

Alcohol abuse among elderly called a 'hidden epidemic'

Alcohol abuse by seniors and in the elderly is sometimes called a hidden epidemic because its symptoms often mimic or are masked by common physical and mental infirmities of aging, such as lessened alertness, depression, anxiety and diminished physical capacity. Also, doctors rarely ask their elderly patients when and how much they drink or what effect it has on their lives. Various circumstances com-



High Plains Mental Health

• Plain Sense

A community service from the High Plains Mental Health Center

mon among older people can increase the risk of alcohol abuse, even in someone who has never had a previous alcohol problem. Retirement may result in a loss of structure, self-esteem and income and an increase in loneliness and boredom. Other losses such as spouses,

friends, physical well-being or independence as well as pain or sleep problems may also prompt older people to turn to alcohol.

The effects of a given amount of alcohol can be greatly exaggerated in an older person because the physical body that is consuming alcohol at age 65 and older is not the same as the one that drank at age 45. In addition, as people age, there is a decline in a stomach enzyme that

starts to break down alcohol before it reaches the bloodstream. Blood alcohol levels in older people are typically 30 to 40 percent higher than in younger people who consume the same amount of alcohol. But even at equivalent blood alcohol levels, older people are more likely than the middle aged to experience intoxication, cognitive difficulties and problems with balance and coordination. Tolerance for alcohol declines, and the risks of excessive drinking rise with age.

An older person who takes medication for arthritis, depression, hypertension, heart disease and other ailments can also be at increased risk as even the moderate intake of alcohol can result in negative interactions with these medications.

Editor's note: The preceding article was contributed by Cora Lee Pfannenstiel RN, BSN, Consultation and Education Department.

Lions hear presentation from West Nile virus survivor

The High Plains Lions met Monday, Aug. 9 at the Prairie Rose Room. Lion President Melinda Morton called the meeting to order. Lion Larry Brenn lead the flag salute, Lion Larry Koon gave the prayer. Lion Sheryl Brenn lead the

singing. President Morton passed around two thank you notes. One was from Mary Hedden who was thanking the club for a birthday balloon for her 91st birthday. One note was from Donna Lawver for flowers she received from the club during her hospital stay. Lion Morton thanked the members for helping with the concession stand at the fair and also helping with the club float for the fair parade. Lion Lawver thanked the club members for the cards and concerns for his wife Donna.

Lion Mary Hurtt asked for team members for the Relay for Life event. Ten members volunteered to walk and others volunteered to help. The club will buy three luminaries for Lion Welter, Lion Urbom and Lion Mary Hurtt. Individual members will be purchasing luminaries for their loved ones.

being the cotton candy queen.

For the program Mike Shubert talked about his bout with West Nile disease a year ago. He told about how tired he felt before seeking medical help. When he got to the place he could not walk he sought medical attention. He was flown to Wichita where he remained for three months. He doesn't have much memory during his illness except for the pain and hallucination. He had to relearn to walk and breath.

Mike said he always thought of himself as a tough guy and had never experienced much illness in his life. He said, "Every cloud has a silver lining, my cloud had two." One silver lining was his faith in God. "I had a lot of people praying for me and I was never afraid."

The second silver lining was all the good people of the community.

"The community raised and donated a lot of money to my family. We live in a very rich country of caring people. CNM Guns doesn't have a sick leave program or a health insurance program. I am very proud to live in such a caring community. The people here are very special to me and my family."

"I am not over this yet, I still have trouble with feeling in my legs and feet. I have nerve damage and can not do all the things I used to do. I also have some memory loss. The medical staff did all they could, I had all the treatments they offered."

In a question and answer period, Mike said, "I would go for medical treatment sooner."

"I would tell people to use insect repellent. I am so thankful that I didn't return home tied to a wheelchair or disabled. My wife Cindy and I are so thankful for all your prayers and care."

Colbyite attends convention

Shirley Malcolm, Colby, and Betty Amos, Lindsborg, recently returned from Minneapolis, Minn. where they performed piano duets for more than 2,100 people at the Delta Kappa Gamma International Convention, July 25-Aug. 1.

This piano-playing duo has been performing since 1987, beginning their piano duet playing at the Delta Kappa Gamma state convention held in Colby in April, 1987, when both ladies were members of Colby's Gamma Alpha Chapter of Delta Kappa Gamma.

The two have also performed at the Delta Kappa Gamma Southwest Regional Conference in Kansas City in 1991. Delta Kappa Gamma is an honorary organization of select educators.

Both women were invited for this prestigious honor of providing music at this special 75th Jubilee convention, Young said.

Malcolm and Amos provided a 30-minute prelude of easy listening music and a postlude of all-time musical favorites.

The theme at this year's convention was "From the Sparkle of the Past to the Brilliance of the Future" and was chaired by Jean Gray from Maryland, Delta Kappa Gamma International President.

Malcolm is a member of Northwest Kansas' Zeta Chapter of Delta Kappa Gamma. She is a retired school music teacher and presently teaches private piano lessons. Amos

is a member of McPherson's Alpha Lambda Chapter. She is presently practicum supervisor and college instructor for the Associated Colleges of Central Kansas.

The two have performed more than 90 times in the last 17 years. Recent performances include the Kansas Teacher of the Year banquet, Marquette for the Melodrama, Olio, and Dinner Theatre and Little Rock, Ark. for the 74th Delta Kappa Gamma International Convention.

Student News

Michael Karnes of Colby earned bachelor of music performance degrees in orchestra and vocal music during summer commencement at Southwestern Oklahoma State University in Weatherford, Okla. Karnes was one of 117 students receiving degrees during graduation ceremonies.

Bridge/Golf

The following results were announced for the bridge tournament held Tuesday at the Colby Country Club. Winners were: Marge Roulier, 1st; Thelma Shalz, 2nd; Mary Molstad, 3rd; and Elaine Ptacek, 4th.

In the one-person lady scramble, winners were: Audrey Hines, 1st in 1st flight and Ann Siemsen, 1st in 2nd flight. Last week's game, low net, saw Sidney Strait in 1st place.

PUBLIC AUCTION

Saturday, August 14, 2004

Time: 10:00 a.m. CST (doors open at 8 a.m. day of sale)

Auction Location: TNT & Jones Auction Facility • 200 N. Franklin • Colby, Kan.
Preview sale items between 5 - 7 p.m. CST Friday, August 13, 2004

Vehicles will sell at 1 p.m. CST • 1987 Chevrolet Bounder 31 ft. motor home, 454 V8 engine, 7.4 liter, 100 gal. water tank, gas generator, 1 overhead AC front sleeps 6, lots of storage with 96,375 miles. Items that need repair are microwave, back overhead AC and dash AC.
• 1995 Ford Contour, 4 door, 5 speed, 2.5 liter engine, teal green, 189,614 miles, runs good uses 1 qt. of oil every 3,000 miles, AC has a line leak and radio doesn't work.
• 1970 Ford Pickup, 6 cyl., standard shift, tool box sides
• 1979 Tide Craft 16 ft. boat, Road Runner trailer, motor has dropped one cylinder, trolling motor, live wells and pedestal seats
• Antique furniture, Glassware, (Rosevilli 97-14", Rosevilli 439-6", Hull 102-8", Hull 9 1/2"), other household furniture • Saddles, tack, lawn equipment, crafts, lots of miscellaneous;

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THOMAS COUNTY		TREASURER'S QUARTERLY STATEMENT	
STATE OF KANSAS FUND		ENDING JULY,	2004
			BALANCE
GENERAL FUND			534,523.91
SPEC. RESERVE EQUIP. FUND			26,542.06
MICRO ENTERPRISE LOANS			34,587.60
REVOLVING LOAN REPAYMENT			4,462.22
TH CO SHER FORFEITURE FD			13,519.52
FEDERAL FORFEITURE FUND			10,975.02
TH CO ATTY FORFEITURE FD			198,364.59
INSUFF CK FEE TRUST FUND			5,601.11
LANDFILL CLOSURE FUND			45,753.52
TEMP PENDING-JAMES MMA			418,258.62
PENDING DRUG FORFEITURE			4,933.00
PENDING DRUG FORF MMA			43,171.06
SHERIFF FORFIT-GOLDING CD			374,378.06
ATTORNEY FORFIT-GOLDING M			69,735.90
BUILDING MAINTENANCE			83,824.76
BIOTERRORISM P&R GRANT			4,220.01
NORTH RANDALL TWP MMA			11,096.26
911 INVESTMENT FUND			61,353.60
ROAD AND BRIDGE FUND			301,301.30
FREE FAIR MAINTENANCE			19,359.55
FAMILY PLANNING			14,692.32
CAR SEAT PROGRAM			368.85
HEALTH FUND			63,940.02
COUNTY ROAD LEVY			74,740.38
ELECTION FUND			14,178.55
EMPLOYEE BENEFIT FUND			101,992.13
EXTENSION COUNCIL FUND			31,731.12
NOXIOUS WEED FUND			37,055.39
AMBULANCE FUND			20,072.03
MATERNAL CHILD HEALTH			6,062.18
SPECIAL EQUIPMENT FUND			435,467.18
SPEC. HIGHWAY IMPROV FUND			204,613.97
R OF D CAPITOL OUTLAY			1,250.00
AMBULANCE CAPITOL OUTLAY			113,280.03
NOXIOUS WEED CAPITOL OUTL			31,039.74
SANITARY LANDFILL CAP OUT			27,552.81
SERVICES FOR THE ELDERLY			20,282.88
SPECIAL ALCOHOL FUND			6,152.06
COMMUNITY VAN FUND			830.86
HAZARDOUS WASTE PROGRAM			14,751.65
RE-APPRAISAL			58,390.41
SANITARY LANDFILL			65,690.38
SPECIAL LIABILITY			1,571.82
HERITAGE TRUST FUND			406.94
LAND FILL NO FUND WARRANT			668,415.73
JUNIOR COLLEGE TUITION FD			5,767.20
BARRETT GENERAL			5,913.04
E HALE MACHINERY RES FUND			3,000.13
EAST HALE GENERAL			20,558.15
E HALE EMPLOYEE BENEFIT			180.15
W. HALE ROAD & BRIDGE			375.95
KINGERY GENERAL			1,280.32
LACEY GENERAL			340.73
LACEY DEBT SERVICE			11,353.87
MENLO GENERAL			580.14
MORGAN ROAD & BRIDGE			861.04
MORGAN SPECIAL ASSESSMENT			3,628.55
NORTH RANDALL GENERAL			31,598.80
NO RANDALL EMPLOYEE BEN			725.23
NO RANDALL SPECIAL EQUIP			5,000.00
S. RANDALL ROAD & BRIDGE			1,088.15
ROVOHL GENERAL			31,623.60
ROVOHL EMPLOYEE BENEFIT			192.26
ROVOHL SPECIAL EQUIPMENT			5,284.53
SMITH GENERAL			513.05
SUMMERS ROAD & BRIDGE			1,243.31
WENDALL GENERAL			625.36
RURAL FIRE DISTRICT 3			11,512.35
RURAL FIRE 3 CAP. OUTLAY			14,904.46
RURAL FIRE DISTRICT # 4			176.84
EXCISE TAX			646.69
TREASURER SPECIAL AUTO			8,899.34
PATF			7,250.81
REG OF DEEDS TECH FUND			24,111.28
MTR VEH SALES TAX TO ST			19,754.19
MTR VEH-ST. & COUNTY AUTO			5,132.33
PAYROLL WITHHOLDING FUND			23.59
BANKRUPTCY PENDING ACCT			3,468.29
GAME LICENSES			453.00
ARCHERY PERMITS			5,186.00
DUCK STAMPS			85.00
PARK PERMITS			305.75
CURRENT TAX FUND			236,250.46
DELINQ 16/20 PERS TAX			1,088.82
PRIOR YEARS ADDED TAX			1,445.93
ADVANCE TAX			437.75
MOTOR VEHICLE TAX-2605			194,747.56
RV MTR VEH TAX-2605			3,415.80
16/20M MTR VEH TAXES			2,918.40
DELINQ. PERSONAL TAX FUND			11,925.19
REDEMPTION & ASSIGNMENTS			214,469.43
LAVTR			1,149.20
PARTIAL PAYMENT ON TAXES			150.01
CURR YEAR DELINQ PERS TAX			13,478.66
INT ON CURR TAX FUND			5,897.50
TOTAL ALL FUNDS			5,191,704.03

I DO SOLEMNLY SWEAR THAT THE ABOVE STATEMENT IS COMPLETE, TRUE, AND CORRECT TO THE BEST OF MY KNOWLEDGE AND BELIEF, SO HELP ME GOD.

Dorita Appleberry
COUNTY TREASURER

SUBSCRIBED AND SWORN TO BEFORE ME THIS *12th* DAY OF *August, 2004*



Theresa L. Perkins
COUNTY CLERK/NOTARY PUBLIC

MY COMMISSION EXPIRES 10-15-2007

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