

# Family

## Diabetes seminar offers recipe for fun evening

A special seminar has been cooked up so people with diabetes can learn more about managing their condition and cooking healthy.

"What's Cookin' with Diabetes" is a free, two-hour seminar prepared by Blue Cross and Blue Shield of Kansas, K-State Research and Extension, and Prime Therapeutics, LLC.

The seminar will be conducted from 6-8 p.m., Tuesday, Oct. 17 at Colby United Methodist Church, Fellowship Hall, 950 S. Franklin in Colby.

The evening will include:  
• A chance to taste-test healthy recipes whipped up by Diann

Gerstner, Thomas County Extension Agent, and Lori Sporer, Logan County Extension Agent.

• A sprinkling of tips for healthy eating.

• A measurable amount of information for managing diabetes from Sarah Linton, a certified diabetes educator.

• An abundance of giveaways and door prizes.

While the seminar is free, pre-registration is required due to limited seating. Pre-registration for this event closes Oct. 10.

For more information or to register, contact Gerstner at (785) 460-4582 or by e-mail at diann@oznet.ksu.edu.

## Brewster residents travel

On Sept. 22 Lila Mayer, Zelma Kinkade, Coleen Crumrine and Erma Palmgren went to Wilma Burr's to visit her daughter Shirley Lantz from Kansas City, Kan. They were high school classmates and had a great time visiting.

Barb Springsteen came Friday evening to spend the weekend visiting friends and seeing the ear doctor.

The community gives their sympathy to Lynnette and Rick Brown and family on the death of Lynnette's mother, Eunice Franz, of Inman.

Ron Ribordy had surgery Sept. 26. Hopes he is on the road to recovery now.

Yvonne Diebert had a stroke and is improving nicely.

Eugene Pfalser had a stroke Sunday night, and is getting along better.

On Sept. 15 Coleen Crumrine and daughter Carolyn Somers went to Ponca City, Okla., to help her brother Eugene and wife Lila paint and reorganize their home. Had a good time enjoyed the visit, but not the work.

Joan Hartley broke her hip Sept. 19 and is in the Hays hospital.

Gordon Berry had surgery on his shoulder, and is home and on the mend.

Those in the community that we need to keep in our prayers are Zelma Kinkade, Ron Ribordy, Troy Dillinger, Wayne Luckert, Coleen Crumrine, Joan Hartley, Gordon Berry and Dale Hudson.

Sorry, there was no Brewster News in the paper last week. I can



**Betty Jo Baird**

• Brewster Correspondent

blame it on my Uncle Rodney and cousin Paula. They sent me plane tickets to fly to Portland, Ore., and visit with them in Salem for a week. What a wonderful fun-filled week it was. Saw lots of things, it's so beautiful up there, and did lots of visiting.

Just a early reminder on Tuesday, Nov. 7, Election Day, the Center will be closed.

They will be voting at the Center that day instead of the City Hall. So it will be opened for VOTING ONLY.

The Men's Prayer Breakfast will be at the Center Saturday at 7 a.m.

My dear one, You spend tremendous energy on trying to be a good Christian.

But self-effort will never produce the completed saint. Instead, spend that same amount of time and effort just sitting at my feet.

Read my Word. Listen to my voice. Absorb my truth. Let the life-blood of my gospel begin to flow through your veins, and you will begin to be remade.

A person will most surely become like those with whom he or she keeps company.

Trust me. I am faithful, and I will never ask of you what I am not willing to perform in your life. I will do it! God. I Thessalonians 5:23-24

## Winona family celebrates birthday

Macey Lamb celebrated her second birthday on Sunday. Those helping her celebrate were her parents, Jason and Molly Lamb, sister Maddie; Jackie Wright, Harp; Sandy Renner and family of Dighton; Stella Worley and family of Cheyenne Wells, Colo., and Janet Wright.

The Winona Methodist Women were busy preparing for their annual smorgasbord at their last meet-

### Winona News

ing which will be held Oct. 9 at the church in Winona.

Evelyn Langdon's grandson, Craig Kelly and great-granddaughter Natasha Hillman and Meadow of Goodland attended the homecoming football game in Winona Friday evening then visited Evelyn after the game.

Carl and Gloria Hanson went to Fort Smith, Ark., last Thursday to visit Carla Jo Brakage and Cami. On Sunday they attended the installing of Carla as director of extended care for preschool.

Carl and Gloria returned home on Tuesday.

Jackie Wright of Hays was a weekend visitor of her mother, Janet Wright.

Evelyn Langdon's great-grand-

daughter Natasha Hillman, a freshman at Goodland is doing quite well in golf.

She placed fifth in the tournament at Ulysses, third at Colby and first at Scott City.

Ray and Juanita Repshire accompanied Raelene Eaton to Salina Thursday. Ray kept a doctor's appointment. They met Monique Eaton, Robert and Loretta Eaton for lunch and a short visit.

## High Plains Lions marks its 30th anniversary

The Prairie Skillet conference room was decorated with many High Plains Lions club pictures, scrap books, and anniversary cake. The club members and guests were served a steak buffet Sept. 25. Lion President Hazel Estes rang the gong and started the meeting by saying, "Thirty years ago tonight 20 members held their charter night for the inception of this club.

There are still three of the charter members in the club. Lions Elmer Lawver, Larry Koon and Roger Hale." She called on Lions Lawver and Hale to share some memories of the 30 years.

They reported that the past 30 years the club had helped many individuals and organizations as well as held many activities in the community. The Lions motto is "WE SERVE" and we have sponsored many happenings as well as groups

in the community.

The charter night was held at the Robert Burnett Memorial Student Union. The sponsoring club was the Colby Lion Club. Lion O.W. Buckman was the sponsoring club's president. Lions Fred Trowbridge, Bill Bearguard, and Burges Fields were the instigating Lions that helped organize the new club. The 20 original members were: Earl Shanon, Joe Allen, Verl Burd, Roger Hale, Ken Mitchell, Dean Armstead, Clayton Hoffman, Robert Luck, John Lawless, Joe Mildrexler, Larry Koon, Wesley Moore, Dave Peterson, Gary Dichenta, Ed Barker, Vince Welter, Gary Hennigh, Frank Schwalst, Rick Barnett and Elmer Lawver. District Governor, Keith Hansen presented the charter and Lion Rex Getz of Hoxie was the speaker.

Lions introduced their guests. Lion Francis Britton had his wife Kathy, Lion Roger Hale's guest was Roger Herren, Lion Virgil Jones introduced his wife Linda,

Lion Kassie Juenemann's guest was Jeff Carney and Lion Elmer Lawver introduced his wife Donna.

Two thank you cards were read, one from the Chamber Office for the club helping park cars at the Celebration of the High Plains and one from the Thomas County Amusement Association for help during the county fair.

Reports were given by Lion Lawver on the hearing aids that were sent to the Philippines. He had a wooden plaque on display for our contributions over the years. Treasurer Lion Larry Brenn gave a report on the candy night sale. All proceeds will be sent to the Kansas Sight Foundation.

He reported on the little girl eye

fund, is over \$1,500. Lion Jones gave a report on the raffle vacation of one week. The lucky winner for the week's vacation for four was won by Max Mountford. Lion Estes gave a report on the hot dog eating contest.

The under 18 category was won by John Schmidt and the winner for over age 18 was won by Pat Jones. Lion Sheryl Brenn gave a report on the Zone 1 and 2 west regional zone meeting hosted by High Plains Lions on Sept. 24. She reported 26 Lions were represented at the Sunday meeting.

The evening celebration ended with a silent auction of many items and eating anniversary cake. The next meeting will be Oct. 9.

### Markets

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

Wheat	\$4.65
Corn	\$2.67
Milo	\$4.33
Soybeans	\$4.80

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# It's 3 a.m. and there's a freight train running through your bedroom.

Loud snoring – yours or someone else's – can be a sign that something is seriously wrong with breathing during sleep. Snoring and other sleep-related disorders such as sleep apnea, narcolepsy or restless leg syndrome, affect nearly one out of three Americans, making their sleeping or waking hours miserable. Sleep disorders may lead to other major medical problems including high blood pressure and cardiac difficulties.

### How's Your Sleep?

- Excessive daytime sleepiness
- Loud snoring
- Breathing cessation or gasps for breath at night
- Uncontrollable attacks of sleepiness
- Trouble at work or school because of sleepiness
- Muscle tension, aching, crawling sensations in legs when trying to sleep
- Leg twitching or kicking at night
- Inability to fall asleep or stay asleep at night
- Depression or fear of falling asleep
- Interruptions to your sleep

Many people suffer needlessly simply because they are unaware that a problem exists. Once detected, most sleep disorders can be corrected. If you answered "yes" to any of these conditions, the Sleep Center at Hays Medical Center can help determine if you have a sleep disorder. Discuss your sleep problems with your primary care physician, or call the Sleep Center at Hays Medical Center today for more information about sleep disorders or scheduling a sleep evaluation.

**Dr. Hrushikesh Vaidya, Pulmonologist**  
**Dr. Adeel Pervez, Pulmonologist**  
**Dr. Ted Daughety, Certified Sleep Specialist**



**The Sleep Center**

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Located inside The Center for Health Improvement

## Community Calendar

### SUNDAY, OCT. 8

WPAA Ron Radford flamenco performance, Sharon Springs High School  
Narcotics Anonymous candlelight meeting, City Hall basement, 8 p.m.

### MONDAY, OCT. 9

After School Program, Colby Community Building, 3:30 p.m.  
Downtown Alcoholics Anonymous, City Hall basement, 830 p.m.

### TUESDAY, OCT. 10

Early Childhood Screening, United Methodist Church, 8:30 a.m.-3:30 p.m.  
After School Program, Colby Community Building, 3:30 p.m.

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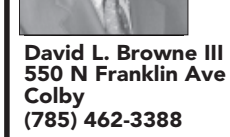
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