

Family

Rexford residents kick off new year without electricity

The City of Rexford residents ended the year 2006 and entered the New Year without electricity for three days. We are grateful and appreciate Midwest employees for their excellent job in taking care of their customers despite dreadful weather conditions.

A sincere thank you to Donald Rall, Ken and Scott Johnston, Vernon Vance, Bill Scott, and others I am not aware of, for opening the streets.



Vicki Allison

● Rexford Correspondent

While the electricity was off during the winter snowstorm several interesting events took place: Carl and Betty Barnett had a goat deliver triplets and the kids are doing fine. Chad and Desiree Wark figured that

their fish in their house aquarium were dead when seen floating on the top of the water due to lack of oxygen and no heater, but their two year old daughter, Morgan, was pleasantly surprised the morning after the electricity was turned on to see the fish swimming in their preferred environment. And then there were two of our residents who made the front page of the *Colby Free Press*, Vesta Roth and Jean Hawkins. We are thankful the two were taken care

of by Rodney Brantley, of Selden, but they sure gave some of us a scare not knowing where they were.

After homes were heated and families warmed up they were able to venture outside and enjoy the snow: scooping, sledding, making snow angels and snow-mounds, digging tunnels and jumping into drifts.

Gary and Karen Hibbs were able to go to Denver and be there for the birth of their newest granddaughter,

Presley Hope Koberg, born Jan. 2. The proud parents are Kelly and Kerry Koberg of Denver.

Saturday, Dennis and Vicki Allison and daughters, Kristin and Jami Wark, attended the open house for BCI, Bus and Coaches Incorporated, the newest business in Jennings.

Here is some post holiday news since I was unable to get an article e-mailed last week. Lawrence Juenemann returned home from St

Joseph's hospital in Denver and was able to spend Christmas with his family.

Christmas guests of Cleda Moeder and Buck Harper were Robert and Marsha Moeder from Carmel, Ind., and son Christopher from Yale University in Connecticut. They arrived Dec. 21 and left Dec. 24. On the evening of Dec. 22, Tim, Shelly, Taylor, Peyton and their house guest, Lyub, from Bulgaria, came and all had their Christmas exchange on Saturday.

On Christmas Day Buck and Cleda traveled to Hays to spend the day with Buck's son, Keith, and wife Kathy Harper and families. Another son, Bob and family from Colby and his daughter Karen and husband from Dodge City were there also.

Happy New Year to everyone and until next time may your week be a memorable one.

Markets

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

Wheat	\$4.21
Corn	\$3.53
Milo	\$5.80
Soybeans	\$5.83

Intense fear can develop into debilitating phobias

Most people have something they are afraid of, such as a fear of snakes or a fear of heights. Other common fears involve thunder storms, flying in airplanes, or feeling extremely uncomfortable when in enclosed places.

When a fear becomes persistent, unreasonable and prevents someone from completing important activities or responsibilities, it has become a phobia, which the dictionary defines as a compulsive fear of a specified situation or object.

For people with phobias, the intensity of their fear is much stronger than others can imagine; even just thinking about the object or situation is frightening. For ex-

Plain Sense

ample, some people who suffer from arachnophobia (the fear of spiders) can not even look at photographs of spiders or watch television shows where scenes of spiders are presented without becoming extremely frightened.

How such intense fear develops is still a matter of some debate. One suggestion is that when a young child has a negative experience with an animal or situation, the fear develops as a result.

For example, a child becomes frightened while swimming for the first time and then this fear devel-

ops into hydrophobia (fear of water). Or perhaps a child is bitten by a neighbor's dog and this develops into cynophobia (fear of all dogs). Other theories suggest that if a child sees something bad happen to another person (perhaps a parent or sibling), the fear develops, not from direct experience, but from simply watching what happens to someone else.

Obviously not every one develops a phobia after experiencing or observing a negative event. Researchers suggest that if a person has had a positive experience before the negative event occurs, this acts as a kind of mental buffer. For example, when a young child is bitten

by the neighbor's dog, but is familiar with dogs as a family pet, the chances that a phobia will develop are decreased. Scientists also refer to the concept of "preparedness," meaning that the human brain is "prepared" to develop a fear of dangerous animals or insects. For example, people are more likely to develop a fear of snakes and spiders than of flowers or trees.

Everyone experiences fear of some kind and people often avoid certain objects or situations. However, when a fear becomes a phobia and significantly interferes with participation in personal or social events and activities, it is time to seek professional help and treat-

ment.

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.

Brewster columnist hasn't 'seen such a storm'

SNOW! SNOW! SNOW! Haven't seen a storm like it for many years. Most people are dug out by now. Some farmers around Brewster were without power for several days, guess most are back up and running again trying to get cattle watered and fed.

Not much news to report because of the storm, not many people have been in the center, which is wise. Nobody needs to be on the ice if it



Betty Jo Baird

● Brewster Correspondent

isn't necessary.

The LaVelle Palmgren family gathered for a late Christmas on New Year's weekend at LaVelle and

Erma's home. Some spent several days because of the snow. Those attending were Denece and Mike Bahe, Mike, Lorie, Tanae and Devon Garrett from Goodland, Greg and Lynette Colvin from Wiley, Colo., Trevor Colvin and Casey and Tesha Osborn from Sheridan, Wyo., Stephen, Debra, Brittany and Austin Bear from Levant and Jason Bahe from Oakley.

Commodities will be in Jan. 25.

There will be only four deliveries this year, and there will not be as many items.

Don't forget the Northwest Kansas Heritage Center and Library will have their annual meeting Jan. 20 at noon. Roast beef, ham and drinks will be provided. Everyone bring a dish to share. Everyone welcome. Meeting will follow the meal. Guest speaker will be Fred Maglie from St. Francis.

Don't know of any more news this week, so stay safe and walk and drive carefully. Looks like it will be a long winter.

Some like it HOT... and some like to shop the COOL way!!



The Colby Free Press - 462-3963

Producers urged to document losses

MANHATTAN — Counties in western Kansas were recently affected by a severe winter storm that caused widespread power loss, stalled transportation, damaged infrastructure, and left livestock without feed and water.

"Livestock producers will feel a huge financial impact from the losses caused by this storm," expressed Bill R. Fuller, State Executive Director of the Kansas Farm Service Agency. "Many livestock have died because of the extreme circumstances of this storm. Milk

has been dumped because transport trucks could not reach the dairy farms."

"We do not know if disaster declarations will be approved for this area," clarified Fuller. "We are also unsure if Congress will approve programs or funding to compensate producers for losses incurred by this storm."

Livestock producers who suffered livestock deaths as a direct result of this storm shall maintain documentation of losses with type and weight of animal such as, but

not limited to, photos, rendering receipts, insurance receipts, receipts for carcass removal, veterinary records, IRS records, financial reports, etc. In addition, dairy farmers shall maintain documentation to prove production was dumped due to a direct result of this storm.

Cookbook authors using packaged food in recipes

Nothing says good home cooking like packaged foods.

Or so goes the message from the latest batch of cookbooks aiming to satisfy Americans' desire to produce more and better meals by spending less and less time in the kitchen.

Not that turning to cans and boxes is revolutionary. It's really more a case of going around and coming around.

When processed foods became all the rage by the middle of the last century, fashionable cooking was all about doing less.

The inevitable backlash to those processed food years now seems to be fading.

It started with the 30-minute and five-ingredient crazes, which produced streams of cookbooks that quietly relied on the magic of packaged foods to transform a handful of ingredients into dinner.

The latest incarnation of the trend is a bit more brazen, not just turning to processed foods, but bragging about it.

Thus we have "Fast Fixes with Mixes" from the editors of Taste of Home magazine and Nancy Silverton's forthcoming "A Twist of

the Wrist," a not-so-subtle play on the opening of jars and cans.

Since those represent the extremes, we'll start with those.

Taste of Home, a hugely popular brand of folksy magazines and cookbooks that publish readers' recipes, is a natural for this category. Its recipes generally skew to the cream-of-mushroom-soup-casserole crowd.

And truth be told, people who read Cook's Illustrated or Gourmet magazines are likely to roll their eyes at recipes such as the ham and macaroni salad, which combines a box of macaroni and cheese with cubed ham and mayonnaise.

Which is why "Fast Fixes with Mixes" (Reader's Digest, 2006, \$15.95) isn't the book to turn to for your next dinner party, no matter how pressed for time you are. But for easy weeknight comfort food, it's worth at least a look.

The recipe for hearty hamburger casserole is about as un-Gourmet as it gets.

Combine a pound of ground beef with stuffing mix, a can of vegetable soup and some cheese, then bake. This is not pretty food. Yet it was embarrassingly tasty.

Community Calendar

TUESDAY, JAN. 9

Narcotics Anonymous, City Hall basement, 8 p.m.

WEDNESDAY, JAN. 10

Colby Community College women's basketball, Colby Community Building, 6 p.m.
CCC men's basketball, Colby Community Building, 8 p.m.
Genesis Thomas County pick-up, 10 a.m.-noon, 1-4 p.m., 350 S. Range

THURSDAY, JAN. 11

Colby Middle School incentive party, 11:30 a.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.