer Implement, and also at Bugbee Restaurant. They moved to Denver, Colo., for three years, then came to St. Francis and managed the U.S. 36 Cafe for three years. They lived in St. Francis for 22 years. They went on the road and did construction work for Brown and Brown of Salina and retired in Salina in 1997.

Adolph was preceded in death by his wife, Grace, in 2006; son, Henry Weber in 2002; grandson, Mitchell Dean Weber in 1983; granddaughter, Tonya Villegas; great-grandson, Paul Daniel Eli; parents, Frank (1985) and Applonia (1996) Weber; sisters, Viola Weiser (2003) and Florina Schuster (2005); brothers, William and Leonard Weber; two brothers-in-law, Ignatius Schuster and Bob Garnhart and 10 brothers-in-law and three sisters-in-law of the Turners.

When his health started failing with Alzheimer's dementia, they moved to Windsor Estates in Salina on Jan. 17, 2005. Adolph and Grace moved to the Colonial Villa Good Samaritan Center in Alma on July 3, 2005.

Adolph played in the family band, "The Weber's," as he enjoyed playing music and liked to play the accordion. His children and grandchildren loved to sit and listen to him play and dance to his music. He played for many benefits and family gatherings. He also enjoyed fishing, and playing all kinds of card games. He really enjoyed going and playing bingo — he loved to play bingo at Hays. He also had a lot of toys and trinkets that he was so proud of. —when

people would go to their house he had to show them the new ones he had and how they all worked.

Adolph really enjoyed playing cards with his children and grandchildren. He was a joker and loved to play tricks on people. He spoke German, and he always sang a little song to the grandchildren, and he would point in the air as he sang it; they never did know for sure what it was, or what he was singing or saying.

He was a lifetime member of the Knights of Columbus in Cheyenne County, and helped them whenever they needed him.

Adolph is survived by his children, sons: Larry and wife, Rita of Grainfield, Robert and friend, Lavada Wilson of Newton, Donald of Wichita; Teddie and wife, Lori of Salina; daughters: Lois Wolbach and husband, Ned of Goodland, Wilma Bugbee and husband, Erny of Alma, Janet Miller and husband, Dan of San Jacinto, Calif., Linda Carmichael and husband, Darol of Salina; Diana Fowler and husband, Ron of Wichita, Sandra Ball and husband, Brady of Brighton, Colo.; two sisters, Mary Garnhart and Esther Laverenz and husband, John; five brothers, Rudolph and wife, Violet, Charlie and wife, Eunice, Bennie and wife, Kathy, Delbert and friend, Lois, Ronnie and wife, Anne; 38 grandchildren; 66 great-grandchildren and 10 great-great-grandchildren.

A funeral mass was held Tuesday, April 7, at St. Joseph Church, Oakley, with Fr. Michel Elan performing the mass. Burial was in St. Joseph Cemetery.

Memorials may be made to the Good Samaritan Society, Alma, and the Adolph Weber Memorial Fund, which may be sent in care of Kennedy-Koster Funeral Home, 217 Freeman, P.O. Box 221, Oakley, KS 67748.

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Dorothy Mae Christensen
Feb. 14, 1917 - March 30, 2009

Dorothy Mae Christensen, 92, St. Francis, Kan., formerly of Rapid City, S.D., died Monday, March 30, 2009, at the Cheyenne County Hospital in St. Francis.

Survivors include her daughters, Annette Braley, Spearfish, S.D., Audrey Bray, Oral, S.D., Patty Martinson, Edgemont, S.D.; son, Russell Christensen and Shelley Christensen, St. Francis; brothers, Damon Reel, Rapid City, Rodney (Daniel) Reel, Sheridan, Wyo.; sister, Jean Saundes, Rapid City; 12 grandchildren; 26 great-grandchildren; and 10 great-great-grandchildren.

Dorothy was born on Feb. 14, 1917, in Lisbon, N.D., to William and Agnes Johnson. She was her father's right-hand helper as a child. Her father said she could harness a team of horses faster than any man. Her love of horses was one of her many great assets.

She graduated from high school and attended nursing training. She managed a hospital for several years and was devoted to taking care of people.

Dorothy married Clarence Christensen on June 20, 1934, in Sturgis, S.D.

She moved to Rapid City in March of 2001 from Casper, Wyo. Later, Dorothy moved to St. Francis to be with her son.

Family and being an honest person was most important to her. She especially loved her grandchildren and liked to crocheting.

She was preceded in death by her parents; husband; four sisters, Phyllis Siefkin, Irene DeWolf, Virginia Reel and Gladys Shillingstad.

Graveside services were held on Tuesday, April 7, at the Edgemont Cemetery in Edgemont.

Family and friends may sign Dorothy's online guest book at www.kirkfuneralhome.com. Memorials in her name may be made to the Cheyenne County Hospital, St. Francis.



MOLLY GILLILAND, Joshua and Matthew are keeping themselves entertained while their parents attend a meeting.

Herald Photo by Karen Krien

Plain Sense

Watching Too Much Television Can Lead to Depression

Child mental health experts, for many years, have been concerned about children and their television viewing habits. The most common concern has been when parents or caregivers do not monitor the type of show watched by their children. For instance, it is believed that if children watch a lot of violence on television, they may become numb to violence in general, or may think that it is okay to be aggressive to solve real life problems.

A study in the February 2009, Archives of General Psychology, explains that watching too much television as a child may contribute to depression in later years. Researchers at the University of Pittsburgh and Harvard Medical School looked at the media habits of 4,142 healthy adolescents and calculated

that each additional hour of television watched per day increased the odds of becoming depressed by 8 percent. Interestingly, other forms of media such as playing computer games and watching videos did not appear to increase the risk of depression.

The participants were followed over the course of seven years, beginning in 1995 when they were either in junior high or high school. At that time they reported, on an average, watching television for 2.3 hours, watching videos for 37 minutes, playing computer games for 25 minutes, and listening to the radio for 2.3 hours. When the subjects were interviewed again in 2002, 308 of the participants met the criteria for depression. Teens who became depressed, on average, had watched

22 more minutes of television each day compared to those who did not develop the disorder. As with any correlation study, the results can not prove that watching television actually causes depression, but it does show that there is a significant relationship between these two variables.

Some possible reasons for this association are that watching television cuts into time that could be spent participating in after-school activities or other active interests. It is also possible that television watching may have replaced or interfered with sleep for these youth, which is another factor that is very important for cognitive and emotional growth. As compared to watching videos or

playing computer games, watching television shows is very time-consuming, all-absorbing, and includes a great deal of advertising. For teenagers, these ads may play a role in making them feel more inadequate or useless. Regardless of the reasons, it appears that parents should be concerned how much daily television their teenagers watch if they want to help them avoid depression later in life.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education, and Outreach Department

Mail questions to: High Plains Mental Health Center, Plain Sense, PEO - Prevention, Education, and Outreach Department, 208 East 7th, Hays, KS 67601

Doctor talks at meeting

Dr. Mary Beth Miller, who practices family medicine at the Cheyenne County Clinic, will be the keynote speaker for the Diabetic Support group's monthly meeting.

Sometimes you may need medications for other things besides your diabetes. Some medications can affect our blood glucose levels. Sometimes there is an alternative medication available that will not have the same effect. It pays to know what these medications are and how to manage them.

Dr. Miller will address medica-

tion management and how oral medications such as blood pressure and cholesterol medications just to name a few meds affect diabetes.

The meeting will be held at 1:30 Wednesday, April 15, in the basement of the Cheyenne County Clinic.

All diabetics and their families and friends are welcome to attend this support group meeting.

For more information, please contact Mila Bandel at the Cheyenne County Health Department at (785) 332-2381.

Douglas Walter Jackson



Douglas Walter Jackson was born on Nov. 14, 1946, to Phillip and Irene (Rummel) Jackson in Atwood and departed this life at Rose Medical Center in Denver on March 29, 2009, at the age of 62 years and 4 months. Doug was the fourth of eight children.

Doug attended grad and high school in Atwood graduating with the Class of 1964. He graduated from Colby Community College in criminal justice in 1972. Doug served his country in the United States Navy from 1965 to 1969 on the USS New Jersey at Long Beach, Calif., and went to Vietnam. He also served in the reserves until 1971. Doug was awarded the National Defense Service Medal, Vietnam Service Medal with one Bronze Star and the Republic of Vietnam Campaign Medal with device.

Doug married Marjorie Sealock on Dec. 20, 1969. To this union two children were born, a daughter JJ and a son Nathan.

Doug served in law enforcement in Grand Junction, Colo., Colby and Silver Lake. He took some time off and was a car salesman in Topeka for a while. He missed law enforcement and returned to become sheriff of Smith County for several years.

In 1997 Doug moved to Brewster and married Kathryn Jo Lon on May 4, 2001. In 2004 they moved to Goodland and he worked at *The Goodland Star-News* until health forced him to quit. His greatest love was his wife, children and grandchildren.

Doug was an avid hunter and fisherman. He loved the outdoors and took great pride in his guns and dogs, Annie and Joker. His favorite times were with his partners, Dave Bergling and Larry Gilbert hunting, fishing and swapping stories. They spent many long hours together.

Doug is preceded in death by his parents and brother, Gene.

He is survived by his wife, Kathy of Goodland, ex-wife, Marjorie of Smith Center, a daughter, JJ (Kane) Kunard of Olathe; a son, Nathen Jackson of Bennington, stepsons, Joshua Long of Smith Center, Jess Long and friend Felicia Arnold of Goodland; Jake Long and Maritza Reitz of Olathe; brothers, Jim (Alice) Jackson of Goodland; Dave Jackson of Topeka; sisters, Mary Ellen Schmid of Hays, Doris (Gene) Schoenberger of Brewster, Joan Wells of Beattie, Phyllis (Rick) Janousek of Colby; sister-in-law, Donna Ekstrom of Palmer, Neb.; 11 grandchildren, Emma, Brennan and Isaac Kunard of Olathe, MacKenzie and Colton Jackson of Burlington, Sadee and Tiffany Davis of Bennington, Hadlie Faye Long of Colby, Jordan and Brianna Gladback and Kaydance Long of Olathe; father and mother-in-law, Darrel and Joleen Roadhouse of Osborne. Doug had a host of nieces, nephews and many many friends.

The body was cremated.

Memorial services were held on Friday, April 3, 2009, at Koon's Funeral Chapel with Father H.A. Lycett officiating.

Memorials will be decided at a later time.




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JANUARY CONSULTANT SCHEDULE

ALLERGIST**	Jeffrey Rumblyrt, M.D.	May 18
CARDIOLOGIST	Barry Smith, M.D.	April 8
GASTROENTEROLOGIST	Vijay Subbarao M.D.	April 9
CARDIOLOGIST**	Babar Ali, M.D.	April 27
COUNSELING SERVICES		Thursdays by Appointment
DERMATOLOGIST	Charles Ruggles, M.D.	
DIETITIAN	Sarah Linton, RD, LD, CDE	Mon. - Fri.
EARS, NOSE, THROAT	Alfred N. Carr, M.D.	April 9, 10 & 17
ENDOCRINOLOGIST	Gerald Poticha, M.D.	April 2, 3, 16 & 17
GASTROENTEROLOGIST	Jeffrey D. Huston, M.D.	April 7, 20 & 21
GENERAL SURGEON	David D. Beck, M.D.	April 9 & 23
GENERAL SURGEON	Jeffrey Cross, M.D.	April 16 & 30
GYNECOLOGY	Laura Rokosz, M.D.	April 1, 22 & 29
NEUROLOGIST	Steven J. Gulevich, M.D.	April 2, 8 & 29
OBSTETRICS/GYNECOLOGY	David Forschner, M.D.	May 20
ONCOLOGY	Gary Doolittle, M.D.	April 3, 10, 17 & 24
ONCOLOGY/HEMATOLOGY	Martin Rubinowitz, M.D.	April 28
OPHTHALMOLOGIST	Brian Joondoph, M.D.	April 15
OPHTHALMOLOGIST	David Proff, M.D.	April 6, 13, 20, 27 & 28
OPHTHALMOLOGIST	Ronald Wise, M.D.	May 1
OPHTHALMOLOGIST**	Eric Fry, M.D.	April 20
OPHTHALMOLOGIST**	William Clifford, M.D.	April 3
ORTHOPEDIST	Tim Birney, M.D.	April 13
ORTHOPEDIST	Armond Hatzidakis, M.D.	May 4
ORTHOPEDIST	James Holmes, M.D.	April 20
ORTHOPEDIST	Edward Parks, M.D.	April 27
ORTHOPEDIST	Raj Bazaz, M.D.	April 13
ORTHOPEDIST	Kevin Nagamani, M.D.	April 7
ORTHOPEDIST	Gareth Shemesh, M.D.	April 9 & 10
PATHOLOGIST	Pathology Services P.C.	Call for Availability
PODIATRIST	Erik Ouderkirk, D.P.M.	April 8
PODIATRIST	Daniel Mallett, D.P.M.	April 22
PULMONOLOGIST	Ken Weisiger, M.D.	April 6
RADIOLOGISTS	Professional Radiology Services	WEEK DAYS
SPEECH THERAPY	Lisa Paxton CCC-SLP	Mon. - Thurs.
SUBSTANCE ABUSE DIR.	Fred Waters, CADC III	Mondays
UROLOGIST	Darrell D. Werth, M.D.	April 7
UROLOGIST	Wallace Michael Curry M.D.	May 5
UROLOGIST	Kevin McDonald M.D.	April 21

**For an appointment with the Allergist please call 1-888-849-8424
**For an appointment with Dr. Ali please call 1-888-625-4699 select option 4
**For an appointment with Dr. Fry or Dr. Clifford please call 1-800-526-3937

Goodland Family Health Center, 106 Willow Road (785) 890-6075
Monday - Friday, 8 a.m. to 5 p.m. Saturday 9 a.m. to 11 a.m./
Walk-in Clinic M-F 8 a.m. to 9 a.m.

Dr. Mohedine Shafei (Out of office on Monday)
Dr. Travis Daise (Out of office on Wednesday)
Dr. David Younger (Out of office on Thursday)

Jackie Jorgensen, ARNP
Lindsay Taylor, PA

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