

Shyness not always bad

Shyness is a behavior that is most often used to describe children, but there are also a lot of adults who are shy.

Shyness is a sense of feeling nervous when in a new situation or when meeting new people. Shyness is not necessarily a bad thing, unless it is so intense that a person becomes afraid of simple everyday situations or isolates himself from social contacts.

Serious shyness can develop into what is called social phobia, the avoidance of being in public situations.

Shyness is usually most apparent in young children and is a normal part of growing up. Some babies are born with personality traits characterized by shyness and sensitivity, while others are obviously outgoing and sociable from a very young age.

These are traits that will probably continue into adulthood, although they can be altered by experiences within the family and during school years. Name-calling and teasing



high plains mental health

- plain sense

can increase shy behaviors and make a person even more afraid to be around others.

For most children, shyness decreases as they mature. They learn to be comfortable in new situations, particularly when they enter day care and then elementary school.

Both children and adults become more sociable through practice, such as reading reports in school or on the job, and becoming more involved in social activities.

A shy child should be encouraged to talk about his feelings of nervousness with parents, teachers and understanding friends. Often shy children find out that other children, as well as adults, have experienced the same feelings.

Many of the world's top research scientists have characteristics related to shyness. They prefer to work on their own, away from the attention of others, in their pursuit of making useful discoveries that benefit mankind.

Contributed Karen Beery, manager, 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 Seventh, Hays, Kan. 67601.

Internet site: www.highplains-mentalhealth.com.

Clover mites small but messy

I guess if I had a pest of the week to talk about, this week it would be the clover mite. This is the nuisance pest that I have been getting the most calls on of late.

Though these critters are large by mite standards, they are still smaller than a pin head. Since they are so small, they can easily invade homes through tiny openings around windows and doors.

Though tiny, clover mites are noticeable due to their bright red color. They are easily identified by their long front legs, which are about twice as long as the other legs.

Clover mites do not bite people (they are plant feeders) or directly damage home furnishings, but can leave unsightly stains on curtains, walls, carpets and other structures if they are crushed.

Mites can be removed with a vacuum cleaner. Bags should be



dana belshe

- ag notebook

removed and sealed after use to prevent the mites from escaping.

You can try to prevent clover mites from entering the home through the use of physical barriers and miticides.

Mites do not readily cross loose, clean, cultivated soil, so a band about 18 to 24 inches wide all around the house kept free of grass will help deter potential invaders.

Homeowners can spray the outside walls and border areas of the lawn and cultivated soil with miticides next to the foundation.

There are a number of miticides available which will help control

cause the effectiveness of miticides is greatly reduced by cooler temperatures.

Spray outside walls and foundations with Baygon, diazinon, malathion or cyfluthrin (PowerForce Multi-Insect Killer).

The house should be sprayed from the lower window sill down to the ground.

Pay particular attention to cracks and crevices in clapboards, shingles, foundation and around basement windows.

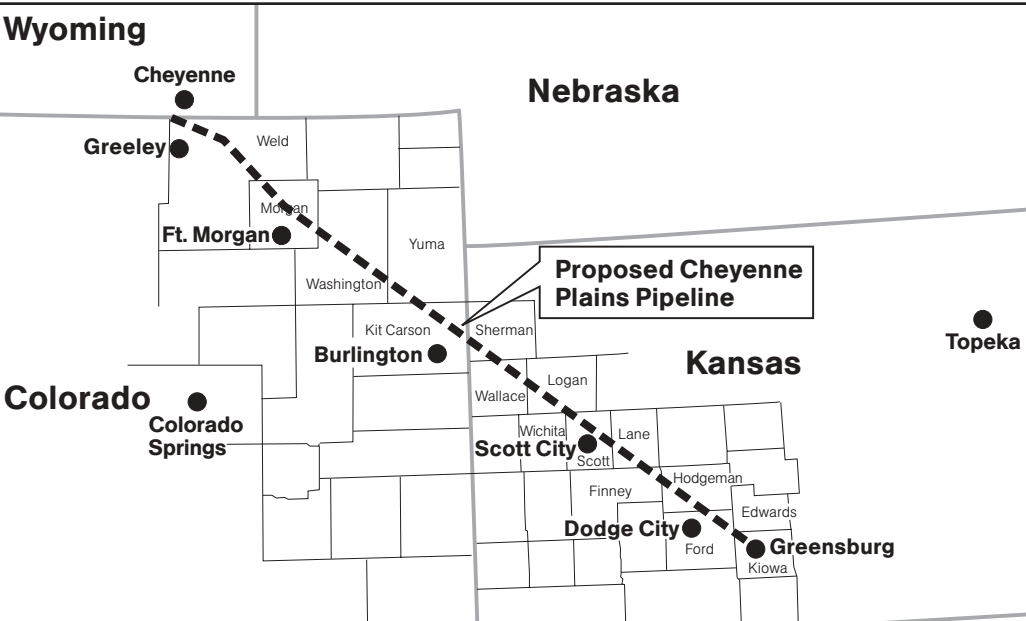
Be sure to spray up into the area between the bottom of the house siding and the foundation.

clover mites. Try to treat when daytime temperatures will be at least 60 degrees, be-

Cheyenne Plains Gas Pipeline Notice of Proposed Construction

On May 20, 2003, Cheyenne Plains Gas Pipeline Company, a subsidiary of El Paso Corporation, filed an application with the Federal Energy Regulatory Commission (FERC) under FERC Docket Nos. CP03-302-000, CP03-303-000, and CP03-304-000 for permission to own, construct and operate a new underground natural gas pipeline extending from the Cheyenne hub just south of Cheyenne, Wyoming to Greensburg, Kansas.

Cheyenne Plains Gas Pipeline Company, upon receipt of all appropriate regulatory authorizations, the construction, and the commencement of operation, will become a natural gas company engaged in the interstate, open-access transportation of natural gas from Rocky Mountain production areas to markets located in the mid-continent of the United States. The company's principal offices are located at 2 North Nevada, Colorado Springs, Colorado 80903.



The 30-inch diameter pipeline will have initial transportation capacity of 560,000 dekatherms of natural gas per day (MDth/d) and will extend 380 miles from the Cheyenne Hub just south of Cheyenne, Wyoming to Greensburg, Kansas. The pipeline will interconnect with interstate and intrastate pipelines serving mid-continent markets. Cheyenne Plains can also be expanded by roughly another 500 Dth/day. Construction of the pipeline will begin following the receipt of appropriate FERC approvals. The pipeline is scheduled to be in service by mid-2005.

This new pipeline is fully supported by long-term firm contracts for 100% of the capacity. Cheyenne Plains will provide a means of transporting the growing supply of Rocky Mountain natural gas to markets in the mid-continent of the United States where gas supplies are decreasing.

Cheyenne Plains Gas Pipeline Company has mailed notices to residences within a half-mile of its proposed route. If you have not received a notice, your property is most likely not within the half-mile radius. The full project description can be found in Cheyenne Plains Gas Pipeline Company's application, available at the Yuma City Library, or through FERC's website (www.ferc.fed.us). The FERC's website also provides a summary of landowner rights in FERC proceedings. Landowner questions concerning this project may be directed to Cheyenne Plains Gas Pipeline representative David Anderson at (877) 598-5263. For more information about the project you can visit the Cheyenne Plains website at www.elpaso.com/cheyenne.



Colorado Interstate Gas
an El Paso company

Classified ads work! Call 899-2338.

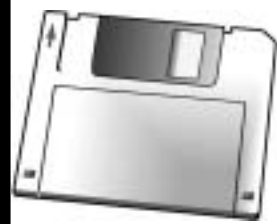
Explore the wide world of the Web

We have new high speed digital lines!

nwkansas.com is your key to the Internet. We offer reliable service, fast digital connections and full access to the Internet, the World Wide Web and E-mail all in one package for one low monthly fee*. We have knowledgeable customer service people to help you get connected, and plenty of lines to take your calls. We are your local Internet Service Provider with people who can answer your questions. In most cases, you can be hooked up today. We have the newest digital incoming lines, and a high speed frame relay to carry your traffic.

*Special rate offer

With a payment of **\$169** we give you a year of service and free set-up (\$14.95 per month average rate).



nwkansas.com

Local Tech Support • Same-Day Connection* • Friendly People to Help

The Goodland Star-News • 1205 Main, Goodland, Kansas, 67735 • 785 899-2338

***In most cases; we'll try anyway.**

We can connect you tonight... not next week!

Infinite variety on the 'Net

There's a whole new world waiting out there. Whatever you're interested in, the Internet, with its millions of postings and services, has it. Weather, time of day, art, archives, news, hobbies . . . If you can imagine it, someone has put it on the Internet.

Use it for business. Use it for school. Use it for pleasure. Use it just to find out what's out there. Pick a topic and search the entire World Wide Web for it ... in just seconds.

E-mail for fun and profit

E-mail is fast, affordable and inexpensive. From your computer, you can send and receive messages anywhere in the world . . . for no charge . . . once you have an Internet connection.

