

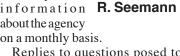
TISHA COX/Colby Free Press

Karly Kriss, Jay Ziegelmeier and Zach Young showed their Eagle spirit during the annual Colby High School jersey auction, bonfire and pep rally Tuesday at the Thomas County Fairgrounds.

Chat with Rosalie New column focuses on aging

As a way to inform older readers grams to assist them in their senior caregiver support program through

about ongoing and changing topics, Rosalie Seemann, secretary of the Northwest Kansas Area Agency on Aging, will answer questions or provide



Replies to questions posed to Seemann will be in column format. Readers may submit questions by writing Seemann at: Chat with

Rosalie c/o Rosalie Seemann, 426 Hale, Levant, Kan. 67743, or by emailing: rseemann@st-tel.net. The Northwest Kansas Area

Agency on Aging is part of a national network of agencies created in 1973 by the Older Americans Act.

It is a private, nonprofit organiprograms in the 18 counties of northwest Kansas.

Aging for assistance.

The Area Agency on Aging will assist the person in determining Caregiver Training on various topwhat or if they need assistance.

for senior citizens which often go unused or little known about?

A. Probably the most unused proof 60 is the nutrition program.

This is the noon meal prepared prepared at one center and transported to another center.

This also serves as a "hospitality" alone in their home.

those over age 60, and for those tance must exist. under 60 there is a set price for the meals.

lies to know their loved ones are low-income older individuals. getting one good balanced meal a Q. What can caregivers do to zation with the responsibility of day. The Area Agency on Aging make their lives better while caring administering Older American Act also has the sites where the meals for a loved one? are served.

years, the first thing is they should the Area Agency on Aging are: Incontact their Area Agency on formation to caregivers about available services, Assistance to caregivers in gaining access to services, ics of importance to family care-Q. What are some of the benefits givers, Respite Care to enable caregivers to be temporarily relieved from their care giving responsibilities, Supplemental Sergram available to those over the age vices to complement the care provided by caregivers.

Attendant and/or personal care, five days a week at senior centers or bathroom items, chore services, homemaker, nutrition counseling, repair/maintenance/renovation.

Eligibility Requirements for the site or get together for those that are Caregiver Support Program: The care receiver must be 60 years of There is a suggested donation for age or older and a need for assis-

Priority for services will be given to older individuals with greatest This is a very good way for fami- social and particular attention to

TV LISTINGS

sponsored by the COLBY FREE PRESS

SATURDAY

SEPTEMBER 16

| | 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 | | | | | That's- Raven | That's- Raven | Hannah Montana | Zack & Cody | Emperor New | Replace- ments | | |
| KSNK/NBC 8 8 | | | | | Paid Program | Paid Program | Veggie- Tales (N) | Dragon (EI) (CC) | 3 2 1 Pen | Babar (EI) (CC) | Jane- Dragon | Jacob Two Two |
| KBSL/CBS | Saturday Early Show (CC) | | | | News | | | | Cake (N) (CC) | Dance Revolut. | Paid Program | Paid Program |
| K15CG 2 | Busi- ness | Market- Market | Mister Rogers | Thomas- Friends | Jay Jay the Jet | Bob the Builder | Dragon- flyTV | Reading Rockets | Score- board | | octions II F sehold ingre | |
| ESPN 28 | SportsCenter (CC) SportsCenter (CC) | | | SportsCenter (Live) College Gameday (L (CC) | | | | ive) (CC) | - | College Football: lowa State at lowa. | | |
| USA 37) | Paid Program | Paid Program | Paid Program | Paid Program | Movie: The Frighteners **1/2 (1996, Suspense) Michael J. Fox. (CC) (DVS) | | | | | uture ★★★ ael J. Fox. (| | |
| TBS 38 | Steve Steve Movie: Beethoven ★ Harvey Harvey Charles Grodin, Bonn | | | | | | veet November ★1/2 (2001) A selfish ad man's outlook on li | | | | | |
| WGN 39 | Enter- prise | Adelante Chicago | Paid Program | Paid Program | Paid Program | Paid Program | Paid Program | Paid Program | Paid Program | Paid Program | Happy Days | Home Improve. |
| TNT (40) | Movie: Austin Powers: The Spy Who Shagged Me *** (1999) Mike Myers. | | | | Movie: I Spy ** (2002) A spy recruits a boxer to help him retrieve a stolen plane. | | | | Movie: Demolition Man ★★½ (1993, Science Fiction) Sylvester Stallone. (CC) | | | |
| DSC (42) | Paid Paid Paid Paid Program Program Program | | | America's Loch Ness Monster River reveals new sp | | | | Amazon | Giant Squid: Caught on Camera | | | |
| A&E (47) | Murder, S Suspicion | | Biography Mansfield | | Old House | Old House | Ask This Old | Ask This Old | Criss Angel | Criss Angel | Criss Angel | Criss Angel |
| HIST (48) | Automobiles Days That 9 Mercedes (CC) Days That 9 the World (| | | Wild West Tech Six- shooter technology. | | Heavy Metal B-52 Stratofortress (CC) | | Mail Call Blue- (CC) print | | Modern Marvels Mackinac Bridge | | |
| NICK 55 | Grown Up | OddPar- ents | Jimmy Neutron | Jimmy Neutron | Spon- geBob | Spon- geBob | OddPar- ents | OddPar- ents | Avatar- Last Air | Avatar- Last Air | Danny Phantom | Danny Phantom |
| DISN 56 | The Wiggles | Higgly- town | Movie: Lit Einsteins | tle | Mickey Mouse | Mickey Mouse | Handy Manny | Handy Manny | Doodle- bops | Charlie & Lola | Lilo & Stitch | Emperor New |
| FAM 58 | Dukes of Carnival of | | Dukes of Carnival of | | Full House | Full House | Boy Mts. World | Boy Mts. World | Ground- ed-Life | Ground- ed-Life | Movie: No Then ★★ (| |
| HALL | | | | | | | | Movie: The Journey of Natty Ga (1985, Drama) Meredith Salenge | | | Movie: Follow | |

SATURDAY

SEPTEMBER 16

| | 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 | Paid Program | Paid Coach of the Year Program Spotlight | | | College Foot. | College For Michigan S | ootball: Re State at Pitts | gional Cove sburgh or O | erage Mia klahoma at | mi at Louis Oregon. (L | ville, ive) | Post Game | |
| KSNK/NBC 8 8 | Jeop- ardy! | The Insider | Paid Program | Paid Program | Paid Program | College Football: Michigan at Notre Dame. (Live) (CC) | | | | | | | |
| KBSL/CBS | Paid Program | Paid Program | Ultimate E Tour (CC) | llackjack | Football Today | | | | | | | | |
| K15CG 2 | America's everything | from soups | oking: Fam to desserts | ily Favorite 6. (CC) | es Family re | ecipes for | | s Guide to ert Kiyosak | | | of Stars on Ice: (CC) | | |
| ESPN 28 | (11:00) Co lowa. (Live | | ball: Iowa S | itate at | College Football Scoreboard (Live) PGA Golf: 84 Lumber Round. Farmington, F | | | | | | SportsCenter (Live) (CC) | | |
| USA 37) | (10:00) Movie: | | | | A man communicates radio. <i>Dennis Quaid.</i> agent searches for his | | | | | | Movie: End of Days ★1/2 (1999) (CC) | | |
| TBS 38 | | | the Last Da a Stiles. (CO | | | | (1992, Musical i Goldberg. (CC) | | Movie: Cheaper by t (2003, Comedy) Steve | | | | |
| WGN (39) | Cosby Show | Moesha (CC) | Soul Trair Franklin; T | | | i shmore ★ wartzman, | | | Farscape Girl (CC) | PK Tech | The Funny Things Kids Do (CC) | | |
| TNT (40) | (10:00) Movie: | Movie: Th operative i | e Art of Wa s framed fo | n r ★★ (2000 r a Chinese |), Suspense diplomat's | e) A U.N. murder. | | a de II (2002 his prey ag | | | Movie: Rush Hour 2 ** (2001) (CC) | | |
| DSC (42) | Killer Jellyfish (CC) Shark Roulette Shark attack facts. | | | | Shark RouletteEverything YouAttacks. (Part 2 of 2)Need to Know | | | | MythBust Escape (C | | MythBusters Mega Movie Myths (CC) | | |
| A&E (47) | Sim- mons | Sim- mons | Sim- mons | Sim- mons | Movie: Th with a sinis | e Firm ★★ ster Tennes | k (1993, Dra see firm. To | ama) A law om Cruise. | -school grad (CC) | d signs on | The First 48 (CC) | | |
| HIST (48) | | Lost Worlds William Kost Worlds The Wallace's Scotland. Real Dracula (CC) | | | Lost Worl | ds (CC) | Lost Worlds Secret Cities of the A-Bomb | | American Vesuvius 11, 2001 catastrophe | | | | |
| NICK (55) | Cats- cratch | Cats- cratch | The X's (CC) | The X's (CC) | Nick- toons TV | Nick- toons TV | Nick- toons TV | Nick- toons TV | Nick- toons TV | Nick- toons TV | Nick- toons TV | Nick- toons TV | |
| DISN (56) | | rzan II (200 n Chad. (CC | | Proud Family | Ameri- can Drgn | Ameri- can Drgn | Kim Possible | Kim Possible | Proud Family | Proud Family | Emperor New | Zack & Cody | |
| FAM (58) | | | | | ★★ (2002, Drama) A high-school baseball major league. Dennis Quaid. (CC) | | | | Movie: The Count of Monte Cristo ** ^{1/2} (2002, Adventure) <i>Jim Caviezel.</i> (CC) | | | | |
| HALL 60 | | ovie: Follow ne ** ¹ / ₂ (20 | | | ve Affair $\star\star$ (1994) Two airline passengers to others fall in love. <i>Warren Beatty.</i> | | | | Movie: A Cooler Climate ★★½ (1999, Drama) Sally Field, Judy Davis. (CC) | | | | |

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| | | | | | | | | | 1 | 1 | 1 | r | |
|--------------------|---|----------------------------|--------------------------|--------------------|--|-----------------------------|---------------------------|-----------------------------------|----------------------------|--------------------------------------|---------------------------------------|--|--|
| | 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 | News (CC) | Kake News | College F | ootball: Ne | braska at U | SC. (Live) | (CC) | _ | Post Game | News (CC) | Grey's Anatomy | Ent. Tonight | |
| KSNK/NBC 8 8 | News | Wheel of Fortune | Outra- geous | | inaway Brid bop on a cor | | | | News | Saturday | Night Live | (CC) | |
| KBSL/CBS | News (CC) | Inside Edition | College F | ootball: Flo | orida at Tenr | nessee. (Liv | | News (CC) | Paid Program | Alias Brea (CC) | aking Point | | |
| K15CG 2 | Branson J | lubilee The | atres of Bra | anson. | | | ranson Enc guests perf | | ABBA in Concert (CC) | | Monty Python | Monty Python | |
| ESPN 28 | Score- board | College Fo | ootball: Cle | emson at Fl | orida State. | (Live) (CC) |) | SportsCe | nter (Live) | (CC) | College Football Final (Live) (CC) | | |
| USA 37) | (5:00) Mov of Days ★ | | Law & Oro | der: SVU | Law & Order: SVU Law & Order: SVU | | | der: SVU | Law & Or Criminal I | | Law & Order: SVU | | |
| TBS 38 | | | | | | | | | | 1ber ★★ (19 Jeff Daniel | | College Football | |
| WGN 39 | America's Funniest World's Most Home Videos (CC) Shocking | | | | That's Just Wrong WGN News at (CC) (CC) | | | s at Nine | Sex and the City | Becker (CC) | Home Improve. | Movie: | |
| TNT (40) | (5:00) Mov Hour 2 ★★ | | Movie: Kil assassin c | II Bill: Vol. | 2 ★★★ (2004, Action) An r former boss and his gang. (CC) assassin c | | | I Bill: Vol. | 2 ★★★ (200 er former bo | 94, Action) An ss and his gang. (CC) | | | |
| DSC (42) | (5:00) MythBusters Supervolcano A power Mega Movie Myths National Park. | | | | erful supervolcano lies under Yellowstone | | | MythBusters Cooling a Six-Pack | | Supervolcano | | | |
| A&E (47) | The First 48 Home invasion. (CC) Cold Case Files (CC) | | | | Cold Case Files (N) The First 48 (CC) (CC) | | | 48 (CC) | American Justice | | Cold Case Files (CC) | | |
| HIST 48 | Modern Marvels (CC) Movie: Windtalkers code transmitter in W | | | | ★★ (2002, War) A Marine protects a Navajo orld War II. <i>Nicolas Cage</i> . (CC) | | | Navajo Code Talkers (CC) | | Movie: Wi ★★ (2002) | | | |
| NICK (55) | OddPar- ents | Spon- geBob | Avatar: Th Airbender | | Nick- toons TV | Nick- toons TV | Fresh Prince | Cosby Show | Rose- anne | Rose- anne | Rose- anne | Rose- anne | |
| DISN 56 | Hannah Montana | That's- Raven | Replace- ments | Ameri- can Drgn | | tta Kick It otivates a L | Up ★★½ (2 atina dance | 002) A team. | Zack & Cody | That's- Raven | Hannah Montana | Emperor New | |
| FAM (58) | | | | | nka and the Chocolate [Movie: Willy Wonka 171) Gene Wilder. Factory *** (1971) | | | | | | | Movie: 12:01 ** ¹ / ₂ (1993) (CC) | |
| HALL 60 | | Season for arla Gugino, | | | Movie: Fal Door (200 | | ve With the | | | M*A*S*H The Price | M*A*S*H (CC) | M*A*S*H (CC) | |



posed to Seemann and her responses.

people have in order to make the transition to the age bracket known as "senior citizen" easier?

A. This sort of depends on the person.

A person may be perfectly happy and not need, or want, any of the programs available to seniors. But if they are in need of options or pro-

The following are questions make the lives of the loved one(s) better?

Q. What are some of the options tablished what is called the National out so quickly. Family Caregiver Support Program to provide services to our nation's caregivers.

> A caregiver is defined as "an or two. adult family member or another individual who is an informal pro- Agency on Aging is based in Hays, vider of an in-home and community and can be contacted at (800) 432care to an older individual".

Services available through the 610, Hays, Kan. 67601.

A. If a caregiver is responsible for **Q.** What can caregivers do to the day to day care of a loved one, make sure the caregiver has a "relief" person available to assist them, A. The Older Americans Act es- this way the caregiver will not burn

> There are home delivered meals available in most areas to assist those that need to get away for a day

The Northwest Kansas Area 7422, (785) 628-8204, P.O. Box

Pornography was big problem

<u>By Harlan Cohen</u>

Dear Harlan,

You asked, How a couple can overcome the use of pornography?

My husband and I are Christians with rather strict moral convictions. I found out that my husband had a problem with porn when I came home unexpected one day. It was devastating for both of us. He was humiliated, as was I.

house for a while, and things seemed to be fine.

After some time, we had to get the Internet because of my occupation, and he did not have the password, so he couldn't be online unless I logged in.

He went to such great lengths as to find a free Internet source to be able to log in without my help. I asked him how he was doing with it one day, and he flat-out lied to me (worse than having the porn problem).

One day, when I came across some tracks of porn, I searched through the computer and confronted him on what I had found out. We had about a week without

talking or touching or anything. Then we finally sat down to talk, and I very seriously let him know

that he will lose me over this issue. trust missing, but sometimes I feel King Features Syndicate I put Bsafe Internet filtering soft- like that is something that will keep ware on the computer, and I monitor him closely now.

almost been a year now since he has Thank you for listening. looked at porn.

He told me the other day excitedly that this is the first year since he was 11 years old that he has gone without porn.

We took the Internet out of our went overboard, that it is just a And you were willing to leave. struggle that guys have and that there is nothing that can be done than he loves porn. about it. My husband is nothing but grateful for my reaction, though.

> of him; I was just hurt and upset. I ner who looks at porn will ultispoke to him with a clear head, and mately cheat. my words were well-thought-out. He knows that I really will leave **But what's irrefutably true is that** him

> No matter how much I love him, I is the moment porn goes from can't send the message that he can do what he wants, because I do believe that one day he would cheat on me with another person if he con- harlan(at)helpmeharlan.com or tinued to look at porn. My husband visit online: www.helpmelooks at it as an addiction, and I wish harlan.com. All letters submitted more people were able to see it that way

There will always be an element of 60614.

our marriage safe.

We grew stronger out of it in the He also meets with a few friends end, and there is nothing to hide and who have the same struggles. It's nothing that can be embarrassing.

> Working Past the Porn Dear Working Past the Porn, Thanks for sharing something so personal.

You made it clear — if you A lot of guys he talks to think I **don't respect me, I will leave you.** Thankfully, he loves you more

That said, I know a lot of people are going to have a problem Inever got angry or cried in front with the concept that every part-

There's nothing to support this. the moment a partner begins ly-I am not afraid to be on my own. ing, sneaking and keeping secrets being a diversion to being destructive.

Editor's note: Write Harlan at become property of the author. Send paper to Help Me, Harlan! 2506 N. Our marriage is so great now. Clark St., Ste. 223, Chicago, IL



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