Page 4 Colby Free Press Thursday, December 20, 2007

Family

Death

Jeremiah "Jay" Nichol

Colby died Tuesday, Dec. 18, 2007. He was born on April 17, 1979, at Holdredge, Neb. Mr. Nichol was an Insurance salesman for AFLAC.

Survivors include: wife, Michele Nichol of Colby; mother, Sherye Elliot of Salina; sons, Clay and Coy Cassaw of Colby; daughters, Madison Lea Nichol of Downs, Shelby Cassaw of Colby, Bree Ann Elizabeth Nichol of Colby; brothers, Brian Elliot of Hoxie, Arlen "Dee" Elliot of Colby; sisters, Lori Patillo of Paradise, Stacy Gordon of Colby, Melissa Garcia of Salina; grand-

Jeremiah "Jay" Nichol, 28, of parents, Millie Sauvain of Colby, Peggy and Herbert Hachmeister of Natoma; mother and father in-law, Dale and Shirley Vap of Colby.

Services will be held at 10 a.m. Saturday, at Sacred Heart Catholic Church in Colby. Fr. Dana Clark will be officiating.

Visitation is from 3 to 6 p.m. on Friday at Kersenbrock Funeral Chapel in Colby. Inurnment will take place in Lonestar Cemetery at a later date.

Memorials may be made to the children's education fund and left at any Colby bank or Kersenbrocks.

Recipes for expanding vegetarian variety

(AP)- If you're looking to expand recipe index that indicates whether your meatless recipe repertoire, recipes are fast, vegan and appropritwo recent cookbooks have all you need

First is Mark Bittman's "How to Cook Everything Vegetarian." Bittman gives vegetarian food an exhaustive treatment, offering up some 2,000 simple recipes and variations, from espresso black bean chili to Korean crisp vegetable pancakes.

As valuable as the recipes is the tremendous background material Bittman accompanies them with. For example, the recipe for white rice includes stovetop and microwave directions, as well as 14 quick ways to jazz up plain rice.

Numerous tables walk readers through ingredients and techniques, explaining differences and preparation methods. Especially nice is the \$39.95

Rexford Correspondent

The Red Barn Board of Directors

held a Senior Appreciation dinner

on Saturday, Dec. 8. The meal was

catered by Dana Broeckelman Leija,

Colby Montana Mike's manager,

with the help of her mother, Cathy

Broeckelman and brother, Jonathan,

The meal was served at the Com-

dinner, Jolene Hansen led the group

By Vicki Allison

of Selden.

Christmas carols.

ate for do-ahead cooking.

Refreshingly, Bittman doesn't write only for vegetarians; he writes for people who want to eat vegetarian meals

His inclusive, informative approach makes this cookbook a joy to cook from.

Also nice is Martha Rose Shulman's "Mediterranean Harvest," a collection of more than 500 vegetarian recipes. Readers will find her recipes more involved than Bittman's, but equally appealing. BOOKS:

Mark Bittman's "How to Cook Everything Vegetarian," Wiley, 2007, \$35

Martha Rose Shulman's "Mediterranean Harvest," Rodale, 2007,



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Brent Wellbrock and Erin Barrett Couple plan wedding

Mr. and Mrs. Kent Barrett of Fort Hays State University. She is Wellbrock, son of Mr. and Mrs. Greg Wellbrock, Ulyssess.

Erinisa2003 graduate of Triplains High School and a 2006 graduate of is planned.

Training for soldiering

Officer Candidate School training at North Fort Lewis, Tacoma, Wash., and was commissioned as a second lieutenant in the U.S. Army National Guard.

The two-week training is the final phase of a three-phased, 14-month training period, officials said.

The national guard officer candidate received "basic soldiering" instruction in leadership, professional ethics, soldier team development, combined arms tactics, weapons defense, squad drill, intelligence, land navigation, maintenance, communications, staff and general military subjects, field training exercises, and physical training and conditioning.

Officer candidates are tested and evaluated in leadership skills and team work abilities required of a commissioned officer. Students utilize acquired skills to function in "leader and follower" positions in

Winona, announce the engagement employed at Driscoll Law Office, of their daughter, Erin to Brent Russell. Brent is a 2002 graduate of Ulysses High School and is employed by Express Well Service, Victoria. A Jan. 19, 2008, wedding

Derrick L. Bailey graduated from squad and platoon-sized elements in a stressful and demanding field environment involving various

tactical situations. Students are selected and considered from colleges, active-duty enlisted ranks, and direct commmissions.

Bailey was formerly a heavywheeled vehicle maintenance supervisor with the Kansas Army National Guard in Norton. He has served in the military for seven years. He is the son of Paul F. and Marilyn F. Bailey of Colby. His wife, Jennifer, is the daughter of Doug R. and Theresa Heatwole of Garden City.

The lieutenant graduated in the year 2000 from Colby Senior High School, and received an associate degree in 2003 from Northwest Kansas Technical College, Goodland. In 2004, he received an additional associate degree from Colby Community College.

Aid for choosing aid

As we get into the darker months

of the year, we need to be careful

about preventing falls. Some things

if you take short shuffling steps.

· Pick up your feet. It is easy to trip

· Put non-skid mats in showers

Are you taking a new medica-

Keep a phone near so you don't

· Have a friend check in with you

Beat the Cold Weather

Energy Blues 1. Have a professional energy

2. Reduce thermostat setting

3. Set back thermostat at night and

4. Install a programmable ther-

5. Change a furnace filter month-

6. Have furnace tuned up an-

7. Let sunshine in south win-

8. Check and replace weather

9. Close storm windows and

10. Operate kitchen and bath vents

Quotes as of close of

previous business day

Hi-Plains Co-op

stripping on doors and windows.

on 68 degrees. (And feel you are

have to rush to answer it.

• Exercise-Keep moving!

you can do are:

or bathtubs.

vour balance

once a day.

freezing)

mostat

nually

dows.

doors

minimally.

Wheat

Corn

Milo

Soybeans

Markets

audit of your home.

when you leave home.

By Rosalie Seemann Chatting with Rosalie

Tired of hearing about the Medicare Prescription Drug Program or card? I have a little information I will pass on to you, possibly help you decide do you change plans or stay where you are.

Each Medicare participant was to tion: Be aware that it may change receive a Medicare and You booklet for 2008, this booklet is very informant and helpful in making your decision. Each year insurance companies are allowed to change premiums, deductibles, co-pays and the list of drugs they cover. Between November 15th and December 31st each year, Part D participants can change plans for 2008. Those who have federal or State of Kansas sponsored plans can make changes in November.

The 3 C's to consider when you compare Medicare Prescription Drug Plans:

Coverage: Check to see if the plan covers your prescription drugs.

Cost: Check to see how much ly. your prescription drugs cost in each plan.

Convenience: Make sure the plan's pharmacies include the ones you want.

Where to go for Assistance with choosing

a Medicare Prescription Drug Plan?

To evaluate or compare your current Part D Plan with 2007 Prescription Drug Plans: Consult the Medicare and You 2008 Handbook. Call (800) 633-4227) or Visit www. medicare.gov-

Contact a SHICK volunteer-Contact the Northwest Kansas Area Agency on Aging for assistance. Staying safe in Cold and Dark

BANK OF COLBY



MEMBER

FDIC

240 W. 4th St. Colby, KS 67701

Dave and Gail Williams returned on Wednesday from a seven day trip to Hawaii. There were eight who

enjoyed the trip together. Bingo at the Red Barn has been postponed until today..

Red Barn onging activities: • Barnswallows, 2

p.m.,Monday; • Ladies Bible Study, 10 a.m., Wednesday;

 Come on Down, 2 p.m., Thursmunity Building. After the delicious day and

• Koffee Klatch, 9:30 a.m., Friin a game activity and singing day.

> Senior Bingo has started up again 7 p.m., and will be the se

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\$9.20

\$3.89

\$6.64

\$9.97

Months **Reminder to Shop Locally!**

of the Red Barn Senior Center.

A number of individuals

ognized for their continuous support Saturday of each month. Until next time, make your week memorable.

Days off for Christmas

Dinner held for seniors

There are plenty of activities or pick up a meal at a cost of \$4.75 scheduled at the Senior Progress per meal. Center for the week of Dec. 24-28. Senior Progress Center will be closed Monday and Tuesday for Christmas.

Monday, center is closed. No meals and no bus service.

Tuesday, is closed. No meals and no bus service.

Wednesday, is 10:30 a.m. shuffle board.

Thursday, is 10 a.m. exercise and 12:45 p.m. is card party.

Friday, 10 a.m. exercise followed at 10:30 a.m. pool game.

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 by noon. 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.

meal is requested. Anyone under van after 12:30 p.m., call (785) 60 years of age is invited to attend 443-9208.

The menu for the next week includes:

Wednesday - bbq meat balls, tater triangles, creamed peas, bread, apricots.

Thursday - pigs in a blanket, savory carrots, orange pineapple salad, cook's choice complement.

Friday - chili with beans, applesauce gelatin, crackers, cinnamon roll.

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 Those meals are available at noon between the hours of 8 a.m. and to be picked up. For individuals 60 noon, Monday through Friday. To and over a contribution of \$2.50 per contact the public transportation



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UNICEL RETAIL STORE: Colby: 1933 South Range, Suite 1

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Offer subject to terms of wireless service agreement, Data Services Terms and Conditions and calling plan details. Additional charges will be included each month for each line of service to help Unicel defray its costs of complying with federal and state regulatory obligations, as follows: 4.081% USF charge (11.7% USF charge for international calls), 4.34% KS USF charge, additional cost recovery fees of \$1.95 and, if roaming charges are incurred, roaming taxes if passed on by our roaming partners and a \$2.00 roaming administration fee. These charges are not taxes or government-required charges. Service activation requires credit check and may require security deposit. Mail-in rebates must be redeemed within 2 weeks after phone purchase; allow 8-10 weeks for rebate delivery. Federal, state and local taxes and surcharges apply. Must be at least 18 years of age with positive ID and must have user address in the Unicel home coverage area. Digital features and service are not available in all areas and may vary due to atmospheric, topographical and other conditions. Phone screen images have been enhanced for clarity. Other restrictions apply. See store or Web site for details. KS Residents: Unicel is obligated to provide service within its designated ETC service area upon reasonable request. Consumers should direct any complaints regarding service issues to the Commission's Office of Public Affairs and Consumer Protection by calling 1-800-662-0027