

# Family

## 'Bright Colors Day' planned

By Emma Rogers

Senior Center

### Senior Center

Monday is "Bright Colors Day" at the Senior Progress Center, 165 Fike Park. Pick out your brightest and come and join in the festivities, the brighter the better.

There are plenty of activities scheduled at the center for the week of Oct. 16-20, including exercise at 9:30 a.m. Tuesday. Wednesday is Nerd Day. Thursday exercise is at 9:30 a.m.; Bingo is at 11 a.m. Exercise is at 9:30 a.m. Friday and don't forget to wear your Orange and Denim today.

The Thomas County Nutrition Center in Colby wishes to invite those 60 and older and their guests to attend daily luncheons in Colby Monday through Friday. Reservations may be made by calling (785) 460-2901 the day before. Home

delivery is also available for those unable to attend due to social or physical disabilities. Those who work are also invited to come to pick up a meal. Those meals are available at noon to be picked up. For individuals 60 and over a contribution of \$2.50 per meal is requested.

Anyone under 60 years of age is invited to attend or pick up a meal at a cost of \$4.50 per meal.

The menu for the next week includes: Monday - salmon patties with sauce, green beans, beets, garden rice, tropical fruit salad. Tuesday - turkey, sweet potatoes, Italian blend veggies, bread, cranberry apple salad. Wednesday - chili, five cup salad, crackers, cinnamon roll. Thursday - roast beef, mashed po-

tatoes and gravy, rosy pears, bread, birthday cake. Friday - scalloped ham and potatoes, peas, cottage cheese salad, bread, plums.

The building is also available for rental for events. For information or lunch reservations, call 460-2901.

The Thomas County Public Van is owned by the county but is scheduled and dispatched by the Senior Progress Center. The van is not a taxi service. It will be scheduled on a first-come, first-served basis.

It must be scheduled at least 24 hours in advance of its use and be ready at least 30 minutes in advance of appointment. Sometimes there are four to six calls per time frame.

Calls for the van need to be made between the hours of 8 a.m. and noon, Monday through Friday.

To contact the public transportation van after 12:30 p.m., call (785) 443-9208.

## Brewster turkey dinner Nov. 1

The Brewster United Methodist Church will be holding their Annual Turkey Supper Wednesday, Nov. 1. Serving time will be 5:30 to 7:30 p.m. If you are interested in helping volunteer, please call 694-2791.

What a wonderful rain we have been having.

Know the farmers are loving it on their wheat, even though it is slowing up the harvest. Even the snow was a beautiful sight this noon. Sounds like we will be getting more.

We have several in the hospital from the community which we need to pray for, these are Pauline Lemmer, Wayne Deeds, Joan Hartley, Ruth Jones, Lora Depe and Dawn Schultz. We pray that God will put his hands on all.

Warren Reid had knee surgery Oct. 2. He is home and doing well.

The Prairie Gem 4-H decorated the Center's front window. Really



**Betty Jo Baird**

• Brewster Correspondent

looks great kids. Job will done. Stop by to see it when you are in town.

Don't forget your flus shot, Thursday, Oct. 26 at 9 a.m., at the Senior Center.

Another reminder about Election Day Nov. 7. The Senior Center will be open only for voting. Voting will take place at the Center, not City Hall as in years past.

We had our RSVP Crazy Hat Party, Oct. 4. Lots of fun and crazy hats. We thank you Laura for a great afternoon.

Dear Child, I watch you laboring and fretting and anxiously striving to achieve things for me and my

kingdom. Hear me.

Your work is not my primary concern. Your work is now, has always been, and always will be secondary to your relationship with me

What you do will flow out of your relationship with me as irrigation streams flow out of a deep, clear, powerful river.

The river (the relationship) will set your motives and supply your strength.

Then your work will flow forth to honor me.

Any time you allow your work to come ahead of your relationship with me, you risk working against me and my purposes.

Draw near to me and rest. Seek my will at every small turn. Listen for my voice. Be filled with my Spirit.

Then work with joy and abandon! The Source of your power, God. John 14:10,12.

## Lead poisoning has lasting impact

The effects of lead poisoning in children have both a physical and a mental impact. Lead has not been an ingredient in house paint in the United States since 1978, but the danger of lead poisoning in children is still very real. Parents are always going to worry about their children and the modern world seems to give us something new to worry about on an almost daily basis.

Although lead exposure is dangerous at any age, it is particularly dangerous for children three years of age or younger because during the first weeks and months of a child's growth, the brain is developing at its most rapid rate and vital nerve connections may be damaged by lead or may not even form properly.

In addition to obvious physical health problems, lead poisoning in children may lead to lower IQs or mental retardation. Brain damage at such an early age can also cause behavioral problems such as increased irritability and anger. Some symptoms even mimic Attention

### Plain Sense

Deficit Disorder, such as being easily distracted, difficulty staying focused, and poor reasoning skills.

Once this type of brain damage has occurred, it is often too late to reverse the effect. The good news is that lead poisoning is preventable as long as parents have the right information and take the necessary steps to keep their young children safe.

According to the Centers for Disease Control (CDC), as many as one out of every 23 children nationwide has lead poisoning; indeed as many as one out of six low-income children, living in housing built before 1946, has been poisoned by lead. Other estimates suggest that as many as four to five million children have blood lead levels associated with impaired neuropsychological functioning.

The most common source of poisoning occurs when a child breathes in lead dust or ingests paint flakes from peeling paint on walls, baby

cribs, older toys, and furniture. A child could also be poisoned by ingesting water carried by lead plumbing or pipes connected by lead solder.

Finally, a child may be exposed to lead if they consume food processed, preserved, and/or stored in containers that have lead components. Parents who have questions about lead poisoning or think their child has been exposed should contact their local public health department or family physician for assistance.

*Contributed by Ken Loos, MS, LMLP, LCP, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, PLAIN SENSE, Consultation and Education Department, 208 East 7th, Hays, KS 67601 (Questions will be formatted and answered in a manner that insures confidentiality.)*

## Abilene Hustlers 4-H makes fall plans

The Abilene Hustlers recently installed officers for the new year. The following officers were elected: Rachel Lamm, president; Seth Bredemeier, vice president; Case Rundel, secretary; Kellan Ziegelmeier, treasurer; Colton Rundel, reporter; and Victoria Rall as historian.

Guests for the night were Cole Ziegelmeier and his mother. A thank-you note was read from the Pete Morrison family thanking us for the memorial contribution. Members were reminded of set up and take down for Celebration on

the Plains.

It was decided that the January meeting would be Jan. 3, 2007.

National 4-H week was Oct. 1-7. Members were informed that they could make radio PSAs the afternoon of Wednesday, Sept. 27. Members were encouraged to take canned goods to the Extension Office by Oct. 1 in honor of Kansas 4-H's 100th birthday.

The club will issue premiums for members completing record books meeting the set guidelines and criteria. The club will have club awards for the November meeting with a

potluck. In December they will go caroling at the nursing homes followed with a soup supper.

A committee was developed for grandparents' day with the date to be announced. Those on the committee are Bredemeier's, Bremenkamp's, Koon's, Lamm's and Tole's. Members were informed that record books were due Oct. 3. For the program Jory Koon gave a talk on his entomology collection. Marc Bremenkamp gave a project talk on how he made his rag time quilt. Host for the night was the Koon family.

## Community Calendar

### FRIDAY, OCT. 13

Living Rosary, Sacred Heart School, 2 p.m.  
Quilters Guild, Colby Community Building, 6:30 p.m.  
Wings Upon the Prairie drop-in center, 485 N. Franklin, 5-8 p.m.  
Fall senior parent night/Junior cheerleaders to perform at CHS football game, Dennen Field, 7 p.m.

### SATURDAY, OCT. 14

CCC softball tourney, college diamonds  
CCC baseball, college diamonds, 1 p.m.  
Ninth annual Sacred Heart auction and dinner, 5:30 p.m., City Limits Convention Center  
Quilters Guild, Colby Community Building, 7 p.m.  
Golden Buckle Square Dance Club, Colby Community Building, 8 p.m.

### SUNDAY, OCT. 15

CCC Baseball against Independence, college diamonds, noon  
Wings Upon the Prairie drop-in center, 485 N. Franklin, 2-6 p.m.  
Narcotics Anonymous candlelight meeting, City Hall basement, 8 p.m.

# TV LISTINGS

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## SATURDAY

**OCTOBER 14**

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBY/ABC (4) (6)	Good Morning Kansas Saturday	Good Morning America (CC)	Good Morning America (CC)	Good Morning Kansas Saturday	That's-Raven	That's-Raven	Hannah Montana	Zack & Cody	Emperor New	Replacements		
KSNK/NBC (8) (8)	Today (CC)			Paid Program	Paid Program	Dragon (EI) (CC)	3 2 1 Pen	Babar (EI) (CC)	Jane-Dragon	Jacob Two Two		
KBSL/CBS (12) (11)	Saturday Early Show (CC)			News			Cake (N) (EI) (CC)	Dance Revolut.	Paid Program	Paid Program		
K15CG (2)	Business	Market-Market	Mister Rogers	Thomas-Friends	Jay Jay the Jet	Bob the Builder	Dragon-flyTV	Reading Rockets	Score-board	Barbecue	Bake Decorate	Victory Garden
ESPN (28)	SportsCenter (CC)	SportsCenter (CC)	SportsCenter (CC)	SportsCenter (Live) (CC)	College Gameday (Live) (CC)						College Football	
USA (37)	Paid Program	Sexy Abs	Paid Program	Paid Program	Movie: Bring It On Again ★½ (2004, Comedy) Anne Judson-Yager. (CC)				Movie: Intolerable Cruelty ★★★ (2003, Romance-Comedy) George Clooney. (CC)			
TBS (38)	Steve Harvey	Steve Harvey	Movie: Excess Baggage ★½ (1997, Comedy-Drama) Alicia Silverstone. (CC)	Movie: Almost Famous ★★★★ (2000) An aspiring teenage rock journalist gets his big break. (CC)							Movie: I Am Sam	
WGN (39)	Enter-prise	Adelante Chicago	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	America's Funniest Home Videos (CC)	
TNT (40)	(5:00) Movie: Free Willy 2: Home	Movie: It Takes Two ★½ (1995, Comedy) Kirstie Alley, Steve Guttenberg. (Premiere)			Movie: Wild Wild West ★ (1999, Action) Will Smith, Kevin Kline. (CC)						Movie: Maverick ★★★ (1994) (CC)	
DSC (42)	Paid Program	Paid Program	Paid Program	Paid Program	Shipwrecks and Salvage (CC)		Iceberg Cowboys (CC)	Dirty Jobs Antique printing press. (CC)	MythBusters Car stereos. (CC)			
A&E (47)	Murder, She Wrote (CC)	Murder, She Wrote (CC)	Murder, She Wrote Thursday's Child	Biography Robert Redford (CC)				Airline (CC)	Airline (CC)	Caesars 24/7 (CC)	Caesars 24/7 (CC)	
HIST (48)	Automobiles Jeep (CC)	Wild West Tech Gambling Tech (CC)		Heavy Metal Patrol Torpedo boats. (CC)	Mail Call B-2 B-2 Stealth Bomber.			The ArchiTECHS: Skyscraper	Modern Marvels Bombs (CC)			
NICK (55)	Grown Up	OddParents	Jimmy Neutron	Jimmy Neutron	Nick-toons TV	SpongeBob	OddParents	OddParents	Avatar-Last Air	Avatar-Last Air	Nick-toons TV	Danny Phantom
DISN (56)	The Wiggles	Higglytown	Little Einsteins	Mickey Mouse	Mickey Mouse	Handy Manny	Handy Manny	Doodle-bops	Charlie & Lola	Lilo & Stitch	Emperor New	
FAM (58)	Family Matters	Family Matters	Step by Step	Step by Step	Full House	Full House	Sabrina-Witch	Sabrina-Witch	Boy Mts. World	Boy Mts. World	Full House	Full House
HALL (60)	Little House on the Prairie (CC)	Little House on the Prairie Barn Burner		Movie: When Good Ghouls Go Bad (2001, Comedy) Christopher Lloyd. (CC)					Movie: Stranded (2002) The marooned Robinson family survives on an island.			

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	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBY/ABC (4) (6)	Paid Program	Paid Program	Primal Quest Eco-Challenge (N) (CC)	College Foot.	College Football: Teams to Be Announced. (Live)							Post Game
KSNK/NBC (8) (8)	Jeopardy!	Paid Program	LPGA Golf: Samsung World Championship -- Third Round. (Live) (CC)		Action Sports Orlando, Fla. (Live) (CC)						Paid Program	NBC News
KBSL/CBS (12) (11)	Ultimate Blackjack Tour (CC)	Rodeo: PRCA ProRodeo	Football Today	College Football: Teams to Be Announced. (Live) (CC)								
K15CG (2)	Yankee Shop	This Old House	Ask This Old	Home-time (N)	Woodwright	Real Simple	Scrap-book	School-Fine Art	Love of Quilting	Piano Guy (CC)	Boomer's-Life	Rare Visions
ESPN (28)	(11:00) College Football: Teams to Be Announced. (Live)				College Football Scoreboard (Live)	Horse Racing: Queen Elizabeth II Challenge Cup. Lexington, Ky. (Live)					SportsCenter (Live) (CC)	
USA (37)	Movie: American Pie 2 ★★½ (2001, Comedy) Jason Biggs. (CC)				PGA Golf: Frys.com Open -- Third Round. From Las Vegas. (Live)						Law & Order: SVU (Live)	
TBS (38)	(11:45) Movie: I Am Sam ★★ (2001, Drama) A man tries to regain custody of his daughter. Sean Penn.				Movie: Down to Earth ★½ (2001, Comedy) Chris Rock.						Movie: What's the Worst That Could Happen? ★ (2001) Martin Lawrence. (CC)	
WGN (39)	Cosby Show	Moesha (CC)	Soul Train Flipsyde.	Movie: K-911 ★★ (1999) A detective and his dog track an unbalanced criminal. (CC)							America's Funniest Home Videos (CC)	American Idol Rewind Audition 2
TNT (40)	(11:00) Movie: Maverick ★★★ (1994, Western) Mel Gibson.		Movie: Overboard ★★½ (1987) An amnesiac millionaire is duped by a cunning carpenter. (CC)								Movie: My Best Friend's Wedding ★★★ (1997, Romance-Comedy) Julia Roberts.	
DSC (42)	Mega Builders Harlem River.	Extreme Engineering	Dirty Jobs Worm Dung Farmer (CC)	Dirty Jobs Vermont cheese. (CC)							Dirty Jobs Diesel-Man (CC)	Dirty Jobs Mushroom farming.
A&E (47)	The First 48 (CC)	The First 48 Devil's Candy (CC)	The First 48 (CC)	The First 48 (CC)							The First 48 Point Blank: Shoot Out	City Confidential (CC)
HIST (48)	Where Did It Come From? (CC)	Where Did It Come From? (CC)	Where Did It Come From? (CC)	Where Did It Come From? (CC)							The Mexican Revolution Mexico's revolution of 1910. (N) (CC)	
NICK (55)	Cats-cratch	Cats-cratch	The X's (CC)	The X's (CC)	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV
DISN (56)	Movie: Monsters, Inc. ★★★ (2001, Comedy) Voices of John Goodman. (CC)				Lilo & Stitch	Ameri-can Drgn	Kim Possible	Lizzie McGuire	Natural-Sadie	Sister, Sister	Phil of Future	Zack & Cody
FAM (58)	Ground-ed-Life	Ground-ed-Life	Movie: View From the Top ★★ (2003, Comedy) Gwyneth Paltrow. (CC)								Movie: The Breakfast Club ★★★ (1985, Comedy-Drama) Emilio Estevez. (CC)	Movie: From Justin to Kelly ★½ (2003)
HALL (60)	(10:00) Movie: Stranded (2002)		Movie: Jules Verne's Mysterious Island ★½ (2005) Civil War refugees encounter Captain Nemo. Kyle MacLachlan. (CC)								Movie: Supernova (2005, Science Fiction) Peter Fonda, Luke Perry. (CC)	

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	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC (4) (6)	News (CC)	Kake News	College Football: Regional Coverage -- Arizona State at USC or Michigan at Penn State. (Live)						Post Game	News (CC)	American Idol Rewind Audition 2	
KSNK/NBC (8) (8)	NASCAR Racing: Nextel Cup -- Bank of America 500. From Concord, N.C. (Live) (CC)								News	Saturday Night Live Dane Cook; The Killers. (CC)		
KBSL/CBS (12) (11)	News (CC)	Inside Edition	Close to Home Sex, Toys and Videotape	Cold Case The Hen House (CC)	48 Hours Mystery				News (CC)	Andy Griffith	Without a Trace Snatch Back (CC)	
K15CG (2)	Ameri-ca's Hrtl	Kansas Spotlight	Keeping Up	As Time Goes By	The Lawrence Welk Show	Red Green	Austin City Limits Ray Davies (N) (CC)	Soundstage (Part 2 of 2) (CC)			College Football Final (Live) (CC)	
ESPN (28)	Score-board	College Football: Teams to Be Announced. (Live) (CC)										
USA (37)	Law & Order: Criminal Intent	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU					Law & Order: Criminal Intent		Action Sports Orlando, Fla. (Live)	
TBS (38)	College Football: Teams to Be Announced. (Live)								Movie: Tommy Boy ★★ (1995, Comedy) An heir tries to save his father's business.		College Football	
WGN (39)	Stories of Hope: The Fa	Movie: Life in the Balance (2001, Drama) Bo Derek, Stewart Bick. (CC)							WGN News at Nine (CC)	Sex and the City	24 Day 5: 7:00PM-8:00PM (CC)	24 (CC)
TNT (40)	Movie: Father of the Bride ★★★ (1991, Comedy) Steve Martin. (Premiere) (CC)				Movie: Father of the Bride Part II ★★½ (1995, Comedy) Steve Martin. (CC)						Movie: Father of the Bride Part II ★★½ (1995, Comedy) Steve Martin. (CC)	
DSC (42)	MythBusters Killer Tissue Box (CC)	Next Wave: Tsunamis			America's Tsunami	America's Tsunami					Tsunami: Wave of Disaster (CC)	Next Wave: Tsunamis
A&E (47)	Iceman Tapes: With a Killer	Cold Case Files (CC)	Cold Case Files (CC)				The First 48 (CC)				American Justice	Cold Case Files (CC)
HIST (48)	Modern Marvels Distilleries 2 (CC)	The Exodus Decoded Scholars argue the validity of the biblical Exodus. (CC)					Caligula: Reign of Madness (CC)				Decoding the Past Heaven and Hell	The Exodus Decoded
NICK (55)	OddPar-ents	SpongeBob	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Full House	Fresh Prince	Rose-anne	Rose-anne	Design. Women	Fresh Prince
DISN (56)	Hannah Montana	That's-Raven	Replaces-ments	Emperor New	Movie: Hocus Pocus ★★½ (1993, Comedy) Bette Midler. (CC)						Zack & Cody	That's-Raven
FAM (58)	(5:00) Movie: From Justin to Kelly ★½		Movie: Grease ★★ (1978) Disparate summer lovers meet again as high-school seniors. John Travolta.								Movie: Grease 2 ★★ (1982) A British exchange student falls for a female gang leader. (CC)	
HALL (60)	(4:00) Movie: Supernova (2005)		Movie: Final Days of Planet Earth (2006, Science Fiction) A man holds the key to defeating insectlike aliens. Daryl Hannah.								Movie: Final Days of Planet Earth (2006, Science Fiction) Daryl Hannah. (CC)	

## Correction

Donna Schwindt of Colby was incorrectly identified as Betty Rhodes in a photo of a singles dance in the Monday, Oct. 9 edition of the Colby Free Press. This was a reporting error.

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

## Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat	\$4.93
Corn	\$2.81
Milo	\$4.58
Soybeans	\$4.77



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