

Resident celebrates 80th birthday with family/friends

Betty Lampe was guest of honor at an 80th birthday celebration on Saturday, March 17, at Peace Lutheran Church. With a Betty Boop theme, the special day was hosted by Milton Lampe, Debbie and Kirk Grizzell, Macksville; Travis Grizzell and Kristen Allen, Hays; and Kyle Grizzell of Pratt. As guests arrived to a life-sized Betty Boop and a picture board of Betty's life, made by Debbie Grizzell, a table was set up with a guest book and basket for birthday cards. Friends and Kyle Grizzell and Kristen Allen were at the table greeting everyone.

The reception table was covered with a Betty Boop tablecloth, two one-tier birthday cakes in the center with heart-shaped mints, special picture frame and decorations all coordinating. More decorated sheet cakes, coffee and punch, all made by Shirley Zwegardt, were served. Serving at the table were Virginia and Larry Bouza, Tonganoxie; Sha-

lom LaForge, Wichita; and Sara Kellner, Silver Lake.

The family honored Betty with a short program. Milton welcomed the group, recognizing certain guests around the room. Debbie gave a short history of Betty Boop and read the poem: "Sweet Memories of My Mother." Travis and Kyle took over with entertaining facts of life in 1927 and jokes of becoming older.

Betty read a story she has written of her life. Randy Feather, nephew, shared some special memories with Betty, Milton, Debbie and Brad in earlier years.

Milton thanked everyone for coming to help Betty celebrate. Travis led the group singing "Happy Birthday" to Betty and others including Tobe Zwegardt whose birthday was March 17, preceding Betty's which is actually on the 18th. Travis, Kristen and Kyle presented Grandma Betty with a Betty Boop blanket they made es-

pecially for her 80th birthday.

Approximately 80 friends and relatives were present, including Betty's three sisters: Esther Feather Moody, Sterling, Colo.; Evie Renz, accompanied by husband, Del, Prescott, Ariz.; and Joy Keppel, Thornton, Colo. Other Worley relatives included Ermel Rogers and wife, Lena, Oakley; John and Kay Repshire, Russell Springs; John and Billie Feather, Sterling; and Randy and Carol Feather, Otis, Colo.

Extended families of Milton's present were Bluford and Royce Kellner, Kanorado; Robert and Alma Walter, Goodland; Wayne, Barbara and Jason Kellner, Silver Lake; Elmer and Dorothy Kellner and Wilma Lampe.

Four classmates of Betty were also in attendance, as well as many other special friends and relatives. Betty had a special 80th birthday and received many cards and best wishes.

Couple plan April wedding



James Walter Douthit and Torre Conway, both of St. Francis, announce the engagement of their daughter, Megan Alane of St. Francis, to Charles Downey of Ingalls. He is the son of Joe and Marsha Downey of Ingalls.

They plan to marry on April 14 at St. John Catholic Church in Beardsley.

Grandparents of the bride-to-be are the late Jim and Helen Pochop-Douthit and Jan Conway of Oberlin and the late Duane Conway.

Charles is the grandson of

Clarence and Delores Irsik of Ingalls and the late Dan and Mary Downey.

Megan is a graduate of Kansas State University with a bachelor's degree in agribusiness. She works with her family farming and ranching operation, Douthit Brothers of St. Francis.

Charles is a graduate of Kansas State University with a bachelor's degree in agricultural technology management. He works with his family farming operations; Irsik G and B Farms, Ingalls.



Downey - Douthit

Club Clip

Cheyenne County Historical Society

Those attending the March 13 meeting answered "If I had a million dollars to spend on the Museum..." There were a variety of roll call responses.

Glenn Isernhagen, in the treasurer's report, explained that a budget is needed for grant applications and that the board wants to keep members informed about society finances.

Applause broke out as Dorothy Kellner presented a check for \$400 from the Lions Club for the old country church painting project.

The board announced the election of Janet Carman as vice president to replace Margaret Bucholtz who resigned to become volunteer director of the museum.

A grant is being written by Lea

Keller and Erika Lehman, St. Francis New Generation Foundation, to purchase equipment needed to establish a Historical Research and Genealogy Center for the historical society.

Dee Dorsch announced that the date for the Northeast Cemetery Tour was changed to Oct. 21.

Surprise guests for the evening's program were characters straight from the past, telling their story about "The Little Ditch that Couldn't." Playing the roles of Captain A. Emerson, L.J. Willets, Ms. Willets, Engineer Zimmerman and an Atchison reporter were Lucille Rossbach, Helene Landenberger, Glenn Isernhagen and Louanne Isernhagen.

Members reminisced and shared

irrigation stories after the program. President Stan Carman adjourned the meeting.

Note: Twenty years ago the Cheyenne County Historical Society met for the first time in the new museum. This important event will be celebrated Sunday, April 15, with an open house from 2 to 4 p.m.



HERE ALL THE TIME! Rick Reeser, administrator, is now at the Good Samaritan Village fulltime. Mr. Reeser has been sharing his time between the Goodland facility and St. Francis but, as of Thursday, March 15, the Goodland Good Samaritan Home has its own administrator. He is shown helping residents, Dorothy Gemaehlich, far left, and Manette Keeler make Easter bunnies.

Herald staff photo by Karen Krien

Plain Sense

Journaling

Plain Sense from High Plains Mental Health Center

A journal is a continued series of writings made by a person in response to their life experiences and events. A journal may include a description of daily events, but also contains reflections on what took place and expresses emotions and understandings about them. Many people find benefit in expressing their feelings in "journaling". Such writings are personal and usually limited to only the person doing the writing. Sometimes journal writing is used by members of a support group as a means of sharing some of their thoughts with others, and receiving encouragement in return.

Journal writing is not something that everyone would enjoy or benefit from. For those who do, journal writing can be used as a format for organizing thoughts and ideas, addressing specific questions or problems, and evaluating goals and plans. Through "unsent letters", a person can express feelings to a particular person in the form of a letter, then keep it for future reference, or destroy. The process of putting feelings into words can be an emotional release for some people, as well as the opportunity to re-read

and try to make sense of the feelings and issues involved. Journal writing also provides time for self-reflection: an opportunity to note the positive aspects of one's life, to reflect on the little things that make a difference, and to give self-praise. In 1977, at the age of 68, Elizabeth Layton, a woman in Wellsville, began to use drawing and writing as a way to deal with grief and loss. She found these combined activities to be a means of expressing her innermost thoughts and feelings, and eventually helped her to overcome depression. She continued, until her death at age 83, to use these techniques to examine her own aging issues, as well as many other per-

sonal and social issues including women's rights, racism, poverty, homelessness, AIDS, and terminal illness.

(See more about Elizabeth "Grandma" Layton at www.lawrenceartscenter.org. Contributed by Karen Schueler, LCPC, Manager, Consultation and Education Department. 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 7th, Hays, KS 67601 Internet site: www.highplainsmentalhealth.com

Inspirational Thoughts

"A dog is not considered a good dog because he is a good barker. A man is not considered a good man because he is a good talker."

—Buddha

"All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that

never leaves him."

"All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else."

—Buddha

"All wrong-doing arises because of mind. If mind is transformed can wrong-doing remain?"

—Buddha

SENIOR CITIZEN ALERT!
Older Americans are the No. 1 targets of con artists. The files of state securities agencies are filled with tragic examples of seniors who have been cheated out of savings, windfall insurance payments and even equity in their homes.

Don't Get Scammed Investigate Before You Invest

Don't Get Scammed



BEFORE giving money, or if you believe you have been the victim of a scam, contact the Office of the Kansas Securities Commissioner:

888-40-SCAMS

Visit our website for additional information:

www.dontgetscammed.org

Clip and save with your financial records for future reference.

Office of the Kansas Securities Commissioner

618 S Kansas Ave
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230 E William, Ste 7080
Wichita, KS 67202
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Pinto and Kidney Bean Growers!!

Are you still on the fence? Are you wondering if you really want to plant edible beans? Attend our meeting to find out what ADM has to offer you for your 2007 crop.

Enjoy door prizes, freebies and good food!

Please be our guest at the **Howard Johnson Motel in Goodland** 2218 Commerce Road on **March 28 at 12:00 noon MST**

Eat lunch on us and learn what

ADM Edible Bean Specialties, Inc. can do for you!



RSVP is not required for attendance but would be appreciated at 970-848-3818/1-800-640-BEAN (2326)