

Family

Club News

ROTARY

President Brian Staats presided at the Aug. 7 meeting. Guests were Rotarian Shawn McCain of Denver South East Club, Todd Stramel, Thurston Van Horn, Scott Gaywith and Jeff Jennings.

Treasurer Nancy Lepell gave a short update on the treasurer's report. The board members were to hold a meeting that night to project the budget for the year.

Brian Staats passed out information sheets on the new club motto "Man Kind is our Business." He reminded the members of the Paul Harris and Rotary International Seminars to be held on Aug. 10-11 in Russell.

Mystery greeter was Carolyn Armstrong. Ron Davis won a free car wash from Quick Lube.

The program was presented by

Nancy LePell and Paul Steele. They told of their trip to the Rotary International meeting in San Antonio. They played a video of the convention, telling of the entertainment and information on club service all over the world. There were approximately 24,000 people from all over the world in attendance.

Rotary is one of the top service group in the world. Rotary helps in mentoring, supporting and service project to help people in all nations.

Nancy was most impressed with the river walk downtown in San Antonio. It is below street level. Paul likes to meet and learn of Rotarians of other countries.

At the convention the president told how he came by the motto "Man Kind is Our Business." He likes the story of Scrooge.

Exercise and computer classes offered at senior center



Lois Myers

• Senior Savvy

Computer Literacy Course For Seniors—This course for seniors will begin in September at the Senior Center. Call Deb at 462-2901 for enrollment information.

Introduction To The Internet—This is a workshop for seniors that will begin in October at Bedker Memorial Complex on the Colby Community College campus. Call Deb at 462-2901 for additional information.

The following activities have been scheduled at the Senior Progress Center for the week of Aug. 20-24. Any

senior 60 or older may participate. Monday – Shuffleboard at 10 a.m.; Cards at 1 p.m. Tuesday – Low impact exercise class at 9:30 a.m.; Shuffleboard at 10 a.m.; Cards at 1 p.m. Wednesday – Line dance class at 10 a.m.; Cards at 1 p.m. Thursday – Low impact exercise class at 9:30 a.m.; Shuffleboard at 10 a.m.; Senior Bridge at 1 p.m. Friday – Share-a-Memory/Coffee Time at 9:30 a.m.; Shuffleboard at 10 a.m.

Indoor walking, snooker, pool, puzzles and cards are available whenever the center is open...and the coffee pot is always on. Planning a reception? You do not need to be a senior to rent the center. Call Deb at 462-2901 for more information.

Homestead Nutrition Aug. 20-24. Monday – Chicken fajita, scalloped potatoes, bread, Mandarin oranges,

pudding. Tuesday – Swedish meatballs, noodles, pea salad, bread, cookies. Wednesday – Roast turkey, mashed potatoes w/gravy, green beans, bread, cherry crisp. Thursday – Beef stew, crackers, 5-cup-salad, cinnamon roll. Friday – Taco salad, chips, cantaloupe, peach-up-side-down-cake w/topping. Meal reservations need to be made before noon, 24 hours in advance, at 462-2901. Cancellations should be called in as soon as possible. Menus are subject to change.

Death

Eltie Lee Salmans

Eltie Lee Salmans, 69, died Monday, Aug. 6, 2001 at Citizens Medical Center, Colby. He was a farmer and lifetime Logan County resident, living in or near Winona. He was a member of Winona Methodist Church.

He was born Sept. 4, 1931 at LaCross, the son of Pearl and Edith (Davis) Salmans.

Survivors include a brother, Roland and wife Tama, Wylie, Texas; and sister-in-law, Roberta Salmans, Winona.

He was preceded in death by his parents, brothers, Kyle who died as a child, and Charley; and sister Virginia Norton.

Funeral services were Saturday at Kennedy-Koster Funeral Home, Oakley, Pastor Bob Kelly officiating. Burial was at Winona Cemetery, Winona. Memorials are suggested to the Diabetes Foundation, and can be sent in care of the funeral home.

Volunteers needed to help with Girl Scouts

By JANELLE GRIFFIN

Girl Scout Service Unit

If you are looking for something fun, challenging, and satisfying to do, then Girl Scout volunteer work may be just for you.

Now, wait. We don't necessarily mean being a Girl Scout troop leader. There are many other volunteer areas available requiring varied talents and abilities. If you are organized, you might consider being the registrar (all your work would be done at the beginning of the school year), product sales (calendars, and, of course, cookies) where your responsibilities include distribution to troop leaders and finan-

cial accounting of monies earned. If you are creative, you might want to be a troop volunteer in charge of crafts, community service, special troop activities or help plan a Fall Festival, or other event in your community. If you are a retired person looking for a fulfilling afternoon/evening adventure, a troop meeting could be just what you need.

Girl Scouting helps you gain satisfaction from serving and helping, while being a role model to young girls; feel needed; grow and develop personally; discover outlets for creative expression; share your knowledge, experience and skills; plan and initiate ac-

tivities for adults and children; even learn marketable skills and acquire experience that can be of valuable assistance in getting jobs and promotions.

If you are interested in helping the Girl Scouts in your community, in any way, your help would be appreciated. Girl Scout Service Unit Meeting will be held Aug. 28, at p.m. at the Girl Scout Center. Any adult interested in volunteering with Girl Scouts is welcome to attend.

For more information contact Janell Griffin at 462-6255, or call Girl Scouts of Sunflower Council at 1-888-811-8832, for information.

Panic attack may have no reasonable cause

A panic attack is an uncontrollable panic response to an ordinary, non-threatening situation. For example, as you step into an elevator, suddenly your heart races and you feel as if the elevator is about to crash into the ground. Or you are driving and suddenly feel out of control, experience hot flashes and are unsure of just where you might be. Panic attacks can occur in anyone. Chemical hormonal imbalances, drugs or alcohol, stress, or other situational events can cause panic attacks, which can be mistaken for heart attacks, heart disease, or respiratory problems. Symptoms of a panic attack may include pounding heart, sweating, feeling weak, faint or dizzy, numbness or tingling feeling in hands, feeling flushed or chilled, chest pain or smothering sensations, sense of unreality, as well as fears of impending doom, loss of control, heart attack, or fear of dying.

Phobias are irrational, involuntary, and inappropriate fears of (or response to) ordinary situations or things, such as an unreasonable fear of snakes or traffic jams, or an extreme fear of making a spectacle of oneself in public (social phobia). People who have phobias



Mental Health

• Plain Sense

can experience panic attacks when confronted with the situation or object about which they feel phobic.

Many people with phobias or who experience panic attacks "fear the fear", meaning they worry about when the next attack is coming. This fear of more panic attacks (anticipatory anxiety) can be debilitating. People who are prone to panic attacks often begin to avoid the situations they think triggered the attack, thus limiting the things they do or the places they go.

Two to five percent of Americans are thought to suffer from some form of panic disorder. According to the National Institute of Mental Health, twenty-four million Americans will experience some phobias in their lifetime. Sadly, only about one quarter of

those who suffer from this disorder ever seek appropriate treatment. Proper treatment begins with an evaluation from a mental health professional. Recovery from panic disorders can be successful using a combination of medication to block the panic attacks, and cognitive or behavioral therapy, which helps people think differently of the feared object or situation.

Contributed by Karen Beery, LCPC, Consultation and Education Department, High Plains Mental Health Center, Hays, Kan.

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 Website www.highplainsmentalhealth.com Questions will be formatted and answered in a manner that insures confidentiality.

Youth share camp experiences

Lane Purcell was the guest speaker at the Rexford Community Church on Sunday morning, Aug. 5. Also four young people shared their experiences at different camps this summer. They were Kristin Wark, Rebecca Wark, Josh Carroll and Liz Purcell.



Lula Thieler

• Rexford Correspondent

Louise Schielke of Oakdale, Calif., spent two weeks visiting Jay and Nancy Dahl and other family members in the area.

Lane and Patty Purcell and family traveled to Little Rock, Ark., on July 25 for the wedding on July 28 of their

oldest daughter, Naomi. Naomi Purcell and Brett Latimer were married at 10:30 a.m. in an open stone chapel on Petit Jean Mountain at Petit Jean State Park. All of the Purcell children were in the wedding party, Julia, 22, Liz, 17, and David 16. After the ceremony the Purcells hosted a reception for 150 in a lodge in the park.

Brewster News

By Sally Michael

Brewster Correspondent

Willard and Maxine Moore will celebrate their 60th wedding anniversary on Sept. 9, 2001, with a reception at Lantern Park Manor, Colby, from 2-4 p.m. Willard says Maxine is doing really good and looking forward to this party. So mark your calendar, and stop and wish this fine couple a "happy anniversary."

We are hearing good things about Bill Selby and his back surgery in Denver. Eva Lou says he is doing great. Hazel Tracy is also on the mend, and we hope she is soon back home. Kay Norton has returned home, and we hope she is doing better. There are others that are having a hard time during this heat wave, so be sure to check on your neighbors if you don't see them around.

About Town

Marge Roulier returned to Colby Tuesday from Longmont, Colo., where she was a guest of long time friend, LeNore Hineman. LeNore is formerly from Phoenix, and had just recently moved to Longmont.

Todd and Mandy Barnett, Tatum, Kerry, Taylor and Melia of Ulysses, were recent guests of Mason and Merle Wolf. The Barnetts visited relatives and friends in the area, and Melia, born June 14, made her debut in Colby. Three sets of great-grandparents, Ellen Palmer of Atwood, Mr. and Mrs. Jack Wark of Rexford and Velma Barnett were pleased to make little Melia's acquaintance. Taylor remained in Colby with Grandma Merle and Mason for a few days.

Frank and Bernice Skiles, Kristin and Kayla of Colby were Tuesday afternoon guests of Blanche Cheney and Brooklyn Biel of Rexford on Aug. 7.

On Monday, Aug. 6, Blanche Cheney of Rexford, Billy Turrell, Frank and Bernice Skiles and Kayla were callers on Lola Skiles.



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WELCOME to COLBY

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Community Calendar

SUNDAY, AUGUST 19
 Sunday Morning Alcoholics Anonymous, Ramada Inn, 9 a.m.
 Higher Ground, High School Youth Group, Berean Church, 6 p.m.
 New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

MONDAY, AUGUST 20
 Duplicate Bridge, airport, 1 p.m.
 Cemetery District No. 1, courthouse, 2 p.m.
 Quit smoking support group, 775 E. College Drive, 1 p.m.
 Monday Afternoon Bridge, Meadowlark Manor, 1 p.m.
 Take Off Pounds Sensibly, United Methodist Church, 7 p.m.; weigh-in, 6-6:30 p.m.
 Rexford Lions, Rexford Cafe, 7 p.m. (2nd & 4th Mondays)
 Pride of the Prairie Orchestra practice, Colby Community College Band Room, Cultural Arts Center, 7:30-9 p.m.
 Downtown Alcoholics Anonymous, (smoking), City Hall Basement, 8:30 p.m.
 Al Anon, (nonsmoking), 1275 W. 6th, 8:30 p.m.

Markets

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

Wheat	\$2.58
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Milo	\$3.25

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 weddings, engagements, anniversaries, reunions, club news, whatever you want to share.
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