

Hospice workshop planned in Oberlin

Hospice Services, Inc. has scheduled a workshop in Oberlin at the Gateway on Saturday, Sept. 10 starting at 9:30 a.m., said Sandy Kuhlman at Hospice headquarters in Phillipsburg.

The workshop entitled, "Celebrating Ourselves," is provided through a gift from the Lois Steiner Estate.

The goal of the workshop is to educate caregivers and individuals in personal well-being and address different ways they can take time to focus on their own mental and physical well being, she said.

"This workshop is for caregivers, parents, spouses, professionals, or anyone needed to be reenergized."

Speakers include Carole Pocza Hull from 9:30 to 11:30 a.m.

She has worked in hospice care for over 20 years and received the 1997 Association of Kansas Hospice Loretta Olson Pioneer Award.

She holds a masters in theology and currently presents workshops and retreats on a variety of themes.

This two-hour opener is intended as a mini-retreat, exploring avenues of self-care and practices to rediscover the passion felt early on in our personal, professional, and volunteer lives. Gentle exercises and reflections will be offered.

In the afternoon attendees will have a choice to hear two of the three breakout sessions.

One session, Kuhlman said, will run from 12:30 to 2:30 p.m. and the second from 2:30 to 4:30 p.m.

Jenny Niblock, she said, is an advanced registered nurse practitioner with Family Center for Health Care, Colby.

"Jenny will present on weight management by discussing the benefits of weight loss, risk of weight gain, environmental concerns, realistic goal setting, and maintenance after weight loss using lifestyle modification," Kuhlman said.

Mary Lewis is a board certified clinical hypnotherapist from Atwood who has operated a private practice since 1991.

"Attendees will learn the extraordinary benefits of hypnotherapy," she said.

"Mary will share the peace and acceptance hypnotherapy can bring into individuals life."

The third choice is "Celebrating You and Your Personality" by Jenni Reling. She is the owner and operator of "Perspectives Training", Beloit.

"This workshop takes a fresh approach in understanding personal motivations and will provide attendees with a personal insight to self and greater understanding of others," she said.

The workshop is free to all Hospice Services, Inc. employees and direct care volunteers if registered by Tuesday, Sept. 6. Anybody else may attend for \$10 if registered also by Sept. 6. Hospice Services will accept registrations after Tuesday with a \$15 fee from employees and direct care volunteers and a \$30 fee for anyone else. To register contact the Hospice Services, Inc. main office in Phillipsburg at 543-2900 or (800) 315-5122.

'Gala' event



PATTY DECKER/Free Press Editor

Paul Schrick, a senior at Colby High School and member of Colby's Sacred Heart Youth group, was one of many youth unloading boxes of peaches last weekend in the Thomas County Office Complex parking lot. In addition to the Freestone peaches, youth group members also sold Bartlett pears and Gala apples. All proceeds from the sale went to help the youth group with activities, community service and the annual convention.

Grainfield Knights of Columbus

Monday, September 5

Unload begins at 7 a.m. Sale begins at 9:30 a.m.

St. Agnes Church in Grainfield

Two auction rings will be run

Consignments include household, shop, and farm items.

Consignments will be taken through the morning of sale.

Lunched served by St. Agnes Ladies

For more info. call Eric Gassmann at 673-4891.

Musicians welcome!

Pride of the Prairie Orchestra begins its 25th Season with rehearsals starting September 12, 2005. Our all-volunteer orchestra members span a wide range of vocations and ages (middle school aged to retirees) and join us from communities throughout NW Kansas and NE Colorado. Our repertoire ranges from classical to POP!

Pride of the Prairie Orchestra

Musicians are invited to join us for the fun each Monday evening (beginning Sept. 12th) from 7:30—9:00 p.m. in the Colby High School Band Room. No auditions are required, only a love of music and commitment to this community service.

Questions? Email us at Gail56@hotmail.com or call Sharon Kriss (460-2800) or Mary Shoaff (462-2391)



FAMILY HELD CAPTIVE IN K.C. AIRPORT, FORCED TO SPEND 6 POUNDS OF QUARTERS.

OR

FLY MID-CONTINENT SO MOM CAN RETAIN HER SANITY.

Before you decide to drive up to Kansas City and fly from their airport to, say, Orlando, let us ask you a few questions, first. Will your car make it? (You could blow a tire or have engine trouble.) What's the weather report? (Freak thunderstorms with crackly lightning are not at all uncommon this time of year.) How are the kids going to take the trip? (Everybody knows that two or more kids in the car for more than two minutes equals trouble.) And finally, will your flight even take off in time? (This is really the worst of them all.)

Because even if you're sure that the car's fine, the weather looks good and the kids are little angels, you really have no control over your flight's departure.

In fact, it's a pretty good bet you could get caught spending an extra six or seven hours in the K.C. airport, dishing out quarters for the snack machines and the video games to your two bored kids. (And if you include your husband, it's three bored kids.)

So fly Wichita instead. We have more than 100 arriving and departing flights each day. We have 12 nonstop destinations to great places like Orlando. And, we have comparable prices to any large metro airport. So, if you're planning a trip soon, we urge you to visit the Mid-Continent Airport Web site: www.flywichita.com. There, you can learn more about what flights are available, where they go and what they cost.

Flywichita.com

Oakley High graduate hired as area facilitator

MANHATTAN — An Oakley High School graduate was recently selected to the Kansas Guardianship Program as recruiter/facilitator for the northwest Kansas region.

Shelby Peterson will be responsible for agency activities in 21 northwest Kansas counties and will be based out of the Manhattan office.

Within her capacity as recruiter and facilitator, she will recruit, screen, and train volunteers to serve as court appointed guardians or conservators for adults who are in need of that level of protection and advocacy.

"These volunteers are appointed by district courts and contract with the program," officials in Manhattan said. Referrals are made to the program by Adult Services of Social Rehabilitation Services.

Peterson grew up on a farm in the Winona area and attended school at Oakley. She is a graduate of Kansas State University and previously

worked for the Riley County Attorney's office as a truancy monitor for Riley County. She also has experience in working with persons with developmental disabilities.

The Kansas Guardianship Program assists about 1,450 persons statewide through the efforts of more than 800 volunteers.

For information on the Kansas Guardianship Program or information on volunteering, call toll-free (800) 672-0086 or email www.ksgprog.org.

Routine screening and prompt treatment can reduce deaths from breast and cervical cancer.

call to see if you qualify for a free screening

early detection works

620-275-5302

www.preventionworksks.com

A message from the Kansas Department of Health and Environment, Cancer Information Service, Susan G. Komen Breast Cancer Foundation, and American Cancer Society

Schneider Trucking place 85% in GSn ad should have just printed

LABOR DAY BLOWOUT SALE

ALL Lawn & Garden Supplies for your Grilling and Dining this Labor Day Weekend ON SALE including PHOENIX GRILLS...

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FIRE ON THE PRAIRIE CHILI COOK-OFF



In conjunction with the 4th Annual Celebration on the High Plains

September 10, 2005

Prairie Museum of Art & History Colby, KS

Prizes Given Away:

Judges Best Chili - \$300
Peoples Choice Chili - \$300
Showmanship - \$300

If you know beans about chili... Get a team and join the fun!

Call (785) 460-4511 for details

This event made possible by: Farm Credit of Western Kansas Hoxie Feedlot - Colby Fertilizer Inc. - McCarty Dairy Carpenter Cattle Company - Pioneer Feedlot Inc. Thomas Co. Feeders - Cornerstone Ag LLC

COMMUNITIES CREATING FUTURES FOR YOUTH...

BECOME A FOSTER PARENT FOR TEENS IN TRANSITION!

Only a community of caring citizens can make a difference in the life of a youth in foster care. Whether you are just thinking of becoming a foster parent or are an experienced foster parent, we have a level of care to fit your lifestyle.

The Farm, Inc., a statewide behavioral health and child welfare agency, offers many levels of community foster care programs.

Be sure to ask about our new incentive and reimbursement rates for your area!

www.the-farm.org

Model Approach to Partnership in Parenting, free foster parent training, will begin in Phillipsburg, September 14th at 7:00-10:00 P.M.



For more information or to register for training, contact Julie Cowles toll free at

800-279-9914

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