

# Family

## Deaths

### Charles "Chuck" L. Colson

Charles "Chuck" L. Colson, 48, of Colby, died Tuesday, May 31, 2005 at his home in Colby.

He was born Oct. 29, 1956 in Atwood and was a lifelong area resident. He was a truck driver.

Mr. Colson is survived by his wife, Cheryl Colson of Colby; two sons and one step-son, Marcus and Brady Colson and Tyler Knapp, all of the home; two daughters, Eugenia Colson of Bristow, Okla. and Ernestine Waterman of Colby; his mother, Edna Colson of Selden; two brothers, Arthur "Buck" Colson of Hoxie and Ernie Colson

of Selden; three sisters, Grace Kauk of Colby, Roberta Colson of Goodland and Kathy Richard of Norton and three grandchildren.

Services will be at 10 a.m. Saturday at the Berean Church in Colby with Pastor Tom Smith of Oberlin officiating. Burial will be at Beulah Cemetery in Colby.

Visitation will be from 9 a.m. to 9 p.m. Friday at Harrison Chapel in Colby.

Memorials are suggested to his children's education fund and may be left at any Colby bank or Harrison Chapel.

## Predictable routine can lead to getting 'stuck'

### Plain Sense

According to Daphne Stevens, Ph.D., a psychologist and author of several self-help books, people

need a certain amount of mental stimulation to feel healthy, both physically and emotionally. Most people's lives follow a predictable routine that is needed to get them to school, work, appointments and other activities. But it is important to recognize the difference between maintaining a healthy routine and that of spiraling into a rut. Dr. Stevens states that routines can become destructive when a person feels trapped and unable to see any other options. This can increase risk for depression, burnout and generally feeling that life is not enjoyable. To get out of that rut, here are a few suggestions for change, from the most simple to those that take more time and effort.

- When going to a favorite restaurant, try something other than the usual, or at least sample a new appetizer.
- If your daily workout schedule is the same routine, mix it up a bit with a combination of various forms of exercise such as yoga, running, biking or strength training. Try out a new class now and then. Or alternate your exercise routine

on different days of the week.

- If you are feeling tired and discouraged from an exhausting day of work, make extra effort to get together with friend afterward for some stress-reducing time and conversation.

- If your weekend has become "catch-up" time to complete house cleaning, yard work and errands, include some time to relax, whether it is alone, with friends or on a social outing.

- Plan a trip other than those business meetings; go somewhere new and different, near or far.

*Editor's note: The preceding article was contributed by Karen Beery, Consultation and Education Department with High Plains Mental Health in Hays. 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 Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com*

## Happenings

### Tri-State Initiative set meeting at The Gateway

Dave Rose of Mid West Services of Salina will speak at 6:30 p.m. on Thursday, June 9, at the Tri-State Initiative for Economic Development quarterly forum and business meeting.

The two-day meeting will be held Thursday and Friday, June 9 and 10, at the Gateway Civic Center in Oberlin. Rose has been successful in selling schools, etc., on eBay, bringing sellers and prospective buyers together. He is president of

Mid West Services, which he found in 2003. Ellsworth County Economic Development Director Anita Hoffhines will talk on Kansas free land. She will share lessons learned from central Kansas and tell how communities represented can benefit from a free land program.

The meeting on Thursday begins at 3 p.m. with a conference planning committee meeting with the dinner to follow at 5:45 p.m. Reservations are due by June and may be made by calling (785) 475-2901.

### About Town

#### Colby family gets visitors from California for Mother's Day

Bruce Mettler and wife Marsh of Rancho Murieta, Calif. arrived May 7 until May 12 spending time with their mom Berniece Luker and husband Jack.

# Former Winonan graduates law school



### Jean Lowe

Winona Correspondent

They were Saturday evening supper guests of Ruth and Dan Smith and family.

"Jim Novak felt around the plywood potting table, located the four-pack of red salvia, and gently pulled a small plant out of its plastic container. Relying on his hands, to guide him, the visually impaired Bonne Terre resident checked the spacing of plants in a large pot and carefully added a top dressing of soil, he pronounced the job complete," Paula Barr wrote in the Park Hills, Mo. Daily Journal. The Novak family lived in the Brownville area many years ago and attended the Brownville School. Evelyn Langdon, who was one of the Novak children, asked me to share the article about her brother, Jim. Novak is a student in a Braille school for visually impaired adults. To help support the school, the students grow and sell bedding plants. A sighted volunteer oversees the work.

Mary and Donnie Wright visited with Mary's sons, T.J. Wright and Caden and Troy Wright and Dalton at the home of Kendal and Sharon Wright Saturday evening.

Maxine Berry and Jana and Ernie Hutton went to Lawrence to attend graduation at the University of Kansas. Maxine's grandson, Tanner Wycoff, graduated with a degree in economics. Kara Berry flew from

Dallas, Texas to join the family celebration. They had a cookout at the home of Tanner's parents, Beth and John Senn, in Lawrence. Kara returned with Maxine, Jana and Ernie on Monday and will spend a couple of weeks with her mother. Tanner is an ambitious and adventurous young man. Maxine received an e-mail that he has arrived safely at the university in Morocco. Tanner has previously studied the Arabic language abroad and will continue to study with a Moroccan student for the next two months.

Dianne Schertz attended graduation at the University of Kansas and joined the Berry family in acknowledgment of Tanner Wycoff's honor.

Debbie Mather enjoyed having her family spend the weekend. Troy Wright, Tierney and Dalton were here from Gordon, Nev. T.J. and Lindsey Wright and Caden of Quinter were also guests. They all attended the Triplains graduation.

Melvin and Zenda Thomas of Big Piney, Wyo. were house guests of Ray and Juanita Repshire from Sunday to Wednesday. Melvin is a nephew of Neat. Tuesday evening they went to Oakley for homemade ice cream at the home of Gary and Raelene Eaton. Other guests were John and Kay Repshire, Glenn and Leona Repshire and Lester Repshire.

Home-based alumni and others are busy grooming lawns and back 40s as they prepare for the influx of visitors coming to the all-school reunion this Memorial weekend. Around .40 inches of rain fell in the city — just enough to settle the dirt

Fred and Jess Schertz attended Vacation Bible School at the Bethesda Lutheran Church in Page City. The Scott Schertz family was delighted to have August Homburg of Natoma spend Saturday overnight with them.

Aaron Homburg and Nichol and family were in Winona Saturday to attend graduation. Christi Schertz and the boys had supper with Nichol, August and Kai Lee Homburg Sunday evening.

Sarah Smith was a Friday overnight guest of Dan and Ruth Smith and family. Rebecca and Rose Smith accompanied Sarah to Hays after graduation to spend a few days as Sarah's guests.

Gaylene Smith and family of Goddard came to Winona for gradu-

## Nutrition program at senior center

### Senior Progress

also Denim Day.

The Thomas County Nutrition Center in Colby wishes to invite those 60 and older and their guests to attend daily luncheons in Colby Monday through Friday.

Reservations may be made by calling (785) 460-2901 the day before.

Home delivery is also available for those unable to attend due to social or physical disabilities.

The menu for the next week in-

cludes: Monday - scalloped ham and potatoes, raisin box, Italian blend veggies, bread, rosy pears. Tuesday - turkey slice, yamboree, broccoli/cauliflower salad, bread, cranberry sauce.

Wednesday - chicken fajita salad, Mandarin oranges, chips, applesauce bars. Thursday - hamburger with toppings, potato wedges, watermelon, bun, brownies. Friday - Idaho chili mac, coleslaw with carrots and pineapple, green beans, bread sticks, banana half.

The building is also available for rental for events. For information or lunch reservations, call 460-2901.

### Bernadine F. Diederich



Bernadine F. Diederich passed away Thursday, May 26, 2005, at St. John's Nursing Home in Hays, Kansas, at the age of 98. She was born October 4, 1906, in Dresden, Kansas, to John and Anna (Zodrow) Schroer.

Bernadine attended Leoville Grade School and graduated from Leoville High School in 1922. She then was a student at Marymount Academy in Salina for two years before taking Normal Training School and receiving a teaching certificate. Bernadine taught four years in country schools in the Dresden and Leoville communities.

On June 25, 1929, she was united in marriage to Bernard "Boots" Diederich at St. Joseph Catholic Church in Leoville. They made their home on farms north of Dresden, west of Selden and later in the Jennings-New Almelo area.

After her marriage, Bernadine kept very busy making a home for her large family. As her children grew up and time allowed, she enjoyed giving piano lessons, playing the piano, providing music for dances, playing cards, raising flowers, gardening, doing embroidery work, crocheting and quilting.

Bernadine thoroughly enjoyed retirement and was able to pursue her many hobbies and interests. Her lifelong faith was also very important to her. She was a member of St. Joseph Catholic Church and Altar Society in New Almelo and supported several missions with her generous financial gifts.

Survivors include two sons, Robert Diederich, Reno, Nevada, and Tom Diederich & wife, Cheryl, Lenora; three daughters, Loretta Meitl, Colby, Virginia Rome & husband, Daniel, Lakewood, CO, and Rose Simoneau & husband, Jed, Cody, WY; a sister, Clara Schieferecke, Dresden; 34 grandchildren and 52 great-grandchildren; nephews & nieces, other relatives and friends.

Bernadine was preceded in death by her parents; husband; four sons, John, Norbert, Jim & Carl; a sister, Dorothy Olson; infant granddaughter, Linda Ann Meitl; and grandson, Larry Meitl.

A Vigil Service was held at 7:00 p.m. on Monday, May 30, 2005 at the St. Joseph Parish Hall in New Almelo, Kansas. A Mass of the Resurrection was held at 10:30 a.m. on Tuesday, May 31, 2005 at the St. Joseph Catholic Church in New Almelo, Kansas. Rev. Vincent Thu Laing & Deacon Stan Chapin, officiated. Music was by Stephanie Ritter, Organist and Duane & Nancy Meitl, Song Leaders. Casket Bearers were grandsons: Randall Diederich, Pat Rome, Don Diederich, Darren Diederich, Dennis Meitl and Jerry Simoneau. Final resting place: St. Joseph Cemetery in New Almelo, Kansas. Arrangements by Pauls, Oberlin, Kansas FUNERAL HOMES Selden, Kansas.

## Markets

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

Wheat	\$3.14
Corn	\$2.04
Milo	\$3.12
Soybeans	No bid

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