

Happenings

With the annual Wellness Fair nearing, businesses are being asked to take part in promoting community health and wellness by covering the cost of the fair registration and or health screenings for their employees who may want to participate. The fair will be held on Saturday, Jan. 18, 2003, from 9 a.m. to 1 p.m. at the student union on the Colby Community College campus. Blood work will be done on Saturdays, Jan. 4 and Jan. 11. The registration fee is \$5, with additional fees for some of the tests. For more information about business

coupons for the Wellness fair call Wanda Davis at (785) 462-4797.

Did you know that Kansas ranks fourth in the nation in seizures of methamphetamine labs? With this being a big issue in our rural area, said officials with the Thomas County Extension Office, a community methamphetamine prevention training is planned for Nov. 7 and 8 in Colby. Registration forms are available at the Thomas County Extension Office, 350 S. Range Ave., or call (785) 462-4582.

Crow and Ryan married in October ceremony

Tiffany Crow and Jason Ryan were united in marriage Oct. 5, 2002, at St. Andrew's Catholic Church in Independence. Father Mike Baldwin of Andover, and Father Stephen Mahn Thapwa of Independence, officiated at the ceremony.

Parents of the couple are Dr. and Mrs. Stewart Crow of Independence and Mr. and Mrs. Bill Ryan of Colby. Maternal grandparents of the bride are Fred and Barbara Wilkin of Independence and Nevilyn Crow of Tulsa, Okla. Paternal grandparents are Vi Lindeman of Oakley and Ethel Ryan of Gem.

The bride was escorted to the altar by her father. Matron of honor was Carey Kubik, friend of the bride.

Maid of honor was Kelly Thompson, friend of the bride and bridesmaid was Jennifer Newton, cousin of the groom.

Best man was Adam Ryan, brother of the groom.

Groomsman were Bill Ryan, brother of the groom and Chris Crow, brother of the bride.

Guests were seated by Brian Shepard, cousin of the bride, Brad

Ryan, cousin of the groom, Ryan Ardery, Loren Tien, Jason Kubik and Aaron Heckman, all friends of the couple.

Candlelighters were Lindsey Wilkin, cousin of the bride and Rachel Ryan, cousin of the groom.

The bride wore a strapless candlelight gown of imported silk satin. The bodice was embellished with silver and iridescent beading and the chapel train was accented with self covered buttons. She carried a hand tied fall bouquet which contained pumpkin calla lilies, leonidas roses, mini sunflowers in shades of browns and burgundy, red alstroemeria lilies, orange spray roses, fall mums, and one tiffany rose from the brides family garden.

The attendants were dressed in various fall colored evening-length gowns.

The elegant A-line satin back crepe dresses were accented with sparkle organza wraps in matching colors.

Musicians for the wedding were a brass ensemble under the direction of Dan Frizane of Independence and a womens choir which consisted of Sharon Paugh, Jordan Paugh, Jami Paugh, Juli Leahy, Michelle DeScioli and Rachel Ryan.

The bride is a graduate of Independence High School and the University of Kansas, where she received her degree in accounting.

The groom is a graduate of South



Mr. and Mrs. Jason Ryan

Gray High School in Montezuma, and received his Masters degree in accounting. He is currently employed as Controller of Irsik Farms, Garden City. The newlyweds are making their home at 104 Hampton Court in Garden City.

Kountry Kitchen

This is a great casserole to serve with baked ham, thick slices of sour dough bread and perhaps a plate of fresh fruit slices, or a light dessert.

RICE AND BEAN CASSEROLE

- 1 medium onion, chopped
- 2 tablespoons olive oil
- 2 cups uncooked white rice
- 3 and 1/2 cups water
- 1 (16 oz.) can red kidney bean, drained and rinsed
- 1 (16 oz.) can pinto beans
- 1 (16 oz.) can garbanzo beans, drained and rinsed
- 1 (16 oz.) can stewed tomatoes, drained
- 1 (4 oz.) can chopped green chiles
- 1 (10 oz.) package frozen petite green peas, thawed
- 1 cup frozen corn kernels, thawed

Salt and Pepper to taste Dash of Tabasco sauce. Preheat oven to 375 degrees.

In 5-qt. Dutch oven, over medium heat, saute onion in oil, until tender. Add rice, cooking and stirring until opaque. Add water, beans, tomatoes and chiles. and bring mixture to boiling. Remove from heat, cover tightly, place in oven and bake for 30 minutes, or until water is absorbed. Add peas and corn and season to taste. Return to oven and bake until thoroughly heated. Serves 8-10



Lois Myers

• Correspondent

Community Calendar

THURSDAY, OCTOBER 31

- Kiwanis, Student Union, noon
- Grade School Costume Parade
- CCC Colby Classic Basketball Tournament, Colby Community Building, 6 p.m.
- Colby High School Varsity football at Ulysses, 7 p.m.
- Jaycee Haunted House, 7 p.m.
- 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)
- Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.

Hospital

CITIZENS MEDICAL CENTER

Sunday, October 27, 2002

Admissions

Cindy Reinert and infant female,

Colby

Suzanne Anderson, Oakley

Violet Anderson, Colby

Dismissals

None

Monday, October 28, 2002

Admissions

Lois Stoll, Oakley

Claribel Bell, McDonald

Thelbert Boyd, Monument

Dismissals

Anna Mary Barnett, Colby

Thelma Shalz, Colby

Markets

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

Wheat	\$4.38
Corn	\$2.64
Milo	\$4.24
Soybeans	\$5.02



CHICKEN-FRIED STEAK SUPPER

Served with cream gravy, salad, potato, vegetable, and homemade cinnamon rolls.

Wednesday, October 30, 2002 • 6:30 p.m.

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