

Labor Day a good time for mini-vacations or work

Labor Day was a busy holiday weekend for many, and it sounds like most had a very good time. There are always a lot of squeezing in of mini-vacations for that last warm-weather holiday, and this year didn't seem to be any different.

Roger and I spent the holiday as a work day, and we hooked a couple of our kids into helping us. Now does that sound like a nice thing to say? Actually, we were very glad to have their help, and what seems to be a major effort for us is just a light workout for them.

Isn't it funny how time changes our output? No, it really isn't that funny, but it does happen to all of us. Anyway, we do appreciate the help that came our way, and hopefully sometime we will be able to repay them in some way.

The hurricanes are really pounding Florida, and our prayers go out to those folks who have always thought they lived in "paradise." It does have its good points, but when the storms like this come, I'm not sure it is worth it.

I have been a little slow in getting a column out because it is depressing to stay neutral in the upcoming election storm, especially since so



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michael

• brewster beacon

many are letting one and all know how they feel.

So, if you will pardon me, I will give a little bit of unasked for opinion. Feel welcome to tell others how you are going to vote and even that it is quite important to you, but don't tell them they have to do it your way.

As a matter of fact, I always thought the wonderful thing about voting is the fact no one else needs to know how you voted. It is not their right to even ask. And I am ashamed of many of the media outlets in their handling of their choice candidate and the foul shots they have taken at others.

This has become an ugly time of shoving ideas down others' throats instead of a time of hearing about the pros and cons of each side's ideas for our future. I have never taken kindly to anyone telling me to "shove it" and doubt I will ever be

receptive to such rudeness. There have been a lot of fields getting drilled, and there is a slight promise of moisture during this week. Some say that if the next hurricane comes up the right direction, it may benefit us.

I hate to think there are those who would have to suffer just to help us have a good crop. But then if they are going to have a hurricane anyway, we can always go back to that old saying, "It's an ill wind that blows no good."

Hopefully, soon there will be beneficial moisture to come back into the area, and all of us can feel like things are turning around.

Greg Michael has come back up from Claremore, Okla., to continue doing some things at the farm. He will be back and forth for a while, and it is always good to have him around. His family will be with him on occasion, so we look forward to some good visiting.

There are new businesses moving into the area, and it is great to enjoy the adventures of eating at

new places and shopping in new stores, but we want to remember the loyal business owners who have been serving us for years and years.

As Maxine Nelson of Colby reported last week, losing a business in the area is sometimes like losing a good friend. We were sad to see the Deep Rock in Colby close, as we have had several great gatherings there.

I enjoy seeing empty buildings being put to use again, and we commend Herl Chevrolet for their big move.

White's Landing is coming to life as Southwind Plaza, and the Oasis is adding a big eye appeal spot to the doubters who don't believe there are palm trees in northwest Kansas.

Hank's Cafe has given folks a nice gathering spot again, and Ponds and More is going to keep the animal kingdom going.

Sometimes all we hear are the closings, and yes, they happen, but there are also some openings going on. Try them and then go back to that loyal business man on occasion too. There should be room for more than one or two places to spend our money.

The schools are getting their programs off and running and the

magazine sales, cookie sales and booster items are starting to get the kids (or their moms and dads) on the road selling items for proms, senior trips, football uniforms, etc. It would be just impossible to support everything we would like, but I'm sure most of us do what we can.

One of our grandsons, Nathaniel, is a freshman at Hays High School this year, and they are already having promotions. If I remember right, a few years ago I told one of our grandsons in Montana that I'd support him on some kind of run, but I never heard what he did or what I was supposed to pay up.

So a little hint to all you parents and grandkids, you might have to give us old folks a reminder because when it is a year or so before we remember it, we feel bad and wonder whether you think we are doing it on purpose.

There isn't much local news because about all the trips and such to write about, the folks are still gone, and I don't report things like that. They will be returning soon, though, so we'll have some great trips to talk about in the next week or so.

One trip that is over is Coleen Crumrine's trip to Ponca City,

Okla., to see her brother Gene and wife Lila Pfalser. They are doing all right, although they both have health issues. After helping Gene and Lila for a few days, Coleen made a short stop at her friend's house in Wakita, Okla., before returning home to go to the dentist in Hays.

The report there was good, and now Coleen is resting up and getting ready for the fall lamb crop. She's a busy lady, and we hope she remembers to take care of herself.

I met a nice young woman today at the physical therapist office that Roger had been going to. She is Dawn Stephens, wife of former Brewster coach Tom Stephens and daughter of Brewster United Methodist Church pastor Doreen Chambers.

She is very adept at her work, and Roger thinks she is very compassionate, most of the time. When you need someone for therapy, I believe he would give her a high recommendation.

That's it for now, and I hope you all have a great week. Attend a football or volleyball game if you can this week, and cheer for the kids. And if they aren't having such a great game, cheer for them anyway!

Knowing and acting upon suicide's warning signs can save lives

Suicide, like many other unpleasant issues, is never an easy thing to talk about. However, when a person feels like he or she cannot go on with life and sees no future, suicide, for many, has become the answer to whatever they are dealing with. For some, suicide is something we would not think about, but for others it is the "only way out."

There is no typical suicide victim. It happens to young and old, rich and poor. Fortunately there are some common warning signs which, when acted upon, can save lives.

The American Association of Suicidology suggests watching for the following signs.

A person might be suicidal if he



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• prevention center

or she:

- Talks about committing suicide.
- Has trouble eating or sleeping.
- Experiences drastic changes in behavior.
- Withdraws from friends and/or social activities.
- Loses interest in hobbies, work, school, etc.
- Prepares for death by making out a will and final arrangements.

- Gives away prized possessions.
- Has attempted suicide before.
- Takes unnecessary risks.
- Has had recent severe losses.
- Is preoccupied with death and dying.
- Loses interest in their personal appearance.
- Increases their use of alcohol or drugs.

What can you do? Here are some ways to be helpful to someone who is threatening suicide:

- Be direct. Talk openly and mat-

ter-of-factly about suicide.

- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong or feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, such as guns or stockpiled pills.

Get help from persons or agencies specializing in crisis intervention and suicide prevention.

Many people at some time in their lives think about committing suicide. Most decide to live because they eventually come to realize that the crisis is temporary and death is permanent.

On other hand, people having a crisis sometimes perceive their dilemma as inescapable and feel an utter loss of control. These are some of the feelings and things they experience:

- Can't stop the pain.
- Can't think clearly.
- Can't make decisions.
- Can't see any way out.
- Can't sleep, eat or work.

Can't get out of depression. Can't make the sadness go away.

Can't see a future without pain. Can't see themselves as worthwhile.

Can't get someone's attention. Can't seem to get control.

If you experience these feelings, get help! If someone you know exhibits these symptoms, offer help!

Contact:

- A community mental health agency.
- A private therapist or counselor.
- A school counselor or psychologist.
- A family physician.
- A suicide prevention or crisis center.

matters of record

District Traffic

The following fines were paid in the Sherman County District Court:

Aug. 13—Madeleine D. Weber, 34, Idaho Falls, Idaho was fined \$150 for speeding.

Ryan S. Berry, 21, Colorado Springs, was fined \$240 for speeding.

Kenneth A. Dickinson, 33, Diamond Bear, Calif. was fined \$130 for over weight limits on wheels and axles.

Sostenes O. Chaparro, 28, Avon, Colo. was fined \$267 for not stopping at inspection station.

Hugh L. Davis, 34, Colorado Springs, was fined \$80 for no child restraint.

Pamela C. Mullins, 51, Matthews, N.C. was fined \$168 for speeding.

Aug. 16—Amanda K. Jenne, 18, Vernal, Utah was fined \$144 for speeding.

Michael C. Hourahan, 27, Colorado Springs, was fined \$126 for speeding.

Elizabeth R. Gilbert, 53, Modesto, Calif. was fined \$138 for speeding.

Donald J. Mckenrick, 33, Abilene, Texas was fined \$108 for speeding.

Bruce H. Aul, 49, Gainesville, Fla. was fined \$112 for over weight limits on wheels and axles.

Wendell R. Vannoy, Jr., 39, Columbus, Ohio was fined \$132 for speeding.

Charlene A. Lewis, 47, Kansas City, Mo. was fined \$126 for speeding.

James R. Lyday, 39, Lees Summit, Mo. was fined \$150 for speeding.

Brittany L. Cohen, 19, Santa Ana, Calif. was fined \$144 for speeding.

Gideon T. Gebremariam, 26, Thornton, Colo. was fined \$126 for speeding.

Traci S. Sands, 33, Broomfield, Colo. was fined \$132 for speeding.

Tracy N. Wilson, 38, Newport, R.I. was fined \$231 for speeding.

Donald F. Woolum, 73, Middlesboro, Ky. was fined \$204 for speeding.

Robert Kim, 64, Franksville, Wis. was fined \$159 for speeding.

Melissa K. Huenegardt, 25, Lenexa, was fined \$120 for unlawful acts with a vehicle.

Jon L. O'Brien, 42, Taylors, S.C. was fined \$126 for speeding.

Aug. 17—Roy J. Odonnell, Jr., 61, Spicewood, Texas was fined \$132 for speeding.

Jeremy Herl, 23, Hays, was fined \$114 for speeding.

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When you need to sell something, find something or notify someone, the Gorilla is your best friend. Reaching 18,200 households with nearly 42,000 readers across northwest Kansas and eastern Colorado, the Gorilla packs a punch. It can move your refrigerator or your old car. A

house? No problem for the Gorilla. And all at rates that save you money.

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THE OBERLIN HERALD

170 S. Penn Ave., Oberlin, Kan. 67749
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The Saint Francis Herald

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Box 167, Bird City, Kan. 67731
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