

# Health, pets, golf books reflect New Year's resolutions

I don't know about you, but I have been contemplating some comments that people make about New Year's resolutions.

While I agree many New Year resolutions go by the wayside, there is at least a small benefit to a person to examine what really is important in life, or to be perfectly honest with ourselves about where we are in our personal hopes, dreams and expectations.

It is a wise man or woman who knows himself enough to say, "Yeah —I know, but I'm not ready for the commitment it takes to make a change." There are times however, when we say the benefit outweighs the pain or discipline it takes to bring about a modification in our lives. With this in mind, I have reviewed a few books that you might enjoy.

One book that I read parts of was the "Gluten-Free Quick and Easy: From Prep to Plate Without Fuss: 200+ Recipes for People With Food Sensitivities." At the age of 20, my niece suddenly found that she is wheat or gluten intolerant (adult onset is normal for many). Since she was visiting for Christmas, I needed some information. Lo and behold, this was in the new book section. It was just what I needed!

Being in the Wheat Belt of America, we do not like to hear of such maladies. The interesting discovery I made while reading the book was that the author, Dr. Carol Fenster, was herself the daughter of a Nebraska farmer (p. 5). She understood that wheat put food on her family's table, but found she could not eat wheat products any longer.

She learned over time that gluten is where protein is stored in the grain. Many people either affected by Celiac Disease (an autoimmune disease) or an al-



## Melany Wilks

### • Library Links

lergy cannot process this protein. Other types of grains with a very similar protein that may need to be avoided are barley, rye, spelt, kamut, and triticale.

The book also tells us some persons with multiple sclerosis, rheumatoid arthritis, lupus or even food-triggered asthma have found benefit in avoiding gluten products. Parents, in some special cases of children with autism, have discovered that a gluten-free diet helps with their behavior. Some of the symptoms are very generic, such as nasal congestion, stuffiness, feeling of fatigue, headaches, rashes or achy joints. In my niece's case, however, she experienced excruciating stomach pain and diarrhea.

Let me now share with you about another part of your world that may need attention; your dog. Having just spent several days with family and animals, you may be ready to read the book, "A Member of the Family" by Cesar Milan.

This is a wonderful book that helps you learn how to pick a dog according to your need, the dog's temperament, and age. It will examine how to guide your dog to proper behavior. Cesar Milan is the star of the National Geographic Channel's show *Dog Whisperer*. In the book, he provides insight into choosing a pet, choosing a veterinarian, and traveling or kenneling your pet.

What really surprised me was that the book listed Internet re-

sources and books that are available to further help the reader. The book is well documented, with a bibliography for each chapter, as well as an index so that you can find the topic you want to read about.

While reading the whole book would be the most beneficial, sometimes we are so busy, just visiting a subject that concerns our dog could help us deal with an issue sooner. If you find a section beneficial, I bet you'll want to consume the whole book.

Are you hankering to play golf, but the cold is preventing it? Come to the library and check out the new book, "The Downhill Lie: A Hacker's Return to a Ruinous Sport," by Carl Hiaasen. Hiaasen has written 14 novels, two children's books and a weekly column in *The Miami Herald*. He writes on golf from a personal point of view. Hiaasen decided at middle age he would take up golfing again. He was not much good at it as a youth, but played with his father. This new golfing interest leads him into a golfing extravaganza of trying to learn how to become more skillful while still enjoying the sport. His humor and insight will capture you.

Booked for Lunch will be at noon Wednesday, and Story Time, Toddle Time and Family Night have begun again. Preschool Story Time is Tuesday at 10:15 a.m. or 1:15 p.m.; Toddle Time, Wednesday 10:15 a.m.; and Family Night, Tuesday at 7 p.m.

The library continues to offer the use of computers and free Internet access, and remains one of the few Wi-Fi hot spots in Colby. I look forward to seeing you in the library throughout the year!

# Brain injury symptoms may persist

Traumatic brain injury most often results from a sudden, violent blow to the head that causes the brain to hit the inside of the skull. This bruises the brain, tears nerve fibers and can cause internal bleeding.

The National Institutes of Health says half of all traumatic brain injuries result from traffic accidents and another 20 percent are caused by acts of violence, including gunshot wounds and child abuse.

As a result of the Iraq and Afghanistan wars, the U.S. military has seen a significant increase in brain injury, which "is being referred to as the "signature wound" of those conflicts. Explosions account for 75 percent of combat injuries. These produce not only deadly shrapnel, but also the blast wave itself, which can cause brain concussion. This latter point is critical for American soldiers and veterans because some of them may not be aware that repeated exposure to blast waves can result in brain injury.

That's because a brain injury can be the result of one single violent event, but it can also occur from a series of less violent attacks. According to "The American Veterans and Service-Members Survival Guide" (2008), individuals who suffer from brain injury will



## High Plains Mental Health

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experience some of the following challenges:

- Trouble with memory, attention or concentration.
- Sensitivity to sounds, lights or distractions.
- Impaired decision making ability or problem solving.
- Difficulty with controlling behavior or increased impulsiveness.
- Easily confused or overwhelmed.
- Changes in sleep patterns.

The Department of Veterans Affairs requires that all veterans of the Iraq and Afghanistan wars be screened for brain injury when they receive medical care. Post-traumatic Stress Disorder, depres-

sion, and traumatic brain injury have similar symptoms, so screening is vital for accurate diagnosis and treatment. Most brain injuries are mild and resolved themselves within year.

However, as many as 20 percent of veterans may suffer from prolonged symptoms and require continuing treatment.

*Contributed by Ken Loos, Prevention, Education, and Outreach 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, Prevention, Education and Outreach Department, 208 E. Seventh, Hays, Kan., 67601.

Internet site: [www.highplains-mentalhealth.com](http://www.highplains-mentalhealth.com)

# Governor's address will run Monday on public television

BUNKER HILL – Smoky Hills Public Television will run a live broadcast of Gov. Kathleen Sebelius' State of the State address to the 2009 Kansas Legislature at 7 p.m. Monday.

The station will resume broadcast of two Kansas public affairs programs this month, said Mary Pat Waymaster, director of broadcasting.

Ask Your Legislator, now in its seventh year of production by public television station KPTS in Wichita, will air at 5 p.m. Sundays beginning Jan. 18.

The Kansas Legislature 2009 will air Friday evenings beginning Jan. 30. The premier is scheduled for 8:30 p.m., but the regular air time will shift to 8 p.m. starting Feb. 6.



# LOCAL TV LISTINGS

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SATURDAY												JANUARY 10											
	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 Saturday		Good Morning America (N) (CC)		Good Morning Kansas Saturday		That's-Raven	That's-Raven	Hannah Montana	Zack & Cody	Emperor New	Replacements											
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 12 11	The Early Show (N) (CC)				News (N)				Straw-berry	Care Bears	Paid Program	Paid Program											
K15CG 2	Thomas-Friends	Bob the Builder	Market-Market	Lassie's Pet Vet	Bob the Builder	Thomas-Friends	Beren. Bears	Biz Kid\$ (CC)	Saddle Club	Motor-Week (N)	For Your Home	Victory Garden											
ESPN 28	Sports-Center	NFL Matchup	SportsCenter (CC)		SportsCenter (CC)		SportsCenter (Live) (CC)		NFL Countdown (Live) (CC)		College Basketball												
USA 37	Paid Program	Paid Program	Paid Program	Paid Program	Monk (CC)		Monk (CC)		Monk (CC)		Monk (CC)												
TBS 38	Steve Harvey	Steve Harvey	Movie: Small Soldiers ★½ (1998, Action) Toys turn lethal. Live action/animations.				Movie: The Goonies ★★½ (1985) Young misfits find a 17th-century pirate's treasure map. Sean Astin. (C)				Movie: Twister												
WGN 39	Paid Program	Adelante Chicago	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	The Bob & Tom Show (CC)												
TNT 40	Angel War Zone (CC)	Charmed The Wendigo (CC)	Charmed From Fear to Eternity (CC)		Law & Order Aftershock		Law & Order Entitled (CC) (DVS)		Leverage The Stork Job (CC)														
DSC 42	Paid Program	Paid Program	Paid Program	Paid Program	Killer Crocs of Costa Rica (CC)		Dirty Jobs Sludge Cleaner (CC)		Dirty Jobs Bio-Diesel-Man (CC)		Time Warp												
A&E 47	Biography Julia Roberts (CC)	Sell This House! (CC)	Sell This House! (CC)	Sell This House! (CC)	Sell This House! (CC)	Sell This House! (CC)	Busi-ness	Flip This House (Cost You) (CC)	House I'll (CC)		Movie: Fight Club ★★½ (1999, Suspense) Brad Pitt.												
HIST 48	Heavy Metal Catalina Patrol! (CC)	Wild West Tech Score-setting. (CC)	Ancient Discoveries (CC)				The Universe (CC)		Shootout! Swat Team Shootouts		Shootout! D-Day: Fallujah (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	Ein-steins	Tigger & Pooh	Handy Manny	Mickey Mouse	Mickey Mouse	Imag. Movers	Handy Manny	Phineas and Ferb	Phineas and Ferb	Movie: Beethoven's 5th												
FAM 58	Step by Step	Step by Step	Sabrina-Witch	Sabrina-Witch	Full House	Full House	My Wife and Kids	My Wife and Kids	Movie: The Deep End of the Ocean ★★½ (1999, Drama) Michelle Pfeiffer. (CC)														
HALL 60	I Love Lucy	I Love Lucy	I Love Lucy	I Love Lucy	Movie: Big Red ★★ (1962) A boy and a champion Irish setter become fast friends.				Movie: The Ugly Dachshund ★★ (1966, Comedy) Dean Jones. (CC)														

SATURDAY												JANUARY 10												
	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)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Wipeout (CC)		Paid Program	ABC News												
KSNK/NBC 3 (8)	Jeopardy!	Paid Program	Paid Program	Paid Program	Ticket to the Tour Highlights of the qualifying tournament. (CC)			Action Sports Mt. Snow, Vt. (Live) (CC)			Paid Program	NBC News												
KBSL/CBS 12 (11)	College Basketball: Kansas at Michigan State. (Live)				NFL Today Host James Brown. (Live)		NFL Football: AFC Divisional Playoff -- Team TBA at Tennessee Titans. LP Field. (Live) (CC)																	
K15CG 2 (2)	Yankee Shop	This Old House	Ask This Old	Home-time	Woodwright	Cook's Country	Taste This	School-Fine Art	Love of Quilting	Place-Our Own	Antiques Roadshow (N) (CC)													
ESPN 28 (28)	College Basketball		College Basketball: Duke at Florida State. (Live) (CC)			Strongest Man		Strongest Man		Strongest Man		2008 World's Strongest Man	Sports-Center											
USA 37 (37)	Monk (CC)		Monk (CC)		Monk (CC)		Monk (CC)		Monk (CC)		Monk (CC)		Monk (CC)											
TBS 38 (38)	(11:30) Movie: Twister *** (1996, Action) (PA) Helen Hunt, Bill Paxton. (CC)				Friends (CC)		Sex and the City		Sex and the City		Raymond		Raymond		King of Queens		King of Queens							
WGN 39 (39)	The Bob & Tom Show (CC)		Movie: Dirty Dancing: Havana Nights ** (2004, Romance) Diego Luna. (CC)			Legend of the Seeker Identity (CC)		Legend of the Seeker Denna (CC)		Legend of the Seeker Denna (CC)		Becker (CC)		Becker (CC)										
TNT 40 (40)	Movie: The Long Kiss Goodnight *** (1996, Action) Geena Davis, Samuel L. Jackson. (CC)				Movie: Enough ** (2002, Suspense) A woman takes her daughter and flees her abusive husband. (CC)								Movie: A Time to Kill *** (1996)											
DSC 42 (42)	HowStuffWorks Corn Corn. (CC)		Explosions Gone Wrong (CC)		Survivorman (CC)		Survivorman Boreal Forest (Autumn)		Man vs. Wild The Deep South (CC)		MythBusters Steam Cannon (CC)													
A&E 47 (47)	(10:30) Movie: Fight Club ***½ (1999) Brad Pitt. (CC)			Movie: Road House ** (1989) A legendary bouncer agrees to tame a notorious gin mill. Patrick Swayze. (CC)				CSI: Miami Kill Zone (CC)		CSI: Miami A Horrible Mind (CC)														
HIST 48 (48)	Shootout! Hunt for bin Laden (CC)		Shadow Force Gorilla War (CC)		Shadow Force Last Chance (CC)		Shadow Force Dark Zones (CC)		The True Story of Killing Pablo (CC)															
NICK 55 (55)	The Fairly OddParents (CC)			Mighty B		Mighty B		Barnyard		Barnyard		SpongeBob		SpongeBob		SpongeBob		SpongeBob						
DISN 56 (56)	(11:00) Movie: Beethoven's 5th		Movie: Beethoven's 3rd ***½ (2000) Judge Reinhold. (CC)			Phineas and Ferb		Movie: Beethoven's 4th ** (2001) Judge Reinhold. (CC)		Phineas and Ferb		Movie: Beethoven's 5th												
FAM 58 (58)	(10:00) Movie: While You Were Sleeping *** (1995, Romance-Comedy) Sandra Bullock.						Movie: Something to Talk About ***½ (1995) A betrayed wife stirs up trouble at the family horse farm.								Movie: Stepmom ** (1998) (CC)									
HALL 60 (60)	Movie: The Long Shot (2004) An accident blinds an equestrian's horse. Julie Benz.				Movie: The Last Cowboy (2003, Drama) Jennie Garth, Lance Henriksen. (CC)				Movie: Wild Hearts (2006) A widower cares for his daughter at his family's farm.															

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