

Family

Community Calendar

SUNDAY, SEPTEMBER 2

Sunday Morning Alcoholics Anonymous, Ramada Inn, 9 a.m.
Higher Ground, High School Youth Group, Berean Church, 6 p.m.
New Hope Narcotics Anonymous, City Hall Basement, 8 p.m.

MONDAY, SEPTEMBER 3

Labor Day
Duplicate Bridge, airport, 1 p.m.
Quit smoking support group, 775 E. College Drive, 1 p.m.
Monday Afternoon Bridge, Meadowlark Manor, 1 p.m.
Take Off Pounds Sensibly, United Methodist Church, 7 p.m.; weigh-in, 6-6:30 p.m.
Downtown Alcoholics Anonymous, (smoking), City Hall Basement, 8:30 p.m.
Al Anon, (nonsmoking), 1275 W. 6th, 8:30 p.m.

Puddle Duck Preschool to start Tuesday

Puddle Duck Preschool will begin Tuesday, Sept. 4. There are still some openings for students. For information contact Amy Jennings at the school, 462-2603.

Colby Girl Scouts will be holding registration and a BBQ from 6-7 p.m., Tuesday, Sept. 4, at Fike Park for new and re-registering members. All girls in K-12 are welcome to attend. Girls need

Death

Karen Kay Sheldon-Norwood

Karen Kay Sheldon-Norwood, 54, of Burlington, Colo., died Saturday Aug. 25, 2001, at the Kit Carson County Memorial Hospital in Burlington.

Karen was born in Alliance, Neb., the daughter of James and Mary Spring on Nov. 25, 1946.

Karen worked for the Service Oil Company Travel Shoppe in Colby, for 13 years. Her hobbies were stock car races, rodeo and bullriding events and her grandchildren. Karen collected cows of all descriptions and oil lamps. She wed Richard Norwood on Aug. 25, 2001.

Preceding Karen in death are her parents and one son Edward Paul Sheldon.

Survivors include husband Richard (Dick) Norwood of the home, son Robert Spring and fiancée Susanne Simon of Wichita; son J.D. Sheldon of Otis; daughter Debbie and Kirk Glenn of Ellinwood, daughter Deadra and Steven Schlotthauer of Ellinwood, and four grandchildren.

Funeral services for Karen were held Tuesday morning at the Love Funeral Home in Burlington. Pastor Aubrey Howell officiated. Burial followed in the Fairview Cemetery in Burlington.

Memorials may be made in Karen's name to the St. Christopher House and be left at the First National Bank in Burlington.

Arrangements were by the Love Funeral Home, Burlington.

Adopt a pet

The Colby Animal Clinic has a shaggy dog, as well as several other friendly dogs, in need of adoption. All are very appealing according to clinic staff, and would make good pets.

The shaggy dog is a 6-month old black male, who weighs about 15 pounds. Others are: a 3-4-year-old apricot PoodleX dog, female, who weighs about 15 pounds; a 4-6 year-old black and white female TerriorX, well mannered, who weighs about 25 pounds; and a friendly 4-year-old spayed Keeshound. They also have a Coonhound found at the Dairy Queen on Monday. For more information call the clinic at 785-462-8621.

Markets

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

Wheat	\$2.65
Corn	\$2.04
Milo	\$3.20

Club News

COLBY COUNTRY CLUB

Bridge winners Aug. 28 were: 1st, Mary Sonnenfield; 2nd, Joy Davis; 3rd, Helen Donelan

Golf game was Low Net. Winners were: 1st, Margaret Denneler; 2nd, Barb Highland; 3rd, Sidney Strait. Next weeks game will be 2 lady scramble. Hostesses are Joyce Washburn and Katie Melvin.

During the month of September all games will start at 5:30 p.m.

RETIRED FEDERAL EMPLOYEES

The National Association of Retired Federal Employees met Thursday noon, Aug. 16, at Fairview Estate Retirement Community. Those present were Mary Reitchek, Peg Greenwood, Maxine Nelson, Don and Wanda Davis, Florene and Gerry Messamore, Charles Simonton, Don Sigman, and Ron Katt, Area V vice-

Happenings

to bring a parent or guardian. Troops will be doing crafts, trips, making new friends, helping others and camping, according to Janelle Griffin of the Girl Scout Service Unit. Troops are geared up and ready for an exciting year. For information please call: 1st grade - Shannon Koon, 462-6662; 2nd grade

Bernadene I. Sewell

Bernadene Ione "Bernie" Sewell, 72, of Loveland, Colo., died Aug. 26, 2001, at McKee Medical Center in Loveland.

She was born Oct. 5, 1928, to Floyd Glenn Marshall Sr. and Irene May Barnett Marshall near Selden, and spent her childhood in Rexford. She married Donald J. Sewell on Dec. 22, 1946, shortly before she graduated from high school at the Rexford Consolidated Schools.

She moved to Colorado in 1952 and lived in Loveland until 1973. She returned to Loveland in 1982.

She worked as a telephone operator, bookkeeper, a bank teller, baby sitter, income tax consultant, and for Storage Technology. She was a member of Mountain View United Presbyterian Church.

Mrs. Sewell's passion was working on dozens of her genealogy books and talking about family history. She loved to crochet, do crafts, play cards and games, go to garage sales, do her morn-

Get-well wishes go to women

Nettie Mills had a bad fall and we wish her a speedy recovery. Nettie enjoyed having her granddaughter, Sarah Mills, here for a few days. Ashley Mills of Arriba, Colo., enjoyed spending a few days with her grandmother. We know that Nettie will have good care, but we are just sorry she is experiencing pain, now.

Lore Depe is also having some health problems, and we hope she will soon be better. We miss having these friends that we used to see frequently, and even though we don't get in touch, we still think often of them.

The hot dog and watermelon feed was well attended especially considering the weather was not quite idea. Harold and Kay Norton were honored for their public service such as Fire Department and Senior Center call-in. There were not too many of the new residents on hand to be introduced. There was an opportunity to see the different teams and activity groups.

Hospital

CITIZENS MEDICAL CENTER
Wednesday, Aug. 29, 2001
Admissions

Melissa Brown and infant female, Colby

Alissa Reiners, Colby

Loretta Rikoff, Colby

Dismissals

Jeron Schutte, Colby

president.

Maxine gave the invocation followed by the flag salute. President Mary presided.

Ron Katt presented a Citation for Distinguished Service for a 3 percent increase in membership, and a coffee cup which went to Mary who had enlisted the new members (who also lived in Hoxie.) He reminded state convention will be in Topeka and urged attendance.

Mary urged members to send the cards in Retirement Life to encourage congress to allow payment of health insurance in pre-retirement dollars.

Karen Hodson, Fairview Estates manager took the group on a tour of the facility.

The next meeting will be Sept. 27 instead of 20 because of a scheduling conflict. It will be at 6 p.m. at the Ramada Inn. Officers will be elected in October.

Senior Progress Center to be closed for Labor Day

The Senior Progress Center will be closed Monday, Sept. 3, in observance of Labor Day. The noon meal will not be served and the transportation van will not be running. Please plan accordingly. The following activities have been scheduled at the center for the week of Sept. 4-7. Any senior 60 or older may participate.

Monday - Closed. Tuesday - Low impact exercise class at 9:30 a.m.; Shuffleboard at 10 a.m.; Cards at 1 p.m. Wednesday - Line dance class at 10 a.m.; Monthly blood pressure clinic at 10:30 a.m.; Cards at 1 p.m.; Beginning computer class at 3 p.m. This class is full and more classes are planned. Call Deb at 462-2901 for information on



Lois Myers

• Senior Savvy

later classes. Thursday - Low impact exercise class at 9:30 a.m.; Shuffleboard at 10 a.m.; Senior Bridge at 1 p.m. Friday - Share-a-Memory/Coffee Time at 9:30; Shuffleboard at 10 a.m.; Leonard Hopper will be entertaining at 11:30 a.m. (Leonard plays guitar and sings.)

Indoor walking, snooker, pool, puzzles and cards are available whenever the center is open...and the coffee pot is always on!

Homestead Nutrition Sept. 4-7.

Monday - Closed. Tuesday - Liver and onions, parslid potatoes, green bean casserole, bread, mixed fruit. Wednesday - Salisbury steak w/gravy, cheesy broccoli, 3-bean salad, bread, peaches. Thursday - Ham, sweet potatoes, peas, rolls, cherry fruitcup. Friday - Chicken enchilada, cucumbers and onions, sliced tomatoes, jello w/bananas, gingerbread w/topping.

Meal reservations need to be made before noon, 24 hours in advance at 462-2901. Cancellations should be

called in as soon as possible. Menus are subject to change.

Hope you've noticed that the dietitians have started to include several Mexican entrees. Our Homestead Nutrition site cooks do a great job serving up these mild recipes... and there are condiments to add if you want a little more spice.

Senior Ponderings

We are discussing the 10 most important things you can do to improve your diet... boost your health and live longer. We shall cover number 3 and 4

today.
3. Eat fatty fish. It's not just any fish... but specifically fresh or canned salmon, tuna, sardines, and mackerel, that boosts health. Only these high-fat fish have lots of omega-3 oils that keep arteries clear, hearts in rhythm, and the brain and joints functioning well.

4. Eat nuts. A daily ounce of pecans, walnuts, almonds or peanuts can cut your risk of heart disease, by lowering bad LDL cholesterol.

Next week: Drinking tea and eating more fruits and vegetables.

The Colby Free Press has established the following guidelines for items appearing on the Family Page.

Weddings - All weddings, including picture, will be published free of charge if received within four months of the event. Wedding information coming to our attention after that period of time, will be given to our advertising department and the couple can make arrangements to purchase space.

Engagements - There is also no charge for this service.

Anniversaries - Anniversaries, accompanied by pictures, for those special occasions of 25 years and more, at no charge.

Cards of thanks - There will be a charge of 10¢ per word to have Cards of Thanks placed.

Card showers - Notices of card showers, without pictures, will be offered free of charge. They will appear in an appropriate column on the Family Page as space allows.

ing crossword puzzle and spend time with her children, grandchildren and great-grandchildren. She was an avid sports fan.

She is survived by her husband of Loveland; daughters Brenda K. Krenning and husband Dale of Loveland, and Cynthia R. "Cindy" Halling and husband Dave of Denver; son-in-law Paul Molliconi of Lakewood; six grandchildren; three great-grandchildren; brother Willard Marshall and wife Jeannie of White Settlement, Texas, twin sister Bernitta Wait of Hutchinson; and half sister Arlene Humpley of Arkansas.

She was preceded in death by a daughter, Donna Molliconi, in 1985; and by two brothers, Floyd Glenn Marshall Jr. and Samuel Marshall.

Funeral services were Wednesday at Kibby-Fishburn Funeral Home, Loveland, the Rev. Scott Oas officiating. Burial was at Resthaven Memory Gardens. Memorial contributions may be made to Crossroads Covenant Church in care of the funeral home.

Sally Michael

• Brewster Correspondent

Several young men are out for football, and they can be seen in action at Weskan on Friday, Aug. 31, at 3:30 p.m. The drill team and flag team also gave performances and will be entertaining to watch, and the cheerleaders look like they will be able to rouse a crowd in support of the bulldogs.

A big 'thank you' to Brian and Sherrie Eicher, and Violet Bowman for gathering the commodities and bringing them back. Seems like everything was doubly heavy, this time. Also, Robert Luckert helped bring them into the center.

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Professionals You Can Have Confidence In...

Our Consultant Staff is available for your specialized healthcare needs. You may wish to consult with your family physician before seeking an appointment with one of our consultants. For an appointment, please call Scheduling, Monday through Friday: 8:00 a.m.-5:00 p.m., 462-1223.

ALLERGY

Kathryn Black, D.O. (September 11)

ALLERGY/IMMUNOLOGY

BOARD CERTIFIED

Michael Volz, M.D. (September 19)

CARDIOLOGY

Christina Fisher, M.D. (September 4)

Joseph O. Rainwater, M.D. (September 5)

COUNSELING SERVICES

NewLife Clinic - Angie Witman (September 4, 11, 18 & 25)

DERMATOLOGY

Wallace Weber, M.D. (September 6)

FAMILY PRACTICE

Victor Hildyard, M.D.

Eric Jacobsen, M.D.

Jeff Jennings, M.D.

Jeff Kasselmann, M.D.

LaDonna Regier, M.D.

GASTROENTEROLOGY

Jeffrey D. Huston, M.D. (September 10 & 24)

NEUROLOGY

Brad Miller, M.D. (September 12)

Khoi D. Pham, M.D. (September 26)

OPHTHALMOLOGY-ADULT

William K. Keats, M.D. (September 6, 7, 20 & 21)

ORTHOPAEDICS

Timothy J. Birney, M.D. (September 11)

Theodore Clarke, M.D. (September 4)

James Holmes, M.D. (September 18)

Vello Kass, M.D. (September 5 & 19)

Stuart Kennedy, M.D. (September 11)

Ted Parks, M.D. (September 25)

OTOLARYNGOLOGY/Ear, Nose, Throat

James Black, D.O. (September 19)

Jerold Cossette, M.D. (September 5)

Gary Whitesell (September 4)

PEDIATRICS

Raymond B. Ketting, M.D.

PLASTIC SURGERY/HAND & LIMB

Conrad Tirre, M.D. (September 21)

PODIATRY

Steven B. Larsen, D.P.M. (September 21)

James Reeves, D.P.M. (September 13)

PULMONARY (Chest)

Timothy Kennedy, M.D. (September 12)

RHEUMATOLOGY

David Korman, M.D. (September 12)

SURGERY

W. Duncan Davis, M.D.

M.E. Fercha, M.D.

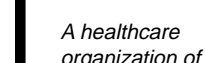
UROLOGY

Kevin McDonald, M.D. (September 20)

Carl Newman, M.D. (September 13)

VASCULAR STUDIES

Stephen Annest, M.D. (September 12)



A healthcare organization of

CITIZENS MEDICAL CENTER

100 E. College Drive • Colby, Kansas