

Family

Brewster quiet as fair time starts up

Brewster is pretty quiet this week since the Thomas County Fair is going on. Wish everyone good luck in Colby.

Those helping Ruth Jones and Wanda McClelland celebrate their July birthdays were Marie Edwards, George McClelland, Jan McClelland, Duane Jones and Jemery Skrdlant. We had dinner at Hank's and then went to Marie's for cake, strawberries and cool whip. Got a lot of visiting done.

Want to thank all of those people that have been bringing in fresh veggies. The seniors enjoy taking them home with them. I never have



Betty Jo Baird

● Brewster Correspondent

to throw anything out. Thanks again.

Jeffrey and Chelsa Gebhart of Escondido, Calif. had a baby girl July 31. Her name is Misty. Her great-grandparents are Lawrence and Lila Mayer of Brewster.

On Sunday July 30 the "Creation Celebration" at Hunter Park put on

by the Methodist and Lutheran Churches was well attended, with around 45 present.

The Annual Hot Dog-Watermelon Feed sponsored by the Brewster Heritage Center, will be August 18 at 6:30 p.m. There is always a big turnout, so come and enjoy the food and fun.

The summer is about over for the students. School starts Aug. 16. I know it seemed like a short one for them, with all the summer activities.

Want to congratulate Dani Bedore's club volleyball team, the Colorado Juniors 17s for placing

ninth at the National Junior Olympic tournament July 2-5 in Atlanta.

Dear child, Sometimes you feel that no one understands what you are going through. Even those closest to you don't seem to comprehend or care. I want you to know today that you are not alone. For I have given you more than a Savior, more that a distant and ethereal high priest who exists above all human experience, I have given you a friend who has walked through this human life before you.

How well he understands your breaking heart! How well he knows what it is to be beaten back by fatigue, plagued by enemies, misunderstood by friends. Whatever you are struggling with today, he has struggled with that same emotion or feeling. Whatever your temptation, he was tempted that way too. Wherever your feet are on the journey, his footprints are in the road ahead of you.

Never again do I want you to say that no one understands. Jesus Christ understands, and because he sits at my right hand day and night, interceding for you, I am constantly being reminded of your plight. I encourage you, my child to come into my presence with boldness and confidence. Tell me what's going on. I have mercy for your sins and grace to uplift you when you're hurting. You see, I understand, too. God, Hebrews 4: 14-16.

Community Calendar

THURSDAY, AUG. 3

Fair activities continue

Thomas County Community Foundation breakfast, 7:30 a.m.
4-H dairy, bucket calf, breeding and market beef show, 8:30 a.m.
Demolition Derby, grandstand, 8 p.m.

FRIDAY, AUG. 4

4-H Round robin, fairgrounds, 9 a.m.
Buyer's appreciation barbecue and 4-H livestock auction, 4 p.m.
Fair stock car races, Thomas County Speedway, 7 p.m.

SATURDAY, AUG. 5

Fair parade, downtown Colby, 10 am.
Pioneer Day, 4-H Building, noon

Obsessive order can be treated

Children may worry a little or a lot about school, friends and family issues. But for a child or adolescent with Obsessive-Compulsive Disorder (OCD), their worries cause severe discomfort and interfere with day-to-day functioning, schoolwork, and relationships with friends and family.

Obsessions are recurrent and persistent thoughts, impulses, or images that are unwanted and cause marked anxiety or distress. These are frequently unrealistic or irrational, and not simply excessive worries about real-life problems or preoccupation's.

Obsessive

Plain Sense

thoughts may vary with the age of the child, and may change as they get older. Compulsions are repetitive behaviors or rituals (like hand washing, hoarding, checking something over and over) or mental acts (like counting, repeating words silently).

For example, younger children with OCD may have persistent thoughts that something bad is going to happen to them or to a family member.

To relieve that anxiety, the child

may compulsively check to be sure all the doors at home are locked before going to bed. If the anxiety continues, the child will continue to check the locks, over and over. An older child or teenager's worries may relate to more complex issues such as a fear of a serious disease, a major injury, or a global disaster. The child may then develop repeated behaviors, such as hand washing, to help them cope with those fears.

Children and adolescents often feel embarrassed about OCD and are hesitant to talk about their thoughts and behaviors. Family involvement and understanding are important in treating this illness, along with therapy and, in some instances, medications. Parents who have questions or concerns about this childhood illness should seek help from a physician, psychiatrist or mental health professional.

Contributed by Karen Schueler, 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) Visit on the Web at www.highplainsmentalhealth.com.

August nuptials planned at Oakley church

Ronald L. and Marlene Vrbas of Colby and DJ and Joyce Bosserman of Oakley wish to announce the engagement of their children Ashley Vrbas and Clayton Bosserman.

Grandparents are Hilda Chessmore and the late Royal Chessmore of Atwood, Nancy Vrbas and the late Charles Vrbas of Atwood.

John Bosserman and the late Carol Bosserman of Oakley, Edeline Fischer and the late Edgar Fischer of Sharon Springs.

Vrbas graduated from Colby high School in 2003.

She attended Colby Community College and is now self employed as a day care provider.

Bosserman graduated from Oakley High School in 20002. He received Associates degree from Colby Community College and is now employed by H and H farms. The couple will be united in marriage at 4 p.m. on Aug. 26 at the Methodist Church in Oakley.



Ashley Vrbas and Clayton Bosserman

Don & Jean Oren



You both probably already know that there's something really special about the life in love you share, but you should also know that while today is a celebration for both of you, it's also an inspiration to all who know you.

*Love the Grandkids,
Karen Oren,
Travis Ringquist and
Natalie Oren.*

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat	\$4.39
Corn	\$2.17
Milo	\$3.15

We want your local news e-mail to pdecker@nwkans.com

THANK YOU • THANK YOU • THANK YOU

Thomas County EMS would like to thank everyone, sponsors and volunteers who helped to make our 11th annual "9-Run-Run" 10K-5K-2K run & 2K walk a success. The Boy Scouts of Troop 141 helped us this year acting as intersection guards doing a great job. Kim and Bobby Herron provided assistance to the runners by following them riding bicycles and monitoring their progress.

Our thanks to the following businesses and individuals that helped sponsor this event:

Eagle Med	Office Works
Harrison Chapel	S&W Supply Co. of Colby
Van's Body & Frame	First National Bank
P&D Auto Repair	Colby Implement
Fotogirl Photography	The Bank
Denny's Auto Repair	Holiday Inn Express
Kersenbrock Funeral Chapel	Dr. Shane Franz &
Beringer Hardware	Dr. Luke Tubbs, Chiropractors
Colby Photo	Farmers and Merchants Bank
Family Center for Healthcare	Northwest Kansas Hearing Services, Inc.
Leroy's Printing & Publishing, Inc.	Colby Medical and Surgical Center
T's & Things	Dillons of Colby
Peoples State Bank	Slavens Family Practice
Pizza Hut	McB's Motor Company
Unicel	S&T Communications
Great Western Tire	Pit Road
Kansas Quicklube	KXXX/KQLS
L&C Home Health Agency	Citizens Medical Center
Central Power systems & Services	Keyna Baalman
Comfort Inn	Ron Evans
Horlacher Jewelers	

We appreciate the time, commitment, and enthusiasm by all those involved in helping with the run and walk contest. Your team effort and personal involvement made the "Nine-Run-Run" a successful event this year. By thanking and giving support to the sponsors above you can ensure future EMS race contests will be held.

THANK YOU • THANK YOU • THANK YOU

FRUIT FOR SALE

Colorado Peaches, Pears, and Apples

Order yours from Colby Sacred Heart CYO by August 15th.

Call: Courtney Ress 462-6596,
Paige Pfeifer 460-6998, Angelica Lambert 462-3159, Megan Allen in Brewster 694-2934 or Sacred Heart Rectory 462-2179

Please Recycle

We want to thank our family and friends for their prayers, cards, gifts of food and other acts of love shown us at the passing of Pete Morrison.

John & Judy Morrison & family
Jim & Karen Morrison & family
Dan & Ann Commerford & family



Hays Medical Center

WELCOMES

Hrushikesh Vaidya, MD

to Pulmonology Associates of Hays

Dr. Vaidya completed his Internal Medicine Residency and Pulmonary and Critical Care Fellowship at the University of Arkansas for Medical Sciences in Little Rock, Arkansas. Dr. Vaidya is board certified in Internal Medicine and Pulmonary Medicine. Dr. Vaidya is accepting appointments for pulmonary and sleep patients beginning July 10th at Pulmonology Associates of Hays.

Please welcome Dr. Vaidya and his family to Hays!

2214 Canterbury Dr. Ste. 200 Hays Kansas 67601 785.261.7450 www.haysmed.com HaysMedicalCenter

Back to School Exam

Q. What do children use most at school?

A.

- Backpacks
- Pencils
- Books
- Eyes

If you answered "Eyes", you're right. Yet studies show that only 31% of children between the ages of 6 and 16 have an annual eye exam. That number drops to just 14% for children under 6 years, the age at which most vision problems can be treated before permanent damage occurs.

So it's not surprising that 20 million children will go back to school this year with a vision problem that may interfere with their ability to learn, contribute to disciplinary problems and put them at risk for permanent vision loss.

1 in 4 children has an undetected vision problem that can interfere with learning.

But what about the "vision screenings" performed by a school nurse or a pediatrician? Won't they detect vision problems? Only partially. According to a study conducted by the National Institutes of Health, vision-screening methods detected only 40 - 65% of children with vision problems.

The answer is a comprehensive eye examination performed by your neighborhood Vision Source eye doctor. Even if a child has passed a vision screening, a comprehensive eye examination can reveal diseases or other conditions such as Amblyopia (Lazy Eye) that would go undetected in a screening. And if a vision problem is detected, your family eye doctor can begin treatment immediately.

Vision is critical to learning. So make sure your child is really ready to go back to school. Schedule a comprehensive eye examination today.

What to Expect from A Comprehensive Eye Exam

To assure that your child enjoys the best vision possible and good eye health, a comprehensive eye examination should evaluate the following:

- **Internal & External Eye Health**
An internal and external examination of the eyes for signs of possible disorders.
- **Current Prescription**
An evaluation of the current eyeglass prescription, if applicable.
- **Visual Acuity**
A test of the ability to see sharply and clearly at all distances.
- **Refraction**
A test of the eyes' ability to focus light rays exactly on the retina at distance and close-up.
- **Tonometry**
A measurement of internal eye pressure to test for glaucoma.
- **Visual Coordination**
A test for eye coordination and muscle control.
- **Focusing Ability**
A test to measure the eyes' ability to change focus.

Dr. Morrison & Wahlmeier
Family Practice Optometrists

180 W. 6th - Colby 1002 Broadway - Goodland
462-8231 899-3654

Your **Vision Source!**