

Death

Carl W. Close
MONUMENT — Carl W. Close, 93, died Monday, June 10, 2002, at Gove County Medical Center, Quinter. Graveside services will be at 11 a.m. Wednesday at Monument Cemetery, Monument, pastor Bob Kelly presiding. Visitation will be from 2-9 p.m. Tuesday at the Kennedy-Koster Funeral Home, Oakley.
Survivors include his daughter, Janet Jo Schlageck of Grinnell; sister Viola Bemis of Chapman; four grandchildren; 11 great-grandchildren and one great-great-grandson.
He married Lucille I. Lunsford on Oct. 7, 1934, in Colby. She died in 1987.
Mr. Close had lived in Monument since 1917 and moved to Grinnell in 1994. He was a carpenter for over 50 years, substitute mail carrier for Monument rural route, and custodian of Logan County Courthouse until his retirement.
The family requests memorials be given to the Gove County Medical Center, Quinter, or the Grinnell Senior Center and can be sent in care of the funeral home.

Hospital

Citizens Medical Center
Monday, June 10, 2002
Admissions
• None
Dismissals
• Kevin Cooper, Hoxie
• Virgil Leak, Colby

Markets

| Quotes as of close of previous business day | |
|---|--------|
| Hi-Plains Co-op | |
| Wheat | \$2.73 |
| Corn | \$1.92 |
| Milo | \$3.00 |
| Soybeans | \$4.40 |

Three attend Boys' State

Three Golden Plains boys recently returned from the American Legion Boys' State of Kansas. Brady Dible, Joshua Carroll, and Lee Albers, who will all be seniors at Golden Plains High School, spent June 2 to 8 on the campus of Kansas State University for the event. Over 640 boys from across the state attended the week-long government and leadership program.
During the program, Dible was a member of the city of Hasler, King County, and held the position of city official. Carroll was from the city of Gardner, Kennedy County, and also held a city official position as well. Lee was a member of the Heritage Association for the city of Raymond, Pershing County.
Boys' State is a program in which high school juniors learn the value and workings of democracy on a city, county and state level. The program challenges students by allowing them to form a mock government. Delegates to Boys' State run their own elections for positions from City Clerk to Governor. After these elections, the students find out first-hand the difficult decisions that must be made daily by

those in government through a series of challenging assignments.

In addition to the mock government, many speakers addressed the delegates during the week on issues facing the current leaders of Kansas including American Legion Department of Kansas State Commander, Russ Shughart, Seward County Administrator/Counsel, C. Edward Young, Kansas State Supreme Court Justice, Donald Allegrucci, Kansas State Senators, Derek Schmidt and David Adkins, Kansas Court of Appeals Judge, Joseph Pierron, Kansas State University Associate Vice President of Institutional Advancement, Pat Bosco, and Kansas State University head football coach, Bill Snyder.

Delegates are sponsored by American Legion posts from all over Kansas as well as various civic clubs and organizations.

They are selected by the American Legion after applications are submitted from their high school counselors because they demonstrate outstanding leadership qualities in student government, athletics, and other activities.

Doing their thing



MAXINE NELSON/Colby Free Press

Cora Schindler, Sean Rall, Estin Slack, Shaylynn Splattstoesser and Mark Faber used visual aids to sing *This Little Light of Mine* at Vacation Bible School at the Church of Christ. Seventy-two children were enrolled in the three-day school. The theme was *We're off to seek the Savior*. Wednesday was the final day of Bible School, and parents night and the parents visited the rooms, and had refreshments. Each class performed an example of what they had learned.

Perceived isolation may cause depression

Often those who live in rural areas feel 'isolated' because of the perceived lack of activities, cultural events, and the long distances usually required for travel.
But isolation isn't always caused by the geographic location. Rather, it may be due to major life changes, the loss of shared experiences with friends and family, and just being too busy to do the things we enjoy.

HIGH PLAINS

Mental Health

• Plain Sense

Often contact with school, church or community is lost as children grow up, or as the result of significant life changes. Once contact has been lost with others it becomes more difficult to regain those ties, or to make new ones.

Emotional isolation can result when individuals feel they are all alone, that no one else is feeling the way they do, and that they have no one to talk to who understands.

People experiencing isolation can have a hard time maintaining relationship that would be helpful. They may not have enough time, or are uncomfortable sharing their feelings with someone else.

They feel they should be able to handle everything on their own, and are overwhelmed. Low self-esteem can be a contributing factor, with the person feeling they are not worthy of friendships, and thus making less effort to make contact.

People who feel isolated may have difficulty seeing alternatives to feeling 'trapped', which can lead to stress and loneliness. Family tensions can develop, which increase those negative

feelings.

People can help themselves by changing their approach, and making opportunities for interactions with others. Friends and family members can provide physical assistance and emotional support. Because physical and emotional isolation can result in depression, it may be necessary to seek professional help.

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.
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)
Information can be located at the internet site

Community Calendar

THURSDAY, JUNE 13
Blood Pressures, Red Barn, Rexford, 9-10 a.m.
Picnic in the Park, Fike Park, noon
Kiwanis, Student Union, noon
Family History Center, 1145 S. Franklin, 7-9 p.m.
Tumbleweed Chorus, United Methodist Church, 8 p.m.
Step-parenting discussion group, 8:30 p.m.; call Deb at 462-3870 or Randy at 462-7168.
Downtown Alcoholics Anonymous, City Hall basement, 8:30 p.m. (non-smoking)

Writers' retreat scheduled

Sappa Creek Writers' Retreat will present the fifth annual *Catching Your Dreams* gathering from 8:30 a.m. to 4 p.m. on Saturday, June 22, at the Oberlin Covenant Church, 812 W. Cedar, in Oberlin. Sponsor is the Oberlin Arts and Humanities Commission. Local writers Barbara Dehlinger and Merlou Robinson have created a retreat to inspire and motivate both novice and experience writers. Activities will include playing with words to inspire creativity; continental breakfast and lunch; a book to inspire and encourage; walks and solitude, outdoors and words; and catch your writing dreams. Advance registration is required and the \$40 fee will include meals and book. For details, call Mrs. Dehlinger at (785) 475-3344, or Mrs. Robinson, 475-3289.

Happenings

Donna Pflasterer is the *Welcome to Colby* lady. She may be reached at 462-3491. She will bring a basket of goodies to newcomers in the community.

The CareVan (Community Access Rural Express) provides transportation from Citizens Medical Center in Colby to Hays on Tuesdays, Wednesdays and Fridays. There is no restriction on who can ride the van. Advance reservations are necessary. Call 1-888-227-3695 for reservations between 8 a.m.-5 p.m. Monday through Friday. Sponsored by the Kansas Department of Transportation.

The general transportation van is available to anyone in Thomas County for trips to the doctor, to visit friends, to the meal sites, etc., from 9 a.m.-4 p.m. Monday through Friday. For reservations call 462-2901 by 11 a.m. the previous business day if possible.

Kid's Camp

Kids from 8-12 yrs.

July 29th to Aug. 2nd

\$ 5

Transportation to camp will be provided for those who need it.
The Salvation Army • Camp MoKan

Registration deadline is June 30th. For more information, call Mary Scott, 800-336-4547, Ext. 368 or Mike Meserve, 888-687-2565.

In honor of

John & Betty Schroeder's

50th Wedding Anniversary

their children and families invite everyone to celebrate this special occasion at a...

Reception & Dance
Saturday, June 15th
7:00 p.m.-12:00 Midnight
Colby VFW - 220 N. Lake

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We welcome your news. Colby Free Press
462-3963

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Specialty Annuals **ea. \$2.05**
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2 NIGHTS Only!!
Wednesday & Thursday
June 12 & 13 • 6:00-8:00 p.m.

MOONLIGHT GARDENS

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1/2 mi. West of Colby
785-462-6355

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Father's Day **SALE!**
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\$50 OFF ANY RECLINER

• HOURS •
Monday-Friday: 9:00-5:30
Saturday: 9:00-3:00

Picnic In The Park

Bring your lunch and lawn chair and enjoy the musical talent of....

McLemore Family

Thursday, June 13
12:00 noon
Fike Park

SPONSORED BY COLBY/THOMAS COUNTY CHAMBER OF COMMERCE, COLBY CONVENTION & VISITORS BUREAU AND YOUR COLBY FREE PRESS.