

# Family

## Health care holiday



TAMA UNGER/Colby Free Press

ABOVE: Citizens Medical Center director of laboratories Bob Hanzlick helped cook more than 250 hot dogs and hamburgers Friday during a cookout for hospital employees to celebrate the end of Health Care Week. RIGHT: Health information clerk Sarah Powell showed off her fish hat Friday. The day was celebrated with a tropical theme.



TISHA COX/Colby Free Press

## Baptism

### Blayne Jaxon Reid

Father Dana Clark baptized Blayne Jaxon Reid, infant son of Jordan Scott and Amanda Leigh (Robben) Reid Sunday, May 14, at Sacred Heart Catholic Church in Colby. Godparents are Jay Michael Reid and Audrey Leon Hoyt.

## Community Calendar

- FRIDAY, MAY 19**  
Heartland Rural Counseling Services garage sale, 405 N. Franklin, 4-7 p.m.
- SATURDAY, MAY 20**  
Heartland Rural Counseling Services garage sale, 405 N. Franklin, 9 a.m.-noon  
Heartland Share delivery, 10:30 a.m., Sacred Heart gym  
Bridging the Gap, Colby Community Building, all day  
Pride of the Prairie orchestra concert, CHS auditorium, 7:30 p.m.
- SUNDAY, MAY 21**  
Piano recital, Colby United Methodist Church, 1 p.m.
- MONDAY, MAY 22**  
Special college board meeting, CCC Thomas Hall, 5:30 p.m.

# Center to honor service members

By Emma Rogers  
*Senior Center*

Friday, May 26 is designated as the day to wear service attire to lunch at the Senior Progress Center, 165 Fike Park. If anyone has served in any branch of the service and would like to wear their uniform, the center would like to honor those who have served their country. There are plenty of activities scheduled at the center for the week of May 22-26, including popcorn and trivia Monday. It's also Bring a Friend to lunch day. Tuesday exercise is at 9:30 a.m. and it's also Taffy

Day. Wednesday there will be a book review with Jeff Friesen of Pioneer Memorial Library at 11:30 a.m. Exercise is at 9:30 a.m. Thursday and bingo will be at 11 a.m. Friday exercise is at 9:30 a.m. and it's Denim Day, wear them denim duds. 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. Those who

work are also invited to come to pick up a meal. Those meals are available at noon to be picked up. For individuals 60 and over a contribution of \$2.50 per meal is requested. Anyone under 60 years of age is invited to attend or pick up a meal at a cost of \$4.50 per meal. The menu for the next week includes: Monday - Swiss steak, broccoli casserole, apricots, bread, pudding. Tuesday - Philly steak sandwich, green bean casserole, ambrosia fruit salad, bread or bun, cook's choice complement. Wednesday - ham, au gratin potatoes, peas, din-

nerroll, peaches. Thursday - porcupine meatballs, baked potato, cucumbers in creamy sauce, bread, applesauce. Friday - chicken and pasta salad, cantaloupe, bread, brownie. The building is also available for rental for events. For information on lunch reservations, call 460-2901. The Thomas County Public Van is owned by the county but is scheduled and dispatched by the Senior Progress Center. The van is not a taxi service. It will be scheduled on a first-come, first-served basis. It must be scheduled at least 24 hours in advance of its use and be ready at least 30 minutes in advance of appointment. Sometimes there are four to six calls per time frame. Calls for the van need to be made between the hours of 8 a.m. and noon, Monday through Friday.

## May is 'Mental Health Month'

May is Mental Health Month and the National Institute of Mental Health reminds people to "Mind Your Health," a theme that focuses on the mind-body connection and highlights the link between mental and physical health. High Plains Mental Health Center also wants to remind people that caring for their emotional well-being, as well as physical health, is necessary for overall good health. Feeling good both emotionally and physically are components needed for positive self-esteem, motivation, and good relationships within the family, on the job, at school, and in social settings. This can be difficult to achieve, considering that we live in a demanding,

time-consuming society. Children, young people, adults and seniors all feel the stress. • Stress is linked to six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide. • Seventy-five percent of visits to doctors' offices concern stress-related ailments. • Mental health conditions are the second leading cause of workplace absenteeism. Depression is associated with a 50 percent increase in missed worked days. But early and proper treatment of depression is associated with a marked decreased in disability leave time. • About one-third of college students report that stress impedes

their academic performance. Nearly 15 percent of college students have been diagnosed with depression. • Suicide is the third leading cause of death among people under 24-years-old, after accidents and homicide. • Older adults who are caregivers to spouses or other relatives may be at an increased risk for developing heart disease, arthritis, osteoporosis and some cancers due to long-term stress. • Medical treatment outcomes are worse when complicated by mental health problems. For example, rehabilitation from a hip fracture or a heart attack is less successful and more expensive when complicated by depression. • Untreated and mistreated mental illness costs the United States \$150 billion in lost productivity and \$8 billion in crime and welfare expenditures each year. A 5.5 percent increase in spending by businesses and government on mental health treatment could cut these costs by half.

For more information on "Mind Your Health" go to the NMHA Web site ([www.nmha.org](http://www.nmha.org)) or call High Plains Mental Health Center, 785 628-2871.

## Sorosis Club holds meeting

The Sorosis Club of Colby held its May 12 meeting at the Quality Inn of Colby. The group met in one of the meeting rooms of the Prairie Skillet Restaurant where they enjoyed a salad luncheon. This was the last meeting of the season and officers for the coming year were announced. More discussion was held about the proposed

project of coming together with two other clubs in Colby. This includes dates and times of meetings, programs and year books. Lee Fleckenstein and JoAnne Sunderman are heading up the talks on this subject. Roll call was answered by members sharing a reason to be thankful them time was spent in visiting and they adjourned for the summer.



**Faced with a Drinking Problem?**  
Perhaps  
**Alcoholics Anonymous Can Help**  
Meetings are Open to the Public  
City Hall Basement  
Mondays & Thursdays - 8:30 p.m.

## Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat	\$4.76
Corn	\$2.35
Milo	\$3.75
Soybeans	No bid

★★★★★★★★★  
**NOW PLAYING:**  
★★★★★★★★★

**COLBY CINEMA & ARCADE**

**MAY 12 - MAY 18**

**R.V.**  
Fri. & Sat. : 7:15 & 9:00 (PG-13)  
Sun. - Thurs: 7:15 1:40

**MISSION IMPOSSIBLE 3**  
Fri. & Sat. : 7:00 & 9:30 (PG-13)  
Sun. - Thurs: 7:00 2:10

**COLBY THEATRE**

**MAY 12 - MAY 18**

**HOOT**  
Fri. & Sat. : 7:00 (PG)  
Sun. - Thurs: 7:00 1:30

**JUST MY LUCK**  
Fri. & Sat. : 7:15 & 9:15 (PG-13)  
Sun. - Thurs: 7:15 1:45

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Fosamax has been linked to a serious bone disease known as **osteonecrosis of the the jaw (ONJ)** or **"dead jaw."** Symptoms of ONJ include loosening of the teeth, severe infections and swelling. If you or a loved one has suffered any of the serious side effects listed above, **call Phillips & Associates toll free at 1-800-706-3000 for a free consultation.**

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Robert Arentz, attorney practices law in California and Arizona only but associates with attorneys throughout the nation to help the injured.

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