

# Family

## Sleep problems can be solved

Sleep disorders can have a variety of causes, and some are serious enough to cause problems with normal day-to-day functioning. Some sleep disorders -- like insomnia -- are fairly common, while others are less common and mostly unknown. This quiz will test your knowledge of sleeping disorders..

1. Narcolepsy is a disorder in which someone unwillingly falls asleep spontaneously at sometimes inappropriate times.

TRUE ( ) FALSE ( )

2. Psychoses, mood disorders, depression, anxiety, panic and alcoholism all can cause sleeping disorders.

TRUE ( ) FALSE ( )

3. All patients with sleep disorders can be cured with medication.

TRUE ( ) FALSE ( )

4. Sleep diaries can be used to help diagnose sleeping disorders and measure improvements in sleeping cycles.

TRUE ( ) FALSE ( )

5. The term "sleep hygiene" refers to the steps people take to ensure that



### Dr. Joyce Brothers

#### • Ask Dr. Brothers

they are clean while sleeping, and can include showering, sleeping in a cold room to avoid sweating or removing makeup before going to bed.

TRUE ( ) FALSE ( )

#### ANSWERS:

1. TRUE. Narcoleptics tend to fall asleep during the day, and sleepiness can sometimes be brought on by excessive stimulation. They also sometimes have problems sleeping through the night.

2. TRUE. All of these conditions can produce various types of disordered sleep.

3. FALSE. Actually, there are four groups of treatments for sleeping disorders: behavioral or psychotherapeutic treatment; rehabilitation/

management; medication; and other physical treatments. No type of treatment is enough for all patients.

4. TRUE. A sleep diary is a record of someone's sleeping and waking times. It is a useful tool in diagnosing and measuring the improvements in disordered sleep. It can help people recognize the things that are important for getting a full night's sleep, or the things to avoid.

5. FALSE. Actually, sleep hygiene refers to the methods that people use just before sleeping to ensure restful sleep. These vary, but for most people they include winding down before sleeping or avoiding bright lights or excessive stimulation just before bed.

## Clubs

### Abilene Hustlers 4-H

By Tamara Ziegelmeier

Abilene Hustlers 4-H Club

The Abilene Hustlers 4-H Club held installation of officers at its meeting Tuesday.

New officers are President Sarah Lamm, Vice President Jory Koon, Secretary Courtney Bredemeier, Treasurer Kellan Ziegelmeier and Reporter Brook Ziegelmeier.

New member Kaylee Shields led the club in the Star Spangled Banner, accompanied by Seth Bredemeier and Keagan Strange, and 19 members answered the roll call.

Brennan Ziegelmeier won a jar filled with candy corn by guessing the closest to the number of pieces in the jar.

The club plans to start a livestock judging team next year and anyone 14 or older was invited to attend the Kansas Youth Leader-

ship Forum in Rock Springs.

The annual 4-H Achievement banquet will be held in November.

The Strange and Hoeting families served ice cream to the group.

## Baby

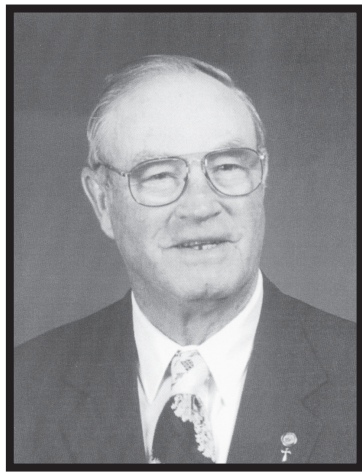
### Jordyn Lynae Bange

Christopher and Vicky Bange, rural Menlo, have a new daughter, Jordyn Lynae Bange, born Sept. 18, 2008, at Gove County Medical Center in Quinter. Jordyn weighed 7 pounds, 10 ounces and was 20 inches long. Welcoming

her home were Rebecca 11, Clayton 8 and Hannah 5. Grandparents are Sylvester and Rosemary Bange, Colby, and Joe and Lillian Becker, Russell Springs. Great-grandmother is Mabel Berndt, Monument.

#### Francis J. Robben Jr.

Francis J. Robben Jr., 82, died Tuesday, September 23, 2008, at Logan County Hospital in Oakley following a stroke. He was born on August 21, 1926 on the family farm west of Angelus in Sheridan County to Francis J. Sr. and Mary (Moellering) Robben. He was the 1st of 8 children. Francis attended school in Angelus, graduating from the eighth grade. On March 4, 1946, he was united in marriage to LaVeria C. Lintel at St. Paul's Catholic Church in Angelus. They cherished their 56 years together and during this loving time, three sons, Larry, Dan, and Mike and two daughters, Linda and Lana Sue (Susie) were born. Francis' love for the machinery business began early in his life. As a young man he worked on several farms in the Angelus and Grinnell area. In 1946 he moved to Oakley and worked for the Shaw Motor Company. In 1955, Francis decided to open a garage for himself titled Robben Sales and Service. His first place of business was in the shop which was formerly operated by Jenik. Due to a growing business, Francis moved on March 1, 1957 to the current location of Oakley Motors. This ever growing business included the line of Allis-Chalmers. During his 34 years in Oakley Motors many other lines of farm implements and a car dealership were added. Francis retired from the business in 1990. Francis was active in the church and Oakley community. He enjoyed the time spent serving God and the church, taking great pride in caring for the St. Joseph's Cemetery, rectory and school lawns and distributing communion while visiting the sick. He will be remembered for his devotion to his wife, LaVerna, during her lengthy illness. As a member of the Knights of Columbus, Francis served as Grand Knight. He was an active member of the John F. Kennedy Assembly of the 4th degree Knights and was a past Faithful Navigator. Francis offered his mechanical expertise to many people and sat on numerous agricultural advisory boards, which also included being on the Board of Directors of the Northwest Kansas Vocational Technical College in Goodland. He helped in the harvest fields when he was able and really never retired. His other passions included reading, visiting family and friends, and fishing with John, a lifetime friend. His most prized possessions that he leaves are his 3 sons: Larry Robben and wife Alice, Dan Robben and wife Chris, of Oakley, and Mike Robben of Burlington, Colorado; 2 daughters, Linda Howard and husband John, of WaKeeney, and Lana Sue (Susie) and husband Steve, of Colby; and 25 grandchildren and 24 great grandchildren. Other survivors include his brother Jim Robben Sr. and wife Luella, of Oakley; Rosemary Beckman and husband Dorven, Angie Baalman and husband Terry, of Grinnell, Annette Moorhous, Oakley; and Evelyn Mannebach and husband Bob, of Colby. Those preceding him in death were his parents; wife LaVerna (2002); infant grandson, Kenneth Howard; brother Jerome Robben; and infant brother Theodore John Robben. A funeral mass was held at 10:30 a.m. on Friday, September 26, at St. Joseph's Catholic Church in Oakley. Officiating were Father Michael Elan CMI, Father Roger Meitl, Father James Grennan, Father August Moeder, and Father Dana Clark. He was laid to rest beside his wife in St. Joseph's Cemetery in Oakley. Memorials may be made to St. Joseph's Church, St. Joseph's School, or the Fritz Hanson Apartments/ Logan County Hospital in care of Kennedy-Koster Funeral Home.



## Markets

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

Wheat	\$5.44
Corn	\$3.75
Milo	\$5.75
Soybeans	\$7.96

## Correction

An article on the Thomas County commissioners' meeting in the Friday, Oct 3, issue of the *Colby Free Press* included a statement that once a police agency gets control of forfeiture money, it can spend it as it pleases. Candidate Rod Taylor, who was at the meeting, pointed out that while the agency does have control over the way the money is spent, it has to be done in accordance with state laws.

☆☆☆☆

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.

## Obituaries

### Cleo E. Bastin

Cleo E. Bastin, 91, a retired farmer and rancher, died Friday, Oct. 3, 2008, at his daughter's home in Lenexa.

He was born Sept. 24, 1917 to Harvey and Edith (Hawkins) Bastin southwest of Menlo in Thomas County. He married Grace Irene Sowers on July 1, 1945, in Gem and they lived in Colby for a year before moving to a farm northeast

of Rexford in southwest Decatur County.

He was an Army Air Force veteran of World War II and attended the Rexford Community Church. He enjoyed farming and ranching, listening to country music and being outdoors.

He was preceded in death by his parents, wife and three brothers, Marion, Dean and Alvin Bastin.

Survivors include a son, John and Karen Bastin, Salina; two daughters, Edith and Elby Adamson, Clay Center, and Janet and Mark Carson, Lenexa; six grandchildren; and a great-grandchild.

Services will be at 2 p.m. Sunday at the church with the Rev. Lane Purcell officiating and burial in the Rexford Cemetery.

Visitation will be from 9 a.m. to 8 p.m. Saturday at Pauls Funeral Home in Selden and from 1 to 2 p.m. Sunday at the church.

Memorials to the Gideons, the church or donor's choice may be sent to Pauls Funeral Home, 121 N. Penn, Oberlin, Kan., 67749.

### Loretta Kay Greene

Loretta Kay Greene, 67, a retired hospital worker, died Tuesday, Oct. 7, 2008, at the Sheridan County Hospital in Hoxie.

She was born March 27, 1941, in Brewster to Kenneth and Mary (Bear) Adolph, and married Hy Greene on Dec. 14, 1962, in Brewster. He died Nov. 5, 2002.

Mrs. Greene had lived in Hoxie since 1963. She was a ward clerk for the Sheridan County Hospital before she retired.

Survivors include three daughters, Debbie Griffen, Colby, Karen Zellmer, Hoxie, and Sherri Wilson, Satanta; a brother Bill Adolph, Lakewood, Colo.; nine grandchildren; and seven great-grandchildren.

Services will be at 10 a.m. Friday at the Mickey-Leopold Chapel in Hoxie, with burial in the Hoxie Cemetery. Visitation will be from 9 a.m. to 8 p.m. Thursday at the funeral home.

SPENDING A QUARTER OF A CENTURY IN LOVE WITH ONE PERSON IS SOMETHING TO BE REJOICED. HELP US SHOWER CELEBRATION ON RANDY AND BARB WITH CARING WORDS OR CARDS. EXPRESSIONS MAY BE SENT TO  
980 EAST EIGHTH.

*Thank you so much from  
The Albers' Girls.*



"The most precious possession that ever comes to a man in this world is a woman's heart."  
Josiah G. Holland

## Considering Weight Loss Surgery?

FREE Informational Seminar

Thursday, October 23, 2008

Program 9:45 am

Citizens Medical Center

100 East College Drive - Board Room  
Colby, Kansas

Your benefits over time may include:

- Significant weight loss
- Relief of sleep problems
- Relief from urinary incontinence
- Lower cholesterol
- Decreased joint pain – improved mobility
- Improvement of Type II diabetes
- Relief of digestive problems
- Lower blood pressure
- Improved mood and self esteem
- Decreased medications associated with weight related diseases

If you are wondering if you should consider bariatric surgery, make plans now to attend this informational seminar. Dr. Zurab Tsereteli, Bariatric Surgeon, will discuss the procedure. The program will include general information on qualifying for surgery, an overall description of the lifestyle changes that are necessary following surgery, plus information on the insurance process. This informational session is **REQUIRED** for anyone considering Bariatric Surgery at Hays Medical Center.

Registration is required. Call 785-623-5945.



# The 900 pound Gorilla

is waiting to work for you!

He is biggest and most effective advertising medium in the Tri-State Region

He works for you in  
The Country Advocate

Reaching 18,200 households with nearly 57,300 readers across northwest Kansas, eastern Colorado and southwest Nebraska, the Gorilla packs a punch!

Call Crystal or Kristi today at 462-3963.

GIVE HIM A TRY!

