

Family

Deaths

Erik P. Erickson

Erik P. Erickson, 95, of Colby, died Friday, Dec. 15, 2006, in Colby. Mr. Erickson was born Nov. 8, 1911, in Herndon. He was a farmer and welder and worked for Anderson Implement. Mr. Erickson is survived by his wife, Jean Erickson of Colby; son Alan Erickson and wife Pat of Colby; daughter Sharon

Lohoefer and husband Bill of North Platte, Neb.; sister Mildred Lang of San Leandro, Calif.; six grandchildren and two great-grandchildren. He was preceded in death by his parents; five brothers and three sisters. Services are at 10:30 a.m. Wednesday at Pauls Funeral Home,

121 N. Penn, in Oberlin. Burial will be at Oberlin Cemetery. Visitation will be from 8 a.m. to 8 p.m. Tuesday at the funeral home and from 8 a.m. until service time Wednesday. Memorials are suggested to the Erik Erickson Memorial Scholarship for a Decatur County High School wrestler to attend college.

Council celebrates Christmas

The City of Rexford Council met at Montana Mike's Wednesday evening in Colby for a Christmas dinner with a short meeting following.

The Rexford Royal Neighbors traveled to Colonial Steak House in Oakley for their Christmas party, Thursday, Dec. 14.

Cleda Moeder and Buck Harper had a wonderful Christmas dinner with Hazel Richardson at Logan Manor in Logan Thursday, Dec. 14.

DeAnn Dible is recovering from shoulder surgery she had in Denver Friday morning.

Lawrence Juenemann is at St. Joseph's Hospital in Denver.

The December pinochle tournament was Saturday evening with



Vicki Allison

● Rexford Correspondent

fourteen participants. First place winners were Dick and Kenny Sanford; Darlene Robben and Bill Dible placed second and Chuck and Pat Williams, third.

Kid's Club Christmas program will be Wednesday, Dec. 20, 6:30 p.m. at the Rexford Community Church.

At the Red Barn: Those attending Barnswallows on Monday to play pinochle were Deb Stepper, Rex Carswell, Betty Carswell, Mary

Stillwell, Dick Sanford, Chuck Williams, Darlene Robben, Grace Cheney and Jean Hawkins. Koffee Klatchers this week were Eunice Sanford, Grace Cheney, Berneda Zoberst, Pat Williams, Jean Hawkins and Vesta Roth.

The Rexford Cookbooks are available for \$14.95.

The Golden Plains Booster Club is selling long sleeved T-shirts with the Bulldog logo printed down the sleeve.

If you would like to purchase one for a Christmas Gift, call 386-4560 or 687-3265. The cost is \$15.

Until next time, make your week a memorable one while preparing for this holiday season and the celebration of Christmas.

Winona hunters bag doe, buck

Two happy deer hunters were Devin Goyen and Doug Wine. I saw them Friday soon after they bagged a nice doe and big buck. They were bed and breakfasting at Donita Goyen's. Tandy Wine and Spenser were also house guests.

Harv and Roscoe Kahle spent Thanksgiving Day with Jeff and Jana Kahle in Ransom. Kerry and Michele Kahle of Kanarado were also guests.

One of Bryant Plummer's multiple talents is his singing voice. He recently auditioned and was accepted to sing in an honor choir at Fort Hays State University Saturday, Dec. 9.

Bryant is a junior at Triplains. His high school vocal instructor is Glenda Graham.

Madelynn Grace Wright was born Nov. 30, at Community Hospital in Wray, Colo. She weighed 8 pounds, 1.8 ounces and was 19 inches long. Her parents are Derek



Jean Lowe

● Winona Correspondent

and Brynne Wright of Yuma, Colo. The paternal grandparents are Jerry and Marietta Wright of Wallace and Bill and Candy Cox of Weskan.

Where two or three are gathered — you know the rest of the story. Even though there were few women at U.M.W. the verve was there. Norma Lee Plummer shared thoughts on beyond the manger. Lola Bretz provided refreshments in lieu of Opal Bretz who was ill.

Others attending the meeting were Dorothy Kirkham, Wanda Summers, Evelyn Langdon, and Norma Washburn. The ladies were reminded to contribute to the gifts of food being collected at the church for God's food pantry.

The Kan-Step project on Bellview Avenue is beginning to take shape. One can now get an image of the size and shape of the building in progress. It will house emergency vehicles and a facility for community activities.

Ward and Trishia Taylor, Evelyn Langdon, Donita Goyen and Jean Lowe attended the Christmas drama and music program at St. Joseph Catholic School in Oakley Wednesday evening. It was produced and directed by Charlene Taylor. The teachers, staff, and parents assisted with the program and the colorful costuming.

Condolences from the community to the family of Cleo Langdon who died Thursday. Cleo and her late husband, Emerson Langdon lived on a farm west of Winona and their children attended school in Winona. Cleo was a resident of Prairie Manor in Sharon Springs at the time of her death.

Disorders can cause extreme behavior

The news media too often leads viewers and readers to believe that people with mental illness are dangerous, violent, and will "go crazy" with little or no provocation. When in fact, research and studies indicate the opposite; that people with major mental illness are more likely to be the victims of violence rather than the perpetrators. A recent study from North Carolina State University and Duke University found that people who suffer from schizophrenia, bipolar disorder, or psychosis are more than twice as likely to be attacked, raped, or mugged than members of the general population. Homelessness and alienation from family and friends often contribute to their vulnerability. Other studies indicate that the majority of people who have a severe mental illness are no more violent than anyone else. Factors such as youth, gender (male), poverty, and a history of violent behavior are all stronger predictors of violence as compared to having a mental illness.

The general public wonders why a depressed woman like Andrea Yates would drown her five children, or why a man like John Hinckley, Jr. became obsessed with

Plain Sense

the movie star Jody Foster, and also tried to assassinate a United States president. Crimes such as theirs are very rare in people with mental illness, but each is an example of how a psychotic disorder or thought disorder can result in extreme behavior. In contrast, many individuals who suffer from a severe mental illness such as schizophrenia, delusional disorder, or bipolar disorder, do experience a great deal of private torment, yet would never commit a violent act.

When violence does occur in a person with a mental illness, other factors should be taken into consideration. Individuals with major psychotic symptoms, such as paranoia, usually function better on psychiatric medications. If they quit using their medication, in spite of cautions from their therapist, physician, and family, their behavior will tend to become more unpredictable. Alcohol or drug abuse also increases the chance of violence. If their behavior does become threatening or violent, it is usually fo-

cused on family members, or someone they know well. Thus it is vital for friends and family who are aware, to know their own limitations when dealing with the person, and call for assistance from a mental health professional and/or law enforcement if any situation feels unsafe.

People who are burdened with a severe mental illness face challenges on a daily basis that are difficult for others to understand, or to imagine. But when it is assumed that everyone who has a mental illness is a potential criminal, waiting to explode, then their burden becomes even heavier.

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.)

Community Calendar

TUESDAY, DEC. 19

Colby Community College finals
Santa City open at Fike Park, 6-8 p.m.
Narcotics Anonymous, City Hall basement 8 p.m.

WEDNESDAY, DEC. 20

Colby Community College Fall semester finals
Santa City open at Fike Park, 6-8 p.m.
Genesis Thomas County pick-up, 350 S. Range, 10 a.m.-noon and 1-4 p.m. Sixth Street Alcoholics Anonymous, 1275 W. Sixth St., 8:30 p.m.

THURSDAY, DEC. 21

Colby Community College Fall semester finals
Santa City open at Fike Park, 6-8 p.m.
Downtown Alcoholics Anonymous, City Hall basement, 8:30 p.m.
Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.

FRIDAY, DEC. 22

Colby Community College Semester Break begins
Colby School District students dismissed at 1:30 p.m. for winter break
Santa City open at Fike Park, 6-8 p.m.
Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.
Narcotics Anonymous, City Hall basement, 8 p.m.

TV LISTINGS

sponsored by the *COLBY FREE PRESS*

WEEKDAYS DECEMBER 19 - DECEMBER 25

	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 (4) (6)	Morning Kan.	Varied	Good Morning America				Martha		The View		Millionaire	News
KSNK/NBC (3) (8)	News Cont'd		Today						Live With Regis and Kelly		The Megan Mullally Show	
KBSL/CBS (12) (11)	News Cont'd		News		The Early Show		The 700 Club		The Price Is Right		Young- Restless	Varied
K15CG (2)	Business	Body Electric	Curious George	Clifford- Red	Dragon Tales	Big Big World	Beren. Bears	Lions	Sesame Street		Teletub- bies	Barney- Friends
ESPN (28)	SportsCenter		Sports- Center	Varied	SportsCenter		SportsCenter		Sports- Center	Varied	Sports- Center	Varied
USA (37)	JAG		JAG		Walker, Texas Ranger		Walker, Texas Ranger		Texas Ranger	Varied Programs		
TBS (38)	Saved by Bell	Saved by Bell	Saved by Bell	Saved by Bell	Dawson's Creek		Movie				Home Improve.	Home Improve.
WGN (39)	Chang- ing	Believer Voice	Hillbil- lies	Hillbil- lies	Rock- ford	Varied	Mag- num, P.I.	Varied	Homi- cide	Varied	Da Vinci Injust	Varied
TNT (40)	Angel		Charmed		Charmed		ER		ER		Judging Amy	
DSC (42)	Cope- land	Paid Program	Joyce Meyer	Paid Program	Biker Build-Off		American Chopper		American Chopper		Varied Programs	
A&E (47)	The District		24		City Confidential		American Justice		Cold Case Files		Crossing Jordan	
HIST (48)	Varied Programs											
NICK (55)	Danny Phantom	OddPar- ents	Spon- geBob	Spon- geBob	Dora the Explorer	Go Diego	Blue's Clues	Backyar- digans	Wonder Pets	Dora the Explorer	Go Diego	Blue's Clues
DISN (56)	The Wiggles	Higgly- town	Ein- steins	Mickey Mouse	Handy Manny	Doodle- bops	Charlie & Lola	Koala Brothers	The Wiggles	Higgly- town	Lilo & Stitch	Little Mermaid
FAM (58)	Family Matters	Family Matters	Boy Mts. World	Boy Mts. World	The 700 Club		Living the Life		Home Videos		Gilmore Girls	Full House
HALL (60)	New Morning		The Waltons		The Waltons		Little House on the Prairie		Little House on the Prairie		Touched by an Angel	

WEEKDAYS DECEMBER 19 - DECEMBER 25

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBV/ABC (4) (6)	All My Children		One Life to Live		General Hospital		Dr. Keith Ablow		Judge Judy	Judge Judy	News	ABC W News
KSNK/NBC (3) (8)	News	Extra	Days of Lives	Varied	Passions		Ellen Show	Varied	The Insider	Jeopardy!	News	Nightly News
KBSL/CBS (12) (11)	News	Bold, Beautiful	As the World Turns		Guiding Light		Dr. Phil		Oprah Winfrey		News	Evening News
K15CG (2)	Reading Rainbow	Caillou	Varied Programs			Curious George	Cyber-chase	Arthur	Maya & Miguel	Post-cards	Cliff Pup	Business
ESPN (28)	Varied Programs				1st and 10	Outside-Lines	NFL Live	Rome-Burning	Around the Horn	Interruption	SportsCenter	
USA (37)	Movie	Varied Programs				Movie	Varied Programs					
TBS (38)	News-Radio	Cosby Show	Steve Harvey	Steve Harvey	Home Improve.	Home Improve.	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Seinfeld	Seinfeld
WGN (39)	WGN News at Noon		The Greg Behrendt Show		America's Funniest Home Videos		Moesha	Cosby Show	Even Stevens	Lizzie McGuire	Home Improve.	Home Improvements
TNT (40)	Judging Amy		Law & Order		Law & Order		Charmed		Charmed		Law & Order	
DSC (42)	Varied Programs		The New Detectives		The FBI Files		48 Hours: Hard Evidence		Cash Cab	Cash Cab	It Takes a Thief	
A&E (47)	CSI: Miami		24		City Confidential		American Justice		Cold Case Files		Crossing Jordan	
HIST (48)	Modern Marvels		Varied Programs									
NICK (55)	Backyardigans	Varied	SpongeBob	SpongeBob	Jimmy Neutron	Jimmy Neutron	OddParents	OddParents	SpongeBob	Drake & Josh	Ned's School	Avatar-Last Airbender
DISN (56)	Timon & Pumbaa	Buzz Light	Whiskers	Proud Family	American Drgn	Kim Possible	Varied Programs					Zack & Cody
FAM (58)	Family Matters	Family Matters	Step by Step	Step by Step	Full House	Full House	Sabrina-Witch	Sabrina-Witch	Gilmore Girls		Everwood	
HALL (60)	Matlock		Matlock		Little House on the Prairie		Little House on the Prairie		M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H

TUESDAY DECEMBER 19

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
KLBV/ABC (4) (6)	News (CC)	Enter- tainment	I Want a Dog- Charlie Brown		Big Day (N) (CC)	Help Me Help You	Boston Legal Can't We All Get a Lung?		News (CC)	Nightline (CC)	Jimmy Kimmel Live (N) (CC)		
KSNK/NBC (3) (8)	News	Wheel of Fortune	Identity (N) (CC)		Law & Order: Criminal Intent		Law & Order: SVU		News	The Tonight Show With Jay Leno (CC)		Late Night	
KBSL/CBS (12) (11)	News (CC)	Inside Edition	NCIS Escaped (CC)		The Unit Extreme Rendition (CC)		CSI: NY Love Run Cold (CC)		News (CC)	Late Show With David Letterman		Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)		Nova (CC) (DVS)		O Christmas Tree (CC) (DVS)		Frontline The Persuaders		BBC World	Summer Wine	Charlie Rose (N) (CC)		
ESPN (28)	College Basketball: (Live) (CC)		Kent State at Duke.		College Basketball: (Live) (CC)		Missouri at Illinois.		SportsCenter (Live) (CC)		Sports- Center	Sports- Center	
USA (37)	Law & Order: Criminal Intent		Law & Order: SVU		Law & Order: SVU		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: SVU		
TBS (38)	Ray- mond	Ray- mond	Ray- mond	Ray- mond	Sex and the City	Sex and the City	My Boys (N)	My Boys (N)	Friends (CC)	Friends (CC)	Movie: Grumpier Old Men (1995)		
WGN (39)	America's Funniest Home Videos (CC)		Funniest Pets		Funniest Pets		WGN News at Nine (CC)		Sex and the City	Scrubs My Fault	Scrubs (CC)	Becker (CC)	
TNT (40)	Without a Trace Upstairs Downstairs		Without a Trace Lost and Found (CC)		Without a Trace The Line (CC)		The Closer Slippin' (Part 2 of 2) (CC)		Cold Case Time to Crime (CC)		2006 Busch Awards Show (CC)		
DSC (42)	How It's Made		Dirty Jobs Pouring foundations. (CC)		Dirty Jobs New Orleans. (N) (CC)		Everest: Beyond the Limit (N)		Man vs. Wild Kenya.		Dirty Jobs Pouring foundations. (CC)		
A&E (47)	CSI: Miami Vengeance (CC)		CSI: Miami Prey (CC)		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	CSI: Miami Prey (CC)		
HIST (48)	Modern Marvels Paint (CC)		Aftershock: Beyond the Civil War (N) (CC)				Man, Moment, Machine (N)		Dogfights The Last Gunfighter (CC)		Aftershock: Beyond Civil War		
NICK (55)	Spon- geBob	Jimmy Neutron	Spon- geBob	Nick- toons TV	Full House	Full House	Rose- anne	Rose- anne	Fresh Prince	Fresh Prince	Cosby Show	Cosby Show	
DISN (56)	Phil of Future	That's- Raven	Movie: Molly: An American Girl on the Home Front (2006, Drama) <i>Maya Ritter</i> .			Life With Derek			Zack & Cody	That's- Raven	Phil of Future	Kim Possible	
FAM (58)	Frosty's Winter	Nestor- Donkey	Movie: Harry Potter and the Prisoner of Azkaban ★★ (2004, Fantasy) The young wizard confronts the fugitive Sirius Black.						The 700 Club (CC)		Home Videos		
HALL (60)	Walker, Texas Ranger (CC)		Walker, Texas Ranger Line of Fire		Movie: Off Season ★★ (2001) A boy believes a vacationer is really Santa Claus.				Movie: What I Did for Love (2006, Romance-Comedy) <i>Jeremy London</i> . (CC)				

WEDNESDAY DECEMBER 20

	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 (4) (6)	News (CC)	Enter- tainment	Show Me the Money (N) (CC)		Day Break What if He's Not Alone (CC)		Primetime Basic Instincts (N) (CC)		News (CC)	Nightline (CC)	Jimmy Kimmel Li (N) (CC)	
KSNK/NBC (8) (8)	News	Wheel of Fortune	Identity (N) (CC)		Dateline NBC (CC)		Medium Be Kind, Rewind (CC)		News	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12) (11)	News (CC)	Inside Edition	King of Queens	How I Met	Criminal Minds P911 (CC)		CSI: NY Not What It Looks Like (CC)		News (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)		Holiday Concert from Southwest Kansas			Nativity: The	Great Performances (CC)		BBC World	As Time Goes By	Charlie Rose (N) (CC)	
ESPN (28)	Sports- Center	NBA	NBA Basketball: Cleveland Cavaliers at New Jersey Nets. Continental Airlines Arena. (Live) (CC)						NBA Basketball: Dallas Mavericks at Seattle Sonics KeyArena. (Live) (CC)			
USA (37)	Law & Order: Criminal Intent		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: Criminal Intent		Law & Order: SVU	
TBS (38)	Ray- mond	Ray- mond	Ray- mond	Ray- mond	Ray- mond	Ray- mond	Sex and the City	Sex and the City	My Boys		10 Items or Less	Movie: The Cotton
WGN (39)	America's Funniest Home Videos (CC)		Home Improve.	Home Improve.	Becker (CC)	Becker (CC)	WGN News at Nine (CC)		Sex and the City	Scrubs (CC)	Scrubs (CC)	Becker (CC)
TNT (40)	Without a Trace The Season (CC)		Movie: A Christmas Carol ** (1999, Fantasy) Patrick Stewart. (CC)				Movie: A Perfect Day (2006, Drama) Rob Low, Pagent Brewster. (CC)			Movie: A Perfect Day (2006) (CC)		
DSC (42)	MythBusters (CC)		Extreme Engineering (CC)		MythBusters Holiday myths. (CC)		Stunt Junkies: Go Big or Go Home (N)		MythBusters (CC)		Extreme Engineering (CC)	
A&E (47)	CSI: Miami Whacked (CC)		CSI: Miami Death Grip (CC)		Bounty Hunter		Crisss Angel		Crisss Angel	Crisss Angel	CSI: Miami Death Grip (CC)	
HIST (48)	Modern Marvels Taxidermy (CC)		Modern Marvels Bible Tech (CC)		Modern Marvels Toys (CC)		Modern Marvels Christmas Tech (N)		The Holy Grail (CC)		Modern Marvels Bible Tech (CC)	
NICK (55)	Rugrats (CC)		Jimmy Neutron		Spon- geBob		Nick- toons TV		Full House		Full House	
DISN (56)	Phil of Future		That's Raven		Movie: Full-Court Miracle ** (2003) An NBA hopeful coaches Jewish schoolboys.			Life With Derek		Phil of Future		Zack & Cody
FAM (58)	The Year Without a Santa Claus (CC)		Movie: Christmas Do-Over (2006) A man relives Christmas Day over and over again.				The Year Without a Santa Claus (CC)		The 700 Club (CC)		Home Videos	
HALL (60)	Walker, Texas Ranger Payback		Walker, Texas Ranger Tiger's Eye		Movie: Fallen Angel (2003, Drama) Gary Sinise, Joely Richardson. (CC)				Movie: Unlikely Angel ** (1996, Drama) Dolly Parton, Roddy McDowall. (CC)			