## Family life overwhelming after job loss; friend predisposed to drugs

Dear Dr. Brothers: I'm in my as well as take in a foster child in become addicted to a behavior be-20s and have three kids -15 need. months, 3 years and 5 years plus I take care of my grandparents and an autistic girl whom I've taken in through foster care. I'm should quickly check out Web sites running out of money and I just for national foster care and autism got laid off, so I'm really scared. I feel like I'm teetering on the edge Foster Parent Association and the and might lose everything, no matter how hard I try. What do I do? - D.G.

Dear D.G.: Wow, it sounds like you have a lot on your plate. First things first: Don't lose hope, and don't give up on yourself.

You've taken on a lot, but you need to believe in yourself and your strength to survive the hard times.

Start small, and take some quick and practical steps to see if you can ease the load and the stress that you have every day.

See if there are any extra things you are taking on that you can drop, at least temporarily while you try to get back on your feet. In terms of your immediate future, your best prospect is to find another job as quickly as possible.

If that means relying on friends, neighbors, your church or a community organization for help taking care of your family, it could be worth it in the end.

aged to keep your family together, make some people more likely to

There are many resources out there for both foster parents and parents of autistic children, so you foundations — try the National Autism Society of America.

You also should look for support locally, and don't hesitate to lean on organizations that are willing and able to help out while you try to stabilize your life, because that's what they're there for.

Dear Dr. Brothers: I have a friend who is super impulsive, and does a lot of drugs. He's started getting really into the drug scene with some of our other friends, and

I'm worried he's going to become addicted, if he's not already. Does his personality type have anything to do with his attraction to all this?

How can I help? - A.W.

Dear A.W.: Actually, you are right to think that his personality

- specifically, the impulsiveness you mention - may predispose your friend to drug addiction.

A new study with rats suggests that innate and individual dif-It is great that you have man-ferences in personality type can

fore they even try it.

This study, in a recent issue of the journal Science, shows that it is the most impulsive personality types that may be the most predisposed to drug or other types of addiction.

This may be an explanation for the idea of having an "addictive personality.

Unfortunately, your friend's genetics are something you can't change. But you can help him resist the addiction to drugs, no matter what he is genetically predisposed to.

He's probably looking for a way to fulfill his desire to try new things, to "live life to the fullest," and there are better and healthier ways that he can get these feelings.

If he's into sports, try taking him rock climbing or even sky diving or bungee jumping - these are high-risk activities that will give him the adrenaline rush he may be looking for, but still are safer and healthier than a drug addiction.

His new group of friends seems to be influencing and potentially pressuring him into drugs, so try to get him to indulge his impulses in healthier ways, and you can help to avert the danger of addiction.

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## Penney's catalog store opens

store opened today at Jacque's because it was not making enough Hallmark giving shoppers a place of a profit. An effort including the to order. The expanded store will City of Goodland, Sherman Counoffer shop-at-home and online ty and Economic Development to catalog ordering from 9 a.m. to keep the store open did not work 5:30 p.m. from Monday to Friday but the company decided to open at 1124 Main Ave. Orders may be a catalog store here. picked up there or delivered.

Penneys closed on Saturday. The ner of the store owned by Jacque Penneys corporation did not feel and Kendall Cooper. Coopers fully increases.'

The new J.C. Penney catalog it could keep operating the store recently bought the building be-

A new service counter for the The current retail location of J.C. operation is in the southwest cor-

hind the store. She said they had punched a hole between the two for a doorway. The extra space will be used for a break room and an office.

"I have no idea how much business the catalog service center will have," Jacque Cooper said. "I hope it stays the same amount as it was at the regular store and hope-

# Goodland looks at future plan

#### By Pat Schiefen

Goodland Star News pischiefen@nwkansas.com

Daniel Steffen, project manager of business development for the Kansas Department of Commerce, dialogue. He asked what everyone lead a group of more than 40 in a thought economic development conversation in a strategic plan- was. ning for Sherman County Eco-

nical College, county businesses, KLOE, S&T Communications, Eagle Cable and The Goodland Star-News.

Steffen said he was glad to see that big a group show up for the

"The creation of jobs and

declining population, school population decline, lack of communication between economic entities and planning cycles which lead to no action.

The group identified threats economically as lost population, weather affecting agriculture, perception and negativity.

Steffen said the perception of

## **TV LISTINGS**

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### **WEEKDAYS**

### AUGUST 26 - SEPTEMBER 1

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11	AM	11:30
KLBY/ABC	Good Morning Kansas		Good Morning America			The Martha Stewart Show		The View		Milli aire	on-	News	
KSNK/NBC 8 8	News Cont'd		Today						Live With Regis and Kelly		Today		
KBSL/CBS	News Cont'd		The Early Show			The 700 Club		The Price Is Right		You Rest	ng- tless	Varied	
K15CG 2	Word- World	Big Big World	Curious George	Clifford- Red	Super Why!	Dragon Tales	Big Big World	Word- World	Sesame Street		Caill	ou	Barney- Friends
ESPN 28	Sports- Center	Varied	SportsCe	nter	SportsCe	nter	SportsCe	nter	SportsCe	nter	Spoi	rtsCe	nter
USA (37)	JAG		JAG		Monk		Walker, Te Ranger	exas	U.S. Open Tennis		Varied Programs		
TBS (38)	Saved by Bell	Saved by Bell	Saved by Bell	Saved by Bell	Fresh Prince	Fresh Prince	Movie	Varied Pro	ograms		Hom Impr	ne rove.	Home Improve.
WGN 39	Chang- ing	Believer Voice	Hillbil- lies			-	Nash Bridges		Nash Bridges		Homicide: Life on the Street		
TNT (40)	Angel		Charmed	rmed Charmed		ER		ER		Las Vegas			
DSC (42)	Paid Program	Life Today	Joyce Meyer	Paid Program	How It's Made	Cash Cab	Cash Cab	Cash Cab	Deadliest	Catch	Varied Programs		
A&E (47)	Third Wat	ch	Crossing	Jordan	The Sopranos		American Justice		Cold Case Files		Cold Case Files		
HIST (48)	Liberty's Kids	History's Lost	Varied Pro	ograms									
NICK (55)	OddPar- ents	Spon- geBob	Spon- geBob	Dora the Explorer	Backyar- digans	Go Diego	Wonder Pets	Dora the Explorer	Ni Hao, Kai-lan	Yo Gabba	Vario	Varied Programs	
DISN (56)	The Wiggles	Higgly- town	Ein- steins	Mickey Mouse	Handy Manny	Tigger & Pooh	Zack & Cody	Phineas and Ferb	Hannah Montana	Wizards- Place	Movie		
FAM 58	Sister, Sister	Sister, Sister	Sabrina- Witch	Sabrina- Witch	Step by Step	Living the Life	The 700 C	lub	Gilmore (	Girls	Full Full House House		
HALL 60	Paid Program	Paid Program	The Waltons		The Walto	ons	Little House on the Prairie		Little House on the Prairie		Touched by an Angel		

#### **AUGUST 26 - SEPTEMBER 1 WEEKDAYS**

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBY/ABC	All My Children		One Life to Live		General Hospital		Million- aire	Judge Judy	News	Judge Judy	News	ABC Wid News
KSNK/NBC 8 8	News		Days of our Lives		The Ellen DeGeneres Show		The Insider	Extra	Jeop- ardy!	Jeop- ardy!	News	NBC News
KBSL/CBS	News Bold, Beautiful		As the World Turns		Guiding Light		Dr. Phil		Oprah Winfrey		News	Evening News
K15CG 2	Reading Teletub- Varied Pro Rainbow bies		ograms	Lions		Cyber- chase	Arthur	WordGirl	Fetch! With	Cliff Pup	Busi- ness	
ESPN 28	SportsCenter		SportsCenter		Outside- Lines	Football Live	NFL Live	Rome- Burning	Around the Horn	Interrup- tion	SportsCe	nter
USA (37)	U.S. Open Tennis Cont'd		Varied Pro	ograms	2				Monk		Law & Order: SVU	
TBS (38)	Home Improve.	Home Improve.	Just Shoot	Just Shoot	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Seinfeld	Seinfeld	Friends	Ray- mond
WGN (39)	WGN News at Noon		Matlock		Varied Programs		Cosby Show	Cosby Show	Sister, Sister	Sister, Sister	Funniest Pets	Funniest Pets
TNT (40)	Without a	Trace	Law & Order		Law & Order		Charmed		Charmed		Law & Order	
DSC (42)	A Hauntin	g	A Haunting T		The FBI Files		Varied Programs					
A&E (47)	CSI: Miam	ni	Crossing Jordan		The Sopranos		American Justice		Cold Case Files		Cold Case Files	
HIST (48)	Modern M	larvels	Varied Pro	ograms								
NICK (55)	Backyar- digans	Varied	Spon- geBob	Spon- geBob	Varied Pro	ograms			5 at 5	Varied	Spon- geBob	Spon- geBob
DISN (56)	Movie Cont'd	Varied Pro	ograms				Zack & Cody	Zack & Cody	Varied Programs			
FAM (58)	Sister, Sister	Sister, Sister	Sabrina- Witch	Sabrina- Witch	Full Full What I What I Gilmore Varied Prog House House Like Like Girls				ograms			
HALL	7th Heave	n			Little Hou Prairie	se on the	Little House on the Prairie		M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H

nomic Development on Thursday wealth' said by Former Secretary Technical College student union.

Steffen started by having everyone present introduce themselves and which entities they were associated with.

There were people present from the Goodland City Commission, Chamber of Commerce, Sherman County Extension District, agriculture, Goodland Energy Center, BankWest, Western State Bank, Sherman County Economic Development, Sherman County Convention and Visitor's Bureau, Goodland School District, Tech-

evening at the Northwest Kansas Harland Priddle was one he liked to use," said Steffen.

> He asked what activities the Chamber, Convention and Visitor's Bureau, city, county, businesses and other interests were involved in. He commented that there were a lot of groups working separately.

A member of the audience said sometimes it felt like that going to meetings was all anyone got done

Steffen with the audience came up with the major weaknesses for the county as an eroding tax base,

**Public Notice** 

#### **Public Notice**

#### **ORDINANCE NO. 1442**

AN ORDINANCE REZONING LOTS 1, 2, 3, 4, 5, 16, 17, 18, 19 AND 20, BLOCK 51, EAST ADDITION, FROM I-1 (LIGHT INDUSTRIAL DISTRICT) TO R-3 (MULTIPLE DWELLING DISTRICT) -(APARTMENTS AT FIFTH STREET/MARTIN AVENUE).

#### BE IT ORDAINED BY THE GOVERNING BODY OF THE CITY OF COLBY, COUNTY OF THOMAS, STATE OF KANSAS:

SECTION 1. Pursuant to the Public Hearing by the Colby-Thomas County Metropolitan Area Planning Commission as required by law, the following described real estate within the City of Colby, Kansas, is hereby changed from I-1 (Light Industrial District) as defined by Section 21-112, Zoning Ordinance of 1997, as incorporated by Ordinance No. 1257 and Amendments thereto, to R-3 (Multiple Dwelling District), as defined by Section 21-105, Zoning Ordinance of 1997, as incorporated by Ordinance No. 1257 and Amendments thereto. Said real estate is described as follows, to-wit:

#### Lots 1, 2, 3, 4, 5, 16, 17, 18, 19 and 20, Block 51, East Addition

SECTION 2. This Ordinance shall take effect and be in force from and after its passage and publication in the official city newspaper.

PASSED BY THE GOVERNING BODY AND SIGNED BY THE MAYOR this 19<sup>th</sup> day of August, 2008.

K. G. Bieber, Mavor

ATTEST

<u>M. L. Kethur</u> L. Ketchum, City Clerk

Seal

(Published in the Colby Free Press August 25, 2008)

something is what it is.

He had the group list projects started and finished in the last five years and what projects are underway.

### **Public Notice**

IN THE DISTRICT COURT OF THOMAS
COUNTY, KANSAS
CIVIL DEPARTMENT

Bankwest of Kansas Plaintiff

Wendell A. Gardner, et al. Defendants.

Case No. 08CV21 Court Number: Pursuant to K.S.A. Chapter 60

#### NOTICE OF SALE

Under and by virtue of an Order of Sale is sued to me by the Clerk of the District Court of Thomas County, Kansas, the undersigned Sheriff of Thomas County, Kansas, will offer for sale at public auction and sell to the highest bidder for cash in hand, at the Front Door of the Courthouse at Colby, Thomas County, Kansas, on September 11, 2008, at 10:00 AM, the following real estate

> All of Lots Sixteen (16), Seventeen (17), Eighteen (18), Nineteen (19) and Twenty (20), Block Fifty-seven (57), in Second or East Addition to the City of Colby, Thomas County, Kansas, as shown by the recorded plat thereof AND the East half (E/2) of the adjacent vacated North Oakley Avenue, commonly known as 690 E. 7th, Colby KS 67701 (the "Property")

to satisfy the judgment in the above-entitled case. The sale is to be made without appraisement and subject to the redemption period as provided by law, and further subject to the approval of the Court. For more information, visit www.Southlaw.com

> Michael Baughn, Sheriff Thomas County, Kansas

SOUTH & ASSOCIATES, P.C. Joe Baca (KS #21707) 6363 College Boulevard, Suite 100 Overland Park, Kansas 66211 (913) 663-7600 (913) 663-7899 (Fax) Attorneys For Plaintiff (87873)

(Published in the Colby Free Press August 18, 25 and September 3, 2008.)

## TUESDAY

## **AUGUST 26**

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
KLBY/ABC	News (N) (CC)	Enter- tainment	Wipeout (I	N) <b>(CC)</b>	Wanna Be (CC)			Democratic Convention		Nightline (N) (CC)	Jimmy Ki (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC 8 8	News (N)	Wheel of Fortune	America's contestants				Democratic Convention		News (N) The Tonic With Jay			Late Night	
KBSL/CBS	News (N) (CC)	Inside Edition	NCIS Inter (CC)	nal Affairs			Democratic Convention		News (N) (CC)	lews (N) Late Show CC) David Let		Late Late	
K15CG 2	The NewsHour Democratic Nation With Jim Lehrer (N) Convention from D						emocratic National			Ro- mance	Charlie Ro (CC)	ose (N)	
ESPN 28	E:60 (N)		2008 Worl of Poker L		ries 2008 World Series egas. of Poker Las Vegas.		Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)			NFL Live (N) (CC)	
USA 37	U.S. Open	Tennis: Fi	rst Round. I	Flushing, N	.Y. (Live) (C	C)	-		Law & Order: Criminal Intent		Law & Order: SVU		
TBS 38	Ray- mond	Ray- mond		Family Guy (CC)	World's F Commerc		The Office	The Office	World's F Commerc		Sex and the City	Sex and the City	
WGN 39	MLB Base (Live) (CC		go Cubs at	Pittsburgh	Pirates. PN	C Park.	WGN New (N) (CC)	s at Nine	Scrubs (CC)	Scrubs (CC)	Corner Gas (CC)	Becker (CC)	
TNT (40)	Law & Oro (CC) (DVS		Law & Ord Crime (CC		Law & Ord of Darknes		Law & Order Murder Book		Saving Grace You Are My Partner (CC)		Without a Trace Trip Box (CC)		
DSC (42)	Dirty Jobs (CC)	Vexcon	Dirty Jobs Cave biologist. (CC)		Dirty Jobs Dairy Cow Midwife (CC)		Smash Lab (N)		How It's Made	How It's Made	Dirty Jobs biologist. (	s Cave CC)	
A&E (47)	The First	48 (CC)	The First 4	48 (CC)	The First ( (CC)	<b>18</b> (N)	The Clean Catch a Fe		The Cleaner To Catch a Fed (CC)		The First 48 (CC)		
HIST 48	Modern M (CC)	arvels	The Universe The outer planets. (CC)		Ice Road Truckers The Big Thaw (CC)		Evolve Skin (N) (CC)		The Presidents 1789-1825 (CC)		The Universe The outer planets. (CC)		
NICK 55	Drake & Josh	Zoey 101 (CC)		Family Matters	Home Improve.	Home Improve.	George Lopez	George Lopez	Family Matters	Family Matters	Home Improve.	Home Improve.	
DISN 56	Movie: Angels in the Outfield ** <sup>1/2</sup> (1994, Comedy) Danny Glover. (CC)					Zack & Cody	Wizards- Place	Life With Derek	Zack & Cody	Hannah Montana	That's- Raven	Phil of Future	
FAM 58	Greek Spring Broke (CC) Secret Life of American Teen			Greek Bro Sisters (N)		Greek Brothers and Sisters (CC)		The 700 Club (CC)		Secret Life of American Teen			
HALL 60	Walker, Te Ranger (C		Walker, Te Ranger No				n <b>an: Wild V</b> ery) <i>Kellie N</i>		Murder, She Wrote Deadpan (CC)		Murder, She Wrote Body Politic (CC)		

### **WEDNESDAY**

## **AUGUST 27**

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC	News (N) (CC)	Enter- tainment	Wife Swap Ives (CC)	lves (CC)				Democratic Convention		Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC 8 8	News (N)	Wheel of Fortune		Got Talen s perform. (			Democratic Convention		News (N) The Tonig With Jay			Late Night
KBSL/CBS	News (N) (CC)	Inside Edition					Democratic Convention		News (N) Late Shov (CC) David Let			Late Late
K15CG 2	The News With Jim I				Conventio		tic National		BBC As Time World Goes By		Charlie Rose (N) (CC)	
ESPN 28	MLB Baseball: Boston Red Stadium. (Live) (CC)			at New York Yankees. Yankee			Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		NFL Live (N) (CC)	Heisman Pre.
USA 37)	U.S. Open (CC)	<b>Tennis</b> : M	en's First R	ound & Wo	men's Seco	ond Round.	Flushing, N	I.Y. (Live)	Law & Oro Criminal I		Law & Order: SVU	
TBS 38	Ray- mond	Ray- mond	Family Guy (CC)	Family Guy (CC)	House of Payne	House of Payne	House of Payne	House of Payne	Friends (CC)	Friends (CC)	Sex and the City	Sex and the City
WGN 39	America's Funniest Home Videos (CC)		Corner Gas	Corner Gas	Becker Becker (CC) (CC)		WGN News at Nine (N) (CC)		Scrubs (CC)	Scrubs (CC)	Corner Gas	Becker (CC)
TNT 40	Law & Ord Baby Burn		Law & Order Open Season (CC) (DVS)		Law & Order Asterisk (CC) (DVS)		Law & Order Acid (CC) (DVS)		Cold Case Blood on the Tracks (CC)		Cold Case Goodbye	
DSC (42)	MythBust Exploding		NextWorld Intelligence				Man vs. Wild The Deep South		How It's Made	How It's Made	NextWorl Intelligenc	
A&E (47)	CSI: Miam Killer (CC)		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Jacked: Theft	Jacked: Theft	Bounty Hunter	Bounty Hunter
HIST 48	Modern M Dangerous		Modern Marvels Alaskan Fishing				Jurassic Fight Club Deep Sea Killers (N)		Decoding the Past (CC)		Modern Marvels Alaskan Fishing	
NICK 55	Drake & Josh	Zoey 101 (CC)	Spon- geBob	Family Matters	Home Improve.	Home Improve.	George Lopez	George Lopez	Family Matters	Family Matters	Home Improve.	Home Improve.
DISN 56		Date With 's Daughte		Hannah Montana	Hannah Montana	Zack & Cody	Wizards- Place	Disney Games	Zack & Cody	Hannah Montana	That's- Raven	Phil of Future
FAM 58	That '70s That '70s America's Funniest Show Show Home Videos (CC)				America's Funniest Home Videos (CC) Home Videos (CC)			The 700 Club (CC)		Greek Brothers and Sisters (CC)		
HALL 60	Walker, Te Ranger (C		Walker, Te Ranger (C		Movie: Mo Mystery) J		uiem (2006 uette. (CC)	6,	Murder, She Wrote J.B as in Jailbird		Murder, She Wrote A Little Night Work	