Death is not a taboo subject

Most people feel uncomfortable talking with family members, loved ones and particularly aging parents about death, dying and end-of-life issues.

Even when a family member or friend is seriously ill, the topic of dying is often avoided out of concern for the person's feelings, or that they might become sad, depressed and feel hopeless. However, a recent study published in the Journal of the American Medical Association said end-of-life discussions seem to have benefits for both the patients and family members who love and care for

The study was conducted with 332 terminally ill cancer patients in Connecticut, Massachusetts, New Hampshire and Texas. Of those patients, 123 reported having an end-of-life conversation.

Patients who had discussions with their physician about what type of care they wanted as they neared death experienced a better quality of life in their last days

Consumer Alert: Tips when

purchasing gift cards this holiday

season. As the economic crisis

forces retailers to close store loca-

tions, and with the holiday season

approaching, Attorney General

Steve Six would like to remind

consumers that certain laws apply

to the purchase and redemption of

gift cards and gift certificates in

tainty, it is important for consum-

ers to be aware of their rights and

limitations this holiday shopping

season," Six said. "Be aware of

the financial condition of the store

where you purchase gift cards.

Unfortunately, the gift cards may

A couple things to remember

• As of January 1, 2007, a mer-

chant shall not charge a fee against

the balance of a gift card until at

least 12 months have passed from

the date of purchase, and a gift card

or gift certificate may not expire

until at least 5 years have passed

from the date of purchase. A gift

certificate or gift card sold with-

out an expiration date is valid until

redeemed or replaced. In addition,

all conditions and limitations must

be disclosed to the purchaser of a

gift card or certificate at the time

fails."

about gift cards:

of purchase.

"In times of economic uncer-



high plains mental health

plain sense

than those who did not.

The discussion did not lead to more depression, worry or sadness. The opportunity to talk about their goals and expectations helped them exercise some control even as their life came to an end. The report say "informal caregivers," usually a spouse or adult child, were less likely to experience major depression in the months after the patient's death if this discussion took place.

"The major findings are that end-of-life discussions have cascading benefits for patients and their loved ones," siad Dr. Alexi Wright of the Dana-Farber Cancer Institute in Boston, as reported by Reuters on Oct. 7.

Be wise when buying gift cards

become worthless if the store the gift card. In other cases, the

Talking about grief, loss and

• These laws apply to all gift

certificates or gift cards distrib-

uted by the issuer to a consumer

for face value. Gift cards do not

include cards issued by banks or

other financial institutions with a

preset amount, which may be used

at multiple, unaffiliated merchants

• A gift card issued by a retailer

that files for bankruptcy or closes

its doors may become worthless.

If a retailer files for bankruptcy,

consumers should call to find out

if the store is still accepting gift

cards. If so, those gift cards should

be used immediately. In some cas-

es, the retailer may not allow con-

sumers to redeem the full value of

competition may accept your gift

outstanding gift cards or certifi-

cates, consumers may consider

filing a "Proof of Claim" against

the company with the U.S. Bank-

ruptcy Court. Gift card holders

will be treated as unsecured credi-

tors, however, and are unlikely

to receive full value for their gift

cards. The necessary form for fil-

ing a claim can be found at http://

If consumers have questions

about gift cards of holiday shop-

ping, call the Consumer Protec-

tion Division at 1(800) 432-2310.

Advertising

Executive

Are you interested in a better job?

www.uscourts.gov/bankform.

If the retailer refuses to honor

card or gift certificate.

or at automated teller machines.

sues can be difficult, yet can be helpful as well as necessary. Contact your library or bookstore for information on

this topic. Other resources for educational materials include your doctor, long-term care centers, the Area Agency on Aging, churches and the community mental health center.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education, and Outreach Department. The views expressed here are those of the writer and should not be considered a replacement for seeking professional help.

Mail questions to High Plains Mental Health Center, PLAIN SENSE, Prevention, Education, and Outreach Department (PEO), 208 E. Seventh, Hays, Kan. 67601. On the web: www.highplainsmentalhealth.com

Bookings

Booked into the Thomas Coun-

• Mark Alan Boucher, 42, Backer City, Ore., Nov. 28, disorderly conduct, Colby Police Department, released Nov. 29 on personal recognizance.

• Jessica Lorraine Shorts, 35, Baker City, Ore., Nov. 28, driving under the influence, Kansas Highway Patrol, released Nov. 29 on notice to appear.

• Sean Matthew Maniates, 37, Lochbuie, Colo., Nov. 28, driving under the influence, Kansas Highway Patrol, released Nov. 29 on notice to appear.

Santa's Workshop

(From preschool to 4th Grade) Organized by the Th. Co. Community Foundation SATURDAY, DEC. 6TH

Pioneer Memorial Library Conference Room,

375 W. 4th Street Colby Ks. 9 a.m. to 11:30a.m





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近OCAL TU 近ISTINGS

sponsored by the

SATURDAY

DECEMBER 6

	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	Good Morning Good Morning Kansas Saturday America (N) (CC)			Good Mor Kansas S		That's- Raven	That's- Raven	Hannah Montana	Zack & Cody	Emperor New	Replace- ments		
KSNK/NBC 8 8	Today (N) (CC)				Paid Program	Paid Program	Jane- Dragon	Zula Patrol	Pen- guins	Veggie- Tales	Turbo Dogs	Friend Rabbit	
KBSL/CBS	The Early Show (N) (CC)				News (N)				Straw- berry	Care College Footb Bears Army vs. Navy.			
K15CG 2		Bob the Builder	Market- Market	Lassie's Pet Vet	Bob the Builder	Thomas- Friends	Beren. Bears	Biz Kid\$ (CC)	Equi- trekking	Motor- Week (N)	Wood- wright	Victory Garden	
ESPN 28	SportsCenter (CC) SportsCenter (CC)			SportsCenter (Live) College Gameday (Live)				ive) (CC)		College Football			
USA 37	Paid Program	Paid Program	Houses For \$300	Paid Program	The Starter Wife (CC) The Starter W Look Who's St			The Starter Wife (CC)		Movie: Blue Crush ★★ (2002) (CC)			
TBS 38	Steve Harvey				victim of world. Movie: Flubber (1997) A scatter professor invents a miraculous su				orained Movie: Kic stance. $\star \frac{1}{2}$ (200)		cking & Screaming 5) Will Ferrell. (CC)		
WGN 39		People- People	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	The Bob & Tom Show (CC)		
TNT (40)	Angel The Always Wi		Charmed Used Karma (CC) Charmed			(CC) Law & Order Ambitious					★★ (2005) Four n drug smugglers.		
DSC (42)	Paid Program	Paid Program	Paid Program	Paid Program			Dirty Jobs Food- related jobs. (CC)		Dirty Jobs Cleaning up the environment.		Storm Chasers Hail to the Beast		
A&E (47)	Shatner- Raw	Shatner- Raw	Sell This House!	Busi- ness	Sell This House!	Sell This House!	Rocco- Real	Rocco- Real	Flip This House Atlanta's west side.		Flip This House (CC)		
HIST (48)	Heavy Metal Tiger Attack! (CC)				Wild West Tech Freak Shows II (CC)		UFO Files (CC)		Cities of the Underworld (CC)		Decoding the Past (CC)		
NICK 55	Jimmy Neutron	Jimmy Neutron	OddPar- ents	OddPar- ents	Spon- geBob	Spon- geBob	Barn- yard	Mighty B	Spon- geBob	Spon- geBob	Spon- geBob	Spon- geBob	
DISN (56)	The Wiggles	Charlie & Lola	Ein- steins	Movie: My Tigger & F		Mickey Mouse	lmag. Movers	Handy Manny	Handy Manny	Handy Manny	Hannah Montana	Hannah Montana	
FAM (58)	Step by Step	by Movie: Christmas Every Day ** Comedy) Robert Hays. (CC)				(1996, Movie: Home Alone 3 (1997) A year-old boy defends his home fr				clever 8- om spies. Movie: Ho (2002) Fre		me Alone 4 **1/2 ench Stewart. (CC)	
HALL 60	Little House Prairie (Co		Little Hou Prairie Ba	se on the rn Burner	Movie: Of believes a	f Season ★ vacationer	★★ (2001) is really Sa	A boy nta Claus.	Movie: A Christmas Memory ★★½ (1997, Drama) Patty Duke, Eric Lloyd.				

SATURDAY

DECEMBER 6

	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 4 6	College Football: ACC Championship Teams TBA. From Tampa (Live)							, Fla. College Football: USC at UCLA. (Live)					
KSNK/NBC 8 8	Paid Program	Paid Program	Paid Program		Nebb Father/Son Challenge Orlando, Fla. (CC)			2008 Para	lympics Be	Paid Program	NBC News		
KBSL/CBS	(11:00) College Football: Army vs. Navy. From Philadelphia. (Live) (CC)					Football Today	College Football: SEC Championship Alabama vs. Florida. From Atlanta. (Live) (CC)						
K15CG 2	Yankee Shop	This Old House	Ask This Old	Home- time (N)	America's Kitchen L		Dr. Wayne Dr. Wayne	Change Your Life ning. (CC)					
ESPN 28	(11:00) Co Announced		ball: Teams	to Be	Score- board						College Basketball: Miami at Kentucky. (Live) (CC)		
USA 37)	(11:00) Mo Crush **			ck It ★★ (2) gymnastics			Movie: Br cheerleade	ing It On (2 ers vie for a	2000) High-school coveted national title.			ntrol (CC)	
TBS 38	(10:45) Movie: Movie: The Whole To Comedy) Bruce Willis						Friends (CC)	Sex and the City	Sex and the City	Ray- mond	Frank TV	Ray- mond	
WGN 39	Dream- Jeannie Movie: Lethal Weapon 4 ★★ (1998) Dete and Murtaugh battle Chinese mercenaries					ves Riggs CC)	Legend of Seeker Eli	f the ixir (CC)	Legend of Seeker lde	the entity (CC)	Becker (CC)	Becker V-Day	
TNT 40												The Bourne macy (2004)	
DSC 42	Survivorman Survivorr Colorado							Man vs. Wild Siberia (Part 1 of 2)		Gettysburg: Speech		De- stroyed	
A&E 47)					A haunted hotel menaces a n, Shelley Duvall. (CC)			Paranor- mal	Paranor- mal	Paranor- mal	Paranor- mal	Paranor- mal	
HIST 48	(11:00) Decoding MonsterQuest Monster Spiders									Next Nostradamus A computer technology t			
NICK 55	The Fairly OddParents (CC)			Mighty B	Mighty B	Barn- yard	Barn- yard	Barn- yard	Spon- geBob	Spon- geBob	Spon- geBob	Spon- geBob	
DISN 56	Hannah Montana	Hannah Montana	Hannah Montana	Hannah Montana	Hannah Montana	Hannah Montana	Hannah Montana	Hannah Montana	Hannah Montana	Hannah Montana	Movie: Hig Musical (2	gh School 2006) (CC)	
FAM 58	(10:30) Movie: Harry Potter and the Sorcerer's Stone *** (2001, Fantasy) J.K. Rowling's student wizard has his first adventure. Daniel Radcliffe. (CC)								Movie: Harry Potter and the Chamber of Secrets ★★★ (2002) Daniel Radcliffe. (CC)				
HALL 60			out Christn a Heaton. (C		Movie: Fir (2003, Dra	nding John ma) <i>Valerie</i>			Movie: When Angels Come to Town (2004, Drama) Peter Falk. (CC)				

SATURDAY

DECEMBER 6

	6 PIVI	6:30	/ PIVI	7:30	8 PIVI	8:30	9 PIVI	9:30	IU PIVI	10:30	III PIVI	11:30	
KLBY/ABC 4 6				ollege Football: Big 12 Championship Teams TBA. I o. (Live) (CC)					as City,	News	Desperate Housewives (CC)		
KSNK/NBC	News (N)	Wheel of Fortune			Law & Order Lost Boys (CC)		Law & Order: SVU		News (N)	Saturday	Night Live (CC)		
KBSL/CBS	College Football	News (CC)	Eleventh Hour Cardiac (CC)				48 Hours Mystery (CC)		News (N) (CC)	M*A*S*H (CC)	Boston Legal Schmidt Happens		
K15CG 2	Johnny Ca Man and H		Lawrence Welk: God Bless America Celeb Lawrence Welk's 100th birthday. (CC)				ration of The High Kin		Kings (CC)	ings (CC)		Soundstage Stevie Nicks (Part 1 of 2)	
ESPN 28	Basket- College Football: Teams to Be A				nnounced. (Live)			SportsCer	nter (Live) ((CC)		College Football Final (Live) (CC)	
USA 37	House Mob Rules (CC)				House Rol (CC)			House Babies & Bathwater (CC)		Law & Order: Criminal Intent		Law & Order: SVU	
TBS 38	King of Queens	King of Queens Movie: Old School of Comedy) Luke Wilso			* (2003, Movie: Wedding Craspend a wild weeken		shers ★★★ (2005) Par I with a politician's fami		tygoers ily. (CC)	(S) Movie: I Spy ★★ (2002) (PA) (CC)			
			Movie: Santa Claus: The Movie ★★½ (1985, Fantasy) <i>Dudley Moore.</i> (CC)			WGN News at Nine (N) (CC)		Scrubs (CC)	Scrubs (CC)	Honey- mooners	Movie: Lethal 4		
TNT 40	(5:00) Movie: The Bourne Supremacy		Movie: Mission: Impossible III ★★★ (2006) Ethan Hunt faces the toughest villain of his ca									A Coast protege.	
DSC 42	De- stroyed			Extreme Loggers Swamp Logging Extreme L Helicopter			America's First Nations (N) (CC)		How It's Made Made		Extreme Loggers Swamp Logging		
A&E 47)			CSI: Miami One Rampage (CC) CSI: Miami One Our Own (CC)			The Sopranos Second Opinion		The Sopranos He Is Risen (CC)		CSI: Miami Rampage (CC)			
			Movie: Butch Cassidy and the Sui Kid ★★★★ (1969, Western) Paul Ne							Movie: Butch Cassidy			
NICK (55)	Drake & Josh Drake and Josh m promise to a little girl. (CC)		ake a		iCarly (CC)	George Lopez	George Lopez	Home Improve.	Home Improve.	Family Matters	Family Matters		
DISN 56	(5:00) Movie: High School Musical Musical Comedy) Zac				Life With Derek	Zack & Cody	Hannah Montana	That's- Raven	Cory in House				
FAM (58)					Movie: Harry Potter and the Prisoner of Fantasy) The young wizard confronts the							Movie: Home Alone 3 ★½ (1997) (CC)	
HALL 60	Movie: The Note (2007, Drama) A woman takes a trip to deliver a note to a stranger.				Movie: The Christmas Choir (2008, Drama) Jason Gedrick. (Premiere) (CC)						★ (2005) A teenage onely souls together.		

6 PM | 6:30 | 7 PM | 7:30 | 8 PM | 8:30 | 9 PM | 9:30 | 10 PM | 10:30 | 11 PM | 11:30



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