

On the Plains

Beecher News

By Bessie Dent



There was wonderful weather for the Beecher Island Reunion and good programs. Many people worked hard getting ready for the weekend, during the weekend and after the weekend with the food, programs, races and clean up.

Mr. and Mrs. Gary Cranmer spent Wednesday night with his mother, Gwen Cranmer and celebrated his Sept. 11 birthday. Also visiting were Mr. and Mrs. Pete Allen, Inez Kier and Violet Brown.

Doris Whomble and Judy Shively attended the David Martin and Denette Kral wedding in Snyder, Colo., Saturday afternoon. Nettie Riley returned home with them to

spend a few days with Doris.

Mr. and Mrs. Harold Basey of Greeley were weekend guests of Mr. and Mrs. Harry Ekberg.

Weekend guests of Mr. and Mrs. Gary Mansfield were Mrs. Todd Novak, Cade and Brittany and Jill Mansfield. Jean Brenner joined them for Sunday dinner.

Dillon Rose and Colt Strick spent the weekend with home folks and attended the Homecoming at Idalia. They are both students at Grand Junction.

Maliha Shah and Eric Brown enroute to Pittsburg and Grand Brown of Garden City were Tuesday night and Wednesday guests of Ron

and Joyce Brown. Paul and Bessie Dent visited Wednesday morning.

Violet Brown and several of the Assembly of God Church ladies went out to eat Wednesday.

Mr. and Mrs. Doug Zuellner were Monday overnight guests of Mr. and Mrs. Bill Strangways.

Helen Wilson, Patty Kinnear and Dustin were Friday to Sunday morning visitors of Nettie May Welton.

Nick Wisdom visited Wednesday and Erin and Rachel Wisdom visited Thursday with Norma Ekberg. Norma visited Susie Shively Thursday also.

Mr. and Mrs. Robert Simmons had lunch Wednesday with Randy and

Robin Neergarrd and Amber in Loveland Wednesday. Laura Perila returned home with them that evening for a few days.

Raymond Busby and daughter Carla visited Friday morning with Mr. and Mrs. Pete Allen, Mr. and Mrs. Chuck Cutforth and Gwen Cranmer.

Mr. and Mrs. Dave Harwood visited Mr. and Mrs. Pete Allen and enjoyed the Beecher weekend.

Mr. and Mrs. Kenny Rose and girls visited Dallas Madsen in Yuma and their grandmother Helen Reitz, who was in the hospital Saturday.

Nettie May Welton visited Darlene Strangways Tuesday morning.

Bonnie Blazer and granddaughter visited Doris Whomble and Nettie Riley Sunday evening at the Whomble home.

Bill Neitz was a Saturday morning visitor at the Paul Dents.

Mr. and Mrs. Jeff Hurlburt and family, Harvey Allen and Peggy Carpenter were callers of Berl and Hattie Allen during the week last week.

Mr. and Mrs. Randy Perila came

for the Beecher activities and were guests of Mr. and Mrs. Robert Simmons. Mr. and Mrs. Richard Wall joined them Sunday. Laura returned home with her parents.

Bob and Peggy Phillips of Vallejo, Calif., are spending a few days with Glenn and Carol Chapman. The Phillips are on a trip which has taken them from the Arctic Circle, through Canada and now to Beecher Island. The Phillips and Chapmans are "boating friends."

Plain Sense

Rural Stress
By High Plains
Mental Health Center
Contributed by Karen D. Beery,
LCPC, Consultation and
Education Department

This year's drought conditions have impacted northwest Kansas in several ways, including additional stress added to the lives of farm families and rural communities. Recent rains provided some reprieve, but much of the damage was done long before the needed moisture arrived. There is nothing anyone can do to change the weather, but we can help and support each other through the difficult times ahead.

Stress, especially accumulative stress, can negatively impact one's physical and mental health, as well as relationships on the job and within marriages and families. The result can be significant health problems, depres-

sion, anxiety, divorce, and even suicide. During tough times, there are several things that can help:

Reach out to each other; keep the lines of communication open between family members, neighbors and friends. Stay in touch. Isolation can lead to depression and much more serious issues, including suicide.

Stay as positive as possible by keeping problems in perspective. Focus on what's really important in life.

Be flexible; look for new alternatives.

Know how to laugh, and how to cry.

Take things one day at a time

Remember, tough times also bring unexpected opportunity and a chance for change and growth.

Seek professional help when needed. Your family physician, clergy, and mental health counselors are available to answer questions and assist.

Idalia students attend national meeting of Future Business Leaders of America

Valerie Reeves and Jody Rittenhouse, Idalia students, attended the National Future Business Leaders of America competition in Nashville, Tenn., which began on July 28. They were also accompanied by Sondra Mann of Liberty and Cameron Moyer of Wray, both of whom had competed and placed at the state level, and Mrs. Terry Brenner.

The plane ride from Colorado Springs to Nashville proved to be interesting but uneventful and they were soon able to indulge in luxury.

"'Hope' is just the way to describe the Gaylord Opryland Hotel, which is one of the largest hotels and conference

centers in the U.S. and which seemed to resemble a small community with its many rooms, restaurant and shops, not to mention all the foliage," Valerie said. "Just getting around was a bit of a difficulty but soon were in our rooms and settled. Jet lag was soon upon us so we decided to rest until our Colorado State meeting late that night."

The students found the meeting fun and informative and soon were set for competition and the rest of the convention.

The day on Saturday was a free day to spend however the students wished. They set out to discover the musical city. Using a rental care, they cruised around and found interesting sports, walking up and down streets and exploring downtown Nashville. The main points of interest during the day included eating lunch at the hard Rock Cafe, touring the Ryman Museum (The Old Grand Ole Opry), and stopping by the Country Music Hall of Fame. They visited the Hermitage that afternoon, touring President Jefferson's house and the grounds surrounding it.

The Future Business Leaders of America general session was held that evening with everyone attending. The enormous room was packed with

people who were filled in with what the next few days activities would entail.

Sunday was the first day for the students to delve into the Future Business Leaders of America portion of the trip and that morning, they headed off to the different competitions or to workshops wet up throughout the hotel. Jody and Valerie attended the introduction to business communications class and Cameron headed to business math. Sondra, after workshops, set out for word processing. Between competitions and workshops, their day was busy and, in late afternoon, they went to the regional campaign rally. The rally gave them a chance to know the candidate vying for vice president of the Idalia/Wray region and to ask questions about her campaign and plans for the future.

Workshops consumed most of their time on Monday. Valerie said her favorite workshops dealt with fundraising for different organizations and getting ready and paying for college.

That evening, dinner was eaten at the famed Rain Forest Cafe.

"We were filled with much anticipation that if, in the next day, all our hard work would give us the greatest rewards in the end," Valerie said.

The last day of the conference came

all too soon and it appeared that everyone was getting "cabin fever." Therefore, Mrs. Brenner, Sondra and Valerie decided to visit Nashville sites. Though it was quite small, it proved to be an enjoyable experience with exotic animals and even a constructed farm from the 1800s.

The peaceful outing helped calm jitters until that night when they attended the awards program. The program included not only the receiving of prizes for the competitions but, also, an acknowledgment of those who had funded the organization and the announcement of the 2002-2003 national officers. There was a bit of disappointment when the students from their small group did not place within the top 10. However, they knew that the experience was worth the effort and it would help them improve for the next school year.

"Getting to go to the Nationals was something that I never expected to do but I know it would have been impossible without the help of my community — from the people who donated time and money, especially SunWest Bank the Annenberg Foundation and the Vision Foundation, the teachers who gave me the knowledge to compete with," Valerie said.

Interesting Facts

- During World War II, boxer Jack Dempsey was director of physical fitness for the Coast Guard.
- Before the continents as we know them today were formed, the earth's land mass was joined in a single "supercontinent: called Pangea.
- The lightning rod was invented by Benjamin Franklin at his residence in Philadelphia in 1749. He later gave the first demonstration of the relationship between lightning and electricity in 1752.

Book Review

Brown's Requiem
By James Ellroy

A book review from the St. Francis Public Library

Death knell in L.A.

Beneath the golden glitter, Tinsel Town spawns sleaze, sickies, psychos and wiseguys. Ex-cop Fritz Brown, sometimes P.I., full-time Beethoven buff, sees it all as he walks the shady side of the streets.

Now he's got a client named Freddy "Fat Dog" Baker, a caddy who flashes too much cash...and a

gut feeling that this case could be his last. Arson, pay-offs and prone are all part of the game. But so is Fat Dog's foxy cello-playing sister. And soon Brown's desire to make beautiful music with her threatens to turn his favorite song into a funeral march.



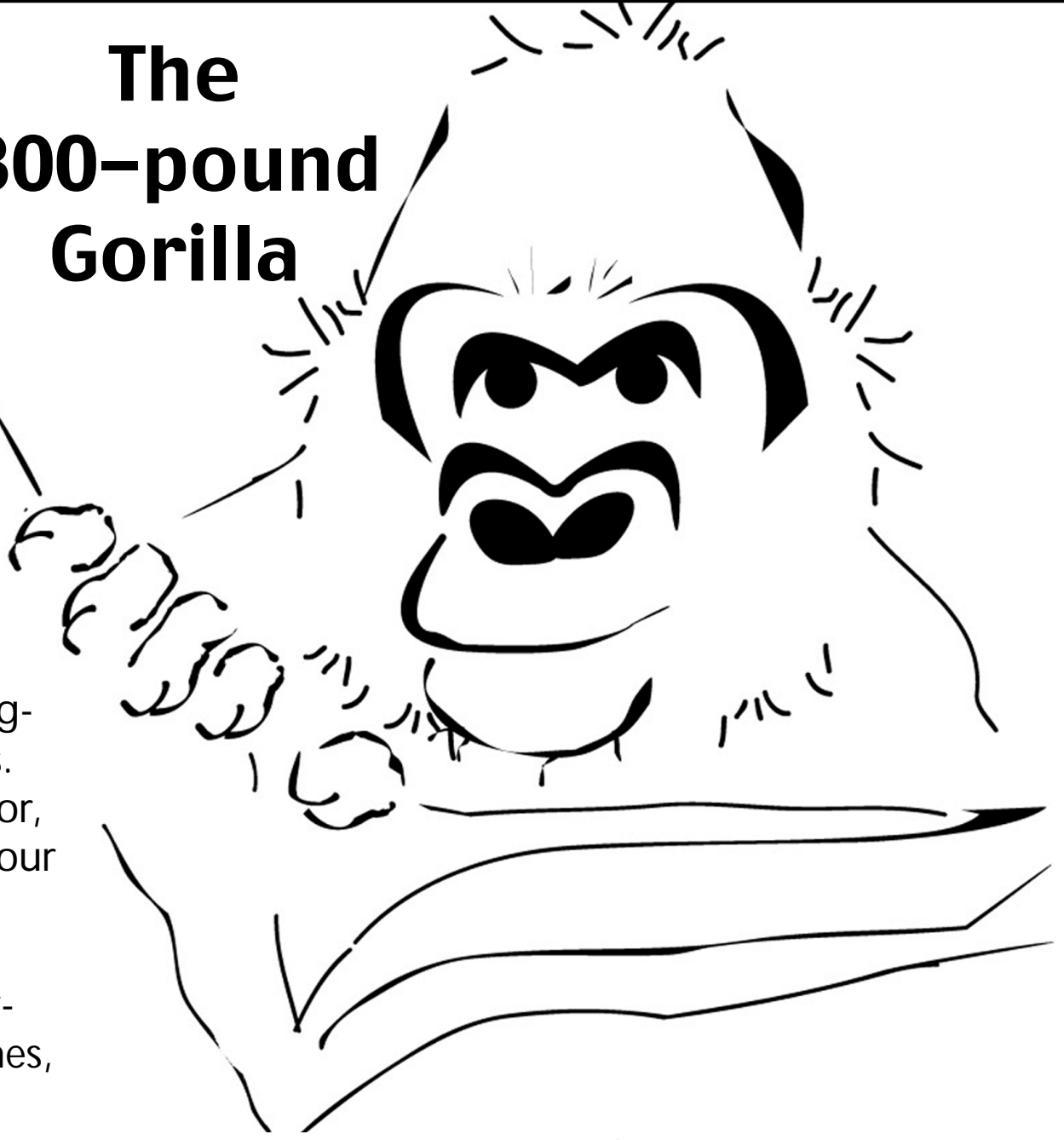
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