

Family

'Thank you' a rare thing

Plain Sense

According to a number of resources on the Internet and in magazines, the words "thank you" are seldom heard anymore. Children are taught the "magic words" (please and thank you) and when asked, "What do you say?" their answer is always "thank you." As we grow older, those two words are heard less and less and because of that, when we hear that, our reaction is often surprise and delight. Now days extending this almost old-fashioned courtesy makes a person stand out, and those few words can make a big difference in relationships.

Within the business world, "thank you" has apparently become even more rare. According to a nationwide Maritz poll, only 10 percent of employees report they have supervisors who give a daily "thank you" for a job well done, and 55 percent say they are seldom if ever thanked. Research indicates that saying "thank you" builds relationships and loyalty, increases productivity and leads to greater job satisfaction.

Too often, we just take it for granted that people are doing what they are supposed to do, especially when things are going well. And when the job gets tough, we tend to focus on the negative, or on doing things faster and better. Those are the times when comments or acts of appreciation are most needed.

Showing appreciation does not have to be elaborate. Simple

gestures that appear unexpectedly make a great impact. Sending a handwritten note or card can make someone feel valued. When a compliment is heard about a co-worker, pass it along to that person as well as others. Expressions of appreciation and gratitude have a ripple effect. Saying "thank you" makes a person feel good about themselves, as well as the recipient. In turn, each is affected by the interaction and a change takes place, whether a little or a lot. According to "Oprah Magazine," (November, 2000), "Gratitude has a cleansing effect on the soul...the very act of saying a sincere thank-you hones our personality, makes us humbler, gentler, more loving people."

Editor's note: The preceding article was contributed by Karen Beery, Consultation and Education Department with High Plains Mental Health in Hays. 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 Seventh, Hays, Kan. 67601. Questions will be formatted and answered in a manner that ensures confidentiality. Internet site: www.highplainsmentalhealth.com

Lions hear of hurricane devastation

The High Plains Lions Club met for its regular meeting Monday, Oct. 27 at the Prairie Rose Room. President Sheryl Brenn called the meeting to order with the flag salute and singing "America." Lion Larry Koon gave the prayer. Tables were decorated with jack-o-lantern cookies provided by Lions Estes and Juennemann.

Following a baked ham buffet dinner, the club got a taste of Hurricane Katrina, so to speak.

Lion Sheryl introduced her guest, who was also her program, Jim Oliver.

Jim took the club on a tour of Alabama and Mississippi. He spoke about his three-week tour with the Red Cross to the devastated area along the Gulf Coast.

Jim is a certified driver for the emergency response vehicle located in Colby. Kansas has seven vehicles located throughout the state. There are 250 nationwide.

On Aug. 29, Jim and Frank Powers of Gove left Colby in the emergency response vehicle for Montgomery, Ala.

It took them four days to get there as they had transmission problems in Blue Springs, Mo.

When they arrived in Montgomery, they were told to go to Wiggins, Miss., about six hours away.

They arrived there about 11 p.m. and found they were the first emergency response vehicle to get there. The next morning they were joined by other emergency response ve-

hicles. They joined up with the Southern Baptists' mobile kitchen.

The team set up in the St. Louis High School parking lot. Their supervisor divided the area into four areas. Jim and Frank got the far south area to the town of Waveland, Miss. They loaded of 50 cases Ready to Eat Meals and headed towards the Waveland community, about five miles from the coast.

They were some of the first people to the area and the trip was a challenge. The road was not a normal highway, it was hardly a road. There were thousands of cars, yachts and debris to navigate. Finding diesel fuel was also a problem. They got their fuel from Wal-Mart and them from the fire departments.

The people they were feeding in the Waveland community were people who had rode the storm out. They had survived by getting into their attics and roof tops.

Jim said, "All of these people said they had made a big mistake by staying and they would never do it again."

They were left with nothing, the area was flattened. Jim and Frank returned to the area twice a day to serve a hot meal to these people for the next two weeks.

The food was prepared in Wiggins by the Baptists and loaded into big containers that kept food hot or cold. The emergency response vehicle team serves it on site at noon and would go back and get another load for the evening.

Jim said, "The days were long, about 11 hours. We ate the Red Cross food, we slept in the high school gymnasium, showered in the locker room just like everyone else. We got about 15 minutes of personal time a day. I heard a lot of tragic stories."

After three week the Red Cross flew them home. Another team took over using the Colby emergency response vehicle. "We will get it back someday, it's probably in Florida now helping out there."

Following the program the club had a new member inducted into the club. Lion Larry Koon held an induction service for the club's newest member, Lion John Mead.

Lion Koon said, "The club's motto is 'We Serve,' we try to make things better for others. You serve your family, God, self, community, the club and Lions International. We all do a little we get a lot done." Lion Koon challenged John's sponsor, Lion Hazel Estes to get him to the meetings.

Koon challenged president Brenn to get Lion John involved in a club committee. He challenged the club in welcoming new members into the club.

Lion Francis Britton won the club lottery. The next meeting will be Monday, Nov. 14. There will be a board meeting before the regular meeting.

Insulin problems lead to onset of diabetes

Diabetes is a disease in which the body does not produce or properly use insulin.

Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

The cause of diabetes continues to be a mystery, although genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 18.2 million people in the United States, or 6.3 percent of the population, who have diabetes. While an estimated 13 million have been diagnosed with diabetes, unfortunately, 5.2 million people (or nearly one-third) are unaware that they have the disease.

In order to determine whether or not a patient has pre-diabetes or diabetes, health care providers conduct a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT).

Either test can be used to diagnose pre-diabetes or diabetes.

The American Diabetes Association recommends the fasting plasma test because it is easier, faster and less expensive to perform. With that test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes.

A person with a fasting blood glucose level of 126 mg/dl or higher has diabetes.

In the oral glucose test, a person's blood glucose level is measured after a fast and two hours after drinking a glucose-rich beverage.

If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes.

If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has diabetes.

Type 1 diabetes: Results from the body's failure to produce insulin, the hormone that "unlocks" the

Healthy Haps

cells of the body, allowing glucose to enter and fuel them.

It is estimated that five to 10 percent of Americans who have diabetes have type 1 diabetes.

Type 2 diabetes: Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency.

Most Americans who are diagnosed with diabetes have type 2 diabetes.

Gestational diabetes: Gestational diabetes affects about four percent of all pregnant women, about 135,000 cases in the United States each year.

Pre-diabetes: Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis for type 2 diabetes.

There are 41 million Americans who have pre-diabetes, in addition to the 18.2 million with diabetes.



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Please fill out form and mail to Colby Chamber, 350 S. Range, Colby, Kansas 67701 or email to colbychamber@thomascounty.com

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Peoples State Bank
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OLD-FASHIONED Thanksgiving

Annual Dinner
Sunday, November 6, 2005
Serving Time: 11 a.m. - 1:00 p.m.
Colby Sacred Heart Church Basement

Please join us for:
 Turkey, Ham, Dressing, Mashed Potatoes & Gravy, Corn, Rolls & Butter, Salads, Homemade Pie, Iced Tea, Coffee

Meals-on-Wheels available by calling 460-7167 or 462-2179. Free will donation will be accepted.

Colby FFA Fundraiser
Fall 2005 Fruit Sales

*******Deadline: Nov. 7th*******

Summer Sausage, Smoked Turkey, Sausage Lovers, Half Hams, Cheese Please, Snackers Delight, Nibbler Choice, Kansas Best, Pooh's Breakfast, Honey Gift Box, Half Gallon Honey, Fudge Box, Kansas Jellies, Apple Blossom Special, Unpopped & Popped Popcorn, Sharp Cheddar, Bacon Cheese, Jalepeno Cheese, Smoke Cheese & Beef Sticks

*******Deadline: Nov. 21st*******

Texas Fruit from RiverStar FARMS

Oranges, Grapefruit, Apples & Pears
 Also have Peanuts & Beef Jerkey

*****FRUIT DELIVERY APPROX. DEC. 10TH*****

WE HAVE GOOD NEWS!

A QUICK PAINLESS METHOD TO ERADICATE HEMORRHOIDS USING MILD ELECTRICAL CURRENT IS NOW AVAILABLE. THIS TREATMENT REQUIRES SEVERAL BRIEF VISITS TO OUR OFFICE, AFTER WHICH PATIENTS GO BACK TO WORK IMMEDIATELY.

WHAT DO THE RESEARCH STUDIES SAY?
 In Gastrointestinal Endoscopy, Vol. 33, #2, D.A. Norman R. Newton, and G.V. Nicholas reported the results of treatment of 42 patients with d.c. current therapy. They noted "All patients were successfully treated and symptom free at a mean duration of follow up of 18.2 months." They concluded "This painless outpatient treatment of all grades of hemorrhoids is effective and safe", and "warrants consideration as the treatment of choice of hemorrhoidal disease". In the American Journal of Gastroenterology, Vol. 83, #9, Dr. S. Zinberg reported the results of treatment of 193 patients with this method. "Good results were achieved in 95% of patients."

ADVANTAGES OF HEMCURE OVER OTHER TREATMENTS FOR HEMORRHOIDS:
 HemCure is far less expensive than surgery, requires no recovery, avoids complications like scarring and infection, and is reported by most patients to cause only mild discomfort during the treatments, which resolves immediately after.

This treatment method is covered by Medicare and most insurance plans. A payment plan is available for patients not covered by insurance, and for patient deductibles and copayments.

We want you to be an informed health care consumer. Our office will be happy to provide further information explanation of fees, and estimate of your out of pocket expense. If hemorrhoids are interfering with the quality of your life, call today.

Hemcure
 Dr. John D. Ferris, M.D.
 Burlington, Colorado
 1-800-593-0009
 Wed. Nov. 23 • Sat., Nov. 26

Markets

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

Wheat	\$2.86
Corn	\$1.95
Milo	\$3.03

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