

Family

Disorder has many environmental factors

ADHD — Attention Deficit Hyperactivity Disorder is a brain disorder, which various estimates say affect between four percent and 12 percent of school-age children, or as many as 3-8 million kids. Children with this disorder often have trouble sitting still and paying attention and act impulsively at home, school, and, in social settings.

Often these children have a low frustration tolerance and may engage in frequent temper outbursts. ADHD is seen much more frequently in males than in females. Recent research has established a possible link between smoking while pregnant and the development of ADHD.

According to the online journal "Environmental Health Perspectives," approximately one-third of attention deficit cases among U.S. children may be linked with tobacco use by the mother while pregnant, or to lead exposure during infancy and childhood. The researchers analyzed data on nearly 4,000 U.S. children ages 4 to 15 who were part of a 1999-2002 government health survey. They asked whether mothers had smoked during pregnancy, but used blood tests to determine lead exposure. Children whose mothers smoked during pregnancy were 2.5 times more likely to have ADHD than children who were not prenatally exposed to tobacco.

These findings build on previous research linking attention

Plain Sense

problems with childhood lead exposure and smoking during pregnancy. The findings are consistent with a National Academy of Sciences report in 2000 that said about three percent of all developmental and neurological disorders in American children are caused by toxic chemicals and other environmental factors, and 25 percent are due to a combination of environmental factors and genetics. In other words, the environment children are exposed to both before and after birth has significant long-term health implications.

Although there are still many questions regarding the causes of ADHD, these studies clearly demonstrate the importance of good prenatal health and maintaining a home environment free of dangerous substances.

Contributed by Ken Loos, MS, LMLP, LCP, Consultation and Education Department. 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.) Visit on the Internet at www.highplainsmentalhealth.com.

Family holds reunion at Senior Progress Center

A Korte family reunion was held at the Senior Progress Center in Colby recently. Everyone enjoyed the many tasty dishes and of course, visiting with relations that we haven't seen for awhile.

Those attending were: Mary Korte Dickman, PSLC, Colby; Mary's brother, Leonard Korte and wife Vi, of Denver, Colo., were unable to attend due to health problems.

Glenda Thummel, Liberal; Shelly Gotsahl, Great Bend; Delores and Pete Aumiller, Roxanne and Eric Baker, Colby; Pat Mumm, Colby; Alvin and Marilyn Korte, Garden City; Darlene Anderson, Colby; Mike Korte, Lenora; Murray Vaughn, Selden; Gary Vaughn, Farmington, N.M.; Karen Raymond and Tera, Colby; Robert, Bobbie Korte and Robbie, Johnson.

We are planning our next reunion to be held in May, 2008 and hope to see everyone there.

Evelyn and Clarence Schmidt, Grinnell; Gary, Jackie and Tanner Schmidt, Goodland; Stan, Terina, and Rayanna Schmidt, Colby; Phyllis and Joel Diers, Thornton, Colo.; Mary Jane Brown, Grinnell, and Marnie Leinberger, Pueblo, Colo.; Linda Zerr and Alexandra, Quinter; Tom and Pat Thummel, Nashville, Ind.; Dennis and Shirley Thummel, Brighton, Colo.; Bill and Karen Thummel, Colby; Steve and

Markets

Quotes as of close of previous business day

Hi-Plains Co-op

Wheat	\$4.76
Corn	\$3.44
Milo	\$5.67
Soybeans	\$5.68



Winona gets visit from 'three bears'

Papa Bear, Mama Bear, Baby Bear, and Goldilocks charmed 209 pre-school children, students and adults Friday morning in the Triplains Auditorium. Their modern version of "Goldilocks and The Three Bears" stressed the value of helping each other.



Jean Lowe
● Winona Correspondent

Superintendent, David Porter, welcomed children and teachers from St. Joseph Catholic School in Oakley, Brewster Elementary students and teachers, and local students and guests. There were 50 students from St. Joseph and 39 students from Brewster. Winona businesses who support W.P.A.A. are The Bank, Triplains #275, Gfeller's Town & Country Service, Lamb Angus Ranch, Prairie Land Insurance, and Winona Feed & Grain.

Friday's gorgeous fall day turned to early Saturday morning snow flurries soon disappearing but the day was cold and windy.

"Goldilocks and the Three Bears" were guests of Jean Lowe for brunch after the performance and enroute to Colby for their performance at the Colby Elementary School.

Mick and Vickie Lowe of Lawrence were Thursday overnight and Friday brunch guests of Jean

Lowe.

Andy and Staci Hansen, Kirsten and Kourtney spent the week end with David and Judy Gfeller and the Kent and Dennis Gfeller families.

Ray and Juanita Repshire visited with Lester Repshire at Hays Medical Center Saturday.

The Winona Youth Group delivered over 90 meals on wheels Wednesday evening. The delicious and ample meal consisted of chicken breast, potatoes, corn, slaw, roll, and chocolate cake.

Norma Lee Plummer, LaVonne Baxter, Donita Goyen, Dianne Schertz, Ruth Smith, Rachael Smith, Kelly Lewallen, and Jael Nichols previewed the Christmas cantata at the home of Jean Lowe Wednesday evening.

The move to urban areas and declining population has left deserted school buildings and wide open spaces with little evidence of once existing buildings. Such is the case of the Brownville School. School buses, to and from Winona, used to travel the backroads to compete in basketball. Reminiscent of those days, area residents salute the Brownville Alumni in their endeavor to erect a historical marker on the site the school building once stood. The Brownville Alumni met Oct. 7, in Goodland with 39 attendees. They will appreciate contributions from anyone interested in the project. Checks made payable to Brownville School Fund may be sent to Nadine Kammer, Box 25, Brewster, Kan., 67732.

Holiday activities looming on the horizon

By Leilani Thomas
Tourism Director

Does it seem possible that it is already time to be preparing for the holiday season? That will be our primary focus for November although there are other events as well. First of all, we welcome hunters to our area. Pheasant season opens Saturday, Nov. 4. Mike Hayden, Secretary of Wildlife and Parks tells us that each year approximately 200,000 hunters spend an average of five days hunting in Kansas, spending about \$185 per day on food, gas, lodging and equipment. The dollars go directly into the communities where they hunt. That is a total of \$185,000,000 for the Kansas economy.

Sean Hankin and Deanna Pabst. Class members enjoyed a day and a half of capacity building activities and a lasagna dinner prepared by the facilitators. The second session of the program will be held Nov. 8 at Colby Community College. The focus of Session 2 is education in rural Kansas. Class members will be interviewing education professionals and bringing back the results to share with their classmates.

November events include the Ambassador Classic, which will be held Nov. 9-11 with games beginning at noon each day at the Community Building. Competing this year will be Barton Community College, Iowa Western, Buckley AFB, South Plains, Texas, Pratt, and Western Nebraska. Should be some great basketball action. Craft fairs are being held Nov. 2-3 at the Community Building and Sacred Heart on Nov. 19. CCC Drama Department presents "Dearly Departed" at 7:30 p.m. each evening of Nov. 2-4 at the Cultural Arts Center. November 18 is the date for the Hospice Dinner and Auction at the City Limits Convention Center. November 16 brings the Taste of Home Cooking School to the Colby High School. Tickets are available from KXXX-KQLS. This has been

a very successful and popular show in the past. The holiday open house will be held Sunday afternoon Nov. 19 featuring artisans and refreshments at the Prairie Museum. This is a fun way to do some of your Christmas shopping.

Santa City will open the day after Thanksgiving from 1-5 p.m. and will be open the same hours Saturday and Sunday of that same weekend.


This is a great opportunity to share The Magic of Christmas and Santa City with your out of town holiday visitors as well as for children of all ages. Santa will be in at-

tendance to hear all of those wishes and Mrs. Claus will be offering sugar cookies. Volunteers will be busy during the month of November preparing Santa City inside and out. If you would like to help come join us.

Mark your calendar for Dec. 3 for the Christmas Parade of Lights beginning at 5:30 p.m. Registration forms are available at the Chamber Office if you wish to be a part of this colorful holiday event.


We want to take this opportunity to wish all of you a very Happy Thanksgiving and glorious, magical holiday season.

Looky, Looky who is Forty!



Happy Birthday, We love you!

Mom, Dad, Darrin, Becky, Dawn and Ryan



Bag These Bargains!

SALE

NOVEMBER 4TH
OPEN ALL DAY

25% off Storewide



185 W. 4th
Colby
462-7136


Floral & Gifts

Sears

5 Year Anniversary Sale

in Goodland

Seeking position of District 1, Thomas County Commissioner




VOTE, NOV. 7

GENERAL ELECTION

Republican

BYRON SOWERS

Your vote is and always has been appreciated!



Byron Sowers, Farmer, Rancher

Paid advertisement by Byron Sowers, Byron Sowers, Treasurer.

George R. Watson, D.O.

- Family Practice
- Bio-identical Hormone Therapy
- Osteopathic Manipulation
- Chelation Therapy

- Nutrition
- Occupational and Bariatric Medicine
- Prolotherapy infections for painful joints & ligaments

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