

About Town

Dennis and Holly Bricker came to Colby from Colorado Springs. He is an army recruiter and was formerly stationed at Ft. Carson, Colo. She is a teachers' aide at Colby High School. They have two children, Jessica, 17, who is a junior at Colby High School; and Jeffrey, 13, who is an 8th grader. Family interests include boating in the summer, skiing in the winter. Holly liked to do crafts.

Walter and Joleen Yuhre came to Colby from Napa, Calif. He is the speech and drama instructor at Colby Community College. Their son, Joseph, is 4. Walter is in production for his first show, *Heaven Can Wait*, and Joleen will be helping with costumes as a hobby. Family activities include camping, and he liked football. They are members of Sacred Heart Catholic Church Parish. Joleen says they are very impressed with the college, and the people in Colby have been wonderful about welcoming them to the community.

A "Transitions" party was hosted by Marie and Mike McVay, to honor Roger Hale for his transition to part-time teaching, Krista Schoenfeld and Dr. Michael Thompson for joining the faculty of Colby Community College Social Science division. The gathering was held Saturday, Sept. 15, at the McVay home. Guests were: Delores and Dr. Mikel Ary, Carol Barnes, Bryce and Dr. Linda Davis-Stephens, Pauline and Duane Fishel, Juna Hale, Deb and Larry Koon, Shelia and Kenton Krehbiel, Betty and Dr. David Kruse, Carolyn May, Maxine McNeely, Tom Moorhous, Alice and Victor Oelke, Dr. Max Pickerill, Gwen Young.

Club News

COLBY COUNTRY CLUB
Bridge results Sept. 18 were: 1st, Helen Donelan; 2nd, Katie Melvin; 3rd, Joy Davis; 4th, Lyle Worthy
Next Week's Game will be Flag Tournament. Please let Audrey Hines know by Monday if you are going to play in it. Her phone number is 462-3354 or 462-2388. All players will start on hole No. 1, and can start playing by 4:30 p.m.

PRISCILLA CLUB
Priscilla Club met in the meeting room of the Thomas County Office Complex with Vice-president Jerri Shuman acting as hostess. President Roberta Brewer led the group in the club collect.

American heroes remembered

National POW/MIA Day is the third Friday in September, Sept. 21. The Kansas Veterans of Foreign Wars and its Ladies Auxiliary remind us that the veterans and POW/MIAs are American heroes and should not be forgotten. On Oct. 28, the VFW Auxiliary will be celebrating the birthday of the Statue of Liberty.

SHARE delivery is at 9 a.m. Saturday, Sept. 22, at Sacred Heart School gym. The September menu is fish, bacon, chicken thighs, polish sausage, meat balls and vegetables and fruits in season. The October, November, and December sign-up times will be earlier because of the holidays. October sign-up is Oct. 1-5 at State Farm Insurance, 905 E. 4th. Delivery will be Oct. 20.

Pioneer Memorial Library will have

Becky Donelan, executive director of the new Thomas County Community Foundation, gave the program. She told us that Community Foundations are non-profit organizations that seek to increase community giving, build endowments from the funds they raise, and use the income to invest back into the community.

Secretary Joan Adrian read a thank you note from Madge Scott for the flowers she received. Lenora Haney thanked the club for the flowers she received.

Eleven members answered the roll call "My Favorite Children's Song". Jerri and Sharon Steele served ice cream, meringues, nuts, limeade and iced tea.

Happenings

a farewell reception for Sheryl Goosen, children's librarian, 2-4 p.m. Friday, Sept. 28. Sheryl has been children's librarian since 1985, and has worked with many, many area children and young people in those 16 years. The library invites everyone to join with them in wishing her the best of luck in the future and thanking her for all she has done for the Library community. Rosa Lee Waterman will take over as children's librarian.

Hospital

CITIZENS MEDICAL CENTER
Wednesday, Sept. 19, 2001
Admissions

Kathleen Fringer, Menlo
Kerri Petersen and infant male, Burlington, Colo.
Amanda Cichonski and infant female, Hoxie
Brenda Schmitz, Colby
Milton Goldsworth, Colby
Jeana Hollis, Colby
Yvonne Musil, Goodland
No dismissals

Activities available for age 60 or older

The following activities have been scheduled at the Senior Progress Center for the week of Sept. 24-28. Any senior 60 or older may participate.

Monday - Shuffleboard at 10 a.m. Cards at 1 p.m. Tuesday - Low impact exercise class at 9:30 a.m. Shuffleboard at 10 a.m. Cards at 1 p.m. Grandparents Recognition Day festivities, sponsored by Abilene Hustlers 4-H, begins at 5 p.m. Wednesday - Line dance class at 10 a.m. Cards at 1 p.m. Beginners computer class at 3 p.m. 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 a.m. Shuffleboard at 10 a.m.

Indoor walking, snooker, pool, puzzles and cards are available whenever the center is open... and the coffee pot is always on! Planning a reception? You do not need to be a senior to

Service

Scotty J. Hunziker
Navy Petty Officer 3rd Class Scotty J. Hunziker, a 1995 graduate of Golden Plains High School, Rexford, recently completed the Navy Nuclear Power Training Unit course at Naval Nuclear Power Training Unit, Spa, N. Y.

Hunziker received instruction about nuclear theory, chemistry, physics, reactor operations, safety and security. Upon completion of the course, Hunziker was designated a nuclear propulsion plant operator.

Markets

Quotes as of close of previous business day	
Hi-Plains Co-op	
Wheat	\$2.52
Corn	\$1.95
Milo	\$3.04
Soybeans	\$3.99

We want your local news
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Lois Myers

Senior Savvy

rent the center. Call Deb at 462-2901 for more information.

Homestead Nutrition Sept. 24-28.

Monday - Hamburger Stroganoff, noodles, winter mixed vegetables, beets, bread, peach cup. Tuesday - Tuna pasta casserole, spinach/cheese salad, roll, apricots. Wednesday - Oven fried chicken, mashed potatoes w/gravy, green beans, bread, rosy pears. Thursday - Sausage gravy, biscuits, potato wedges, watermelon. Friday - Fajita chicken salad, cherries w/ pineapple, cranberry juice, bread, brownies. 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.

Senior Ponderings

This is the last segment of the "Ten most important things you can do to improve your diet." Number 9 and 10 are as follows:

9. Eat less The experts say cutting portion sizes in half would do more to improve American's health than anything. Research shows that obesity is a major cause of disease and death. Eating more calories than needed speeds up aging, cancer, heart disease, diabetes and Alzheimer's disease.

10. Take a multivitamin-mineral supplement. A lack of folic acid, niacin, zinc, and vitamins damages DNA in the same way radiation and chemicals do... setting the stage for cancer. Correcting even minor deficiencies can boost immunity, curb chronic diseases and perhaps prolong life. This series on nutrition was authored by Jean Carper of *USA Weekend*.

Congratulations to



REX JAMISON
...winner of the 4-wheeler given away by the Hi-Plains Shrine Club.

A special thanks to all who purchased tickets and to Colby Ag Center for furnishing the 4-wheeler.

Community Calendar

SUNDAY, SEPTEMBER 23

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

MONDAY, SEPTEMBER 24

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.
Hospice, Sacred Heart Church basement, 4:30 p.m.
High Plains Lions, Ramada Inn, 7 p.m.; weigh-in, 6-6:30 p.m.
Rexford Lions, Rexford Cafe, 7 p.m. (2nd & 4th Mondays)
Pride of the Prairie Orchestra practice, Colby Community College Band Room, Cultural Arts Center, 7:30-9 p.m.
Colby Jaycees, East Highway 24, 8 p.m.
St. Thomas Lodge, 215 N. Franklin, 8 p.m.
Downtown Alcoholics Anonymous, (smoking), City Hall Basement, 8:30 p.m.
Al Anon, (nonsmoking), 1275 W. 6th, 8:30 p.m.



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COLBY OASIS INVESTMENT CLUB OFFERS STOCK WORKSHOP

Are you interested in learning how to pick stocks?

The Colby Oasis Investment Club (COIN) is hosting a Stock Selection Guide Workshop sponsored by the National Association of Investment Clubs (NAIC) on **Friday evening, October 5 and Saturday, October 6** at the Colby Community College. For more information and registration fees contact LaDonna Sloan at 462-7747 or Joyce Washburn at 462-6886. *Pre-register until September 28th.*

Thomas County Insurance Agency is proud to announce an additon to their staff.



◆ ◆ ◆ ◆ ◆
Jim
McLaughlin
◆ ◆ ◆ ◆ ◆

We welcome Jim's clients and friends to stop by and see him or call 785-462-3939.

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