

Family

Deaths

Jacquelyn R. O'Shea
 Jacquelyn R. O'Shea, 77, of Dodge City, died Friday, July 2, 2004 at Manor of the Plains in Dodge City.
 Funeral mass was held at 10:30 a.m. today at St. Lawrence Catholic Church in Jetmore.
 Burial was at Fairmount Cemetery in Jetmore.
 Mrs. O'Shea is survived by a son, James C. O'Shea of Minneapolis, Minn., six daughters, Patricia Tiemeyer of Sedgwick, Sara Wilkerson of Dodge City, Teresa Pfarrang of Jetmore, Susan Gibbs of Dodge City, Kathleen O'Shea of Quinter, and Amy Hutfles of Colby;

four sisters, Patricia Goss and Dorothy Bingham of Chickasha, Okla., Angela Braun of Tulsa, Okla. and Mary Kay Howell of Safford, Ariz., two brothers, Richard Pace of Chickasha, Okla. and Eugene Pace of Tulsa, Okla., 17 grandchildren, two step-grandchildren and one step-great-grandchild.
 She was preceded in death by two brothers, Gerald and Kenneth, her husband James and one grand daughter, Amy Wilkerson.
 Mrs. O'Shea was born March 9, 1927 in Wichita to Clifford and Evelyn Hoppe Pace.
 She lived in the Jetmore area most of her life.

Regis Ellen (Mentlick) Parrott
 Regis Ellen (Mentlick) Parrott, 98, of Colby, died Monday, June 21, 2004 at Citizens Medical Center in Colby.
 Services were at 10 a.m. Saturday at Sacred Heart Catholic Church in Colby with Father Dana Clark officiating. Burial was at Sacred Heart Cemetery in Colby.
 Mrs. Parrott is survived by two grandchildren and four great-grandchildren.
 She was preceded in death by her husband, a son, stepson, parents, five brothers and two sisters.
 Mrs. Parrott was born March 15, 1906 to Anthony and Mary Ann (Malone) Mentlick in a sod house

in the Tully community of southeast Rawlins County.
 When she was three months old her family moved in to a large frame house. She was the third oldest of siblings, Ben, Joe, Jim, Bill, Francis, Adeline and Irene.
 After attending grade school in a one-room school house, she went to boarding school in Salina for seventh and eighth grade and graduated from high school at Marymount in 1926.
 Mrs. Parrott enrolled at St. Francis School of Nursing in Topeka in 1927 and after graduation in 1930 she returned home. Dr. V.C. Eddy, Dr. Murray Eddy and Dr. James Jensen approached her to care for

She was a registered nurse, working in home health care in an administrative capacity as director of nursing at the Hodgeman County Long Term Care Center and helped her husband with his medical practice. On July 9, 1950 she married Dr. James G. O'Shea, Jr. in Chickasha, Okla. She was a member of St. Lawrence Catholic Church, Altar Society, a PTA mom, and the registered nurse association.
 Memorials are suggested to Manor of the Plains, the Hodgeman County Health Center or the Amy Wilkerson Memorial Fund in care of Beckwith Funeral Home, Box 663, Jetmore, Kan. 67854.

their patients, and so her career of nursing began and continued through 1942.
 On Oct. 12, 1942 she married Dr. Malcolm (Mac) Parrott and to this union, one son, James Victor, was born.
 She left her career for 18 years to be a mother to her son James and stepson Jack.
 Following the death of her husband in 1962, she returned to nursing at St. Thomas Hospital and Citizens Medical Center until retirement in 1984.
 Donations may be made to the Colby Community College Nursing Scholarship Fund and left at any Colby bank or Harrison Chapel.

Drill team performance nearing

A drill team will perform Wednesday at the Senior Progress Center, 165 Fike Park. The team is made up of 8- to 14-year-olds. Plan to be in attendance to support these young athletes.
 There are plenty of other activities scheduled at the center for the week of July 12-16, including Prize Day on Monday. A prize will be given for the best picture colored in the newsletter. Exercise will be at 9:30 a.m. Tuesday and the board will meet at 1 p.m. The girls drill

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team will perform at 11:30 a.m. Wednesday. Thursday exercise will be at 9:30 a.m. and the Kansas Equipment Exchange Program at 11:30 a.m. Friday exercise will be at 9:30 a.m. and it's also Denim Day. Wear your denim duds.
 Everyone over 60 is welcome to eat lunch at the center. Donna Schielke, director of the center, says no special invitation is needed to

join in the lunchtime fellowship and all are welcome. She did remind everyone that a reservation is needed by noon the previous day. The menu for the next week includes: Monday - chili dogs, tater triangles, tropical fruit, bun, pudding. Tuesday - oven baked chicken, mashed potatoes and gravy, green beans, dinner roll, cantaloupe. Wednesday - salmon or tuna and noodles, cucumber tomato salad, peas, bread, apricots. Thursday - Philly steak sandwich, easy broccoli bake, strawberries and bananas, hoagie or bun, birthday cake. Friday - Swedish meatballs, Mexicali corn, applesauce gelatin, seasoned noodles, cookie.
 The building is also available for rental for events. For information on lunch reservations, call 460-2901.

Alcohol abuse in elderly called 'hidden epidemic'

Editor's note: The following article is submitted by the High Plains Mental Health Office in Hays as a public service.
 Alcohol abuse by seniors and in the elderly is sometimes called a hidden epidemic because its symptoms often mimic or are masked by common physical and mental infirmities of aging, such as lessened alertness, depression, anxiety and diminished physical capacity. Also, doctors rarely ask their elderly patients when and how much they drink or what effect it has on their lives.
 Various circumstances common among older people can increase the risk of alcohol abuse, even in someone who has never had a previous alcohol problem.
 Retirement may result in a loss of structure, self-esteem and income and an increase in loneliness and boredom. Other losses such as spouses, friends, physical well-being or independence as well as pain or sleep problems may also prompt older people to turn to alcohol.
 The effects of a given amount of alcohol can be greatly exaggerated in an older person because the physical body that is consuming alcohol at age 65 or older is not the same as the one that drank at age 45.

In addition, as people age, there is a decline in a stomach enzyme that starts to break down alcohol before it reaches the bloodstream. Blood alcohol levels in older people are typically 30 to 40 percent higher than in younger people who consume the same amount of alcohol.
 But even at equivalent blood alcohol levels, older people are more likely than the middle aged to experience intoxication, cognitive difficulties and problems with balance and coordination.
 In other words, tolerance for alcohol declines, and the risks of excessive drinking rise with age.
 In addition, an older person who takes medication for arthritis, depression, hypertension, heart disease and other ailments can also be increased risk as even the moderate intake of alcohol can result in negative interactions with these medications.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat	\$3.33
Corn	\$2.54
Milo	\$3.94
Soybeans	\$8.73

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 at 462-3963.

Garage Sale

650 N. French Ave., Saturday, 8 a.m. - noon. Clothing, kitchen items, kids toys and lots of misc.

Award-winning vocalist here Saturday

Award-winning vocalist David Phelps, recently nominated for "Male Vocalist of the Year" by the Gospel Music Association, will headline the national Revelation Tour, Saturday, 7 p.m. at the Colby High School Auditorium, 1890 Franklin Avenue, in Colby.



D. Phelps

One of Christian music's premiere male vocalists, Phelps released his Word Records debut, Revelation, Feb. 24 of this year. "Arms Open Wide," the first single from Revelation, has become a number one hit on the Inspirational Christian radio chart.
 "Phelps has impressed audiences around the world with his powerhouse vocal talent, performing for hundreds of thousands at Billy Graham Mission crusades and for President George W. Bush at the White House," organizers said. As a member of multi-platinum group Gaither Vocal Band, Phelps has performed on over thirty Gaither-related projects.
 After years of dreaming and praying for an open door, Phelps

was given the privilege of joining the best-selling vocal foursome Gaither Vocal Band in 1997 which has garnered him four Dove Awards, two Grammy Awards and more than 13 gold and 15 platinum-selling projects.
 Phelps' next dream was to record a solo album which was brought to pass with the release of Revelation. Individual or group tickets are available at the HIS Shop in Colby, The Good Bookstore in Hays, Knott Just Books in Goodland or by calling J&R Marketing at 785-443-1994.

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A QUICK PAINLESS METHOD TO ERADICATE HEMORRHOIDS USING MILD ELECTRICAL CURRENT IS NOW AVAILABLE. THIS TREATMENT REQUIRES SEVERAL BRIEF VISITS TO OUR OFFICE, AFTER WHICH PATIENTS GO BACK TO WORK IMMEDIATELY.

WHAT DO THE RESEARCH STUDIES SAY?
 In Gastrointestinal Endoscopy, Vol. 33, #2, D.A. Norman, R. Newton, and G.V. Nicholas reported the results of treatment of 42 patients with d.c. current therapy. They noted "All patients were successfully treated and symptom free at a mean duration of follow up of 18.2 months." They concluded "This painless outpatient treatment of all grades of hemorrhoids is effective and safe," and "warrants consideration as the treatment of choice of hemorrhoidal disease". In the American Journal of Gastroenterology, Vol. 83, #9, Dr. S. Zinberg reported the results of treatment of 193 patients with this method. "Good results were achieved in 95% of patients."

ADVANTAGES OF HEMCURE OVER OTHER TREATMENTS FOR HEMORRHOIDS:
 HemCure is far less expensive than surgery, requires no recovery, avoids complications like scarring and infection, and is reported by most patients to cause only mild discomfort during the treatments, which resolves immediately after.

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