Family

Sheen wins drawing

Jeannie Sheen was the winner of the doll which was given away at the Senior Progress Center. The doll was made and donated by Christa Nye and the late Lois Carpenter along with a cradle made and donated by Eldon VanCampen.

The drawing was a money-making project to help with the utilities at the center. Jeannie gave the doll and cradle to Mom Jones as she calls her (Maxine Jones). Maxine has it proudly displayed by the fire place so she can look at it every day.

"Every little girl loves dolls and cradles and some big girls also love them," said Deb Koon, Senior Progress Center director. "The Senior Progress Center wants to thank everyone for their participation."

Jeannie Sheen and doll

Rexford Lions Club schedules Easter Egg Hunt

Lula Thieler

• Rexford Correspondent

The Lions held their regular meeting at the Selden Cafe Monday evening with 11 present. The Lions are invited to Atwood for the 50th Anniversary of their club on April 7. The Easter egg hunt for children through the 3rd grade will be held at the Rexford Park March 30 at 1:30 p.m. All little children are invited.

Everyone is invited to the Pride meeting on March 19 at the Community Hall at 6:30.

Marge Leh hosted the Royal Neighbors Thursday afternoon at the Community Hall with eight members present. Peg Greenwood, a former member, was a guest. We were glad to have Deb Stepper back with us. Everyone signed a napkin to send to Irma Hibbs who is in Lantern Park Manor in Colby. A birthday dinner honoring overtone's birthday will be held on April 11. The county convention will be held in Rexford on September 21. Refreshments of finger foods and coffee were served by the hostess. Darlene Robben will be the hostess on March 28.

The Regional Teens for Christ had their monthly meeting Saturday evening, March 10, at the Shepherd's Staff Center in Rexford with nearly 200 attending from all over northwest Kansas. A band called The Solar Eclipse furnished the music and program for the evening. All Junior Highers and High Schoolers are welcome to attend on the second Saturday of each month.

The foundation is set and work will continue to get ready for the building to be moved from Gem to the corner of Main Street and Kansas Avenue, just east of the Red Barn. This is a project of the Shepherd's Staff and the building will be used in their work.

Welcome back to Deb Stepper who returned to her home Monday after having been away about two months. She had knee surgery in Hays then spent some time in Lantern Park Manor in Colby for therapy.

Eleven met to play pinochle at the Barn Monday afternoon and had some exciting games. Tuesday morning the Senior in Action committee met at the Barn for the monthly meeting. The same officers were re-elected to serve another year. Berneda Zoberst was welcomed as a new member. Some activities were discussed for future events, but no definite plans made. Some new cabinets have been added to the barn coffee center and to hold supplies.

Band practice was not held because the pianist, Betty Nichols, was out of town.

Beware of those who take advantage

HIGH PLAINS Mental Health

• Plain Sense

Dear Plain Sense: Not only do I worry about my elderly mother's health, but now I find her too trustful of sales people and am afraid she will be taken advantage of financially. What do we need to be aware of?

Growing up in a time when doors were never locked and everyone looked out for their neighbor, it is often difficult for some of our elderly loved ones to realize when they are being taken advantage of.

Maintaining good communication and regular contact with elderly parents is one way to be more aware of exploitation attempts.

Be particularly mindful of the following:

Nothing is free! Encourage your mother to say "no" when promised something for nothing.

Don't let salespeople in your home, or fall for their hard-luck stories. Encourage her to let you know if this happens.

Don't buy anything over the phone. Ask the caller to mail the information. Then call back if interested.

Never give out credit card, checking account or social security numbers for identification or verification purposes.

Never send cash. Don't send money with someone who arranges to pick it up at your home (unless it's pizza delivery!).

Beware of high-pressure salespeople. They are trying to make a living for themselves and don't always have the best interests of the consumer in mind.

Encourage your mother to get help from someone else before making decisions about buying or investing.

Encourage your mother to let you know right away if she has been approached about or agreed to purchase any item. Together you can determine if it is necessary.

If you find out soon enough, any such transactions can be canceled within a specific time. Your local Area Agency on Aging can be of assistance in these matters, particularly regarding issues of fraud and deception of the elderly.

Contributed by Cora Lee Pfannenstiel, RN, BSN, Community Outreach Consultant/Nurse Educator

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to: High Plains Mental Health Center, PLAIN SENSE, Consultation and Education Department, 208 East 7th, Hays, Kan. 67601

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

Internet site: www.highplainsmentalhealth.com

Hospital

CITIZENS MEDICAL CENTER
Friday, March 15, 2002
Admissions
Infant male Thrasher, Oakley
Kristi Khan, Colby
No dismissals
Saturday, March 16, 2002
Admissions
Cindy Shubert, Colby
Judy Shull, Colby
Dismissals
Amanda Sowers and infant male, Healy
Denna Gierhart, Colby
Sunday, March 17
Admissions
Cordie Guyer, Colby
Verlin Miller, Hoxie
Dismissals
Scott Allen, Colby
Amy Thrasher and infant male, Oakley

Recognition banquet set

The annual RSVP recognition banquet will be Wednesday, April 17, at the American Legion. Registration begins at 4 p.m. with the awards and banquet at 5 p.m. The theme will be *School Days* and everyone is invited to come dressed in their school clothes, said Laura Withington, RSVP director. Dance to Ramblin' Andy Band from 7-9 p.m. Tickets to the dance will be sold separately and everyone is welcome. Meal reservations are needed by April 10.

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Colby Golden Buckle Square Dance Club will host a dance from 8-10:30 p.m. on March 23 at the Colby Community Building. Albert Braun of Hays will be the caller. It will be Pie and Ice Cream night so come and bring a guest, say organizers.

Death

Donald L. Hawkins

BREWSTER — Donald L. Hawkins, 72, died Sunday, March 17, 2002, at Hays Medical Center, Hays. Funeral arrangements are pending with Harrison Chapel, Colby.

Markets

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

Wheat	$2.64
Corn	$1.89
Milo	$2.98
Soybeans	$4.12

Thank You!!

I would like to thank my friends who remembered me on my birthday.

Don Phillips
Lantern Park Manor

Community Calendar

WEDNESDAY, MARCH 20

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

Toddlers, Pioneer Memorial Library, 10:15 and 11 a.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.

KXXX/Q100 PRESENTS....

Taste of Home COOKING SCHOOL
Presented by HOMEMAKER SCHOOLS

April 12, 2002
Colby High School Auditorium

Booths & Doors open at 5:30 p.m.
Cooking Show at 7:00 p.m.

TICKETS ARE $6.00 AND ARE AVAILABLE AT THE KXXX/Q100 STUDIOS. CALL 785-462-3305

Join your friends for an evening of recipe preparation by Taste of Home Economist, Margaret McCutcheon. FREE giveaways and prizes awarded. Everyone attending receives a free goodie bag and a cookbook!

SPONSORS INCLUDE:

Great Western Tire
Culligan WATER OF COLBY
BERINGER HARDWARE
Premier Designs
FAMILY CENTER FOR HEALTH CARE
Colby Online Services
This Old House
Longaberger Basket
GOLDEN PLAINS GARDEN CENTER
WARK'S EMBROIDERY and Gifts
HORLACHER JEWELERS

WEEKDAYS — MARCH 19 - MARCH 25

	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		Paid Program	Port Charles
KSNK/NBC 8 9	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	Caillou	Teletubbies	Dragon Tales	Between the Lions	Sesame Street		Sagwa-the Cat	Jay Jay the Jet
WGN 13	Varied Programs	Kenneth Copeland	Caroline in the City	City Guys	Clueless	Caroline in the City	Matlock		MacGyver		In the Heat of the Night	
NICK 29	Doug	Rocket Power	Hey Arnold!	Sponge-bob Sq.	Bob the Builder	Little Bill	Blue's Clues	Oswald	Dora the Explorer	Dora the Explorer	Varied Programs	Blue's Clues
FAM 30	Digimon-Digital	Digimon-Digital	Power Rangers	Medabots	Itsy Bitsy Time!	Living the Life	700 Club		Itsy Bitsy Time!	Itsy Bitsy Time!	Growing Pains	Step by Step
USA 31	Bloomberg Information Network		Veronica's Cl.	Living Single	Varied Programs							
TBS 37	Saved by the Bell	Saved by the Bell	Family Matters	Fresh Prince	Different World	Different World	Little House: A New Beginning		Little House: A New Beginning		Matlock	
TNT 38	Lost World		Lois & Clark-Superman		ER		ER		NYPD Blue		Movie	Varied Programs
DSC 42	Paid Program	Paid Program	Paid Program	Paid Program	Assignment Discovery		Design		Design	Design	Home Matters	
A&E 47	Biography		Crime Story		L.A. Law		Murder, She Wrote		Magnum, P.I.		Night Court	Newsradio
ESPN 49	Sportscenter		Sportscenter		Sportscenter		Sportscenter		Sportscenter		Sportscenter	
HBO 7	Movie	Varied Programs						Movie		Varied Programs		
DISN 17	Rolie Polie Olie	Stanley	Book of Pooh	PB&J Otter	Out of the Box	Rolie Polie Olie	Stanley	PB&J Otter	Book of Pooh	Bear in House	Rolie Polie Olie	Out of the Box
MAX 21	Movie		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		Rosie O'Donnell		Judge Judy	Judge Judy	News	ABC Wld News
KSNK/NBC 8 9	News		Days of Our Lives		Passions		Inside Edition	Weakest Link	Family Feud	Jeopardy!	News	NBC News
KBSL/CBS 12 11	News	Bold, Beautiful	As the World Turns		Guiding Light		Paid Program	Paid Program	Oprah Winfrey		News	CBS News
K15CG 3	Reading Rainbow	Mister Rogers	Varied Programs			Arthur	Zoboomafoo	Zoom	Reading Rainbow	Clifford-Red	Cyberchase	Business Rpt.
WGN 13	News		Elimidate	5th Wheel	Change of Heart	Street Smarts	Cosby Show	Cosby Show	7th Heaven		Full House	Family Matters
NICK 29	Maggie-Beast	Bob the Builder	Thornberrys	Thornberrys	Catdog	Hey Arnold!	Rugrats	U-Pick	Sponge-bob Sq.	Nicktoons	Rocket Power	Rocket Power
FAM 30	Movie Cont'd				Growing Pains	Two of a Kind	Totally Spies	S Club 7-Hwd.	Big Wolf-Camp.	Braceface	So Little Time	Step by Step
USA 31	Varied Programs								Walker, Texas Ranger		Walker, Texas Ranger	
TBS 37	Hunter		Movie				Mama's Family	Mama's Family	Full House	Full House	Cosby Show	Roseanne
TNT 38	Movie Cont'd		Heat of Night	Varied Programs	Tour of Duty		Kung Fu: The Legend Continues		Psi Factor: Chronicles		NYPD Blue	
DSC 42	Home Matters		Christopher Lowell		Christopher Lowell		Varied Programs	Great Chefs	Great Chefs	Great Chefs	Varied Programs	
A&E 47	American Justice		Crime Story		L.A. Law		Murder, She Wrote		Magnum, P.I.		Night Court	Newsradio
ESPN 49	Varied Programs						Sidelines: L.A. Hoops		Unscripted	Interruption	Sportscenter	
HBO 7	Movie		Varied Programs		Movie	Varied Programs		Movie		Varied Programs		
DISN 17	Madeline	Winnie-Pooh	Doug	Pepper Ann	Honey, I Shrunk the Kids		Jersey	Jett Jackson	Boy Mts. World	Even Stevens	Smart Guy	Boy Mts. World
MAX 21	Movie		Varied Programs					Movie	Varied Programs			

TUESDAY — MARCH 19

	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)	Ent. Tonight	Dharma & Greg (iTV)	Spin City (iTV) (CC)	NYPD Blue A Little Dad'll Do Ya (PA) (CC)		Philly Brotherly Love (N) (PA) (CC)		News (CC)	Nightline (CC)	Politically Incorrect	Seinfeld (CC)
KSNK/NBC 8 9	News	Wheel of Fortune	Frasier (iTV) (CC)	Watching Ellie (iTV)	Frasier (iTV) (CC)	Scrubs (iTV) (CC)	Dateline (iTV) (CC)		News	Tonight Show (CC)		Late Night
KBSL/CBS 12 11	News (CC)	Friends (CC)	JAG Ambush (iTV) (CC)		Guardian Feeding Frenzy (iTV) (CC)		Judging Amy (iTV) (CC)		News (CC)	Late Show (CC)		Late Late Show
K15CG 3	Newshour With Jim Lehrer (CC)		Damian! In Concert From Bucharest (CC)			Roy Orbison & Friends -- A Black and White Night (CC)			Bless Me, Father	Red Green	Charlie Rose (N) (CC)	
WGN 13	Fresh Prince	Fresh Prince	Movie: Benefit of the Doubt (1993) A man's release from prison strikes fear in his daughter.				News (CC)		News Special: Election Special (Live)		Matlock The Man of the Year (CC)	
NICK 29	Hey Arnold!	Rugrats (CC)	Sponge-bob Sq.	As Told by Ginger	Cosby Show	Cosby Show	Cheers (CC)	Cheers (CC)	All in the Family	All in the Family	Cosby Show	Cosby Show
FAM 30	Home Videos	Home Videos	Movie: What's Eating Gilbert Grape (1993) A grocery store worker sacrifices all for his family.				Whose Line?	Whose Line?	700 Club (CC)		Who's the Boss?	Who's the Boss?
USA 31	JAG Heroes (CC)		Nash Bridges Crossfire (CC)		Movie: Cruel Intentions (1999) Teens pass the time playing wicked games of seduction. (CC)				JAG Heroes (CC)		Martin (CC)	Martin (CC)
TBS 37	Friends (CC)	Roseanne (CC)	NBA Basketball: Milwaukee Bucks at Orlando Magic. TD Waterhouse Centre. (Live)					Inside the NBA	Movie: Above the Law ★★½ (1988, Drama) (PA) *Steven Seagal, Henry Silva.*			
TNT 38	Pretender Scott Free (CC)		Law & Order Return (CC)		Law & Order Phobia (CC)		Charmed Marry-Go-Round (N) (CC)		Witchblade Thanatopis (CC)		Movie: Renegades ★★½ (1989) (PA)	
DSC 42	Crocodile Secrets		New Detectives: Forensic Science		New Detectives: Forensic Science		FBI Files Deadly Trail		Justice Files Scams (CC)		New Detectives: Forensic Science	
A&E 47	American Justice: Perfect Murder		Biography Alan Jackson (CC)		Grand Ole Opry: 75 Years of America's Music (CC)				Law & Order The Working Stiff (CC)		Biography Alan Jackson (CC)	
ESPN 49	College Basketball: NIT -- Teams to Be Announced. (Live) (CC)				College Basketball: NIT -- Teams to Be Announced. (Live) (CC)				Sportscenter (CC)		Baseball Tonight	Life in the D League
HBO 7	Movie: Stand and Deliver (1987) Students are inspired by their high-school math teacher. (CC)				Movie: Exit Wounds ★ (2001, Action) *Steven Seagal, DMX.* (CC)			Panic Room	Six Feet Under The Plan (CC)		Dennis Miller	Movie: Federal
DISN 17	Movie: My Date With the President's Daughter ★★½ (1998)			Movie: P.U.N.K.S. ★★ (1999) Children steal a device that delivers supernatural strength.				Movie: Short Circuit ★★½ (1986, Comedy) *Ally Sheedy.* (CC)			Pepper Ann	Jett Jackson
MAX 21	Con Man Runner lies to get a scholarship.		Movie: Body Heat ★★★½ (1981) A lawyer is persuaded by his lover to murder her husband.				Movie: 8 Heads in a Duffel Bag ★★ (1997, Comedy) *Joe Pesci.*			Passion Cove (CC)	Passion Cove (CC)	Movie: Luscious