

Family

Community Calendar

Wednesday, December 26

Genesis Thomas County pickup, 350 S. Range, 10 a.m.-noon & 1 -4 p.m.
TeleFriend Information meeting, 5:30 p.m. (call 462-6996)
Gem Lions, Gem Community Building, 7 p.m. (2nd & 4th Wednesdays)
The Herd, Junior High Youth Group, Armory, 7-8:30 p.m.
Pinochle, American Legion, 7:30 p.m.
Sixth Street Alcoholics Anonymous & Al Anon, 1275 West 6th, 8:30 p.m.

Thursday, December 27

Kiwanis, Student Union, noon
Family History Center, 1145 S. Franklin, 7-9 p.m.
Tumbleweed Chorus, United Methodist Church, 8 p.m.
Step-parenting discussion group, 8:30 p.m.; call Deb at 462-3870 or Randy at 462-7168.
Downtown Alcoholics Anonymous, City Hall basement, 8:30 p.m. (non-smoking)

Children can be stressed by holidays

Dear Plain Sense: How do you cope with kids who want everything for Christmas and have no sense of what things cost? Around this house, the holidays have become a major source of stress!

Adults need to help children be realistic, especially this time of year. At any time of their life, they have to learn that they do not always get what they want; there are some things they will have to wait for or earn, rather than receive instantly. It's all right to tell a child that a certain toy is too expensive. And with others involved including aunts and uncles, grandparents, and even Santa Claus, parents still have to choose the most suitable presents for their children.

The holidays are stressful for children as well as parents. They are affected by the behavior of the adults around them and by the disruption of their everyday schedules. Young children have a difficult time waiting for those special days. Don't start the holi-



Mental Health

• Plain Sense

day activities too soon. Shorten the anticipation by waiting to put up decorations until only a week or two before the event. Limit TV viewing; switch to noncommercial stations. Too many enticing toy commercials can cause children to become overly active and demanding.

Encourage the importance of giving rather than receiving. Bake cookies for the elderly neighbor, or decorate paper for wrapping gifts. Most children enjoy creative activities. They like to make things, especially when they can show or give those to someone. Paper chains are appropriate for any holiday and require working together to combine lengths to decorate a whole room.

Activities such as these can help

Deaths

Gladys V. (Jones) Miller

Gladys V. (Jones) Miller, 77, died Sunday, Dec. 23, 2001, at Citizens Medical Center, Colby.

She was a homemaker, and the mother of Sue Ann Miller, Colby. Mrs. Miller was cremated. Funeral

services will be announced later. There will be no visitation.

Adaline (Prokop) Delzeit

Adaline (Prokop) Delzeit, 58, died Sunday, Dec. 23, 2001, at her home in Colby. Services are pending with Kersenbrock Funeral Chapel, Colby.

Girl Scout Carnival set

Colby Girl Scout Troop 168 will be having a Cookie Carnival on January 13, at the National Guard Armory, from 1-4 p.m. Admission is a donation of one canned good. This is the final project for the Senior Girl Scouts to earn their Gold Award.

Christmas Eve services at the United Methodist Church will be at 6:30 and

11 p.m. tonight.

The Department of Kansas, Veterans of Foreign Wars and its Ladies Auxiliary will hold their State Mid-Winter Conference and Council of Administration meeting in Wichita, Jan. 18-20, at the Broadview Hotel, 400 W Douglas Ave.

RSVP volunteers need donations of baby yarn to make baby booties for new babies at the hospital. It can be left over or partial pieces of yarn. Leave it at the Senior Progress Center.

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All Christmas Prints:
1st yd. sale price - 2nd yd.
1/2 of sale price
45" Cotton Patriotic Prints -
\$2.77 yd.

MANY OTHER BARGAINS TO SELECT FROM.

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Hospital

CITIZENS MEDICAL CENTER

Friday, Dec. 21, 2001

Admissions
Diane Herrmann and infant female, Selden
Donald Phillips, Colby
Donna Quadour, Levant
Nada Jarnagin, Colby
Dale Farmer, Colby
Dismissals
Wilma Bremser, Colby
Manuel Aquilar, Goodland
Cyndie Aumiller and infant male, Hoxie
Shirley Taylor, Whittier, Ark.
Saturday, Jan. 22, 2001

No admissions

Dismissals

Diane Herrmann and infant female, Selden
Sunday, Dec. 23, 2001
Admissions
Shirley Griggs, Colby
Dismissals
Nerd Jarnagin, Colby
Marcia Matzek, Colby

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2002 Bus Tour Schedule
Call for Calendar!

•• VACATION SPECIALS ••

	From (per adult)	No. of nights
LAS VEGAS - Air & hotel	\$200	4
DISNEY WORLD - Hotel, air, park passes	\$505	3
MEXICO - Air & hotel	\$450	3
CARIBBEAN CRUISE & AIR	\$1,050	5
ALASKAN CRUISE & AIR	\$1,500	7
HAWAII - Air & hotel	\$740	3
LONDON, ENGLAND - Air & hotel	\$700	3
AMTRAK EXPLORE AMERICA	\$359	Max. 45

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