

Christmas season not over yet

Did you know that Christmas isn't over yet?

We still have one more celebration to go. Tuesday is Epiphany, or Three Kings Day, the day that celebrates the visit of the Magi to the Holy Family and their presentation of the gifts of gold, frankincense, and myrrh to the Christ Child.



Carol Rahn

• From the Pulpit

And we don't know whether they arrived in Bethlehem or Nazareth, since the journey would have been long, and some scholars think the family might have been back at their home by the time the Magi arrived. There are a lot of facts that remain a mystery, but that does not diminish the truth — or truths — of this story.

One truth is that the Christ Child is a king, not ruling over any particular nationality or nation, but king of all people and all creation. A second truth is that, when in His presence, we are called to pay homage and offer what we treasure in His honor; we are to worship.

A third truth is that Jesus is the Light of the World. The Christmas star points to a light far brighter than we as humans can imagine. It is a light that can pierce all darkness and illumine our way on the true path for living.

There are times when we, like the Wise Men, are deluded into thinking that the Herods of this world have the answers, that our way lies with power, success, prestige, or wealth. But these are false lights, neon glitz and glitter. When we expect these lights to overcome life's shadows and brighten our darkness, we are always disappointed. The shadows and the dark always seem to creep back in.

It is only the light of this Holy

Child that can show us the true way, the way of life, hope, peace and salvation. Don't forget, the Magi left the court of Herod to find the true king, and that Matthew tells us that the Magi went home by another road.

That leads to the fourth truth. Once we have encountered the Christ, we cannot go through life as we did in the past. Everything changes; our journey is new. We are changed people. Our life takes a different path, away from that which darkens toward the true light.

We may not have all the facts about this visit of the Magi, but we gain much truth from their story. We see in them, not only our searching, but our finding. We are with them on a journey in darkness that leads to the Eternal Light.

We worship and adore this baby, our King. And we, and our journey, are forever changed. We can't do things the same anymore; we can't be the people we once were. We cannot live in the darkness, but instead seek the illumination of God's Light.

It may not be our tradition to exchange our gifts with family and friends on Epiphany, but we can take time to recognize what a marvelous gift we have been given. And so we celebrate that Gift and the Light it brings into our lives, today, and forever.

So let your Christmas last a few days longer. Follow the Bethlehem star a little farther, let its light go deeper and spend some more time savoring the miracle of the season and the gift of the Christ Child in our lives and in our world.

Resolve to set goals for change well

With the start of another new year, many people are planning to make changes for the better in regards to their health or financial and spending habits.

Most will start out with the intention to stop smoking, start dieting or put more money into savings. But in spite of these great resolutions, most people will fall back into their old, less desirable habits, by the first of February.

It is easy to make plans following the holidays, after having indulged in food, wine and gifts. But it is difficult to follow through with the real work of commitment and change, and easy to become quickly discouraged. Here are some suggestions for sticking to those resolutions:

- Set goals that are realistic and reasonable; don't set yourself up for something that is not achievable. Permanent change takes time and self-discipline.
- Don't procrastinate; now is



High Plains Mental Health

• Plain Sense

as good a time as any to begin to make changes.

• Focus on changing behavior rather than the attainment of a goal. For instance, rather than looking at the pounds lost on the scale, look instead at the number of days the diet and exercise plan have been followed.

• Accept that you are not perfect. You are going to give in to temptation now and then; just don't let transgressions result in giving up on the long-term goal.

Remember, changes in habits and behavior require a lot of work and effort! So give yourself a break now and then. Relax with a

good book or movie, a soothing bath or a walk just to enjoy nature.

Allow time and opportunity for the appropriate expression of feelings and emotions. When you're feeling discouraged, it usually helps to talk to others. Take good care of yourself, eat nutritiously, get plenty of rest and sleep. A little personal stress reduction will help you continue meeting those resolutions of the new year.

Contributed by Karen D. Schueler, manager, Prevention, Education and Outreach Department.

The views are those of the writer and should not be considered a replacement for seeing professional help.

Help birds over winter with Christmas trees

SALINA — When the garlands, lights and other holiday decor go back into storage, natural Christmas trees can become a month-long gift for birds trying to survive winter outdoors.

"You'll want to throw a discarded tree into your yard, not next to a building or other flammable structure," said Chip Miller, horticulturist with Kansas State University Research and Extension. "That way, as the tree dries out, it can safely provide birds with some shelter from the weather. It also can serve as a handy escape hatch when danger lurks nearby."

He suggested tossing out some holiday leftovers, too, so the tree can be a temporary bird feeder.

"A few of our snacks are among birds' favorite foods," Miller

said. "The fruits they like include grapes, cherries, bananas... apple, orange and pear. Birds also like stale popcorn and bread. They appreciate ... peanuts, pecans and most native nuts."

"But, also keep an eye open for

a place for its final resting place," Miller said. "Some communities collect and chip old Christmas trees. Pond owners and lake managers sometimes use them to prevent soil erosion or to establish spawning grounds."

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WEEKDAYS		JANUARY 6 - JANUARY 12											
	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)	Good Morning Kansas	Good Morning America					The Martha Stewart Show	The View	Millionaire	News			
KSNK/NBC (8) (8)	News Cont'd	Today					Live With Regis and Kelly		Today				
KBSL/CBS (12) (11)	News Cont'd	The Early Show					The 700 Club	The Price Is Right	The Young and the Restless				
K15CG (2)	Lions	Maya & Miguel	Curious George	Sid the Science Kid	Super Why!	Clifford-Red	Dragon Tales	Caillou	Sesame Street	Martha Speaks	Word-World		
ESPN (28)	SportsCenter	Varied	SportsCenter		SportsCenter		SportsCenter		SportsCenter		SportsCenter		
USA (37)	Monk	JAG			Walker, Texas Ranger	Walker, Texas Ranger	Movie		Varied Programs				
TBS (38)	Saved by Bell	Saved by Bell	Saved by Bell	Saved by Bell	Fresh Prince	Fresh Prince	Movie		Home Improve.		Home Improve.		
WGN (39)	Changing	Believer Voice	Hillbilities	Hillbilities	Be-witched	Dream-jeannie	Matlock	In the Heat of the Night		Nash Bridges			
TNT (40)	Angel	Charmed			Charmed		ER		Las Vegas		Las Vegas		
DSC (42)	Paid Program	Paid Program	Paid Program	Paid Program	How It's Made	How It's Made	Cash Cab	Cash Cab	Overhaul'n'		The New Detectives		
A&E (47)	Third Watch	Crossing Jordan	Varied	Varied	So-pranos	Varied	Amer. Justice	Varied	Cold Case	Varied Programs			
HIST (48)	Varied Programs												
NICK (55)	Barnyard	SpongeBob	SpongeBob	Max & Ruby	Backyardigans	Go Diego	Wonder Pets	Dora the Explorer	Ni Hao, Kai-Lan	Yo Gabba	Dora the Explorer	Go Diego	
DISN (56)	Handy Manny	Mickey Mouse	Einsteins	Tigger & Pooh	Mickey Mouse	Handy Manny	Imag. Movers	Einsteins	Charlie & Lola	The Wiggles	Movie		
FAM (58)	Sister, Sister	Sister, Sister	Sabrina-Witch	Sabrina-Witch	Step by Step	Living the Life	The 700 Club	Gilmore Girls		Full House	Full House		
HALL (60)	Paid Program	Paid Program	I Love Lucy	I Love Lucy	The Waltons		Little House on the Prairie	Little House on the Prairie	Touched by an Angel				

WEEKDAYS		JANUARY 6 - JANUARY 12											
	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)	All My Children	One Life to Live			General Hospital		Rachael Ray		News	Access H'wood	News	ABC Wld News	
KSNK/NBC (8) (8)	News	Days of our Lives			The Ellen DeGeneres Show		The Doctors		Jeopardy!	Deal or No Deal	News	NBC 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	Barney-Friends	Varied Programs			Lions		Arthur	WordGirl	Fetch! Ruff	Cyber-chase	Maya & Miguel	
ESPN (28)	SportsCenter	SportsCenter			Outside-Lines	SportsCenter	NFL Live	Rome-Burning	Around the Horn		SportsCenter		
USA (37)	Law & Order: Criminal Intent	Law & Order: Criminal Intent			Law & Order: SVU		Law & Order: SVU		NCIS		NCIS		
TBS (38)	Home Improve.	Home Improve.	Just Shoot	Just Shoot	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Raymond	Raymond	Raymond	Friends	
WGN (39)	WGN Midday News	Homicide: Life on the Street			Cosby Show		Cosby Show		Becker	Funnies Pets	America's Funniest Home Videos		
TNT (40)	Without a Trace	Law & Order			Law & Order		Charmed		Charmed		Bones		
DSC (42)	The FBI Files	A Haunting			A Haunting		Varied Programs		Cash Cab	Cash Cab	Cash Cab	Cash Cab	
A&E (47)	CSI: Miami	Varied	Crossing Jordan	Varied	So-pranos	Varied	Amer. Justice	Varied	Cold Case	Varied Programs			
HIST (48)	Modern Marvels												
NICK (55)	Backyardigans	Wow! Wubbzy!	SpongeBob	OddParents	Varied Programs			Mighty B		SpongeBob	Drake & Josh	Drake & Josh	
DISN (56)	Movie Cont'd	Phineas and Ferb	Zack & Cody	Zack & Cody	Varied Programs								
FAM (58)	Sister, Sister	Sister, Sister	Sabrina-Witch	Sabrina-Witch	Full House	Full House	What I Like	What I Like	Gilmore Girls		My Wife and Kids	My Wife and Kids	
HALL (60)	7th Heaven	7th Heaven			Little House on the Prairie	Little House on the Prairie	I Love Lucy	I Love Lucy	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	

TUESDAY		JANUARY 6											
	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 (N) (CC)	Entertainment	Homeland Security USA (N) (CC)		Scrubs My Jerks	Scrubs (N) (CC)	Primetime: What Would You Do? (N)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live Mike Birbiglia. (CC)		
KSNK/NBC (8) (8)	News (N)	Wheel of Fortune	The Biggest Loser (Season Premiere) One contestant has a health scare. (CC)		Law & Order: SVU		News (N)		The Tonight Show With Jay Leno (CC)		Late Night		
KBSL/CBS (12) (11)	News (N) (CC)	Inside Edition	NCIS Caged (N) (CC)		The Mentalist Red John's Friends (CC)		Without a Trace Wanted (N) (CC)		News (N) (CC)	Late Show With David Letterman	Late Late		
K15CG (2)	The NewsHour With Jim Lehrer (N)	Doctors On Call	Second-Health	Nova (CC) (DVS)		Frontline The Old Man and the Storm		World News		Romance	Charlie Rose (N) (CC)		
ESPN (28)	SportsCenter	Bowl Break	College Football: GMAC Bowl -- Ball State vs. Tulsa. Mobile, Ala. (Live)									SportsCenter (Live) (CC)	
USA (37)	NCIS Deception (CC)	Law & Order: SVU			House Clueless (CC)		House All In (CC)		Law & Order: SVU		Burn Notice Broken Rules (CC)		
TBS (38)	Seinfeld (CC)	Seinfeld (CC)	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	The Office	The Office	10 Items or Less	Seinfeld (CC)	Sex and the City	Sex and the City	
WGN (39)	7th Heaven PK (CC)	Nash Bridges Kill Switch (CC)		Nash Bridges The Counterfeiters (CC)		WGN News at Nine (N) (CC)		Scrub (CC)	Scrub (CC)	The Bob & Tom Show (CC)			
TNT (40)	Law & Order: Nowhere Man	Law & Order Life Line (CC) (DVS)		Law & Order Executioner		Leverage The Stork Job (N) (CC)		Bones Stargazer in a Puddle (CC)		Leverage The Stork Job (CC)			
DSC (42)	How It's Made	How It's Made	Dirty Jobs Ice Salvage Crew (CC)		Dirty Jobs Bologna Street (CC)		Wreck. Nation		How It's Made	How It's Made	Dirty Jobs Ice Salvage Crew (CC)		
A&E (47)	CSI: Miami Addition (CC)	The First 48 Lester Street (CC)		The First 48 Deal Breaker, Gunplay		Manhunters		Manhunters	The Rookies	The Rookies	The First 48 Lester Street (CC)		
HIST (48)	Modern Marvels												
NICK (55)	Zoey 101 (CC)	SpongeBob (CC)	Dora the Explorer	SpongeBob	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	
DISN (56)	Zack & Cody	Hannah Montana	Movie: An Extremely Goofy Movie ** (2000, Comedy)		Wizards-Place		Wizards-Place	Life With Derek	Zack & Cody	Hannah Montana	That-Raven	Cory in House	
FAM (58)	That '70s Show	That '70s Show	America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		The 700 Club (CC)				
HALL (60)	Walker, Texas Ranger Angel (CC)	Walker, Texas Ranger (CC)	Movie: The Last Brickmaker in America (2001, Drama) Sidney Poitier. (CC)		Murder, She Wrote A Roadkill (CC)		Murder, She Wrote A Roadkill (CC)		Murder, She Wrote A Murderous Muse				

WEDNESDAY		JANUARY 7											
	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 (N) (CC)	Entertainment	Scrubs My Jerks	Scrubs (N) (CC)	20/20 (N) (CC)		Barbara Walters Special (N) (CC)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live		
KSNK/NBC (8) (8)	News (N)	Wheel of Fortune	Knight Rider Don't Stop the Knight (CC)		Law & Order: SVU		News (N)		The Tonight Show With Jay Leno (CC)		Late Night		
KBSL/CBS (12) (11)	News (N) (CC)	Inside Edition	Old Christine	Gary Unmarr	The 35th Annual People's Choice Awards (Live) (CC)			News (N) (CC)	Late Show With David Letterman	Late Late			
K15CG (2)	The NewsHour With Jim Lehrer (N)	Great Performances stars as Cyrano de Bergerac. (N) (CC)		Cyrano de Bergerac Kevin Kline and the Storm. (N) (CC)		Carnegie Hall		World News	As Time Goes By (CC)	Charlie Rose (N) (CC)			
ESPN (28)	College Basketball: Davidson at Duke. (CC)	NBA Basketball: Miami Heat at Denver Nuggets. Pepsi Center. (Live)				SportsCenter (Live) (CC)							
USA (37)	NCIS Light Sleeper (CC)	House Sleeping Dogs Lie (CC)		NCIS Doppelganger (CC)		NCIS The Meat Puzzle (CC)		Law & Order: SVU		Burn Notice A hotel employee is framed.			
TBS (38)	Seinfeld (CC)	Seinfeld (CC)	House of Payne	House of Payne	House of Payne	House of Payne	Meet the Browns	Meet the Browns	House of Payne	House of Payne	Sex and the City	Sex and the City	
WGN (39)	7th Heaven The Kid Is Out of the Picture	America's Funniest Home Videos (CC)		Legend of the Seeker Identity (CC)		WGN News at Nine (N) (CC)		Scrub (CC)	Scrub (CC)	The Bob & Tom Show (CC)			
TNT (40)	Law & Order: Surrender Dorothy	Law & Order Coming Down Hard		Movie: A Walk to Remember ** (2002, Romance) Shane West. (CC)		Movie: A Walk to Remember ** (2002, Romance) Shane West. (CC)		Movie: A Walk to Remember ** (2002, Romance) Shane West. (CC)					
DSC (42)	How It's Made	How It's Made	Time Warp	Time Warp	MythBusters NASA Moon Landing (CC)		MythBusters Lead Balloon (CC)		How It's Made	How It's Made	Time Warp	Time Warp	
A&E (47)	Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter Girl Trouble	Dog the Bounty Hunter Girl Trouble	Dog the Bounty Hunter (CC)		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Dog the Bounty Hunter Girl Trouble		
HIST (48)	Modern Marvels												
NICK (55)	Zoey 101 (CC)	iCarly (CC)	SpongeBob	Drake & Josh	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	
DISN (56)	Zack & Cody	Hannah Montana	Movie: Beethoven's 4th ** (2001) Judge Reinhold. (CC)		Phineas and Ferb		Life With Derek	Life With Derek	Zack & Cody	Hannah Montana	That-Raven	Cory in House	
FAM (58)	That '70s Show	That '70s Show	Movie: The Notebook ** (2004, Romance) A man tells a story to a woman about two lovers. Ryan Gosling. (CC)		The 700 Club (CC)		The 700 Club (CC)						
HALL (60)	Walker, Texas Ranger Circle of Life	Walker, Texas Ranger Trackdown	Movie: Out of the Woods (2005, Drama) Ed Asner, Jason London. (CC)		Murder, She Wrote Wheel of Death (CC)		Murder, She Wrote A Nest of Vipers						

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