

# Family

## Aging conference to offer latest ideas

Do you have questions about aging? Do you work with seniors? Unsure about health or legal issues? Have some questions on your mind and like to find out more?

People "Full Circle... An Aging Expo" next month in Hays can help to make your later years as comfortable as possible. This conference can help you whether you are nearing your later years, already there, or you help take care of an older person.

You don't want to miss "Full Circle," set for Friday, Nov. 6, at the Fort Hays State Sternberg Museum. The conference will run from 9:30 a.m. to 4 p.m. Come and learn the latest news and ideas on aging, lifestyle, health and making life decisions.

The cost for advance registration is \$25 per person or \$40 for two family members, due Monday, Oct. 26. The fee includes lunch, snacks and drinks, and all session handouts. Registration at the door will be \$35, but organizers cannot guarantee a meal for those registering the day of the conference.

Included with the registration is a reduced rate to tour the museum.

Dr. Tana Goering, a physician and Kansas State Network television personality, the keynote speaker, will discuss how to be pro-active with your doctor and be an informed partner in your health-care decisions.

Conference sessions will cover topics including elder law, a look at vitamin D and the growing role it plays in health, what happens when a loved one passes, keeping up with the grandkids in technology, nursing homes, drug interaction, new service opportunities, mind aerobics, eye-health issues, things to do in Kansas and self defense for seniors.

To register, call Libby Curry at the Northwest Area K-State Research and Extension Office in Colby, (785) 462-6281.

For information, contact the county Extension office or e-mail Tranda Watts at twatts@ksu.edu.

## Autumn trees available now from Arbor Foundation

Brighten up the fall by becoming a member of the Arbor Day Foundation during October and receive 10 free trees, all colorful autumn classics in the Trees for America campaign.

Trees include two sugar maples, two red maples, a scarlet oak, sweetgum, northern red oak, silver maple, white flowering dogwood and Washington hawthorn.

The trees will be shipped post-paid with instruction at the right time for planting, between Nov. 1 and Dec. 10. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free.

Send a \$10 membership contribution to Autumn Classic Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, Neb., 68410, by Friday, Oct. 30, or join online at [www.arborday.org](http://www.arborday.org).

## Entries being accepted for factual story contest

TOPEKA – Entries are being accepted for the 2009 Kansas Factual Story Contest, sponsored by the Native Sons and Daughters of Kansas to encourage people to preserve factual, unpublished accounts and anecdotes from the lives of Kansans.

This contest encourages the preservation of stories which provide a glimpse into the lives of real-world Kansans in times past, stories which might not otherwise be preserved by the written word.

Stories should have taken place in Kansas in earlier days, be limited to 750 words, and be true and unpublished. The contest is open to anyone, but only one story may be entered per person. A panel from the Kansas State Historical



## Come honor 40th

The children and grandchildren of Ralph and Gladys Fischer will honor the couple with a reception for their 40th wedding anniversary from 2 to 4 p.m., Saturday, Nov. 7, at Trinity Lutheran Church in Colby.

The couple was married in Grand Island, Neb. They have

four children, Tim and wife Amy, Rick and wife Carol, Bill and wife Lisa, and Tom, along with seven grandchildren and four great-grandchildren.

The family invites everyone to the reception and asks for no gifts except your presence.

## Share history finds in Archives Month

Maybe it was a newspaper collection at your local library where you realized your great-great grandmother had been part of the women's suffrage movement.

Or maybe a photo at your county's historical society that made you realize your favorite coffee shop used to be a soda fountain.

The Kansas State Historical Records Advisory Board invites Kansans to share their favorite research finds during Archives Month in October on a blog at [archiveskansas.wordpress.com](http://archiveskansas.wordpress.com).

The board has designated this year's Archive Month theme as "Historical Records Are Everywhere." The blog will help the organization collect information about the documents and treasures held by Kansas institutions — historical societies; museums; county government; library, college, and university special collections; and college and university archives. This information will be used to create a dynamic directory of archives in Kansas.

## Corrections

An obituary for Judith Pratt on Page 4 of the Monday, Oct. 19, *Colby Free Press* misspelled the name of Izzetta Rummel. Brendon Zweifel is a grandson rather than a son-in-law, and Maureen Downing lives in Springdale, Ark., rather than Arizona. These

were editing errors.

☆☆☆☆

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 (bushel)	\$4.20
Corn (bushel)	\$3.37
Milo (hundredweight)	\$5.25
Soybeans (bushel)	\$8.72

We want your local news: e-mail to [colby.editor@nwkansas.com](mailto:colby.editor@nwkansas.com)

**Nifty Nifty Look**  
**Who's Turning 50!**

*Thank You!*

We would like to thank our family and friends for all the cards and for our 50th wedding anniversary celebration.

*Kenneth and Carolyn Call*

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## STUDENT OF THE MONTH

### COLLIN ROUS

Grade: Senior  
Parents: Tanya & Brian Staats

Collin, a senior at Colby High School, is Colby Rotary Club's October 2009 Student of the Month.

Collins's school and community activities include Technology Student Association (TSA), Scholar's Bowl, Golf, and Leadership Thomas County.

Membership in National Honor Society is one of Collin's special Honors.

Collin's academic emphasis has been Engineering. He will attend Colby Community College and then transfer to Kansas State University to complete an engineering degree with either a Chemical or Nuclear emphasis.

**Sponsored by: Colby Rotary**

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