

## Couple celebrates anniversary

Richard and JoAnn Minchow are celebrating their 40th wedding anniversary today and their children are requesting a card shower to recognize this special day.

For those wanting to send greetings, the address is 970 E. 6th, Colby, Kan. 67701.

The Minchows were married in Sioux Falls, S.D. and moved to Colby during the summer of 1987.

The couple's four children are Juli Harlow of Colby; Jennifer Guilford of Riley; Jill Minchow of Liberal and Justiin Minchow of Wichita.



Richard and JoAnn Minchow on their wedding day 40 years ago. The children are requesting a card shower for their parents.

## University of Kansas releases honor roll

LAWRENCE — Area students were recognized among the more than 4,000 University of Kansas undergraduate students to the university's honor roll for the fall 2003 semester.

Amber Natori Dempewolf and Sherry Marie Zerr, both seniors in the pharmacy school and Trishelle Ann Warta, senior in liberal arts and science; were named from Colby. Other honor roll students in the area

included Adam Chris Sweet, Atwood; Gregory Charles Mumm, Gem and from Goodland: Lacey Brooke Brenner, Christopher John Cooper and Joslin Ann Topliff.

In Monument, Susan D. Schertz was recognized and from Oakley, Lori J. Morel and Derek Todd Teeter.

Hoxie KU honor roll recipients included Peggy J. Cameron, Kimberly A. Krannwitter, Clayton

Frederick Meyer and Ty Lane Scott. "The honor roll comprises undergraduates who meet requirements in the College of Liberal Arts and Sciences and in the schools of allied health, architecture and urban design, business, education, engineering, fine arts, nursing and journalism," officials said.

The School of Social Welfare does not compile an honor roll.

Honor roll criteria vary among

## What are signs of job stress?

For many people, not only is their job a source of income, it is also part of their identity, self-worth and well-being. For most, that job also includes tension and stress, something that can't be avoided. Some stress is necessary in order to get the adrenaline flowing and get motivated. But too much stress can be harmful to a person's physical and emotional health.

Symptoms of excessive job stress include fatigue, sleep difficulties, high blood pressure, headaches, ulcers, heartburn and the inability to concentrate. A serious problem exists when a person experiences feelings of hopelessness, being overloaded and trapped, being unable to leave job problems behind after going home and excessive worrying about the job through the night



### High Plains Mental Health

#### • Plain Sense

A community service from the High Plains Mental Health Center

or over the weekend. Such feelings can lead to depression which, in the work place, can surface as impulsive or indecisive actions, irritability and anger, avoiding co-workers and eventually absenteeism.

According to the National Mental Health Association in their publication "Coping With Your Job," people usually have the following reactions to too much stress at work: talk with others but don't take direct steps to change the situation. Work longer and harder, trying to overcome the overload. Switch to an engrossing recreation activity so they can return refreshed and do more work in a shorter time. Withdraw physically from the situation

by reducing the time and energy at work, quitting or seeking another job. Analyze the situation, revise strategies and look for ways to change things.

While the last item appears to be the most practical solution, a person must also recognize how much of their job situation they can control or influence and the parts they cannot. For most people, much of the job is dependent on the actions of others, as well as rules and requirements set forth by other entities. But, in making the attempt to bring about change, a person can at least feel better about taking some control or having some influence regarding the situation.

## Many gather for birthday parties

From "WINONA," page 4

Louise Denning and Virgil Lavenstein of Sharon Springs and Shawn and Tori Ochsner of Tribune.

A group gathered at the Winona Bar and Grill Saturday night to celebrate Monroe Stramel's and Roger Ausmus' birthdays. Those present were Roger and Marge Ausmus, Monroe and Helen Stramel, Lawrence and Louise Denning, Larry and Michele Werth and boys and Max and Patrea Kreigh.

Danny and Ellen Lewallen recently spent a week in Colorado visiting Danny's parents, Jack and Edith Lewallen in Buena Vista and Ellen's father, Russell New in Salida. Ellen spent last weekend visiting Jackie Bond in Fort Collins, Colo. Jackie was an employee in the cafeteria at Triplains at the same time Ellen was employed as secretary at Triplains in the late 1980s.



**Jean Lowe**

• Winona Correspondent

A "wild" time was had dining and dancing at the "RSVP Jungle Jam-boree" Wednesday evening. The annual RSVP recognition banquet was held at the American Legion in Colby. Members attending from this area were Ray and Juanita Repshire, Kenneth and Louise Smith, Marge Ausmus, Doneta Gates, LaVonne Baxter, Mabel Berndt, Donita Goyen and Lucille Bruns.

The 34th season of Western Plains Arts Association will conclude with "The Return of the Scarlet Pimpernel." This presentation is family entertainment and geared for

students or the "young at heart" of all ages.

It was early Wednesday morning when nearly 60 elementary students, glowing with Triplains pride, climbed into two yellow school conveyances.

George Collins and Pat Haremza, deeply absorbed with the open road that lay ahead, had utmost confidence in Christi Schertz, Cindy Gfeller, Andrea Plummer, Lanis Kirk, Lamar Bergsten, Kate Moorhouse, Pat Koster and Linda Ayers who would be in charge of the energetic youngsters.


Superintendent, Mr. David Spencer, kept things running smoothly. After a few hours' ride they arrived at the Rolling Hills Refuge near Salina.

A little after 7 p.m. parents were at the school to reclaim their tired but happy kids. Thus ends another successful end-of-school field trip.

# d

It looks like the perfect d.  
The only problem is, it's a p.

It's dyslexia. A reading disability where some kids confuse their d's with p's, b's and q's. But, with help most of these kids can go on to do well in school. Call 1-888-GR8-MIND now. There's no reason to be held back.



Enjoy the music....

## The Tumbleweed Chorus

presents

### "Songs Like Daddy Used To Sing"

Saturday, May 1st

Colby Community College  
Cultural Arts Center/  
Frahm Theatre

**TWO** 3:00 p.m. & 7:30 p.m.

**Tickets:** \$8.00, advance,  
\$10.00, at the door

**Performances:** Guest Appearance by:  
Yesterday's Heroes, Tone-Henge and  
Tumbleweed Chorus



**For tickets, call 460-8640,  
462-6552 or 460-8640**



# ATTENTION

Colby High School, Brewster High School,  
and Golden Plains High School

## Senior Parents!!

Hurry in parents!!  
Deadline is May 3rd!!!


The Colby Free Press is now planning the Senior Graduation Tab and will be giving parents a chance to put a baby picture in along with a short message from the family.

We will automatically feature your student's picture and information, but this will be your chance to put in a baby picture to show how much *your* senior has really changed over the years!

Call Crystal @ 462-3963 for more information or stop by the office at 155 W. 5th in Colby.

•• Small Sample ••

**TANNER B. BROWN**




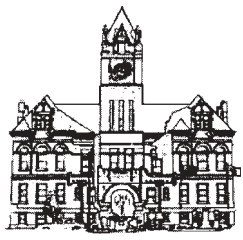
*I will attend Hutchinson Community College.*

PARENTS:  
Mike & Jeanene Brown

*Tanner Brown - Way to go! We're so proud of you. "May you live all the days of your life"*

Love,  
Mom, Dad, Chanda and Cassie





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