

Community Calendar

SUNDAY, AUGUST 12

Sunday Morning Alcoholics Anonymous, Ramada Inn, 9 a.m.
Higher Ground, High School Youth Group, Berean Church, 6 p.m.
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

MONDAY, AUGUST 13

Duplicate Bridge, airport, 1 p.m.
Quit smoking support group, 775 E. College Drive, 1 p.m.
Monday Afternoon Bridge, Meadowlark Manor, 1 p.m.
Colby Housing Authority Board, Meadowlark Manor, 5 p.m.
High Plains Lions, Ramada Inn, 7 p.m.
Take Off Pounds Sensibly, United Methodist Church, 7 p.m.; weigh-in, 6-6:30 p.m.
Rexford Lions, Rexford Cafe, 7 p.m. (2nd & 4th Mondays)
Pride of the Prairie Orchestra practice, Colby Community College Band Room, Cultural Arts Center, 7:30-9 p.m.
St. Thomas Lodge, 215 N., Franklin, 8 p.m.
American Legion, 8 p.m.
Colby Jaycees, East Highway 24, 8 p.m.
Downtown Alcoholics Anonymous, (smoking), City Hall Basement, 8:30 p.m.
Al Anon, (nonsmoking), 1275 W. 6th, 8:30 p.m.

Information for seniors given at Information Day

Senior Ponderings – Northwest Kansas Area Agency on Aging, sponsored an Information Day for Seniors, Aug. 9 at the Grainfield American Legion. Entertainment was presented by the Red Barn Gang of Rexford. Rosalie Seemann is Thomas County's Silver Haired Legislature member. Each of the 18 counties in the Northwest Kansas Area Agency on Aging, should have a representative to this legislature, but there are only 12 counties being represented at this time. Aging issues are at the forefront of our state and national policy-making arenas. Kansas is tied for seventh in the nation in terms of states with the highest percentage of residents over the age of 85. Not only are we all living longer... but people are coming to Kansas to enjoy their senior years. Keep "in-touch" with your silver haired legislator – know what is going on – and if you



Lois Myers

• Senior Savvy

have a problem, let her know about it. The following activities have been scheduled at the Senior Progress Center for the week of Aug. 13-17. Any senior 60 or older may participate.

Gospel Sing set in Rexford

There will be an old-fashioned gospel Sing featuring the Prentices from Yuma, Colo., starting at 7 p.m. Sunday at the Brewster Park. The Prentices will provide southern/country gospel singing and uncompromised preaching. If you have a song to sing or a testimony to proclaim, bring your tape, guitar, boldness and lawn chair. PA system will be provided.

Clyde and Frances Turrell went to Denver on July 26 to spend the weekend with the Vaughn family. Bob, her son, is seriously ill, so Frances remained to be with the family. Clyde returned home on July 30. The next day, Connie Campbell of Brownwood, Texas, Kenny and Gretchen Campbell and Hunter of Early, Texas, were houseguests of their father and grandfather, Clyde Turrell Tuesday through Sunday. On Wednesday evening, the group were supper guests of Blanche Cheney, and Phyllis Cheney was a

Monday – Shuffleboard at 10 a.m.; Cards at 1 p.m. Tuesday – Low impact exercise class at 9:30 a.m.; Shuffleboard at 10 a.m.; Monthly senior board meeting at 1 p.m.; Cards at 1 p.m. Wednesday – Line dance class at 10 a.m.; Cards at 1 p.m.; Thursday – Low impact exercise class at 9:30 a.m.; Shuffleboard at 10 a.m.; Senior Bridge at 1 p.m. Friday – Share-a-Memory/Coffee Time at 9:30 a.m.; Shuffleboard at 10 a.m.

Indoor walking, snooker, pool,

puzzles and cards are available whenever the center is open... and the coffee pot is always on. Come down and 'walk' where it's cool... and stay for lunch.

Homestead Nutrition Aug. 13-17. Monday – Tuna/noodle casserole, peas, tomatoes and cukes, rolls, pears. Tuesday – Oven fried chicken, mashed potatoes w/gravy, corn, bread, tropical fruit. Wednesday – Tater-tot casserole, spinach/cheese salad, bread, brownies. Thursday – Roast beef, mashed potatoes w/gravy, carrot/raisin salad, bread, birthday cake. Friday – Ham and beans, cornbread, cole slaw with carrots, jello w/pineapple. Meal reservations need to be made before noon, 24 hours in advance at 462-2901. Cancellations should be called in as soon as possible. Menus are subject to change.



Lula Thieler

• Rexford Correspondent

caller. On Thursday, Clyde and the Campbells visited Billy and Pat Turrell, Lola Skiles and Kayla Skiles in Colby. On Friday, Clyde accompanied the Campbells to Colorado Springs for a day of sightseeing. The highlight of the trip was Hunter seeing Santa Claus at the North Pole. That evening, guests of Clyde to visit the Campbells were Larry and Nadene Zeller, Denise and Ashley, and a friend from Wamego; and Tim and Kathy Rall, Jessica, Melissa and Tyler of Herndon. Saturday the Campbells and Clyde were supper guests of Blanche Cheney. Phyllis and Allen Cheney were callers. The Campbells left early Sunday morning, Aug. 5, to return to their homes in Texas.

Dinner party to feature stained glass

The High Plains Kansas After 5 Club will have a *Back to the Classroom* dinner party from 7-8:30 p.m. Tuesday, Aug. 14, at the Shepherd's Staff Conference Center, Rexford. Janet Myers of The Kaleidoscope will give a presentation on customized stained glass and innovative glass creations. Kevin and DeeDee Lawry will sing. Mary Sue Copeland will be the guest speaker. Make reservations by Saturday, Aug. 11. Call Lori Haberer, 462-6557 or lorihaberer@hotmail.com; Deb, 687-2155; or Gail Eberle, 672-4729.

The National Association of Federal Employees will meet at noon Thursday, Aug. 16, at Fairview Estates Retirement Community, for lunch at noon in the private dining room. The busi-

Happenings

ness meeting will be followed by a tour of the facility and the ice cream parlor. The menu for the day will be either pork chops with rice or turkey and dressing. Make reservations by Friday with Maxine Nelson, 462-3571.

The Third Annual Kansas Foundation Quarter Horse Registry Affiliate Show and Sale will be Oct. 19-21, in Kenwood Park, Salina. The 3rd Annual Foundation Quarter Horse Catalog Sale will be held Sunday afternoon. Consignments will be accepted until Sept. 1. For information contact Reta Griffin at RRI, Box 50, Norton, Kan. 67654 or call 785-877-3877. Catalogs will be available shortly after Oct. 1.

For more information on the show contact Don Holt at Rt. 2, Box 120, Lebanon, Kan. 66952, phone 785-389-3241

The general transportation van is available to anyone in Thomas County from 9 a.m.-4 p.m. Monday through Friday. For reservations call 462-2901 by 11 a.m. the previous business day.

Hospital

CITIZENS MEDICAL CENTER
Aug. 8. Admissions – Infant Female Janousek, Clark Blakeway, both Colby; Cody Berens, St. John. Dismissals – Anthony Palacio, Oakley; Arleen Yale, Grainfield; Joni Meyer and infant female, Sarah Bussen and infant male, all Colby.

Veterans advice

Q: It used to be that widows and widowers lost their VA pensions if they remarried. Hasn't this changed?

A – A change in federal law that took effect Oct. 1, 1999 allows VA to resume Dependency and Indemnity Compensation payments and related benefits to former recipients who lost their benefits because they remarried. The new law applies to people whether that later marriage ended in divorce, annulment or death of the spouse.

The current rate is \$911 for surviving spouses. In some cases, VA can pay more. Other rates are paid to eligible children. For information about restoring the payments, call toll-free, 1-800-827-1000.

Child's bid for attention requires planning

Dear "Plain Sense": My 3-year-old daughter cries and fusses right when I am the most busy. I just can't always stop what I am doing and comfort her. Then I feel guilty... and frazzled. Sincerely, "Worn Out Mom"



Mental Health

• Plain Sense

Dear "Worn Out Mom": Children cry for various reasons, but quite often it is because they want a parent's attention. Every child needs to feel important and be noticed by the adults in their life. Usually this comes through everyday activities such as playing and talking together. But in the busy lives we lead nowadays, that time together often becomes very limited or, too often, nonexistent. Sometimes the only way a child can get their parents' attention is to misbehave, even if getting yelled at is the result. For some children, negative attention is better than no attention at all.

Being a parent requires making time for the children, which also means having to take time away from other activi-

ties. Try to set aside some special time for play, reading together, or just talking. The laundry might have to be put off a while longer, or meal preparation made simpler. Make an effort to include your child in those activities. Work can become play for young children, and even better if the two of you can do it together. Even a very young child can "help" fold clothes. The time the two of you spend together will be worth a little refolding later on!

Contributed by Karen Beery, MS, LCPC Consultation and Education Department, High Plains Mental Health Center, Hays

The views expressed here are those of the individual writer and should not

be considered a replacement for seeking professional help.

Mail questions to: **PLAIN SENSE, Consultation and Education Department, High Plains Mental Health Center, 208 East 7th, Hays, KS 67601; www.highplainsmentalhealth.com**

Questions will be formatted and answered in a manner that insures confidentiality.

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HOUSEHOLD / COLLECTIBLES ANTIQUES AUCTION

Saturday, August 18, 2001
9:00 a.m. CST (doors open at 7 a.m. day of sale)
Auction Location: 4-H Building (Thomas Co. Fair Grounds) - Colby, KS
The 4-H Building will be open from 6 - 8 p.m. Friday, August 17th for viewing of sale items.

TNT AUCTION Furniture

Bedroom Set • Bunk Bed • Several Dressers • Love Seats • Couches • Large Lazy Susan • Small Futon • Wood Table w/leaf and 4 Chairs (excellent condition) • 2 Wood Tables with Chairs • Glass Table with Chairs • Card Table and Chairs • End Tables • China Hutch • Several Storage Cabinets • Old Oak Desk with Round Legs • Desk • Small School Desk • Lamps • Mirror Hat Rack • Home Entertainment Center • 32" Sanyo TV (3 yrs old) • 4 - Color Televisions • Aiwa 5 Disc CD Changer.

Collectibles
John Wayne Pictures • John Wayne Collector Plates • Toy Tractor Collection.

Antiques
Small Antique Table • Walnut Sewing Cabinet - 80 yrs old • Magazine Rack.

Appliances/Kitchen Items
Kenmore Stove • Hot Point Washer/Dryer • Washer/Dryer • Pots and Pans • Silverware • Glassware.

Shop Equipment
Table Saw • Radial Arm Saw • Craftsman Lawn Mower • Extension Ladder • Ladder • 10 Gallon Shop Vac • Garden Tools.

Vehicles
1998 Chevrolet Cavalier, 41,500 miles, PW, PL, Tilt, Cruise, AM/FM Stereo • Custom Series "Charger" 18' Car Trailer with ramps. Excellent Condition.

Miscellaneous Items
Lots of Home Interior Collections • Lots of Christmas Items • Lots of Craft Supplies • Lots of Southwest Items • Rubber Tree • Barbeque • Picnic Table and Chairs • Roller Blades • Bats (3 new aluminum) • Baseball Equipment • Bucket of Golf Balls • Football Pads & Gloves.

Lunch served by the Jaycees

Auctioneers note: This is another outstanding line of furniture, collectibles & a few antiques offered to you from TNT Auction. Everything is in excellent condition.

Terms of Sale: Driver License required. Cash or negotiable check day of sale. No Exceptions. Nothing removed until settled for. Not responsible for items after sold. Announcements sale day take precedence over printed material. Not responsible for accidents.

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