

Family

Deaths

Charlotte Marie (Holcomb) Adams

Charlotte Marie (Holcomb) Adams, Colby, died Sunday, June 13, 2004. Mrs. Adams was born Sept. 2, 1916 to William H. and Mabel B. (Ohler) Holcomb in Atwood.

She was raised in Atwood, graduating from Atwood Community High School with the class of 1934. Mrs. Adams married Charles Louis Adams on April 6, 1941. The couple had two children: Charles Louis Adams, II and William Vernon Adams.

In 1945, when her husband, Charles, returned from serving in World War II, they moved to Herndon. Mrs. Adams worked as a bookkeeper and an insurance while in Herndon.

In the summer of 2001, the couple

moved to Colby because of her husband's failing health.

She was preceded in death by her parents; her husband, Charles, in October of 2002, and on sister, Jeannette Bethell.

Mrs. Adams is survived by her sons: Charles L. Adams II of Austin, Texas, and William Vernon Adams of Colby; 4 grandchildren, 4 great-grandchildren; a sister, Betty Allen of Minooka, Ill.; and many nieces, nephew and friends.

Services were held Thursday, June 17, 2004 at the Berean Church in Colby with Pastor Francis Harwerth officiating. Burial was at Brewster Cemetery.

Pallbearers were Tom Bethell, Wade Bethell, Ted Bethell, Clint Bethell, Blake Bethell and Joe Allen. Harrison Chapel, Colby, was in charge of all arrangements.

Elgin Decker

Elgin Decker, 75, of Salina, died Friday, June 18, 2004 at the Bethany Home, Lindsborg.

He was born on Jan. 30, 1929 in Galva, the son of Jonas and Agnes (Wedel) Decker.

He lived in Galva all of his young life before moving to northwest Kansas.

He and his wife, Helen (Willem), lived and farmed in the Colby and Oakley area for 40 years prior to him moving to Salina in 1998.

Mr. Decker was a member of the Salina Twillers, a Shriner in Oakley and Salina, and was a member of the United Methodist Church in Oakley.

He was preceded in death by his wife, Helen, in October of 1996.

Survivors include three sons: John of Burlington, Russell of

Wellington, and Randy of Colby; two daughters: Charlotte McCrary of Augusta and Renee Fitzgerald of Hesston; two sisters: Stella Mills of Edmond, Okla. and Hazel Swick of McPherson; 10 grandchildren and 2 great-grandchildren.

A memorial service was held Sunday at the Solomon United Methodist Church with Rev. Jack Craig officiating.

His funeral was held today at the United Methodist Church in Oakley with Rev. Robert Kelly officiating.

Burial was in the Oakley Cemetery.

Memorials may be made to the United Methodist Church of Oakley or the Logan County Hospital in Oakley.

Carlson-Becker Funeral Home, 208 W. 4th, Solomon, Kan. 67480-9737 was in charge of all arrangements.

Fred Balls

Fred Balls, 86 of Colby, died Sunday, Jun. 20, 2004 in Colby. Services are pending with Kersbrock Funeral Chapel.

Betty Jo Kubik

Betty Jo Kubik, 70 of Colby, died Sunday, June 20, 2004 at Wesley Medical Center, Wichita. Services are pending with Kersbrock Funeral Chapel, Colby.

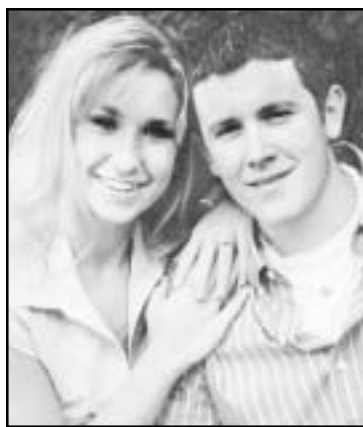
Couple set August date

Dennis and Shawn Spreser of Selden announce the engagement of their daughter, Kelsey Jo Spreser to Benjiman Joseph Rhodes, son of Jeff and Sheila Rhodes of Jennings.

Grandparents are Mr. and Mrs. Don Spreser of Leoville; Mr. and Mrs. Gary Gillum and Mr. and Mrs. Bud Rhodes, all of Jennings; and Mr. and Mrs. Ernest Long of Lenora.

The bride-elect is a graduate of Golden Plains High School and will be attending Frontier School of the Bible, LaGrange, Wyo.

The prospective groom is a graduate of Jennings High School and



Kelsey Jo Spreser and Benjiman Joseph Rhodes to wed.

currently attending Fort Hays State University. He will also be attending Frontier School of the Bible in the fall of 2004.

A Saturday, Aug. 7 wedding is planned at the Hoxie First Christian Church.

Student News

Lindsay M. Hurtt of Colby was one of 1,712 students named to the Dean's List at Southeast Missouri

State University in Cape Girardeau, Mo. for academic achievement during the spring 2004 semester.

Family news faxline:
(785) 462-7749

Work overload will happen, expert says

For most people in the work field, at some point in their life they feel overwhelmed by the pressures that the job demands.

Work overload is a common stressor for people, as are personality conflicts with co-workers and supervisors.

The National Mental Health Association suggests the following as coping steps that can help reduce the impact of job stress:

- Take charge of the situation to the extent that is possible; set priorities and organize your time.

- Be realistic about what can and cannot be changes; do what is possible.

- Take one step at a time; divide each project into manageable steps.

- Be honest with colleagues; explain your feelings and make practical suggestions for improvement.

- Find out what is available through the company such as fitness programs and personal counseling services.

- Slow Down; learn to say "no".
- Recognize danger signals; learn the symptoms of job stress and take action.

- Take care of your physical health; eat sensibly, get enough rest and exercise, and avoid alcohol, tobacco and drugs.

- Learn to relax through hobbies, sports, music, reading, and walking.

- Allow yourself a personal life; spend time with family and friends.

- As a last resort, consider a job change.

Seeking help from a mental



health professional is another method of coping.

The solutions to job stress may not be obvious, or quick and easy, the association noted.

Finding an effective strategy will take time and effort.

But making the attempt can help a person feel that they are able to take their life back into their own hands.

Editor's note: The preceding article was provided by High Plains Mental Health in Hays as a public service.

Karen Beery, with High Plains Mental Health consultation and education department contributed to the article.

Markets

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

Wheat	\$3.47
Corn	\$2.75
Milo	\$4.19
Soybeans	\$8.21

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us by telephone at 462-3963 or stop by the newspaper office, 155 W. 5th St., Colby.

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