

Logan County Senior Citizens Band holds election

The Logan County Senior Citizens Band had their monthly meeting Wednesday morning, Jan. 2. Present were Martin Weber, Delbert Sprehe, Donna George, Fatty Mader, Ralph Dinkal, Rosalie Bussen, Marian Boyd, Thelbert Boyd, Marguarate Walz, and Dale Chrisler. Election of officers was held. Martin Weber was reelected as president. Other officers are: vice-president, Dale Chrisler; secretary, Armella Kruse; treasurer, Thelbert Boyd. Past treasurer, Del Sprehe, retired after 12 years of service. He was recognized. Fatty Mader is the director. Many local senior citizens rode the van to view the Christmas lights in Oakley and at the Kahles. The next meeting will be Feb. 6.



Rosalie Bussen
• Winona Correspondent

Christmas family gathering on Dec. 29-30. Present were Terry Bussen, Oakley; Celia and Kate Nicolet, Great Bend; Regina Madsen, Elizabeth, Colo.; Daryl and Anthony Bussen, Manhattan; Darris Bussen, Dani and Amber Cloyd, Sharon Springs; Bill and Diana Bauman, Wallace; Rod, Carol, Cody and Caimen Bussen, Weskan. Garrett Cloyd, Salina, stopped by to visit while enroute back to school. The birthdays of Terry, Rodney, Darris and Rosalie were celebrated also. Terry was surprised with a special one on his 40th, "Over the Hill" party. All returned home safely after touring Santa's Village in Wallace.

Karen Montemeyer, Linda and Jasmine, Garden City, arrived at LaVonne Baxter's on Dec. 23. On Christmas Eve, they were joined by Amber, Sidney and Jarred Dirks, Goodland;

Lael Baxter, Greeley, Colo.; LaNita Shepard, Levant; and Greg Baxter. On Christmas Day, Karen and girls, LaVonne and Greg were guests of LaNita Shepard in Levant.

Bob and Virginia Arberger traveled to Rising Sun, Ind., on Dec. 20 to enjoy Christmas with Reggie and Charlene Hunaker and family. Beau Strombaugh, USN of San Diego, Calif., joined them there also. On the 27th, they motored on to Pigeon Forge, Tenn. On the 29th-30th, they were in St. James, Mo., to visit Jim and Kathy Koons. They returned home Dec. 31.

Cher Smith came for Pauline Smith and returned to Overland Park for the Christmas holiday with her and Ron. Joining them were Velma Irish and family, Staci Smith, Melissa Martens, Tom and Melissa Sparks, Dillon and Dalton. Velma and Staci returned Pauline home over the New Year's holiday weekend.

Harley and Phyllis Hershberger, Russell Springs, were in Scott City on

Monday to visit Mr. and Mrs. Alvin Willman and their guests, Nancy Johnson and daughter. On Wednesday, they returned to Scott City to attend the funeral service for Louis Weber in the First Baptist Church.

The United Methodist Women met on Wednesday, Jan. 2, in Dunlap Hall. Eight member were present. The lesson was by Irma Latham, who was also the hostess. Next meeting will be Feb. 6 with Donita Goyen as hostess, and the lesson by Dorothy Kirkham.

Evelyn Langdon accompanied Gene and Doris Langdon of Leoti to Colby on Sunday, Dec. 30. They had lunch together. She returned to Leoti with them and was a houseguest through Thursday.

Supper guests of Roger and Marge Ausmus on New Year's Day were Larry and Michele Werth, Wyatt and Layton. The boys returned home with them after several days visiting their grandparents. Max Haverfield had visited, also.

Kountry Kitchen

Cheesy Potato Soup with ham.

This is a filling soup...high in protein, and very flavorful.
2 tablespoons canola oil
1/2 cup chopped celery
1/2 cup chopped carrot
1/2 cup chopped onion
1/2 teaspoon dried thyme
3 tablespoons flour
1 (14.5 oz) can chicken broth
1 and 1/2 cups milk
1 cup water
2 medium sized potatoes, peeled and diced
1/2 tablespoon parsley flakes
1 cup sharp cheddar cheese, shredded
1/2 cup finely chopped ham



Lois Myers
• Correspondent

Salt and pepper to taste. Heat oil in large saucepan over medium heat. Add celery, carrots, onion and thyme. Saute 5-10 minutes until vegetables are soft. Sprinkle vegetable mixture with flour and stir until blended. Whisk in broth, then milk and water. Add potatoes and parsley flakes and bring soup to a boil. Reduce heat and simmer 20 minutes. Add cheese, 1/3 cup at a time, stirring until melted and smooth. Mix in ham, season to taste and serve. Makes 5 to 6 servings.

Wark descendants celebrate

The descendants of Jack and Hulda Wark gathered at the Community Hall in Rexford on Dec. 25. Some were present for the whole day and others were able to stay only a short time because of other obligations. Those present were Sondra Barnett from Liberal; Bryan, Lori, Mitchel, Matthew, Elijah, and Joshua Barnett from Tyrone, Okla.; Todd, Mandy, Tatum, Kerry, Taylor and Melia Barnett from Ulysses; Cory, Tessy, Tabitha, Corban, and Obidiah Barnett from Liberal; Shalom and Gabriel Kruse from Wichita; Gloria, Daye, Shawn and Bradley Dible from Rogers Ark.; Roger Wark, Rexford ; Kelly Wark, Lawrence; Vicki and Dennis Allison, Rebecca, Kristin and Jami Wark of Rexford and Chad Wark of Colby;



Lula Thieler
• Rexford Correspondent

Tamera, Ken, Brandon and Angela Searls of Quinter; Justin and Amber Barrett from Boston, Mass.; Scott, Linda, Michael, Tiffany, Lacey and Megan Barnett of Holcomb.

A smaller-than-usual crowd attended the New Year's Eve party at the Legion Hall Monday evening. Those present enjoyed the games, playing pool and watching the now year come in on the T.V. and of course there were lots of goodies to eat.

Club News

Brewster Lions

Ten Lions and eight women guests attended the Christmas party on Dec. 12. Bubba's provided a meal of fried chicken. Ray Crumbaker opened the meeting by leading the group in singing *Jingle Bells*. Bob Lehman was the appointed Taitwister. For the program, couples played *Name that Christmas Tune*. Nate and Judy Reid were the big winners.

A group of Lions sacked candy Dec. 19 for Santa to give out at the school Christmas program.

Jan. 9 is Farmers Night. Bring a farmer or someone who is involved in agriculture. The club will be serving the meal. The ag committee is in charge of the program.

CWF Mary Group

First Christian Church CWF Mary Group enjoyed a Christmas luncheon at the Desert Rose Inn on Dec. 6. Following lunch, Lois Myers opened the meeting with a story about how Dec. 25 was chosen as the date we celebrate Christmas. Gwen Sloan could not be

present, but sent hand-made angel ornaments for each member.

Pat Hartford, general president of both CWF groups, welcomed the 11 members and two guests and gave an overview of Christian/Disciple/Women, their goals for 2002, and *How to Discover Our Gifts*. The January meeting of Mary Group was canceled.

The next meeting will be held at the home of Margaret Schifferner on Feb. 7, at 3 p.m., with Pat Hartford as program leader.

Markets

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

Wheat	\$2.70
Corn	\$1.96
Milo	\$3.07
Soybeans	\$3.75

Death

Lourena Pratt

Lourena Pratt, 90, died Monday, Dec. 31, 2001, at Lantern Park Manor, Colby.

She was a homemaker, area resident for many years, and member of the Colby Presbyterian Church.

She was born June 2, 1911, at Osborne to John Wesley and Mary Caroline (Pederson) Henry.

Her husband, Frank, died July 5, 2001.

Survivors include her son, Frank Henry (Skip) Pratt of Dayton, Ohio; daughter Katherine Pratt Torrez, Fort Worth, Texas; brother George Henry, Sierra Vista, Calif.; sisters Pearl Saunders and Mildred Ahring, both of San Diego, Calif.; three grandchildren; and one great-grandchild.

Funeral services were Saturday at Kersenbrock Funeral Chapel, the Rev. Carol Rahn, Colby, officiating. Pat Ziegelmeier was organist. Burial was at Studley Cemetery, Studley.

Memorials are suggested to the First Presbyterian Church, Colby. Donations may be left at any bank, the funeral chapel, or the church.

Studies find Omega-3 fats are beneficial

After years of being told we need to cut back on the fats in our diets, we are learning there is one kind of fat we really need to include in our diets more often — Omega-3s, said D'Ette Scholtz, Thomas County Extension Agent- Family and Consumer Sciences.

Studies have shown that these fats are helpful for a variety of conditions such as heart disease, depression, arthritis, allergies, attention deficit dis-

order and many others. Omega-3's also slow tumor development. Tumor cells do not grow or spread as much, and they die more easily.

Research has shown that chemotherapy is more effective and has fewer side effects if omega 3's are included in the patient's diet.

Which foods are rich in Omega-3 fats? Many kinds of fish are high in Omega-3s: tuna, halibut, salmon, and herring. Eating spinach and cauli-

flower, walnuts and using canola oil, will also increase your intake of Omega-3 fats.

"For a more detailed list, please stop by our office for a fact sheet or better yet, come to our educational program on Omega-3s. Let's all live a healthier lifestyle in 2002," said Scholtz.

The program is set for Tuesday, Jan. 22, at 10 a.m. at the Thomas County Office Complex Meeting Room. It is free and open to the public.

Congress not likely to establish more holidays

I'm sure things will start returning to a normal pace, and the weeks will go back to having just one Sunday in them. I thought that was just me, but many have said they are having a hard time knowing what day it is, because any day that everything is closed up seems like Sunday. I think we could all get used to having the holidays every week, but I don't think the Congress has that in their 'pork barrel', when they return to work.

Christmas Day was celebrated at the Rod and Susan Gilley residence in Brewster. Guests included Barbara Gilley, Branson Gilley, and Jessica and Andrew Ruffolo of Lester Prairie, Minn.; Carmelita and Lyle Clark of Goodland; and Nick Hoover of Hays. I would like to say "Hi" to Carmelita, and invite her to stop by the Center, sometime and visit her old friends.

Roger and I ran into Anita Roulier in Colby, on Monday. She informed us that she is now living in the Amber



Sally Michael
• Brewster Correspondent

Waves Complex, and enjoying the new lifestyle very much. She said she doesn't have to worry about snow shoveling, yardwork, or all the other home owning chores, plus, she can visit with many friendly neighbors.

It was good to see her, and we hope she will also stop in the center and visit, whenever possible, too. Of course, we really can't call snow shoveling a chore, this winter, thus far, can we? That worries some, and delights some, but all of us realize we could use some moisture soon.

Lucille Smith was the honored guest, on her 90th birthday, Dec. 9, at the home of her niece, LaVona Rand in Goodland. The dinner and special cel-

bration was attended by family members: Daryl and Keely Loyd, Dylan and Dara of St. Francis; Warren and Lou Brown of Prescott, Ariz.; Kenneth and Norma Kammer, Ethan and Brittany, and Nadine Kammer of Brewster. Lucille wants to thank her friends and family for the cards, flowers, and the other gifts she received. In the "Better late, than never category, we send our greetings for a great year ahead for this nice lady.

Community Calendar

THURSDAY, JANUARY 10

Blood pressures, Rexford Red Barn, 9-10 a.m.
Kiwanis, Student Union, noon
Family History Center, 1145 S. Franklin, 7-9 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. (non-smoking)

Winter Sale

In Progress at:

Colby His Shop

475 N. Franklin
Colby
785-465-6361

Check out what's new at:



~ CHECK OUT OUR ~
100% Cotton Throws

Located at Southwind Plaza, Colby

Thank You

The family of Jeff Jennings would like to thank the community and friends in Northwest Kansas for their overwhelming support during this difficult time.

Angie & Abby,
David & Donna,
Gina & Josh

The Business Directory

To have your ad placed in the Business Directory, call Crystal or Mandy at 462-3963

20/20 vision isn't the only reason to see your eye doctor

Drs. Morrison & Wahlmeier

James F. Morrison, OD, FAAO
Jeffrey B. Morrison, OD
Mark F. Wahlmeier, OD



180 W. 6th, Colby 462-8231

Ask us about same day glasses Hours: 8 am-5 pm (M-F)
Authorized Oakley RX Dealer Saturdays by appt.

BANKWEST OF KANSAS SUNWEST BANKS OF COLORADO

SEASONS GREETINGS

We would like to take is opportunity to THANK YOU for your business during 2001 and hope this past year has been a profitable one. Best wishes for a MAGICAL HOLIDAY SEASON and a PROSPEROUS NEW YEAR!
Call Toll Free 1-888-828-(BANK) 2265
Nathan, Kris, Shawn, Diane, Caroline, Tina, and Pam

NEW SYSTEM Professional WINDOW CLEANING
Colby, Kansas
COMMERCIAL-RESIDENTIAL-FREE ESTIMATES
Serving NW Kansas & Eastern Colorado
785-462-6995 or 1-800-611-6735
Chris & Beth Lewon
"We do windows"

ULTRA LITE STYLE
FAMILY OF LENSES
LARRY WASHBURN, O.D.
Doctor of Optometry
505 Franklin Colby, KS
785-462-3348
Member American Optometric Association

SCOTT'S CUSTOM DETAILING
For all your auto cleaning needs!
~ Located at Mufflers Plus -
Scott Harrison - 785-462-7248 - 320 W. 4th

ROUND TRIP TRAVEL 140 W. 4th • Colby
462-6999 • 1-888-690-7077
2002 Bus Tour Schedule
Call for Calendar!
•• VACATION SPECIALS ••
LAS VEGAS - Air & hotel From (per adult) \$200 No. of nights 4
DISNEY WORLD - Hotel, air, park passes \$505 3
MEXICO - Air & hotel \$450 3
CARIBBEAN CRUISE & AIR \$1,050 5
ALASKAN CRUISE & AIR \$1,500 7
HAWAII - Air & hotel \$740 3
LONDON, ENGLAND - Air & hotel \$700 3
AMTRAK EXPLORE AMERICA \$359 Max. 45
WORLDWIDE: Vacation Packages, Cruises, Tours, Groups, Flights, Hotels, Trains, Cars
ALL SPECIALS MAY BE FOR SPECIFIC DATES AND ARE SUBJECT TO AVAILABILITY. CALL IN OR FAX YOUR INTERNET QUOTES AND OTHER AIDS! WE CAN BOOK THEM FOR YOU WITH LOCAL, CARING SERVICE!!!
Ask about AAA, AARP, Senior & Companion, Corporate and Government discounts!

FARMERS & MERCHANTS BANK OF COLBY Investment Center
Are you going to pay Uncle Sam a little extra this year, or are you going to open an IRA with us?
Come see me today!
Michelle L. Foote
Financial Advisor
Securities offered exclusively through
RAYMOND JAMES
RAYMOND, JAMES, AN INDEPENDENT BROKER/DEALER
Phone: 785-462-3321
Toll-Free: 877-462-3321
240 W. 4th • Colby, KS
• NOT FDIC insured
• NOT GUARANTEED by Farmers & Merchants Bank
• Subject to risk and may lose value
OSJ 816-753-7859

Cersovsky Insurance
"Customer Service is Our Policy"
CINDY L CERSOVSKY
Cersovsky Insurance Inc
370 N Franklin • PO Box 310 • Colby KS 67701
Ph 785-462-7544 Toll Free 888-462-7544