

# Have you locked yourself into your car?

Most people have locked themselves out of their car at one time or another, but how many of you have ever locked yourself in?

Thursday morning, I decided against walking the block and a half to work on account of the wind and being afraid I might blow in the wrong direction. But the wind got me anyway, as it blew the car door shut on my coat with the lining stuck in the door latch.

No matter how hard I pulled on the handle or how many times I locked and unlocked before trying again, the door was stuck. I had to drive to work that way and call the news office from my cell phone to ask if anyone could come out and open the door from the outside.

The request for help from some-



## sharon corcoran

• just for fun

one locked in her car caused a lot of curiosity in the news office, and after Tom rescued me, everyone had to know. Several had suggested Tom take a camera, but thankfully, he didn't.

But as I said, most people have locked themselves out at one time or another, so I'll share a few of my favorites.

In the year after my high school graduation, I was working at a grocery store, and one cold, snowy eve-

ning, as the day shift ended and evening began, a coworker came running back into the store to use the phone.

Yep, you guessed it — she had locked herself out. Not when she arrived at work but when she went out to warm her car. She locked herself out with the engine running and had to call her husband to drive 20 miles into town with a spare key.

At the price of gas today, that would be a costly mistake.

And then there's locking yourself out of the house. It wasn't too long ago I helped a friend pull out a screen and climb in the window of her house after we drove home from a Western Plains Arts Association

event.

But when you don't leave any windows open, locking yourself out of the house is a bigger problem. One time I had to have a friend with tools take the storm door off — it was locked from the inside, and then I went out the back door and locked it behind me even though I didn't have a key to the back door.

And one time when I locked myself out of the house, I found out it can be good to know a former burglar with lock-picking skills. I could only hope, though, that if the police arrived while he was using a screwdriver and a library card to break into my apartment, I would be able to convince them I actually lived there.

Since my purse with my keys in it

was locked in the apartment, I had no ID on me, but thankfully I didn't need it.

But my favorite lock-out story was when I was running errands for a handicapped woman, and I returned from a run to Wal-Mart and Wendy's with a car load of groceries and parked in front of Handy Towers.

I know I could never in a million years do this if I was trying, but somehow, as I was pushing the button on the door to lock all the locks, in the same motion, I dropped my keys in the seat and slammed the door.

So there I stood, looking helplessly in the window at my keys, less than two feet away, but out of reach. My spare keys were in my

purse, which was also in the car, as was my AAA card.

So I ran inside, took the elevator up to my boss's apartment and looked for a phone book to find AAA. I ended up calling information to get the number, got the wrong number, had to call again. Finally, I had AAA on the phone and asked if they could send a locksmith fast.

I couldn't just lock myself out of the car, no, it had to be with a car load of groceries, parked in a 15-minute unloading zone with the boss's lunch in the passenger seat and her ice cream in the back seat. At least it wasn't 100 degrees out — the two large chocolate Frostys and the half-gallon of chocolate ice cream would have been chocolate soup.

# End of life issues make most people feel uneasy

Most people feel uncomfortable talking with family members, loved ones and particularly aging parents about the subject of 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, according to a recent study published in the Journal of the American Medical Association, end-of-life discussions seem to have benefits for both the



## high plains mental health

• plain sense

patients and family members who love and care for them.

The study was conducted on 332 terminally ill cancer patients located in Connecticut, Massachusetts, New Hampshire and Texas. Of

those patients, 123 reported having the 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 waning days than those who did not have such a discussion. The discussion did not lead to more depression, worry or sadness on the

part of the patient. The opportunity to verbalize their goals and expectations helped them exercise some control even as their life came to an end. It is also noteworthy that the informal caregiver, usually a spouse or adult child, was also less likely to experience major depression in the months after the patient's death if this discussion took place. According to Dr. Alexi Wright of the Dana-Farber Cancer Institute in Boston as reported in Reuters, Tuesday, Oct. 7, "The major findings are that end-of-life discussions

have cascading benefits for patients and their loved ones."

Talking about grief, loss and end of life issues can be difficult, yet can be helpful as well as necessary. Contact your local library or bookstore for information on this topic. Other resources for educational materials include your family physician, long-term care centers, Area Agency on Aging, faith community and com-

munity mental health center.

Contributed by Ken Loos, MS, LMLP, LCP Prevention, Education and Outreach Department of High Plains Mental Health Center.

The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

## lincoln larks

The Lincoln Larks met at noon on Monday for bring your lunch at the assembly room of the Sherman County Courthouse for a lesson given by Melinda Daily on "Fashion, an Easier Lifestyle with Assistive Technology."

Attending were Colleen Duell, Cinda Hatcher, LaDonna Frerichs and Arbutus Topliff.

## matters of record

### District Traffic

The following fines have been paid in the Sherman County District Court. All ages are at the time of the ticket.

**Sept. 14:** Laurice J. Williams, 63, Oakley, \$129 for speeding, 84/70.

**Sept. 17:** Abdul Mansaray, 34, Columbus, Ohio, \$225 for violating motor carrier safety rules and regulations, false log.

**Sept. 18:** Kenneth H. Mitchell, 63, Golden, Colo., \$141 for speeding, 86/70.

**Sept. 19:** Ryan J. Weis, 43, Goodland, \$135 for unlawful acts with vehicles, expired registration.

**Sept. 20:** Long T. Tran, 37, Colorado Springs, \$141 for speeding, 86/70.

What is assistive technology? The idea becomes clearer substituting the words helping and tools for assistive. Everyday tools can be found in stores to make things easier. Some of them are an electric can opener, long-handled bath sponges and clothing and shoes with velcro.

A buttoning hook will help with getting dressed, a cutting board can hold food while cutting, a rubber pad to keep plates from moving on the table and a plastic food guard.

After surgery or broken bone a sack aid could be helpful as well as

furniture risers, reachers and many more easy devices.

Many healthcare professionals can assist you in selecting and locating assistive technology that is best suited for your situation and needs.

In closing there were several things that would be nice to have but everyone helped that they wouldn't have to use them.

The Drink light - drink healthy display was taken down at the public library.

The meeting adjourned. The next meeting would be the "Holi-

day Harvested at Sharon Springs" with Melinda Daily, Lori Sporer and Diann Gerstner at 6:30 p.m. on Monday, Nov. 17.

Submitted by Arbutus Topliff

## Blue Star Flag Program at the Elks

Do you have a spouse, son, grandson, daughter or granddaughter in the active duty military? If so, please call the Goodland Elks #1528 at 785-890-6251 or drop by at 1523 Arcade in Goodland for information about this program.

## Holiday Open House

November 15, 2008, 8:30 am to 5:00 pm



**Door Prizes** Beautiful Silk Arrangements  
**Unique Pencil Trees** Adorable Ornaments  
**Garland** Claire Burke **Poinsettias**  
And many other fabulous gift items!

Sign up for our Thanksgiving centerpiece class where we will help you create your own centerpiece! Class is November 17 at 6 PM. We will furnish your ceramic pumpkin and the class is free! You purchase the silks and just come have fun! Call for more information!

Here are a few more fun classes to join!

**Nov. 24**-Live Pumpkin Bouquet  
**Dec. 1**-Silk Christmas Centerpiece  
**Dec. 8**-Wreath Decorating  
**Dec. 15**-Swag made of silk  
**Dec. 22**-Fresh Bouquet with live Poinsettia

**Prairie Rose Floral Co.**  
1012 Main Street ~ Goodland ~ 890-7673 (Rose)

### Sherman County Economic Development Council

Three positions are open for the Council beginning January 1, 2009. Two of these positions will be for 3 year terms and one will be for a one year term. Interested parties are asked to contact the office at 104 E. 10th Street in Goodland or call (785) 890-3743 by November 17, 2008, and are encouraged to attend the monthly meeting on November 18th at 5 p.m. at the Goodland Elks Lodge at 1523 Arcade.

# New Weight. New Health. New You!

Now, there is hope. Hays Medical Center's Bariatric Surgery Program may help you attain a more healthy body weight and other long-term health benefits.

An August 2007 New England Journal of Medicine report says obesity is associated with increased mortality. The life expectancy of severely overweight persons is reduced by an estimated 5-20 years.

Bariatric surgery can lead to long-term weight loss and decreased mortality due to weight-related complications. The health benefits of bariatric surgery may include:

- Significant weight loss
- Lower cholesterol
- Lower blood pressure
- Improvement of Type II diabetes
- Improvement of cardiovascular health
- Relief of sleep apnea
- Relief of digestive problems
- Decreased joint pain
- Improved mobility
- Improved self image

**Reclaim your life and your health.**

To find out if bariatric surgery is right for you, talk to your primary care physician or call 785-623-5945 today.



**BARIATRIC SURGERY**

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2220 Canterbury Drive - Hays  
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www.haysmed.com



**Dr. Zurab Tsereteli**  
Bariatric Surgeon

You've struggled with severe weight problems for years.

You've tried all the diets, but nothing seems to work.

Now with weight loss surgery there is hope for you to reclaim your life.

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