

Family

Death

Marie G. Cousins

Marie G. Cousins of Vandalia, Mo., 97, died today, May 10, 2002, at Fulton Health and Rehab Home in Fulton, Mo.

Graveside services will be at 10:30 a.m. Monday at the Menlo Cemetery, Menlo. Harrison Chapel is handling local arrangements, and Waters Funeral Home is handling arrangements in Vandalia.

Hospital

CITIZENS MEDICAL CENTER Thursday, May 9, 2002

Admissions
Brenda Janzen and infant female, Oakley
Manuel Rodriguez, Colby

Dismissals
Susan Dinkel and infant male, St. Francis
Gilbert Miller, Colby

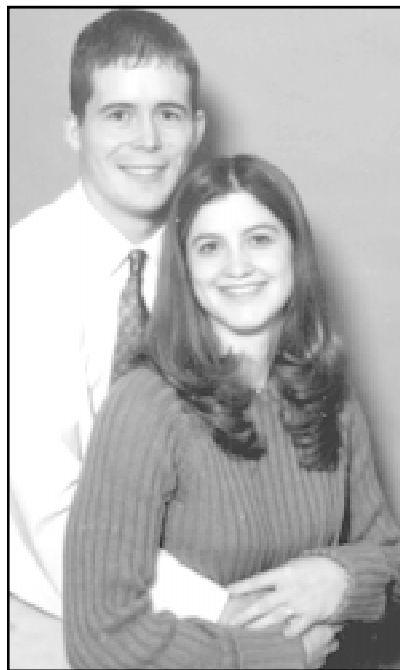
Rush and Cox to wed

Cayla Rush of Brewster and Joe Cox of Norton plan to wed on July 20 at Our Lady of Perpetual Help Catholic Church in Goodland.

Parents of the couple are Neal and Jolene Rush, Brewster, and Clayton and Cathy Cox, Norton. The bride-to-be's grandparents are Rose McKee, Colby, and Rolland Rush, Levant. Grandparent of her fiancé is Doris Kirgis, Beloit.

Miss Rush graduated from Brewster High School in 1999, Colby Community College in 2001, and is currently a student at Bethany College, Lindsborg. She is majoring in elementary education.

Her fiancé graduated from Norton High School in 1997 and will graduate in December from the University of



Cox and Rush

Nebraska at Kearney. His major is education, health/PE K-12.

Loss of close friend grieves woman

Dear Plain Sense:

I think my friend is overly concerned about her elderly mother's sadness and grief since the loss of a close friend. At her age, with all the losses she has had, she should be able to cope with death.

The elderly do respond to the death of friends and loved ones differently than younger people, but that doesn't mean that they are 'used to' death. Their losses have accumulated over a lifetime, and so do their feelings of grief. In addition to the death of loved ones, many other losses are experienced with age. They no longer have a career, their health is declining, their income is not what it used to be, and they may have to leave their home of a lifetime. Friends and family disappear due to failing health and death. Their support system is dwindling and they



Mental Health
• Plain Sense

begin to feel more isolated.

As with any age, some elderly persons cope better than others. Factors that contribute to their coping ability include a strong spiritual base, friends and family who are willing to lend a listening ear, hobbies or other interests, and residing in a supportive community. Personality and how the person has coped with life thus far is also an important factor. When these factors are not present, the person's feelings can become buried within and ignored. Complicated grief can develop, leading to serious depression and even suicidal thoughts.

Your friend's concern is understandable, and she may be providing the

family support this elderly mother needs. It is also important to encourage the grieving person to avoid isolation, stay involved with friends and community activities, and to seek professional help if those feelings become overwhelming.

Contributed by Cora Lee Pfannenstiel, RN, BSN, Community Outreach Consultant/Nurse Educator

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, Kan. 67601

(Questions will be formatted and answered in a manner that insures confidentiality) Internet site: www.highplainsmentalhealth.com

Area Agency sets insurance volunteer training

The Northwest Kansas Area Agency on Aging and the Kansas Insurance Department will sponsor a training for people who would like to become volunteer health insurance counselors. The three-day training is scheduled for 9 a.m. on June 11, 12 and 13 at the Q-Inn Restaurant in Quinter.

The training will cover aspects of health insurance that most affect Medicare beneficiaries, such as Medicare claims and enrollment, Medicare Supplement Insurance and Long Term Care Insurance.

The staff of the Senior Health Insurance Counseling for Kansas (SHICK) Program will conduct the training.

SHICK volunteers are available through the Northwest Kansas Area Agency on Aging to counsel older Kansans who have questions and problems regarding their health insurance. Applications are now being accepted by the Northwest Kansas Area Agency on Aging for the free training.

To become a counselor, volunteers must not be in the health insurance business or be associated with anyone

who is in the health insurance business. The volunteers will be expected to offer some time for counseling duties and their expenses will be paid.

Anyone interested in receiving train-

ing and serving as a volunteer counselor should contact Glenna Clingsmith at the Northwest Kansas Area Agency on Aging at 1-800-432-7422.

Student

LAWRENCE — The University of Kansas Office of University Relations announces the following students from Thomas County have been named to the 2001 fall honor roll.

From Colby — Brandon Leigh Kane, senior in liberal arts and sciences/business, son of Mitch Kane; Mike J. Schroeder, senior in school of pharmacy; Jonalan Duane Smith, junior in liberal arts and sciences, son of Randy Smith; Kellie Ann Wark, sopho-

more in liberal arts and sciences, daughter of Kevin and Susan Wark.

From Gem — Anita Marie Mumm, senior in liberal arts and sciences, daughter of Mr. and Mrs. Charles Mumm.

From Menlo — Lindsey D Patmon, junior in liberal arts and sciences, daughter of Lenny and Michelle Patmon.

Markets

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

Wheat	\$2.55
Corn	\$1.86
Milo	\$2.80
Soybeans	\$4.15

Thank You....
for the cards, letters, and calls we received in honor of our 60th Anniversary.
Earl & Mildred Yarnell

We welcome your local news — weddings, engagements, anniversaries, reunions, club news, whatever you want to share.

Weddings will be printed free if reported within four months of the event

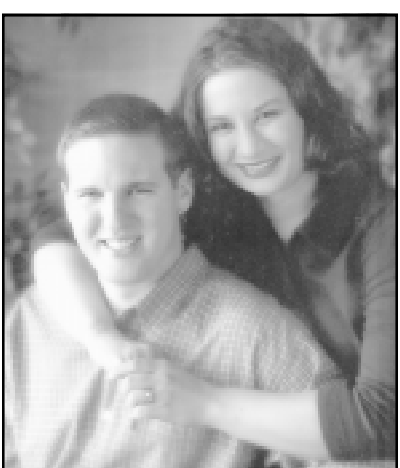
**Colby Free Press
155 West 5th
Colby, Kan. 67701
462-3963
mnelson@nwkansas.com**

Sis to wed Schroeder

Mr. and Mrs. Michael L. Sis of Atwood announce the engagement of their daughter, Kathryn Marie to Mike Jude Schroeder, son of Mr. and Mrs. Daniel S. Schroeder of Colby.

The bride-to-be is a 1997 graduate of Atwood High School. She is a senior at the University of Nebraska Medical Center College of Dentistry in Lincoln. She will receive her bachelor of science degree in dental hygiene in May.

The prospective bridegroom is a 1996 graduate of Colby High School. He graduated from Colby Community College with an associate of science degree in 1998. He is attending the University of Kansas School of Phar-



Schroeder and Sis

macy in Lawrence and will receive his doctorate of pharmacy in May.

The couple will be married Aug. 10, 2002 at St. John's Catholic Church, rural Atwood.

Community Calendar

TUESDAY, MAY 14

- Friends of the Library, Pioneer Memorial Library, 7:30 a.m.
- Rebekahs, Betty Carney, 10 a.m. (2nd & 4th Tuesday)
- Rotary, Student Union, noon
- Alcoholics Anonymous, city hall basement, noon
- Adding Spice and Herbs to Your Life, Thomas County Office Complex, 2 p.m.
- Senior Progress Center Board, Senior Progress Center, 1 p.m.
- First Year Webelos, Fire Station, 5:30 p.m.
- Bear Cubs, United Methodist Church, 5:30 p.m.
- Wolf Cubs, United Methodist Church, 5:30 p.m.
- Ladies cards and social, Country Club, 5:30 p.m.
- Weight Watchers, United Methodist Church, 6:30 p.m.
- Domestic Violence Support Group, 7 p.m. Call 462-2860
- Family night story time, Pioneer Memorial Library, 7 p.m.
- CHS Spring Choral Concert, CHS Auditorium, 7:30 p.m.
- Sweet Adelines International, United Methodist Church, 7:30 p.m.
- New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

COLBY SECONDARY PARENT TEACHER STUDENT ASSOCIATION (PTSA) APPRECIATES THOSE WHO TEACH OUR CHILDREN!

MIDDLE SCHOOL	Ms. Hawkins	Mrs. Henry
Mr. Ross	Mr. Flohrschutz	Mrs. Houtz
Mr. Anderson	Mrs. Mazanec	Mrs. L. Jones
Mrs. Baker	Mrs. Randolph	Mrs. Koons
Ms. Cash		Mrs. Lampe
Mr. Cox	HIGH SCHOOL	Mr. Mannebach
Mr. Dack	Mr. Bullington	Mrs. Skiles
Mrs. Denny	Mrs. Quenzer	Mr. Miles
Mrs. Dumler	Mr. Balluch	Mrs. Myers
Mrs. Fulwider	Mr. Beims	Mrs. Pfeifer
Mrs. Haas	Mr. Bissitt	Mrs. Roberts
Mrs. Hallinger	Mrs. Bricker	Mrs. Rundel
Mrs. Hanslick	Mrs. Clark-Leiker	Mrs. Samson
Mr. Higley	Ms. Cook	Mrs. Smith
Mrs. B. Jones	Mr. Custer	Mrs. Sprenkel
Mr. Kidder	Mrs. Diercks	Ms. Strand
Mr. Latta	Mrs. Dietz	Mrs. Struckhoff
Mrs. Mahin	Mrs. Faver	Mrs. Vap
Mrs. Nielsen	Mr. Finley	Mr. Weber
Mr. Rall	Mrs. Flanagan	Mr. Wiens
Mr. Rasmussen	Mrs. Gerstner	Mrs. Wildeman
Mr. Schrag	Mrs. Gottsch	Mr. Williams
Ms. Shiveley	Mrs. Hovda	Mrs. Wylie
Mrs. Tubbs	Mrs. Groom	Mrs. Schields
Mrs. Ackerman	Mr. Hemmert	Mrs. Schlick

The Students of the
Cheryl Schwarz Dance Center
Presents
"A DAY AT THE SHOPPING MALL"
Sunday, May 12, 2002
2:30 P.M.
Colby High School
Auditorium
Colby, Kansas

• You may call (785)462-7940 to reserve your tickets. Tickets will also be on sale at the door. All seats are \$5.00 and are reserved seating.

Cheryl Schwarz DANCE CENTER
452 N. Franklin • Colby, KS

Bring your family to the Country Club for the Mothers Day Buffet

\$9.95 per Adult
\$5.95 per Child

Menu Includes:
Fried Chicken, Pork Chops, Roast Beef

Colby Country Club
N. Country Club Drive • Colby KS
785-462-6443 • Reservations Required

Discover the Solution to Excessive Daily Hair Loss!

A one of a kind opportunity to view the scalp and hair follicles through the powerful magnification (up to 500 times!) of the NioScope. This event is designed to introduce the safest non-drug solution available to help reduce excessive daily hair loss and maintain healthy, beautiful hair. This cutting edge education is presented by our salon and Nioxin, the pioneers in the non-drug treatment for fine and thin-looking hair.

Come join us for a night of "Seeing is Believing".

NIOXIN
RESEARCH LABORATORIES, INC.

May 20th
CALL US NOW FOR DETAILS
Carol Galsel
462-2651

Finleys 2X7 83% GDN ask Eric