

Healthful snacks



JO FRAHM/Colby Free Press

Girls Scouts attending the spring junior event, *Rock Your Body Right*, made healthy snacks under the tutorage of Jeannie Thyfault of Colby Community College who spoke to the girls about the food pyramid and healthy eating habits. The 105 young ladies plus adults also chose between activities such as bowling, swimming, softball, and soccer. The event ended with the girls taste-testing some of the healthy snacks made earlier in the day. The activity was presented by the Girl Scouts of Sunflower Council, Inc.

Family celebrates 50th anniversary at Camp Lakeside

Lois and Warren Starns celebrated their 50th wedding anniversary June 9 at Camp Lakeside on Scott County with family and friends. Lakeside holds many memories for the Starns, their children and grandchildren. Family present were Mike and Carla Starns, Nicole and Luke; Leslee Tyler, Shanna and Loran; Dan and Terri Starns, Jennifer, Taylor and Kevin; Jon and Carrie Starns, Miranda, Andrew and Baylee. Joey Emel Noble's daughters, Vicki and Faith, and her husband Chris, traveled the farthest to be with us. Three couples from their college fraternity and sorority at Kansas State stayed a few extra



Rosalie Bussen

• Winona Correspondent

days to continue the celebration. Lois and Warren appreciated all the friend who came by, enjoyed seeing some of the wedding party, and thank many for their cards and greetings.

Eight quilters worked on "The Fly-

ing Geese" quilt Thursday. They should finish it in a week. A very pretty sampler quilt was put in frames to do next. Lois Starns shared some of her anniversary cake and a special candle treat for us. More treats were enjoyed during the coffee break. Stop in some-time.

Ron and Cade Rogge, Idaho, arrived Thursday evening in Russell Springs for a visit with his parents, Van and Joy Rogge, and other family members. Ron returned home on Monday. Cade

stayed for a longer visit with relatives. Virginia Arnerberger reports that Derek Moreland has moved to Goodland. She and Bob visited him on Saturday.

As I write this on June 20, we are getting some rain. It's very welcome after the hot, dry and windy days.

Winona/Russell Springs has a new postmaster. Ellen Lewallen, Winona, assumed her duties on June 16. Installation will be later. She's transferred from the Wallace post office. She had been there five and half years. Ellen replaces Steve Schultz who is now in St. Francis. Verla Moser will continue to be the clerk. Ellen says she's happy to be back on home turf.

Visitors of Rosalie Bussen have been Tyler Bussen, Salina, on Friday evening; Diana Bauman, Wallace, on Monday afternoon; Darris Bussen, Jo Lene Hunter and granddaughter, Jayden of Sharon Springs Monday evening; Cade Rogge of Idaho on Thursday afternoon.

Hospital

CITIZENS MEDICAL CENTER
Monday, June 25, 2001

Admissions

Derek Redmond, Colby
Betty Groblebe, Colby
Marjorie Ebright, Colby
Gene Whittaker, Brewster
Alice Harrison, Colby

Dismissals

Mary Hurtt, Colby
Leona Vaughn, Selden
Tyler Doze, Oakley
Eldine Neill, Colby

Kountry Kitchen

This great pasta recipe was given to me by one of my nieces. Add a tossed salad, garlic bread and dessert and serve for lunch or supper.



Lois Myers

• Correspondent

Spaghetti Pie

- 1 (8 oz.) package spaghetti
- 1 tablespoon oil
- 1/3 cup Parmesan cheese
- 2 eggs, beaten
- 1 cup cottage cheese
- 1/2 pound ground beef
- 1/2 cup onion, chopped
- 1/4 cup green pepper, chopped
- 1 (14.5 oz.) can stewed tomatoes, drained and cut up
- 1 (6 oz.) can tomato paste
- 1 teaspoon dried oregano leaves, crushed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/2 cup shredded Mozzarella cheese

Prepare spaghetti according to package directions, drain. In large bowl toss spaghetti with oil. Reserve 1 cup spaghetti for filling. Toss remaining spaghetti with Parmesan cheese and eggs. Turn into a lightly greased 10 inch pie plate. Press spaghetti mixture into bottom and up sides of pie plate to form crust. Spread cottage cheese evenly over bottom of spaghetti crust. Set aside. In skillet sauté beef, onion and pepper until meat is browned. Drain. Stir in tomatoes, tomato paste, spices and the reserved cup of spaghetti. Heat thoroughly. Spoon meat mixture over cottage cheese. Cover loosely with greased foil. Bake in 350 degree oven for 20 minutes. Sprinkle with Mozzarella cheese and continue baking for 8 to 10 minutes or until cheese is melted. Makes 6 servings.

Social Hour Club met at the Red Barn

Cleda Moeder hosted the Social Hour Club at the Barn Wednesday afternoon with 10 members and Marge Leh's 5-year-old granddaughter, Elizabeth Jardin, present. Jean Hawkins received the hostess gift. A frozen fruit salad, sandwiches and coffee were served for refreshments.

Margie Leh returned home on June 14 from Wann, Okla., where she had been visiting her son, George Hiatt and family. His wife, Beverly (Cookie) had been sick for some time and died on June 7 from cancer. Our sympathy is extended to all the family.

Sandra Oleson of Amarillo, Texas, came Saturday to visit with Darrell and Margie Leh for a rev days.

A memorial service for Don Turrell who died Nov. 15, 2000 in Phoenix,



Lula Thieler

• Rexford Correspondent

Ariz., was held at the Rexford Cemetery Thursday evening with a supper at the Red Barn following. Lane Purcell was in charge of the service. Relatives who attended included Don's wife, Velma, his son and wife, Charlie and Eileen Turrell, two great grandchildren, Jeremy and Marcella all from Phoenix; Lola Skiles, Bernice Skiles, Kristin and Kayla, Billy and Pat Turrell all from Colby; Kim and Kathy Rall, Jessica Melissa and Tyler from

Herndon, Alvin and Marilyn Korte from Garden City. Several local friends attended the services also.

The Rex Carswell family spent from Saturday to Tuesday in the Keystone, Colo., area. Those attending were Rex and Betty Carswell, Lula Thieler, Robert and Peggy Dible, Jared and Brady of Menlo; Tracy Dible of Golden, Colo.; Steve and Terry Salter, McPherson; Vince and Peggy Carswell of Oberlin; Daryl and Rita Carswell and Darren of Hays. On Sunday they attended the Celtic Festival in River Run and heard some good music, also dancing by students from the Wick School of Dancing from Denver. The men enjoyed playing golf, the women went shopping and the boys took a bicycle ride on mountain trails. There were also lots of visiting, playing cards, eating and taking pictures.

A phone call can mean a lot

So far on the news this morning, I've heard about a man on a crane with a rifle; a woman who killed her five children; an intern in Washington who has been missing for several weeks, etc., etc., etc. So, it seems that there is much more bad news with each day. But, sometimes in a small way, something good happens. If you aren't a pet lover or if you want an exciting story, better go back to the front page. But if you want to know how a phone call can mean a lot, read on.

As you know, our dog, Keturah died a few weeks ago. One of the things that bothered me a lot, besides losing her, is if I (as well as everyone who knew her) let those brown eyes plead too many treats out of me. She was overweight, until a few weeks before her death. I was always afraid that I'd killed her with 'kindness'. Wednesday night, a young man called to say that he had read what I wrote about Keturah, and after we exchanged some information, we found out that our dogs were from the same litter. He was and is, heartbroken, like us, at the loss of his cocker spaniel, who died the 21st of April. He said his dog was kept on a regimen that kept her from getting fat, and other than that, it seemed we raised the dogs almost identically. His slept on their waterbed, just as Keturah slept on ours. She had her special toys, etc., etc., etc. But, both dogs, after having a good life, are now free of their earthly responsibilities. So, Terry, thank you for the call, because it eased a guilty conscience, and it made me happy to know that Roger and I were not the only ones that were smitten by large, lively brown eyes. And, if anyone else bought a cocker spaniel from Edson, that was born on May 14, 1987, I would enjoy hearing from them, also.



Sally Michael

• Brewster Correspondent

Thanks for listening. Oh, yes, the picture's in the mail, Terry.

Markets

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

Wheat	\$2.64
Corn	\$1.79
Milo	\$2.84

Community Calendar

THURSDAY, JUNE 28

- Funny Film, Pioneer Memorial Library, 11:30 a.m.-1:25 p.m.
- Kiwanis, Student Union, noon
- Picnic in the Park, Fike Park, McLemore family
- Family History Center, 1145 S. Franklin, 7-9 p.m.
- Family Fun Night, Pioneer Memorial Library, 7:30 p.m.
- Tumbleweed Chorus, United Methodist Church, 8 p.m.
- Step-parenting discussion group, 8:30 p.m.; call Deb at 462-3870 or Randy at 462-7168.
- Downtown Alcoholics Anonymous, City Hall basement, 8:30 p.m.

Thank You!

The Harold Palmgren family would like to thank all the people who sent flowers, cards, and contributions in his name. Also, thanks to the ladies who served the food at the Methodist Church. Your thoughts and prayers were certainly appreciated.

The Palmgren family



SAY GOODBYE TO DR. GRILLOT

Final clinic day is July 13, 2001

A COME AND GO FOR ALL PATIENTS AND FRIENDS OF DR. GRILLOT IS SCHEDULED FOR

Friday, June 29th - 5:00pm to 6:30pm
COLBY COUNTRY CLUB

To My Patients:

Thank you so much for allowing me to serve you over the past 5 years. It has truly been a honor and a privilege to be a part of so many wonderful people's lives.

Thank You! Stephen G. Grillot, DO



We'll be **CLOSED** on Wednesday to observe the holiday!!

EARLY ADVERTISING DEADLINES FOR JULY 5th:
Display: Monday, 3 p.m.
Classified word ads: Tuesday, 12 noon

We wish everyone a safe and enjoyable holiday! See you Thursday morning!!

THE COLBY FREE PRESS

Picnic In The Park

Bring your lunch and lawn chair and enjoy the musical talent of....

McLemore Family



Thursday, June 28th
12:00 noon
Fike Park

SPONSORED BY COLBY/THOMAS COUNTY CHAMBER OF COMMERCE, COLBY CONVENTION & VISITORS BUREAU AND YOUR COLBY FREE PRESS.

About Town

Coffee guests of Elva Livingston on Thursday of last week were: Marvin and Carol Lovenstein, Janet Stice of Atwood, and Jeff McIntyre of Page, Ariz. Matthew and Gracie Hankin joined the group for a family lunch, hosted by Elva at Arby's.

Lois Duden Myers is assisting with news for About Town and Colby Happenings. Call her at 462-7820.

Service

Michael D. Husband

Navy Seaman Michael D. Husband, son of Margaret and Thomas Karlin of Colby, recently reported for duty aboard the multi-purpose amphibious assault ship USSS Wasp, homeported in Norfolk, Va.

Husband is a 1998 graduate of Colby High School, and joined the Navy in July 2000.