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 Gersnter 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 mushrooms, mashed potatoes,

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

Senior Center

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

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

lunch reservations, call 460-2901. a first-come, first-served basis. The Thomas County Public Van

uled and dispatched by the Senior ready at least 30 minutes in advance The building is also available for Progress Center. The van is not a of appointment. Sometimes there rental for events. For information or taxi service. It will be scheduled on are four to six calls per time frame.

slaw with carrots, bread, mixed is owned by the county but is sched- hours in advance of its use and be noon, Monday through Friday.

Calls for the van need to be made

It must be scheduled at least 24 between the hours of 8 a.m. and



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 or 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

Babies

- hands.
- Flushes or chills, sweating.

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.

ticle 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: • Sense of unreality /detachment. www.highplainsmentalhealth.com

Editor's note: The preceding ar-



Joshua Porter Adams

Winona announce the birth of their ounces and was 19 inches long. son, Joshua Porter Adams, Tuesday, March 28, 2006, at Citizens Medi- Geldmacher of Winona and Jim and cal Center in Colby.

KellyAnn and Tyler Adams of Joshua weighed 7 pounds, 3 Grandparents are Dave and Julie Marla Scott of Fayetteville, Ark.

Hayden Michael Bahe

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

Grandparents are Marcia Matzek Gene Matzek of Norton.

number of people who died in the

However, the Kansas Highway

Patrol confirmed only one death

occurred and not two as reported in

the Monday edition of the Free

Correction

crash.

Jason Bahe and Rachel Matzek of of Colby, Steven Matzek of Oakley Goodland.

> Great-grandparents are Erma and Tamara and Loren Bahe of Goodland and Jaynell and the late

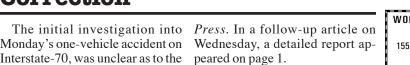




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The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

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

Hi-Plains Co-op

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

Markets

Wheat

Corn

Milo

