

# Family

## Parenting group celebrating 23 years

By MAXINE NELSON

*Colby Free Press*  
The first week in August was World Breastfeeding Week. The local La Leche League group is celebrating its 23rd anniversary and all families who have ever had a breastfed child, past or present, are invited to a potluck picnic, Sunday, Sept. 9, at 6 p.m. in Colby's Fike Park.

Connie Davis, leader of the Colby group, began the local group 23 years ago. "I came from Salina in 1976 and before I left, a leader there said I could start a group in Colby," she said. "I laughed. But I did. It took me two years of study during the application process before I began the group in 1978. I have a picture from the *Colby Free Press* of our first meeting, with me holding 3-week-old (but still one week premature) Lisa.

"Meetings have been much the same over the 23 years that the local group has been meeting in northwest Kansas," said Davis. "In fact, most of the information on breastfeeding management is the same, which is a good reflection on what we were taught years ago. Breastfeeding success is largely based on mother-to-mother help and we are still doing that. One change might be that fathers are welcome to attend any or all of the series meetings, and 23 years ago we had to hold a separate couples meeting if fathers wanted to attend. Now we know that the father or other close family member is the best support for the mother so it makes sense to have them learn right along with the mother.

"Another change is that parents drive long distances to the meetings. At the meeting on Sunday, one mother was from Oakley, and two from Hoxie. It is not unusual to see parents from Goodland, Burlington, Colo., St. Francis, Atwood, Quinter, or Parks, Neb. Twenty-three years ago, there were



Courtesy photo

Connie Davis, leader, leads the discussion at a typical La Leche League meeting. Topics vary at this informal sharing but center around nutrition of the breastfed baby, when to begin complementary foods, and types of weaning. Pictured are, from left, Kim Feyerabend, Lisa Splattstoesser, Tracy Spencer with toddler, Garrah and Dean Birdsall with baby. Front: Alisha Shirley and baby, Hayley Heim and baby.

active groups in Goodland, Atwood, Colby, Grinnell, Quinter, WaKeeney, Hill City, Clayton, Luray, and Hays. Some towns had two different groups meeting each month, and these meetings were led by more than one local leader. Now, there is one group meeting between Salina and Colorado, La Leche League of Northwest Kansas. "The format is still the same," Davis explains. "Meetings are informal, center around a theme at each of four meetings, but individual sharing and questions are most important. We want to address the concerns of those present, no matter what age or stage of their baby. We have a lending library of up-to-date books on breastfeeding, birthing, and childcare. Leaders are accredited through La Leche League International and must attend continuing education events twice a year. This spring I went to Wichita for a medical seminar and then last month I attended the International Conference of La Leche League International in Chicago. When it comes right down to caring for one's baby, the parents are

the experts and all we do is provide resources from which they may choose what works in their families."

When Davis attended the Chicago conference, one speaker was the Surgeon General of the United States. He explained that breastfeeding has been identified as a high priority objective for the year 2001, with a goal of increasing to at least 75 percent the proportion of mothers who breastfeed their infants in the early postpartum period and to at least 50 percent those who breastfeed until the infant is six months of age. The American Academy of Pediatrics also concurs with these goals, suggesting that breastfeeding is the preferred method of infant feeding for the first year and beyond.

"It takes an environment of awareness and support in order for mothers to breastfeed, since it is a learned art," said Davis.

Call Davis, 785-462-7188, for breastfeeding information or visit the La Leche League I web site at [www.lalecheleague.org](http://www.lalecheleague.org).

## Driver safety program offered at Rexford

The AARP 55 ALIVE Driver Safety Program will be offered Friday and Saturday, Aug. 17 and 18, at Rexford. Sessions will be from 10 a.m.-noon and 1-3 p.m. each day. The maximum number is people is 30, and sessions will be scheduled either in the Red Barn or the Community Hall, depending on how many are signed up, according to Peg Greenwood, coordinator. For details contact Peg Greenwood at 785-687-4346 or 687-4646.

This is a newly updated classroom refresher course geared especially to drivers age 50 and older. The program recently launched its 5th edition curriculum, which includes new material on how to access drivers' capabilities, how to adjust for changes in physical capabilities, and how to properly use new features and safety equipment on later-model cars. AARP consulted with motor vehicle and safety experts at the national and state levels to get input for the new 5th edition curriculum.

The 5th edition of AARP 55 ALIVE includes topics of interest and rel-

evance to today's more experienced driver, including:

- How to adjust for changes in vision, hearing and reaction time;
- How to handle various road challenges, such as left turns, right-of-way, aggressive drivers, entering and exiting high-speed expressways, and handling your vehicle around large trucks;
- How to properly use the new anti-lock brakes, air bags and safety belts,

and

- How to assess one's own, and others' driving abilities through the new "Personal Driving Capability Index".

AARP makes this eight-hour program available to drivers for a \$10 fee. Program graduates receive a certificate of completion. In many states (Kansas is one) this certificate can qualify drivers for an automobile insurance discount.

## Community Calendar

WEDNESDAY, AUGUST 15

Genesis Thomas County pickup, 350 S. Range, 10 a.m.-noon & 1-4 p.m.

Tally Ho, Mary Kersenbrock  
TeleFriend Information meeting, 5:30 p.m. (call 462-6996)  
Gem Lions, Gem Community Building, 7 p.m. (2nd & 4th Wednesdays)

Pinochle, American Legion, 7:30 p.m.  
Tobacco Quitters Support Group, CMC Cafeteria, 7-8 p.m.  
Sixth Street Alcoholics Anonymous & AI Anon, 1275 West 6th, 8:30 p.m.

## Hospital

CITIZENS MEDICAL CENTER

Thursday, Aug. 9, 2001  
Dismissals

Cody Berens, St. John  
Heather Janousek and infant female, Colby

Inez Ress, Colby  
Farrah Trail, Atwood

Friday, Aug. 10, 2001  
Admissions

Tate Carney, Colby  
Marjorie Ebright, Colby  
Felicitas Kreutzer, Colby  
Donald Bruggeman, Hoxie

Dismissals

Doris Huber, Colby  
Alice Harrison, Colby  
Lourena Pratt, Colby

Saturday, Aug. 11, 2001  
Admissions

Cleda Moeder, Rexford  
Braden Korte, Rexford

Dismissals

Tate Carney, Colby  
Sunday, Aug. 12, 2001  
No admissions

Dismissals  
Braden Korte, Rexford

## Happenings

The Northwest Kansas Association for the Visually Impaired will sponsor a Western Kansas Low Vision Fair Saturday, Sept. 8, from 9 a.m.-4 p.m. at the Sternberg Museum Lobby, 300 Sternberg Drive, Hays. The fair is free to all interested individuals. Those attending receive free admission to Sternberg museum the day of the fair. The fair will feature exhibitors displaying the latest technology and information for persons with impaired vision; and there will be presentations from low vision experts throughout the day. For more information, please call: Pat Hall, 785-628-6055; Kendall Krug, OD, 785-625-3937; Bob Chaffin, 785-628-2873.

## Many attend Levant Reunion

Many attended the Levant Reunion Aug. 5, at the Ramada Inn in Colby. Jack Johnson of Davis, Colo., seems to be the farthest traveler, and he didn't stop traveling when he got to Colby. He drove to Hays on Monday, and visited some former college friends from the class of 1940. He will return home on Friday, Aug. 10.

From Colby - Elva (Garret) Livingston, 1939; Elmer and Lois Carpenter, 1937; Erma and George Tubbs, 1941; Elon (Tubbs) and Bill Miller, 1935; Derald and Gala Brown, 1947; Ruth Boeka, 1936; Lyle and Darlene Gillispie, 1948; Glenn Hamme, 1942; Don and Marcell Mead, 1938; Carol Lovenstein, 1957; Marvin Lovenstein, 1957; Duane and Jean (Ekberg) Dawes, 1946; Merle Ekberg, Esther Wieland, Ferma (Keck) Garrett, 1938; Bill and Eva (Dawes) Keck, 1942/1943; Hank and Eileen Vette, Jean Snyder, 1943; Bob and Dixie Ekberg, 1946; Eunice Pabst, 1941; Earl and Mary Oard, 1938; Maxine Ziegelmeier, 1935; JoAnne (Marrs) and Frank Ohlrogge, 1952; Jim Harper, Hazel and Leonard Runge,

teacher 1 & 2, Dorine and Larry Chambers, 1958.

Levant - Bob and Helen Schroeder, 1946; Dale and Minnie Deaver, 1944; Joyce Scott 1952; John and Betty Schroeder, 1951/1952.

Brewster - Inace Parker 1926; Lola and Eugene Marrs, 1944; Mary Ruth and Marvin Garrett, 1948.

Goodland - Carmelita (McGinley) and Lyle Clark, 1950; Lois and Keith Frodin, 1960.

Others attending were: Jack Johnson, Davis, Calif., 1936; Maurine King Colorado Springs, Colo.; Basil and Jean Query, Frederick, Okla., 1938; Charles Erwin, Littleton, Colo.; Verma (Gillispie) Barrick, New Martinsville, W.V. 1953; Buck Gillispie, Lincoln, Neb., 1954; Betty Keck, Collbran, Colo.; Janice (Keck) Stewart, Colorado Springs; Arlee McKiernan, Cedar Rapids, Iowa; Otto and Edith Schroeder, Westminister, Colo.; Bud and Lela Gillispie, Manhattan, Kan., 1956; Ilene (Garrett) MacPhail, Rexford; Gary Garrett Gem.

## Club News

### COLBY COUNTRY CLUB

Bridge Results: 1st, JoAnne Vaughn; 2nd, Marge Roulier; 3rd, Mary Molstad; 4th Joy Davis.

Golf Results: The game was 2-lady Scramble. Winners were: 1st, Anita Beckman and Audrey Hines; 2nd, Joann Dumler and Cathy Wieland; 3rd, tie Joyce Washburn and Julia Williams, Sidney Strait and Pat Criss. Flag Prizes: Longest Drive, Janet Harper; Longest Putt - Lee Fleckenstein; Closest to the Pin 2nd shot - Joyce Washburn. Next Tuesday will be the FLAG Tournament, you can pick-up your flag in the club house and start on Hole #1

anytime after 4:30 p.m. This will be a low net game, play the ball as it lies and take your handicap and add it to the course par of 38. When you reach that number of strokes you plant your flag. The hostesses for next week are Audrey Hines and Anita Beckman.

## Markets

| Quotes as of close of previous business day |        |
|---|--------|
| Hi-Plains Co-op                             |        |
| Wheat                                       | \$2.64 |
| Corn  | \$2.08 |
| Milo  | \$3.30 |

## PEACHES

Now taking orders for tree-ripening peaches.

We will be in Colby on August 17 & 18 at the Colby Sale Barn.

785-462-7717

We want your local news e-mail to [mnelson@nwkansas.com](mailto:mnelson@nwkansas.com)

## TV LISTINGS

Tuesday, August 14 through Monday, August 20

### WEEKDAYS AUGUST 14 - AUGUST 20

|                    | 6 AM                        | 6:30              | 7 AM                  | 7:30                 | 8 AM                        | 8:30                        | 9 AM                        | 9:30           | 10 AM                    | 10:30            | 11 AM                  | 11:30           |
|--------------------|-----------------------------|-------------------|-----------------------|----------------------|-----------------------------|-----------------------------|-----------------------------|----------------|--------------------------|------------------|------------------------|-----------------|
| KLBY/ABC (4) (6)   | News                        |                   | Good Morning America  |                      |                             |                             | Paid Program                | Paid Program   | The View                 |                  | Guthy Renker           | Port Charles    |
| KSNK/NBC (3) (8)   | News Cont'd                 |                   | Today                 |                      |                             |                             | Live With Regis and Kelly   |                | Today                    |                  | Martha Stewart Living  |                 |
| KBSL/CBS (12) (11) | News                        |                   |                       | Early Show           |                             |                             | 700 Club                    |                | Price Is Right           |                  | Young and the Restless |                 |
| K15CG (3)          | BBC World                   | Business Rpt.     | Body Electric         | Barney & Friends     | Barney & Friends            | Teletubbies                 | Dragon Tales                | Sesame Street  |                          | Jay Jay the Jet  | Callou                 | Arthur          |
| WGN (13)           | Varied Programs             | Kenneth Copeland  | Clueless              | Caroline in the City | Parent Hood                 | Wayans Bros.                | MacGyver                    |                | In the Heat of the Night |                  | Matlock                |                 |
| NICK (29)          | Catdog                      | Hey Arnold!       | Thomberry's           | Rugrats              | Rugrats                     | Spongebob Sq.               | Blue's Clues                | Franklin       | Dora the Explorer        | Bob the Builder  | Little Bill            | Little Bear     |
| FAM (30)           | Mega Man                    | Flint, Detective  | Digimon-Digital       | Monster Rancher      | Itsy Bitsy Time!            | CBN Special                 | 700 Club                    |                | Itsy Bitsy Time!         | Itsy Bitsy Time! | Two of a Kind          | S Club 7        |
| USA (31)           | Bloomberg Television Cont'd |                   | News                  | My Two Dads          | Something So                | Martin                      | Working                     | Jesse          | Veronica's Cl.           | Wings            | Movie                  |                 |
| TBS (37)           | Saved by the Bell           | Saved by the Bell | Different World       | Different World      | Little House on the Prairie | Little House on the Prairie | Little House on the Prairie |                | Mama's Family            | Cosby            | Matlock                |                 |
| TNT (38)           | CHiPs                       |                   | Lois & Clark-Superman |                      | ER                          |                             | ER                          |                | Movie                    |                  | Varied Programs        |                 |
| DSC (42)           | Paid Program                | Paid Program      | Paid Program          | Paid Program         | Christopher Lowell          |                             | Great Chefs                 |                | Great Chefs              |                  | Christopher Lowell     |                 |
| A&E (47)           | Classroom                   |                   | Northern Exposure     |                      | L.A. Law                    |                             | Murder, She Wrote           |                | Magnum, P.I.             |                  | Night Court            | Newsradio       |
| ESPN (48)          | Sportscenter                |                   | Sportscenter          |                      | Sportscenter                |                             | Sportscenter                |                | Sportscenter             |                  | Baseball Tonight       | Varied Programs |
| HBO (7)            | Movie                       |                   | Movie                 |                      | Varied Programs             |                             | Movie                       |                | Varied Programs          |                  |                        |                 |
| DISN (17)          | Rollie Polie Olie           | Book of Pooh      | Bear in House         | PB & J Otter         | PB & J Otter                | Rollie Polie Olie           | Book of Pooh                | Out of the Box | Bear in House            | PB & J Otter     | Rollie Polie Olie      | Winnie-Pooh     |
| MAX (21)           | Movie Cont'd                |                   | Varied Programs       |                      |                             |                             | Movie                       |                | Varied Programs          |                  |                        |                 |

|                    | 12 PM           | 12:30           | 1 PM               | 1:30            | 2 PM               | 2:30                          | 3 PM              | 3:30                   | 4 PM                 | 4:30           | 5 PM                 | 5:30            |
|--------------------|-----------------|-----------------|--------------------|-----------------|--------------------|-------------------------------|-------------------|------------------------|----------------------|----------------|----------------------|-----------------|
| KLBY/ABC (4) (6)   | All My Children |                 | One Life to Live   |                 | General Hospital   |                               | Hollywood Sq.     | Judge Judy             | Rosie O'Donnell      |                | News                 | ABC Wid News    |
| KSNK/NBC (3) (8)   | News            |                 | Days of Our Lives  |                 | Passions           |                               | Inside Edition    | To Tell the Truth      | Family Feud          | Jeopardy!      | News                 | NBC News        |
| KBSL/CBS (12) (11) | News            | Bold, Beautiful | As the World Turns |                 | Guiding Light      |                               | Judge Hatchett    | Paid Program           | Oprah Winfrey        |                | News                 | CBS News        |
| K15CG (3)          | Mister Rogers   | Teletubbies     | Varied Programs    |                 | Clifford-Rob       | Zoboomafo                     | Wishbone          |                        | Reading Rainbow      | Zoom           | Between the Lions    | Business Rpt.   |
| WGN (13)           | News            |                 | Change of Heart    | Street Smarts   | Cosby Show         | Cosby Show                    | Family Matters    | Clueless               | 7th Heaven           |                | Full House           | Fresh Prince    |
| NICK (29)          | Doug            | Doug            | Varied Programs    |                 |                    |                               |                   |                        | Rocket Power         | Amanda         | Thomberry's          | Catdog          |
| FAM (30)           | Big Wolf-Camp.  | Weird Science   | Movie              | Varied Programs |                    | Goosebumps                    | Big Wolf-Camp.    |                        | New Addams           | Two of a Kind  | Two of a Kind        | Who's the Boss? |
| USA (31)           | Movie Cont'd    |                 | Movie              |                 |                    | Baywatch                      |                   |                        | Walker, Texas Ranger |                | Walker, Texas Ranger |                 |
| TBS (37)           | Hunter          |                 | Movie              |                 |                    | Cosby Show                    | Cosby Show        | Full House             | Full House           | Full House     | Roseanne             | Roseanne        |
| TNT (38)           | Varied Programs |                 |                    |                 |                    | Kung Fu: The Legend Continues |                   | Pal Factor: Chronicles |                      |                | ER                   |                 |
| DSC (42)           | Home Matters    |                 | Design             |                 | Christopher Lowell |                               | Great Chefs       | Great Chefs            | Your New House       |                | Wild Discovery       |                 |
| A&E (47)           | Law & Order     |                 | Northern Exposure  |                 | L.A. Law           |                               | Murder, She Wrote |                        | Magnum, P.I.         |                | Night Court          | Newsradio       |
| ESPN (48)          | NFL Yearbook    |                 | Varied Programs    |                 |                    |                               |                   |                        | NFL Yearbook         | Up Close       | Sportscenter         |                 |
| HBO (7)            | Movie Cont'd    |                 | Varied Programs    |                 |                    | Movie                         |                   | Varied Programs        |                      |                |                      |                 |
| DISN (17)          | Out of the Box  | Little Mermaid  | Movie              |                 |                    |                               | So Weird          | Jett Jackson           | Jersey               | Boy Mts. World | Smart Guy            | Boy Mts. World  |
| MAX (21)           | Movie Cont'd    |                 | Movie              |                 | Varied Programs    | Movie                         |                   | Varied Programs        | Movie                |                | Varied Programs      | Movie           |

## TUESDAY

AUGUST 14

|                    | 6 PM  | 6:30                | 7 PM  | 7:30   | 8 PM  | 8:30   | 9 PM  | 9:30                        | 10 PM   | 10:30                                  | 11 PM                          | 11:30           |
|--------------------|---|---------------------|---|--|---|--|---|-----------------------------|---|--|--------------------------------|-----------------|
| KLBY/ABC (4) (6)   | News (CC)   | Sainfeld (CC)       | Who Wants to Be a Millionaire (TV) (CC)   |  | Dharma & Greg (CC)  | Spin City (CC)                               | NYPD Blue Thurn   | Encrypted Evening           | News (CC)   | Nightline (N) (CC)                     | Politically Incorrect          | Extra (CC)      |
| KSNK/NBC (3) (8)   | News  | Wheel of Fortune    | Spy TV (CC)   | Downer Channel                                 | Frasier (CC)  | Three Sisters                                | Dateline (N) (CC)   |                             | News  | Tonight Show (N)                       | Late Night (N)                 |                 |
| KBSL/CBS (12) (11) | News  | Friends (CC)        | JAG Retreat, Hell (CC)  |  | Big Brother 2 (N)   |  | Judging Amy The Untergiven (CC)   |                             | News  | Late Show (CC)                         | Late Late Show (N)             |                 |
| K15CG (3)          | NewsHour With Jim Lehrer (CC)   |                     | World of National Geographic (CC)   |  | Nova The Beast of Loch Ness (CC)  |  | P.O.V. In the Light of Reverence (N) (CC)   |                             | Red Gagan   |  | Charlie Rose (CC)              |                 |
| WGN (13)           | Family Matters  | Suddenly Susan      | Movie: Teenage Mutant Ninja Turtles (1990)                                      | Four martial-artist turtles clean up New York. |   |  | News (CC)   |                             | In the Heat of the Night A Love Lost  |  | Matlock The Ambassador (CC)    |                 |
| NICK (29)          | Hey Arnold!   | Rugrats (CC)        | Spongebob Sq.   | U Pick Nicktoons                               | Three's Company   | Three's Company                              | Three's Company   | Three's Company             | Three's Company   | Three's Company                        | Three's Company                | Three's Company |
| FAM (30)           | Step by Step  | Step by Step        | Movie: Earthquake in New York (1998)  | Suspense Greg Evigan, Cynthia Gibb. (CC)       |   |  | Scariest Places on Earth Urban Legends  |                             | 700 Club (CC)   |  | Who's the Boss?                | Who's the Boss? |
| USA (31)           | JAG The Black Jet (CC)  |                     | Nash Bridges Live Shot (CC)   |  | Movie: Return to Cabin by the Lake (2001) A murderous screenwriter returns for revenge. |  | Movie: Return to Cabin by the Lake (2001) A murderous screenwriter returns for revenge. |                             | Movie: Return to Cabin by the Lake (2001) A murderous screenwriter returns for revenge. |  | Movie: High Noon ** 1/2 (2000) |                 |
| TBS (37)           | Fresh Prince  | Fresh Prince        | Killers in the Water  |  | Major League Baseball: Atlanta Braves at Colorado Rockies. Coors                        |  |   |                             |   |  | Movie: High Noon ** 1/2 (2000) |                 |
| TNT (38)           | Pretender Crazy (CC)  |                     | Law & Order Killers (CC)  |  | Witchblade Convergence (N) (CC)   | Law & Order DNR                              |   | Witchblade Convergence (CC) |   | Movie: Escape From New York *** (1981) |                                |                 |
| DSC (42)           | Wild Discovery: Mimic Octopus   |                     | Prosecutors: In Pursuit of Justice  |  | Shark Attack Files III (N)  | FBI Files Hunter's Target (N)                |   | Justice Files Why They Kill |   | Prosecutors: In Pursuit of Justice     |                                |                 |
| A&E (47)           | Law & Order Renunciation (CC)   |                     | Biography: Mary Kay Letourneau (CC)   |  | Investigative Reports (CC)  | Investigative Reports The Agency of Tonstony |   | Law & Order Slave (CC)      |   | Biography: Mary Kay Letourneau         |                                |                 |
| ESPN (48)          | 2-Minute Drill (TV)   | 2-Minute Drill (TV) | WNBA Basketball: Los Angeles Sparks at Portland Fire. Rose Garden. (Live) (CC)  |  | Baseball Tonight (N) (CC)   |  |   |                             | Sportscenter (CC)   |  | Baseball Tonight (N) (CC)      |                 |
| HBO (7)            | Movie: Star Kid ** (1997, Adventure) A shy boy conquers his fears with the help of a robot. |                     | Movie: Dinner With Friends (2001) Dennis Quaid. (CC)                            |  | Ghosts of Mars  | Real Sports (N) (CC)                         |   | Sex and the City            | Six Feet Under the Trip (CC)  |  | Dennis Miller                  |                 |
| DISN (17)          | Movie: Star Kid ** (1997, Adventure) A shy boy conquers his fears with the help of a robot. |                     | Movie: Wish Upon a Star ** (1996, Comedy) Katherine Heigl.                      |  | Movie: Parent Trap II ** (1986, Comedy) Hayley Mills. (CC)                              |  |   |                             |   | Zorro                                  | Mickey Mouse                   |                 |
| MAX (21)           | Movie: Star Kid ** (1997, Adventure) A shy boy conquers his fears with the help of a robot. |                     | Movie: On Deadly Ground ** (1994, Adventure) Steven Seagal, Michael Caine. (CC) |  | Movie: Romeo Must Die ** 1/2 (2000, Action) Jet Li, Aaliyah. (CC)                       |  |   |                             |   | Pleasure Zone                          | Movie: Psycho B                |                 |

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