

Community Calendar

SUNDAY, DECEMBER 2

Sunday Morning Alcoholics Anonymous, Ramada Inn, 9 a.m.
Santa City open, Fike Park, 1-5 p.m.
Holiday Home Tour, 2-5 p.m.
Kids Crafts, Pioneer Memorial Library, 2 p.m.
Wings Upon the Prairie drop-in center, 1980 W. 4th, 2-8 p.m.
Higher Ground, High School Youth Group, Berean Church, 6 p.m.
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

MONDAY, DECEMBER 3

Tornado Siren test, 10 a.m.
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.
Take Off Pounds Sensibly, United Methodist Church, 7 p.m.; weigh-in, 6-6:30 p.m.
Lutheran Women's Missionary League, Trinity Lutheran Church, 7:30 p.m.
VFW, 8 p.m.
VFW Auxiliary 8 p.m.
Sons of American Legion, 8 p.m.
Pride of the Prairie Orchestra practice, Colby Community College Band Room, Cultural Arts Center, 7:30-9 p.m.
Downtown Alcoholics Anonymous, (smoking), City Hall Basement, 8:30 p.m.
Al Anon, (nonsmoking), 1275 W. 6th, 8:30 p.m.

Annual Christmas party for senior citizens set

The annual senior center Christmas party will be at 10 a.m. Wednesday. Bring a wrapped gift for the center. There will be entertainment and games.

The following activities have been scheduled at the Senior Progress Center for the week of Dec. 3-7. Any senior 60 or older may participate.

Monday - Paint class at 9 a.m. Shuffleboard at 10 a.m. Cards at 1 p.m.

Tuesday - Low impact exercise class at 9:30. Shuffleboard at 10 a.m. Cards at 1 p.m.

Wednesday - Annual senior center Christmas party at 10 a.m. Bring a wrapped gift for the center. 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!



Lois Myers

Senior Savvy

Planning a party? You do not need to be a senior to rent the center. Call Deb at 462-2901 for more information.

Homestead Nutrition Menus Dec. 3-7. Monday - Smothered steak, scalloped potatoes, peas, bread, pineapple tidbits. Tuesday - Spaghetti w/meat

sauce, green beans, carrifruit salad, French bread, apricots. Wednesday - Turkey, sweet potatoes, coleslaw, dinner roll, cranberry sauce. Thursday - Hamburger, bun, hominy, broccoli salad, cherry cobbler. Friday - Tuna and noodle casserole, peas, apple salad, roll, cake.

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.

Senior Ponderings *How to Stay Young* by Dr. Deepak Chopra.

This series, started in October, will continue for the next few weeks.

Fluidity and Adaptability - A youthful mind is fluid and adaptable. It naturally sees the interrelatedness of life, and therefore is able to flow with changing situations and circumstances.

Don't allow yourself to get trapped into viewing things from a narrow, limited perspective... practice seeing the big picture. Look at your world with fresh eyes. Notice things you don't usually pay attention to.

Next week: *Sensory Awareness.*

ATTENTION:

Blue Cross and Blue Shield of Kansas, Inc. Policyholders

Notice of Public Comment Meetings To Provide Information and Receive Public Comment on The Proposed Conversion and Acquisition of Blue Cross and Blue Shield of Kansas, Inc.

Insurance Commissioner Kathleen Sebelius will be holding a series of meetings across Kansas on the proposed Plan of Conversion and acquisition of Blue Cross and Blue Shield of Kansas, Inc. Under the proposed Plan, Blue Cross and Blue Shield of Kansas, Inc. would convert from a mutual insurance company to a stock insurance company. The Plan would provide for and depend on the acquisition of all Blue Cross and Blue Shield of Kansas, Inc. stock by Anthem West, Inc., an Indiana domestic insurance company. The purpose of the meetings is to receive public comments on the proposed transaction.

The public, including Blue Cross and Blue Shield of Kansas policyholders, is invited to attend and participate.

The Public Comment Hearings will be held as follows:

December 4, 2001:

9:00 am - 12:00 pm Fort Hays State University
Black & Gold Room, Memorial Union
600 Park Street
Hays, KS

7:00 pm - 10:00 pm Holiday Inn Express
2502 East Kansas Avenue
Garden City, KS

December 5, 2001:

7:00 pm - 10:00 pm Joan Finney Building
230 East William, Room 3080
Wichita, KS

December 13, 2001:

9:00 am - 12:00 pm Pittsburg State University
Governor's Room
302 East Cleveland
Pittsburg, KS

December 14, 2001:

8:00 am - 11:00 am Maner Conference Center - Shawnee A
1 Expocentre Drive
Topeka, KS

If an interested person is unable to or does not wish to attend the public comment meetings, she or he may submit a written statement to the Commissioner. All written statements submitted under oath must be received prior to the close of the public hearing scheduled to commence on January 7, 2002, in order for any such sworn written statement to be included in the public hearing record. The locations of the public comment meetings are accessible to people with disabilities. Please contact the Commissioner's office to make arrangements for special accommodations.

Kathleen Sebelius
Kansas Insurance Department
420 SW 9th Street
Topeka, Kansas 66612-1678
1-800-432-2484
www.ksinsurance.org

Shoplifting woman worries her friend

Dear Plain Sense: A friend of mine is a shoplifter and I am concerned he/she will get caught. I have warned this friend about going to jail, but that doesn't seem to be a worry.

There are generally two kinds of shoplifters; professionals and non-professionals. Professionals steal for resale and profit, or to support a drug addiction, with little to no guilt about what they are doing. Usually jail time or a drug treatment program is the most common intervention. Non-professionals steal because they are frustrated, anxious, encouraged by peers, or seeking excitement. Often they want to stop, but can't. They know right from wrong and the negative consequences of their actions, but continue stealing items they really don't need, usually without much advanced planning, even when they have money to pay. Their shoplifting becomes a habit and even an addiction, though they don't see it as a serious problem. They rationalize their stealing by believing that the stores can afford the losses and that no one is getting hurt.

With young people, shoplifting is often related to a "dare" from peers,



Mental Health

Plain Sense

almost a rite-of-passage to some ages and groups. Most adolescents eventually recognize the consequences of their actions and do not continue as they get older. For those who do continue into adulthood, the excitement can produce a "high" that many shoplifters find the most rewarding part of the experience. It is this excitement that entices them back, again and again. Often a person discovers this "high" helps to temporarily relieve feelings of sadness, frustration, deprivation, anger or boredom. Sometimes they excuse it as a needed or well deserved reward.

Encourage your friend to talk with a mental health professional. When a nonprofessional shoplifter is unable to stop the behavior, even with warnings and encouragement to quit from friends and family, then additional help is needed to overcome the addiction. Because their behavior is less related

to criminal intent and more the result of situational, emotional or psychological problems, a good treatment approach would include education about the legal consequences along with recognizing the stresses and life situations that trigger the behavior. Shoplifters need to learn how to substitute their negative behavior with "natural highs" such as recreational activities, stress reducing techniques, and spending positive time with family and friends.

Contributed by John Philips, MLPT Colby Branch Office, Colby, and Karen Beery, LCPC, Hays office

Hospital

CITIZENS MEDICAL CENTER Wednesday, Nov. 28, 2001 Admissions

Tera Dunn and infant male, Oakley
Valerie Bliss, Colby
Kathleen Fringer, Menlo
Kathryn Owens, Edson
Destiny Schroeder, Herndon

Dismissals
Jenny Busse and infant female, Bird City

her grandson, Luke, as a guest and future Lion. Mike Thompson, future Lion, was introduced by Lion Koon.

Lion Lacey Gilbert was program chairman for the evening. She presented a program surrounding her recent honeymoon to Puerto Vallarta, Mexico, Nov. 10-17. She reported that there were several honeymooners on their tour.

Lion Larry Brenn read a *Statement of Our Times* by Barry Loudermilk.

The next meeting will be our annual Christmas Party. All attending will need to bring a "White Elephant gift." The fun and dinner will begin at 6:30 p.m. at the Ramada Inn.

Colby Country Club

Bridge winners Tuesday night, Nov. 28, were: Jean Snyder, 1st; Charles Davis, 2nd; Katie Melvin, 3rd.

Club News

Colby High Plains Lions

The Colby High Plains Lions met Monday evening for their last meeting in November. Lion President Larry Koon called the meeting to order after a buffet dinner. The president called for committee reports after Lion Melinda Morton led the group in the Pledge of Allegiance.

Lion Virgil Jones reported that the annual pancake feed is Saturday, Dec. 1. There is a need for 14-20 members to be present during the day to help. Lion Kassie Juenemann reported that the club is needed to help with the Orange and Black tournament in January. The club voted to help take tickets.

Lion Melda Moore and President Koon presented Lion Lacey Gilbert with a gift certificate from the club in honor of her recent marriage.

Lion Chris Trundle was presented Lion of the Month award. He received a state pin, a club pin and a certificate recognizing his hard work for the club.

Lion Kassie Juenemann was inducted into the club as a new member. She received a new member packet, and club pin. President Koon challenged her to (1. get involved in club and community activities, (2. do something for the youth of the community, (3. bring new technology information into the club, (4. introduce community people to Lionism by inviting them to a meeting, and (5. always remember Lions Club International is a family organization. Lion Lacey pinned her club pin on her lapel; she is her sponsor into the club.

Lion Sherrie Brenn lead the club in a song. Lion Melda Moore introduced

Death

Kevin Glenn Boyd

Kevin Glenn Boyd, 37, died Wednesday, Nov. 21, 2001, at Colby. He was an ornamental welder.

He was born April 23, 1964, at Deming, N.M.

Survivors include his wife, Mary A. (Doop) Boyd; mother and step-father, Carol and Grady Oxford, Las Cruces, N.M.; stepson Joshua Cook, Colby; stepdaughter Shannon Cook, Colby; step-brothers Michael Oxford, Austin, Texas, and Grady Oxford Jr., La Cruces, N.M.; step-sister Jennifer Stewart, Las Cruces, N.M. and Kathy Jackson, Van Horn, Texas.

Funeral services were Monday at Harrison Chapel, Pastor James Mar-

dock, officiating. Pallbearers were Don Bixenman, Dave Gonzalez, Ralph Kinkade, David Barajas, John Becker and Jim Huff. Burial was at Beulah Cemetery, Colby.

Memorials donations in Kevin's name may be left at any Colby Bank or Harrison Chapel.

The children of
Hazel Duffey invite you
to come celebrate...
80th Birthday
Reception
for
Hazel Duffey

Sunday, December 2
3:00 p.m.-5:00 p.m.
First Christian Church
385 W. 3rd • Colby

Markets

Quotes as of close of
previous business day
Hi-Plains Co-op

Wheat	\$2.58
Corn	\$1.91
Milo	\$3.00
Soybeans	\$3.74

High Plains Lions PANCAKE FEED



Saturday, Dec. 1
7:00 a.m.-2:00 p.m.
Community Bldg.

\$3.00 per person donation

Professionals You Can Have Confidence In....

Our Consultant Staff is available for your specialized healthcare needs. You may wish to consult with your family physician before seeking an appointment with one of our consultants. For an appointment, please call Scheduling, Monday through Friday: 8:00 a.m.-5:00 p.m., 462-1223.

ALLERGY

Kathryn Black, D.O. (December 11)

ALLERGY/IMMUNOLOGY BOARD CERTIFIED

Michael Volz, M.D. (December 12)

CARDIOLOGY

Christina Fisher, M.D. (December 4)
John Prevedel, M.D. (December 19)
Joseph O. Rainwater, M.D. (December 12)

CARDIOLOGY - Pediatric

Warren Toews, M.D. (December 5)

COUNSELING SERVICES

NewLife Clinic - Angie Witman
(Every Tuesday - December 4, 11, 18)

DERMATOLOGY

Wallace Weber, M.D. (December 6)

FAMILY PRACTICE

Victor Hildyard, M.D.
Eric Jacobsen, M.D.
Jeff Jennings, M.D.
Jeff Kasselmann, M.D.
LaDonna Regier, M.D.

FOOT CLINIC (December 17)



GASTROENTEROLOGY

Jeffrey D. Huston, M.D. (December 3 & 10)

GYNECOLOGY

David Forschner, M.D. (December 19)

HEMATOLOGY/ONCOLOGY

Martin Rubinowitz, M.D. (December 3 & 4)

NEUROLOGY

Brad Miller, M.D. (December 12)
Khoi D. Pham, M.D. (December 12)

OPHTHALMOLOGY-ADULT

William Clifford, M.D. (December 19)
William K. Keats, M.D. (December 6 & 7)

ORTHOPAEDICS

Timothy J. Birney, M.D. (December 11)
Theodore Clarke, M.D. (December 4)
James Holmes, M.D. (December 18)
Vello Kass, M.D. (December 5 & 19)
Stuart Kennedy, M.D. (December 11)
Ted Parks, M.D. (December 31)

OTOLARYNGOLOGY (Ear, Nose, Throat)

James Black, D.O. (December 19)
Jerold Cossette, M.D. (December 5)
Gary Whitesell (December 4)

PEDIATRICS

Raymond B. Ketting, M.D.

PLASTIC SURGERY

Conrad Tirre, M.D. (December 28)

PODIATRY

Steven B. Larsen, D.P.M. (December 7 & 21)
James Reeves, D.P.M. (December 20)
Donald Yoder, D.P.M. (December 14)

PULMONARY (Chest)

Timothy Kennedy, M.D. (December 12)

RHEUMATOLOGY

David Korman, M.D. (December 26)

SURGERY

W. Duncan Davis, M.D.
M.E. Fercha, M.D.

UROLOGY

Kevin McDonald, M.D., (December 20)
Carl Newman, M.D. (December 13)

VASCULAR STUDIES

Stephen Annest, M.D. (December 12)

CITIZENS MEDICAL CENTER

100 E. College Drive • Colby, Kansas