

# Family

## Computer addiction is newly recognized problem

An article by Margaret Christensen, PhD, RN, et. al., in the March 2001, *Journal of Psychosocial Nursing*, reports that "computer addiction" has become a newly recognized problem, with clinicians treating "increasing numbers of clients experiencing problems caused by excessive computer use. They report that in this "computerized society" the ability to go on-line and obtain information or use a laptop computer anywhere has both benefits and drawbacks, and that for some people, the computer becomes an addiction. Health care professionals, school counselors, marital counselors, employee assistance professionals, and behavioral health specialists are encountering an increasing number of cases of pathological computer use, where the unhealthy behaviors outweigh the good.

Christensen reports several adverse effects on health related to computer overuse due to a lack of attention to personal needs and health habits, or as neuromuscular problems resulting from excessive computer use. Re-



**Mental Health**  
• Plain Sense

ported problems include disregard for one's health, sleep deprivation, not eating regularly, psychomotor agitation ("cybershakes"), dry eyes and eye strain, blurred vision, migraine headaches, and problems resulting from repetitive motions. Computer addicts lose track of time and lose needed sleep. Sleep deprivation can lead to fatigue and inability to concentrate. Many individuals stop exercising and gain weight due to inactivity. Neuro-muscular problems includes hand and wrist strain, neck, shoulder, back, or leg injuries, muscle stiffness, numbness and pain in the thumb, index, and middle fingers, and carpal tunnel syndrome due to poor posture and repetitive motions.

Psychological and emotional effects of computer addiction, according to

Christensen, include neglect of family and friends, decreased socializing, craving more time on the computer, fantasies and dreams about the Internet, trouble on the job or at school because of deteriorating performance, financial difficulties, and excessive indebtedness. Other emotional symptoms include inability to control the behavior (such as difficulty signing off when online), repeated unsuccessful attempts to reduce computer use, denial that a problem exists, and withdrawal symptoms such as anxiety or depression when away from the computer too long. As with many behaviors that have negative repercussions in personal and family relationships, school or job performance, or threatens one's physical health, this emerging problem of computer addiction can be overcome when recognized and treated early.

Contributed by *Jamie Malone, RN, CPHQ and Karen Beery, LCPC, Consultation and Education Department, High Plains Mental Health Center, Hays.*

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

Mail questions to: **PLAIN SENSE, Consultation and Education Department High Plains Mental Health Center, 208 East 7th, Hays, Kan. 67601** Questions will be formatted and answered in a manner that insures confidentiality.

### Death

#### Ernest E. Devlin

Ernest E. Devlin, 76, formerly of Colby, died Saturday, June 21, 2001, at his home in Colorado Springs, Colo.



Devlin

He was employed by the Sterling Production Credit Association on May 2, 1948, as a bookkeeper, and was soon promoted to field representative and then vice-president and treasurer. He became president of the Northwest Kansas Production Credit Association at Colby in 1969. In 1975 he transferred to Wichita.

Ernie held life memberships in the VFW and the BPOE.

He is survived by his wife, Donna, of Colorado Springs; three sons, Dennis Devlin and wife Mary of Berthoud,

## Community Calendar

### FRIDAY, JULY 27

Brown bag Al Anon (non-smoking), 775 E. College Drive, noon  
Senior Survivors, Meadowlark Manor, 3-5 p.m.  
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

### SATURDAY, JULY 28

SHARE delivery, Sacred Heart Gym, 9 a.m.  
Open Class Horse Show, Fairgrounds, 9 a.m.  
Golden Buckle Square Dance, Community Building, 8:30-11 p.m.  
Sixth Street Alcoholics Anonymous, 1275 West 6th, 8:30 p.m.

### Club News

#### BREWSTER PRAIRIE GEM 4-H CLUB TOUR/PARENTS' NIGHT

On the hot afternoon of July 22, members of the Brewster Prairie Gem 4-H Club and their parents drove nearly 75 miles and made 10 stops to view the projects of 18 members. Several families were out of town which made the tour shorter than some years. The members participating in the tour and the projects they displayed and discussed were as follows: Kayla Ryan, yearling calf; Whitney Schultz, lamb, bucket calf, and steer; Avery Schultz, lamb, steer, and heifer; Melissa Baird, bucket calf, clothing construction, and crafts; Andrie Baird, heifer, clothing construction, and crafts; Bryan Gray, rabbits, geology, and photography; Abbie Allen, dog; Ryan Allen, photography; Tim Knox, foods, geology, and photography; Katherine Mills, clothing construction, steers, and lambs; Emily Carney, lambs, steer, heifer, pigs, and entomology; Erin Carney, lambs, steer, heifer, pigs, and art work; Scott Carney, steer, heifer, pigs, and woodworking; Rose Bear, clothing construction, pigs, and bucket calf; Quentin Bear, pigs, steers, woodworking, and welding; Dan Dewey, steers, heifers, and lambs; Kelsey Bolz, crafts; Lizzy Bolz, crafts.

The tour ended at the home of Dan Dewey where everyone was most appreciative of the water and ice tea supplied by Dan's mother, Billie Hoyt.

The members of the club held the July business meeting at the Hoyt farm. President Katherine Mills led the membership in saying the flag salute to open the meeting. Roll call was answered by telling the last time it rained. The answers were very different because members live in a variety of locations in the Brewster area. The business session was short with officer and leader reports being made.

Members were reminded of their assignments for working at the fair and food to bring for the 4-H food stand. Parents of the members were scheduled to present the program for the meeting. Those present and providing information for the club members were Dorothy Bear and Nancy Mills. Dorothy informed the members how to prepare for the heat during the county fair. Nancy reminded the group that all 4-Hers are winners. The meeting adjourned with reciting the 4-H pledge. All the families present enjoyed an potluck meal before going home.

#### ROTARY

On July 27 President Brian Staats presided. Guests were Corbin Stephens and Deanna Carmen. Cal Mahin gave each Rotarian a placemat telling of upcoming events and programs for each week, and information on committees. Each week there will be a mystery Rotarian, so be sure to greet each member every week.

Michael Boyles presented a program on bike racing. He demonstrated how equipment has changed through the years. Safety helmets have changed from a soft open protector to fully padded hard-shell.

Bike seats used to be hard plastic; now they are foam padded. Shoes now can be unlocked just by turning the foot. Shirts and pants have gone from wool to spandex to achieve more arrow dynamics and comfortable fit. Bike gears can be changed for incline or decline.

The Tour de France bike race is happening at this time. It is a race that lasts 25 day and has many different stages. Bike racing is a team effort. Biking has changed in many different aspects throughout the years.

### Markets

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

Wheat	\$2.72
Corn	\$2.00
Milo	\$3.20

### Hospital

**CITIZENS MEDICAL CENTER**  
Tuesday, July 24: Admissions - Margarita Garcia, Colby. Dismissals - Mary Mead, Vicki Barnett, Lourena Pratt, all Colby.

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Colo., Berne Devlin and wife Joan of Columbia, Mo., and Terry Devlin and wife Lori of Colorado Springs; three daughters, Joan Eylar and husband Barry of Denver, Marilyn Kersenbrock of Colby, and Tracey Hammond of Wapiti, Wyo.; brother; two sisters; 10 grandchildren and three great-grandchildren.

Memorial contributions may be made to the charity of one's choice.

Mass of Christian Burial was conducted today from St. Andrews Catholic Church, 412 Dexter, Wray, Colo. with Father Jerry Young officiating. Burial followed in the Glendale Cemetery in Vernon, Colo. with Brenner Funeral Home of Akron, Colo., in charge of arrangements.

#### Erna (Rahu) Waters

Erna (Rahu) Waters, 94, died Monday, July 23, 2001, at San Diego, Ca-

lif. She was born Sept. 21, 1906, at Topeka. She was a former Colby resident, and was a retired bookkeeper. Her husband Raymond Waters died Jan. 21, 1978.

Survivors include a son Keith Waters, Eden Prairie, Minn., daughter, Luanne Von Schneidmesser, Madison, Wis.; sister Helen Noller, Puyallup, Wash.; and six grandchildren.

Funeral services will be at 11 a.m. Friday at Trinity Lutheran Church, Colby, Pastor David S. Hall officiating. Burial will be in St. Francis Cemetery, St. Francis. Visitation will be Thursday from 1-9 p.m. at Harrison Chapel, Colby.

Memorial donations may be made to the Thomas County Historical Society or Trinity Lutheran Church, and may be left at any Colby bank or Harrison Chapel.

## Kountry Kitchen

A cool chicken salad for a hot summer day.  
**Chicken Salad with Slivers of Baked Ham**



Lois Myers

• Correspondent

- 2 chicken breasts, cooked and cubed
- 1 cup chopped celery
- 1 cup slivered baked ham
- 1 cup mayonnaise
- 1 tablespoon lemon juice
- Salt and cayenne pepper to taste
- Iceberg or Bibb lettuce
- Paprika

Combine chicken, celery and ham. Blend lemon juice, salt, cayenne pepper and mayonnaise, fold into chicken mixture. Line four salad plates with lettuce. Spoon salad into center of plates. Garnish with a tiny sprinkle of paprika. Serve with a thick slice of sour-dough bread. Makes four servings.

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