

Goodland High School students receive scholarships from Colby

Five Goodland High School students received scholarships from Colby Community College. Chance Schilling, a senior at Goodland High School, has been awarded an academic scholarship for the 2003-2004 academic year. Chance is the son of Ron and Marsha Schilling of Edson. Kayla Williams, a senior at Goodland High School, has been awarded an academic scholarship. Kayla is the daughter of Kim and Rod Roeder of Goodland.

Alissa Ann Shields, a senior at Goodland High School, has been awarded an academic scholarship. Alissa is the daughter of Ron and Kimberly Shields of Goodland.

Britany Pettibone, a senior at Goodland High School, has been awarded an academic scholarship. Britany is the daughter of Greg and Sally Pettibone of Kanorado.

Amy R. Anderson, a junior at Goodland High School, has been awarded an academic scholarship. Amy is the daughter of Rose Anderson of Goodland.



Schilling



Williams



Shields



Pettibone



Anderson

Elderly at risk for committing suicide

Suicide is a very sensitive subject to most people, and we rarely think about this topic in relation to the elderly.

However, statistics and research over the last few years indicate that older adults talk less about suicide than younger age groups but follow through at a higher rate.

According to the Kansas Department of Health and Environment statistics, suicide rates are highest among Americans aged 65 years and older. Nationwide, this age group accounts for only 13 percent of the U.S. population but amounts to 20 percent of all suicide deaths recorded.

The majority — 84 percent in 1996 — of suicides among ages 65 years or older are men, with firearms being the most common method used.

Seventy percent of these elderly suicide victims had visited their primary care physician in the month prior but did not share their suicidal thoughts or intents with the doctor.



high plains mental health

- plain sense

Severely declining health, a fear of pain and the inconvenience to family members are some of the reasons why an elderly person might consider suicide. They often fear a prolonged serious illness, even when knowing that biomedical advances can help keep them comfortable.

Depression and declining health in the elderly are too often taken for granted by their family and friends. They are often isolated at home by choice or by family members with little tolerance.

However, depression is not a normal part of aging; it is treatable through medications and therapy. Older adults should be able to talk about their concerns and fears, in-

cluding the topic of suicide.

Talking about suicide does not cause someone to take his or her life. Instead, they discover that people

care, and they are provided a chance to explore better options and solutions.

A quote by Joseph Richman says it best: "The elderly deserve credit for surviving, not criticism and rejection for being alive."

Contributed by Cora Lee Pfannenstiel, Community Outreach Consultant/Nurse Educator.

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.highplainsmentalhealth.com.

matters of record

Real Estate

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

Jimmy D. and Theresa D. Johnson of Clay County, Mo., to Michael A. and Sherry D. Magnuson of Sherman County a tract in the N/2 of the NW/4 of Sec. 29, T8S, R39W.

Clara Marie and Raymond L. Fixsen, trustees of the Clara Marie Fixsen Revocable Trust, to Paul J. and Gladys E. Leonard 1/2 interest in and to Lots 20 and 21, Block 36, First Addition to the city of Goodland.

Raymond L. and Clara Marie Fixsen, trustees of the Raymond L. Fixsen Revocable Trust, to Paul J. and Gladys E. Leonard 1/2 interest in and to Lots 20 and 21, Block 36, First Addition to the city of Goodland.

First National Bank in Goodland quit claims to Livengood-Livengood Trust the SE/4 of Sec. 5, T9S, R42W.

James C. Boaz, trustee of the Boaz Family Revocable Trust, to James C. and Judith Ann Boaz, trustees of the James C. and Judith Ann Boaz Revocable Trust, Lot 7 and the S/2 of Lot 8, Block 27, Beahm's Addition to the city of Goodland.

Dan Dirks to Sandy Smith Lots 13 and 14, Block 5, First Addition to the city of Goodland.

William D. and Charlene S. Bunten convey and warrant to Donald E. and Anne L. Cross the W/2 of Sec. 15, T8S, R41W, minus a tract.

Dallas Peter conveys and warrants to Sherry L. and Eddy P. Schultz the SE/4, Sec. 3, T6S, R40W.

Vida Young conveys and warrants to Dorothy Elaine Cibolski the E/2 of the NE/4 of Sec. 9, T9S, R39W.

Edward and Dorothy Elaine Cibolski convey and warrant to Vida Young the E/2 of the NE/4 of Sec. 9, T9S, R39W.

Michael J. and Dianna K. Briney convey and warrant to Donald E. and Anne L. Cross the NW/4 of Sec. 35, T8S, R42W.

Don C. and Faye Cooper convey and warrant to John L. Herl the NW/4 of Sec. 23, T6S, R38W.

Catherine A. Williams and Myron L. Graybill, co-trustees of the Conrad E. Graybill and Dorothea M.H. Graybill Revocable Trust, to Shawn Nelson Lots 22, 23 and 24, Block 26, Second Addition to the city of Goodland.

Alex Dell and Pamela Sue West to Colleen and Jandira Smith a tract

on the west side of Block 12, C.K.&N. Addition to the city of Goodland.

Sherman County Sheriff Doug Whitson to BPC 1998-A KS LLC, a Texas limited liability, a tract in the SW/4 of Sec. 30, T8S, R39W, foreclosed property of BP Convenience Inc., a Missouri Corp., BPC of Goodland LLC, a Missouri Limited Liability Company, and Pawnee County Coop and Pawnee Petroleum Products LLC.

John Reid of El Paso County, Colo., and Jean Ann Reid the NW/4 of Sec. 25, T6S, R42W.

Louella Heier, Nancy J. Niermeier and Shari Humphrey, formerly known as Shari L. Heier, trustees of the Louella Heier Revocable Living Trust, to RTM Services, a Colorado limited liability company, the N/2 of Sec. 10, T8, R38.

JoAnne Chapman conveys and

warrants to Crumbaker L.P. the NE/4 of Sec. 11, T9S, R37W.

Michael R. and Joyce E. Taylor to Michael R. and Joyce E. Taylor and William D. Taylor Lots 9 and 10, Block 12, Sharp's Addition to the city of Goodland.

Joshua A. and Koren M. Dechant convey and warrant to Joshua A. and Koren M. Dechant as joint tenants with the right of survivorship the N70' of Lots 9, 10, 11 and 12, Block 34, First Addition to the city of Goodland.

Bankwest of Kansas to Justin Joe and Bobbi Jo Tesmer the E 22' of Lot 22 and all of Lots 23 and 24, Block 6, First Addition to the city of Goodland.

Mildred Laughlin, trustee of the John T. Laughlin Revocable Trust, to Mildred Laughlin the NE/4 of Sec. 4, T10, R41W, minus a tract; the NW/4 of Sec. 3, T10, R41W; the

SE/4 of Sec. 33, T9, R41W; and the N 40' of Lot 8 and the S 20' of Lot 9, Block 34, Academy Addition to the city of Goodland.

Mildred Laughlin conveys and warrants to Ed and Marcelene Hageman the NE/4 of Sec. 4, T10, R41W, minus a tract; the NE/4 of Sec. 3, T10, R41W; and the SE/4 of Sec. 33, T9, R41W.

Mildred Laughlin quit claims to Ed and Marcelene Hageman the N 40' of Lot 8 and the S 20' of Lot 9, Block 34, Academy Addition to the city of Goodland.

Ed and Marcelene Hageman quit claims to the Hageman Family Partnership the N 40' of Lot 8 and the S 20' of Lot 9, Block 34, Academy Addition to the city of Goodland.

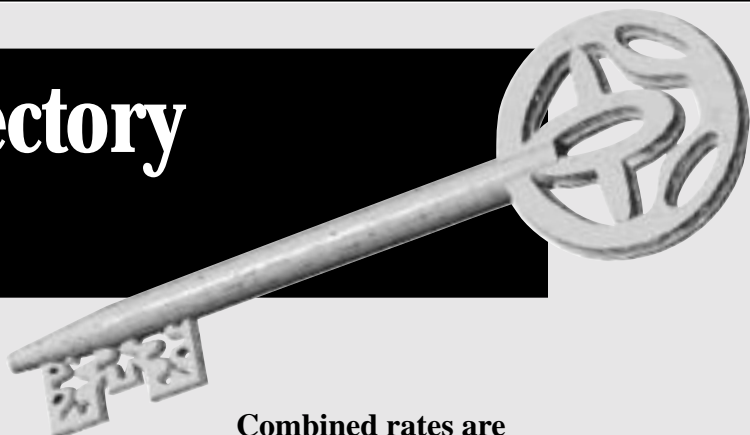
Shelby and Travis Palmgren convey and warrant to Rusty and Wendy Fritz the SE/4 of Sec. 19, T8S, R38W, minus a tract.

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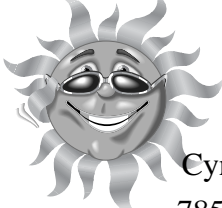
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