

Family

Deaths

Judy M. Parsons

Judy M. Parsons, 59, of Page City, died Thursday, March 9, 2006 at Hays Medical Center in hays. Mrs. Parsons was born May 3, 1946, in Oakley to Clyde E. and Vivian Estabrook Russell. She moved to Page City from Yakima, Wash. in 1974. She was a health care worker. She married Larry Parsons Feb. 14, 1986. He preceded her in death. Mrs. Parsons is survived by a son, Tyrone Herbert of Page City; two daughters, Judie Lynn Herbert of Paige City and Deborah Headley of San Antonio, Texas; a brother, Herbert Russell of Winona; one sis-

ter, Janet Buttram of Page City; one grandson and one great-grandchild. Services will be at 2 p.m. Monday at Kennedy-Koster Funeral Home in Oakley with Pastor Bob Kelly officiating. Burial will be at Winona Cemetery in Winona. Visitation will be from 2-9 p.m. Sunday and from 10 a.m.-2 p.m. Monday at Kennedy-Koster Funeral Home in Oakley. Memorials are suggested to the Judy Parsons Memorial Fund, and may be sent in care of Kennedy-Koster Funeral Home, 217 Freeman, P.O. Box 221, Oakley, Kan. 67748.

Free trees available

The National Arbor Day Foundation announced it will give 10 free white flowering dogwood trees to each person who joins the organization during March. The free trees are part of the nonprofit foundation's "Trees for America" campaign. "White flowering dogwoods will add year-round beauty to your home and neighborhood," said foundation president John Rosenow. "Dogwoods have showy spring flowers, scarlet autumn foliage and red berries which attract songbirds all winter." The trees will be shipped post-


paid at the right time for planting between March and May 31 with enclosed planting instructions. The six- to 12-inch trees are guaranteed to grow or they will be replaced free of charge. Members also receive a subscription to "Arbor Day," the foundation's monthly publication, and "The Tree Book," with information about tree planting and care. For information, write National Arbor Day Foundation, 100 Arbor Ave., Nebraska City, Neb. 68410. Or visit on the Internet at www.arborday.org.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat	\$4.13
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Soybeans	No bid

Happenings

"Wearin' of the Green" is the theme of the Golden Buckle square dance 8 p.m. Saturday at Colby Middle School 750 W. Third St. (just off Range Ave.). Steve Bailey of Holdrege, Neb. will be the caller. Visitors are welcome.



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Abusive drinking leads to alcoholism

Plain Sense

According to the Healthy Exchange newsletter (www.healthy-exchange.com) in the field of substance abuse, an alcoholic is described as someone who has developed a physical and psychological dependence upon alcohol to the extent they are unable to control their drinking. A "social drinker" is seen as someone who uses alcohol only occasionally and drinks in moderation. In between those two behaviors is the "abusive drinker" who describe themselves as a person who drinks to "relax" or, in other words, to relieve stress. This is often in response to job stress, financial problems, or marital or family, problems. Alcohol consump-

tion becomes a method of escaping problems at home or work, and an attempt to avoid feeling angry, depressed or anxious. The problem is that too often the abusive drinker does not recognize that the use of alcohol actually increases stress, both physically and emotionally. The side effects of abusive drinking include damage to the liver and heart, and contribute to a decline in general health. For many drinkers, feelings of anger or aggression increase as a result of the use of alcohol, and seriously effect relationships with family, friends

and on the job. The risk of drinking "just to relax" on a regular basis can become a bad habit; a conditioned behavior of responding to life stresses by having a few beers or drinks. Such a habit can turn into a dependency on alcohol, as well as avoidance of working on the issues related to stress. A person can also develop a tolerance for alcohol, meaning that the same amount of alcohol no longer has the same effect, and the person must drink more to have the expected effect. Without realizing it, millions of people have progressed through the stages of use, abuse and tolerance, and on to a dependency on alcohol, or what is

called alcoholism. Contributed by Karen Beery, LCPC, Manager, 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 is also available on the Internet at www.highplainsmentalhealth.com


Career Center has college, scholarship info

The Colby High School Career Center has many resources available on colleges, scholarships and upcoming visits from college representatives. Below are some upcoming events and deadlines. **College/Scholarship Info** KU girls-only camps will be June 18-24 and July 16-22. Get hands-on, field trips and cool times. Come to the Career Center to get signed up. Students who have been admitted to KU for fall 2006 are invited to participate in the Freshmen Summer Institute. There are two sessions to choose from— June 4-30 or July 2-28. Deadline is May 1 for applications. KU Junior Days are March 27 and 31; April 7, 14, 17 and 24. Pre-registration and small fee are required for each program. KU Super Saturday, an informative family day, will be May 6. More information is available at the Ca-

reer Center. Kansas Private College Week is June 5-9. This week will provide parents and students with information 18 colleges, all in one week. DeVry offers more than 7,500 scholarships with a total value of \$75 million. Come to the Career Center to find out more. The fourth annual National Co-op Program has more than 100 \$5,000 merit co-op scholarships for high school seniors and transfer students who are planning to participate in college cooperative education. Many of these scholarships are renewable for four years valued at \$20,000. Come to the Career Center for details. Information on the United States Military Academy annual summer

leaders seminar is available in the Career Center. The academy will host two sessions. The first is June 3-9 and the other is June 10-16. Applications are due by April 1, 2006. Chapel of Four Chaplains is holding its annual essay contest, 2006 annual Project Life Saver and 2006 National Art Contest. More information is available at the Career Center. Tulsa Welding School has 2006 choice dates and times available. The Career Center has the information. Barton County Community College applications for the sports medicine program are available. Students who are interested can become athletic trainers while con-

tinuing their education in college. Information on the athletic education program at the University of Nebraska in Kearney is available. Call (308) 865-8627 or e-mail unruhsa@unk.edu. A catalog for North Central Kansas Technical College is available at www.ncktc.tcc. Kiwanis Key Leader will be held at Washburn University June 16-18. Cost is \$150 per person. Applications for the 44th annual U.S. Senate Youth Program are available in the Career Center. Two student delegates and a first and second alternate will be selected by educators and individuals from business/industry to represent Kansas at the 2006 program in Washington, D.C.



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