

Family

Senior center to feature movie trivia, popcorn Thursday

Movie trivia and popcorn will be featured at 11 a.m. Thursday, April 13, at the Senior Progress Center, 165 Fike Park. Come early and join the fun.

There are plenty of activities scheduled at the center for the week of April 10-14, including exercise with Diann Gerstner at 10 a.m. Monday. Income tax help will be available from 1-3 p.m. the same day. Exercise will be at 9:30 a.m. Tuesday. Wednesday there will be an exercise class with Diann Gerstner and it's wear pink day. Exercise is at 9:30 a.m. Thursday, and it's also Movie Trivia and popcorn day. Friday exercise is at 9:30 a.m.; followed by exercise class with Diann Gerstner and it's also Dress Up Day and Good Friday.

The Thomas County Nutrition Center in Colby invite those 60 and older and their guests to attend daily luncheons in Colby Monday

Senior Center

through Friday. Reservations may be made by calling (785) 460-2901 the day before. Home delivery is also available for those unable to attend due to social or physical disabilities. Those who work are also invited to come to pick up a meal. Those meals are available at noon to be picked up. For individuals 60 and over a contribution of \$2.50 per meal is requested. Anyone under 60 years of age is invited to attend or pick up a meal at a cost of \$4.50 per meal.

The menu for the next week includes: Monday - Polish sausage with kraut, mashed potatoes, Lyonnaise carrots, bread, plums. Tuesday - taco salad, tropical fruit salad, chips, peach cobbler. Wednesday - Salisbury steak with mushrooms, mashed potatoes,

peas, dinner roll, Jell-o with pears. Thursday - harvest turkey soup, four fruit compote, crackers, cinnamon roll. Friday - baked fish with tartar sauce, creamed corn, coleslaw with carrots, bread, mixed

fruit.

The building is also available for rental for events. For information or lunch reservations, call 460-2901.

The Thomas County Public Van is owned by the county but is sched-

uled and dispatched by the Senior Progress Center. The van is not a taxi service. It will be scheduled on a first-come, first-served basis.

It must be scheduled at least 24 hours in advance of its use and be

ready at least 30 minutes in advance of appointment. Sometimes there are four to six calls per time frame.

Calls for the van need to be made between the hours of 8 a.m. and noon, Monday through Friday.

Treatment exists for social anxiety disorder

Social anxiety disorder is an excessive, persistent fear of social or performance situations. It is much more than everyday shyness. Some people who suffer from this disorder become sick with fear over the belief that they will do or say something to embarrass or humiliate themselves. As a result, they will avoid most or all socially related situations, significantly limiting their life, work and relationships.

The key symptoms of this disorder are an extreme fear of social or performance situations in which a person may be scrutinized or evaluated by others; intense anxiety or avoidance resulting from fear of social or performance situations; and intense anxiety in the form of a panic attack.

Panic attacks include one or more of the following symptoms:

- A sense of imminent danger and an urge to escape.
- Racing or pounding heart beat; chest pain.
- Trembling or shaking.
- Dizziness, lightheadedness.
- Nausea or abdominal stress.
- Difficulty breathing.
- Tingling or numbness in the hands.
- Flushes or chills, sweating.
- Sense of unreality/detachment.

Plain Sense

- Fear of losing control, going "crazy" or doing something embarrassing.

Treatment for those who experience social anxiety disorder or panic attacks include help in recognizing and understanding these unreasonable fears, and gradually taking steps to deal with social situations. For some people, medication may be recommended to reduce anxiety. Contact a medical or mental health professional for more information and help in dealing with this disorder.

Editor's note: The preceding article was contributed by Karen Beery, Consultation and Education Department with High Plains Mental Health in Hays. 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. Questions will be formatted and answered in a manner that ensures confidentiality. Internet site: www.highplainsmentalhealth.com

Babies

Joshua Porter Adams

KellyAnn and Tyler Adams of Winona announce the birth of their son, Joshua Porter Adams, Tuesday, March 28, 2006, at Citizens Medical Center in Colby.

Joshua weighed 7 pounds, 3 ounces and was 19 inches long. Grandparents are Dave and Julie Geldmacher of Winona and Jim and Marla Scott of Fayetteville, Ark.

Hayden Michael Bahe

Jason Bahe and Rachel Matzek of Goodland announce the birth of their son, Hayden Michael, Tuesday, March 14, 2006 at Citizens Medical Center in Colby. Hayden weighed 7 pounds, 6 ounces and is 18 3/4 inches long.

of Colby, Steven Matzek of Oakley and Mike and Denyce Bahe of Goodland.

Great-grandparents are Erma and Lavelle Palmgren of Brewster, Tamara and Loren Bahe of Goodland and Jaynell and the late Gene Matzek of Norton.

Correction

The initial investigation into Monday's one-vehicle accident on Interstate-70, was unclear as to the number of people who died in the crash.

However, the Kansas Highway Patrol confirmed only one death occurred and not two as reported in the Monday edition of the *Free*

Press. In a follow-up article on Wednesday, a detailed report appeared on page 1.

The *Colby Free Press* wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Community Calendar

FRIDAY, APRIL 7

KXXX/The Ride concert by Mel McDaniel, 7 p.m., CCB Singles dance, City Limits Convention Center, 8 p.m.

SATURDAY, APRIL 8

Kiwanis Easter Egg Hunt, 10 a.m., Fike Park
ACT Test, Colby Community College, 8 a.m.
NWKS Music Progressions, CCC Campus, 8 a.m.
CHS Dance team tryouts, Colby High School commons, 1:30 p.m.

SUNDAY, APRIL 9

Palm Sunday
WPAA Golden Dragon Acrobats, Hoxie High School, 3 p.m.

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Per Adult

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