

# Family

## Deaths

**Mathew "Matt" Peters**  
Mathew Peters, 21, of Wichita Falls, Texas, died Saturday, Jan. 10, 2004 in Dallas, Texas in a house fire. Services were held Wednesday, Jan. 14 in the chapel of Hampton Vaughan Crestview. Interment was at Crestview Memorial Park in Wichita Falls, Texas.

Peters is survived by his father Rodney Peters and wife, Rita, of Colby; mother Deborah Victoria of Wichita Falls, Texas; brothers Michael and Marc Peters, sisters Mireya and Gabriella Victoria and Robin Faber; grandfather Elmer Peters, grandmothers Lavone Thomas and Lupe Victoria, and many other family and friends.

He was born April 27, 1982 in Colby. He was a member of the Rustlers Adult Hockey League where he played for the Stars.

Memorials are suggested to Big Brothers Big Sisters or the Thomas County Amusement Association and may be left at First National Bank in Colby.

A memorial for Peters has been set up at <http://www.mem.com> for those who would like to view it.

## Babies

**Caelen Tyler Arendt**  
Kathy Arendt, Colby, announces the birth of her son, Caelen Tyler, on Monday, Jan. 12, 2004.

Caelen was born at 7:05 p.m. at Hays Medical Center. He weighed 9lbs., 1 oz., and was 21 inches long. Grandparents are Marlin and Nancy Arendt of Colby. Great-grandparents are Kathleen O'Neal, and Jim and Marian Smith, all of Colby, and Bill and Maxine Gilliland of Chanute.

**Shaelyn Skye McAllister**  
Jason and Amber McAllister, Bogue, announce the birth of their daughter, Shaelyn Skye, on Wednesday, Dec. 17, at Hays Medical Center. Shaelyn weighed 6 lbs., 15 oz., and was 21 inches long. Grandparents are Fred and Jerry McAllister and Mike and Wilma Lauber, all of Hill City. Great-grandparents are Barbara Williams, Hill City; Glenn and Jeanne Ems, Rogers, Ark.; Joyce Gatlin, Colby; and Betty Lauber, Hugo, Colo. Esther Lauritsen of Colby is her great-great grandmother. Welcoming Shaelyn home is her three-year-old brother, Ethen.

# Senior Center schedules annual meeting next week

## Senior News

Willie Engelhardt and Dora Hopson have agreed not to run for election.

Dorothy Kleinsorge celebrated her 90th birthday Friday, Jan. 16 at the Senior Center.

Her family surprised her by serving a beautifully decorated cake and ice cream to everyone with their lunch.

There are plenty of activities scheduled at the center, 165 Fike Park, for the week of Jan. 26-30. Monday is Black Day, wear black from head to toe. Exercise will be at 9:30 a.m. Tuesday and election of officers at 12:30 p.m. Line dancing with Deb Koon will be at 10 a.m. Wednesday, E

xercise will be at 9:30 a.m. Thursday. It's also Kansas Day. Tell a fact about Kansas. Exercise will be at 9:30 a.m. Friday and it's also Silly

Hat Day, wear a doozy.

Everyone over 60 is welcome to eat lunch at the center. Donna Schielke, director of the center, says no special invitation is needed to join in the lunchtime fellowship and all are welcome. She did remind everyone that a reservation is needed by noon the previous day. The menu for the next week includes: Monday - chicken fajita salad, Dole tropical fruit, chips, fruit cobbler. Tuesday - chili, cole

slaw with carrot and pineapple, crackers, cinnamon roll. Wednesday - cook's choice entree, scalloped potatoes, asparagus or peas, dinner roll, apricots.

Thursday - hamburger, baked beans, mandarin oranges in gelatin, bun, gingerbread. Friday - barbecue chicken, seasoned broccoli, rice pilaf, bread, four fruit compote.

The building is also available for rental for events. For information or lunch reservations, call 460-2901.

## Happy birthday!

# Museum will host three video lunches honoring Kansas

The Prairie Museum of Art and History is hosting three video lunches again this year in honor of Kansas Day, museum officials said Wednesday.

"A Kansas Box Social" will start at noon at the museum with video showtime beginning at 12:15 p.m.

The lunch dates are planned for Tuesday; Wednesday, and

Thursday, Jan. 27, 28 and 29. All the videos are Kansas-related programs.

Tuesday's showing will be *The Expedition of Lewis & Clark*, which acknowledges the bicentennial of the Corps of Discovery. The film includes diary excerpts and the landscape to illustrate the Expeditions objectives and accomplish-

ments. Wednesday's and Thursday's programs will deal with the *Territorial Days of Kansas*. The topic of the Kansas Chautauqua, which Colby is hosting in June, is *Bleeding Kansas: Where the Civil War Began*.

On Wednesday, the video will be *Sunflower Journeys: Osawatimie to Ft. Scott*.

This program is from the series produced by Topeka public television station KTWU. It aired in 1999 and covers John Brown and the Adairs; the site of the largest Civil War battle fought in Kansas at Mine Creek; and Ft. Scott. One segment of Sunflower Journeys: *Atchison to Leavenworth* will also be shown. This will feature the 'be-

hind the scene' project of making the film "Ride with the Devil" which depicts the William Quantrill raid on Lawrence in 1863.

Thursday's program will be *The West: Death Runs Riot*. Portions of this segment of the series created by Ken Burns and Stephen Ives dealing with "Bleeding Kansas" will be shown.

The public is invited to attend and may want to bring a sack (or box) lunch. Kansas foodstuff from the Museum Mart will also be provided.

For information call 462-4590; email at [prairiem@st-tel.net](mailto:prairiem@st-tel.net). or stop by the museum, 1905 S. Franklin, Colby.

# Perfectionists need to learn 'good' is good enough

*Editor's note: The following column was submitted by Karen D. Beery, consultation and education department at High Plains Mental Health in Hays.*

Striving for success and excellence is a good thing.

However, some people expect too much of themselves and others, which can lead to emotional and physical problems.

Being perfect is an unrealistic goal, and the pressure to be perfect, whether self-imposed or an expectation of others, leads to undue anxiety and stress.

Too much stress can result in high blood pressure, intestinal ailments, headaches, fatigue, irritability and even serious depression.

Expecting perfection can strain relationships with family, friends and co-workers.

Dwelling too much on trivial details or spending too much time on projects can result in more frustration for others involved.

In a study published recently in the Journal of Marriage and the Family, researchers found that men



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A community service from the High Plains Mental Health Center

and women who described their spouse or partner as a perfectionist also reported more sarcasm, nagging and other negative methods of communication in the relationship.

Part of the reason may be that perfectionists are not very good at compromising, and often use these other techniques to try and get things to go their way.

So can a perfectionist become less than perfect?

Some strive for perfection due to underlying issues such as a fear of being less loved at home or less valuable at work.

Talking about the underlying issues with a trusted and reliable friend or family member, or with a professional counselor is a good place to start.

A first step is to realize and recognize that being perfect doesn't mean that people like you better.

Setting reasonable goals is another important component, as well as learning to accept what has already been achieved and accomplished.

Perfectionists tend to dwell on what they didn't accomplish, or what is wrong with the outcome.

So, finding something good about the effort or activity is a way

## Markets

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