

Family

Deaths

Robert E. "Frog" Lauritsen

Robert E. "Frog" Lauritsen, 71, of Colby, died Monday, Oct. 17, 2005, at Prairie Senior Living Complex in Colby. He was born Nov. 23, 1933, in Rawlins County to Joe and Esther Lauritsen. He was a retired farmer, and had a partnership with his brother Wayne. They farmed land homesteaded by their grandfather in 1884. He lived on the family farm 13 miles north of Gem until moving to Prairie Senior Living Complex in Colby several years ago. He was an avid hunter and enjoyed going to ball games, playing cards, bingo and visiting with his

family. Mr. Lauritsen is survived by his mother, Esther Lauritsen of Colby; a brother, Wayne Lauritsen of Divide, Colo. and one sister, Joyce Gatlin of Colby and many nieces and nephews.

A memorial service was held Monday at First Presbyterian Church in Colby with Rev. Carol Rahn officiating. Arrangements were handled by Kersbrock Funeral Chapel. Memorials are suggested to the Diabetes Association or the church and can be left at any Colby bank.



TISHA COX/Colby Free Press

Colby Veterans of Foreign Wars Auxiliary members Rose Grigsby, treasurer; Doris Voisin, president; and Hazel Duffey, secretary, visited with Leona Washburn, ninth district president (second from left) during their recent meeting.

Auxiliary gets visit from ninth district president

Barnett Auxiliary met Oct. 14 with President Doris Voisin presiding. Opening prayer was offered followed by patriotic instructions and flag salute.

POW-MIA prayer was offered with lighted candle. Roll call was read and minutes heard and accepted. Treasurer's report was given and accepted subject to audit.

Bills were presented and allowed for payment. Correspondence read was General orders, president's message, thank you from local school for school supplies, thank you from Van Campen family for funeral dinner served.

Committee reports: National home chairman auctioned off a special 2006 calendar for a fund-raiser for national home. A monetary donation was allowed for national home.

Hospital chairman had table display of bibs, lap robes, neck pillows, ditty bags, walker caddies and cancer patient turbans made for VA soldiers homes and hospitals.

Santa money holders were done for the VA hospitals for Christmas.

Excerpt from the monthly mailer were read for Rehabilitation program. Community Service report stressed Genesis donations at LeRoys Printing drop site.

Youth chairman reported on Patriotic Essay received from Rexford school student.

Membership report noted 18 dues yet to collect and three lifetime memberships due yet for 2006 year.

Legislature chairman reported letters sent to senators regarding prescription med cards.

Poppy chairman discussed contacting local youth organizations for help with November poppy campaign.

Individuals present reported actions and activities done for Make A Difference Day.

Auxiliary charter was draped in memory of Regis Parrott and monetary donation to cancer aid and research made in her memory.

District President Leona Washburn addressed the group about upcoming events and activities noting district convention in Oakley Sunday, Oct. 23 at St. John School at 8:30 a.m.

Coffee tour Nov. 6 from 9:45 to 10:05 at the Post home.

She presented the growing dollar for fund-raiser for the year. She also stressed using the Buddy Poppies and encouraged members to wear the poppy in some manner every Friday as designated to be Poppy Day.

The auxiliary will be conducting a Buddy Poppy campaign in No-

Estrogen plays role in breast cancer

Healthy Haps

lifestyle decisions that may affect breast cancer risk. These day-to-day choices involve factors such as poor diet, insufficient physical activity, alcohol use and smoking. Besides possibly reducing breast cancer risk, lifestyle improvements represent smart steps for a healthier life, since they can help prevent heart disease, diabetes, and many other chronic, life-threatening conditions.

Decrease your daily fat intake, especially saturated or hydrogenated fats. Eat leaner meats and limit red meat. Reducing your fat intake helps prevent other health problems such as heart disease and stroke and may reduce your chance of developing breast and colon cancers.

Increase fiber in your diet. Fiber is found in whole grains, vegetables, and fruits. This type of diet is beneficial for your heart and can help prevent other cancers such as

This is a continuation from the previous week's article on facts about breast cancer. The next five risk factors all involve estrogen, a hormone that naturally occurs in every woman. At the time menstruation begins women start to produce larger amounts of estrogen and will continue to do so until they reach menopause. Estrogen appears to play a key role in breast cancer. Although estrogen doesn't actually cause breast cancer, it may stimulate the growth of cancer cells.

Estrogen-related risk factors are: Women who begin menstruating before age 12 are at increased risk of developing breast cancer. The more menstrual cycles a woman has over her lifetime, the more likely she is to get the disease. Although early pregnancies may help lower the chances of getting breast cancer, particularly before the age of 25, these same hormonal changes after age 35 may contribute to the incidence of breast cancer. Women who experience continuous menstrual cycles until menopause are at a higher than average risk.

Based on the Women's Health Initiative Study (2002), women do appear to have an increased risk of breast cancer while they are on Hormone Replacement Therapy (HRT) and a short time thereafter, compared to those who have never used postmenopausal HRT. This is based on a study of 16,000 healthy postmenopausal women aged 50-79 who were taking either estrogen plus progestin as HRT or a placebo (an inactive pill). Current or former use of oral contraceptives (OC) among women ages 35-64 did not significantly increase the risk of breast cancer. The findings were similar for white and black women. Data also show that former OC use does not increase the risk of breast cancer later in life. Further information can be found at NCT's Web site www.cancer.gov

Common to all women are daily

colon cancer.

Eat fresh fruits and vegetables. In addition to their fiber content, fruits and vegetables have antioxidant properties and micronutrients that may help prevent some cancers.

Limit alcohol. Evidence suggests that a small increase in risk exists for women who average two or more drinks per day (beer, wine, and distilled liquor).

Stay active. The U.S. Surgeon General recently reported that you can help prevent many health problems by engaging in a moderate amount of physical activity (such as

taking a brisk, 30-minute walk) on most days of the week. Strive to maintain the body weight recommended by a health professional, since excess fat may stimulate estrogen production.

Don't smoke. Although smoking doesn't cause breast cancer, it can increase the chance of blood clots, heart disease, and other cancers that may spread to the breast.

Healthy Happenings are provided monthly as a service from the Thomas County Health Department. For more information, call the department at (785) 460-4596.

OLD-FASHIONED

Thanksgiving

Annual Dinner
Sunday, November 6, 2005
Serving Time: 11 a.m. - 1:00 p.m.
Colby Sacred Heart Church Basement

Please join us for:
 Turkey, Ham, Dressing, Mashed Potatoes & Gravy, Corn, Rolls & Butter, Salads, Homemade Pie, Iced Tea, Coffee

Meals-on-Wheels available by calling 460-7167 or 462-2179
 Free will donation will be accepted.

Bridal Registry
Jennifer Selby
 &
Jason Shanks

Wedding Reception: Oct. 29th

Someplace Special
 Floral & Gifts

185 W. 4th • 462-7136

The road to your family's good health is long enough

Why not stay as close to home as you can?

Dr. Bruce Kellogg

Dr. Darren Mitchell

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- Women's Health
- Illness Prevention
- Diabetes Management Program
- Intensive Well Child Program
- Obstetrics & C-Sections
- Respiratory Diseases
- Chronic Disease Management
- Gerontology

Family Center for Health Care,
"Our Family Taking Care of Your Family"

Family Center for Health Care, 310 E. College Drive, Colby, KS 67701 (785) 462-6184
 1-800-453-6751

November. The poppies are assembled by disabled veterans as part of a therapy program in VA medical centers. This participation earns extra funds for their special needs and helps the veteran to feel useful and needed. It reminds us to appreciate the sacrifices made by our veterans. Remember we honor the dead by helping the living.

National home prayer was offered and meeting closed with ritual prayer.



THE SAINT FRANCIS ACADEMY
 INCORPORATED

Resource Parents Wanted

Resource parents are outstanding, loving adults, willing to foster or adopt a child or teen, including those with special needs. Resource parents can be single or married, rent or own their residence, have experience or be new to parenting. Saint Francis benefits and supports include, tax-free compensation, free training, respite/relief care, professional support and crisis services 24/7, a newsletter and much more! Learn more at an informational meeting, the last Monday of every month, 5:00 pm to 6:00 pm at The Saint Francis Academy Foster Care Homes office, 180 W. 5th St., Colby. If you could share your heart, open your home, and give hope to a child, please call, 1-866-999-1599 (toll free). EOE

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In today's financial environment, investors can benefit from the guidance of a Financial Advisor who listens to your needs and provides you with a financial plan designed to help you attain your goals.

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Rawlins Specialty Clinics

Bringing Specialized Healthcare To Your Community

November 2005						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 <small>Dr. Miller Cardiology Clinic</small>	23	24	25	26
27	28	29	30 <small>Dr. Frankum General Surgeon</small>			

TO SCHEDULE AN APPOINTMENT, PLEASE CALL (785)626-3211

Cheryl Banister, RN - Specialty Clinic Director

Thank you for allowing us to assist in your healthcare.

Markets

Quotes as of close of previous business day

Hi-Plains Co-op	
Wheat	\$3.46
Corn	\$1.71
Milo	\$2.64