

Family

Feeling lonely can be result of being too busy

Dear Plain Sense: I am a middle-age woman living on a farm, and even with a large family, I often feel very lonely and isolated. I am so busy with my life, that I miss the chance for just enjoying time with friends, or with my sister. I don't want this to affect my marriage, but sometimes I really get down in the dumps.

Dear Farm Wife: Feelings of loneliness can be the result of a variety of factors, none of which necessarily have to do with living out in the country. Sometimes it is the result of being too busy to take time to do the things that are relaxing and enjoyable. And farm couples, because of the demands of their life style, often neglect that side of their relationship.



Mental Health
• Plain Sense

In addition, women have a tendency to give up their own personal time to care for family, friends and community needs. While being available to family and others can be a source of satisfaction, it can also contribute to the neglect of activities that bring personal enjoyment. And we all need some enjoyment to balance out all that work and giving of time.

One suggestion is to make opportu-

nities for interactions with others whom you particularly enjoy, such as old friends and your sister. It usually takes extra effort to stay in contact and involved with extended family and friends, particularly when they live far apart. But the personal rewards can be well worth the effort.

If these 'down in the dumps' feelings continue for an unusually long time, even when the situation improves, it may indicate a need for professional help. People who feel isolated often are not able to see other options or alternatives, which contributes to feelings of loneliness, and even being trapped.

Talking with someone you trust, such as a member of the clergy, family physician, or a therapist or counselor, can help in understanding the factors that contribute to these feelings, and considering steps to take to alleviate the situation.

Most of all, don't feel guilty when you take some time for yourself. Explain your needs to the rest of the family and give them the chance to support your efforts. The positive results will be appreciated by all of you.

Contributed by Karen D. Beery, LCPC, 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.

Golden Buckle schedules square dance

Ron Snyder of Colby will call the Golden Buckle's Square Dance on Saturday, Jan. 12. It will be held at the Colby Middle School, 3rd and Range, from 8-10:30 p.m. Visitors are welcome.

The 27th annual meeting of the Northwest Kansas Groundwater Management District No. 4 has been scheduled for Thursday, Feb. 21, at 1:30 p.m. in the Elks Lodge, Goodland. Board members will be elected from Cheyenne, Sherman, and Thomas counties.

Earl and Mildred Yarnell had a special "extended" Christmas this year, with their children, and grandchildren visiting them throughout the Christmas week. Coming from Sidney, Neb., were Robert and Bobbie Jo Johnson; Larry Johnson; and Jennifer Wilson and Donavon. Robert and Janet Yarnell came from Scottsbluff, Neb., and Janice Magathan and Andrew from

Community Calendar

FRIDAY, JANUARY 11

Brown bag Al Anon (non-smoking), 775 E. College Drive, noon
Sorosis, Donna Pflasterer, 1:30 p.m.
Wings Upon the Prairie drop-in center, 1980 W. 4th, 5-8 p.m.
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

SATURDAY, JANUARY 12

Blood tests for Wellness Fair, Citizens Medical Center, 6-10 a.m.
Wings Upon the Prairie drop-in center, 1980 W. 4th, 5-8 p.m.
Golden Buckle Square Dance, Community Building, 8-10:30 p.m.
Sixth Street Alcoholics Anonymous, 1275 West 6th, 8:30 p.m.

Deaths

Elouise M. Britton

Elouise M. Britton, 73, died Tuesday, Jan. 8, 2002, at Logan County Hospital, Oakley.

Funeral services will be at 2:30 p.m. Saturday, at Winona Methodist Church. Burial will be in the Oakley Cemetery. Visitation will be 2-9 p.m. Friday at Kennedy-Koster Funeral Home, Oakley.

Elsie Stephens

Elsie Stephens, 82, died Wednesday, Jan. 9, 2002, at her residence in Oakley.

Funeral services will be at 10 a.m. Friday at St. Joseph's Catholic Church, Oakley, Fr. Roger K. Meitl officiating. Burial will be at Immaculate Conception Cemetery, Grinnell. Visitation will be 2-9 p.m. Thursday

at Kennedy-Koster Funeral Home, Oakley. Rosary will be at 7 p.m. Thursday at the funeral home.

Edward V. "Ed" Horinek

Edward V. "Ed" Horinek of Page City, 80, died Tuesday, Jan. 8, 2002, at Citizens Medical Center, Colby.

Funeral services will be at 10 a.m. Saturday at Sacred Heart Catholic Church, Colby, Fr. Galen Long officiating. Burial will be at Sacred Heart Cemetery, Colby, with military graveside rites by Oakley VFW and American Legion.

Visitation will be 2-9 p.m. Friday at Kennedy-Koster Funeral Home, Oakley. Rosary will be at 7:30 p.m. Friday at the funeral home.

Memorials are suggested to St. Joseph's School, Oakley, or Sacred Heart School, Colby.

Hospital

CITIZENS MEDICAL CENTER

Tuesday, Jan. 8, 2002

Admissions

Larry Dunlap, Brewster

Dismissals

Sierra Finlay, Colby
Virginia Leebrick, Atwood
Erma Hein, Colby

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat	\$2.70
Corn	\$1.96
Milo	\$3.07
Soybeans	\$3.77

Winter bird survey planned Jan. 10-13

PRATT — Kansas bird watchers will participate statewide in the Kansas Winter Bird Feeder Survey, sponsored by the Kansas Department of Wildlife and Parks and the Kansas Ornithological Society on Jan. 10-13. Participants in this annual event will observe their feeders for four consecutive days and will record information on birds they see.

Wildlife and Parks provides the forms that describe information

needed by the survey, which helps biologists track the health of songbird populations.

Anyone may participate. In addition to benefiting scientific research on birds, the survey also gets people together who have a common interest in wildlife.

Results of the survey will be published in the Kansas Ornithological Society Newsletter.

The Winter Bird Feeder Survey an-

nually attracts about 900 participants statewide. Those who participated in last year's survey will automatically be mailed a form for this year's survey.

Those who did not participate last year may obtain forms from department regional offices, from the Kansas Department of Wildlife and Parks, Winter Bird Feeder Survey, 512 SE 25th Ave., Pratt, KS 67124, by phoning (620) 672-5911, or by emailing kenb@wp.state.ks.us.

Club News

Northwest Kansas Transition Council

Northwest Kansas Transition Council met Nov. 29. Those attending were Jennifer Unger, Cheryl Solberg, Kathy Cataldo, Judy Taylor, Kerrie Applehaus, Scott Carver, Linda Groff, Jamie Woods, Janet Worthy, George Victor, Marilyn Unger, Linda Groff and Diane Stithem.

Victor reported on changes in the Kansas Rehabilitation Services counselors' coverage. He will no longer be the single point of entry into rehabilitation services for the transition referrals in our area. The 11 counties of northwest Kansas have been divided up between Victor, Judy Dankenbring, and Elaine Graham. Victor will cover Decatur, Sheridan, Gove, and Thomas counties. Dankenbring will cover Wallace, Sherman, Cheyenne, Rawlins, and Logan counties. Graham will cover Trego and Graham counties, plus other counties farther east.

Stithem reported, in 2002, High Plains Mental Health will be setting up a transition training program for youth receiving their services as they prepare to enter into adult life. They would like some input from this council. Each council member is to bring suggestions for what types of transition activities are appropriate to do with different ages to the next meeting.

Woods said the Anger Control Groups and the parenting groups being run by High Plains Mental Health have been going well. The adolescents in these groups have been benefiting from the experience of learning different ways to deal with their anger. The group setting seems to be more effective for some aspects of training than individual sessions.

Worthy, from the Regional Prevention Center, took six youth/young

adults to the Lions' State Training - Youth Summit. They plan to provide a program for parents in April, 2002. With community support, they would also like to work toward establishing a skate park in Colby in 2003.

Victor reminded of Kansas' second Youth Leadership Forum for high school students with disabilities which will be June 17-22, at Washburn University in Topeka. Potential junior and senior leaders need to apply for this training opportunity by Jan. 15.

Procedures used by area schools to screen foster care students before allowing them to attend classes were discussed. Some schools have a waiting period. Woods said the Medical Card is opening up to foster care children to help pay for some of these added family services.

Carver reported Living Independently in Northwest Kansas is in the process of hiring a transitional specialist for the area. This person will be working with brain-injured young adults to help them through the transition to adulthood independence process.

Taylor reviewed the latest application submitted by the council for a Kansas State Improvement Mini-Grant from the State Transition Council. We have asked for \$1,500 to help with costs for parent, teacher, and student training projects, plus council expenses.

Unger encouraged council members to consider attending the 2nd Annual KansTrans Statewide Transition Conference on April 2-3, in Wichita.

To close the meeting, Victor demonstrated a computer resource directory, Kansas Disability Services, which is available through: Liz Grandin Cerebral Palsy Research Foundation of Kansas 5111 E. 21st

Street N.P.O. Box 8217 Wichita, Kan. 67208 E-Mail: lizg@.cprf.org Phone: 316-652-1544

The next northwest Kansas Transition Council meeting will be Thursday, Jan. 17, at noon at the Ramada Inn, Colby.

Daughters of Isabella

Immaculate Heart of Mary Circle met Jan. 3 in the Knights of Columbus room. Regent Rosemary Bange called the meeting to order.

The opening prayer was led by Delores Depperschmidt and said as a group. The ode was sung. The pledge to the flag was made.

Pauletta Bieker read a spiritual message in the form of a poem.

Rosemary Bange read a letter telling about the State Daughters of Isabella Conference to be April 19-21 at the Red Coach Inn in Wichita. The theme is 75 years - *Flying High With D of I*. Reservations are due by March 20.

Thank you notes were read for the monetary gifts to Genesis, Sister Loretta Podlena, The General Altar Society for the kitchen project and the Mary Elizabeth House in Hays.

There was also a thank you for the baby shower gifts that were collected at the Christmas Party.

Rosemary and Sylvester Bange delivered them to Hays. to the Mary Elizabeth House.

There was an amount of \$28 collected at the Christmas Party and it was sent to the Cathedral in Dodge City.

The obligation was read as a group. The closing prayer was said and the ode was sung. Rosemary Bange and Pauletta Bieker served refreshments.

Hostesses for Feb. 1 meeting are Nancy Barlow and Delores Depperschmidt. They will show how to do valentine stamping.



Class starts in 5 minutes

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Spring 2002 Classes

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1st Session - Jan. 28-May 10

- Accounting I
- Accounting II
- American History to 1865
- Anatomy & Physiology I
- Anatomy & Physiology II
- Basic Applied Math
- Beginning Algebra
- College Algebra
- Cultural Anthropology
- Elementary Spanish I
- English Composition I
- English Composition II
- Foundations of Modern Education
- Fundamentals of Chemistry
- Fundamentals of Writing
- General Psychology
- History & Criticism of Art II
- Horse Production
- Human Growth & Development
- Intermediate Algebra
- Introduction to Business
- Introduction to Computers
- Introduction to Ethics
- Introduction to Music
- Medical Terminology
- Microcomputer Applications
- Personal & Community Health
- Principles of Biology
- Principles of Macroeconomics

2nd Session - Feb. 25-May 17

- American Government I
- American History 1865-Present
- Anatomy & Physiology I
- Beginning Algebra
- Children's Literature
- Elementary Spanish II
- English Composition I
- English Composition II
- General Psychology
- Human Growth & Development
- Human Relations
- Intermediate Algebra
- Introduction to Astronomy
- Introduction to Computers
- Introduction to Geology
- Introduction to Sociology
- Personal Finance
- Principles of Biology
- Principles of Microeconomics
- Speech I
- Web Page Design
- World Literature
- World Regional Geography

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Social Hour Club election held

By LULA THIELER

Rexford correspondent

Jean Hawkins hosted the Social Hour Club at the Barn Wednesday afternoon with eight present. Election of officers was held with the same officers held over for another term. Grace Cheney received the hostess gift. A pumpkin dessert with crackers and coffee was served for refreshments. Vesta Roth will be the hostess on Jan. 16 at the Red Barn.

Dean and Marie Adams of Scott City were Christmas Day guests of Alfred and Jean Hawkins.

Hays Med. Ctr 5X3 100% Ask Bill