

Family

Death

Glenn L. Hamme

Glenn L. Hamme, 80, of Colby, died Thursday, Feb. 3, 2005 at Citizens Medical Center in Colby. Services will be at 10:30 a.m. Monday at Kersenbrock Funeral Chapel with Rev. Warren Turner officiating. Interment will follow at Beulah Cemetery. Visitation will be from 2-8 p.m. Sunday at Kersenbrock Funeral Chapel, which is handling arrangements. Mr. Hamme is survived by a

daughter, Glenda Helus of Colby; a brother, Dale Hamme of San Diego, Calif.; three grandchildren and one great-grandchild. He was preceded in death by his wife Bettye on Sept. 9, 1996.

Mr. Hamme was born Nov. 28, 1924 in Thomas County. He was a retired parks director for the city of Colby.

Memorials are suggested to the Senior Progress Center and may be left at any Colby bank or Kersenbrock Funeral Chapel.

Television can affect attention span



High Plains Mental Health

• Plain Sense

A community service from the High Plains Mental Health Center

with attention problems may exhibit difficulty concentrating, acting restless and impulsive, and being easily confused. The researchers explained their findings are similar to previous research which indicated that watching too much

television can shorten a child's attention span. The study suggested TV might over stimulate and permanently "rewire" the developing brain and includes a recommendation that children under age 2 not watch TV. The researchers explained it isn't necessarily the content of the shows that preschool children watch that is the issue. Rather it is that the unrealistically fast-paced visual images typical of most TV programming might alter normal brain development.

Parents have been advised for a long time about the importance of monitoring the time their children spend watching TV, which takes away from important activities such as school work, playing outdoors, exercise, and interactions with family and friends. In addition, children

are influenced by the large number of commercials, many of which are for alcohol, fast foods, and toys. Young children are also highly impressionable about the content of TV shows, including violence, sexuality, race and gender stereotypes, and substance abuse. To encourage healthy child development, it is suggested that parents monitor the content of programs, place limits on their child's television viewing, choose age appropriate shows, and turn off the TV during family meals and study time.

Contributed by Karen Beery, LCPC, 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 7th, Hays, KS 67601. Visit on the Internet at <http://www.highplainsmentalhealth.com>.

Veterans Ladies' auxiliary meets in January

The Veterans of Foreign Wars Auxiliary met Friday, Jan. 14 at the Post home with President Doris Voisin presiding. The meeting opened with prayer and flag salute. Minutes were read and approved.

Treasurer's report was heard and accepted.

Correspondence read were thank you notes from Colby Fire Department, Colby Police Department and Thomas County Sheriff's Office for cookies the auxiliary gave them at

Christmas time as a token of appreciation for their service.

Bills were presented and allowed for payment.

Treasurer reported a new cancer policy in effect for the auxiliary.

A monetary allowance was made

for the Colby Middle School band trip to Europe.

Youth chairman reported approximately 70 children attended the Veterans of Foreign Wars Christmas party with Santa Claus present.

Members please note help is needed to continue the auxiliary's participation with bingo night. Volunteers are needed to make sandwiches for sale and people to work on Sunday night a bingo. Please call Doris Voisin to volunteer your service. Next meeting will be at 2 p.m. Feb. 11 at the Post home.

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat	\$3.04
Corn	\$1.78
Milo	\$2.77
Soybeans	No bid

Kids' weight a shared responsibility

MANHATTAN — A United States Department of Agriculture report indicates that 12 percent of Kansas' children age five and under are overweight. Seventeen percent of all children in the state are considered overweight.

Kansas' statistics place the state slightly above national averages, said Sandy Procter, Kansas State University Research and Extension nutrition educator.

"There are a number of reasons why we worry about overweight and children. A major concern is health. The extra pounds make children candidates for what were once considered adult diseases," such as Type 2 diabetes; elevated blood fats; weight-related asthma and arthritic joints," she said.

Procter, who is a registered dietitian and coordinator of the Expanded Food and Nutrition Education Program in the state, said that children's weight problems and health issues must be considered a shared responsibility.

"Parents and children are key, but a school board that trims physical education classes in an effort to boost test scores would bear part of the responsibility. So would builders and urban planners who distance schools from residential areas yet fail to plan for sidewalks or a safe environment so that children can walk to and from school," she said.

Food marketing strategies and the ready availability of calorie-dense foods are issues, but parents have the first responsibility, said Procter, who cited a division of responsibility between parents and children.

Parents' responsibilities include the following:

- Choose and prepare food for regular meals and snacks. Children's stomachs are small, so they need to eat regularly. Supplemental snacks are important, but they need not be high in calories or fat, Procter said.
- Make eating times pleasant by setting aside time for meals together and limiting distractions. Turn off the radio or television and let family members, including children, talk about their day.
- Model healthful eating habits ^ eat a variety of foods at meals and snacks, but avoid "grazing" on food or beverages.

"Children model parents' behaviors," said Procter, who urged parents to set a good example.

Procter credits research on the division of responsibility in feeding children to Ellyn Satter, a registered dietitian and licensed social worker who has focused her career on food and family issues.

"Children also have a responsibility for what Satter describes as

'eating competently.'" Procter said. "If, for example, parents can learn to provide healthful foods and allow children to choose from those foods, children typically learn to eat competently — to be responsible for how they much they eat or whether they eat at all. After all, infants naturally stop eating when they are full."

"Making an issue of food or forcing children to clean their plate isn't recommended," she said. "If a child turns up his or her nose at broccoli, don't make an issue out of it. Wait a few days and offer it again, perhaps in a different form, such as raw broccoli florettes with a low-fat dip."

Involving children in meal preparation can help them learn about healthy foods. And, when time is short, quick-cook methods — stir-frying a meat and vegetable combination or grilling — can help families get dinner on the table more

quickly than it takes to drive to a fast food restaurant, Procter said.

Personally, Procter said she uses a slow cooker that requires a few minutes of preparation early in the day, but offers a ready meal after work, when she may be tired or in a hurry to attend a family activity.

Foods prepared at home typically are lower in fat, sodium, and sugar, she said.

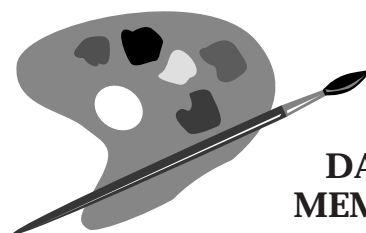
Taking a walk or a bike ride after dinner can add healthful physical activity. Indoor games such as a recent revival of "Twister" or stretching to music also count as exercise.

"Make it fun. For health, the newly released 2005 USDA Dietary Guidelines recommend 60 minutes of physical activity each day for children and 30 or more minutes most days for adults," Procter said.

For more information on nutrition and health, visit Extension's Web site: www.oznet.ksu.edu and click on Health and Nutrition.

FOUR DAY OIL PAINTING WORKSHOP WITH Barbara Schaffner

from Wheatland, WY



SPONSORED BY THE DANE G. HANSEN MEMORIAL MUSEUM

Feb. 17, 18, 19 & 20, 2005
(Thursday, Friday, Saturday & Sunday)
9 a.m. - 12 noon & 1 p.m. - 4 p.m.

Hansen Community Room

110 W. Main ~ Logan, KS 67646

Payment & registration form must be received by Feb. 15th. Mail to: Dane G. Hansen Memorial Museum, P.O. Box 187, Logan, KS 67646. For more information, contact Lee at 785-689-4846 or 785-689-4848

\$140
per person

Grief program being offered this month at library

The University of Kansas Medical Center is offering a program entitled "The Complexities of Grief and Coping Mechanisms of the Bereaved" from 10 a.m. to 3 p.m. Friday, Feb. 25 at Pioneer Memorial Library.

The program is approved for four hours of continuing education credit and is designed for nurses, social workers, nursing home administrators, emergency medical technicians, educators, counselors and clergy.

For more information or to register for the program, contact the Northwest Area Health Education Center, 217 E. 32nd, Hays, Kan. 67601 or call (785) 628-6128.

VALENTINE'S Day IS A 4-DAY CELEBRATION!
FRIDAY, FEB. 11TH ♥ SATURDAY, FEB. 12TH
SUNDAY, FEB. 13TH ♥ MONDAY, FEB. 14TH
JOIN US FOR ONE OF OUR GREAT STEAK & SHRIMP BURGERS THAT YOU AND YOURS ARE SURE TO LOVE!
Steak + SHRIMP
True Love!
YES... WE'LL BE OPEN MONDAY, FEBRUARY 14TH!
MONTANA MIKE'S STEAKHOUSE
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Bonnie Holm, S&T Plant Clerk, Sherri Edmundson, Superintendent-USD 314, Willis Crabtree, Technology Coordinator, Jane Keck, S&T Marketing



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With the support of our customers, S&T is able to lend a hand. Like when we raised over Two Hundred Dollars to help support USD 314. But, such events are NOT possible without the help of our friends and neighbors here in Brewster.

That is why we would like to take this opportunity to say thank you.

Rainbow of Flavors
PRESENTED BY
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COOKING SCHOOL

Sponsored by:
KZZZ The Ride
790 AM 100.3 FM

Tuesday, February 15, 2005
Colby High School Auditorium
7:00 P.M. Doors open at 5:30 PM
No ticket sales at door. Tickets must be purchased at Colby Radio Studios @ 1065 S. Range Ave.
\$7.00 per person WIN GREAT PRIZES