

# Friend returns after two weeks in Tennessee

It's time for another column to get ready. It seems I get one done, and it's time to do another one.

Friend Lucille Nash will be home by the time you read this one. She's been visiting Terry and Linda Nash in Tennessee for a couple of weeks. It's good to have her back home.

Betty Saint is doing fairly well in her struggle to regain some strength. Her daughters Cindy of Arizona and Cathy of Norton have spent some time with their mom, as has Rick or California.

Her grandson Darren is attending school in Colby, so he sees her quite frequently. Of course there is Dennis who lives here and sees her almost every day. He runs a lot of errands for her, but she told me she got the car out the day other day to run a couple of errands herself.

She was pooped by the time she



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got back home and found out really quick she's still a little puny from it all. Better days are ahead, kiddo.

My hands look like I've fought a battle of life. Actually they are the result of playing with John and Reta's new puppy, Bambi. Boy are her teeth and claws like razors.

She's cute as a button but full of vinegar and wants to chew on everything in sight. My hands look like it, but she's a doll.

Jonathan McClung has gotten my lawn and theirs mowed with the help of his dad, Gary. We've worked

a good kid and a great neighbor to have.

There's just one more week of mentoring, and it will be over for the summer. Boy oh boy have these past eight months gone fast. Two of my kids will be advancing to third grade at Central this fall, so I don't know who I'll have then. I might get lucky and get to work one more year with my current first grader, but I don't know, so I will have to wait until fall.

In the sick report: Mary Schippert is home and improving daily. Mary

David is in swing bed and hoping to get out by the weekend. Stan Wolak was back in the hospital but got the news he gets to go home. In fact, he was scheduled to get a meal on Tuesday. Good news. Kit Boudreau is out of the hospital also and recovering at home.

There are others who are on the mend: Orvine Kitchen is in swing bed following corrective hip surgery and therapy. Best wishes to these and all the others under a doctor's care.

I have neither any birthdays nor any anniversaries this week. I'm sure there are some out there but don't know about them. Best wishes to one and all.

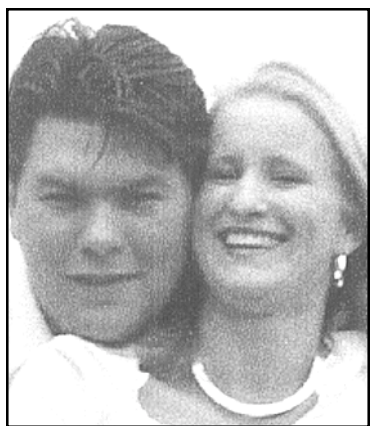
Haven't those rains been wonderful? I got my sprinkler system serviced but haven't had the need to turn them on. I know I'm not going

to turn off the utilities at the cabin on Memorial weekend, as it can still get cold in the canyon. I will do my work as needed on the graves and come on home.

Come June, I hope to then get back and start the summer season, God willing and the creek doesn't get too high. A neighbor wrote and said there is a slight trickle over the spillway at Seaman's for the first time in three years. It's not enough, but at least it's a start.

It will take a lot of water for it to get to normal runoff. She said it was just wonderful to see that trickle and maybe a start to get the water tables back up to where they should be.

I see nothing on the desk and am not sure of anything else, so I will close and wish all the graduates the best of luck in their new life ventures. See you all next time.



Zann and Webring

## July wedding planned

Dana Webring of Goodland and Jason Zann of Bay City, Mich., plan to marry Monday, July 14, 2003, at the Crescent Hotel gazebo in Eureka Springs, Ark., with Selena Parrish officiating.

Gary and Judy Webring of Goodland are the bride-elect's parents, and David and Joan Zann of Bay City are the prospective groom's. Helen Hartsell is her grandmother, and Romaine Kolasa and Irene Zann are his grandparents.

The bride-elect graduated from the University of Kansas with a bachelor's degree in communication studies. A patient access specialist at the Overland Park Medical Center, she is pursuing a degree in radiology technology.

The prospective groom graduated from DeVry University with a bachelor's degree in telecommunications management and from Keller Graduate School with a master's in project management. He is an internal information security consultant at DST Systems and is pursuing a master's in information assurance through Norwich University.

The couple lives in Overland Park.

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# War and unstable finances making people anxious

It's no wonder that people are feeling anxious in recent months, what with family members and friends going off to war and the unstable national and state financial situations.

People in places such as Northern Ireland, Israel and Palestine have become used to living under constant threats and fear, but this is relatively new for most of the United States population.

Rona Fields, a Washington practitioner who is an expert in trauma psychology, states that fear resulting from the onslaught of ambiguous and unpredictable



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mental health

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threats results in all sorts of emotional distress, including anxiety, anger, depression and physical illness.

So, does purchasing duct tape really help? Realistically it might not. But, from an emotional standpoint, people need to feel like they are "doing something" when feel-

ing threatened. Thus, buying duct tape and stocking food items are proactive and give people some sense of control when they are feeling vulnerable.

In this type of emotional environment, people also tend to perceive an unfamiliar situation as much worse than it really is.

Such reactions as worry and anxiety, which are stress related, are normal. But if left unchecked, or allowed to continue without relief,

the result can be damaging to both physical and emotional health.

Here are some suggestions that can be helpful:

Limit exposure to bad news through the media. Watching events on television related to war has become "addictive" for many people, so make an effort to turn the media off more often.

Take good care of yourself; get enough sleep, eat properly and exercise.

Don't isolate yourself. Make an effort to spend time with others.

Positive actions, such as just being nicer or volunteering time to

help others, are great stress reducers. Before stress, anxiety and anger become overwhelming, seek professional help.

Contributed Ron Speier, Manager, Hays Outpatient Services. 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.highplains-mentalhealth.com](http://www.highplains-mentalhealth.com).

## matters of record

### Municipal Traffic

The following traffic fines have been paid in the Municipal Court: **May 1** — James H. Smith, 20, of Goodland was fined \$104 for speeding, 47/30.

Myles A. Boyce, 19, of Lenora was fined \$76 for speeding, 30/20.

### Goodland Police

The following crimes were reported to the Goodland Police Department:

**May 1** — John T. Bost was arrested for battery against Amanda Adams at 100 W. 13th.

**May 2** — Mark E. Pianalto was

arrested at 13th and Eustis for driving under the influence, minor in possession and driving while suspended.

Collingwood Grain Inc. reported a burglary and \$1,632 in criminal damage to a hood and windshield, 47 windows, a man hole cover, two red light covers and two fire extinguishers at 1000 W. 17th.

**May 5** — Michelle S. Hartman reported battery at Second and Clark.

**May 7** — Presto reported forgery, a fake \$20 bill taken in, at 2510 Commerce Rd.

Elbert W. Barnett reported a burglary and the theft of a tool box and hand tools, value of \$600, at 1303 Syracuse.

Maria L. Melstrom was arrested at 601 Washington on a warrant from the Ford County sheriff.

**May 8** — Cletus Dwire reported a burglary, criminal damage to the back door and theft of \$1,340 worth of items at 1116 Caldwell.

Ernest-Spencer Inc. of Meriden reported the theft of a \$550 digital camera at 824 W. Hwy. 24.

Samantha Lamb reported battery and disorderly conduct at 901

Broadway.

**May 11** — Veronica Hernandez reported battery at Seventh and Caldwell.

**May 12** — Northwest Kansas Educational Service Center reported \$160 criminal damage to a school bus and a mini van, two mirrors, two tail lights and one radio antenna, at 900 W. 11th.

### Real Estate

The following real estate transfers were reported by the Sherman County Register of Deeds:

United State Marshal Rand Rock

to Richard L. and Rita M. Billinger Lot 4 in Block 5 of Kohler First Addition to the City of Goodland, foreclosed property of Diana J. McKnight.

Cornerstone Bank, National Association of York, trustee of the Klippenstein Heirs Farm Trust #2, to David E. Gattshall and Leland J. Gattshall the W/2 of the NW/4 of Sec. 8, T7S, R40W.

Warren R. Viney, trustee of the Maxine S. Viney Living Trust, to Robert R. and Karol A. Ruda 1/2 interest in the NE/4 of Sec. 23, T9S, R37W.

# Forget Them Not...

## This Memorial Day honor your loved ones with a message

### Published on Friday, May 23

*In Loving Memory - Charles Dennis Hadley, Jr.  
May the souls of the faithful departed rest in peace, and  
may light perpetual shine upon them.  
Dennis and Phyllis Hadley*

#### Photo & Message

Up to 20 words, additional words 25¢ each. Minimum is 2 columns wide by 2 inches high.

just **\$29.95**

#### Message Only

Up to 20 words, additional words 25¢ each

just **\$19.95**

Deadline for messages is Wednesday, May 21, at noon.

Complete this form and bring or send to:  
**The Goodland Star-News**, 1205 Main, Goodland, Kan. 67735

Honoree's Name: \_\_\_\_\_

Message: (please print) \_\_\_\_\_

\_\_\_\_\_

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_

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